

# Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



## שלום

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Volume XXXI No. 5

March 2022

Adar I - Adar II 5782

## CELEBRATE PURIM AT WHC

*Megilla Reading*

*Wednesday, March 16th -- 7:30 PM*



### President's Message

My Dear Friends and Fellow Congregants,  
I know people who have a phobia about needles (I can't help but think some small minority of those most resistant to taking COVID vaccines are secretly in this group) or an aversion to animals (I know people who cross the street to avoid a friend walking their dog!) There's an expression, used exhaustively by nearly everyone I know – that for me is a verbal equivalent. It has become kind of a conversation closer these days – I'm talking about "it is what it is". If what is – is unsatisfactory - what do we do about it? When the first COVID wave shut everything down – those lucky people (myself included) who could work from home were allowed to do so. Fortuitously, I had already been spending part of my working week from wherever I happened to be anyway (Blessed is HaShem for creation of the computer with an internet connection.) Those whose livelihood and/or responsibilities precluded that, did whatever they needed to carry on. One took personal precautions deemed appropriate (for good or ill), regardless of whatever the latest science

dictated. God willing - we seem finally coming out the other side, but the scars remain and there are many who are not yet ready to plunge back into the maelstrom of modern-day life. Trapped at home in fear of new viral strains, or if mandatory, do as little interaction outside as possible. We've all had tragedies, obstacles and trials in our lives - my grandmother used to say if we sat around a table and threw our own troubles into one big pile – after seeing what everyone else put there, we'd take our own back (I have no doubt it's some Yiddish saying that sounds pithier in the mamaloshen). The very short, and to my mind insufficient response is the dreaded "It is what it is". Wherever you personally fall on the coping continuum – we are alive, and although God does it better (please join our Judaism 101 class at 7p Mondays if you want to know more) we can renew ourselves in many ways, every moment of each day. Take myself for example. I've been practicing Tai Chi for the better part of a decade. Most folk's exposure to it is observing

*(Continued on page 5)*





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



### Israel helped Lebanese, Syrian citizens reach Ukraine border

February 27, 2022

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



Israel helped citizens of Arab states with which it does not have relations reach Ukraine's borders to leave the country in recent days, the Foreign Ministry confirmed on Sunday. About 100 Israelis – mostly Israeli Arabs – studying in Kharkiv in eastern Ukraine reached the border with Moldova on the west on Sunday after a 24-hour drive. The group was met there by Ambassador Joel Lion. Some of the students asked to bring their friends, including citizens of countries with which Israel does not have relations, such as Lebanon and Syria, as well as Egyptians and Palestinians from east Jerusalem, who are legally residents of Israel. Israel's Ambassador to Ukraine, Michael Brodsky, said that 1,500-2,000 Israelis crossed the border from Ukraine to Poland over the previous three days. Koren estimated that there are about

6,000 Israelis left in Ukraine, but it is unclear how many of them want to stay. Men age 16-60 who also have Ukrainian citizenship could be forcibly conscripted. "Jewish citizens of Ukraine also reached the border, and there is an increase in requests to immigrate to Israel," Brodsky told KAN. The Israeli Embassy in Ukraine has staff at the border 24 hours a day, the ambassador said. Israel shut down the embassy in Ukraine over the weekend, with the staff sleeping in Poland and crossing over to be near the border each day. No other country is organized like Israel to help its citizens, noted Saranga, adding that he worked in coordination with teams from other embassies such as Germany and Great Britain. Interior Minister Ayelet Shaked extended the tourist visas of Ukrainians in Israel for an additional 60 days, without any need to go to a government office for permission to lengthen their stay.

### Israeli Medical Humanitarianism is under-Appreciated

January 24, 2022

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

The UN continues to slander Israel with reports containing ugly charges of 'ethnic cleansing,' 'apartheid' and other fictitious atrocities against the Palestinians. Meanwhile, in the real world, this is what was happening: Israeli doctors continued to treat thousands of Palestinians in Israeli hospitals and conduct world-class humanitarian medical work around the world. It is sign of the hostile times that Israel gets almost no international credit for its manifold humanitarian medical activities, here or abroad. Israeli hospitals regularly take-in patients from countries across the Middle East, including Arab countries that have no diplomatic relations with Israel, and from the Palestinian-controlled areas. For example, no less than one-quarter of the patients in the Edmond & Lily Safra Children's Hospital at the Sheba Medical Center at Tel Hashomer are Palestinian kids from Gaza with cancer or congenital heart ailments. Hadassah Medical Center in Jerusalem plays a similar role for West Bank Palestinians. "Save a Child's Heart" at the Sylvan Adams Children's Hospital at the Wolfson Medical Center in Holon also treats many Palestinian patients, as well as children with heart defects from across the Middle East, Africa, Asia, and Eastern Europe. Palestinians receive treatment in Israel even though the Palestinian Authority takes only very partial, occasional financial responsibility for them and the patients themselves can't afford to pay. The Peres Center for Peace and the

hospitals themselves often end up covering or absorbing the costs. Palestinian leaders and their family members, including Hamas chieftains, get the best medical care in Israel even though they constantly issue the most bloodcurdling libels about Israeli "apartheid" and they plot Israel's demise. For example, in 2020 the doctors at Hadassah pulled-out all the stops to save the life of Palestinian official Saeb Erekat, even though he was the master planner of the Palestinian Authority's campaign to isolate and boycott Israel. The altruism of the Israeli medical system is even more remarkable because treating Israeli and Palestinians side by side is a tense and delicate balancing act about which some Israelis have misgivings. 'Let the Palestinians go for treatment to their Arab brethren in Egypt or Jordan', they say. But of course, the Palestinians can't do so – because the Egyptians and Jordanians don't regularly let Palestinians in; and the treatment in Arab countries is quite inferior to Israeli medicine. In any case, Israeli hospitals bravely and honorably persist in their open-door approach to humanitarian treatment. Of course, you wouldn't know about this from international media or UN reports. Israeli medical humanitarianism extends much further afield too. Israeli doctors are very active and experienced in delivering medical assistance beyond Israel's boundaries.



Continued on next page

# SISTERHOOD

## Sisterhood President's Message

Sisterhood wishes everyone a Happy, Healthy and safe Purim. 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 - January 2022**

Inscribed Prayer Book in memory of Shirley Safran

- Evelyn Apter

## March Happy Birthdays



Evelyn Apter	Saul Osdoby
Jill Dee	Ellis Rosenblatt
Naomi Gukowsky	Joshua Samet
Danielle Hoffmann	Madison Skow
Gloria Keller	Seena Slutsky
Ronald Kohn	

\*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".



(Continued from page 3)

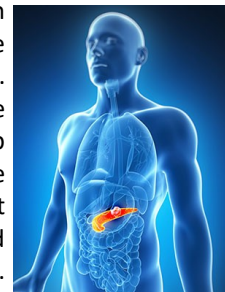
## **Israeli Medical Discovery Could Help Stop Spread Of Cancer Cells**

January 24, 2022

[matzav.com](http://matzav.com)

A team of researchers from Tel Aviv Sourasky Medical Center has discovered how pancreatic cancer cells spread in the liver, which could be key to developing treatments to slow it down and prolong patients' lives. The liver is often the "killing organ," Wolf told JNS, meaning patients often die when pancreatic cancer spreads to their liver. In general, pancreatic cancer is one of the top 10 deadliest cancers, among a list prepared by Live Science that includes such cancers as gallbladder, esophageal, liver and lung cancers. Wolf said that once pancreatic cancer starts to spread, patients generally only live between six months and a year. Between 800 and 900 cases of pancreatic cancer are diagnosed annually in Israel,

according to the Israeli Ministry of Health website. In the United States, some 60,000 new cases are diagnosed. According to Wolf, the numbers are steadily rising. He said that the next step would be to find treatments based on the findings of the study. Wolf cautioned that it is unlikely that the information will lead to a cure for this particular cancer. However, he said it would likely lead to treatments that could prolong patients' lives.





## PURIM LAWS AND CUSTOMS

Purim 5782 begins on the evening of Wednesday, March 16th and ends at dark the next evening. Though sometimes thought of as a "minor holiday", because one is allowed to do work on that day unlike Shabbat and "major holidays", Purim celebrates the Jewish people being saved from total annihilation throughout the Persian empire. These events, described in the Megillat Esther, which we read publicly on Purim, took place some time between the 6th and 4th centuries B.C.E. (there are sources for several different time periods) before the Jews were allowed to return to Israel from exile and re-build the Temple. Considering how we appropriately mourn the various times in Jewish history when the Jewish people were subjected to slaughter and genocide, I often think that the celebration of avoiding such a catastrophe should be more deeply felt.

### Purim is celebrated with four Mitzvot and several customs

- (1) **Reading of the Megilla**, preferably with a minyan in a synagogue, on both the evening and the day of Purim.



- (2) **Shalach Manot** (or *Mishloach Manot*): sending gifts of food to a friend. This Mitzvah is fulfilled by delivering two food items to at least one person, each requiring a different *Bracha* (blessing) before eating. For example, an orange and an apple are both fruit, the blessing before eating them is the same and therefore this does not fulfill the Mitzvah. Luckily, chocolate has a different blessing. Always a good thing to send along with the fruit! Same with wine or liquor.



- (3) **Matanot La'evyonim** (gifts to the poor): this Mitzvah is more important than *Shalach Manot* but unfortunately often receives less attention. This mitzvah is fulfilled by giving monetary charity to at least two poor people. This is often accomplished collectively by giving money beforehand or on Purim to the Rabbi (or anyone so designated) who will turn the money over to poor people.



- (4) **Seudat Purim**: having a festive meal on the day of Purim. This custom has been neglected in many communities, but is alive and well in many places in Israel as well as in the Orthodox and ultra-Orthodox communities in N.Y. and elsewhere. The Mitzvah of getting drunk "until one does not know the difference between Haman and Mordechai" during this meal, cited in the Talmud, has been interpreted literally and has also been interpreted as drinking more than one is accustomed to and going to sleep.



- (5) Among the other customs of Purim are making noise when Haman's name is mentioned during the reading of the megilla, eating Hamantaschen and wearing masks or costumes.



### President's Message

(Continued from page 1)

the slow-motion movements of people practicing in a park, or other open space. Mostly Asians, but like Levy's Rye Bread - You Don't Have to Be... (fill this part in yourself). It is essentially a martial art but in the everyday sense - two of the most life improving things I've learned from it are - the benefits of controlled breathing and improved balance. Take a simple thing like breathing - all of us, no matter how challenged on the pulmonary spectrum we may be - take approximately 20 thousand breaths per day. Make at least some of them count using your diaphragm (you may be surprised that using only the lungs is an insufficient intake of oxygen). Ideally - we breath in through the nose and out through the mouth; the diaphragm is above the navel -- place hands there and when breathing in your hands should be pushed out -- breathing out the opposite - the count of breathing out should take twice as long as breathing in. You can start as basic as breathing in for the count of 1 and breathing out to the count of 2. Visualize those numbers as

you do so and guess what? - besides supercharging your body with oxygen you're also meditating. Balance - stand on one foot (if you need support, there's no problem using a wall, chair or walker). Keep your body straight - head erect so the top of your skull is aligned with the ceiling; chin pulled in. Imagine support effort coming from just above your navel. Breathe as directed above. Hold as long as you can (even 5-10 seconds at first) and be amazed how quickly you progress if you stick with it. Not only good practice for feeling how your body should be properly positioned but you are also working your "core". And.....Let's not forget the Spiritual side (best for last!) Say the Shema (only 6 words in its most basic utterance - you know what to say) when you get up and when you go to bed. There! You've performed an important Biblical commandment. Can we change "what is"? You may already have. I wish you all Good Health and Blessings from our Creator.

Bruce



## Thank you for Donations -- November and December 2021

### Yahrzeit

Eli Albagli  
Jean & Richard Appel  
Julie Aster Miller  
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Michele Splain  
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Sharon Zucker Goldberg

### General Donations

#### **In memory of Shirley Safran**

John and Berthe Ford

#### **In honor of Mark Safran's Birthday and in memory of Shirley Safran**

Brooke Safran

#### **In memory of Shirley Safran**

Denise Laube

#### **Thanking Rabbi and Sharon for wishing her a happy 100th birthday**

Zula Schibuk

#### **In honor of the Rabbi's new grandson and a speedy recovery for Bruce Berenson**

Arthur Isman

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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](mailto: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!

## SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

**Sundays @ Time TBA -- Talmud Class**

**Mondays @ 7:00 PM -- Judaism 101**

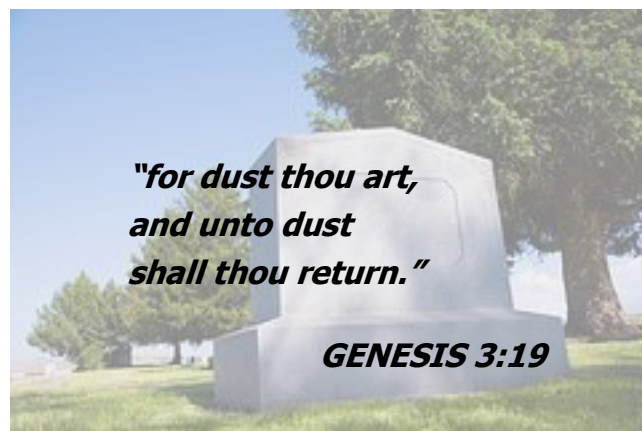
**Explore Your Questions**



Please check our website for updated days and times of classes.  
Currently classes are being streamed on zoom and not being held in person.

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