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## Running Down Terror with "Team OneFamily" in Jerusalem

By Elie Klein

On the morning of March 21, a parade of color streamed through the streets of Jerusalem. With over 25,000 runners from across the globe, the marathon, half marathon and 10K race routes for the 2014 Jerusalem Marathon were peppered with running jerseys of every color of the rainbow.

Still, everyone was seeing red.

With bright red jerseys and even brighter smiles, the dedicated runners and volunteers of "Team OneFamily," one of the largest teams assembled by a non-profit organization for this year's Jerusalem Marathon, appeared to be everywhere at once.

"In a way, it is very fitting that those outside our group felt like members of Team OneFamily were waiting around every corner, because in order to help victims of terror and their families rebuild their lives, we must always be there for them, even before they ask for help and often because they don't know how to ask for the help they require," explained Rebecca Furhman, OneFamily's Director of Communications and a survivor of the 2011 Jerusalem bus bombing.

Boasting over 280 runners, Team OneFamily was a composite of OneFamily supporters, including students on gap year programs and tourists, as well as victims of terror and bereaved children assisted by the organization. In addition to the registered runners, close to 100 other red jerseys – bereaved parents and longtime OneFamily volunteers – darted around Jerusalem cheering on the team.

**"Running a marathon is the ultimate display of resilience and defiance. With every stride, these victims of terror showed that they are survivors and that they will not allow terror to win," added Furhman.**

"Running a marathon is the ultimate display of resilience and defiance. With every stride, these victims of terror showed that they are survivors and that they will not allow terror to win," added Furhman.

"But as they ran past the sites of numerous Jerusalem terror attacks, it was important for them to feel that they were part of a family. At OneFamily, we always make it clear to the survivors that we are overcoming terror together."

For more than 12 years, OneFamily ([www.onefamilytogether.org](http://www.onefamilytogether.org)), Israel's leading national organization solely dedicated to the rehabilitation of those affected by terror attacks, has been caring for victims of



terrorism and their families from the moment of impact and for as long as they require assistance, with services ranging from counseling to support groups to summer camp for kids. Through a unique and personalized combination of legal, financial and emotional assistance, the organization assists over 3,550 traumatized, wounded and bereaved families across Israel.

Team OneFamily, a powerful force at almost every major marathon and triathlon around the world, is one of the many ways that international supporters can contribute to the organization, both as runners and sponsors.

Tens of North American gap year students were drawn to OneFamily and raised thousands of dollars for the organization as member of Team OneFamily. A.J. Mandelbaum, an 18 year-old Los Angeles native studying in Jerusalem for the year, fell in love with OneFamily while contributing to the annual Mishloach Manot campaign and was eager to find additional ways to stay involved with the cause.

"The thing that really impacted me is that the people affected by terrorism are normal people going about their everyday lives," noted Mandelbaum, who raised over \$1,000 for OneFamily via his Team OneFamily page for the Jerusalem Marathon.

"People who are hit by terrorism need everyone's help. I think OneFamily is doing wonderful work helping these victims of terror, and I want to do what I can to get their name out there."

Avi Korn of New Jersey, a dedicated member of Team OneFamily, also feels strongly about the cause and flew to Israel just to run the half marathon with the organization.

"It is so important for me to be involved because I know that OneFamily is constantly giving back to real people. I know that they are an organization that is really making a difference in peoples' lives," said Korn.

Elisha Moses of Efrat is among those who benefit from OneFamily's personal touch.

In March 2008, Elisha's brother, Avraham David, was murdered in the Mercaz Harav massacre. Ever since then, OneFamily has done everything in

its power to help Elisha and his family move beyond the pain and trauma. Adorned with red jerseys, 17 year-old Elisha, his 10 year-old sister, Ayelet, and their father, Naftali, ran with Team OneFamily to honor Avraham David's memory.

"I've made so many new friends through OneFamily, and the organization has done a lot for my family. It's nice to know that there's a place where everyone loves you," said Moses.

In 2007, at the age of 19, Miami native Izzy Ezagui

**"OneFamily has always encouraged me to run as a way of showing that the terrorists didn't beat me, that I still have the opportunity to live my life to the fullest," added Levine.**

moved to Israel with his family and immediately enlisted in the IDF. The following year, a few weeks after the launch of Operation Cast Lead, he was almost directly hit by a 120mm mortar shell, instantly losing his left arm from just above the elbow. OneFamily visited him in the hospital following the attack and have remained a support to Ezagui and his family ever since.

After a grueling rehabilitation period, Ezagui made an unprecedented and heroic return to active duty in the Givati Brigade. Though he now lives in Brooklyn, NY, he returned to Israel to run the 10K as a proud member of Team OneFamily.

"I flew in so that I can give back to the organization that helped me and my family in our time of need. Running through Jerusalem with all of these other red shirts is a way of showing solidarity for victims of terror while also expressing our gratitude to OneFamily," explained Ezagui.

At OneFamily's pre-race pasta party the night before the Jerusalem Marathon, Marc Belzberg, a co-founder of the organization, stood up and requested that everyone introduce themselves and share why they joined Team OneFamily.

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## Israel Banks On 10 More Years

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and the United Arab Emirates.

In a Jan. 4 notification to Congress, the Defense Security Cooperation Agency estimated the prospective package at \$1.13 billion, which includes six V-22 Block C tilt-rotor aircraft, associated equipment, spare parts, training and logis-

tics support.

Depending on how the DPP is scheduled, it also may free up funds for other elements of Hagel's proposed package. They include the retrofit of active electronically scanned array radars into F-15I fighters and a variety of air-to-ground weapons, including small diameter bombs and the AGM-88E advanced

anti-radiation guided missile.

### Mutual Benefit

Aside from the cardinal distinction that a prospective DPP deal presumes a still-non-existent follow-on aid package, US and Israeli sources note that similar schemes have been used in the past to mutual benefit. With active involvement by Lockheed Martin, Israel used this method to fund Pentagon-administered FMS purchases of the company's F-16I

and F-35I fighters.

When employed — usually in combination with an arcane Pentagon process called cash flow financing that allows Israel to tap into future-year FMF funding — it facilitates high-value export orders for US defense contractors and expedited responses to urgent Israeli requirements.

In those earlier cases, Lockheed helped MoD secure \$1 billion in deferred commercial debt under fa-

avorable terms to supplement F-16I-earmarked funding to come from Israel's Pentagon-managed FMF account. With permission from Washington and Lockheed, the debt was extended by another few years to secure Lockheed's first F-35 export contract managed under FMS.

Principal on the extended loan should be fully paid by the end of the year, US and Israeli sources said.

Lockheed is expected to

play a pivotal role in the new DPP scheme, which government and industry sources here say will facilitate follow-on procurement of Israel's second squadron of F-35Is. Details of Lockheed's involvement were unclear as of March 28.

Larisa Cioaca, a media relations manager at Lockheed's corporate headquarters in Bethesda, Md., declined comment.

(Defense News)

## Newly Kosher-For-Passover

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Ingredients:

- 1 cup uncooked quinoa
- 1 1/2 cups water
- 4 scallions, very finely minced (whites and reasonable greens)
- 1/2 teaspoon salt
- Black pepper
- 2 large eggs beaten
- Butter for the pan
- Nonstick spray

Directions:

1. Combine the quinoa and water in a saucepan. Bring to a boil, lower the heat to the lowest possible simmer, cover, and

cook (with a heat diffuser, if available, inserted underneath) until the grains are tender—20 to 30 minutes. Remove from the heat and fluff with a fork to let steam escape. Add the scallions, salt, pepper, and beaten eggs, and stir well to combine. (It's fine if the quinoa is still hot.)

2. Meanwhile, melt some butter in a heavy skillet over medium-low, and swirl to coat the pan. Lightly spray a 1/4-cup measure (ideally one with a handle) with nonstick spray, and use it to scoop the batter, evening off the top with

a knife, to form neat cakes. Shake the formed batter into the pan, and cook on both sides until golden and crisp. Depending on your pan and your stove, this will take approximately 5 minutes (or perhaps a little longer) per side. Serve hot or warm.

### Speckled Quinoa Salad

Servings: 5 or more

Fluffy quinoa combines beautifully with an assortment of colorful vegetables, apples, currants, and almonds to make a bright lunch salad, laced with olive oil, lemon, and honey. The contrasting textures are fun and refreshing—and the palette be-

comes even more interesting if you use red quinoa. Roasted almond oil can swap in for some or all of the olive oil. You can add more vegetables, if you like. The amounts and type are flexible.

Ingredients:

- 1 cup quinoa
- 1 1/2 cups water
- 1 to 2 finely minced scallions (whites and reasonable greens)
- A handful of flat-leaf parsley, finely minced
- 1/2 a medium-sized apple, chopped small
- 1 medium-sized carrot, minced
- 1/2 a medium-sized red bell pepper, minced

- A handful of currants
- 1/2 teaspoon salt (or to taste)
- 2 tablespoons fresh lemon juice

- 2 teaspoons light-colored honey

- A handful of almonds, chopped and lightly toasted
- Optional:  
Sliced or minced radishes  
Finely minced red onion  
Finely minced celery and or fennel bulb

Directions:

1. Combine the quinoa and water in a saucepan. Bring to a boil, lower the heat to the slowest possible simmer, cover, and cook (with a heat diffuser, if available, inserted underneath) until the grains are tender—20

to 30 minutes. Remove from the heat and fluff with a fork to let steam escape, then let it cool to room temperature. Continue to fluff as it cools, to assure the grains stay separate. Transfer the cooled quinoa to a medium-sized bowl.

2. Add the vegetables and currants, and stir to combine, sprinkling with the salt as you go. In a separate small bowl combine the olive oil, lemon juice, and honey, and whisk to blend. Pour this into the quinoa and vegetables, mixing to thoroughly combine. Serve at room temperature, or cover, chill, and serve cold. Stir in the almonds shortly before serving.

(JNS)

## Understanding Islamic Extremism

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### ? How should governments combat with the phenomenon of Islamic extremism?

One school of thought contends that Islamic extremism is bred by political and societal grievances. Thus, this school believes that extremists are provoked by injustices committed by the West and their governments and armies in Muslim countries.

According to this school, Islamic extremism should be countered by addressing these "grievances" of angry Muslim populations through foreign policy changes, political concessions where there are areas of disagreements, improved governance of Muslim countries, income redistribution and dialogue.

The other school of thought holds that these grievances, bred by Islamic extremists, are just excuses to justify antagonism towards

the West. This side argues that the Islamic extremist worldview leads to the adoption of these grievances. Advocates of this school of thought note that the grievances cannot account for all elements of Islamic extremism, such as the abuse of women and other human rights violations in sharia-based societies.

According to this school, Islamic extremism can only be countered by undermining the ideology itself. Reformist Muslims that support an interpretation of Islam that is favorable to modernity and Western democracy are viewed as critical to fighting Islamic extremists.

### ? What are some examples of Islamic extremist groups?

The most popular Islamic extremist group is the Muslim Brotherhood, an international organization that believes in waging jihad through various means in order to establish worldwide sharia rule. One of those means is through a process of "cultural or civilization" jihad, which follows the Brotherhood's strategy of gradualism.

There are many political parties (i.e. the Freedom and Jus-

tice Party in Egypt) and terrorist groups (i.e. Hamas) that belong to the Brotherhood. In fact, according to Steve Emerson, the executive director of the highly respected Investigative Project on Terrorism, "The vast majority of Sunni terrorist groups — including al Qaeda, Egyptian Islamic Jihad, Hamas and the Palestinian Islamic Jihad — are derived from the Muslim Brotherhood."

Other examples of Islamic extremist groups include Hezbollah, the Taliban, Jamaat-e-Islami, Jamaat ul-Fuqra, Lashkar-e-Taiba, the Nation of Islam and various Salafist groups.

### ? Who sponsors the spread of Islamic extremism?

Islamic extremism can spread organically, but there is an identifiable infrastructure that spreads it. This infrastructure includes foreign governments, mosques, schools, media — including internet and social media — social services and non-governmental organizations.

The U.S. State Department designated four governments as State Sponsors of Terrorism: Iran, Syria, Sudan and Cuba. The Iranian government is considered the world's largest sponsor of terrorism in the world.

The U.S. government has also documented the fact that Iran supports terrorist groups such as Hezbollah, Al-Qaeda,

the Taliban, Hamas, Palestinian Islamic Jihad and the Popular Front for the Liberation of Palestine-General Command. Iran also supports radical militias in Iraq and Yemen and directly participates in acts of terrorism globally.

The Syrian government supports Hezbollah and is a chief ally of Iran. It has historically supported other terrorist groups as well, but that support ended when these other groups endorsed the Syrian rebels trying to overthrow the Syrian government.

The Sudanese government works closely with Iran and is a well-known supporter of Hamas. There are also allegations that Sudan supports Hezbollah and elements of Al Qaeda.

The Cuban government supports non-Muslim terrorist groups in Latin America and harbors at least one Muslim terrorist wanted by the U.S. government. The non-Muslim groups supported by Cuba, specifically the Revolutionary Armed Forces of Colombia (FARC), are known to have ties to Hezbollah.

There are other governments that have not been designated as "State Sponsors of Terrorism" but are accused of supporting Islamic terrorist groups or Islamic extremism. They include:

- Pakistan, who is a known sponsor of Islamic terrorists and their religious schools, called madrasses. Pakistan is

a continual promoter Islamic extremism.

- Saudi Arabia and other Gulf states, who are lavish funders of a virulent form of Islam called "Wahhabism." This funding has carried on for decades, even while these countries battle some of its adherents like Al-Qaeda.

- Turkey and Qatar, who are major backers of the Muslim Brotherhood movement;

- Eritrea, who is a documented sponsor of Islamic extremists including Al-Qaeda's affiliate in Somalia, Al-Shabaab; and
- Venezuela, who has been accused of allowing Iranian and Hezbollah operatives to support terrorism from its soil.

In the West, Islamic extremist groups and their supporters spread their ideology (and, in some cases, directly sponsor terrorism) using a network of front groups. An example would be the Iranian government's use of the Alavi Foundation in New York or the Muslim Brotherhood's establishment of various political organizations under different names, like CAIR, the Council on American Islamic Relations, one of the U.S. Islamist organizations that was named as an unindicted co-conspirator in the Holy Land terror funding trial.

### ? Who are the ideological opponents of Islamic extremists?

The enemies of Islamic ex-

tremists are anyone who does not favor sharia-based governance or opposes Islamic extremist ideology and its agenda.

Muslims who support a reformation in Islamic teaching that is favorable to critical examination, Western democracy, modernity, human rights, and separation of mosque and state are opponents of Islamic extremism.

### ? Who Supports Islamic Extremism?

Support for Islamic extremist ideology is high in the Muslim world, with Islamic terrorist groups garnering double-digit support. These terror groups have even won elections; of note is Hamas's 2006 victory in the Gaza Strip and the Muslim Brotherhood's 2012 victory in Egypt. The Islamist Ennhada party won the 2011 elections in Tunisia, the country that began the "Arab Spring."

However, the Islamic extremists' takeovers have led to decisive backlashes. After a year of governance marred by Islamist power grabs, popular disapproval drove the Egyptian army to depose the Muslim Brotherhood from power in 2013. Tunisia's Ennhada party, not wanting to suffer the same fate as their Egyptian brothers, agreed to step down from power after massive protests against it. In an unprecedented move, the Ennhada government resigned in January 2014.

(Clarion Project)



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## Running Down Terror

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Pia Levine, a survivor of the 2011 Jerusalem bus bombing, volunteered to speak first.

"The day after the attack, Chantal Belzberg, the executive vice chair of OneFamily, took me to the hospital, where I was treated for shock. I fly back

to Israel every year from New Jersey to run in the Jerusalem Marathon with OneFamily because I would not be able to function without their support."

As victims of terror know all too well, a marathon is an excellent metaphor for the recovery process. Like a marathon, recovery is a long and grueling journey, and at times, a victim loses faith in his ability to reach the finish line. But with constant support and encouragement from

those closest to him, he can accomplish almost anything.

"OneFamily has always encouraged me to run as a way of showing that the terrorists didn't beat me, that I still have the opportunity to live my life to the fullest," added Levine.

"When I run together with so many other red jerseys, I'm showing that I have not been defeated by terrorism. Together, we can rise above it."