

Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



שלום

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Volume XXXII No. 6

April 2023

Nissan — Iyar 5783



Schedule of Passover Services

Thursday, April 6th — 9:30 AM

Friday, April 7th — 9:30 AM & 7:00 PM

Tuesday April 11th — 7:00 PM

Wednesday April 12th — 9:30 AM & 7:00 PM

Thursday, April 13th — (Yizkor) 9:30 AM

President's Message

Even the most minimally observant Jew knows around this time of year we celebrate the Holiday that transformed us into a "real" nation – as opposed to the tribalist aggregation descended from the first patriarch Abraham – freed from enslavement by the Egyptian empire. Many become aware when seeing a portion of shelf space in the supermarket lined with paper and displaying products like gargantuan 5 box bundles of Matzo, and jars, containers, cans of items marked Kosher for Passover (even non-Jews can't help but spot the familiar beacon of this Holiday). It also goes without saying – it's historically been a season when our ancestors suffered most at the hands of those who hated us (fill in the blank with your non-Jewish group of choice). Hard as it is to reconcile their religions claims of adherence to peace, love and understanding with the atrocities committed in the name of those principles, I maintain without the events that culminated at Sinai most of the world would still be

worshipping Trees, Rocks and some assorted constellations. Yet, we survive (and in so many ways thrive) as a people. Unless the worship ceremonies are conducted clandestinely (hard to do in these days of Smart Phones, YouTube, Twitter, etc.), there is not a single worshipper of Baal in existence and the current ruler of Egypt is not considered a Pharaoh-like deity. Still, the Hebrews nearly perished more than once at Hashem's Hand not only by transgressing nearly immediately from the sin of the golden calf – but repeated grumbling over their lot traveling through the wilderness. It was left to the free born children of original generation to complete the tasks of conquering the Holy Land and building a Nation, allowing fulfillment of God's command to be to Him "a nation of priests". To me, Pesach combines all the best elements of our 4th of July, Thanksgiving, Memorial Day and if you pay attention to The Answer (following chanting of the Four Questions) a good helping

(Continued on page 4)



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Vice-President - Ellis Rosenblatt
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Ron Kohn
Sisterhood President -
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Overview of Pesach

by Rabbi Axelman



Following is a brief overview of the observance of Pesach: Per several verses in the biblical Book of

Exodus, one is not allowed to eat, possess or derive any benefit from *chametz* during Pesach. *Chametz* is any food containing flour that has come into contact with water, and not baked quickly (e.g., bread, cake, cookies, pasta, pretzels, etc.). In most years, a ritual "search" for *chametz* is conducted in the home on the evening before Pesach, and any *chametz* that is found is burned the next morning, along with any other *chametz* in one's possession. This year this search for Chametz is performed on Tuesday evening, April 4th. Some of my fondest childhood memories are being awakened very early by my father, who before leaving for work, would let us all go into the backyard in our pajamas to burn the chametz in our garbage can. As fire departments have become less enamored of this custom, to my knowledge, in most communities special arrangements are made with the fire department to burn all of the community's *chametz* at one time and in one place. After burning the *chametz*, a short declaration is made, through which one gives up ownership of and nullifies any *chametz* that s/he may not be aware is in his or her possession. The first Seder this year is celebrated Wednesday night, April 5th. Since we are already in Daylight Savings Time by then, nightfall is quite late and it is preferable not to start the Seder until nightfall; if that is not possible, one should

try to eat matzah after nightfall. The second Seder is celebrated Thursday



night April 6th. The Seder is specifically designed to communicate to children the story of our exodus from Egypt. The Seder table is set up to include things not normally on a table so as to stir the curiosity of children. Since its inception, the Seder focused on answering the four questions, known as "*mah nishtana*", traditionally recited by the youngest attendee. In the place of bread, matzah is eaten as part of the Seder. One reason for the commandment to eat matzah at the Seder is to remember that the Jews were rushed on their way out of Egypt and therefore their bread did not have time to rise. Matzah is also referred to as the bread of the poor man, commemorating the years of slavery that preceded the exodus. Bitter herbs, known as *maror*, are eaten to remember the sad and difficult times of slavery. Four cups of wine are drunk, symbolizing the wording of God's promise to the Jews while they were in Egypt. It is customary to recline while eating and drinking at the Seder, to re-enact the freedom that was gained with the Exodus. A well-known custom is the "stealing" of the Afikoman, a broken piece of matzah which is hidden during the Seder, challenging the children to find it and return it in exchange for a present. The Haggada, the written guide to the Seder, consists in large part of answers to the child's

(Continued on page 4)

SISTERHOOD

Sisterhood President’s Message

Sisterhood wishes everyone a Happy, Healthy, Safe and Zissen Pesach. Please do a mitzvah and call our senior members to ask if they need anything or just to chat for a while. Hearing a friendly voice will lift their spirits.

Naomi Gukowsky
Sisterhood President

Shalach Manot

Thank you to all who participated in our annual Purim mitzvah known as Shalach Manot. Although this year our Shalach Manot fundraiser was different, everyone who sent and received Shalach Manot shares in this mitzvah. This Purim mitzvah is only surpassed by the giving of charity on this holiday. Yasher Koach to everyone.



Lilian Gradofsky
Patricia Smolker
Shalach Manot Co-Chairs

Thank You For Additional Shalach Manot Donations

Naomi and Leon Gukowsky
Ellen Mishkin
Kathryn and Mark Safran
Norma and Jerry Strassler

Simcha Fund - February 2023

Mazel Tov to Lee and Bruce Berenson and family on the birth of their granddaughter, Anna Paige

- Patricia Smolker

Chai Fund - February 2023

Congratulations to Lee and Bruce Berenson and family on the birth of their granddaughter, Anna Paige

- Shirley and Frank Smith
- Trisha and Mike

April Happy Birthdays



| | |
|---------------|------------------|
| Alu Axelman | Barbara Parker |
| Ivy Skow | Patricia Smolker |
| Anna Fussteig | Danielle Yamen |
| Hannah Kohn | Jori Young |

*Editor’s note: If your birthday should be listed on this page and is not, please call the office at (718) 767-1500 and give us your date of birth. Thank you.

Making Contributions

For many years Sisterhood has offered the service of sending cards from all those who wish to acknowledge both Simchas and Condolences. The response from the recipients is most heart warming. The following funds are available:

| | |
|------------------------------|------|
| Simcha Fund..... | \$10 |
| Chai Fund | \$18 |
| Prayer Book Fund..... | \$10 |
| Inscribed Prayer Books | \$25 |

The recipient receives an acknowledgement of the contribution and it is printed in the monthly Bulletin, so all can share the feelings expressed. To place orders, call Patricia Smolker at (718) 746-7068.

Checks for the above funds should be made payable to “Sisterhood of WHC”.



Services — Monday April 17th at 7:30 PM



Megilla reading at WHC —March 6th (Photos courtesy of Jeffrey Young)

President's Message

(Continued from page 1)

of the Talmud we study Sunday Mornings with our Rabbi Axelman (it's conducted online – if you'd like to join us I know someone who can get you in). The Sages tell us, the redemption from Egypt was not just so we could be free from oppression—it was so we would be free to serve God. The

Exodus story is powerful because it celebrates the formation of the Jewish people. I invite you all to visit Him in His house (aka the Whitestone Hebrew Centre) as free men and women to return the favor.

Chag Pesach kasher vesame'ach!

FROM THE RABBI'S STUDY

(Continued from page 2)

questions, relating the Exodus story through quotes and commentaries on the Biblical story. The seventh day of Pesach commemorates the splitting of the sea, which allowed the Jews to escape the pursuit of the Egyptians. The Torah Portion read on that day relates this story. In many synagogues, especially in Israel, this day is celebrated by large crowds gathering and singing the whole night through,

commemorating the song that was recited after the splitting of the sea. The schedule of Holiday services is printed on the front page of this bulletin and we hope to see as many of our members as possible in person. Best wishes to all for a Chag Kasher V'samayach--a Happy, Healthy and Kosher Pesach!

- Rabbi Axelman



Recent positive news generated by Israel, of which we can all be proud.
(Articles below are excerpts of originals only)



Israeli researchers uncover how the gut impacts cancer treatment

Mar 14, 2023

israelnationalnews.com



Increasing evidence from human studies and preclinical experiments suggests that the gut microbiome may modulate the efficacy of T cell-driven cancer immunotherapies, such as immune checkpoint blockade. Immunotherapy with CD19 chimeric antigen receptor (CAR)-T cell has opened up new treatment options for patients with certain forms of refractory and relapsing B-cell leukemias or lymphomas. But the therapy is hampered by considerable heterogeneity in responses. Complete and long-term remission is only achieved in up to 40% of patients. Researchers from multiple centers in Germany and the United States, led by Eran Elinav, director of the DKFZ-Weizmann Institute of Science's Microbiome & Cancer Bridging Division, have found that the gut microbiome may modulate the efficacy of CD19 CAR-T cell immunotherapy in patients with B-cell leukemias and lymphomas. This largest prospective study of its kind has followed 172 lymphoma

patients previously failing multiple rounds of chemotherapy, from before CAR-T immunotherapy initiation until two years later. In all, the study reveals strong associations between microbiomes and CAR-T outcomes, which first author Christoph Stein-Thoeringer (now professor at the University Medical Center Tübingen, Germany) believes may contribute to the development of microbiome-based predictions of CAR-T cell immunotherapy outcomes. Additionally, findings from this study may make it possible to better understand the differential CAR-T cell activation, persistence, and clinical efficacy in different patients. "These exciting findings", states Prof. Elinav, "exemplify the potential of our unique microbiome signatures to be harnessed as possible markers of disease and treatment responsiveness in multiple human disorders, including cancer. With further research we hope that microbiome-based diagnostics and therapies will be incorporated into the precision oncology field."

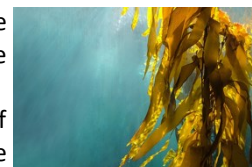
New Israeli tech: "Super Seaweed" produces natural health compounds, medicine from the sea

March 20, 2023

israelnationalnews.com

Researchers from Tel Aviv University and the Israel Oceanographic and Limnological Research Institute (IOLR) have succeeded in significantly increasing the ability of seaweed to produce healthy natural materials. The current study focused on enhancing the production of bio-active compounds that offer medical benefits to humans, such as antioxidants, the concentration of which in the seaweed was doubled; natural sunscreens concentrations tripled; and unique protective pigments of great medical value that were stimulated substantially by ten-fold. According to the researchers, these findings may serve the pharmaceutical, cosmetics, food, and nutritional supplement industries. The study was carried out with the innovative and sustainable approach of integrated aquaculture, which combines seaweed with fish cultivation. This method benefits the seaweed while

at the same time helping to purify the seawater and minimizing negative environmental impacts.



In a previous study, the same group of researchers developed an innovative technology that enables the growth of seaweed enriched with proteins and minerals such as zinc, iron, iodine, magnesium, and calcium. In the current study, they sought to examine whether and how it is possible to increase and maximize the seaweed' production of bio-active compounds, and secondary metabolites, that offer significant health benefits. These substances include antioxidants, protective pigments, and natural UV radiation filters.

Tiny Israeli robot will transform medicine

March 26, 2023

worldisraelnews.com

The tiny robot, only 10 microns across, is able to navigate within a biological sample, identify different types of cells, capture them selectively, and transport them for further analysis. (story is available on youtube only—click the picture or hyperlink to see story.)



(continued on next page)

Israeli Doctors Save Philippine Woman's Life with New Brain Cooling Procedure

March 21, 2023

www.jewishpress.com



A 46-year-old woman suffering from a life-threatening cerebral hemorrhage was saved by Israeli doctors using a new brain cooling procedure. The treatment, which prevents the death of brain cells by freezing them, was administered by doctors at Jerusalem's Shaare Zedek Medical Center to a Philippine woman. The story begins with Nurila, a nursing assistant who has worked in Israel as a caregiver for nearly 20 years to support her family in the Philippines. For several days, she suffered from persistent headaches but did not attach any importance to them. But she collapsed and was taken by ambulance to Shaare Zedek, where she underwent a comprehensive series of tests. To relieve increasing intracranial pressure and fluid accumulation in Nurila's brain, doctors tried medication, a brain catheter, and even surgery to open her skull, but nothing worked. Making matters even more urgent, Nurila had a cortical cerebral infarction, a process that results in an area of dead cellular tissue. Cerebral infarction is caused by a disruption or restriction of blood flow to the brain. It was discovered that Nurila was also suffering from vasospasm, a narrowing of the brain's blood vessels. Left

untreated, cerebral infarction can lead to permanent disabilities or even death. After consultation with brain system experts, the doctors decided to try brain cooling, which is currently being carried out in a research framework in several hospitals in Germany. "The method of cooling the brain is usually performed after resuscitation, and in Israel it has not yet been used as a life-saving treatment line in cases of cerebral hemorrhage and life-threatening intracranial pressure." Dr. Mausbach explained. "We performed the cooling using one of the most advanced systems available today, manufactured by the Arctic Sun company. With this method, we cool the brain to a temperature of 33 degrees Celsius for 8-10 days," he said. "Within a few hours the pressure decreased, and the bleeding decreased significantly," Dr. Mausbach said. Eight days later, after a "significant improvement," the doctors began the warming process. After a short hospitalization and follow-up, Nurila was released to continue rehabilitation. Dr. Mausbach said that after a lengthy rehab, Nurila recently returned to Shaare Zedek to have the hole in her skull closed. "We are very happy and proud of the result," Dr. Mausbach said.

Israeli scientists make biosensor for crop blight

March 6, 2023

jpost.com

Potatoes and tomatoes are among the most popular foods in the world, but they are susceptible to serious plant diseases that cause major crop losses. Late blight disease is responsible for an estimated \$6.5 billion in annual global crop damage. In a new study just published in The Plant Journal published by the nonprofit Society for Experimental Biology, researchers at the Faculty of Agriculture, Food and Environment of the Hebrew University of Jerusalem (HU) used a new molecular sensor system capable of entering plant cells and identifying potential diseases. With potatoes playing a crucial role in global food security, the researchers worked on developing a method to enable early detection of these plant infections. "The development of advanced biotechnological tools for the early detection of plant diseases can lead to a future research breakthrough in understanding the pathogenicity process,

thereby improving food security by minimizing damages to global agriculture." "In its early stages, it's difficult to identify the disease because no external signs can be seen on the leaf," Hipsch explained. "In our previous study, we saw that using molecular sensors within the biological systems of potatoes is particularly effective in identifying stress conditions even before plant damage has been caused." Using sensitive cameras that can pick up the signals sent from the sensor, they were able to get spatial information at the level of the entire plant. According to the researchers, the images produced by the cameras helped monitor the plant's physiological state throughout the development of late blight in the potato.



Could Israel become a surprise cocoa superpower?

February 27, 2023

worldisraelnews.com



The cocoa bean, from which the key ingredient in chocolate is derived, has never been cultivated in Israel. It's not difficult to understand why. Cocoa plantations need humid tropical weather, as found in Ghana, Ivory Coast and Ecuador, the top three producers in this \$130 billion industry. These climatic conditions are of no concern for one Israeli agrifood startup aiming to produce "the food of the gods." Celleste Bio's high quality cocoa will be produced in a

laboratory. The company, situated in the Misgav Industrial Park in northern Israel, aims to do this using conventional cell culture methods. Chief Technology Officer Hanne Volpin explains to ISRAEL21c how it's done: "You can, in principle, grow plant cells almost as easily as growing yeast. Put them in a solution of sugar, water and vitamins and they will keep multiplying and growing. The trick is for the end result to be the product you want, in this case cocoa butter and powder," she says.



Thank you for Donations -- March 2023

Yahrzeit

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 Howard Davidoff
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 Melodie Schneider

Leonard A. & Nicole Spivak
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 Mozelle Tawil Mayer
 Clara Wiesler
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 Jeffrey Young & Judi Glass
 Sharon Zucker Goldberg

General Donations

**Kiddush in honor of
 the baby naming of their granddaughter**

Allison and Curtis Faver

Kiddush in honor of their birthdays

Ron Kohn and Ellis Rosenblatt



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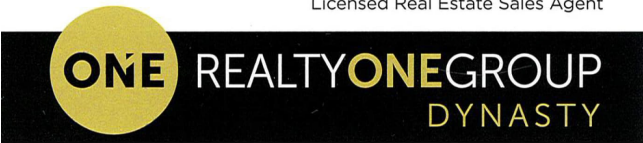


WHC BULLETIN BY EMAIL!

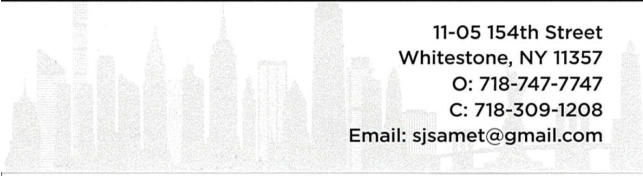


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Sharon Samet
Licensed Real Estate Sales Agent



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