

## Completion Of A Sefer Torah In Memory Of Maran HaRav Ovadia Yosef

By Susie Garber

Rabbi Nissanian founded the Eshel Avraham Organization and he helped to establish Yeshivat Ohr Yaeer in memory of his son, Yaeer Netzer z"l. Yaeer's friends, who wanted to make time for learning after work, founded this *yeshivah*. The *yeshivah* joined with the Eshel Avraham Organization to participate with its activities. It sponsors a weekly *shiur* in Hebrew on the *Parshat HaShavua* broadcast on religious radio channels in Israel and on the Internet. Another weekly *shiur* is given in English and is available on *TorahAytme.com* and on Hidabroot Radio in New York. In addition, there are weekly classes for men and women.

On Sunday evening, February 15, the Queens community gathered at Congregation Shaare Tova for an event to celebrate the completion of the new *sefer Torah* for Congregation Shaare Tova, in memory of HaRav Ovadia Yosef zt"l. It was truly an auspicious event. Rabbi Avraham Nissanian, of Congregation Shaare Tova and founder of Eshel Avraham Organization, noted that he received the endorsements and blessings of the Chief Rabbi of Israel, Rabbi Yitzchak Yosef (son of HaRav Ovadia Yosef), and many other *g'dolim*.

The other *sifrei Torah* in the *shul* were brought out to greet the new *sefer Torah*. There was lively music playing as the men carried the silver-cased Torah scrolls down the aisle. Rabbi Nissanian carried the new one. There was the feeling of a wedding as the Torah scrolls were paraded around with much joy and excitement.

The entire audience shared in

the *s'udah*, while listening to Yaniv Meirov from Chazaq speak about the Eshel Avraham Organization and its role in spreading the knowledge of Judaism. He spoke about past, present, and future *shiurim* and events for the Queens community and beyond that they hope to make available through the computer. Rabbi Aryeh Sokoloff of the Kew Gardens Synagogue was in attendance and recited a *perek* of *T'hilim*, while Rabbi Chaim Schwartz, executive director of the Vaad Hara-bonim of Queens, made a *siyum* on *Maseches Y'vamos*.

Rabbi Nissanian spoke in detail about the Sefer Torah Project. He recalled his private meeting 12 years ago, after the passing of his son Yaeer Netzer, with the Chief Rabbi, regarding the family's wishes to make *Aliyah*. Rav Yosef advised the rabbi, after giving the famous slap on the cheek, that he should stay in America and continue his services to *am Yisrael*.

After a reading of the names of the *rabbanim*, the *kahal* stood up togeth-

er as one and recited *Sh'ma Yisrael* and "*Hashem melech, Hashem mal-ach, Hashem yimloch l'olam va'ed.*"

Rabbi Nissanian thanked the following for helping him throughout his journey of completing the *sefer Torah*: Rabbi Yaakov Mirzayov (the *sofer* of this *sefer Torah*), Mr. Eitai Tabari (Web designer), Yaniv Meirov of the Chazaq Organization, the board and members of Congregation Shaare Tova, Mr. Moshe Sachakov of Royal Events; Mr. Amnoun Yushuvayev (DJ); Mr. Aryeh (of the Meal Mart of Kew Gardens Hills), and Mr. Avraham Aranbayev (who stood with Rabbi Nissanian ready to help whenever needed). The rabbi thanked all the contributors who, without their financial assistance, this project would not have come to fruition. Lastly, Rabbi Nissanian expressed heartfelt gratitude towards his wife, Rabbanit Siporah Nissanian, for all of her encouragement and support through every stage of this project.

*G'dolim* who endorsed the writing of this *sefer Torah*: Rabbi Yitzchak Yosef, Rabbi Moshe Shlomo Amar, Rabbi Bakshi Doron, Rabbi Israel Lau and his son Rabbi David Lau. Also, *admorim* of Belz, Kaliv, and Karlin, and *m'kub-alim* Rabbi Shmuel Benayahou and Rabbi David Batzri. Also *roshei yeshivos* Rabbi Reuven Elbaz of Ohr Somayach and Rabbi Moshe Tzadka of Porat Yosef. Also Rabbi Moshe HaCohen and Rabbi Ba'addani of Moetzet Chachmei HaTorah; and Rabbi Yitzchak Ralbag, the father-in-law of Rabbi David Lau.

## QJCC Honors Alex And Alla Yakubov

The Queens Jewish Community Council and Congregation Machane Chodosh honored Alex and Alla Yakubov, two outstanding Bukharian community activists at the Ruth and Sam Bloom Memorial Breakfast held last Sunday, February 15, at Congregation Machane Chodosh in Forest Hills.

QJCC is fortunate to have Alex and Alla as important supporters of its efforts and wished to express its gratitude to this dynamic couple for their dedication and commitment to the Jewish people and their love of Israel.

Both Alex and Alla have a passion for community service and a love for the Jewish people. They personified this as



leaders in the Bukharian community in Queens. Alex has helped develop a close relationship between the growing Bukharian community and the local elected officials. He serves on Community Board 6 and is the president of the Bukharian

Jewish Center.

Alla's passion for caring for those less fortunate knows no bounds and that led her to founding Ohr Hana, an organization promoting women's involvement in the community. She is also a distin-

guished member of the board of directors of the Queens Jewish Community Council and works tirelessly to help the organization combat hunger through its Project Chaim program.

The Memorial Breakfast paid tribute to Ruth and Sam Bloom a"n, who were both members of QJCC and were very involved in the Forest Hills community.

For more information on Project Chaim, please call the QJCC at 718-544-9033 or send a donation to supporting the cause of combating hunger in the Jewish community by sending a check to the Queens Jewish Community Council, 119-45 Union Turnpike, Forest Hills, NY 11375, or by visiting [www.qjcc.org](http://www.qjcc.org).

## Navigating The Medical System On Heart Disease

By Susie Garber

Dr. Mel Breite, MD, Founder and Director of the *Navigating the Medical System* Lecture Series, welcomed everyone and introduced the guest speakers. These informative lectures continue to provide a valuable service to our community, as they inform and educate our community in all aspects of health.

On Tuesday evening, February 10, *Navigating the Medical System* featured an informative program at Congregation Etz Chaim, fully detailing all aspects of heart disease. One of the leading causes of death in the United States

is coronary heart disease. The first lecturer, Dr. Greg Pontone, MD, attending physician of cardiology at New York Hospital Queens, explained causes as well as ways to prevent coronary heart disease. He explained that it involves a build-up of plaque in the artery walls. He showed photos of how the artery wall narrows and is coated with cholesterol. He shared the newest ways that doctors are checking for coronary disease by checking various markers.

The following are risk factors: smoking, diabetes, high fat diets, obesity, or a family history. Preventive measures include: moderate exercise of about thirty minutes a day, a healthful diet



low in trans-fats and high in omega-3 fatty acids, control of sugar intake and monitoring of blood sugar levels, blood

pressure, and (if a doctor recommends it) taking aspirin to prevent heart attack and stroke. Symptoms include: shortness of breath, a decrease in exercise tolerance, chest pain, palpitations, and passing out or excessive fatigue. He noted that women's symptoms would often be atypical.

Following this talk, Dr. Seth Goldberg, MD, Associate Director of Cardiac Electrophysiology, focused on the electrical system of the heart. He explained in detail the types of abnormal rhythms, symptoms, and treatments.

Dr. Mel Breite urged everyone to follow the important advice from these doctors to prevent heart disease.





## Sefer Torah completion in memory of Rav Ovadia Yosef ZT'L at Cong. Shaare Tova - Sunday, Feb. 25, Kew Gardens



Aharon Katz is a Queens-based photographer who currently works for the Queens Jewish Link and is a photographer at Yaakov Katz Studios.



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## Dr. Shmuel Shields Speaks in Queens

On Sunday morning, February 15, Dr. Shmuel Shields, Ph.D., Certified Nutritionist, lecturer and author, shared an enlightening lecture along with a healthy brunch at the Queens Jewish Center. The lecture included practical tips for eating healthier.

In the lecture he taught nutritional principles based on the Rambam's principles of health and other Torah sources. Dr. Shields stated, "All of Israel are responsible for one another." He urged everyone to be ambassadors, to go back to their families and communities and to educate everyone about healthy eating habits.

In the lecture he referenced his book *L'Chaim – 18 Chapters to Live By*, which teaches fundamental principles and ideas for healthy eating for a *frum* lifestyle. He thanked the *Mara d'Asra* of the Queens Jewish Center, Rabbi Simcha Hopkovitz, for not only hosting and encouraging Dr. Shields to speak, but also for the blessing the Rabbi bestowed on his work.

Dr. Shields began with a true anecdote about a 12-year-old boy from South America who moved to the United States and over the course of several months gained 25 pounds. Dr. Shields questioned him about his diet in South America. There he had eaten mostly fruits and vegetables while in the U.S. he was eating hamburgers, French fries, cookies and other foods rich in fat, salt, and sugar that are part of the typical American diet.

He emphasized that it is a *mitzvah* to guard our health. We are in the midst of an ongoing health crisis with increasing numbers of people who are ill. Diabetes, cancer, and obesity are all of epidemic proportions. Many of these diseases can be prevented with lifestyle changes. He drew an analogy between the fences we have in Jewish law keeping us safe from serious transgressions to a fence of pro-



Dr. Shmuel Shields advocating for more healthful eating.

tection we must erect to guard our health.

He warned strongly against hydrogenated and saturated fats and the high salt content in foods. He emphasized the need to read labels to avoid these elements.

Dr. Shields shared the following teachings of the Rambam regarding health:

One of the main causes of all disease is over-eating. Leave the table when you are 75% full.

Avoid foods that can harm the body.

Accustom yourself to eating healthy foods.

Eat only when hungry and drink only when thirsty.

Eat slowly.

Don't drink too much at a meal.

Exercise regularly.

Sleep eight hours a night.

He concluded by reminding us that the goal of eating is to have energy to serve Hashem. Mindful

eating elevates the physical to a spiritual level. Everyone left the lecture motivated to work on their eating habits and to bring these ideas to their families and friends. Dr. Shields can be reached at Rmshields62@verizon.net or 718-544-4036.

## Sefer Torah Completed

**For Maran Harav  
Ovadia Yosef, zt"l**

On Sunday evening, February 15, the Queens community gathered at Congregation Shaare Tova for a truly auspicious event. Rabbi Avraham Nissanian, *Mara d'Asra* of Congregation Shaare Tova and founder of Eshel Avraham Organization, welcomed everyone.

He spoke about the completion of the new *sefer Torah* for Congregation Shaare Tova in memory of

*Continued on page 44*

## QUEENS EVENTS

S.P.I.R.I.T. Lecture Series sponsored by the Orthodox Union in collaboration with STAJE and Congregation Etz Chaim. Rabbi Sholom Stein will speak on "Thoughts on Adar" February 25 at 1:00 p.m. at Congregation Etz Chaim, 147-19 73rd Avenue. Lunch will be served at 12:30 p.m. Walk-ins welcome. Register by emailing [aborsuk@staje.org](mailto:aborsuk@staje.org) or calling 917-532-8150.

On Wednesday evening February 25, Shalom Task Force on Families and Children at Risk will hold a program "Understanding ADHA." Dr. Barry D. Holzer and Dr. Yitzchak Goldberg will speak at the Young Israel of Kew Gardens Hills 150-05 79th Rd. at 8:00 p.m. Admission is free. Pre-registration is required. Call 212-613-8188 or email [steinig@ou.org](mailto:steinig@ou.org).

Public Forum at 3:00 p.m. on March 1, on "Design Trust for Public Space" with its partners, NYC Parks and Queens Museum. The public forum is about preliminary design concepts to improve the access to and circulation within Flushing Meadows Corona Park. Public presentations by community advisors will be followed at 4:00 p.m. by a public feedback session at the Queens Museum, New York City Building Flushing Meadows Corona Park.



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Harav Ovadia Yosef, *zt"l*. He noted that he received the endorsements and blessings of the Chief Rabbi of Israel, Rabbi Itzhak Yosef (son of Harav Ovadia Yosef) and the many other *Gedolim* listed at the end of this article.

The other *sifrei Torah* in the shul were brought out to greet the new *sefer Torah*. There was lively music playing as the men carried the silver-encased Torah scrolls down the aisle. Rabbi Nissanian carried the new one. It felt like a wedding as the Torah scrolls were paraded down the aisle with much joy and excitement.

Following this, the whole community was invited to join a *seudah*. During the dinner, Mr. Yaniv Meirov, ChazaQ operations manager, spoke about the Eshel Avraham Organization's role in spreading knowledge of Judaism. He praised all the *shiurim* and events they plan that reach Queens and beyond.

Rabbi Aryeh Sokoloff, *Mara d'Asra* of the neighboring Kew Gardens Synagogue, congratulated Shaare Tova Congregation and Rabbi Nissanian on their new *sefer Torah* and praised Rabbi Nissanian's work with Eshel Avraham and



Rabbi Avraham Nissanian radiating *simchah* with new *sefer Torah*.

the shul.

Rabbi Chaim Schwartz of the Vaad Harabonim of Queens was then invited to make a *siyum* on *maseches Yevamos*. After this, Rabbi Nissanian spoke in detail about the *sefer Torah* Project and also described his private meeting

12 years ago, after the passing of his son, Yaeer Netzer, with Harav Ovadia Yosef.

Rabbi Nissanian concluded the evening by thanking the many people who had helped him throughout his journey completing the *sefer Torah*. Among them were: Rabbi

Yaakov Mirzayov, the *sofer* of this *sefer Torah*; Mr. Eitai Tabari, the web designer of the project; Yaniv Meirov of ChazaQ Organization; the Board and members of Shaare Tova Congregation; Mr. Moshe Sachakov of Royal Events; Mr. Amnour Yushuvayev, the DJ; Mr. Aryeh from Meal Mart of Kew Gardens Hills and Mr. Avraham Aronbayev, who stood at Rabbi Nissanian's side, ready to help whenever needed.

The Rabbi thanked all the contributors, who brought this project to fruition. Lastly, Rabbi Nissanian expressed his heartfelt gratitude to his wife, Rabbanit Siporah Nissanian, for her encouragement and support through every stage of the project.

*Gedolim* who endorsed the *sefer Torah* are, *shlita*: Rabbi Yitzchak Yosef; Rabbi Moshe Shlomo Amar; Rabbi Bakshi Doron; Rabbi Israel Lau and his son Rabbi David Lau; *Admorim* of Belz, Kaliv and Karlin; *Mekubalim* Rabbi Shmuel Benayahu and Rabbi David Batzri; *Roshei Yeshivot* Rabbi Reuven Elbaz of Ohr Somayach and Rabbi Moshe Sadka of Porat Yosef; Rabbi Moshe Hachohen and Rabbi Baadani of Moetzet Chachmei HaTorah and Rabbi Itzhak Ralbag, the father-in-law of Rabbi David Lau.



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