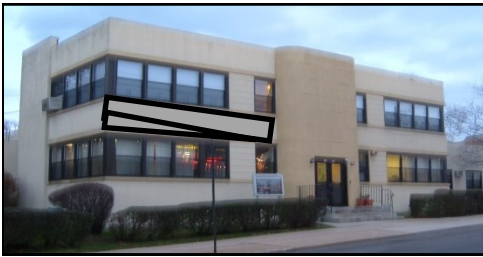


# Whitestone Hebrew Centre Bulletin

12-45 Clintonville St. Whitestone, NY 11357



## שלום

### Inside this issue

PRESIDENT'S MESSAGE	1
FROM THE RABBI'S STUDY	2
SISTERHOOD	3
BIRTHDAYS	3
CONDOLENCES	3
ISRAEL	4
DONATIONS	6
WHC CLASSES	6
JEWISH CALENDAR	7
ADS	8



Volume XXXV No. 2      December 2024      Cheshvan — Kislev 5785

### President's Message



I'm one of the few people I know who has neither friends nor family in Israel so for perspective on how our brethren are dealing with the current situation in the Holy Land, I have to rely on what I can glean from news coverage (compensating for slant one way or the other depending on the provider), and the coping mechanisms developed by our ancestors not only since Statehood was declared in 1948 - but reaching far back in scripture starting with the Babylonian conquest (the siege of Jerusalem in 587 BCE followed by destruction of the city and the First Temple), when the majority of Jews were literally booted out of The Land and exiled. What with our expulsions and near annihilation by every great Empire from the Babylonians, to the Persians, to the Greeks, Romans, Crusaders, etc. one might think the Jews wouldn't need to argue an historical right to this small piece of land that, when viewed on a comprehensive map of the region gives full meaning to the phrase "blink and you'll miss it". Yet, the World will only be satisfied when territories hostile to the very existence of a Jewish State are officially established on either side of this very narrow country, presenting the kind of vulnerability that led to the atrocities of Oct 7 2023.

Do we celebrate the deaths of innocent women and children, collateral resulting from defense against the cowards who use them as human shields - OF COURSE NOT! I'm not sure the same can be said viewing the jubilation in response to atrocities of that October day from those who may not have participated, but showed no sign of regret or remorse. And yet, as we approach this season of The Festival of Lights, it's uplifting to see if you do even a cursory internet scan of the events planned for Hannukkah in the Holy Land, you will find an unbowed populace - carrying on with life as they always have during times of national stress. Defending themselves during the wars in 1948-49: Israel's War of Independence, 1956: Suez Crisis, 1967: Six-Day War, 1973: Yom Kippur War, 1982: Lebanon War, 2006: Second Lebanon War, bringing us to 2023-present: Israel-Hamas/Hezbollah War, I have not the slightest doubt our People will continue to survive and celebrate the Holidays as dictated by the Torah, Rabbinic Custom, secure in our identity as God's Chosen People.

Chag Urim Sameach

Bruce Berenson



### 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

#### 2024-25 Officers

Rabbi & Cantor - Steven Axelman  
President - Bruce Berenson  
Vice-President - Ellis Rosenblatt  
Corresponding/Recording Secretary -  
Ron Kohn  
Sisterhood President -  
Naomi Gukowsky

Rabbi Steven Axelman

rabbiaxelman@outlook.com

718-208-5059



### FROM THE RABBI'S STUDY



Chanuka begins this year with sunset on Wednesday, December 25th and ends with nightfall on Thursday, January 2nd. 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 "Shehechianu", 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, please visit our website at [www.whitestonehebrewcenter.org/chanuka](http://www.whitestonehebrewcenter.org/chanuka).

# SISTERHOOD

## Sisterhood President’s Message

Sisterhood is hoping that everyone had a Happy and Healthy Thanksgiving and wishes everyone a joyful Chanuka. We all pray that there will be peace in Israel and also around the world. 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 for the Sick

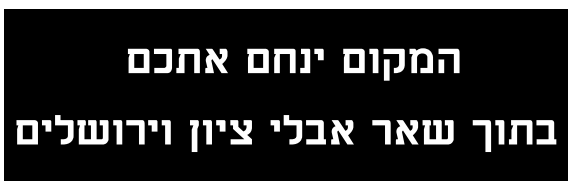
If you would like a name mentioned in the weekly Prayer for the Sick, please email the name of the sick person and the name of that person’s mother (if available) to the Rabbi, at rabbiaxelman@outlook.com. If you do not have access to email, please leave a message on the WHC office voice mail. There are names on our list for a very long time and we have no way of knowing who are still in need of prayers. Thank you.



Rabbi Axelman

## Condolences

To the family of Lotte Bloch for her loss



May her memory be a blessing

## Prayer Book Fund - December 2024

Inscribed Prayer Book  
in memory of Lotte Bloch

- Sisterhood WHC



## Oct. — Dec. Happy Birthdays



- |                  |               |
|------------------|---------------|
| Bruce Berenson   | Sharon Samet  |
| Meryl Hoffmann   | Shirley Smith |
| Egon Mermelstein | Tricia Smith  |

\*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”.



### Students boycott Israel at their own peril

A.J. Caschetta Dec 2, 2024

[Israel National News](#)



Anti-Israel student protesters have always sought convenient, effortless ways to demonstrate their hatred for Israel. In the past, this has meant trying to remove Sabra brand hummus from campus food services. Today's students want to ban everything from Israel. Graduate Students at the City University of New York (CUNY), for instance, now demand not only the familiar Sabra prohibition but also a ban of "all fruits and vegetables grown in Israel." They also demand that the entire CUNY system "cancel all forms of cooperation with Israeli academic institutions, including events, activities, agreements, and research collaborations." What goes unsaid here is that not a single student will ever actually live up to these demands. The rhetorical flourishes are purely for show. If the thousands of college students calling for a boycott of all things Israel want to live up to their sanctimonious rhetoric, they will have to give up a lot more than one brand of hummus. And they will end up sick, hungry, and underemployed. Let's start with their cell phones. Israeli

technology is central to the iPhone platform, so Apple phones are out. Unfortunately they can't just switch to Samsung. They'll have to give up their digital umbilical cords altogether because the cell phone was invented in 1973 by Motorola's Israeli Research and Development Department. If they want to live up to their anti-Israel commitment, they will have to stop using: USB ports, thumb drives and firewalls. Will they also eschew all fruits and vegetables grown with Israeli technology? Israel invented drip irrigation, which is used in almost all modern agricultural enterprises. Will they boycott life-saving drugs and research developed by Israel? Multiple sclerosis is treated with a drug called Copaxone, developed at the Weizmann Institute of Science in Rehovot, Israel. Assiduously avoiding all Israeli medical technology may lead to unnecessary discomfort, or worse. For instance: the "pill cam," invented in Israel, has led to the "capsule endoscopy," in which a patient swallows a pill-sized wireless digital camera that transmits images as it travels from entrance to exit. the flexible stent, invented at an Israeli company called Medinol.

### Soon in your beverage: Israeli protein-based sugar substitute

By Niv Lilien October 21, 2024

[The Jerusalem Post](#)

Israeli food-tech company Amai, based in Rehovot, has been developing a healthy sugar substitute for years. The sweetener, a computer-designed protein, made a significant step forward this week with several new regulatory approvals for its use in the food industry. Amai has received multiple regulatory approvals, including Generally Recognized as Safe in the U.S., and an approval from the Flavor and Extract Manufacturers Association. The final and most stringent hurdle, GRAS approval from the U.S. FDA, is still pending. Amai embarked on this mission several years ago to create a new sugar alternative. Many existing sugar substitutes used in diet drinks, candy, and other food products are known to have significant drawbacks. Some break down when exposed to

heat, rendering them unsuitable for baking, while others can cause digestive discomfort when consumed in large quantities. Amai's innovation stands out because it's a protein that can be digested naturally. It can be produced at scale and at relatively low cost by fermentation in yeast. The protein interacts with taste receptors on the tongue to signal sweetness to the brain—without calories or the health risks associated with excessive sugar consumption, one of the major issues in the Western world.



### Israeli Japanese study offers new hope for pancreatic cancer patients

October 21, 2024

[World Israel News](#)



A groundbreaking study between Israeli and Japanese scientists may herald a new era in the fight against pancreatic cancer. Researchers from the Hebrew University of Jerusalem, the Weizmann Institute of Science, and the University of Tokyo have been tackling Matrix Metalloproteinase 7 (MMP7), an enzyme crucial to cancer's

ability to invade surrounding tissues. The team's findings, recently published in the peer-reviewed journal *Angewandte Chemie*, have sparked excitement in the oncology community. While human trials are still on the horizon, the success of D'20 in laboratory settings offers hope for more effective pancreatic cancer treatments in the future.



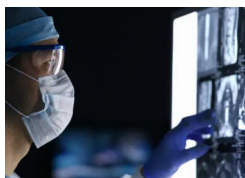
Recent positive news generated by Israel, of which we can all be proud.  
(Articles below are excerpts of originals only)



### TAU researchers discover cancer mechanism that can eliminate tumors

October 30, 2024

[Israel National News](#)



A technological breakthrough by medical researchers at Tel Aviv University enabled the discovery of a cancer mechanism that prevents the immune system from attacking tumors.

The researchers were surprised to find that reversing this mechanism stimulates the immune system to fight the cancer cells, even in types of cancer considered resistant to prevailing forms of immunotherapy. The breakthrough was led by Prof. Carmit Levy, Prof. Yaron Carmi, and PhD student Avishai Maliah from TAU's Faculty of Medical & Health Sciences. Prof. Levy: "It all happened by coincidence. My lab studies both cancer and the effects of ultraviolet (UV) radiation from the sun on our skin and body – both of which are known to suppress the immune system. Cancer suppresses approaching immune cells and solar radiation suppresses the skin's immune system. While in most cases, we cancer researchers worldwide focus on the tumor and look for mechanisms by which cancer inhibits the immune system, here we proposed a different approach: investigating how UV

exposure suppresses the immune system and applying our findings to cancer. The discovery of a mechanism that inhibits the immune system opens new paths for innovative therapies." Prof. Carmi explains: "It's important to understand a basic aspect of the immune system's function. Our natural immune system is very efficient and very powerful, but it contains quite a few brakes and controls, to prevent overactivity that can cause autoimmune diseases – in which the body attacks itself. Prof. Levy: "The use of sunlight to suppress autoimmune diseases of the skin – when the skin's immune system overreacts - has been known for years. Phototherapy is basically the application of UV radiation to treat patients with autoimmune diseases, such as psoriasis, vitiligo and more, because ultimately UV suppresses the skin's immune system." The new discovery can have practical implications in immunotherapy – treating cancer by enhancing the response of the immune system. At present we are working to translate our findings into a drug for human cancer patients, hoping to offer an effective new treatment."

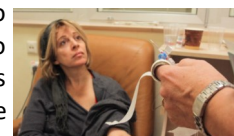
### Israeli antibody treatment targets most aggressive breast cancer

November 4, 2024

[World Israel News](#)

A newly developed antibody-based treatment for the most aggressive type of breast cancer could also be used to treat many other cancers, the Weizmann Institute of Science announced on Sunday. The researchers at the university in the central Israeli city of Rehovot, which offers postgraduate-only degrees in the natural and exact sciences, discovered that aggressive breast cancer prompts nearby immune cells to build "molecular bridges" between themselves, which causes these cells to refrain from attacking the cancer and leads to suppression of the immune response. An antibody treatment that blocks the building of these bridges was shown in a mouse

model at the university's laboratories to restore the immune system's ability to attack with force, inhibiting the cancer's progression, the university said. In the past, cancer treatment focused on destroying the malignant cells, using radiation treatment or chemotherapy. In recent decades, however, it has become evident that a tumor's development depends on the communication between the cancer and the nearby noncancerous cells.



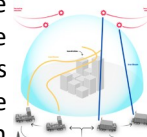
### Israel reveals its £413m LASER interceptor the 'Iron Beam' that will blast Hamas and Hezbollah rockets and drones

October 28, 2024

[DUS IZ NIES](#)

Israel has revealed the launch date of a £413million laser weapon, dubbed the Iron Beam, that uses extremely concentrated bursts of light to shoot down missiles, rockets and drones at next to no cost per shot. The Iron Beam, made by Israeli defense companies Rafael and Elbit, will be able to fire beams of light with between 100kW and 150kW of energy at targets several kilometers away with pinpoint accuracy. The IDF, having signed the multi-million dollar deal with the two companies, is set to introduce the Iron Beam to Israel on October 28 next year. While Israel is planning on integrating

the Iron Beam into its existing defense infrastructure, already believed to be among the most advanced in the world, the Iron Beam is expected to drive the cost of defending the nation. Israeli media reports that a single Iron Dome interception can cost around \$50,000 per interception, making it an incredible expensive system to operate. But the Iron Beam will cost just 'a few dollars' to fire, making it far cheaper to run.





## Thank you for Donations -- October—December 2024

### Yahrzeit

David Abramoff  
 Jean & Richard Appel  
 Ralph Baer  
 Jeffrey & Kathy Bardekoff  
 Liliya Berezovsky  
 Rex & Stacy Carner  
 Laurie Chester  
 Marrion & Arthur Cohen  
 Brenda Dressler  
 John & Berthe Ford  
 Lilian Gradofsky  
 Hattie Greenfield  
 Lawrence Herschaft  
 Meryl Hoffmann

Francine Kerner Klein  
 Melinda Kizner  
 Barbara Kossove  
 Ronald & Lisa Lape  
 Steven & Denise Lazarus  
 David Luft  
 Elaine Lux-Koman  
 Neil & Susan Ovadia  
 Cynthia Partridge  
 Rochelle Polsky  
 Carol Rapoport  
 Ellis Rosenblatt  
 Adele Rothman

Mark & Kathryn Safran  
 Jeffrey & Shelley Satenstein  
 Mark Schneider  
 Melodie Schneider  
 Gayle Slatnick  
 Gilbert & Janet Spitzer  
 Michele Splain  
 Michael & Linda Stellman  
 Jerome & Norma Strassler  
 Pamela Tanenbaum  
 Harriet Tepper  
 Eva Weiss  
 Dennis Wiener  
 Cheryl Wolkin

D  
O  
N  
A  
T  
I  
O  
N  
S

### General Donations

**High Holiday Donation**  
 Jeffrey & Kathy Bardekoff

**In honor of Egon's 90th birthday**  
 Terry Mermelstein

**High Holiday Donation**  
 Sheldon Glass

**In memory of Mildred and Leo Rashkin**  
 Mitch and Karen Rashkin

**In appreciation of the Whitestone Hebrew Centre**  
 Dennis and Jonathan Grossman

**Happy New Year to the Congregation**  
 Sidney Rothstein

**Yizkor Donation**  
 Shirley Smith

**For Shabbat Kiddush in memory of Gerald Wolberg**  
 Mark and Cheryl Rubin

## SCHEDULE OF WHC CLASSES

(led by Rabbi Axelman)

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

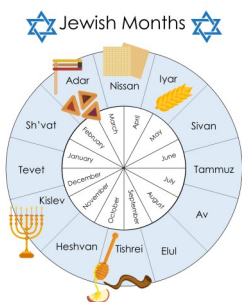
**Mondays @ 7:00 PM -- Judaism 101**

**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.

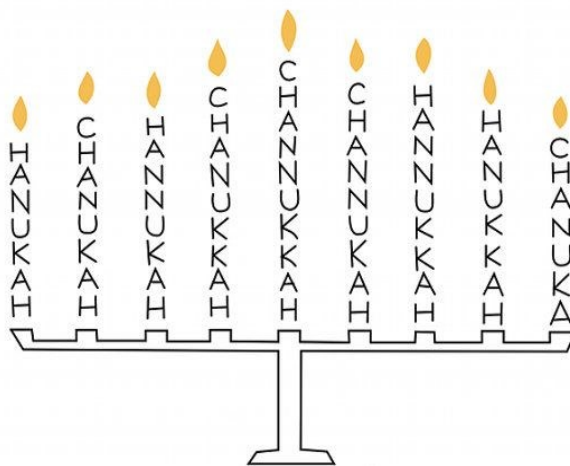
### The Jewish Calendar



For those wondering why Chanuka falls so late this year, when some years it can fall as early as Thanksgiving, I am adapting this info from an earlier column about the Jewish Calendar. Everything relates to the way Jews traditionally look at the calendar year and months vs. the way the non-Jewish world does. Unlike the Gregorian/secular calendar which is based on the

solar year, the Jewish month is based on the lunar cycle. Twelve months on the lunar cycle, based on the moon circling the earth every 29.5 days, add up to 354 days, eleven fewer than the regular year. Without an adjustment to the Jewish calendar, every year each Jewish holiday would fall eleven days earlier on the secular calendar. Eventually Rosh Hashana

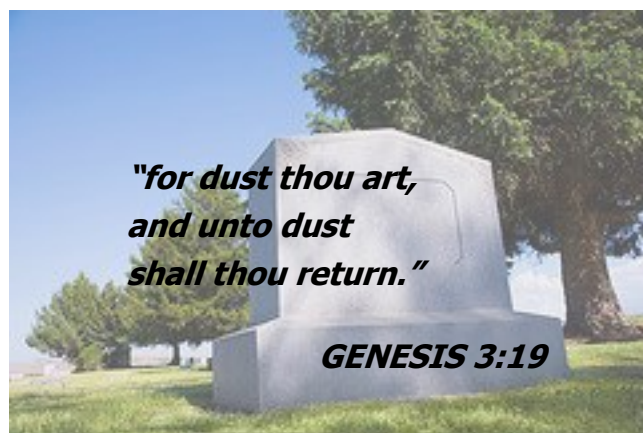
would fall in the middle of summer and Pesach would fall in the winter. Since the Torah specifically states that Pesach is the holiday of the spring, the Jewish calendar makes that happen by periodically adding a second Adar to the Jewish Calendar. In every cycle of nineteen years, there are seven leap years. Every nineteen years the two calendars coincide either exactly or one day apart and then the cycle starts again. For the purposes of most people, this extra month affects the dates of yahrzeits and Bar-Mitzvahs. For example, if someone dies in a non-leap year in the month of Adar, there is a dispute over when to observe that yahrzeit in a leap year. (Some do have a custom to light a candle in both Adars.) This coming year, 2025, we will observe parts of Chanuka twice, once in January and once again in December.



The definitive spelling!

### Whitestone Hebrew Centre Congregational Cemetery

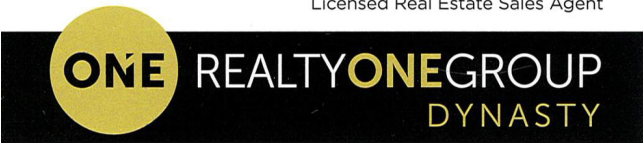
**Burial Plots Available**  
**New Montefiore Cemetery**  
**Pinelawn, Long Island**  
**Contact: Ronald Kohn**  
**Cemetery Committee Chair**  
**at WHC (718) 767-1500**



*"for dust thou art,  
 and unto dust  
 shall thou return."*

**GENESIS 3:19**

**Sharon Samet**  
Licensed Real Estate Sales Agent



11-05 154th Street  
Whitestone, NY 11357  
O: 718-747-7747  
C: 718-309-1208  
Email: sjsamet@gmail.com

**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

**Re-Action Auto Service Center**

**NATIONAL Firestone**

- 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

**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

718-225-9223 Fax 718-225-9093

**JAMES A. CAPPA**  
Attorney - At - Law

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

**Benjamin Moore**  
Whitestone Hardware

**Whitestone Hardware**

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

*Now together, serving the Jewish community just as we have for generations.*



**SCHWARTZ BROTHERS-JEFFERS MEMORIAL CHAPELS**  
718-263-7600

**SINAI CHAPELS™**  
718-445-0300

**PARKSIDE MEMORIAL CHAPELS**  
718-896-9000



**Michael Resnick, Jennifer Martin and David Goldstein, Funeral Directors**

114-03 QUEENS BOULEVARD • FOREST HILLS, NEW YORK 11375