



# SCHAMOOZE NEWS

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## Did You Know?

- Every fifth Israel has dual citizenship--from countries such as the US, Britain, France, Germany, Romania, Austria and Poland.
- In all, 90% of the Jewish population resides in just five countries — The U.S., Israel, France, Canada, Britain and Russia.
- Of the 13.3 million Jews in the world, almost 40% live in Israel, and a whopping 46% (6.5 million) live in the United States!
- Israeli research shows that a tonsillectomy could be the key to solving sleep apnea in children.

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ISRAEL21c is a non-profit educational foundation which reports on Israeli innovations which add value to the world through efforts in health, technology, culture, and 21st century technologies. (Israel21c.com)



## The Not-So-Clay Dreydl

by S. S. Escalante

Over the years I have come across all sorts of dreydl. There are the ones we got as kids-- rubber ones, that almost look like pencil erasers--and also the wooden ones. Both would get lost when you mistakenly wash them after having them in your pockets. Of course, there are also the “family” dreydl ranging from Aunt Mimi’s crafty to Aunt Bianca’s kitschy. Then there are the ones that no one is allowed to touch-- those that are so fancy, that you laugh to yourself, because you know its secret— it wants a human connection.

As an adolescent, my mother had as artistic one from a Jewish designer. I imagined the fabric of Joseph’s multi-colored tunic painted its mark on every face of that dreydl. My sisters and I, in an attempt to compliment the tapestries of blue, reds, yellows, and so forth, went to one of the popular paint-your-ceramics-spots; indecisive as we were, it came back a simple blue and white. We sang the infamous “Dreydl” song that afternoon. It was then I

realized that I have yet to come across a clay dreydl. The origins of the dreydl story stem from a time in which Antiochus IV was ruler, and decided to invade Judea, desecrating the temple, allowed soldiers to steal from the Jewish population, amongst other destructive practices. Moreover, Jews were not allowed to openly practice Judaism.

Gathering to study Torah, Jews would bring a spinning top with them and quickly hide their materials, leading soldiers to believe they were simply gambling. This reflects a unique desire to communicate and be part of a community that understood their identity is rooted in something that goes beyond themselves.

The *nun, gimel, hei, and shin* on the dreydl translate to the Hebrew phrase, “*Nes Gadol Haya Sham*”, which translates to “A great thing happened there [in Israel].” After Antiochus defiled the temple, and disrespected the Jewish population and Judaism, the Maccabee brothers banded together and revolted, refusing to accept things in Judea as they were. The chronicle of Chanukah and the story of the Maccabees celebrate (continued on back)

## An App for the Snorer

(*Israel Today*) For anyone who suffers from sleeplessness due to a snoring spouse, this new smartphone app is for you. Developed by the Israeli company PTech HM, the App turns your device into a monitoring device programmed not only to track and record your sleep but to nudge you when you begin to snore by vibrating or playing a message. The app, “Snoring U,” was developed by Dr. Naveh Tov, an Israeli physician specializing in sleep medicine. A snorer himself, he got the idea from being often awakened by his wife who would tell him to turn on his side. One day his wife said to him that since his phone was smart, why not program it to tell him to turn on his side when he snored. The app both monitors snoring and records it providing a history that can be shared with a physician. Snoring U is available at the Apple iTunes App Store for \$4.99. Over 100,000 have already been downloaded. To watch a video describing Snoring U, go to: [www.snoringu.com/snoring](http://www.snoringu.com/snoring). ☆



## Sufganiyot--from a simple jelly doughnut to now

(*Haaretz*) From a simple jelly donut to extravagant alcohol-spiked pleasures, today's *sufganiyot* allow Israelis to celebrate Hanukkah with a sugar overdose of their choice, now available in many unexpected flavors.



Eating fried foods, including *sufganiyot* (jelly doughnuts) and potato pancakes, is an inextricable part of Chanukah, the Festival of

Lights, which commemorates the miracle of the oil that lasted eight days. Where is this custom from? A similar food with spongy insides was mentioned in the Talmud by the name *sufganim*. Contemporary *sufganiyot* originated in Central Europe and the word itself, was coined in 1897 and shares a root with the Hebrew word for sponge (*sfog*).

The standard *sufganiya* is just fried dough filled with strawberry jam and dusted with powdered sugar. Recently, designer *sufganiyot* have become all the rage. Some of the more esoteric offerings that come to mind (cont'd on back)

*“The survival of Israel is not just a political issue, it is a moral imperative. That is my deeply held belief and it is the belief shared by the vast majority of the American people. A strong secure Israel is not just in Israel's interest. It's in the interest of the United States and in the interest of the entire free world.”*

*(Former President Ronald Reagan)*

### *Dr. Ruth Is a Zionist War Hero*

*(Jerusalem Post)* At the age of 84, renowned American sex therapist, Dr. Ruth (Westheimer), is a Jewish firebrand and a living legend. Famous for her therapeutic approaches, Dr. Ruth's connection to Israel is not well known. Born in Germany, she moved to British Mandate Palestine after her parents were killed in the Holocaust. She joined the *Haganah*, and because of her small size, served as a sniper. She was seriously wounded in the War of Independence in 1948. Dr. Ruth still carries some of that Zionist toughness, spiced with humor. “I can still put five bullets in a little red circle,” she brags. ☆



### *The Archbishop's Jewish Father*

*(The Telegraph)* England's new Archbishop of Canterbury, Justin Welby, didn't even know his father's real name. His father, Barnard Gavin Welby, was the son of a German Jewish emigrant called Barnard Weiler, an erratic alcoholic who once dated a Kennedy. Because of anti-German sentiment in England, the name was changed to Welby. Bishop Justin Welby was told of the remarkable details of his father's life and his Jewish ancestry by *The Sunday Telegraph*. Gavin Welby, was a man of mystery, with a flair for reinvention and a story to rival that of the *Great Gatsby*. The Bishop admitted that his father had told him “virtually nothing” about his true background. ☆

### *Replacing Red 40 with Israeli tomato dye*

*(Israel 21)* The reds and oranges in candies don't have to be from synthetic dyes. Israel's *LycorRed* plant-derived food coloring (lycopene) is quickly replacing artificial and animal-based red dyes across America. The antioxidant-rich lycopene compound from non-genetically modified tomatoes grown in California and Israel, is now a new super-food and natural dye.



*Kosher- and halal-certified, it is recognized as safe for consumption by the US Food and Drug Administration (FDA). Red 40 and five other petroleum-based synthetic food dyes were found by researchers to be linked with behavior problems in children. LycorRed has been making natural dyes — from orange to red to red with bluish notes — for about 15 years using carrots or tomatoes. It's a good bet that even Starbucks now uses LycorRed in its Strawberries & Crème Frappuccinos!* ☆

### *The Not-So-Clay Dreydl (continued)*

the miracle only one day's supply of oil for the menorah to last for eight days. Maybe the story of Chanukah also celebrates that “greater” desire within all of us — that God-wiring.

They—the Maccabees and other Jews of the time-- could have caved under the pressure to simply assimilate—that is, reject God and forget who they were, neglect their identity. The Maccabees banded together- not just as young men, but as family, and that sentiment extended into the community. They exhorted the Jewish people to greatness and to integrity. Their heart was to honor their heritage, and to honor God. Subconsciously, they knew they needed each other, and that it was important to carry on the traditions of our Forefathers. They had the boldness to believe they could provoke a needed revolution, and that it was God's desire for them.

As we consider the modern times we live in, it is important to remember the story of the Maccabees. We try to balance good news with the bad, try to keep our families together, struggle with spirituality, faith in God, trusting one another, and so on, the Maccabees, and other Jews under Antiochus the IV's rule have passed on a legacy to treasure.

Sometimes when we miss the importance of God's prodding, our hope becomes to merely survive the day. Our surroundings might appear as though they're caving, but we could potentially be on the verge of potential. This season, as we come together to light the menorah, eat latkes, exchange gifts, and so on, it's important that the core of the Chanukah account not get lost in the face of an ever-demanding world. Although it is not technically our most religiously important holiday, at the center of it is our faith. It is the one thing that bound the Maccabees together, and it was integral to their story, thus becoming integral to our story. ☆

### *Chanukah comes early to children affected by Sandy*

*(JTA)* Chanukah came early for children in Brooklyn after a toy store in Borough Park handed out more than \$10,000 worth of toys to those affected by superstorm Sandy. Yonasan Schwartz, the owner of Toys to Discover in the heavily Jewish area of the New York borough, gave out more than 600 packages filled with toys recently to children living in Brooklyn and on Long Island whose homes were ruined by the worst storm to hit the northeastern U.S. in memory.



“After reading about all the ruins and how much people are suffering after the hurricane, I decided I had to do a little sharing,” Schwartz told JTA. “Everyone has been contributing a lot to the hurricane relief, we've seen a lot of kindness in the Jewish community, and this was the best way I thought I could contribute, since I can give out what I actually own.” Schwartz, handed out parcels with \$150 worth of toys to anyone who came into the store and said their homes were affected by the hurricane. “People have been so thankful for this contribution,” he said. “One person came to pick up a few parcels for an area in Far Rockaway where 52 families lost their homes.” ☆

### *Sufganiyot (cont'd)*

are melon with vodka, "creme brulee," pistachio cream filling, truffle filling with Belgian chocolate coating and coconut vanilla ganache filling, among others. The hot new trend is sufganiyot that come with a small syringe poking out of the soft center from which you, the jelly donut surgeon, inject a filling of choice, such as kahlua, vodka or rum. A regular sized sufganiya with all the fixings is rumored to approach 1,000 calories (that's 1,000 – not a typo)! ☆