



# The Voice of West Clarkstown Jewish Center

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Rabbi Jill Hackell

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## Rabbi's Message:

We have an epidemic of loneliness in our society. In fact, studies have shown that the incidence of loneliness has doubled since the 1980's.

When I was a kid in my Brooklyn days, we had "the block". If you were feeling lonely, you rang a neighbor's doorbell and asked, "Can Susie come out to play?" Or, if you were a grown-up, you did the same, and were immediately invited in for a cup of coffee. There was always someone around who could listen to you, sympathize with you, or just fill you in on the news of the neighborhood.

Also, usually, our extended family was at hand. Many of us grew up in two-family houses, where we lived in the upstairs apartment, and our grandparents lived downstairs. Meals were shared, there were built-in babysitters, and someone was always around to talk to.

In today's society, families are geographically far-flung. Grandparents move away to warmer climates, children follow their careers to cities across the country, if not across the world. It is no longer obvious, or perhaps even accepted, to drop in on a neighbor unannounced. And, even if you did, it is not as likely as in older days that you will find someone at home.

Even talking on the phone is more difficult. Every person in the household has their own cell phone. You can't just call the house and chat with whoever picks up. And

People don't even pick up their cell phones - they'd prefer you communicate by text, so they can respond on their own time.

Loneliness is not only an epidemic; it has been shown to be bad for your physical health, including the incidence of mortality, are worse in those who are lonely.

Human beings evolved to be in relationships with other people. In prehistoric times, people survived by forming groups with others. We are made to be with others. Our emotions are linked to those of others. We even have a section of our brains that mirror the responses of others to help us feel what they are feeling.

And so, we must treat loneliness by finding a way to be with other people. You know that you can do that through your community at West Clarkstown Jewish Center. No need to call first, just wander over. We're always at shul on Friday evenings at 6, and Saturday mornings beginning at 9:30. Come for services, stay for lunch.

No way to get there? Let us know - we'll find a way. Need someone to talk to during the week? Let us know - we'll find a way.

And what about other people you know, who might not be blessed with having a community like ours. Bring them along. They don't think services are for them? Tell them to try our interactive and far-ranging Torah discussions on Saturday morning. Not sure about that? Share this newsletter with them. Share this story about two Jews

who are in shul every Shabbat. Sh'muel comes to talk to God. Reuven comes to talk to Sh'muel. Tell them - it's okay to be Reuven. Just come.

Everyone has moments of loneliness. But no one should be truly lonely. Community is the antidote.

L'hitraot (see you soon),  
*Rabbi Jill*

### **ASK OUR RABBI**

**Q: Why is there a measles outbreak in Rockland county? Why should children be immunized? What does Judaism say about immunization?**

**A: I'll share with you an Op-Ed I wrote for the Jewish Standard on April 6, 2019. Since then, the number of cases in Rockland County has risen to 275 (as of June 19).**

**This is Why We Should Immunize Our Children**

Rockland County is facing a measles epidemic. As I write this, there are at least 155 cases of measles - a disease that was eliminated from the United States in 2000. I write this article as a mother and grandmother, as a pediatrician, as a part of a team that developed new vaccines, and as a rabbi.

As a pediatrician, I took care of children who succumbed to diseases that we no longer worry about today. I remember sitting with a mother as she struggled to understand why her child - who was fine until a few days before, had died of Hib disease so quickly that antibiotics did not have time to act. A vaccine against Hib, which is recommended for all children today, was not available back then.

Many years later, I met another mother. She, too, had a child who died of Hib

disease. But her story was different. There was a vaccine available, but she was overwhelmed with the responsibility of new motherhood. There was so much information on the internet, and it was scary. There was even talk of a government conspiracy. How could she know what to do to best protect her child? Her pediatrician assured her of the benefits of vaccination, but she thought she'd just wait, and decide later. When her toddler died, she learned, in a way that no parent should ever have to learn, that making no decision was also a decision, and it had consequences - terrible consequences.

As a vaccine researcher, I conducted trials of new vaccines in thousands of children, to make sure that the vaccines were safe, and effective against the disease they were designed to protect. My team was testing a new vaccine against whooping cough. Because there was already a whooping cough vaccine in the US, there was not enough disease here to test the new, acellular vaccine to see if it worked. But, to our surprise, we found that we could test this vaccine in the developed world. In what was then West Germany, the parental anti-vaccine movement was very strong, vaccine rates dropped, and a whooping cough epidemic was sweeping the country. Now, parents were willing to test a brand-new vaccine in their children, because they could see how devastating this forgotten disease was.

Both my children received all their vaccines on time. As a pediatrician, I knew how serious these diseases were. The day that my son received his routine measles vaccination, there was a pediatric resident on a ventilator, in the hospital in which I was working. She had contracted measles from a patient, and was very, very ill.

The Rockland County measles outbreak is centered in an Ultra-Orthodox Jewish Community. As a rabbi, I know that there is nothing in Judaism that would prohibit vaccination. On the contrary, the most important precept in Judaism is *pikuah nefesh*, saving a life. Even the laws of Shabbat may be suspended, if someone's life is at risk. In Judaism, we also have an obligation to heal. As it says in the Talmud, "One who saves one life, it is as if he saves an entire world." Prevention, too, is important. The Torah tells us "You shall make a parapet for your roof." That is, we have an obligation to remove hazards to public health and safety from our domain.

The Talmud also tells us, *dina malchuta dina*, the law of the land is the law. Throughout Jewish history, we have understood the need to comply with the just laws of the society in which we live. The law requiring that our children be immunized is like other laws that govern how we live together. We stop at red traffic lights to make life safer for drivers and pedestrians. We wear seat belts because they protect lives, in case of accident. Immunization protects us against deadly infectious diseases and has the added effect of providing herd immunity - by reducing the spread of disease, it can protect babies who are too young to be fully immunized, and people - young and old, with medical contraindications to vaccination, or with fragile immune systems. When enough people say, "let someone else vaccinate their child - mine will be safe", the herd immunity breaks down, and none of us are safe from these deadly diseases. It is good public health policy to enforce immunization laws, to make sure that susceptible children stay out of school, and, if necessary, other public spaces, for the safety of all.

I am now *savta* (grandma) to four beautiful grandchildren, and I am proud and relieved that they are all up-to-date on their immunizations.

### **Donations**

Jeff Plotkin for Yom Hashoah in memory of his grandmother Bella Yaruss' Family

Harry & Marianne Bloomfeld in memory of his father Abraham Bloomfeld

David & Roslyn Levine in memory of his father Milton Levine

Steven & Diane Klein in memory of her grandfather David Farb

Fred Finkelberg in memory of his father Meyer Finkelberg

Susan & Stanley Alpert in memory of Susan's Grandmother Leah Goldberg and her mother Frieda Goldberg

Herb & Fran Boxer in memory of Ruth Boxer

Naomi & David Reinstein in memory of Gussie & George Reinstein

Jonah & Barbara Jacobson in memory of Rose Jacobson

### **DONATIONS FOR KIDDUSH**

Shimi Cohen in honor of Rabbi Jill's birthday  
Susan & Stanley Alpert in honor of Susan's birthday

Steve & Sheila Paris in honor of Steve's birthday

### **Important Websites**

West Clarkstown Jewish  
Center: [www.westclarkstownjc.org](http://www.westclarkstownjc.org)

Rockland and  
Jewish: <https://www.facebook.com/RCjewish/>

## **Sisterhood News**

Shalom Rav!

Spring has sprung and accordingly put us into a different mindset. It is time to go outdoors and become more active physically & mentally. All holidays are over until the New Year. Let's put some of that energy into supporting Sisterhood.

Our 2nd meeting was held on Sunday, May 19 at WCJC. A hearty breakfast was served along with a chance to amplify our voices. Meeting was started with a reading, read by Susan, with snippets of information on the life of Sarah, Rebecca, Rachel, Leah Horowitz (17th-18th cent.). Most of us probably never heard of her, but she was a pious & humble woman and a Talmudic scholar (rare for a woman at that time). Sarah wrote "Tkines"-supplications for women in Europe. She wasn't afraid to go outside her comfort zone and is a woman we can admire today. Sometimes we need to go outside our comfort zone and try new things.

Fran gave a report on Sisterhood's financial status, bank statements and general fiduciary matters. Our funds help WCJC funds.

**GARAGE SALE - Sunday, July 21. SAVE THE DATE!!!**

It is our most significant way to raise funds. Your help, from beginning to end, is much needed and appreciated.

NO car seats, NO furniture, NO silverware and NO books.

New small items with tags still on it for re-gifting are acceptable.

Also, on the wanted list are fur coats, all kinds of jewelry, handbags (large & small), purses, toys (no stuffed animals) dishes, ceramic pieces and small appliances.

WCJC will be open to accept your donations from Sunday, July 14 - Friday, July 19 from 10:00am - 12:00pm. Items will be accepted thru the door on West Clarkstown Rd.

Barbara Shair has been a diligent, hard worker all year. She has sold jewelry and has done scrapping which brought in impressive funds. She also bought a bag of costume jewelry from a local jeweler which will be sold at the Garage Sale. Heartfelt thanks to you from Sisterhood.

Once again Steve & I will be journeying across the ocean. First stop is Helsinki for a 3 day pre-tour. Then on to Russia for a Viking Cruise "Waterways of the Tsars" for 12 days from St. Petersburg to Moscow with stops along the river.

Lastly, we will fly to Israel or 8 days. Basically, we will be in Tel Aviv, Jerusalem & Mitzpe Ramon (a huge crater) in the south. There are always new sights to see, revisit some and enjoy the tremendous beauty of Medinat Israel; the land of our ancestors. We will be at the Kotel for Erev Shabbat and welcome the Shabbat Bride (Lacha Dodi). We will also have a home hosted dinner.

I love the markets Shuk HaCarmel & Machane Yehuda with its discordant sounds, native fruits & veggies piled up, hordes of people and the delicious smell of Mideastern food.

Israel is very modern and technologically advanced.

May we accomplish our goals which we set for the year.

L'hetra'ot,  
**Sheila Paris**

## **Men's Club News**

By the time you receive this newsletter, we will officially be in summertime mode.

The Men's Club would like to thank all members who purchased a Yom Hashoa candle. It was very important that we show the world that we care about the Holocaust and the 6 million Jews who were killed.

The Men's Club had their Boy's night out on Tuesday June 11. We all had a great time. We discussed some plans for the future.

Save the date of Sunday, October 13, 2019. This is the date of the next Men's Club meeting. This is the day that we will perform the important task of building our Sukka. We will have our usual gourmet breakfast, collect dues for the new year and then put up our temporary building.

The Men's Club urges everyone to attend at least one full Friday night and Saturday morning service each month. This is especially true during the upcoming summer months when many people are away on vacation.

Fraternally yours,

**Steve Paris.**

## Challah of the Month Club

The following families have joined and participated in the Challah of the Month Club:

### Thank you to:

Maddie & Harvey Ingber  
Susan & Stan Alpert  
Fran & Paul Weiner  
Marilyn & David Tessel  
Herb & Fran Boxer  
Diane & Steve Klein  
Roberta & Allen Shane  
Marc Levine  
Shimmy Cohen  
Roberta Schoenfeld  
David & Anita Talmas  
Marianne & Harry Bloomfeld  
Barbara & Curt Schleier  
Roberta & Allen Shane  
Diane & Steve Klein  
Lil & Gil Zinn  
Ronnye and Barry Deutchman  
Maddie & Harvey Ingber  
Susan & Stan Alpert  
Sheila & Steve Paris  
Shimmy Cohen  
Ronnye & Barry Deutchman Marilyn & David Tessel  
Fran & Paul Weiner  
Tammy & Randy Davis  
Roberta & Allen Shane  
Lil & Gil Zinn  
Diane & Steve Klein  
Anita & Dave Talmas  
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Maddie & Harvey Ingber  
Ronnye & Barry Deutchman  
Bob & Stephanie Wechman  
Bob & Stephanie Wechman  
Barbara & Curt Schleier  
Marilyn & David Tessel  
Tammy & Randy Davis  
Roberta & Allen Shane  
Susan Ravner & Al Tabin

Dave Talmas  
Lil & Gil Zinn  
Susan & Stan Alpert  
Dave Talmas  
Susan Ravner & Al Tabin  
David Talmas

The next list is the families who have reserved a month in the near future:

Diane & Steve Klein - July  
Tammy & Randy Davis - Aug.  
Linda & Al Scherzer Sept.  
Dave Talmas - Oct.  
Dave Talmas - Nov.  
Please join the club and call **Susan Alpert** or **Herb Boxer** for information!

### July Minyan List

July 5 & 6 Talmas, Tessel, Weiner  
July 12 & 13 Zinn, Alpert, Ansel  
July 19 & 20 Benson, Bialo, Bloomfeld  
July 26 & 27 Boxer, I. Davis, R. Davis

### August Minyan List

Aug. 2 & 3 Deutchman, Finkelberg, Geneslaw  
Aug. 9 & 10 Ingber, Jacobsen, Klein  
Aug. 16 & 17 Levine, Moskowitz, Paris  
Aug. 23 & 24 Plotkin, Ravner, Schleier  
Aug. 30 & 31 Scherzer, Schoenfeld, Seltzer

### July Birthdays

Todd Paris	July 2
David Talmas	July 13
Matthew Milliken	July 22
Jeffrey Davis	July 24
Steve Klein	July 24
Aaron Davis	July 26

### July Anniversaries

Roz & David Levine	July 4
Amy & Patrick Murphy	July 9

### July Yahrzeits

Raymond Saltoun	July 1
Jack Ravner	July 1
Isidor Zurin	July 2
Benjamin Weinberg	July 2
Rose Dembow	July 3
Jacques M. Leventhal	July 3
Lita Hyman	July 3
Ida Romm	July 5
Roma Paris	July 6
Sadie Bruchas	July 10
Albert Goldstein	July 11
Abraham Steinholz	July 13
Jesse Samuel Libien	July 14
Rhoda Hilda Zurin	July 14
Mathilde Fechenbach	July 18
Michael David Sternberg	July 18
Pearl Zall	July 19
Simon Amsel	July 19
Herman Goldberg	July 20
Ben Rabinowitz	July 22
Martin Wolkowitz	July 22
Arthur Fox	July 22
Abraham Plotkin	July 24
Zalman Giskin	July 24
William Weinberger	July 24
Richard Rosenblum	July 29
Ilse Ingber	July 29
Mary Kellman	July 29
Irving Kellman	July 31

### August Birthdays

Frann Rappaport	Aug. 17
Al Scherzer	Aug. 21
Mark Davis	Aug. 22
Curt Schleier	Aug. 23
Mark Benson	Aug. 23
David Klein	Aug. 27
Gilbert Zinn	Aug. 27
Steven Finkelberg	Aug. 30

### August Anniversaries

Lisa & Michael Breslaw	Aug. 9
Sheila & Stephen Paris	Aug. 16
Frann & Glenn Rappaport	Aug. 20
Sandra & Daniel Seltzer	Aug. 25
Lori & Herb Goldstein	Aug. 31

### August Yahrzeits

Elsie Haber	Aug. 1
Paul Dembow	Aug. 4
Julius Scherzer	Aug. 6
Seymour Schomberg	Aug. 6
Gisele Barnett	Aug. 6
Edward Last	Aug. 6
Betty Shane	Aug. 6
Frederick Nack	Aug. 8
Abraham Metlitz	Aug. 8
Sam Pearlmutter	Aug. 8
Irving Seltzer	Aug. 10
Bernard Leitner	Aug. 11
Frances Groder	Aug. 13
Israel Harry Koffler	Aug. 13
Howard Giskin	Aug. 17
Emily Sarah Levine	Aug. 17
Eva Weiser	Aug. 19
Martin Weiss	Aug. 21
Charles Shane	Aug. 23
Goldie Talmas	Aug. 23

### Sunshine Cards

**from** - Roberta & Allen Shane, Sheila & Steve Paris **-to-** Susan Alpert - We wish your sister, Myra, a speedy recovery.

**from**-Sheila & Steve Paris, Susan & Stan Alpert, Fred and Michele Finkelberg, Marilyn & David Tessel, Barbara & Julie Shair **-to-** Steve Klein - Wishing you a speedy recovery

**from** -Susan & Stan Alpert, Sheila & Steve Paris, David & Marilyn Tessel, Stefanie & Mark Benson -- **to-** Rabbi Jill Hackell - Happy birthday

**from** -Stefanie & Mark Benson **-to-** Susan Alpert - Very happy birthday.

**from** -Sheila & Steve Paris **-to-** David Tessel - Speedy recovery for your brother, Frank's heart surgery.

**from** -Roberta & Allen Shane, Sheila & Steve Paris **-to-** Diane & Steve Klein - Mazal Tov on granddaughter, Ava's Bat Mitzvah

**from** -Roberta Schoenfeld- **to-** Steve Paris - Happy Birthday

**from** -Roberta Schoenfeld **-to-** Sheila Paris - Happy Birthday

**from**-Marilyn & David Tessel, Sheila & Steve Paris **-to-** Linda & Al Scherzer - Mazal Tov on your granddaughter, Alexis' Bat Mitzvah

**from** – Lil & Gil Zinn – **to** - Diane & Steve Klein - belated Mazal Tov on your granddaughter, Ava's Bat Mitzvah

**from** - Lil & Gil Zinn - **to-** Steve Klein - Wishing you a speedy recovery

### **In Sympathy**

**from** -Diane & Steve Klein **-to** Nanette Greenberg & Family - In memory of your beloved mother

**from** -Fred & Michele Finkelberg, Sheila & Steve Paris **-to-** Linda Stein - In memory of your son, Arthur

**from** -Sandy Wolk, Sheila & Steve Paris **-to-** Jason Fox & Family - In memory of your grandmother

**from** -Sheila & Steve Paris, Marilyn & David Tessel, Susan & Stan Alpert, Lil & Gil Zinn **-to-** Sherree

Kane Graber - Sincere sympathy on the loss of your beloved brother Gary Kane

**from**-Sheila & Steve Paris **-to-** Ruth Peled - Sincere sympathy on the passing of your mother in Israel.

### **Thank you**

I would like to thank Allen & Roberta Shane, Sheila & Steve Paris, Rabbi Jill, Shimmy Cohen and the congregation for the cards they sent to me wishing my sister a speedy recovery. I'm happy to say she is going home right before Memorial Day week-end.

Susan Alpert

Thank you to the following people for donating food or money to the kitchen:

Lil & Gil Zinn

Marilyn & David Tessel

Susan & Stan Alpert

Shimmy Cohen

Roz & Dave Levine

Susan Ravner & Al Tabin

Roberta Schoenfeld

Harvey & Maddie Ingber

### **Help WCJC by Selling on E-Bay**

Barbara & Julie Shair have access to an E-Bay website. Items can be sold here.

Please donate jewelry...costume, gold, silver, single earrings or parts of a piece are acceptable.

Small antique items can be listed.

You can bring items to Harriet in the office

Tues. or Thurs. 10:00 A.M. to 1:00 P.M.

The funds support our Kiddishes.

Call: **Barbara Shair 845-354-7223**

Remember before you throw away we use e-bay.

