

Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



שלום

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December 2022

Kislev — Tevet 5783

President's Chanukah Message



When I was growing up in the Clearview Gardens section of Whitestone, as you walked around the neighborhood you rarely saw anything seasonally festive in December that was not Judaically inspired. In fact – the Christian Holiday celebrated by the vast majority of the world came into view mostly by driving around outside the community into the towns of Whitestone, Bayside, Flushing, etc., or on TV – with its endless array of Peace on Earth messages that were counterpoint to the news and other programming we were exposed to the rest of the year. Chanukah was rarely if at all mentioned (so much for the myth of the Jewish-run Entertainment Industry).

Despite the fact that it is not mentioned in the Torah, Chanukah is no doubt the best-known Jewish holiday in America. That it usually falls near (and this year coincides with) Christmas on the secular calendar, and traditionally involves candles and gifts strengthens the parallel mostly for those outside our faith (and unfortunately, all too many of us as well).

The miracle of the oil is known to most: after retaking the Temple in Jerusalem, only one day's worth of purified oil remained. The victorious Hebrews went ahead and lit it, and the oil burned in the rededicated Temple for eight days, long enough to produce a new supply. Many of us do accept this part of the story as fact but to me, the Real Miracle of Chanukah was that the Maccabees successfully challenged and defeated a much larger force, and arguably kept Judaism itself from disappearing. In fact, it resonates powerfully with America's own founding, offering lessons about standing up for one's beliefs and challenging injustice. It can in its own way be considered, like Independence Day, a Festival of Freedom.

Though Chanukah is not considered one of our Major Holidays (as is Yom Kippur, Pesach, etc.), American Jews have always promoted it to encourage pride in their heritage and its messages of renewal and hope. On that basis it speaks for itself.

Chanukah Sameach
Bruce Berenson



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Vice-President - Ellis Rosenblatt
Corresponding/Recording Secretary -
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Sisterhood President -
Naomi Gukowsky

Rabbi Steven Axelman

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FROM THE RABBI'S STUDY



Chanuka begins this year with sunset on Sunday, December 18th and ends with nightfall on Monday, December 26th. Chanuka is the only Jewish holiday that continues from one Jewish month to the next, beginning on the 25th day of Kislev and continuing into the month of Tevet. According to the Talmud, Chanukah commemorates the miracle that occurred when, after being victorious in war against the Greeks, the Jews found only enough ritually pure oil in the Temple to light the Menorah for one day, but miraculously the Menorah burned for eight days, until more oil was found or processed.

On the weeknights of Chanuka, it is best to light the candles 20 minutes or so after sunset and they should remain lit for at least 30 minutes. However, on Shabbat it is forbidden to light the candles after sunset. The proper procedure, therefore, is to light the Chanukah candles before lighting Shabbat candles at the proper time. The candles should remain lit for approximately 90 minutes. On Saturday night, the candles should NOT be lit until dark, approximately 40 minutes after sundown.

The prevalent custom is to light the Menorah in a window that faces the street. Each night we add one candle, the first night, 1, the second night, 2, etc. The *shamash* (the extra candle) is lit because it

is forbidden to derive benefit from the candles of Chanuka; we can only derive benefit from the light provided by the *shamash*.

On the first night we recite three blessings (B'rachot) that are found in the Siddur/prayer book, including "Shehechiyanu", the blessing we recite the first time we observe any Mitzvah. On subsequent nights we recite only two blessings. It is customary for everyone in the house to light their own Menorah. After lighting the Menorah, "Haneirot Hallalu" and "Maoz Tzur" are sung.

Various possible origins are cited for the custom of playing dreidel on Chanukah, including that the Jews, when prohibited from studying Torah, would pretend to be gambling with a dreidel when caught by the Greeks. The letters on the dreidel: *Nun, Gimmel, Heh, and Shin* stand for "*Nes Gadol Haya Sham*" or a great miracle happened there, referring to Israel.

Another widespread custom is to eat latkes, as they are fried in oil, to commemorate the miracle that happened with oil. In Israel today, they eat "sufganiyot", jelly donuts, instead.

Wishing you all a Chanukah Samayach—a happy and healthy Chanukah!

For lyrics (Hebrew, English and Transliterated) and audio of the Brachot and Ma'oz Tzur, please visit our website at www.whitestonehebrewcenter.org/chanuka.

SISTERHOOD

Sisterhood President's Message

Sisterhood wishes everyone a joyful Chanuka. 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

Prayer Book Fund - October 2022

Inscribed Prayer Book in memory of Zula Schibuk

- WHC

- Evelyn Apter

- Naomi and Leon Gukowsky

In memory of Zula Schibuk

- Linda Pereira

- Patricia Smolker

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".

Oct. — Dec. Happy Birthdays



Bruce Berenson

Sharon Samet

Meryl Hoffmann

Shirley Smith

Egon Mermelstein

Tricia Smith

*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.

Prayer for the Sick

If you would like a name mentioned in the weekly Prayer for the Sick, please email the name of the sick person and the name of that person's mother (if available) to the Rabbi, at rabbiaxelman@outlook.com. If you do not have access to email, please leave a message on the WHC office voice mail. There are names on our list for a very long time and we have no way of knowing who are still in need of prayers.
Thank you.



Rabbi Axelman

Condolences

The Whitestone Hebrew Centre and Sisterhood
mourn the loss of a dear congregant and friend,

Zula Schibuk

**המקום ינחם אתכם
בתוך שאר אבלי ציון וירושלים**

May her memory be a blessing



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



TAU Ultrasound and Nanobubbles Helping Destroy Cancerous Tumors without Invasive Treatments

David Israel - November 25, 2022

[JewishPress.com](https://www.jewishpress.com)



A combination of low-frequency ultrasound and injected nanobubbles may work to remove malignant tumors in a non-invasive way, as observed in animal models. The new, non-invasive technology was developed by Tel Aviv University (TAU) researchers and published in the journal *Nanoscale* under the title "Low-frequency nanobubble-enhanced ultrasound mechanotherapy for noninvasive cancer surgery." The nanobubbles and ultrasound waves cause the bubbles concentrated in the cancerous tumor to explode. The treatment was performed using safe, low-pressure levels and focused only on the area of the tumor, which avoids damage to healthy tissues and avoids off-target toxicity - the term used to refer to the effect of a drug binding to proteins or other

molecules in the body other than those for which the drug was meant to bind, which can cause potentially harmful side effects. "This can help in the treatment of tumors that are located deep within the body and facilitate the treatment of larger tumor volumes. The experiment was conducted in a breast-cancer tumor mouse model, but it is likely that the treatment will also be effective against other types of tumors in animals and, in the future, also in humans." Keren Primor Cohen, chief executive officer of TAU's tech-transfer company Ramot, explained: "We applied for several patents to protect this technology and its application. We believe in the commercial potential of this breakthrough technology in cancer treatment and are in contact with several leading companies in Israel and abroad to promote it."

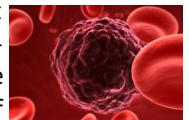
Israeli Biotech Company Begins Trial for Cancer Immuno-Oncology Solution

Zachy Hennessey - November 30, 2022

[jpost.com](https://www.jpost.com)

On Wednesday, cancer solution biotech company Nectin Therapeutics announced that it has dosed the first patient in its Phase 1 clinical trial of the PVR blocker NTX1088 in cancer patients with locally advanced and metastatic solid tumors. The trial is being conducted at The University of Texas MD Anderson Cancer Center with an investment from the Cancer Focus Fund. "NTX1088's triple mechanism of action represents a unique approach to treating challenging cancers and we are excited by its potential to address a range of treatment-resistant tumors," said Ross Barrett, a founder and managing partner of Cancer Focus Fund. "Nectin has developed a highly innovative pipeline that has the potential to fundamentally overcome the limitations of existing immune

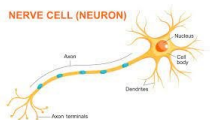
-oncology therapies, delivering new treatment options for patients suffering from difficult-to-treat cancers, and we look forward to the results of the Phase 1 clinical trial of NTX1088," said Fabian Tenenbaum, CEO at Nectin Therapeutics. Keren Primor Cohen, chief executive officer of TAU's tech-transfer company Ramot, explained: "We applied for several patents to protect this technology and its application. We believe in the commercial potential of this breakthrough technology in cancer treatment and are in contact with several leading companies in Israel and abroad to promote it."



Bar-Ilan U Researchers Bioengineer Nano-Magnets to Restore Damaged Nerve Cells

David Israel - November 29, 2022

[JewishPress.com](https://www.jewishpress.com)



Neurons are the fundamental units of the brain and nervous system, the cells responsible for receiving sensory input, sending motor commands to our muscles, and transforming and relaying the electrical signals at every step in between. When neurons are damaged by degenerative disease or injury, they have little, if any, ability to heal on their own. Restoring neural networks and their normal function is therefore a significant challenge in the field of tissue engineering. Prof. Orit Shefi and doctoral student Reut Plen from the Kofkin Faculty of Engineering at Bar-Ilan University have developed a novel technique to overcome this challenge using nanotechnology and magnetic

manipulations, one of the most innovative approaches to creating neural networks. "This method paves the way for the creation of 3D cell architecture on a customized scale for use in bioengineering, therapeutic and research applications, both inside and outside the body," says Ph.D. student Reut Plen, and added, "Since the 3D neural networks we created simulate innate properties of human brain tissues, they can be used as experimental "mini-brains" and serve as a model for the study of medicinal drugs, for investigating communication between tissues, and as a way to build artificial networks for interfaces between engineering and biological components."



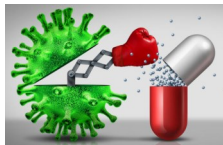
Recent positive news generated by Israel, of which we can all be proud.
(Articles below are excerpts of originals only)



Hebrew U Announces Breakthrough in Fighting Antibiotic-Resistant Infection

David Israel - November 23, 2022

[JewishPress.com](https://www.jewishpress.com)



Antibiotic resistance is a growing public health concern with global implications. Antibiotic-resistant infection affects more than 2.8 million individuals each year in the United States alone, resulting in more than 35,000 annual deaths. New resistance mechanisms constantly emerge and spread globally, threatening our ability to treat common infectious diseases such as pneumonia, tuberculosis, and sepsis. Gentamicin is a commonly-used antibiotic, considered an essential medicine by the World Health Organization (WHO). But antibiotics of this kind (aminoglycosides) cause kidney damage in up to 25% of hospitalized patients. This is a major problem for more than 37 million Americans who suffer from chronic kidney disease, according to the Centers for Disease Control (CDC). A group of researchers led by Professor Yaakov Nahmias, Director of the

Grass Center for Bioengineering at the Hebrew University of Jerusalem and founder of the biotechnology startup Tissue Dynamics, discovered a new mechanism of antibiotics-induced kidney damage, never identified before. The academic team partnered with Tissue Dynamics—a groundbreaking biotechnology company owned by Nahmias that develops drug toxicity and efficacy screening tools for the pharmaceutical and cosmetic industries—to develop a bionic micro-kidney in which electro-optical sensors—roughly half the width of a single human hair—are embedded in human kidney tissue. The chip emulates normal human physiology, producing far more accurate behavior than do small animals. The sensors allowed the Hebrew University team to measure glucose accumulation in the micro-kidneys, which led to rapid lipid accumulation and kidney damage.

Israeli Start-Up Develops Meniscus Replacement of Tomorrow

Zachy Hennessey - November 23, 2022

[jpost.com](https://www.jpost.com)

Knees are one of the many parts of the human body that seem like they just weren't built to handle all of this "walking around upright, working out and running" stuff. As such, a sizable portion of the human population suffers from damaged meniscus tissue, typically resulting in surgery to adjust or replace the tissue and get everything working up to snuff. Often, however, that kind of knee surgery requires days of recovery time as the body heals and adapts to the adjusted area - but that may not be the case forever. Active Implants is a med-tech start-up developing a new iteration of their currently-available artificial meniscus replacement, NUsurface. The company's device is the first in the world to substitute the natural human meniscus, sitting between the bones of the

knee and acting as a sort of pillow to prevent grinding, rubbing and other uncomfortable friction. The upcoming generation of the technology is what's referred to as a "floating device," meaning that it is constructed in such a way that it isn't required to be anchored or sutured into place. As a result, explained Active Implants international president Dr. Eran Ganz, "It's a very simple and easy procedure to do for the surgeons and also for the patient." Recovery time is severely reduced, and the new generation of the device will offer two additional legs up on its competition: timed drug release and specifically tailored device dimensions to match the patient's body.



Israeli Scientists Make Breakthrough on Producing 'Green' Hydrogen Fuel

Judy Siegel-Itzkovich - November 7, 2022

[jpost.com](https://www.jpost.com)



One can split an atomic nucleus to produce energy, but can you also split water to create environment-friendly hydrogen fuel? Doing so currently has two drawbacks: It is both time and energy intensive. But now, researchers at Ben-Gurion University of the Negev in Beersheba and the Technion -Israel Institute of Technology in Haifa have taken a different path. BGU environmental physicist Prof. Arik Yochelis and

Technion materials science professor Avner Rothschild believe they have identified new pathways that would speed up the catalytic process they think will reduce the invested electrical energy costs significantly. Their splitting process is assisted by solar energy, which is known scientifically by the term photoelectrochemistry, and lowers the amount of the invested electrical energy needed to break the chemical bonds in the water molecule to generate hydrogen and oxygen.



Thank you for Donations -- October—November 2022

Yahrzeit

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For all that Rebbetzin Sharon does

Melvin Mesnick

Yizkor and Thank You to Rabbi Axelman for beautiful Services

Phyllis Oppenheim

In memory of Arthur Isman

Jonathan Grossman

Ellis Rosenblatt

Happy New Year to the Congregation

Sidney Rothstein

High Holiday Donation

Jeffrey Wolkin

For Shabbat Kiddush

Helen Zadeh

In appreciation of the Whitestone Hebrew Centre

Dennis and Jonathan Grossman

SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

Sundays @ Time TBA -- Talmud Class

Mondays @ 7:00 PM -- Judaism 101

Explore Your Questions



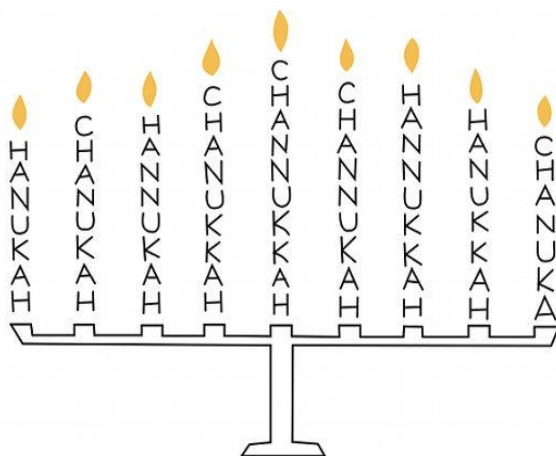
Please check our website for updated days and times of classes.

Currently classes are being streamed on zoom and not being held in person.

**Bar Mitzvah
Zachary J. Skow
December 10, 2022**



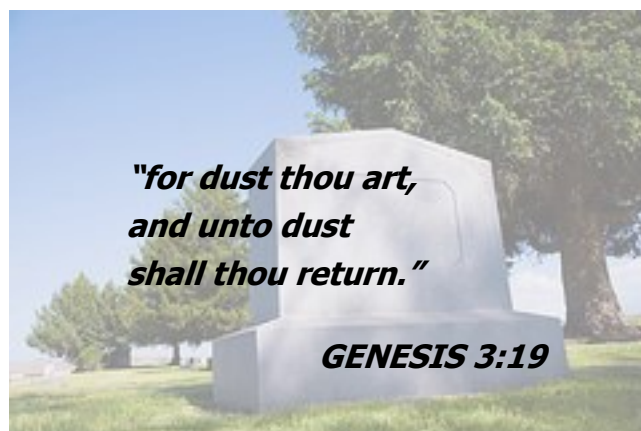
Hi, I'm Zachary and I'm excited for my upcoming Bar Mitzvah! I've been attending Whitestone Hebrew Centre with my sister, Madison since her Bat Mitzvah but you might not recognize me. I've grown a lot since then. I'm in 8th grade now at JHS 157 in Rego Park. I like to play soccer and this year, I started playing goalie. I also like to swim and ski. I love to take trips with my family and make memories. We love to go to amusement parks. My favorite ride is Pantheon at Busch Gardens Williamsburg, Virginia, it goes 73 mph, a track over 3300 feet long and a 95 degree drop and two inversions!



The definitive spelling of the name of this holiday!

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Cemetery Committee Chair
at WHC (718) 767-1500**





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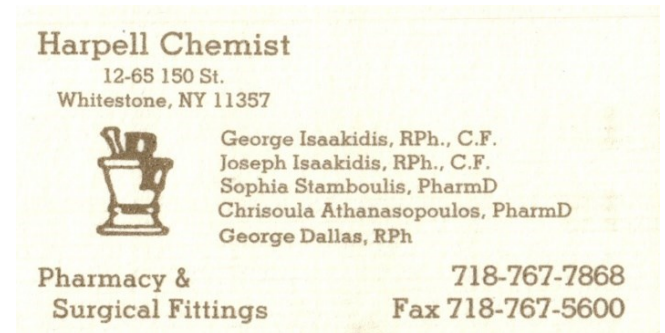
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