

# Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



## שלום

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Volume XXXI No. 3

Nov. - Dec. 2021

Cheshvan - Tevet 5782



Chanuka begins this year with sunset on Sunday, November 28th and ends with nightfall on Monday, December 6<sup>th</sup>. 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*.

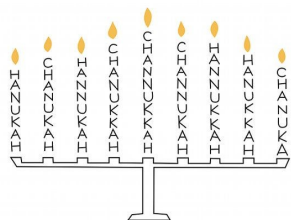
On the first night we recite three blessings (B'rachot) that are found in the Siddur/prayer book, including "Shehechyanu", the blessing we recite the first time we observe any Mitzvah. On subsequent nights we recite only two blessings. It is customary for everyone in the house to light their own Menorah. 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, go to our website at

[www.whitestonehebrewcenter.org/chanuka](http://www.whitestonehebrewcenter.org/chanuka).





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## FROM THE RABBI'S STUDY

In Memoriam — Nechama Greenfield  
1932-2021

First, I want to express my appreciation for the outpouring of support that I received from so many of our members following the passing of my mother on October 13th. For those who visited me during shiva, I am very grateful. I am likewise grateful for those who could not visit because of distance, covid or infirmity and for so many who were gracious enough to send cards and donations in my mother's memory. Please accept this as my individual thank-you's.

My mother was born to Charlie and Pearl Schreiber in Richmond, Virginia in 1932. She had one brother born 11 years later and one sister born 3 years after him. My mother was mostly raised by her maternal grandparents, who lived in her home, as her parents worked long days and hours in their wine-bottling plant. As there were no Jewish schools in Richmond, my mother attended public school. She often related the story of her father going to her school to exempt her from reciting the Lord's Prayer, as was the daily custom in her school. In her late teens, my mother spent a year with her maternal aunt who owned an apartment overlooking Central Park in NYC. Sometime during that year or shortly thereafter, my mother became involved with the National Council of Young Israel and went on to found their Intercollegiate Division, an accomplishment of which she was very proud. At another point in her young life, she recorded a song on an LP, and also had a poem of hers read

into the Congressional Register. Among my mother's most interesting accomplishments was being involved in an advertising campaign with Johnny Unitas, arguably the greatest quarterback in NFL history, and having him spend several hours in my home, though, sadly, I was in school at the time of his visit. She also drove me from Baltimore to Washington as a young child to visit Associate Justice Abe Fortas at the Supreme Court, after he took a liking to me when he heard me lead Birkat Hamazon at a school banquet. Nothing was more important to my mother than the Jewish education of her children. For the

1969-1970 school year, she drove my siblings and me from Silver Spring, Md. to Baltimore every day, as she valued the education there more highly. And my school schedule was 9:00 AM until 6:00 PM, so this was quite an undertaking. There was almost nothing my mother would not do to support my Yeshiva education, even in to my adulthood. She was extremely proud of my being a Sofer and would sell many of the Mezuzot and Tefillin that I wrote to anyone she could. As I said at her funeral, I know of no one ever who tried as much as my mother to do what she felt was the right thing. Though my mother was

(Continued on page 5)



# SISTERHOOD

## Sisterhood President's Message

Sisterhood wishes everyone a Happy Thanksgiving and we are hoping that your Chanuka is a joyous one. 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

## **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".

### **Prayer Book Fund - October 2021**

Inscribed Prayer Book in memory of Nechama Greenfield,  
mother of Rabbi Axelman

- Sisterhood WHC  
-Frank, Shirley and Tricia Smith

### **Prayer Book Fund - November 2021**

Inscribed Prayer Book in memory of Dorothy Schneider

- Sisterhood WHC  
- Patricia Smolker  
- Evelyn Apter

In memory of Nechama Greenfield, mother of Rabbi Axelman

- Patricia Smolker  
-Bonnie Buxbaum  
- Linda Pereira  
-Evelyn Apter

In memory of Lola Markowitz

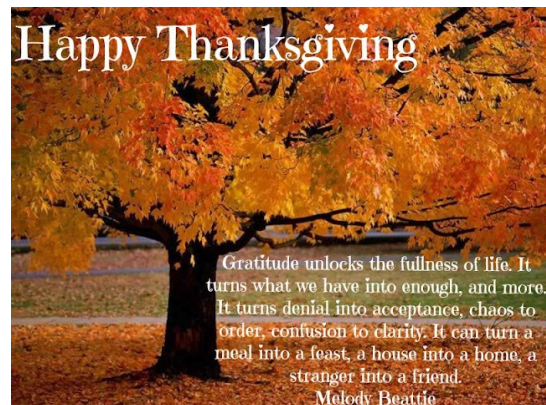
-Barry and Elissa Kaplan

In memory of Dorothy Schneider

- Ilene Allen	- Ellen Mishkin
- Bonnie Buxbaum	- Linda Pereira
- Joshua Friedman	- Robin Roth
- Roy and Susan Glaser	- Adele Rothman
- Marilyn Kleinberg	- Joanne Schenendorf
- Caryn Miller	

In memory of Renee Teitelbaum's beloved brother

- Adele Rothman



## **Condolences**

To the family of Dorothy Schneider on their loss

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

May her memory be a blessing

### **Chai Fund - October 2021**

For Dorothy Schneider's good neshama (soul)

- Lilian Gradofsky



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



## Technion researchers make breakthrough in Alzheimer's Disease research

By Jerusalem Post Staff November 15, 2021

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



Researchers from the Technion - Israel Institute of Technology and the French National Centre for Scientific Research developed a molecule that could slow

the progress of Alzheimer's Disease, according to a report published in the *Angewandte Chemie* last week. One cause of the neurodegenerative disease is an excess of copper ions within cells. When oxidizing agents called free radicals are formed by the copper and amyloid beta complex Cu-A $\beta$ , damage may be caused to brain cells. However, removing the copper breaks this substance down, preventing cell death and inhibiting the development of Alzheimer's Disease. Copper is separated from the amyloid by introducing molecules that bind the copper ions, a process known as chelation. This can be difficult as the molecules must be stable and resistant to

oxidation-reduction reactions. They also must not bind zinc ions because these are necessary for normal brain functioning and binding them will prevent the molecules from binding copper. The artificial molecule developed by the researchers, called P3, is able to bind copper, forming CuP3, and remove the copper from the amyloid, thereby inhibiting the formation of harmful oxidizing agents. One caveat is the molecule binds zinc as well, but the bond is relatively weak and causes the zinc-amyloid complex to be unstable; therefore, P3 mostly binds copper. These findings, by Professor Galia Maayan and doctoral student Anastasia Behar of the Technion's Schulich Faculty of Chemistry, as well as Prof. Christelle Hureau from the Laboratoire de Chimie de Coordination du CNRS, Toulouse, France, break new ground in research toward the treatment of Alzheimer's, a debilitating disease with no known cure.

## Can our brain make our body sick? Likely yes, Israeli research shows

By Rossella Tercatin November 9, 2021

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

Can our brain trigger an actual illness in the body? New research by Technion-Israel Institute of Technology scientists conducted on mice suggests that the answer is likely yes. Over the years, the intuitive idea that the brain exercises a significant influence on people's physical well-being has been supported by increasing scientific evidence. "Several years ago, we studied the mechanism behind the placebo effect, demonstrating that when people experience a positive expectation, their conditions improve in many ways," Technion Prof. Asya Rolls said. "We were able to show that by activating brain areas that are related to positive expectations, we would boost the immune response," she said. "What amazed us was how precise this response was, and therefore we thought that the brain could not have such an exact control of the system without knowing what its status is." The researchers started to examine whether the brain is able to represent the status of the immune system. The new study was led by Rolls and her MD/PhD student Tamar Koren and was conducted in cooperation with Dr. Kobi Rosenblum of the University of Haifa

and Dr. Fahed Hakim of EMMS Nazareth Hospital. The results were published in the journal *Cell* on Monday. The results offer evidence that the brain contains a representation of the immune system, and it can reactivate it when presented with specific stimuli and possibly other forms of memories, the researchers said. The brain does not cause the body to be reinfected by a pathogen, but it might potentially trigger a reaction in the body similar to the one caused by the original infection, they said. "We have to remember that, many times, the damage to the body is not caused by the pathogen itself but, rather, by the immune system's reaction to it," Rolls said. The mechanism may help explain what triggers psychosomatic disorders, which are health problems that appear without any apparent biological cause, the researchers found. Autoimmune diseases or other conditions, such as Crohn's disease, could also be based on a similar process.







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



## Israeli team develops cancer treatment that doesn't damage healthy cells

October 27, 2021

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

Israeli researchers at Bar-Ilan University have developed a novel treatment approach in the fight against hematologic cancers that involves attacking the cytoskeletal protein, called WASp, which has a unique structural condition in active hematologic cancer cells while leaving healthy cells unharmed. Cancer cells depend on actin, a protein that plays a key role in the cytoskeleton, to carry out their malignant functions. Malignant cells need actin to be active, proliferate, migrate and invade. The WASp protein controls actin's activity and structure. The Bar-Ilan team focused on destroying WASp in malignant cells and demonstrated that the degradation of WASp assists in inhibiting and destroying these malignant cells. This study may provide a response for types of hematologic

cancers for which treatment has not yet been found. The focused targeting of WASp, which aims to damage the cytoskeleton of the blood cancer cells, could replace treatments such as chemotherapy and other biological therapies which, because of their non-specificity, damage not only cancer cells but other cells in the body, or cause cancer cells to become resistant to treatment. Prof. Barda-Saad notes that SMCs are already being used for various medical purposes, and they can be administered to patients through the blood system or by ingestion.



אוניברסיטת בר-אילן  
Bar-Ilan University

## Ford to install Israeli water-from-air system on its vehicles

Nov 09, 2021

[Israel National News](http://Israel National News)



Ford has approached Israel-based Watergen, one of the world leaders in atmospheric water generation, to collaborate as facilitators for Ford off-grid adventure recreational vehicles.

The project will result in Watergen's Mobile Box, the world's first vehicle on-board water generating system, to be pre-installed on Ford vehicles. The Mobile Box can generate up to 25 liters per day of fresh drinking water removing the need to carry bottled water and reducing plastic waste. The unit simply needs a 12V power supply and access to fresh air to produce the highest quality drinking water. Ford will mount the Mobile

Box unit, which is fitted with sturdy wheels for ease of transport, on the flat bed of the Ranger where it will occupy minimal space due to its compact dimensions (630 x 530 x 460 mm). Its portability means that fresh water is always available – whether on a road trip, camping or working in the outdoors. The Mobile Box device is equipped with replaceable filters and a mineralization system to ensure constant and reliable supply of the highest quality drinking water. The ability to produce clean drinking water without relying on an external water source is a gamechanger for those who seek off-grid adventure.

## FROM THE RABBI'S STUDY

*(Continued from page 2)*

mostly a homemaker when her children were young, she worked at various jobs then as well, and later, after moving to Miami Beach in the 70's, she worked for the City for many years. She also worked for many years on behalf of Aish Hatorah, volunteering many hours to that cause, as well as to assisting other prominent Rabbis in her area. She was an

extraordinarily giving and generous person, always looking to help others. There was never a time in my life when my mother was not there to support me in any way possible. May she now rest in peace and may her memory always be a blessing.



## Thank you for Donations October—November 2021

### Yahrzeit

David Abramoff  
Jean & Richard Appel  
Jeffrey & Kathy Bardekoff  
David & Diane Brown  
Rex & Stacy Carner  
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Charles Kerner  
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Mark Schneider  
Stephanie Simon-Petrover  
Michele Splain  
Jerome & Norma Strassler  
Dennis Weil  
Dennis Wiener  
Clara Wiesler

### General Donations

#### **In memory of Nechama Greenfield (Mother of Rabbi Axelman)**

Anna Fussteig  
Arthur Isman  
Pamela Tanenbaum

#### **In memory of Dorothy Schneider**

David, Nancy and Max Kline  
Leah & Dina Rosenblum  
Michael & Mindy Stein



### **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 [RabbiAxelman@outlook.com](mailto:RabbiAxelman@outlook.com) and let us know. The email version appears in color, has hyperlinks and will reach you several days before the hard copy. Thank you!

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## Condolences

To Rabbi Axelman and family  
on the loss of his mother, Nechama Greenfield

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

May her memory be a blessing

## SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

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

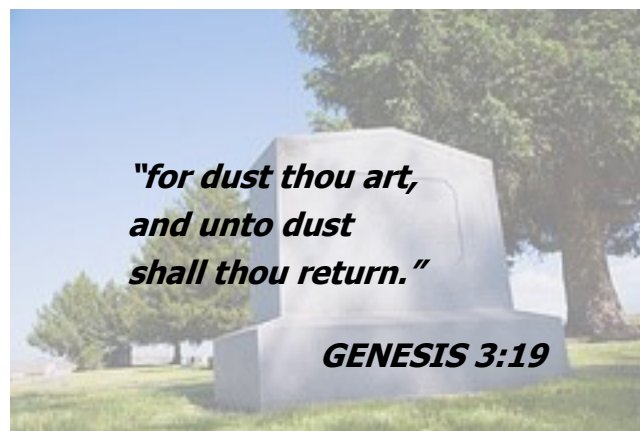
**Mondays @ 7:00 PM -- Judaism 101**

**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.

## Whitestone Hebrew Centre Congregational Cemetery

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