**PROGRAM NOTES**

This month our program features Cantor Marc Bachrach, who is also the spiritual leader at Makom Ohr Shalom in Encino. And for the past 35 years he has also served at B’nai Horin, Jewish Renewal Synagogue in Cheviot Hills. He is a many faceted man; singer, guitarist, clinical hypnotherapist and much more. This promises to be a very interesting and entertaining evening.

**PRESIDENT'S MESSAGE**

Now that the installation is over we are looking forward to an interesting year ahead. **Ethyle** has some great programs planned for the months to come. We hope to see you all there to enjoy and schmooze and maybe get to know some couples you didn’t know before. **Jerry** is working hard on membership and has some new brochures made up to hand out to prospective members. Perhaps you can take some and pass them out to your friends that are not members, yet. The **Frank’s** and the **Jaffe’s** are busy trying to get people into the special interest groups. So if you are the lead person in your group let them know if there is some room for another couple or two. We hope you are having a great summer and we look forward to you sharing your stories with us. See you all at the August meeting.

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**Happy Anniversary**

Bobbi & Len Canter  
Coral & Alan Goldsmith  
Vicky & Ed Hartman  
Maddy & Burt Hirsch  
Sandy & Herb Hoffman  
Shirley Anne & Al Stone

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**IMPORTANT – PLEASE READ**

If you have an article you'd like to submit, or if you want to get the word out about upcoming events, please note: the **ABSOLUTE** deadline for the next Knews is **SEPTEMBER 5th**. Please submit all clearly typed or printed articles by email to: knessetknews@yahoo.com (there are 2 k's) OR by snail mail to: 11526 Albers St., No. Hollywood, CA 91601. **By the way**, these communication lines are also where you can let us know of any errors found in phone numbers, addresses, dates, etc. (not that we, the editors, actually admit to making errors, you understand). Thank you, The Editors

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**General Meetings**

4th Thursday of the Month *except where noted*

2017:
- Aug 24, Sep 28, Oct 26, Nov, TBA, Dec 28,
- Jan 25, Feb 22, Mar 22, Apr 26, May 24, Jun 28

2018:
- Aug 21, Oct 16, Dec 18, Feb 19, Apr 16, Jun 18

**Board Meetings**

3rd Monday of the Month *except where noted*


**SAVE THE DATE**

WATCH THIS SPACE FOR UPCOMING EVENT DATES

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**Ellie & Buddy**
Thank You

Dear Knesset Friends,

Thank you for all the get well wishes. All the calls, cards, food, candy and flowers. It worked! I’m feeling well and raring to go.

Berdie

INSTALLATION UPDATE

Our ‘in house’ photographer, Jim Fermo, took many pictures at our installation. He will have all the photos on display at the August Meeting. Yours might be among them. Be sure to check them out and, of course, pick up your own personal picture. **Please note:** They will not be mailed out.

CHICKEN SOUP WISHES

Go out to **all** our Knesset members who are recuperating from illness, injury or surgery this month.

I don't have time to worry about who doesn't like me.
I'm too busy loving the people who love me.

CONSIDER THIS . . . . . .

- Which letter is silent in the word “Scent” ..... the S or the C?
- Why is the letter “W”, in English, called double U? Shouldn’t it be called double V?
- If you replace “W” with “T” in “What, Where and When”, you get the answer to each of them.

**FUN WITH LANGUAGE:**

- What’s the definition of a will? (It’s a dead giveaway.)
- She was engaged to a young man with a wooden leg, but she broke it off.
- You feel stuck with your debt if you can’t budge it.
- Acupuncture is a jab well done.

**KNESSET CARES**

If you know of any Knesset member who is not well, or having surgery, please call

Maddy Hirsch
818-886-0810

She will happily send a card from Knesset
DEMENTIA ISN'T ALWAYS TO BLAME FOR FUZZY THINKING

“I can’t remember where I put my keys”. Remembering everyday things is not uncommon as we age. It happens to all of us. However, it does not mean that we are experiencing the onset of dementia. There are several underlying conditions that can affect memory and thinking – conditions that are often overlooked:

♦ Several common medications can affect thinking. Over-the-counter examples include Ditropan for incontinence and Benadryl for allergies. Prescription meds such as Elavil for depression and Flexeril for muscle spasms. Any medication that has a sedative effect, such as pain or sleep meds may also make it hard to concentrate and think clearly.

♦ As we age, it gets harder to absorb the B12 we get from food. This can cause abnormally low B12 levels in the blood, which can lead to fuzzy thinking and other symptoms. Fortunately, this problem is easily fixed by taking vitamin B12 pills or sometimes, B12 shots.

♦ Anxiety and depression can cause fuzzy thinking. These conditions interfere with your ability to attend to what's going on around you and you feel mentally exhausted. They also can keep you from getting enough deep sleep each night. The result is impaired ability to think clearly or make a decision. By improving your concentration and your sleep, treatment for Anxiety or depression can improve your mental function.

♦ When your thyroid gland isn’t producing enough thyroid hormones, many body functions become sluggish, including brain function. This can lead to blurred thinking and forgetfulness. Your doctor can prescribe thyroid pills to remedy that.

♦ Obstructive sleep apnea causes people to stop breathing periodically while they sleep. As a result, they don’t get enough deep sleep. The classic symptom is daytime sleepiness. But it can also cause fuzzy thinking. (Sleep apnea also puts you at risk for stroke and heart disease.) There are treatments that can greatly improve symptoms.

♦ Your doctor can request Blood tests to identify some of these underlying conditions. A sleep test can determine if you have sleep apnea. And if it's determined that further testing is needed, your doctor may refer you to a neuropsychologist who can administer a series of formal tests of your thinking ability, particularly signs of dementia.

♦ However, please note that most of the time, people with fuzzy thinking do not have dementia.

Condensed reprint: Dr. Anthony Komaroff

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**TREES & TRIBUTES**

Need a special occasion gift? Can’t think of anything to send?

Why not give the gift that grows and lasts a lifetime.

Knesset helps support Israel by raising money to plant trees.

The money also helps to build roads, schools and dams.

It funds agricultural experimentation and many other projects, all designed to make the barren land bloom!

You can help make these dreams come true.

Individual trees are $11 each. Two or more are $10 each.

We’ll send a beautifully illustrated card from you to your recipients notifying them of their increased stake in the land of our forefathers.

To order trees, please call

LORRAINE & NAT ARONSON at 818-368-1948

We also provide Tribute Cards – They’re $10 for 5 cards.
America’s western regions in the 1800s were home to thousands of Jews. An 1878 survey by the Union of American Hebrew Congregations -- the only such census in that era -- found that 230,257 Jews then lived in the United States including 21,465 in 11 western states and territories. Some historians feel the actual number of Jews in the West was even higher. Historian Mitchell Gelfand, for example, notes that the survey didn’t even include the fledgling city of Los Angeles, then home to 418 Jews. The Arizona Territory was also omitted from the survey, though modern scholars estimate that thousands of Jews lived in Tucson, Phoenix, Tombstone, and other towns during that era.

One indication of the number of Jews in the Wild West comes from Dr. John Eisner, a mohel (circumciser) who moved from Austria to the American West, and travelled on horseback to perform Brit Milah on Jewish babies in Colorado, New Mexico, Wyoming and Nebraska between 1887 to 1905. In all, he performed 169 circumcisions during that period.

The Wild West isn’t usually thought of as a home to Jews, yet early Jewish Americans lived there and left their marks. Here are some surprising ways Jews helped shape the American Frontier.

Several Thousand Jews

There’s an arrow between the Ex

31 is imbedded in the BR
Thirty-one-derful falvors!

The middle three letters are actually two people eating at a table
MEMBERSHIP REPORT as of AUGUST 13, 2017 - WE DID IT!!

As part of our membership drive, Knesset committed to having a booth at Warner Center’s “Concerts on the Green” on Sunday, August 13. “A Tribute to the Bee Gees” was the feature and I thought that might draw an audience of our age group.

To prepare for this event required a lot of planning and leg work: We needed a banner to draw the people, literature for the table, pictures of our events, and sign-up sheets. The Banner: “Knesset B’nai B’rith Senior Couples Social Group” – “Expand Your Circle of Friends” says it all. As for literature, we had plenty: The 2nd edition of our Brochure (with the help of Jim Fermo) . . . with a one page insert, last month’s Knews and our new business card. Pictures Galore: A 3’X4’ poster board was full of pictures of past events showing happy faces . . . . ours. Buddy brought his lap-top computer with a slide show of our past events.

All set, but very nervous. I prayed and kept saying to myself, “If you build it, they will come”. But, will they? . . . . . . . Well, they did. We got twelve people to sign our Sign-Up Contact Sheets. And I was very happy with that. However, that’s not the end of the project.

The second half of this endeavor is to convert those names into memberships, . . . . . . . so . . . . I’ve constructed a personalized letter to each signee, inviting them to this next Thursday’s meeting. It’s on short notice, but I’m hoping for some results. Also, if we do have guests, please make them feel at home.

Although none of our members showed up for the concert, which I thought was great, we did have good support from our Booth Committee. Ethyle Strommer and I showed up around 3PM and started the set-up. Deyna and Joe Alexander and Buddy Bregman followed. We appointed Joe to stand on a card chair and mount the Banner . . Not an easy task. Carolyn Baumwohl, Linda Cole, Arline & Maury Goldberg and Rea and Jim Nagel took their turns in the Booth. Everyone did a great job . . . Thank You! . . . . and . . . . . WE DID IT!!

~ ~ ~ ~ ~ ~ ~

Knesset sends many thanks and appreciation to Jerry Primack for his tireless efforts in making this happen

Hey, Knesset . . . .

Any Naches to share . . . . a new grand (or great-grand) child on the way ?, a wedding coming up ? a delightful trip in the works ? Sharing happy knews is good for the soul. Please send your Naches News to KnessetKnews@yahoo.com so we can all ‘kvell’ with you.
KNESSET BOARD  2016-2017

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Knesset B’nai B’rith
Linda Cole
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Van Nuys, CA 91405

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