

Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



שלום

Inside this issue

FROM THE RABBI'S STUDY	2
SISTERHOOD	3
BIRTHDAYS	3
VISIT WITH THE RABBI	3
HEBREW SCHOOL	4
WHC CHANUKAH PARTY	4
ISRAEL	6
10TH OF TEVET	6
FAMILY SHABBAT	7
WHC CLASSES	7
DONATIONS	8
ADS	9

Volume XXIX No. 5

January 2020

Tevet — Shevat 5780

Sisterhood Winter Luncheon and Bingo

Tuesday, January 14th @ 12:30 PM



Join Us for an Afternoon of Fun
at
Ben's Kosher Restaurant
Located in the Bay Terrace Shopping Center



SHABBAT ACROSS AMERICA

Friday February 28th

Following services at 6:30 PM

Join us for a Shabbat Dinner with Family and Friends

(See Enclosed Flier for Details)



Family Shabbat

Saturday, January 18th @ 10:00 AM

Board of Trustees Meeting

Tuesday, January 28th @ 7:30 PM





WHC Bulletin Staff

Rabbi Steven Axelman,
Editor
Sharon Samet
Patricia Smolker

**WHITESTONE
HEBREW CENTRE**
12-45 Clintonville St.
Whitestone, NY 11357
718-767-1500

Email:
Whitestonehebrewcentre
@gmail.com

Website:
whitestonehebrewcenter.org

WHC ADMINISTRATION

2018-19 Officers

Rabbi & Cantor - Steven Axelman
President - Bruce Berenson
Vice-President - Ellis Rosenblatt
Treasurer/Financial Secretary -
Barbara Parker
Corresponding/Recording Secretary -
Ron Kohn
Sisterhood President
Rhoda Weinstein

Rabbi Steven Axelman
haxelman@gmail.com
718-208-5059



FROM THE RABBI'S STUDY

I often say that “we are all only one fall away”. I say it being aware of people, especially seniors, who fall and then suffer complications, often severe ones. I say it in terms of strongly encouraging anyone living alone to obtain some type of alert button so that if they do fall, they will have a way of obtaining assistance. Too many people have suffered alone on a floor because they have no means of alerting anyone to their plight. I also say it in reference to the unpredictability of our lives, in the hope that we will all live our lives aware of how little we really control. At any moment a mishap can occur with far-reaching repercussions. This past Tuesday, as most of you know, Sharon fell on our staircase at home and broke her ankle. This led to a long night at the Emergency Room, a subsequent visit to the orthopedist and then surgery on Friday to repair two broken bones and a torn tendon. Sharon is now in a cast for about 6 weeks. This is obviously a great adjustment to her life as she is an incredibly active person, used to accomplishing many things on any given day. It is an adjustment to me as I have to pick up the slack for many household and shul-related duties. But most importantly it reminds me of what I so often say. We may plan, but we have little control over even what will happen in the next minute. This also interests me because of what we read in the Torah Portion yesterday, the portion of Mikeitz. The beginning of the portion finds Yoseif (Joseph) in prison for a crime he did not commit, having been seduced by his

master's wife and having refused to comply with her wishes. Until then, his life was full of other ups and downs, having been raised as a favorite son of his father Yaakov (Jacob) and then been sold into slavery by his brothers who were jealous of him and upset over his dreams. Pharaoh's butler reminds himself and then relates to Pharaoh how when he, the butler, had a dream while in prison, Yoseif was able to correctly interpret the dream. Within minutes (and as described in a single verse) Yoseif is freed from prison, shaved and dressed appropriately and brought in front of Pharaoh. Very soon after, he finds himself the viceroy of Egypt, second in power only to Pharaoh himself. This is one of the main sources for the expression “*yeshuas hashem k'heref ayin*”, that salvation from God comes in the blink of an eye. It is worth remembering that things not only go downhill in the blink of an eye, but bad fortunes can also be reversed quickly. I will never forget many years ago when a relative told me, shortly after he lost his entire fortune in the diamond business, that he isn't that worried, because if God can take it all away so quickly, he can give it back just as quickly. To me at least, it is humbling and pardon the pun, keeps me on my toes, knowing that I have far less control over what happens in my life than I would wish to pretend. To all of us, let's be as careful as we can be and open to the fact that we are not in control.

SISTERHOOD

Sisterhood Message

Sisterhood celebrated Chanukah at our General Meeting on December 3rd. For lunch we ate potato latkes with applesauce and sufganiyot (Jelly Donuts) for dessert, while listening and singing to Chanukah music. After our delicious lunch we all had fun playing Chanukah Bingo. Everyone who attended had a good time celebrating Chanukah.

On Tuesday, January 14th we are having our annual Winter Luncheon and Bingo at Ben's Kosher Restaurant, located in the Bay Terrace Shopping Center. This is one of our most popular events. Come in from the cold and join us in a warm atmosphere, conversing with your "Sister" members, friends and/or family, while eating a sumptuous lunch, playing bingo and winning prizes. If you haven't made your reservation, it's not too late. Please call Naomi Gukowsky, our Chairperson, at 718-767-7432 (See Enclosed Flyer). We look forward to seeing you at the Luncheon.

SISTERHOOD DATES TO REMEMBER

Tue.	Jan. 7th	Sisterhood Board Meeting	10:00 AM
Tue.	Jan. 14th	Sisterhood Winter Luncheon and Bingo	12:30 PM

**Best Wishes for a
speedy and complete recovery**

Sharon Samet



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".

January Happy Birthdays



Esther Cohen	Peter Skow
Faye Mandel	Frank Smith
Mark Safran	Jared Young



Visit with the Rabbi— In the Comfort of your Home!



Rabbi Axeiman is available to visit with those of our congregants who are either homebound or find it difficult to get out , but would appreciate the opportunity to meet with the Rabbi at their convenience and in their own home. If this is something you would be interested in, please phone the office and let us know what the best days and times would be for the Rabbi to visit .



At our annual Hebrew School dreidel game on December 22nd (together with the parents), Saul O. creatively drew the letters on the dreidels out of pennies.



WHC Chanuka Party
Sunday, December 22nd
(pictures courtesy of Jeffrey Young)



See more pictures on next page





Recent positive news generated by Israel, of which we can all be proud.

Israeli Cancer Diagnosis Breakthrough is Three Times More Accurate!

Hospitals worldwide seek to participate in the study.

By United with Israel Staff

Hadassah University Medical Center doctors in Jerusalem announced Monday a “breakthrough” method to diagnose thyroid cancer with 94 percent accuracy. Previously, only 30 percent of test results were unequivocal. The study, led by Dr. Haggi Mazeh, head of the department of General Surgery at Hadassah Mt. Scopus, and Dr. Iddo Ben-Dov, senior physician in the Department of Nephrology, was published in the journal *Cancer, Epidemiology, Biomarkers and Prevention*.

The thyroid gland, located in the front of the neck, plays a major role in the metabolism, growth and development of the human body. It helps to regulate many body functions, including temperature, by constantly releasing a steady amount of thyroid hormones into the bloodstream. However, it is prone to develop small nodules that can turn cancerous. Biopsies are often performed on these lumps to determine if they are benign or malignant. This is done by inserting a fine needle to aspirate some of the fluid in a nodule. Due to the small size of the needle and specimen, nearly a third these biopsies are inconclusive and must be redone. “If it remains inconclusive, the patient is left with two options,” Mazeh told

The Jerusalem Post. “[Either] to purchase an expensive , \$3,000 commercial molecular examination or undergo partial or complete gland removal surgery.” Should the gland be removed, the patient must take medication to replace the hormone produced by the thyroid for the rest of his or her life.

The first phase of the study evaluated thyroid specimens from 274 patients at Hadassah Medical Center in Ein Kerem. Some of these were benign and some malignant. The researchers identified different expressions of microRNA in malignant and benign thyroid nodules and created a microRNA panel against which they could compare nodule samples, the *Jerusalem Post* reported.

“It turned out that our microRNA panel is very accurate. This is a breakthrough, since this level of accuracy is higher than the other commercial and expensive tests available on the market today,” Mazeh said, according to the *Post*.

The team is presently looking for funding in order to increase the number of samples they test and prove the accuracy of their findings. According to Mazeh, hospitals world-wide would like to send samples for testing. He hopes that the test will be readily available for use within a year or two.

What Is Asarah B'Tevet (Tevet 10)?

The 10th of Tevet (known as Asarah B'Tevet) is observed as a day of fasting, mourning and repentance.



What does it commemorate? For years, God had sent His prophets to warn Israel about the impending destruction of Jerusalem and the Holy Temple if they didn't mend their ways. But they derided the holy men as bearers of “false prophecies of doom,” bent on demoralizing the nation. They even went so far as to kill one of the prophets. Then it finally happened. On the 10th day of the Jewish month of Tevet, in the year 3336 from Creation (425 BCE), the armies of the Babylonian emperor Nebuchadnezzar laid siege to Jerusalem. Ever patient, God delayed the destruction to give the Jews yet another chance to repent. He repeatedly sent the prophet Jeremiah to admonish His nation, but they foolishly

had him imprisoned. Thus, 30 months later, on Tamuz 9, the city walls were breached, and on 9 Av of that year the Holy Temple was destroyed and the Jewish people were exiled. Unique among Jewish fasts, 10 Tevet is observed even when it falls on a Friday, though it interferes somewhat with Shabbat preparations. It is viewed as the beginning of the chain of events that culminated with the destruction of the Temple and the subsequent exiles, something that we have never fully recovered from, because even when the Second Temple was finally built, it never returned to its full glory.

Adapted from https://www.chabad.org/library/article_cdo/aid/3170662/jewish/What-Is-Asarah-B'Tevet-Tevet-10.htm

December Family Shabbat Sponsors



The Berenson Family in memory of Alana's birthday

Liliya Berezovsky and Alex Ratner in honor of the first birthday of their granddaughter, Miriam Eva

Arlene Kline and Dorothy Schneider and family
in honor of Dorothy's birthday

Ellis Rosenblatt in memory of the yahrzeit of his cousin,
Carol Goldstein, and in honor of the birthdays of
Barbara Friedman and Dorothy Schneider

The Smith family in honor of Tricia's birthday

SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

Sundays @12:45 PM -- Talmud Class

The goal of this class is to reintroduce people to the wisdom of the Talmud. As Rabbi Adin Steinsaltz writes in Essential Talmud:

"The Talmud is a very hard book to define ... from content to style, every definition is incomplete or contradictory. ... The Talmud is completely unique--a book that has no parallel anywhere.... If the bible is the cornerstone of Judaism, then the Talmud is the central pillar, soaring up from the foundations and supporting the entire spiritual and intellectual edifice.... In many ways the Talmud is the most important book in Jewish culture, the backbone of creativity and of national life. No other work has had a comparable influence on the theory and practice of Jewish life, shaping spiritual content and serving as a guide to conduct.... [t]he Jewish people have always been keenly aware that their continued survival and development depend on study of the Talmud.

Mondays @7:30 PM -- Judaism 101

Explores Your Questions: Why?... Because...

A class at which you can ask any question, dispel misconceptions, and discuss any current issues and concerns relating to Jews, Judaism or Israel, in a non-judgmental, open and candid forum. This is an ideal venue for individuals who wish to discuss basic principles of Judaism and express their views, questions, etc.

Refreshments are served at every class.

Your donations are greatly appreciated.

Sponsor a Family Shabbat , Kiddush or a Friday Night Oneg



Celebrating a birthday, anniversary, recent achievement or observing a loved-one's Yahrzeit?

Just want to honor someone?

Sponsoring a Family Shabbat, a Shabbat Kiddush or a Friday night Oneg
in honor of a loved one is a great way to share a special occasion.

Minimum donation - \$36.

Please contact the Centre office at (718) 767-1500 to arrange your sponsorship.



Thank you for Donations -- December 2019

Yahrzeit

Evelyn Apter
Chase Brown
Sheila Simon Geltzer
Linda Hodge
Maurice & Gloria Lampel
David Luft
Samuel and Margarita Mayer
Howard Newman
Mitchell Rashkin
Zhanna Reyf-Gelman

Deborah Rosenbloom
Mark and Cheryl Rubin
Mark Schneider
Marc and Lois Schwedelson
Morton and Alice Steinberg
Robert Sternberg
Jerome & Norma Strassler
Harriet Tepper
Brenda Dressler

General Donations

Oneg in memory of Janice Mermelstein and in honor of Egon's birthday

Egon Mermelstein and Family



YASHER KOACH

To Bruce Berenson, Ron Kohn and Joseph Wolkin for filling in for the Rabbi while he was away on Shabbos, December 13th.



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!

D
O
N
A
T
I
O
N
S



United Queens Lodge # 175
Knights Of Pythias
Domain Of New York
 The

Knights of Pythias, a Fraternal Organization,
 now holds our monthly meetings in the Whitestone Hebrew Centre
 and is looking for new members!

Through our altruistic activities, we work to benefit and/or offer:

- Cancer Care
- Diabetes
- Special Olympics
- Servicemen and Veterans
- Boy and Girl Scout Troops
- Speech and Poster contests for High School Students
- Assistance for attending Summer Camp for children in need
- We also have The Pythian Sisters for wives, mothers, sisters and women over 16 years old
- We offer free graves to members and their spouses

If you are interested in becoming a member or for any additional information, please contact:

Sir Joseph Robinson - 646-270-6285

Arnold Edelkind - 646-526-4248

Tradition Matters at PARKSIDE

Still Jewish Family Owned and Independently Operated by the Goldsteins

NEWLY RENOVATED FACILITIES !

A Rabbi is our Licensed Funeral Director, Manager



MEMORIAL CHAPELS

98-60 Queens Boulevard, Rego Park, NY 11374



In an emergency

718-896-9000

**WHEN JEWISH TRADITION MATTERS,
 THINK OF OUR FAMILY SERVING YOUR FAMILY,
 AS WE HAVE PROUDLY DONE FOR SO MANY YEARS**

**Present this Ad at the Funeral Arrangement and you will be given
 a traditional Jewish burial container at no cost!**



Carollo
REAL ESTATE

11-05 154TH STREET • WHITESTONE, NY 11357

SHARON J. SAMET
LICENSED REAL ESTATE AGENT

Cell **718-309-1208**

Office **718-747-7747**

Fax **718-747-7748**

Email sjsamet@carollorealestate.com

www.carollorealestate.com

Benjamin Moore
Whitestone Hardware



Whitestone Hardware

12-48 150th Street
Whitestone, NY 11357
Phone: 718-767-9546
Fax: 718-767-0442

718-225-9223

Fax 718-225-9093

JAMES A. CAPPA

Attorney - At - Law

42-40 Bell Blvd.
Suite 206
Bayside, NY 11361



- COMPUTERIZED ENGINE ANALYSIS
- AIR CONDITIONING EXPERTS
- ALL TYPES OF FOREIGN AND DOMESTIC REPAIRS
- N.Y.S. INSPECTION STATION

WE GLADLY ACCEPT EXTENDED WARRANTIES
ALL MAJOR CREDIT CARDS ACCEPTED
FLEETS WELCOME

Charlie or Anthony
Operations Managers
718-767-3113

12-30 Clintonville Street
Whitestone, New York 11357
FAX: 718-746-3749

There is a Difference

Sinai Chapels respects all Jewish traditions and customs, has a compassionate staff that is second to none, and has three generations of experience serving New York's Jewish families.

- Dignified and comfortable chapel, located in Fresh Meadows, Queens
- Funeral services at locations throughout the New York Metro area
- Costs are reasonable and all family budgets are accommodated
- DVD and real-time webcast of chapel services, at no additional cost
- Our staff Rabbi is available to answer your questions
- Experts to guide monument selection or FDIC insured pre-planning



SINAI CHAPELS

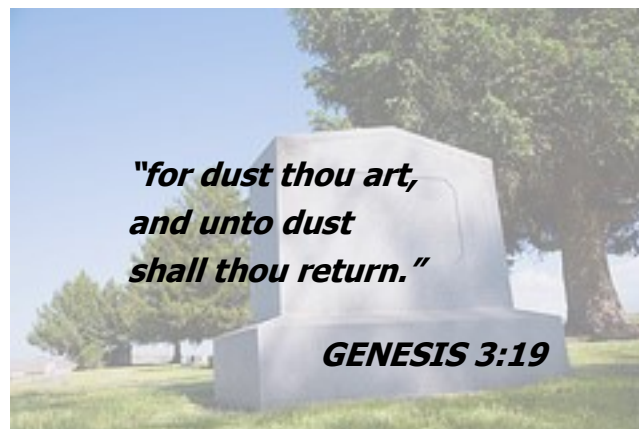
Funeral Directors & Planners
162-05 Horace Harding Expressway
Fresh Meadows, NY 11365
718-445-0300
800-446-0406

We are here 24 hours, to serve your family

www.jewishfunerals.com

Whitestone Hebrew Centre Congregational Cemetery

Burial Plots Available
New Montefiore Cemetery
Pinelawn, Long Island
Contact: Ronald Kohn
Cemetery Committee Chair
at WHC (718) 767-1500



Harpell Chemist

12-65 150 St.
 Whitestone, NY 11357



George Isaakidis, RPh., C.F.
 Joseph Isaakidis, RPh., C.F.
 Sophia Stamboulis, PharmD
 Chrisoula Athanasopoulos, PharmD
 George Dallas, RPh

Pharmacy &
 Surgical Fittings

718-767-7868
 Fax 718-767-5600

Cascon™
 BAKING COMPANY



Home of "Cascon Cheesecakes"

Since 1975

For a New York moment-anywhere, anytime...

Wholesale & Retail Distributor of Cakes, Cookies, Pastries & Pies

7-04 149th Street
 Whitestone, NY 11357

Monday - Saturday
 7am - 7pm
 Sunday 8am - 2pm

Tel: 718.767.5700
 Fax: 718.767.5701

www.casconcheesecakes.com Email: casconbakery1@aol.com



**Schwartz
 Brothers-
 Jeffers**
 Memorial Chapels



Serving the Jewish community
 with sensitivity since 1905.

Queens Boulevard at 76th Road
Forest Hills

(718) 263-7600 • (800) 690-1646

Jennifer R. Martin

This firm is owned by A Subsidiary of Service Corporation International
 1929 Allen Parkway, Houston, TX 77019 • (713) 522-5141

Your Center for Customized Health Care



Short-Term Rehabilitation ○
Long Term Care ○
Home Health Care ○
Hospice ○
Medical & Social Adult Day Care ○
Medical Transportation ○
Inpatient & Outpatient Dialysis ○
Managed Long Term Care ○
Medicare Advantage Plan ○



Kosher meals are prepared on premises,
under the strict religious supervision
of the Rabbi Avrohom Friedlander.
Pas Yisroel, Cholov Yisroel, Bishul Yisroel.

UJA Federation
of New York



Parker Jewish Institute
HEALTH CARE AND REHABILITATION

271-11 76th Avenue, New Hyde Park, NY 11040
877.727.5373

WHERE EXCELLENCE IS THE STANDARD ○ www.ParkerInstitute.org