

KOLECHAD

A still life photograph of fresh produce. On the left, there is a bunch of green leafy herbs, possibly dill or fennel, with some light-colored roots. In the center is a large, knobby piece of ginger with its characteristic scaly, light brown skin. To the right of the ginger is a single, bright yellow lemon. The items are set against a dark grey, textured background. The entire image is framed by a thin yellow border.

October 2012
Tishrei/Cheshvan 5773

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

We welcome all articles and letters from members of the Lodge.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding 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

Editing Staff

Marc Kates

Irv Pupko

Lisa Rosen

Debbi Silver



COVER ART

For the past two years, Kol Echad has used Jewish-themed artwork to adorn its covers. We are now moving in a different direction, inviting members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca.

This month's cover captures the etrog and lulav used on Sukkot, which starts the evening of September 30.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

AT A GLANCE

October 15	Dinner Meeting
November 5	Dinner Meeting & Speaker
November 13	Bingo@4300 Bathurst St.
December 3	Dinner Meeting
December 11	Bingo@4300 Bathurst St.
January 7	Dinner Meeting
February 4	Slate Presentation & Dinner Meeting
March 4	Nominations & Dinner Meeting
April 8	Election & Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

If you plan to attend, please RSVP Albert Ohana at salonpiaff@rogers.com or call (905) 597-1999

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
1/4 Page	\$50
Business Card	\$40

If you would like to advertise, call Harvey Silver, (416) 223-0780

PRESIDENT'S PEN



The Jewish holidays are here (all of them).

Now that my granddaughter attends the Paul Penna Downtown Jewish Day School at the JCC, she will be learning about

Jewish customs and prayers and what it means to be a Jew. I'm lucky that since she lives only a five-minute drive away, we get to see her often, especially on the holidays.

As a child, my family lived across the road from my Bubie and close to our shul, just a few minutes walk away.

All of my neighbours were either Jewish or Italian and we felt the closeness of the community around us. The memories still linger when I drive downtown and visit all the old haunts.

I can still remember the delicious cooking aromas coming out of my Bubie's house – which lingered for days. I can even recall the taste of the food as I write this. I looked forward to shul as we walked along College

Street and south to Spadina Road. The streets were crowded with people wishing all a “Git Yor” and “Shanah Tovah.” The Anshei Minsk Shul on St. Andrew Street was crowded both downstairs and upstairs (for women). I also remember my Bubie sitting there waving to my brothers and me downstairs.

A mix of languages was heard, mostly Yiddish and English. Most of the time, the kids played outside. When it came time for the “important prayers,” my father pulled me and my

siblings inside. Dinners were outstanding and many guests sat at the holiday table, spectacular with its white linen, silver and the “good” set of dishes.

We looked forward to the holidays (since that meant days off from school), especially on Simchat Torah. Now we're fortunate that we can continue to share the same or similar experiences with our children and grandchildren. Indeed, they are wonderful *freylekh* traditions to carry forward!



Ray Moscoe

imagine a cure for leukemia

59 Auburdale Drive, Thornhill, Ontario L4J 8W8 Tel: (905) 886-3233 email: imagineacureforleukemia@yahoo.ca
www.imagineacureforleukemia.com Charitable Organization Number: 83964 6320 R80001 www.cra-arc.gc.ca/charities

July 2012

Dear Forestdale Heights Lodge,

On behalf of the Directors of "Imagine A Cure for Leukemia" & the fundraising committee we would like to thank you for the very generous donation. All net proceeds from our event will benefit leading edge Leukemia Research.

We are thrilled to announce that we had a very successful evening on Thursday May 31, 2012 which took place at The Warehouse Event Venue. The evening included a silent auction, raffle, great music and fantastic appetizers.

Thank you again for your support!

In good health and happiness,

Nara Abrams

Nara & Brian Abrams and Jennifer Shulman & Todd Feinstein
Directors

PATRON SUPPORTERS: Michael DeGasperis (Arista Homes/ TACC Group of Companies) • Erica Elvin (YummyMummyz) • Bernard Feinstein (Paracom Realty Corporation)
Kevin Heam (Barnuked Ladies) • Michael Kalles (Harvey Kalles Real Estate Ltd.) • Dennis Kavelman & Karen Fonn Kavelman (The Kavelman-Fonn Foundation) • Paul Liebovitz (GMP Investment Management) • Dr. Jeff Lipton (Princess Margaret Hospital) • Corey Mandell (Mandell Entertainment Group & Camp Timberlane) • Dr. Joey Shulman, DC, RNCP (The Shulman Weight Loss Clinic) • Abby Tobias (Sole Power Productions) • Joanna Track (Dealuxe) • Steve Thomas (National Hockey League Player) • The Management Team (Spin Master Ltd.)

EDITOR'S DESK



Last month I briefly touched upon my summer getaway to Philadelphia. It really was great to have time off from work and get away from the city.

It's not that I don't love what I do.

After 28 years, I consider myself fortunate to enjoy going into the same place of employment each day. I still get a kick out of the fact that I am paid for doing something I consider fun.



Still, I long ago learned that no matter how much one can enjoy what they do professionally, it is important to be able to disconnect from time to time. As my Kol Echad colleague, Rosalie Moscoe would tell you, it's essential for your mental health.

I learned that lesson when I was starting out in the journalism biz, living in southern Saskatchewan. There I was "the journalist" 24-7 and was constantly approached with story suggestions, even when I was not on duty.

As a result, I started leaving town on the weekends. When I returned, I was refreshed and ready for another workweek.

Flash forward to 2012 and some things have not changed. The only difference now is that I do not have to be in the same locale as another person to be "approached" with a submission, or some other work-related request. In effect, technology has enabled us to be constantly plugged in and connected.

Is this a good thing?

I guess that would depend on who you ask.

Last month I caught a Facebook update from someone I know, who was staying in a cottage in Haliburton, by a quiet lake.

I guess it wasn't complete seclusion though, as the person felt the need to share it with his Facebook friends. Of course, we all know people who spend thousands to get away, only to remain plugged into their office e-mails. I would love someone to explain how this helps reduce work-related stress.

When I go on vacation, I sever all physical and electronic ties and leave the workplace behind. I know the job existed before I came along and, I hope, will exist long after I have left the business.

The result is that when I finally return to work, I really feel different, recharged and ready to tackle whatever life is going to throw at me.

Shalom,

Jeff Rosen





MARK THE DATE

Please join us at our November 5 meeting, when Holocaust survivor, George Scott, will be our honoured speaker

Bingo Starts – Tuesday, November 13



4300 Bathurst Street

Please arrive by 7:15 p.m.

For more information,
contact Richard Kotzen,

(416) 783-2737 or

richkotzen@rogers.com

Please join us for our annual

Chanukah Party



Coming in December

Great kosher food, games and lots of fun!

*Watch for further details in your e-mails
and in next month's Kol Echad*

JEWES OF JAMAICA



On September 10, Willy Lindo, a self-proclaimed Jamaican Jew or “Jewmaican,” gave a fascinating presentation about the history of the Jewish people in Jamaica and his family’s life on the Caribbean island. At left, Lindo is thanked by Lodge President Ray Moscoe. Below, candle lighting ceremony opened the meeting. For more on Lindo’s presentation and more photos, go to kolechad.ca.





Epicure Selections

SANDY GORDON Independent Consultant

To order or book a party
416 605-0868
sandygordon.epicure@gmail.com
www.epicureselections.com

SALTER Enterprises

Special Interest Automotive Appraisals
Ontario Independent Appraiser MF002291

N.H. (Nate) Salter President

3 Tamarack Drive
Thornhill, Ontario,
Canada L3T 4W2

Tel: (905) 881-6700
Fax: (905) 881-7772
Salterenterprises@sympatico.ca



Jordan L. Soll, B.Sc., D.D.S.

Professional Offices at Minto Midtown
South Tower, 2179 Yonge Street, Suite 201
Toronto, Ontario M4S 2A9
Tel: (416) 789-1372
Fax: (416) 789-2450
Toll free: 1-877-789-1372
Email: info@aestheticsindentistry.com
www.aestheticsindentistry.com

General • Cosmetic • Implant

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

BARRISTER, SOLICITOR AND NOTARY

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

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



Sean Eisen Director, Sales & Operations

tel: 905-479-7222 Ext. 23
cell: 416-414-7305
toll free: 866-871-8864
fax: 905-479-7385
e-mail: seasen@sensitechcanada.com

www.sensitech.com

25 Wallewood Drive, Unit 27 • Markham, Ontario, Canada L3R 5L9



LLOYD LINDSAY CA CMC Chartered Accountant



Address: 1166 Carlo Court
Mississauga, Ontario
L4W 3N6

Tel: (905) 629-8498

E-mail: lloyd@lloydlindsay.com

Web: www.lloydlindsay.com



Bel Air Travel

Lee (Lisa) Silver, CTC
Senior Travel Consultant,
Cruise Specialist

5954 Highway 7, Unit B102,
Markham, ON L3P 1A2

Telephone: 905.471.0056
Ext: 3209
Toll Free: 1.866.575.1115
Fax: 905.471.0615
lee.silver@thomascook.ca



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

SANDY'S SCRIPT



It was a glorious sunny day on September 9, when our family went apple picking. I had never been to this orchard and when we parked and proceeded to the apple trees, it

reminded me so much of the Annapolis Valley in Nova Scotia.

As a kid, my parents always took us apple picking; it was the thing to do in a huge apple industry province.

Sometimes we would go for the day, but as I remember, in the early years they used to go to various places and stay over the weekend. Sometimes it was a planned event with other family members as well.

It's amazing that the things we do sometimes triggers thoughts of our early years. Thank goodness, we remember the things that warm our hearts that bring out the fond memories of the past.



This particular orchard had a variety of apples, but the ones that were ready for picking were the Cortland and Macintosh varieties. We were told the Spys would be ready in October.

It was the first time picking apples for my daughter's children and for my son-in-law as well. So instead of having three children out there picking, we had four. My son-in-law

was the last one to be called in from the orchard. The children were very good about not eating too much ... they don't like bellyaches!

It was a great day to *schmooze*, take in the fresh air and enjoy the sunny weather.

Best of all, I had the apples of my eye with me – three of my grandchildren and their first experience in an apple orchard.

Wishing everyone a *Shanah Tovah* and a sweet new year.

Until the next time,

Sandy Gordon

NOTES FROM NATE

Never letting the truth get in the way of a good story



Boychicks and *meydlekh*, gather around. Please sit so you should be comfortable, get the missus to bring you a little schnapps or a *glezele* tea and let me lay some *bubby*

meyses on you

You see, October is a big deal. This year, to my own surprise, I hit the big 7-0. Me 70, somebody has got to be kidding. Old people are 70, but then I look at my oldest *goldeneh meydle*, Shari, who turns 41 this month and her middle sister, Heather, who turns 39 three days later and the reality sets in. Funny thing is now that I look back to when I was 39, I was dreading turning 40, because you couldn't believe anybody over 40, because 40 was so old. Now when we are sitting around discussing what's what, anybody under 40 is a little pisher and wet behind the ears.

You know, when I look back over the last 40 years it is amazing how my life was so different than today. I still had all my hair and my teeth and I was out slaying the dragon and working my *tuhkes* off to make a buck. My kids

were all living at home, the oldest just getting into high school. The Lodge was filled with 30-somethings and we all came to and participated in programs and events. Our biggest problem was getting babysitters. We were all starting our serious career paths, settling into our homes and mostly we were not looking 40 years into the future.

In retrospect, seeing what our world has become, it would have scared the heck out of us. But knowing then, what I know now, I most likely could have still not afforded it.

That being said, I am not complaining. Over those years, our babies grew into young adults, went out and got their educations, had their bar and bat mitzvahs and sweet sixteens. Then they, like their parents, fell in love, got married and before you know it, there were the grandchildren whose *nakhes* let you realize what life was really about.

So sitting here at 70, the Zaidy to five little angels, three happily married daughters and real *menchen* for sons-in-law and a wife who still puts up with my *michigas*, life is indeed good.

Continued on next page



Yes, there are aches and pains and no, I don't move like I used to, but when one or more of my grandkids come running towards me arms outstretched yelling, "Zaidy," there is nothing else in the world that matters. Hugs and kisses are the best old age medicine ever invented.

Before we go, our Pincus story, this one many, many years from now.

When Pincus passed away, he was interred at Pardes Shalom. Gittle, with yom tov approaching, wanted to visit him, say a small prayer and

leave a small stone on his monument, as is tradition.

Unfortunately, when she got there, she couldn't remember where he was buried. She went to the office and the Gabbai started looking into his records. Finally, he says to her, I cannot find a Pincus Punim, the closest we have is a Gittle Punim. That's the one she exclaimed, he always put everything in my name!

Nate Salter

Shalom & Linda
Magazzinich



COR 121

*Glatt Kosher Restaurant - Dine in & take out
We cater business luncheons, meetings & parties*

3038 Bathurst Street
(South of Lawrence)
North York, ON
M6B 4K2


Tel: 416-787-NEST (6378)
www.chickennest.ca
E-mail: info@chickennest.ca



Kiva's Bagels
Catering • Restaurant • Bakery

Ben Rafael
President

1027 Steeles Avenue West
Toronto ON M2R 2S9
tel: 416-663-9933
tf: 888-663-9972
ben@kivasbagels.ca www.kivasbagels.ca



3M DRUG MART
"Pharmacists are not created Equal"

105 - 7117 Bathurst Street
Thornhill, Ont. L4J 2J6
Tel: 905-882-4774

MIKE HANNA
Tel: 416-939-3676



**INJURY
MANAGEMENT**

Dr. Darrin T. Milne B.Sc., D.C.
www.injury-management.ca
dr.milne@sympatico.ca

10800 Yonge St., Suite 103,
Richmond Hill, ON L4C 3E4
905-918-0233

197 Finch Ave. W.,
North York, ON M2R 1M2
416-221-1655

TASTY TREATS

Baked Fish Sandwiches

Can be prepared ahead of time. Great for lunches in the Sukkah or anytime.

2-4 pieces sole

Olive oil

1 stalk celery

Mayonnaise

Dash of Hot Sauce

Hot Dog Buns or Bread

Place a few pieces of sole in a dish and drizzle olive oil over it.

Bake approximately 20-25 minutes, turning once.

Be sure to check to ensure fish does not burn.

Let fish cool.

In the meantime, chop up one stalk of celery.

Chop up fish and mix with mayonnaise and hot sauce.

Refrigerate.

Spoon fish mixture on bread and serve.

JEWISH HOLIDAYS 5773

Rosh Hashanah New Year	September 17-18 <i>Monday-Tuesday</i>
Yom Kippur Day of Atonement	September 26 <i>Wednesday</i>
Succot Feast of Tabernacles	October 1-7 <i>Monday-Sunday</i>
Shemini Atzeret	October 8 <i>Monday</i>
Simchat Torah	October 9 <i>Tuesday</i>

All Jewish holidays begin at sundown on the evening before the date shown

FORESTDALE FUNNIES

Q: Why don't Jewish mothers drink?

A: Alcohol interferes with their suffering.

When the doctor called Mrs. Liebenbaum to tell her that her check came back, she replied, "So did my arthritis."

A man calls his mother in Florida. "Mom, how are you?"
Not too good," says the mother. "I've been very weak."
The son says, "Why are you so weak?"

She says, "Because I haven't eaten in 38 days."

The man says, "That's terrible. Why haven't you eaten in 38 days?"

The mother answers, "Because I didn't want my mouth filled with food if you called."



A Jewish boy comes home from school and tells his mother he's been given a part in the school play.

"Wonderful. What part is it?"

The boy says, "I play the part of the Jewish husband."

The mother scowls and says, "Go back and tell the teacher you want a speaking part."

Q. How many Jewish mothers does it take to change a light bulb?

A. (Sigh) Don't bother, I'll sit in the dark. I don't want to be a nuisance to anybody.

Did you hear about the bum who walked up to the Jewish mother on the street and said, "Lady, I haven't eaten in three days."

"Force yourself," she replied.

Q: What's the difference between a Rottweiler and a Jewish Mother?

A: Eventually, the Rottweiler lets go.

Sam Levy was driving down the road and was pulled over by a policeman.

Walking up to Sam's car, the policeman says, "Your wife fell out of the car five miles back." Sam replies, "Thank god for that...I'd thought I'd gone deaf!"

Rosalie Moscoe

RHN, RNCP



health in
harmony

* **Nutritional Consulting:**
Evaluation and
recommendations to build
health and wellness;
individualized food plans and
supplements.

* **Speaker on Stress Relief
and Boosted Nutrition**
for the workplace or conferences.

* **Author** of print, e-book, CD and DVD video on
Stress Relief

* **Author** of CD, *Food & Mood: A Love/Hate
Relationship*

* **Special Discount** for all B'nai B'rith and
Forestdale Lodge members – **25% off** all products
and services.

Email: Rosalie@healthinharmony.com

Visit: www.healthinharmony.com

Blog: www.formerlyfrazzled.com

Ph: (416) 653- 0077

You might not be able to do
everything at once, but you can
do everything in one place.

- Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter
The UPS Store
5 - 18 Ringwood Dr.
Stouffville, ON L4A 0N2
Tel.: 905 642-5700
Fax: 905 642-6700
Web: www.theupsstore.ca/383
E-mail: store383@theupsstore.ca



The UPS Store®

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.CENTRESTREETDELL.COM

When Your FEET Hurt
Nothing Else Matters!

Family Footcare & Sports Injuries



THE FOOT
CLINIC

JOBST
Compression
Stockings



Orthopedic
Footwear

- Custom Made Foot Orthotics
(Plaster Casting)
- Corns & Calluses • Warts • Arch Pain
- Heel Pain • Plantar Fasciitis
- Athlete's Foot (fungus) • Foot Pain
- Ingrown, Thick or Problem Toenails
- Difficulty Cutting Toenails • Knee Pain
- Evening/Weekend Appointments



Since 1987

THE FOOT CLINIC

David Baker, D.Ch.
& Associates

Chiropractors / Foot Specialists

No Referral Required

4915 Bathurst Street Suite 224 (at Finch)



(416) 638-FEET (3338)

www.WeTreatSoreFEET.com

GOOD & WELFARE

Birthdays

Rosalie Moscoe
Carl Zeliger
Sandy Gordon
Ivan Bloom
Nate Salter

October 4
October 12
October 15
October 30
October 31



Anniversaries

David & Arna Gorender
Harvey & Debbi Silver

October 26
October 28

Mazel Tov to Sandy and Barry Gordon
on the birth of a granddaughter, their sixth grandchild.



416-398-6777

3915 KEELE Street
South of Finch

416-292-6400

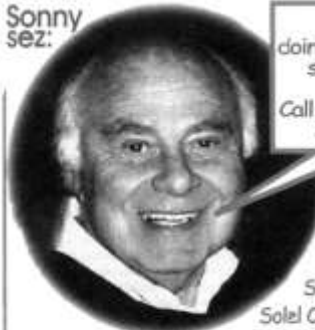
8 PROGRESS AVE.
KENNEDY South of 401
Beside Pita Pit

905-436-3730

1280 SIMCOE STREET
OSHAWA, ONTARIO
Across from Millwork
Simcoe & Taunton

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

Sonny sez:



I'm here doing what I do best, serving you and loving it! Call Sonny, that's me, Sonny Langer.

Catering at:
Darchei Noam
Temple Kol-Ami
Temple Emanu-El
Shaarei-Beth El (Oakville)
Solel Congregation (Mississauga)
Knesset Israel (Junction)
Beach Hebrew Institute

905-881-4356

Sonny Langer's Caterers



Project Hostel O/A Yellow Brick House
Administration: 52 West Beaver Creek Rd., Unit 4
Richmond Hill, Ontario L4B 1L9
905-709-0900 or 1-800-263-2231
Fax: 905-709-1308
info@yellowbrickhouse.org
yellowbrickhouse.org

July 30, 2012

Harvey Silver
Forestdale Heights Lodge

Dear Harvey Silver:

On behalf of Yellow Brick House, thank you for your donation of household items. Your support is greatly appreciated.

Yellow Brick House, operating in its 33rd year, provides assistance to women and children to help them rebuild their lives and live free from abuse. The gravity and tragedy of violence against women and children cannot be over stated. Ultimately, the impact of violence is felt by everyone, either directly or indirectly.

Thank you again for your support.

Your truly,

Lorris Herenda
Executive Director



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

OUR ADVERTISERS SUPPORT
KOL ECHAD
PLEASE SUPPORT
OUR ADVERTISERS

AS I SEE IT



The song, “Seasons of Love” from the Broadway musical, *Rent*, begins with the words “Five hundred twenty-five thousand six hundred minutes” and asks, “How do you measure a year?”

Years, I used to believe, were long stretches of time. I don’t know when it happened, but the span of time a year used to be, has shrunk considerably.

This month, my family will mark my mother’s first *yahrzeit*. How did a year pass by so quickly? I know that I was present to witness it all. I used to hear “older” folks comment about the passage of time being fleeting, and I now count myself amongst them.

My family has truly been my rock this year. They were committed to getting me to shul to recite kaddish. My students, as you are also aware, created a daily minyan for me. The kindness that people have shown me has been heartwarming and I am grateful to those around me for their love and support.

Many people told me that “time

heals,” but I disagree. Time does make the feelings and the acknowledgement that my mother passed away more familiar, but certainly not easier. Every time I run into someone I haven’t seen in a while who she knew, see a certain product she used on the store shelves, or a particular memory is triggered, the desire to share that experience with my mother overtakes me, and then the realization sets in that she is no longer here. How I missed her yearly Labour Day comment, “Have a good day at school tomorrow and don’t forget to play nice with the children.”



Rosh Hashanah, Succot, Pesach, birthdays and special occasions will continue to be the milestones that mark our lives, and with each juncture throughout the year, there will be the uniqueness of that moment, twinged with a pang of sadness.

As the academic year began and as 5773 is upon us, we need to make positive contributions with the fleeting minutes we are afforded. We ought to engage in *tikkun olam*, promote good energy and use our minutes wisely.

Shanah Tovah and best wishes for a happy and healthy year,

Mare Kates

HEALTH IN HARMONY



Do you sometimes get anxious when you are upset? Do you feel stressed, feel out of control and don't know how you'll cope? It's time for some anti-anxiety steps to calm your mind.

Two stress chemicals – adrenaline and cortisol – are produced by the adrenal glands in response to stress. Cortisol can be highly toxic to brain cells and is often a factor in people who feel anxious without any obvious cause. Extreme stress responses, short fuses and excessive anger to provocations can be the result. Finding ways to reduce anxiety, stress, (and cortisol production) is the key.

Figure out what's bothering you. Make a list of some steps you think can remedy it and act on at least one. If there's nothing you can do about the situation, figure out how to cope with it. You may need to get help with stress-relief and coping skills through a social agency in your community or through your spiritual leader.

Think of how you coped before: pray for help. Give your worries over to a higher power.

Get organized: get rid of any papers or broken items or junk that may be frustrating you. Clean out a cupboard.

Take a deep breath. Take a gentle breath through your nose, hold the breath to the count of four, and then breathe out slowly through your mouth. Concentrate on your breath as you do this for a few minutes. Think of a beautiful place in nature as you're breathing in and out. If it makes you dizzy, stop.

Make sure you're not eating too much sugar – cakes, white flour products, donuts, cookies, fast food, and ice cream. Your blood sugar may be fluctuating too much and causing anxiety symptoms. Also, note the amount of caffeine you're consuming. If it's excessive, cut down.

Eat a couple of ounces of protein (chicken, eggs, fish, beef, and yogurt) every few hours. Try bean or pea soups. Eat more vegetables. Use fruit and nuts as a snack to stabilize blood sugar and reduce dips and spikes that affect mood.

Take a multivitamin every day and a complex B vitamin tablet to reduce symptoms. Get checked at your doctor's office for any vitamin B12 and vitamin D deficiencies. Also, ask to have your minerals checked, especially calcium and zinc. Magnesium supplements can diminish anxiety as can soaking in a tub with one or two cups of Epsom salts.

Rosalie Moscoe



L'chaim!



T. 905.761.9022
F. 905.761.9023
info@simchawine.com

Exclusive Agents Representing Wines From 9 Countries

Argentina | Australia | Chile | France
Israel | Italy | Portugal | South Africa | Spain



www.tes.net

INFORMATION TECHNOLOGY

Programmer Analysts
 Project Management
 DBA
 Software Engineers
 Systems Administration
 ERP Consultants

ENGINEERING

Engineers
 Designers
 Drafters
 CAD Operators
 Technical Writers
 Technicians

OFFICE SERVICES

Administration
 Human Resources
 Finance
 Customer Service
 Management
 Marketing

CONTRACT • TEMPORARY • PERMANENT • EXECUTIVE SEARCH



The
 Employment
 Solution®

HEAD OFFICE: TORONTO, ON
 40 Holly Street,
 Suite 500

Tel: 416.482.2420
 Toll Free: 1.800.818.4744
 Fax: 416.482.9292

MISSISSAUGA, ON
 1 City Centre Dr.
 Suite 705

Tel: 905.272.4290
 Fax: 905.272.1088

BURLINGTON, ON
 3430 South Service Rd.
 Suite 102

Tel: 905.639.2600
 Fax: 905.639.6998

OTTAWA, ON
 301 Meadell Dr.
 Suite 304

Tel: 613.828.7887
 Fax: 613.828.2729

MONTRÉAL, QC
 1155 boul. René Lévesque O
 Bureau 2500

Tel: 514.866.2432
 Fax: 514.875.8967

POINTE-CLAIRE, QC
 8690 Trans-Canada Hwy
 Suite 900

Tel: 514.426.3121
 Fax: 514.426.1790

VANCOUVER, BC
 1200 West 73rd Avenue
 Suite 1100

Tel: 604.707.9318
 Fax: 604.707.9321

CALGARY, AB
 396 - 11th Ave SW
 Suite 950

Tel: 403.538.4788
 Fax: 403.538.4789

RALEIGH, NC
 4020 WestChase Blvd.
 Suite 140

Tel: 919.832.8900
 Fax: 919.832.8905