

Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



HAPPY NEW YEAR!

שנה טובה!

5781

תשפ"א



שלום

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Volume XXX No. 1

September 2020

Elul 5780 — Tishrei 5781

Schedule of High Holiday Services

S'lichot

Saturday Night September 12th

Program 9:00 PM - Service 11:00 PM

ROSH HASHANAH

First Night - Friday September 18th - 6:30 PM

First Day - Saturday September 19th - 9:30 AM* & 6:30 PM

Second Day - Sunday September 20th - 9:30 AM*

YOM KIPPUR

Kol Nidrei - Sunday September 27th - 6:00 PM

Yom Kippur Day (Yizkor)- Monday September 28th - 9:30 AM*



* Please note that Services will be abridged this year due to Covid-related precautions and parts of the Services may begin earlier than in previous years. Please arrive on time!



Due to Covid-related precautions and restrictions,
a limited number of seats were available for the High Holidays.

If you have not yet reserved a seat, you will not be able to attend services in person,
as we are filled to capacity. Hopefully next year we will be able to accommodate everyone.





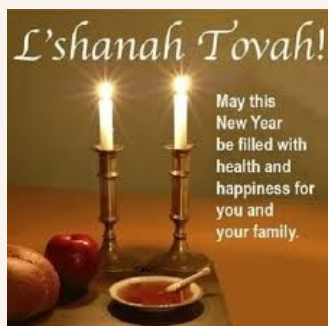
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FROM THE RABBI'S STUDY

Welcome back from what was probably the most surreal summer in most of our lifetimes. Some of us may have been kept in our winter homes in Florida and never returned to our area for the summer. Some may have made it back up north but are quarantined in their homes, with few of the usual summer activities available to them. Those of us who stay here year-round have arguably been the most affected by the Covid-related rules, as New York City has been among the most restricted areas in the country concerning permitted public activities.

Though many of our members have not yet attended services in person, we have made in-person services available for more than two months. On Shabbat mornings, we have been fortunate to have had a minyan almost as often as not. We have been streaming services on Zoom on Friday nights, with many of our members greatly enjoying this extension of our shul. To date, we have not streamed services on Shabbat mornings, because of the Halachic (Jewish legal) problems entailed.

With or without Covid, the High Holidays are once again just around the corner, beginning with Selichos Services on Saturday night, September 12 at 11 p.m. Rosh Hashana begins on Friday evening September 18th. I don't know who could have predicted way back in March, when Purim activities were beginning to be canceled in many places and, in April, when Pesach services and family seders were almost totally non-existent, that we would still have been in this situation come September. But, here we are. We don't expect many of our more senior members to venture out to services

on the High Holidays and would not recommend that they do so. For those who are able and would like to attend, we are working on providing the safest experience for all, with social distancing, masks, etc. At the time of this writing, we are still deciding which, if any, services will be streamed online.

For many Jews, especially in "normal" years, this season evokes memories of apples dipped in honey, the sound of the shofar, and family meals; for me, the memories are mostly of upside-down cake. But, is that really all there is to it? To me and hopefully millions of other Jews, there has to be a bit more about God and Judaism to make these holidays meaningful (and worth all the preparation). Traditional Judaism sees this period as a time of reflection and repentance, culminating in Yom Kippur, the day on which all our sins are forgiven, though the conditions for this to happen are too complicated for a bulletin article. This year Yom Kippur begins the evening of Sunday September 27th and concludes at dark the next night. Please note that the evening of Yom Kippur, on which we recite Kol Nidrei, is the only time of the year that a tallit is worn by the congregation at night. There was a time not too long ago that almost every Jew would attend services on Yom Kippur; sadly, this is no longer true. But as I have said in the past, the only guarantee I can make is that if you do not attend services, you will not be inspired by them! (Of course, this year, genuine health concerns take precedence over attendance at services, even on the High Holidays.)

At the very minimum, I believe we all need

(Continued on page 3)

SISTERHOOD

Sisterhood Message

We hope everyone had a healthy and safe summer. 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. Sisterhood wishes everyone a happy and healthy New Year.

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".



Mazel Tov
to Rabbi Axelman
on the marriage of his daughter,
Penina to
Shmuel Abram

Prayer Book Fund - June 2020

Inscribed Prayer Book in memory of
Stanley Simon

- Frank and Shirley Smith

Inscribed Prayer Book in memory of
Lenny Hartman

- Patricia Smolker

Inscribed Prayer Books in memory of
Paula Hanover and Lenny Hartman

- Bonnie Buxbaum



September Happy Birthdays

Lazer Axelman

Liliya Berezovsky

Jenna Berenson

Judi Glass

*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.



Zula Schibuk

FROM THE RABBI'S STUDY

(Continued from page 2)

to use this time period for reflection over what it means for us to be Jewish. Other than the fact that we were born that way (or converted), what makes us Jewish? What do we do or refrain from doing because we are Jewish? For those who see the expression of their Judaism in charity, helping and being kind to others, there is no question that those things are a great part of what a Jew is or should be. But honestly, they are a great part of what any human being should be, are they not? So, what is a Jew?

As the answer to this question literally takes up thousands of pages, if not more, I would just like to quote from the book of Deuteronomy 10:12--13 (Parshat Eikev), translation from JTS: And now, O Israel, what does the Lord your God demand of you? Only this: to revere the Lord your God, to walk only in His

paths, to love Him, and to serve the Lord your God with all your heart and soul. Keeping the Lord's commandments and laws, which I enjoin upon you today, for your good...

Within these sentences lies the acceptance of the yoke of all God's commandments, those between man and man and those between man and God. Though in no way does attendance at our Monday evening Judaism 101 class fulfill these commandments, it is a great place to start for those wishing to know more about their obligations as a Jew and even to debate what they do or do not believe in. We continue to hold this class every Monday evening at 7:00 on Zoom, with some possible changes during the upcoming Holiday period. Best wishes for a happy and healthy New Year from Rabbi and Rebbetzin Axelman!



I stand
with Israel

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



Israeli doctors to 'zap' COVID-19 patients back to health in new treatment

Maayan Jaffe-Hoffman August 29, 2020

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



A team of doctors at Sheba Medical Center in Tel Hashomer plans to conduct a clinical trial using low-dose radiation therapy to fight COVID-19. It would be the first of its kind in Israel and one of only a handful of similar studies

worldwide. The trial is based on the hypothesis that low-dose radiation therapy (LDRT) could improve clinical, radiographic and immune outcomes in hospitalized COVID-19 patients with pneumonia and severe acute respiratory syndrome.

"When the COVID crisis began, there were some older radiotherapists in the world who remembered that 70 years ago some doctors were using low-dose radiation therapy to treat pneumonia," Dr. Zvi Symon said. Researchers started looking into that therapy and found that between 1905 and

1946, outcomes of some 700 pneumonia patients treated with LDRT showed that it led to measurable clinical improvements in the hours and days following administration. These included improved respiration, lower fever and a better chance of survival.

While radiation is generally used in the management of malignant neoplasms, physicians worldwide have broadened its applicability to a variety of benign diseases. "Patients who received radiation improved and managed to go off oxygen and could breathe well in three to four days, whereas other patients who did not receive the radiation took an average 12 days after pneumonia. The treatment needs to be given at the right time, which is the start of acute symptoms and before COVID-19 has caused overwhelming multi-organ damage", Symon said.

Israeli Scientists Developing New Approach to Chronic Pain

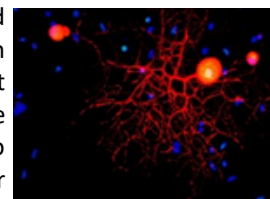
By Hana Levi Julian September 1, 2020

[Jewishpress.com](https://jewishpress.com)

Something like a quarter of the world's population suffers from chronic pain at some point in their lives. As opposed to acute pain – for example, the feeling after hitting your finger with a hammer – chronic pain may not even have a clear cause, and it can linger for years or lifetimes. The burden of chronic pain includes damage to mental and physical health, lower productivity and drug addiction. A new study led by scientists at the Weizmann Institute of Science suggests an original approach to treating this affliction by targeting a key gateway leading to the activation of genes in the peripheral nerve cells that play a role in many forms of chronic pain. The

findings of this study were published in the journal, Science. Pain starts in the sensory neurons – those that pass information from the skin to the central nervous system. Damage to these neurons, chronic injury or disease can cause the neurons to

"short circuit," sending continuous pain messages. Prof. Mike Fainzilber of the Institute's Biomolecular Sciences Department investigates molecules that regulate the biomolecular messaging activities taking place within these nerve cells.



New Israeli Medical Invention Stops Preterm Labor

Deborah Danan August 3 2020

www.breitbart.com



A new medical device preventing preterm birth, which exacts the heaviest toll on the field of obstetrics, has been developed by a team of Israeli doctors and engineers. According to the World Health Organization, one in ten babies are at risk of being born

prematurely, between 24 and 37 weeks into gestation. That amounts to 15 million newborns a year, of which 1 million will die. One million will suffer from disabilities due to preterm complications, putting a heavy burden on healthcare systems.

The device, called Lioness, is a disposable, patented silicone ring that ... prevents early shortening or dilatation of the cervix, even through uterine contractions. The procedure is simple and takes place in a matter of minutes at the gynecologist's office. "Between 9% and 17% of all pregnancies are at risk of premature birth. This is a large target market. There are no successful solutions today and the health systems are desperate for it. Leading doctors in Israel and around the world see our product as a breakthrough," Dr. David Shashar said. The financial burden of preterm births surpasses \$25 billion annually.

Israeli firm & US hospital system aim to bring AI to vision care

August 11 2020

israelnationalnews.com



Earlier this month, UMass Memorial Health Care announced a new effort with Tel Aviv-based AEYE Health to develop a new screening system designed to identify cases of preventable blindness in time to intervene with treatment and other mitigation efforts. If all goes well, the system might help to reverse the trend of vision impairment that now includes as many as 40 million Americans over the age of 40. The joint project is expected to draw on AEYE's already-advanced research in applying AI and machine learning techniques to the diagnostic process. The problem they're trying to solve is the relative lack of the kind of human expertise required to perform the number of retinal examinations it would take to accommodate the current level of demand in the US. At present, as many as 75% of people who might benefit from such screenings go without them due to the high costs associated with the current process. According to representatives from AEYE, their existing system

can already provide automated diagnoses for a variety of common vision conditions. They've already reported success in spotting conditions such as glaucoma and diabetic retinopathy, and the system has also shown promise in detecting more advanced conditions like Alzheimer's disease – which is a growing cause of vision loss among elderly populations. In practice, the development of automated vision screening solutions would be a real game-changer for vision care providers in the US. With the ability to provide on-demand, low-cost retinal screenings, it would be possible to stage an early-intervention program that would lead to better health outcomes and dramatically lower costs. It would even make it possible to address a great deal more of the estimated half-million children in the US living with vision difficulty who might be a single precision-crafted pair of cheap glasses away from a lifetime of better ocular health. In the long run, the project might be just the first of many collaborations aimed at providing timely and inexpensive vision care services in the US.

Israeli Firm Nanoscent Develops Chip Which Could 'Smell' Coronavirus In 30 Seconds

July 2, 2020

vosizneias.com

Israeli start-up company Nanoscent which is based in the Lower Galilee's Misgav, has developed a chip enabling electronic devices to have an artificial sense of smell. The new technology is currently being used in trials in conjunction with the Sheba Medical Center in order to detect COVID-19 patients via the smell they emit. If the trials are successful, the technology could then be used to do mass 30-second testing of people in all kinds of locations such as hospitals, shopping centers, airports, and border entry points. The new test could even jumpstart the ailing tourist industry since it will enable tourists to get on flights after undergoing a simple procedure.

Nanoscent's founder Oren Gavriely told Times of Israel that together with the overt symptoms of COVID-19 such as fever, coughing and shortness of breath, the virus also transforms the smells created by people's bodies and breath. "Each illness has a special pattern; some are more minute and some are more significant," said Gavriely. "When you are looking at coronavirus, it develops in the upper respiratory tract — that means in the nose, the lungs and also in the tonsils."



Israeli "Bionic Hand" Changes Children's Lives

Jun 2, 2020

unitedwithisrael.org



Researchers at the Technion Institute created 3D-printed prosthetic hands and distributed them to children throughout the Middle East. Israel's world-renowned Technion Institute recently joined forces with the Haifa3D Association to produce

robotic hands for children whose limbs were amputated. The amazing project provides children with their own personalized, fully functional hands, free of charge, with which they can eat, play, and study like other children. These Israeli "bionic hands" are changing lives in Israel, Syria, and beyond.



Thank you for Donations -- Summer 2020

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Curtis and Allison Faver

In appreciation of WHC

Sam and Margarita Mayer

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WHC BULLETIN BY EMAIL!



If you would like to receive a copy of the bulletin by email, in addition to the printed version, please send your email address to haxelman@gmail.com and let us know. The email version appears in color and will reach you several days before the hard copy. Thank you!

Condolences

To the Weinstein family
on the loss of Rhoda Weinstein

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

May her memory be a blessing

SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

Sundays @12:45 PM -- Talmud Class

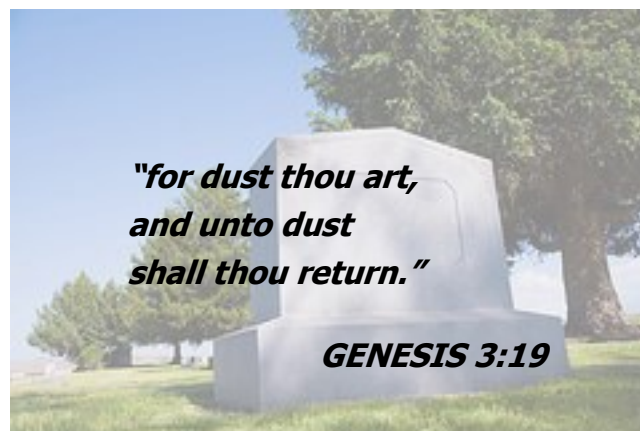
Mondays @7:00 PM -- Judaism 101

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.

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