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FROM THE EDITORS' DESK

As you read this, the kids are back at school and the hustle and bustle is winding up into full swing. For some, any back to school daily ritual is a welcome relief from the challenge of keeping the kids occupied through the summer. No question about it though, life does seem to go from one form of work to another.

In addition to all the sometimes overwhelming physical work, for the Jewish people the Hebrew month of Elul is a time of increased spiritual work. Not that this shouldn't be done everyday. However, the spiritual checks and balances, which is incumbent upon us as we move towards Rosh Hashanah, is very different, very powerful and very necessary, as we approach the days of judgment. This is a time that inherently has a far greater impact than that of any other time of year. In light of this, as they say "to know where you are going, you must know where you have been". So while we take an honest look at where we were a year ago, when hopefully

we did this cheshbon (accounting), are we really where we should be? Did we really do what we aimed, longed and promised to do before last Rosh Hashanah? Did we ask those people for forgiveness that we have or even may have offended? Have we reduced our level of anger, judged others favorably, giving them the benefit of the doubt, especially when that something inside, has convinced us that this despicable act was guaranteed intentional....was it really? Did we increase our emuna (faith), step up our Torah learning and Mitzvot, do Teshuvah, (acknowledgement/regret/repair) and treat those closest to us better, all the while living b'simcha? If you didn't, you know what's to do. If you did, that's great, and you know that every level of growth leads to a yet far greater level of growth. This will keep us looking forward towards a new year which G-D Willing, should bring you all good health, strength and clarity, to grow far greater than you ever have before.

Ksiva V'chasima, Tova ☞

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Candle Lighting Times

| | | Torah Portion | Light Candles | Shabbos Ends |
|--------------|---------|---------------|---------------|--------------|
| September 6 | Elul 6 | Shoftim | 7:27 pm | 8:27 pm |
| September 13 | Elul 13 | Ki Teitzei | 7:15 pm | 8:14 pm |
| September 20 | Elul 20 | Ki Savo | 7:02 pm | 8:01 pm |
| September 27 | Elul 27 | Nitzavim | 6:49 pm | 7:48 pm |

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DEAR ESTHER

Dear Esther,

I am a mother and wife and am very busy with my young family. I often feel sad and unsatisfied with many parts of my life. I often think that I am depressed. I am so unhappy that I worry about what this does to my husband and children. I know change is necessary. It seems that this time of a new school year, a new season and a new year may be a good time to tackle improvement. What can I do?

Thank you for your thoughtful and thought-provoking letter. It is evident that you are blessed with a good dose of self-awareness. This is an important and necessary quality that can help you undertake and achieve growth. As we approach Rosh Hashanah, it is a good time for self-assessment and to develop a plan that will help lead to growth and improvement.

You describe deep dissatisfaction with yourself and many parts of your life. Some level of dissatisfaction with oneself, one's reality and surroundings is not necessarily negative and destructive. Dissatisfaction also has the capacity to produce excellence. It can be harnessed and become a catalyst for growth and improvement. As well, occasional sadness is not necessarily an indication of clinical-depression. Yet, consult with your physician to clarify this question.

You took the first step to bring change. You recognized an undesirable quality in yourself and clearly labeled it as unwanted. I would recommend that you not discard it but find a way that could turn your keen insight into opportunities for growth that will benefit you and your loved ones. The following is one example of many exercises that could help steer you in the right direction.

Esther Freidman M.S.W., R.S.W., Cert. Ed. Esther can be reached at 416-223-6440

Start by making a list of ten issues in your life you are not happy with. Review your list carefully and label each item on it as either "I can better this" or "I can not better this". At this stage focus on the list of "I can better this" and choose the most important issue from this list. Perhaps we can deal with the other list in a future column of JTO.

Take a fresh sheet of paper and make a detailed plan of what actions are needed to accomplish your goal. It would be helpful to set dates beside each activity. This will assure completion and accountability.

You can use this technique to plan an upgrade of a room in your house, to change a daily routine such as bedtime or lunch preparation, or even attempt to change the way you relate to a specific person.

Tackle items on your list one at a time. This process may be slow but it offers movement forward and improvement.

I will end by wishing you all to be granted the years to be able to complete all of your improvements as the list is long. Mine seems quite endless.

Shanah-Tova. ☆



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TORAH TALK

by Rabbi S. Y Zevin

the master key

One year, Rabbi Israel Baal Shem Tov said to Rabbi Ze'ev Kitzes, one of his senior disciples: "You will blow the *shofar* for us this Rosh Hashanah. I want you to study all the *kavanot* (kabbalistic meditations) that pertain to the *shofar*, so that you should meditate upon them when you do the blowing."

Rabbi Ze'ev applied himself to the task with joy and trepidation: joy over the great privilege that had been accorded him and trepidation over the immensity of the responsibility. He studied the Kabbalistic writings that discuss the multifaceted significance of the *shofar* and what its sounds achieve on the various levels of reality and in the various chambers of the soul. He also prepared a sheet of paper on which he noted the main points of each *kavanah*, so that he could refer to them when he blew the *shofar*.

Finally, the great moment arrived. It was the morning of Rosh Hashanah, and Rabbi Ze'ev stood on the reading platform in the center of the Baal Shem Tov's synagogue amidst the Torah scrolls, surrounded by a sea of *tallit*-draped bodies. At his table in the southeast corner of the room stood his master, the Baal Shem Tov, his face aflame. An awed silence filled the room in anticipation of the climax of the day – the piercing blasts and sobs of the *shofar*.

Rabbi Ze'ev reached into his pocket and his heart froze: the paper had disappeared!

He distinctly remembered placing it there that morning, but now it was gone. Furiously, he searched his memory for what he had learned, but his distress over the lost notes seemed to have incapacitated his brain: his mind was a total blank. Tears of frustration filled his eyes. He had disappointed his master, who had entrusted him with this most sacred task. Now he must blow the *shofar* like a simple horn, without any *kavanot*. With a despairing heart, Rabbi Ze'ev blew the litany of sounds required by law and, avoiding his master's eye, resumed his place.

At the conclusion of the day's prayers, the Baal Shem Tov made his way to the corner where Rabbi Ze'ev sat sobbing under his *tallit*. "Gut Yom Tov, Reb Ze'ev!" he called, "That was a most extraordinary *shofar*-blowing we heard today!"

"But Rebbe ... I ..."

"In the king's palace," said the Baal Shem Tov, "there are many gates and doors, leading to many halls and chambers. The palace-keepers have great rings holding many keys, each of which opens a different door. But there is one key that fits all the locks, a master key that opens all the doors.

"The *kavanot* are keys, each unlocking another door in our souls, each accessing another chamber in the supernal worlds. But there is one key that unlocks all doors, that opens up for us the innermost chambers of the divine palace. That master key is a broken heart." ☆

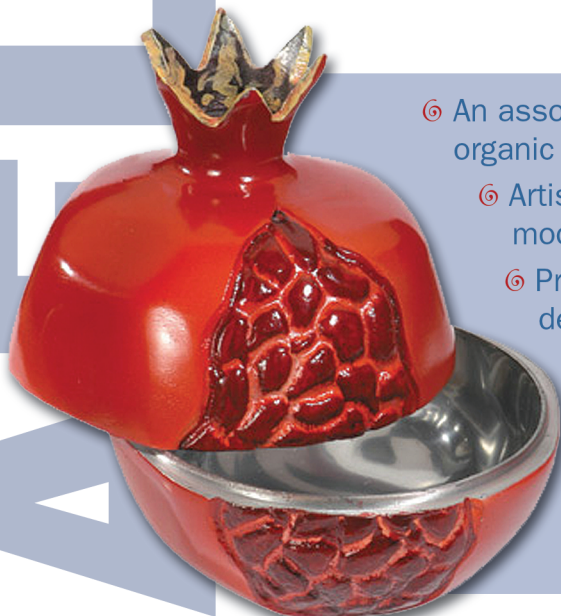


Torah Talk courtesy of chabad.org

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First night of Rosh HaShanah 5769 is Monday, September 29, 2008



COMMUNITY CORNER

by Adrienne Gold

it's 11 o'clock... do you know where your children are?

There is a famous expression that states... 'Good fences make good neighbors'...and indeed the Torah weighs in on the power of privacy on many occasions. Even the evil prophet Bilaam could not contain himself when he saw the miraculous way that the Israelites built their communities, where one family could not see into the others domain! How goodly are yours tents, oh Jacob..!!! Boundaries and privacy are not just the foundations of Jewish life, but they are they very walls that help to render our lives more meaningful and creative. So when I came upon a particular dynamic in a frum (religious observant) enclave of mid-town Toronto, I was overwhelmed by a scenario that seemed oxymoronic, even counter-intuitive. I saw that sometimes, NO fences make good neighbors. And even better neighborhoods. Let me explain.

There are three rather large lots that back on to each other, at the end of a street teeming with Jewish life. While the neighborhood boasts many large public school parks, synagogues and Yeshivot, there is great street life as well, with families moving in and out of each others home with sensitivity and ease, with children free to visit their friends fearlessly, with the laughter and energy of young voices filling the air. In the past few years, a couple of new families moved in and built beautiful homes there, and proceeded to integrate their families into this pulsating community. One of these families did a remarkable thing. They built a full sized sports court in their backyard. This place boast a regulation basketball court and converts easily into a hockey rink, soccer field or dodgeball area. This backyard backs onto two other homes, which boast full sized trampolines and large climbing equipment. The fences between them are punctuated by pathways and breaks that allow the stream of kids to pass from one



to the other in a seamless and joyous manner. At any given time, scores of children are playing basketball, their crisp white shirt tails and tzitzit flying in the breeze, lining up in patient order to take a shot at the basket, in a home whose owner they know by name "everyone knows whose house it is! They let everyone use their yard!", but whom they and their parents have often never met. Sometimes, if it goes on too late, the owner will come out and gently ask the young men to move on home, as it is too dark, or too late for the noise. By day, streams of young girls giggle and play, bouncing on the trampolines together in their knee-

sox and long floral skirts, then leave when the boys come to bounce themselves. (The trampoline groaning under the weight of them...but surrounded but protective mesh none-the-less) Often they are pushing dolls in carriages across the wide expanse of lawn or deck, talking and laughing together.

The mothers of the younger ones cluster and watch, then bring them home for lunch or dinner, but most often the kids are without family, great packs of kids coming from Yeshiva or davening, respectful and dignified... but boys nonetheless. It is a phenomenon.

Over the past few months at many tables, I heard stories of the fabled backyard oasis that the kids all feel at home at. The parents widen their eyes in wonder at the generosity and patience of these families, wondering how to thank them, talking about sending flowers, or just feeling profound gratitude that in these dangerous times, at 11 o'clock they DO know where their children are. I left feeling such enormous pride in the ability we Jews have to know when to put fences up, and when to take them down. May we all be endowed with the same wisdom and sense of generosity. What a gift to our children. What A Kiddush Hashem! ☆

Adrienne Gold is a former television personality, hosted / appeared on scores of fashion/beauty programs. Popular teacher of Judaism for Aish HaTorah Village Shul. Adrienne can be reached at agold@aish.com

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We work with Jewish organizations in Toronto to help needy adults and children in our community regardless of religious observance. We are an emergency response service, networking with major Jewish agencies, Synagogues, Chesed and Outreach Action committees.

In 2007 United Chesed received more than 2600 phone calls and 3987 visits to our website, totaling 5987 calls for help and information.

We are only halfway through this year, and we have received over 2900 calls.

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- Men and women unable to afford life saving and pain medications
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WORDS OF WISDOM

by Rabbi Y. Y. Rubinstein

believe in your child

When I started my teaching career in my first school, I was filled to the brim with principles and ideas which I was convinced would enable me to become the teaching success of the century. Training college had taught me all the modern techniques: Psychology, Sociology and all the rest. In particular, I was convinced of the value of honesty and truth in education. There was simply no point in beating around the bush – the children would have to be honest with me, and I would be the same with them.

And so when it came to the annual report cards, I took it for granted that every parent would value my refreshingly frank comments. If a child had been disruptive and had wasted her time I said so, bullies were exposed, cheaters revealed and the angelic elite duly praised. Then two weeks later came the follow up... parents evening. This was the chance to explain my Report Card comments in full, and, no doubt, enjoy the deep gratitude which would be bestowed upon me by satisfied parents.

Now that I have school children of my own, I look back on the boyish and confident grin with which I greeted Mr. and Mrs. Proctor with disbelief and amazement. I now know that if any teacher dares to criticize any of my almost totally perfect offspring, it is only because they are mentally defective sadists. Mr. and Mrs. Proctor seemed to have a similar view of me that night. Most of the parents did.

But there was something I learned at training college that never let me down. We were told of a primary school which had been contacted by their local University. The University explained that they had developed a new test which was able to detect children who were "Late Developers." No matter what the academic record of the children had been till now, this test would show which children were about to come to life and start doing really well.

The University people turned up and proceeded to test all the school's children. Teacher after teacher was amazed to discover that the pupils they had written off as being hopeless would within the next sixth months blossom and start doing well.

The University neglected to tell the school that they were making the whole thing up, and had given the children a normal I.Q. test.

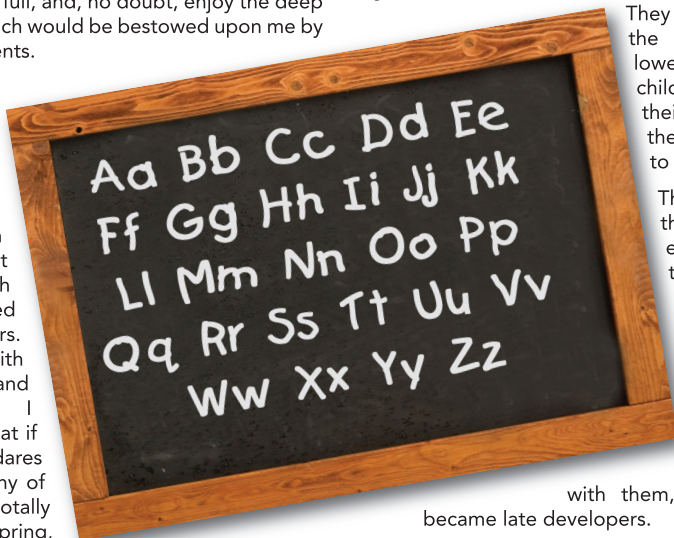
They simply selected the names of the lowest scoring children, and told their teachers that they were about to do well.

The amazing thing was that every one of the children did start doing well. Because the teachers started to "believe" in them and put in more effort

with them, they actually

became late developers.

Very often, people and particularly children don't live up to our expectations. When we change our attitude towards them we often learn that they didn't let us down... we let them down. ✧



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LIVING IN STYLE

by Shaila Gottlieb

living the high life

Whether renting your first space, purchasing your first condo, or downsizing from your marital home, life in a high rise is an adjustment. As with any move emotions run high, so be easy on yourself. If you were ever thinking of hiring a professional, now's the time. Small areas require big ideas in order to help maximize the space and minimize the stress.

I accompany clients to view the properties that have made it to the short-list. Armed with photos and measurements of the furnishings they hope to bring to the new space, it's my job to assess the strengths and weaknesses of each site with reference to the layout, traffic flow, furniture placement, storage potential and possible renovations.

Renovating a condo is more complicated and usually more costly than renovating a house. For one thing, work hours are dictated by the board. The removing of waste and the delivery of supplies is usually more time consuming. Though at times, there is no getting around it, especially in older buildings where renovations may be necessary to achieve your ideal living space. So at the end of the day, time does tend to reflect the bottom line. However, the gains definitely outweigh the negatives.

Developers of new buildings know that in order for their properties to remain desirable over time, they must include beautiful lobbies and cutting edge amenities, at reasonable prices. Included in many pre-construction packages are thousands of dollars in upgrades. While the model suites boast the finest mouldings, trim, lighting, flooring and cabinets, the standard finishes offered by the builder are typically much simpler. Let's face it; the model suite is probably what sold you on that unit in the first place.

Builders are banking on you to select exactly what they have outlined as the POTENTIAL for your suite to be, and NOT what you actually purchased! For example, the cost of installing pot lights in a condo (at their rates) far exceeds the generous upgrade package. One way to maximize your dollar power is to only install one pot light through the builder, so you have the line.

Spend your upgrade money on other things, and have an electrician install the pot-lights after you close the deal. Hiring an outside designer to accompany you to the design center, and guide you through the process, will cost you money upfront, but could save you thousands in your selections, and quite often reduces the stress from indecision.

Another point to consider, just because the floor-plan identifies a room as the "dining room" or "living room", nothing is carved in stone. Almost any room can



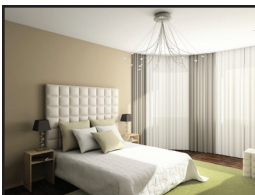
be repurposed.

Renters face different challenges than purchasers. Although their needs are the same, the approach is different. Unless they have long-term commitments, renters are often reluctant to upgrade the storage or update bathrooms or kitchens. If you are a short-term renter, the trick is to purchase things with an eye to the future, and to incorporate storage into as many pieces of furniture as possible (select an ottoman that has hidden storage, or a chest of drawers rather than a leggy table with minimal storage.)

Once everything's in its place, there's nothing like the HIGH life!

Storage in any apartment is always my priority. This unit spans the living room, / family room, and holds books, a bar, a music center and general storage. ☆

Shaila Gottlieb has been designing homes and offices since 1975, is a member of ARIDO (The Association of Registered Interior Designer's of Ontario). Shaila can be reached at Montdor Interiors @ 905-771-7031



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make that change

Change is scary. Most of us don't like it. It takes us away from what we're familiar and comfortable with and we're forced to enter a world of the unknown. But without any change in our lives, life becomes boring, predictable and stagnant.

The fear of success is often a reason why we don't change. This fear comes in the form of self-sabotage and negative self-talk. For example, you may be thinking about starting your own business. You've had this dream for a long time, but it never got off the ground. Why? Initially you may worry that it will fail. But what if your dream were to succeed? Would you be prepared for the change that often comes with success? Changes such as trying to find a work/life balance, finding childcare, having money to invest, having the time to actually do the job and juggling everything else you have going on in your life. Is your spouse going to be supportive? Will you have guilt about not spending enough time with your kids? Will your friends be happy for you or jealous? See how this could turn you off from even wanting to start?

So, how can you embrace change once and for all?

Think about something in your life that you want to change and succeed at. Do you want to work from home? Lose weight? Work on your marriage? Look at your situation honestly. Dig deep and try to figure out what has held you back. Do you have a fear of failure? Fear of success? Have you been lying and telling yourself that you're not smart enough, strong enough, or worth it? Once you realize what's been blocking you from moving forward, get angry. Not at yourself but at your situation. Like you're not going to stand for it anymore and things are going to change, starting NOW!

Carly Cooper is a CTA Certified Life Coach, also known as the Guilt-Free Mom Coach. She specializes in helping working moms who struggle with trying to do it all and want to find some balance so they can raise a happy family and have a successful career without the guilt. To sign up for her FREE Guilt-Free Mom newsletter or for more information, visit www.listenincoaching.com or email at carly@listenincoaching.com

Here's how to make it happen.

Acknowledge what you're up against. We've established that change isn't an easy thing, but once you become aware of what isn't working in your life, you can take the necessary steps towards making things different.

Watch out for old patterns or triggers that get in your way and set you back. Write down your findings and take a look at it. In time, it'll become clear and you'll have a place to start.

For example, if you're trying to lose weight but tend to eat when you're stressed, look at the reason behind that. Are you an emotional eater? Do you eat when you're bored? Think about what you can do to change that. For starters, you could stock up on healthier foods to snack on.

What do you tell yourself every time you fall into this pattern? How do you justify your feelings and behaviour? Write it

down and then come back to it. For example, if you turned down a promotion because you felt that you weren't qualified, write down the reasons why you felt this way. When you dig deeper it'll bring up things that you've been told throughout your life, or things that you believe about yourself that aren't true, which ultimately hold you back from moving forward.

Be determined to win. Do whatever it takes. Even if the very thought of it leaves you feeling nervous and anxious.

In order to live your best life, you must grow and evolve. That means taking risks, shaking things up, daring to be different. The time for you to shine is now. Make it happen. ☆



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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 7 | | 4 | |
| 7 | | | | 4 | | | | |
| 1 | | 2 | | 8 | 3 | | | |
| | 6 | 7 | | 2 | | | 9 | |
| | 1 | | 6 | | 4 | | 3 | |
| | 2 | | | 9 | | 5 | 1 | |
| | | | 5 | 7 | | 6 | | 3 |
| | | | | 3 | | | | 9 |
| | 5 | | 8 | | | | | |

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how to play:

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

solution from last issue

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 8 | 9 | 2 | 4 | 6 | 5 | 3 |
| 2 | 5 | 9 | 3 | 7 | 6 | 1 | 4 | 8 |
| 4 | 3 | 6 | 1 | 8 | 5 | 9 | 2 | 7 |
| 3 | 6 | 7 | 2 | 4 | 9 | 8 | 1 | 5 |
| 9 | 4 | 1 | 5 | 3 | 8 | 7 | 6 | 2 |
| 5 | 8 | 2 | 6 | 1 | 7 | 3 | 9 | 4 |
| 8 | 7 | 5 | 4 | 6 | 1 | 2 | 3 | 9 |
| 6 | 2 | 4 | 7 | 9 | 3 | 5 | 8 | 1 |
| 1 | 9 | 3 | 8 | 5 | 2 | 4 | 7 | 6 |

1

What do the following words have in common?

FAST THROUGH DOWN AWAY WATER
NECK

3

What is the next number in this series?

101 103 107 109 113 127 ____

2

Arrange the following words into suitable pairs.

MAN HERO HIGH RAIN

MOON NOON LOCAL PAPER

4

Rearrange the following letters to give the name of a famous singer.

WESTERN VIDEO

answers on page 38

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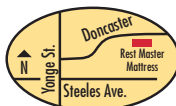


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toronto water quality

Most readers of this newsletter live in the Greater Toronto Area and enjoy one of the best sources of drinking water in the world, Lake Ontario. Toronto municipal officials tell us that the city processes the raw lake water using state of the art technology, delivering excellent quality water to our homes: nevertheless, the water flowing from the tap in your home is not perfect.

The most common impurities found in municipal drinking water.

Impurities get into the water you drink in three possible ways:

Intentionally: Chemicals, primarily chlorine, are added to the water to disinfect and protect it from bacterial contamination as water travels through the underground and house pipes.

Fluoride is also added to the water intentionally. It has long been accepted by the consensus of experts that water fluoridation provides great benefits in eliminating fluoride deficiency in people and thus prevents tooth decay. However, some contrary evidence also exists.

Unavoidably: Small amounts of metals and other contaminants will be found in municipal water, a result of the natural oxidation and dissolution process that occurs as water travels through metal and plastic pipes on the way from the water treatment plant to your tap.

Accidentally: In exceptional and rare cases, breakdown of the water treatment or distribution system may occur, causing contamination of the water. Many articles and studies were written about this in the media in the last few years.

BENEFITS OF WATER FILTERS

Toronto tap water is generally of excellent quality and safe to drink; however, many people are worried about some of the impurities discussed in the previous section. Home water treatment can remove some, or most of the potential contaminants, depending on the type of filter you chose.

Note: *If you drink well water, or water that is not treated by municipality, you will need to examine carefully other factors that are not discussed in this article.*

COMMON TYPES OF WATER FILTERS

Home water filters can be divided into two major types:

- Central water filters that treat all or most of the water consumed in your home
- Point of use filters that are attached usually under kitchen sink, or right to the water tap, or showerhead, and pitcher-type filters that filter water as you fill the pitcher.

Choose the system that best suits your needs. The supplier of the filters will be able to explain the advantages and disadvantages of the options. A solution that is outside the scope of this article is the alternative of using bottled water instead of filtered water. Again, it depends on the individual's preferences. ReliableConnections.com asserts that properly maintained, a good quality water filter will deliver excellent water more consistently and more economically than bottled water.

Another important factor in selecting the best water filter for your needs is the water purification technology employed by the filter. While this topic is quite complicated and technical, the supplier of the filter will be able to guide you through the choices.

SELECTION GUIDE

Activated carbon: These are the most commonly used filters, and it is usually claimed they improve the taste of drinking water. Activated carbon filters remove/reduce many volatile organic chemicals, pesticides and herbicides, as well as chlorine, benzene, trihalomethane compounds, radon, solvents and hundreds of other natural and manufactured chemicals found in tap water. Good quality activated carbon filters are moderately effective in removing most, but not all, heavy metals. Very little iron or manganese will pass through a fresh high quality activated carbon filter; however, carbon filters are not generally successful in removing the contaminants listed under the reverse osmosis section. They will not remove fluoride, a desirable property, if you believe in the benefits of fluoridation.

Continued on page 26.

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WATER WORKS

by reliableconnections.com

Reverse osmosis: The most common treatment technology used by premium bottled water companies. It is effective in eliminating or substantially reducing a very wide array of contaminants, and of all technologies used to treat drinking water in residential applications, reverse osmosis removes the greatest range of contaminants.

A typical reverse osmosis system is composed of an activated carbon pre-filter, reverse osmosis membrane, storage tank, and a faucet to deliver the purified water. A reverse osmosis filter removes many contaminants left behind by charcoal filters: dissolved inorganic contaminants or metals such as minerals/salts (hardness or scale-causing contaminants), antimony, arsenic, asbestos, barium, beryllium, cadmium, chromium, copper, fluoride, mercury, nickel, nitrates/nitrites, selenium, sulfate, thallium, and certain radio nuclides.

Although a reverse osmosis system is effective in removing bacteria and viruses, it is not recommended that you rely on it solely. If your water is contaminated with bacteria or viruses, use of a reverse osmosis unit in conjunction with Ultraviolet (UV) purification is recommended.

Distillation: units heat water until it vaporizes as steam. Minerals, bacteria and other substances are left behind when the steam condenses into relatively pure water. Distillers remove bacteria, minerals, trace amounts of metals, many organic chemicals and nitrate.

Ion exchange (water softeners): Systems soften hard water, a common problem of municipally supplied water, by removing excess calcium and magnesium, minerals that cause hardness. These minerals may interfere with the cleaning action of soaps and detergents and cause scale buildup in hot water pipes, water heaters, fixtures, and appliances. While this system also effectively removes some iron, manganese and many heavy metals, it should not be considered a high quality drinking water filtration system on its own.

Other: This category includes UV sterilization, KDF (Kinetic Degradation Fluxion), manganese greensand iron reduction, and other technologies. Unfortunately, all these alternative systems cannot be fully covered in a brief article. UV sterilization is usually used in combination with activated charcoal or reverse osmosis filters to kill bacteria or viruses that may have passed through the other filter. A KDF filter is commonly used as a showerhead filter, since it is effective at removing chlorine at high water temperatures and high flow rates, useful for people who are concerned about chlorine absorption through the skin, or by inhalation, while showering. Manganese greensand iron reduction is used in case of excessive iron and manganese content in drinking water, but this filter alone does not adequately remove other contaminants.



CONCLUSIONS/RECOMMENDATIONS/DISCUSSION

- Our research shows the most effective filter for people in GTA using municipally supplied water is an activated charcoal filter. This filter produces tasty water, requires low maintenance and is relatively inexpensive to operate.
- For people who are concerned about bacterial contamination, or minerals, such as fluoride, a reverse osmosis filter is a good choice, especially in combination with UV sterilization unit.
- Each filter type has functional advantages and disadvantages, with regard to which contaminants it is effective in removing, or which it leaves behind. Each filter type has associated operational advantages or disadvantages, including:
 - how much maintenance it needs
 - how much purified water it can produce per day
 - how much it costs to operate in terms of replacement filters, energy or wasted water. ✨

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TRAVEL TALK

by Robert Mackie

the yachts of seabourn

The Yachts of Seabourn has announced an exciting selection of special shoreside experiences planned to entertain and enlighten the privileged guests aboard Seabourn Odyssey's world cruise. The ultra luxury, 450-guest Seabourn Odyssey will launch in June 2009, with its maiden world cruise visiting 42 ports between Ft. Lauderdale and Athens in a voyage of 108 days from January 5 to April 24, 2010.



Full World Odyssey guests are invited to stay overnight and attend a gala Bon Voyage Ball at the St. Regis hotel in Fort Lauderdale the night before departure. Then there will be five complimentary events reserved solely for guests who book the full world cruise. Those guests embarking in Los Angeles for 92 days will enjoy four of them. An additional seven ports will feature complimentary exclusively Seabourn Shoreside experiences to which all guests on board will be invited, regardless of the length of their voyages.

Where will Odyssey's world cruise Shoreside experiences take you?

- The full world cruise events begin on January 18, 2010, with a spectacular catamaran cruise from tiny Cabo San Lucas, at the tip of Baja California, to seek some of the six species of whales which gather each year in the Sea of Cortez. Sailing on a comfortable catamaran, guests will pass the famed natural formation of Los Arcos, the secluded golden sands of Lover's Beach, the resident colony of sea lions, and beyond. A naturalist guide will impart details of sea and land life, and answer questions as guests

toast the starkly beautiful and biologically rich environment of the Baja Peninsula.

- On February 6, full world cruise guests will be greeted by the haunting tones of a conch-shell salute and fragrant tiare flower leis as they stroll a candlelit path into a tropical garden at Papeete, Tahiti. There, under a canopy of South Pacific stars, they will enjoy an evening of cocktails, lilting Tahitian music capped by a rousing performance of traditional Polynesian song and dance.
- In Sydney, Australia on February 24, a private sunset cruise of scenic Sydney Harbor will end alongside the city's iconic Opera House, where guests will be escorted inside to enjoy the featured performance, before returning by the same boat to Seabourn Odyssey.
- Hong Kong will be the site of the next world cruise event on March 15. The waterside Aberdeen Marina Club will be transformed into a colorful Chinese bazaar with craftsmen's booths, calligraphers a Chinese musical ensemble and a spectacular Lion Dance. The kaleidoscopic evening will include exhibitions of Chinese Opera "face-changing," kung fu martial arts and acrobatics.
- The dramatic climax of the world cruise exclusive events will unfold in a colorful setting on the island of Phuket on March 29. Greeted by a Thai long drum troupe, Seabourn guests will enter a Phuket Thai cultural village to be regaled by performers in traditional Thai costumes, gaily decorated elephants, and exhibitions of classical Thai dance, traditional boxing, floral decorations and elaborate fruit and vegetable carving.

The complimentary Shoreside events are part of a generous menu of benefits included for full world cruise guests, along with a complimentary pre-cruise Bon Voyage event and luxury overnight before departing, door-to-door private car transfers, roundtrip first-class airfare or air credit, Personal Valet luggage shipping service and shipboard credits of \$2,000 per suite. There will also be special gala celebrations and gifts for guests on board during the voyage. ✦

Robert Mackie is the Sales Manager for Expedia CruiseShipCenters, Richmond Hill located at 9325 Yonge Street and Expedia CruiseShipCenters, Thornhill located at 1054 Centre Street, Thornhill. Robert can be reached at 1.800.810.7798 or via email rmackie@cruiseshipcenters.com



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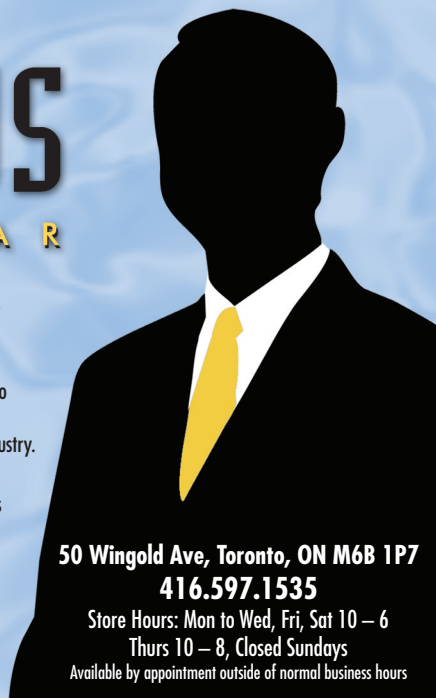
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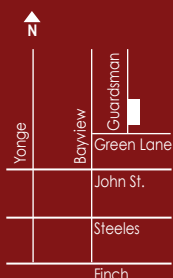
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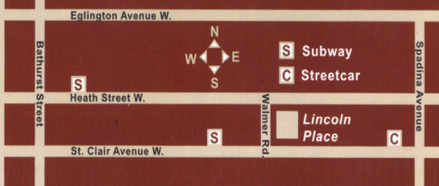
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SECRET INGREDIENT

by Jamie Geller

apples n' honey

cran-apple crunch kugel



Prep Time: 4 minutes **Cook Time:** 45 minutes
Chill Time: none **Yield:** 8 servings

1 can apple pie filling (21-ounce)
2 cups fresh or frozen cranberries
2 tbsp sugar
2 tbsp light brown sugar
1/2 cup flour
1/4 cup margarine, cut into chunks
1/2 tsp cinnamon

Preheat oven to 375° F. Spray a 9-inch round baking dish or deep pie plate with non-stick baking spray.

Place apple pie filling and cranberries in prepared dish, mix to combine and smooth into an even layer.

In a small bowl, mix together sugars, flour, margarine and cinnamon until crumbly. Sprinkle over apple-cranberry mixture.

Bake, uncovered, at 375° for 45 minutes or until crumbles are golden brown. This is best served right out of the baking dish.

Sidebar

Nobody will suspect you didn't spend half an hour peeling and slicing apples! The fresh, tart cranberries will totally throw them off, and they're the perfect balance to the super sweet pie filling.

honey chicken

Prep Time: 5 minutes
Chill Time: none

Cook Time: 1 hour
Yield: 4 servings

1 chicken, about 3½ pounds, cut into 8 pieces
3/4 cup honey
1/4 cup soy sauce
1/4 cup olive oil
1 tbsp garlic powder
1 tsp black pepper

Preheat oven to 375° F. Lightly grease a 9 x 13-inch pan with non-stick cooking spray. Rinse chicken, pat dry and place in prepared pan.

In a small bowl, mix together honey, soy sauce, olive oil, garlic powder and pepper and pour over chicken.

Bake, uncovered, at 375° for 1 hour until slightly browned.

Sidebar

Despite its name, this chicken is not too sweet. The olive oil, soy sauce, garlic and pepper temper the honey perfectly.



Jamie Geller, author of "Quick and Kosher: Recipes From the Bride Who Knew Nothing" (published by Feldheim) is the host of two internet cooking shows. "Quick and Kosher, the Internet Show" and "Simply Kosher". She is also an award winning T.V. Producer (HBO, CNN, The Food Network), and an internationally syndicated food and lifestyle columnist. She travels the country speaking about her turn from TV PRODUCER to TORAH JEW, and gives cooking demo's, of course!! To contact Jamie, purchase her book, watch her cooking shows or book her for your next event, visit her website www.quickandkosher.com

Reel Memories

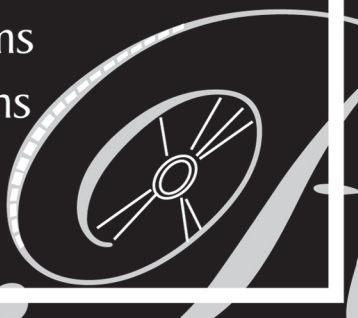
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MASTERPIECES OF THE MONTH

summer activity



Noah, Age 6



Isabella, Age 7



Josh, Age 9

We will choose 3 drawings to be published in our next issue.

The theme of the artwork: **Draw a picture of Your Favorite Holiday.**

Artwork is due: October 19, 2008. Contest is open to children ages 12 & under. Winner is entitled to a surprise gift from JTO! (No pencil drawings please, they don't reproduce well!) Make sure to include child's name & age and phone number. Send drawings to: JTO Monthly, P.O Box 30038, RPO New Westminster, Vaughan, ON L4J 0C6

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Answers to Brain Teasers found on page 22:

1. Each may be preceded by BREAK to give a new word
2. Rain Man, Local Hero, High Noon, Paper Moon
3. 131. (The series consists of prime numbers)
4. Stevie Wonder

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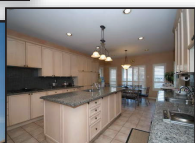
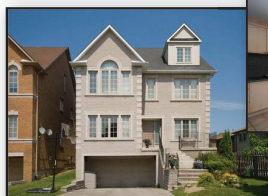
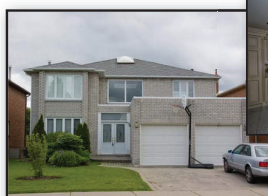
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