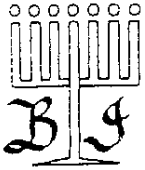
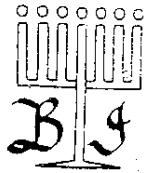


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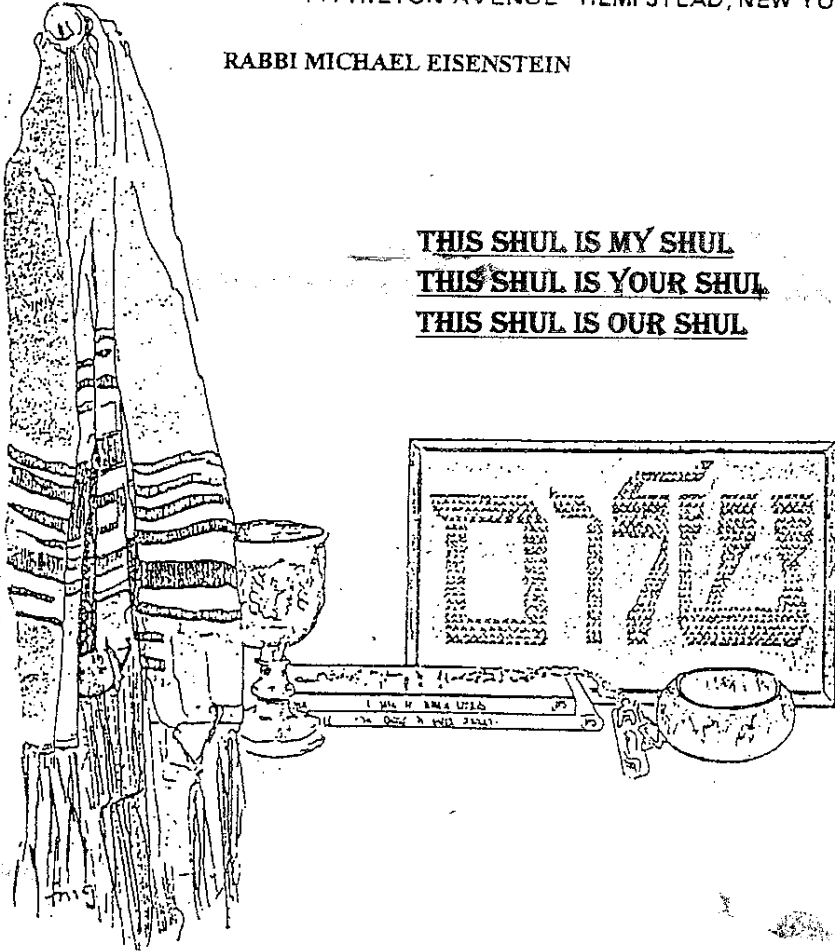
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RABBI MICHAEL EISENSTEIN

THIS SHUL IS MY SHUL  
THIS SHUL IS YOUR SHUL  
THIS SHUL IS OUR SHUL

NOVEMBER  
2017

HESHVAN – KISLEV 5778  
חשוון - כסלו תשע"ח



## B'NEINU (BETWEEN US)

"...the establishment in Palestine of a national home for the Jewish people..." — ARTHUR BALFOUR (1917)

"If you build it, they will come" — FIELD OF DREAMS (1989)

**R**ay Kinsella, portrayed by Kevin Costner in the movie *Field of Dreams*, heard a voice that prompted him to plow over part of his cornfield and build a baseball diamond.

Arthur Balfour, the United Kingdom's Foreign Secretary, might not have known about baseball diamonds as he was likely more familiar with a cricket field. But thirty-one years after his "declaration" (contained in a letter written to Lord Walter Rothschild) the State of Israel came into existence.

In 1896 Theodor Herzl published *Der Judenstaat* (*The Jewish State*) which offered his vision of a Jewish state. The following year Herzl presided over the First Zionist Congress and a "movement" was born.

This year is the 100th anniversary of the Balfour Declaration and the 120th anniversary of the First Zionist Congress. In May, Israel will observe its 70th anniversary as well.

In the years since those important moments in time, Israel has grown into one of the elite countries in the world. Its desert has literally bloomed, thanks to the discovery of drip irrigation by Simcha Blass in the 1930s.

Innovations continue as Israel is responsible for many of the new technologies that are changing our world. Startups in research & development in Israel are second only to Silicon Valley in California.

In Israel, the ancient and the modern worlds are fully integrated and exist side-by-side. It is, IMHO, **THE BEST PLACE TO VISIT.**

You can stay in the most modern hotels and yet be able to visit archaeological sites that are thousands of years old and just a short distance away.

There are plenty of good travel deals available whether you want to go with a group or alone. My last trip was a solo journey. I met up with some relatives, some friends and also did some traveling by myself (via train & bus).



November is also the anniversary of *Kristallnacht*, a dark date in our history as it marks the beginning of the end for many of Europe's Jews.

Today, *here in the United States*, we can turn on the television and find white supremacists and neo-Nazis marching and spewing hatred. While I don't believe we are in danger of such widespread violence against Jews as there was in Germany in 1938, but it should be enough to reawaken some of the Jewish identity in each of us that seems to have become somewhat passive.

So, what to do with these November anniversaries and observances? Read on...



For the past few years (in November), El Al has had a special one or two-day sale via their website. I expect it will continue this year so check out ElAl.com during the month. The sale is usually on a Sunday/Monday. My last flight (via their online sale) cost \$800 roundtrip – quite a bargain.

So... they built a marvelous JEWISH homeland... will YOU come?

I know I'm looking forward to another trip there.



Following is the schedule of services in November. It would be nice to see you before next Rosh Hashanah so come on down!

**Saturdays: November 4, 11, 18 & 25 at 9:30am.**



— Rabbi Michael

516.547.3581 [RABBI.MICHAEL@ME.COM](mailto:RABBI.MICHAEL@ME.COM)

## *Letter from the President*

September & October have been exciting months here at Congregation Beth Israel.

It began with the Super Raffle which, under the direction of Rosemarie Murray raised over \$15,000 for the synagogue. The happy winners were **Eli Soblick**, **Lois Glanzer**, and **Richard Levine** who each won \$500. **Hank Goldman** actually won TWO \$500 prizes, and **Alan Steinger** won the \$1000 prize. **Judi Slatsky** took home \$500 for selling the winning ticket to her son, non-member **Adam Levy**. Adam won the grand prize of \$10,000 and we hear he may be sharing it with mom— what a good boy! The prize for selling the most tickets outside the congregation went to **Alan Mantis**, and **Ronnie Liebman** won \$250 for selling the most tickets within the congregation. Next years Super Raffle promises to be even bigger & better!

Welcome new members Marion Salomon, Sidney Rosensweig, Terry Barkordar and Luis Robayo. We hope you will be with us for many years to come & look forward to “officially” welcoming you at our new member Shabbat, Saturday morning, October 28.

It was wonderful to see so many of you on the High Holidays. Thank you Rabbi Michael and Cantor Mark for doing an exceptional job leading in our services. Thanks to the ritual committee, Paul Skulsky & team, everything ran smoothly.

I hope you all got a chance to see our beautiful Sukkot. Thanks to those who helped to install and decorate it. About 25 members of the congregation attended this years dinner put together by Rabbi Michael and Marianne. It was a beautiful evening, a delicious meal, and also happened to be Adrienne Mantis' birthday!

Our annual Gala was held on October 19 to honor Paul Skulsky, Lillian Nass, and Vincent Marmorale, who spoke to a packed house at our Yom Hashoah service a few years back. My thanks to Lynn Sevan for organizing this event.

Next month you will be receiving a questionnaire. You can remain anonymous if you like, but we need your input. Please take a few minutes to fill it out and return it to us. Remember this is YOUR synagogue.

If you are interested in joining the Board of Trustees, e-mail me at [rskboat@aol.com](mailto:rskboat@aol.com). Help us shape the future of Beth Israel. Feel free to personally call me at 516 459-7679 if you would like to discuss something or have any ideas.

L' Shana Tova

Richie



# Keeping Your Arteries Young

Help your arteries age gracefully with a healthy diet and lifestyle.

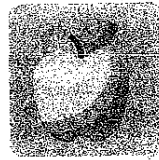
## TAKE CHARGE!

For optimal cardiovascular health, the American Heart Association advises these steps, dubbed Life's Simple 7. Get details at <heart.org>; search on "Life's Simple 7."

- 1. Lose weight (if overweight).** A healthy weight helps promote lower blood pressure, normal blood sugar, and healthier cholesterol and triglyceride levels.
- 2. Reduce blood sugar.** Fasting blood sugar should be under 100 mg/dL. Over time, high blood sugar can damage blood vessels.
- 3. Eat better.** A heart-healthy eating pattern includes colorful fruits and vegetables, whole grains, fish, poultry, lean meats, legumes, nuts, seeds, vegetable oils and healthful dairy products. Limit fatty red meats and processed meats, sugar-sweetened items and sodium (salt).



- 4. Be physically active.** Get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity (or a combination) each week.



- 5. Manage blood pressure.** Optimal blood pressure is less than 120/80 mm Hg. Blood pressure at or above 140/90 mm Hg is high.

- 6. Control your cholesterol.** Unhealthy cholesterol levels contribute to plaque buildup in arteries (atherosclerosis), which makes arteries narrower and stiff.



- 7. Avoid smoking.** Smoking (and regular exposure to second-hand smoke) increases risk of heart disease and stroke.



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**IF WE WERE SUPPOSED TO TALK MORE THAN WE LISTEN, WE WOULD  
HAVE TWO MOUTHS AND ONE EAR.....MARK TWAIN**











## Two Trees, Evergreen

By Zoe Heath

The first few walks, Beegee was too strong, a very special dog he was.

His excitement would inspire me, my tiny hands eager to hold the leash.

I was too small, you said, so I held your hand instead, my fingers dwarfed.

I would balance on the curb as we walked, snow would blanket the ground,

Beegee's white coat blending in with the snowy air around him.

After we had made the rounds we stopped right by the house and you would grab the mail

As I danced between the two trees, evergreen.

Every time we walked I begged to hold the leash.

Every time we walked I couldn't.

I would dance and skip down the street greeting neighbors and exchanging smiles.

I would balance on the curb as we walked,

Flowers covered the streets, Beegee prancing through them.

After we had made the rounds we stopped right by the house.

You would grab the mail

As I danced between the two trees, evergreen.

My grandmother walked with us in the summer and I would go swimming.

Her hands would pour me lemonade and hold my hand,

Her nails painted the same color as my imaginary ballet slippers,

As I danced down the street, performing for the crowd of

My grandfather, my grandmother and Beegee.

I couldn't yet hold the leash.

I would balance on the curb as we walked,

The sun would beat down on the sidewalk,

Beegee would soak it all up.

After we had made the rounds we stopped right by the house,

You would grab the mail,

As I danced between the two trees, evergreen.

I can hold the leash now, but I no longer do.  
There is a curb for balancing and an audience to perform for,  
But there is no Beegee.  
We no longer make the rounds and stop right by the house,  
You no longer grab the mail,  
As I dance around,  
But the trees,  
Those two trees remain,  
Two trees, evergreen.

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Zoe Heath is Ellen and Stan Rothman's granddaughter. She is now sixteen and a junior in Garden City High School.

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**ANGELA SIEGEL**  
*ATTORNEY AT LAW*  
1205 FRANKLIN AVENUE  
SUITE 330  
GARDEN CITY, NEW YORK 11530

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Fax (516) 741-3133

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## **CREATIVE USES OF THE QTIP TRUST**

A Qualified Terminable Interest Property Trust, commonly referred to as a QTIP trust, is often used in developing an estate plan for a couple where at least one of the parties has been married more than once, as it serves to protect children from a prior marriage. It has other important and beneficial uses as well.

A QTIP trust is used to ensure that a person's assets pass to their desired beneficiaries, usually their natural born children, while giving the surviving spouse an income interest for life. The Trustee can be given the power to invade the principal of the trust for the spouse, if necessary and desirable. The benefit of the QTIP trust in a second marriage situation is that the client can provide for his or her spouse, while at the same time making sure that his or her children inherit the assets after the death of the first spouse. If one were to leave all of one's assets to the surviving spouse, it would then be at the discretion of that spouse to leave the assets to the deceased spouse's children. With the QTIP, this problem is avoided. Moreover, the assets in the QTIP can be protected from creditors and subsequent spouses.

There is an important tax benefit to the QTIP, namely that any estate tax due as a result of the assets in the QTIP is deferred until the death of the surviving spouse. There are important provisions that must be contained in the trust document in order to achieve this tax benefit. Perhaps more importantly, the assets in the QTIP are not accessible by the surviving spouse's creditors. This is especially useful in the event the surviving spouse needs long-term health care in the future. The assets in the QTIP trust are not considered assets available to the survivor, if there is no ability to broadly invade the principal of the trust.

QTIP trusts are becoming more popular, even in cases of a first marriage, as asset protection is a common goal with aging couples. Besides creditors and long-term care costs, more and more couples are becoming concerned that after the death of one spouse, the survivor may become frail and susceptible to manipulation by caregivers, significant others, and friends who are looking to take money from the spouse.

QTIP trust provisions can easily be incorporated in one's last will and testament or revocable trust, or they can be contained in a separate trust document. They should certainly be a consideration in the development of one's estate plan. Of course, prior to embarking on this course of action, it is important to consult with an experienced tax and estate planning attorney.

\* \* \* \* \*