

MA NISHMA

What's up?



The Alumni Journal of The Hebrew University
Hadassah School of Dental Medicine Founded by
the Alpha Omega Fraternity



Alpha Omega Provides Dental Health for Holocaust Survivors

Y e a r 4 6 • I s s u e 1 0 5 • H a n u k k a h 2 0 1 6

Dear Reader,

In the opening pages of this issue, Dean Prof. Palmon tells us about the plans for our Faculty. We also publish a sobering piece about Alpha Omega International's journey – organized by former President Adam Stabholz – to the concentration camps in Poland. In fact, the photo on the cover is probably the most fascinating we have ever published. 50 Jewish dentists from Alpha Omega holding five national flags at the monument in Treblinka.

Another interesting piece comes from D. Walter Cohen, a veteran contributor to Ma Nishma. He talks about his first visit to Israel and we have added a number of pictures from his many visits since. We also wish him good health and happiness as he celebrates his 90th birthday.

The story of the Endodontists Convention in Jerusalem is also heartwarming, particularly because of the great support displayed for Adam Stabholz as he leaves for retirement. The event also showcased – in words and pictures – Adam's 14 years as Dean of the Faculty.

And there are more stories too – about a visit to Uman, the Editor's nostalgic visit to the lecture hall he first studied in 60 years ago, and a family trip to the Agmon HaHuleh Reserve in northern Israel. And of course we offer you our regular "Wisdom of the Wise" and "Between You and Me" columns.

Enjoy!

Noah Stern, Editor



"Ma Nishma" - The Alumni Journal of the Hebrew University-Hadassah School of Dental Medicine founded by the Alpha Omega Fraternity,
Year 46, Issue 105, Hanukkah 2016.
Special English Edition

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Table of Contents

Faculty News 3

**The Endo Association
honors Dean Stabholz 8**

AO Journey in Poland 10

Walter's Glimpse 14

**Thoughts while
visiting Uman 17**



The Dean's Column

Prof. Aaron Palmon

If I had to define my vision for the Faculty in one sentence, I would say that I want the Faculty in Jerusalem to be one of the leading faculties in the world. For any university faculty to be a world leader it must have two strong foundations: advanced research capabilities and outstanding students in all areas of study. In our Dental Faculty we also want a third foundation – helping the community. That is our “extra soul” as part of the medical world.

All these wonderful aims cannot be achieved without a healthy financial base. That is why our activities over the last three years have been largely focused on financial stability alongside physical, academic and teaching development. Initially we made many painful staff cutbacks, which significantly eased our balance, and we are now working to extend our financial activities by

expanding the marketing aspect of our treatment services. This highlights how we can provide a patient with treatment and improve his/her care-receiving experience. We have therefore opened a new Appointments Center, and a Tests and ER Center close to the treatment areas. We hope these efforts will increase our volume and help restore our financial equilibrium as soon as 2017.

Our academic and teaching development is going on all the time, both for this year’s teaching and for years to come. Of course we are keen to create an innovative, interesting and quality teaching program – both clinical and theoretical – and the challenge we face is how to adapt the study syllabus to the knowledge developing in the different disciplines, without adding to the students’ requirements, as they are already going through a heavy curriculum. Students starting Year 1 will begin to feel the big changes in the

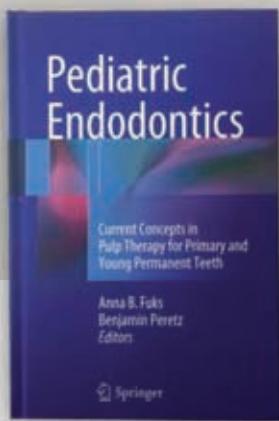
teaching program this year, as we aspire to the most advanced standards in the profession.

This academic year saw us continue earlier processes, chiefly designed to upgrade our clinical teaching system from a teaching point of view and through using more advanced equipment. We are ready to receive new dental units for our expansion of the Students’ Dental Clinic (with the help of Henry Schein), and deep in the process of establishing a Central Digital Dentistry discipline in the faculty (thanks to our friends at Alpha Omega). We are also building new basic research labs for the Faculty’s young and talented research team (funded by the Hebrew University). This will contribute much to advancing dental research in Israel and to teaching. Continuing studies are also on the up and this year we are not only running large conventions but also day courses to enrich doctors’ knowledge in the various dental disciplines.

One of our most important aims is to develop programs for the community. Last January we instituted a program that nurtured our relationship with people with developmental intellectual difficulties. This special program is the result of cooperation between Faculty management and AKIM, Elwyn, Dr Alan Finkelstein (AO member from the US) and the

previous Dean, Prof. Adam Stabholz. The Faculty's aim is to train these people to work in dental clinics and introduce them to our doctors – and mainly to students who will be dentists in the future. This brings future dentists together with people with special needs so that the natural fears of the unknown and the

misconceptions will disappear and dentists will be more open to employing people with special needs in their clinics. I am happy that the first group of students has recently finished the course and we hope – after taking note of the lessons learned – that we will open a second cycle of this important program.



Pediatric Endodontics

By Anna Fuks and Benny Peretz

This welcome book (nine chapters) is the result of the collaborative efforts of 14 scholars from universities in the USA, Brazil and Israel.

"Pediatric Endodontics" provides dental professionals and students with a clear understanding of current clinical and scientific knowledge in various aspects of pulp treatment for both primary and permanent teeth.

Diagnostic parameters are clearly provided, along with step-by-step descriptions of the clinical procedures, including direct and indirect pulp treatment, pulpotomy and pulpectomy.

The merits and drawbacks of the various materials used in each technique are discussed in detail, as are the various types of restoration for pulpal treated teeth.

The book stresses the importance of conservative treatments, including treatments for vital and non-vital immature permanent teeth.

The concluding chapter looks to the future and the potential value of stem cells in pulp therapy.





Keep Up to Date!

Prof. Rakefet Cherninski

The Continuing Dental Education Center

The dental profession is very dynamic and constantly developing, both medically and technologically. Our new Continuing Dental Education Center offers dentists a great opportunity to keep abreast of the times.

Professor Rakefet Cherninski, who heads the center: "When the Dean appointed me to this position, we set ourselves the goal of enabling Israeli dentists and dental hygienists to continue to remain up to date by learning from the best teachers around. The task was not easy, but after nine symposiums with 2,000 participants and nine courses with 20-60 dentists in each, all awarding credit points for the "Up to Date Dentist" program, we can look back and say it was worth the effort.

We were thrilled to see our young graduates sitting alongside veteran dentists, army dentists and private practitioners. There were those who were happy to return to the Faculty and others for whom it was the first time in the school. Dentists outside Jerusalem

Participants at a "Keep Up to Date" Symposium ►

were also able to enjoy our services as we arranged update days in Nazareth, Tiberias and Beersheba.

These study days were run in conjunction with the Ministry of Health's Dental Health Department and entrance was free. We made sure the lectures were mainly clinically-oriented, very focused and of course covering the latest developments in a range of topics. The evaluation forms reflected a very high level of satisfaction. In addition, we ran courses for smaller groups this year, some theoretical and others actually around the dental chair.

Obviously, the courses are so successful because the Faculty staff who teach them combine their professional skills – each one in their own discipline – with great experience and a love of the profession. I must also particularly thank Mrs. Maya Shmuel (Continuing Studies and Specialties Coordinator) and Mrs. Iris Tzadik (Sponsorship Coordinator) who worked so hard with the Dean's team. The courses were partially sponsored by Colgate, Oral B, Divident and others, which helped lower costs considerably."

In light of the positive feedback and high response rate, we are planning more activities next year. See you soon in Jerusalem!



Strauss House Changes Hands

Prof. Noah Stern

In the October issue of the Hadassah Veterans Magazine, Editor Zev Olstein wrote that the Nathan and Lena Strauss House of Health in the center of Jerusalem – built in the 1920s – is being given to the Israeli Government.

As we have related before in these pages, the Hebrew University's Dental School began in this very building. The school was established in 1953 thanks to the generous support of Alpha Omega in the US, who transferred an initial sum of \$30,000. Dr. Spandel, a Jew from New York, wrote in his Will that \$6,000 should be given to the Dental School every year for a few years. And the Israeli Government also contributed their share – a grant of \$10,000 and promising more in the future.

The school had taken a while to materialize. Already in 1932 the first national gathering of the Dental Association in Eretz Israel had taken place in Tel Aviv. The Chairperson of the Association was Dr. Shmuel Levin-Epstein, an American Jew who had immigrated in 1918. The Guest of Honor was Prof. Bernhard Gottlieb from the University of Vienna, one of the leading professors in all of Europe. It was he who planted the faith in the hearts of the audience that a Dental School in the Land of Israel could become a reality.

The school operated in the Strauss Building for 11 years, until 1964, when it moved to its permanent home in Ein Karem. Hadassah gave the school a floor and a half, in which the big hall was refurbished as a clinic for teaching students with 30 chairs and units courtesy of the Ritter Company. The Surgical Department was set up in the smaller hall with five stations, Floor 3 also housed three treatment rooms (for Department Heads), and another relatively large hall was turned into a dental laboratory designated specially for teaching purposes. One end of the floor became the central lecture hall with 30 theater-style seats and the other was devoted to a library-cum-lecture hall.

With the end of the War of Independence and the entire University leaving Mt. Scopus, many of its departments were moved to temporary homes around Jerusalem. There is no doubt that the Dental School could only have begun thanks to its location in Strauss House in central Jerusalem.



The old clinic at the Strauss building



The Faculty in front of the Strauss building



The Strauss building

Obituaries



Dina Ben Yakar

Prof. Yair Sharav

Dina Ben Yakar served for many years as the Head Nurse in the Diagnostic, Oral Medicine and Radiology Department.

I first came across Dina when I was a student in the early 1960s. Sweet, attractive and full of energy. And she was already responsible for First Aid Services in the department headed by Prof. Ino Sciaky, the Faculty's Founding Dean.

When I was appointed Department Head in Prof. Sciaky's place, I "inherited" Dina Ben Yakar as Head Nurse, until her retirement towards the end of the 1970s. A worthy inheritance indeed!

Dina was born in the Old City of Jerusalem and, like many of her generation, was fluent not only in Hebrew, English and Arabic, but also in Yiddish, which made things a lot easier with the patients in the department.

Although she often appeared to present a tough exterior to the many patients awaiting treatment – some for first aid, in pain, tense and so sometimes short-tempered, it was clear that their welfare was first and foremost in her mind. She repeatedly dedicated her time and energy to help patients through hospital complexities so they could receive the best possible service.

Dina was extremely devoted to the Department staff, who were like a second family to her. She is sorely missed.

May her memory be a blessing.



Marian Levin-Epstein

Prof. Arie Shteyer

Marian Levin-Epstein was the widow of Prof. Yaakov Levin-Epstein, of blessed memory, one of the founding fathers of the Hebrew University's Dental School. Mrs. Levin-Epstein was born in 1923 in Washington, Pennsylvania. She made Aliyah to Israel in 1949, the year she married Yaakov.

She was the first Head of the Oral and Maxillofacial Surgery Department and later became Dean of the Faculty. She served in many positions on the Hadassah Council, including Treasurer, Chairperson and PR and Fundraising Director.

Marian and Yaakov had three children: Prof. Noah Levin-Epstein, formerly Dean of the Faculty of Social Sciences and Head of the Sociology Department at Tel Aviv University, Eli Ilan – architect, and Prof. Naomi Weintraub, Occupational Therapist, Head of the Research Laboratory into Neuro-Developmental Disorders and Writing Function at Hadassah's School of Occupational Therapy in the Medical Faculty at the Hebrew University. They in turn presented Marian and Yaakov with nine grandchildren and seven great-grandchildren.

When her husband was Director of the Oral and Maxillofacial Surgery Department, Marian served as the Department's Mother, always keen to host Department members in her home at every opportunity. She continued to do this even after her husband's passing and whenever a Department member received an academic promotion, it was Marian who hosted the celebrations.

May her memory be a blessing.



Adam receives the Scroll of Appreciation from the Dean, Prof. Aharon Palmon



Dr. Boaz Shai, Chairperson of the Endodontic Organization, welcomes guests to the gathering in honor of Prof. Adam Stabholz

Convention in Honor of Prof. Adam Stabholz's Retirement

Dr. Boaz Shai

At the end of November 2016, the Israeli Endodontics Association (IEA) held its Annual Convention at Jerusalem's Crowne Plaza Hotel. The event was dedicated to Prof. Adam Stabholz, who recently retired after more than 40 years at the Dental School in Jerusalem. The convention was organized in partnership with the IEA, the Dental Faculty and the Alpha Omega Fraternity.

More than 300 dentists from all over the country came to honor the star of the show, who served for many years as Head of the Endodontics Department and another 14 years as Dean of the Faculty.

In his role as Dean, Adam invested much time and effort in enlarging and developing the Faculty, and strengthening relationships with the international dental community, as well as leading unique projects in all his positions over the years.





The audience salutes Adam



Adam receives an Honorary Member Diploma from the Chair and Deputy Chair of the Dental Association



Noah Stern presents 14 Years of Adam's Deanship



The audience listens to Noah Stern

Dr. Boaz Shai, Chair of the IEA, moderated the event, which was opened by a welcome from the current Dean, Prof. Aharon Palmon, and Chairperson of the Dental Union, Dr. Yitzchak Chen. The Faculty presented a specially calligraphed Scroll of Appreciation to Adam, an Honorary Degree and Honorary Membership of the IEA.

Prof. Noah Stern delivered the opening lecture, aided by a presentation illustrating Adam's work as Faculty Dean. The scientific content of the event included talks from the different department heads: Profs Yehoshua Moshonov, Nardi Caspi, Lior Shapira, Yael Huri-Hadad, Stella Chaushu and Dr. Yuval Vind. Similarly, a guest lecturer, world-renowned Prof. Bertrand Chait, spoke about periapical surgery. Each speaker also related stories of their own special

connection with Prof. Stabholz. Many other dentists and members of the IEA were in the audience and everyone thoroughly enjoyed the ceremony and the range of fascinating lectures on so many aspects of contemporary Dentistry.

At the same time, there was an extensive dental exhibition outside the lecture hall, set up by local commercial dental companies. The event organizers particularly expressed their thanks to Oral-B, for their Golden Sponsorship, and to Premier and MIS-Divident for their Silver Sponsorship.

The convention ended with a festive cocktail evening, followed by an exclusive dinner in honor of Prof. Stabholz and his wife, attended by all Faculty department heads and research lab directors.



Alpha Omega International's Poland Journey – Rising from the Ashes

Prof. Adam Stabholz

In 2014, the US Vice President, Joe Biden, initiated a program to improve the lives of Holocaust survivors in North America. One of the most important elements of this program was providing dental treatment, so the White House representative contacted Henry Schein, the largest company of its kind in the world for medical, dental and veterinary products.

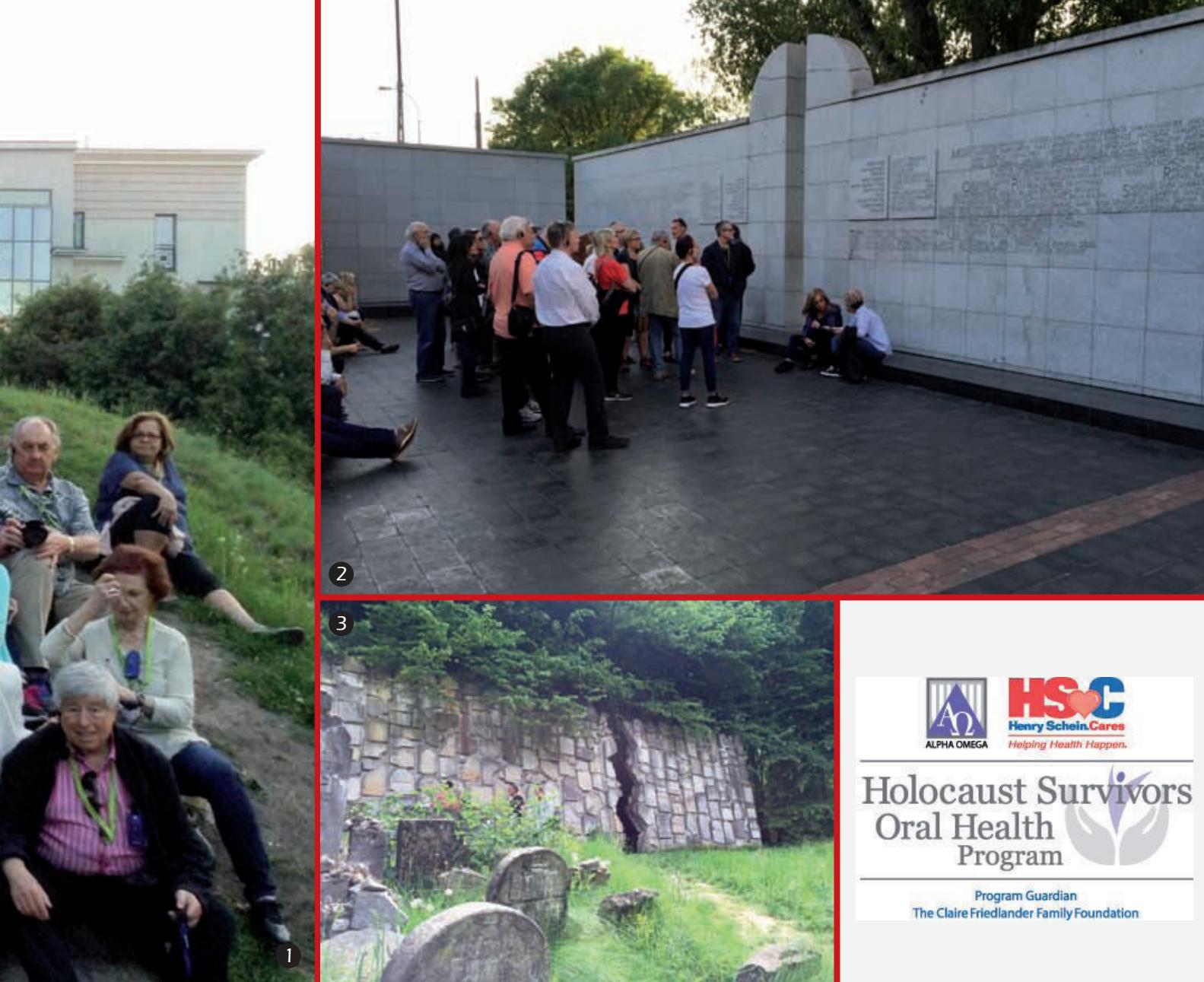
Henry Schein – which invests widely in community health – has an excellent relationship with Alpha

Omega International. And since AO's activities include the enthusiastic support of Dental Education and humanitarian projects, they readily answered the call to help enhance the lives of these Holocaust survivors.

It was decided that AO members would donate their professional services and that Henry Schein would contribute the necessary materials and lab work. And so The Holocaust Survivors Oral Health Program was launched.

Today, dozens of AO members in more than 10 cities in the US and Canada give their services free of charge to hundreds of Holocaust survivors so grateful for this help.

At the beginning of 2015, I became President of AO International and visited many AO branches in the US and Europe. On one of my visits – to France – local members came up with the idea of organizing an AO trip to Europe, to see firsthand how the Holocaust had ravaged our people and how – despite the



decimation and loss – we arose and began life anew in our own precious country.

Ayala and I had made the trip to Poland 10 years earlier, visiting all the important places in an attempt to learn and understand. It was not an easy trip, especially for those exposed for the first time to the sights and descriptions at the death camps.

This time – with 50 friends and colleagues from AO in the US, Canada, France and the UK – we felt we were on a mission. And our Holocaust Survivors Oral Health Program made it all the more poignant.

We all met up in Warsaw. Although little remains of the Warsaw Ghetto – where over 300,000 Jews were crowded in by the Nazis – we heard the stories of heroism near the Mila 18 site and at the spot where the trains left for Treblinka. No one was left unmoved.

Warsaw's impressive Jewish cemetery, hundreds of years old, serves as eternal testimony to a flourishing Jewish community that lasted for over a thousand years...

And then Treblinka.

An awful place.

A freezing silence.

We walked slowly amid the stones spread around the Valley of Death. Every stone bears the name of one of the communities wiped out in the Holocaust.

Majdanek, near Lublin, is another death camp in which the original huts and buildings are still standing. We marched along the central path, with huts and barbed wire on either side, to a huge mound of ashes – a silent witness to the tens of thousands murdered in a bare common grave.

No one speaks. We are enwrapped in our own thoughts. Weeping. Not understanding how all this happened only five minutes away from the major city of Lublin, once home of the famous Yeshiva of the Sages of Lublin. That building is still standing too, a proud and defiant reminder to Poles and the world – who saw, who heard, but did nothing...



Holocaust Survivors Oral Health Program

Program Guardian
The Claire Friedlander Family Foundation





5



And from there we drove to Cracow, today a beautiful, lively city with hundreds of tourists, dozens of famous sites and a fair amount of Jewish 'attractions' too – synagogues, kosher restaurants and even a Yiddish Theater.

But not far from there is Auschwitz.

For all the AO members on the trip, this was their first time in Poland and of course in Auschwitz. Even the strongest broke down here. All of us – Americans, Canadians, British, French and Israelis – just stood there, arm in arm, crying.

But from the depths of despair, someone began humming "Hatikva."

It was a moment of great emotional uplift, a moment none of us will ever forget. For me, it was a moment I realized that many more people will come visit these accursed places, see with their own eyes and understand the need, importance and humbling honor of giving love, warmth and care to the survivors living among us.

Photos

1. At 12 Mila Street, Warsaw, where some Jews hid during the revolt against the Nazis
2. The group visits Warsaw, at the place where the Jews gathered before being transported to the camps
3. The wall built in 1985 from Jewish gravestones
4. Members of the group at the gates of Auschwitz
5. Natan Rappaport's sculpture in memory of the Warsaw Ghetto heroes



A Nostalgic Visit

Prof. Noah Stern

I recently hosted an overseas visitor, who asked me to take him to the National Library at the Hebrew University's Givat Ram Campus in Jerusalem.

When we arrived, I realized that quite a few years had passed since I had last set foot there and I must admit that it had changed quite considerably. The buildings no longer looked as new as I had remembered them, and the trees and bushes were much taller and thicker.

I suddenly thought of visiting the lecture hall I had sat in during my first year as a student 60 years ago – Canada Hall. Most of the first year Dentistry and Medicine lectures took place in that hall.

I knew it would be easy to find because it was the first building built on the campus. At that time, all the students – and the teachers too – would go by bus to the university and it was the closest building to the bus stop. We could



The author at the Givat Ram Campus

have even started the lecture on the way!

So I turned back to the campus entrance, made a sharp right turn and continued walking until I saw it through the trees.

I slowly walked down the stairs until I reached the hall's distinctive entrance. I carefully opened the door and peeped inside. Fortunately for me, it was empty. I recalled this place being huge. Now it looked really small. I sat down on one of the seats and imagined I was about to hear a lecture from Prof. Kirzon, the Chemistry teacher, Dr. Dov Koller (we called him 'Killer'), and others whose names I had long forgotten. Seemingly there was a reason why I remembered those two names in particular, but I have no idea what it was!

I also recalled buying my first pair of glasses at the end of the first year. Again because of this hall. At the start of the year I could sit at the back and see everything clearly written on the board. By the end of the year I had to sit near the front...

My fellow students were very impressive. I remember being astounded by their quick grasp and command of the material and the level of their questions. Their external appearance also radiated a great self-confidence. Yes, the girls as well! I think I noticed these things because it was a different world for me. I had come from a little town of immigrants and was now studying in the big city, Jerusalem, at the Hebrew University.



The author goes back 60 years in time!



A Glimpse into the Past

by D. Walter Cohen DDS

I first came to Israel in 1964, when the Dental School moved to Ein Karem.

I remember the ceremony well as Marvin Goldstein, President of Alpha Omega Fraternity, spoke at the Dedication.

It was then I met Adi Garfunkel and other Faculty members. And it was then – in conversations with Ino Sciaky – that we discussed Isaac Schour's ideas about bringing Faculty members from the new Dental School in Israel to train at various schools in the US. Those discussions sowed the seeds of the first such program at the University of Pennsylvania.

And since 1964 I have been fortunate to make 51 trips to Israel!

D. Walter Cohen, DDS



▲
The opening ceremony
of the Dental School's
original building,
around the decorative
pool, In the hospital
yard in Ein Karem.
Walter is sitting on the
table of honor, 1964.

◀
1960



◀
On July 4, Walter
Cohen received
a Honorary
Doctorate from the
Hebrew University
of Jerusalem in
recognition of his
work in advancing
our school and its
teachers, 1977.

HAPPY BIRTHDAY

Editor's Note: Prof. D. Walter Cohen is a veteran contributor to our journal. He usually writes about seminal events in the lives of the dental greats, most of whom are no longer with us. This time he chose to recollect one such event from his own illustrious career, and we dug up some evidence to support his claim!

Walter turned 90 in December and we wish him good health and joy from his many students all over the world.



▲Walter participates in the dedication of the new four-floor wing near the original building, 1997.



▲At the opening of the brand new Dental Implant Clinic donated by Dr. Niznik, 1998.



▼At the opening of the first Middle East Symposium, as Chairperson, 2006.



▲ At the opening of the Alpha Omega Museum on the fifth floor of the new wing. In one of the exhibits, 2008.

Walter identified his parents attending an Alpha Omega convention way back in time.



▲ Walter with Ayala Stabholz.

7 Things to Know about Uman

Amir Hanczinski

Doctor of Law and International and American Tax Expert

I visited Uman – Rabbi Nachman of Breslov's burial place – last Rosh Hashanah. Here are 7 thoughts I'd like to share with you:

1. Uman – Uman is a small Ukrainian town, and at least around Rabbi Nachman of Breslov's grave it looks like a dilapidated village. Ricketty houses, roads in disrepair, animals in the streets and garbage.

But during the week of Rosh Hashanah, this little place fills up with tens of thousands of Jews and becomes a lively Jewish shtetl, something out of Fiddler on the Roof. Hassidim, Litvaks, non-religious Jews, Jews who have come back to the faith, knitted yarmulkas, black yarmulkas, kosher food stalls, Judaica stores, Breslov books, loud Hassidic music, street beggars – often asking for money for the flight back home – Torah classes, ritual baths and round-the-clock prayer services.

2. A little background – I first went to Uman eight years ago. That was after I read a newspaper item – that appears every few years – that reported efforts to bring Rabbi Nachman's bones to Israel. If that was to happen, I thought, the



whole experience will change completely, so I quickly made plans to go while I could. At that time we lived in New York. My wife somehow agreed to let me go and my Dad and brother joined me from Israel. This year, I brought my 12-year-old son, Jonathan, and our group flew to Uman for the Shabbat before Rosh Hashanah.

3. Hassidic Story – A wise friend who became a Breslov Hassid gave me the advice that had been given to him the first time he flew to Uman – imagine you're a character in a Hassidic tale. There will be many delays, surprises and upsets, strange adventures... but don't get annoyed, don't lose your cool. It's all part of the story. Take it in your stride. It'll all work out in the end. That was great advice that helped me through that first visit, and this one too. Unbelievable experiences!

4. Rabbi Nachman – More than 200 years after his death, Rabbi Nachman – "Our Rabbi" or "The Righteous One" – is more present in Uman than ever before. Approximately 60,000 men (yes, only men) squeezed into this tiny town for the week of Rosh Hashanah. Rabbi Nachman 'stars' there on posters, books, songs, dances, prayers and of course the grave itself. There aren't many people

in the world who can attract that sort of crowd, and certainly not when they're dead. The visitors try at least once to get to his grave, give charity, say the appropriate prayers and the 10 chapters of Psalms that Rabbi Nachman recommended to say. And all this to leverage "The Righteous One's" promise that anyone who visits his grave on Rosh Hashanah will be blessed.

5. God – He is also there in Uman. "Our Rabbi" preached seclusion – directly speaking to God Himself – and the hordes use their time to seclude themselves – in the nearby Sofia Gardens and at other holy men's graves in the area – and to pray for a sweet and good New Year for themselves, their families and the entire Jewish people.

6. Crime and Unethical Behavior – There are often reports of this kind of stuff in the media. I saw nothing of the kind. I assume there are isolated incidents but they are certainly not the norm.

7. Rosh Hashanah – As the sun sets to welcome the New Year, the beggars, stores and cacophony of noise all disappear and an atmosphere of holiness envelops the town. A mystical, spiritual experience you won't find anywhere else.

So why not treat yourselves to a spiritual feast and go to Uman next Rosh Hashanah?

A "Landing Field" for our Winged Friends – Stopping to Rest between Europe and Africa

Prof. Noah Stern

Last Sukkot, we spent three wonderful days with the family at a villa in a lovely town called Migdal, overlooking the Sea of Galilee. With 12 adults and eight grandchildren and great-grandchildren in five cars, we toured the area to everyone's great enjoyment. Perhaps the most memorable trip was to the Agmon Huleh Reserve where, for a minimal fee, you can hire all sorts of cycles and buggies to ride around the site.

We chose "The Secret Wagon," a large cart pulled by a tractor with space for 50 visitors and a totally open view of the surroundings. We could just sit back and enjoy rather than pedal or drive. The tractor driver was also our guide and gave us interesting and expert insight on what we were seeing with our very own eyes.

The cart passes by a "Landing Field" in which tens of thousands of birds take off and land for rest and sustenance on their way from Europe to Africa and back. Our guide knew all the names of our winged friends and for 60 minutes we were treated to a fascinating and enchanting live nature show.

Another advantage of the "The Secret Wagon" is that it is allowed into areas the bicycles are not. This gives you further opportunity to soak up the wonders of Mother Earth.

I heartily recommend the Agmon Huleh Reserve to anyone wishing to take their families on an enjoyable and interesting trip in the north of Israel.



Words of the Wise



Rabbi Mordechai Dimentman

Rabbi Mordechai Dimentman, MA, is Director of the Institute for Teacher Training at Yeshivat Kerem B'Yavneh and trains rabbis and teachers at the Mevasseret Zion Seminary for Teaching and Education.

"Not by Force nor by Strength but by My Spirit" Zechariah 4

2,100 years ago the Hasmoneans rebelled against the mighty Greek Empire that had invaded the Land of Israel. The Greeks, led by Antiochus, didn't just want to physically conquer the land, they enforced their Hellenist culture on the local inhabitants. They defiled the Holy Temple and issued harsh decrees to prevent the Jews from observing their religion.

Mattathias, the Hasmonean High Priest, and his five sons gathered themselves a few fighters, defeated the Greeks and drove them out of the country. They then entered the Temple, sanctified it, lit the Menorah with the small amount of pure olive oil they found and re-dedicated the Temple for another 200 years or so.

And that is why we celebrate Hanukkah.

The eternal essence of the festival is not the incredible military victory of the few against the many, but the miracle of the little jug of oil that lasted for eight days and enabled the re-dedication of the Temple.

That was the message then and it is the message now. The victory of spirit and faith in the justice of our cause beats power and materialism every time. That is the secret of the Jewish people's survival throughout history, against all the odds.

The saying that, "You cannot drive out darkness with sticks!" is attributed to the founder of Hassidism, the Baal Shem Tov (18th century).

Or as the popular Hanukkah song goes, "**We have come to drive darkness away, in our hands are light and fire! Go away darkness, turn away because of the light!**"

Between You and Me...

About two years ago I addressed the question "When should one retire?" I wrote then that if you are employed by a particular institution, the management decides for you, but when you are in charge of your own practice, you need to decide when the best time is for you. Now, two years later, I understand that it isn't so simple. Nobody ever warned me of the ramifications of retiring from your own practice.

My clinic contains equipment and obligations. Not only is the equipment mine – and but that I built and invested in over the years. I'm also committed to insurance agreements and other financial

obligations, such as municipal rates and payments to the water board, the electric company and the phone company.

Most of all though, I have a responsibility to my patients. Who will continue to look after them? Who will invest in them like I did? My patients trust me and I have a personal responsibility for their dental welfare. And apart from that, even if I decide to throw out the equipment it will take a long time before I manage to restore the "former clinic" to the residential apartment it was beforehand.

After many discussions with those in the know, I understood that

there is only one solution to this dilemma, and one needs to plan it 10 years in advance. The solution is to bring in a young dentist to your practice and to nurture him or her, both personally and professionally, so they he can continue your work and maintain a similar "bedside manner" to that which your patients have become accustomed to over the years. If you can find the right person to accept the mission, then you can retire with a clear conscience whenever you feel the time is right.

Composi-Tight 3D XR™

המערכת המושלמת ליצירת נקודות מגע
בשחורי EQUIA (גלאס יונוכר) וקומפוזיטים



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בְּמַבְצָע
אֲטְרָקְטִיבִי!



3. הדק את הטבعة מעל הטריז



2. הכנס טרייז פלסטייק



1. הכנס מטריצה

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