



The Voice

Founded 1906

Congregation Ahavath Israel A Liberal Conservative Synagogue

Affiliated with the United Synagogue of Conservative Judaism

March 2009

On the web at <http://ahavathisraelkingston.org>

Adar- Nisan 5769

Message from the President

Friends: I would like to use this month's column to talk about something close to my heart (literally). Thanks to the generosity of our dear friends Doctors Ellis Lader, Gary Cohen, Michael Steckman, Marc Tack, Michael Safran and Gerrie Keyes, we are now the proud owners of a shiny new defibrillator.

We will be formally introducing the defibrillator in March, during Rabbi Kolko's next visit, when we will have a short dedication ceremony during Shabbos services.

We have already had one training session, with more to follow. In future sessions, we hope to include CPR training as well. The defibrillator is so easy to use, anybody, even I, can operate it. In fact, a voice walks you through the entire procedure. I encourage everybody to become familiar with it and its operation. The defibrillator will be stored in the little closet just outside the office, for easy access.

Most of us never think of the possibility of a heart attack. We feel fine, so what's to worry about? We don't realize that just about everything we do in our lives can affect our heart: our diet, our jobs, the stress in our everyday lives. When a friend or

loved one has a coronary, we think one of two things: either "I'm in good health, that can't happen to me." Or, "That could be me lying there in the hospital. It's time for me to make some changes." We then resolve to change our diet and start exercising, which lasts for a few weeks or months. Then we go right back to our old habits.

Even those of us who have had heart attacks usually end up reverting back to our old way of living. After my coronary in May, 2007, I resolved to get healthy. What motivated me the most was seeing my daughters standing over me in the emergency room. I promised myself that I would dance at their weddings. I lost 40 pounds and had more energy than I had in years. Before my heart attack, I could barely walk 9 holes. After a few months of clean living, I could walk 18 and be ready for more (unfortunately, clean living did nothing to improve my game, as Elliott Spiegel can attest). After about a year or so, I started slacking off. I hurt my ankle, so I had an excuse not to exercise. I started to eat whatever and how much I wanted. I put back much of the weight I lost.

Seeing the defibrillator gave me a new dose of reality. I have already lost 10 pounds, with a lot more to go. I have joined a gym. Hopefully, this time, I will not slack off. My life depends on it.

Congregation Ahavath Israel

On the web at
<http://ahavathisraelkingston.org>

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The Voice

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Sponsor a Shabbat Luncheon

Have a birthday, anniversary or other special occasion? Why not sponsor a Shabbat luncheon? We hope to have a monthly Shabbat luncheon. If you have a birthday, anniversary or other special occasion, please consider becoming a sponsor. Call the office at 845-338-4490 or Arlene Cohen at 845-339-8413 or 845-389-2342 (cell) or gcohen@hvc.rr.com for information.

Sign up for Goodsearch.

Go to: <http://www.goodsearch.com> ; Sign up for the charity Congregation Ahavath Israel and every time you use Goodsearch as your search engine you help make money for the synagogue.

The Voice is currently accepting advertisements.

Please contact Rebecca Balzac at rbalzac@hvc.rr.com or at 657-6682 for rates and details.

Schedule of Weekly Services

Shabbat Services

Friday 6:30 pm
Saturday 9:30 am
Sunday Minyan 9:00 am



Office Hours

Tuesday - Friday
10:00-3:00

Cell Phones and Services

When attending synagogue on Shabbat or festivals, please remember we are Shomer Shabbat and therefore the use of cell phones is prohibited. Please make sure they are turned off or on silent during services. Also be aware that calls should not be made to the Synagogue from sundown on Friday to sundown on Saturday night on Shabbat and including sundown to sundown on certain festivals. Check the calendar in each issue of The Voice and on our website for candle-lighting and end times.

Even though your own observance may not be the same as the synagogue, please make sure that no synagogue business is conducted on Shabbat (ie: shopping for synagogue functions, phone calls or emails to synagogue members regarding synagogue business, etc.).

If you have specific questions please, please see any Ritual Committee Member.

Thank you for your understanding and cooperation.



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Sisterhood is looking for someone who loves to shop and has some free time to revitalize the Gift Shop. Call Chris Kowalenko at 338-8612.

This issue of The Voice sponsored by

*Gloria Sender and family
In memory of*

Jack Sender

*beloved husband, father and
grandfather*

May his memory be for a blessing

*The congregation extends its
condolences to the family of
Clifford Spiesman*

May his memory be for a blessing

Sisterhood SPA Day

Sisterhood had a wonderful SPA morning out on Sunday February 8th. We had an intimate turn out, enjoyed hand massages, and soaked our feet in luxurious foot baths to get rid of the dry skin we all accumulate. Everyone had a wonderful time, laughing, chatting and enjoying the food prepared by Joe and Candy. With the sales we accumulated, we were able to get some wonderful gift sets that we in turn can sell in our gift shop. So if you are looking for that feminine gift, stop by the Sisterhood Gift Shop first and see the gifts available.

We all enjoyed ourselves so much we will be doing another SPA morning in the spring. We

hope those of you who couldn't join us this time will attend then.

In the mean time...if you need any Body Shop products or a gift for someone, do not hesitate to call Rhona at 339-4580.

***Purim is coming!
Purim is coming!***

We will be having a megilla reading and Purim Shpiel on Monday March 9th at 7:00 PM at the synagogue. Come one come all in costume or not. For the evening we will be reading parts of the Megilla as well as having a Purim Shpiel called "Stars of David Wars". Several members of our congregation will be putting on this skit under the direction of congregant Andrea Winston. Please join us for a wonderful evening to celebrate Purim. If you are interested in helping with the Shpiel or reading from the megilla, please contact Bernie King-Smith.

Rabbi Kolko's Visits

Rabbi Kolko will be visiting us again in March to spend a weekend together with us leading services, doing Adult education and meeting with our Talmud Torah and B'nai Mitzvah children. The next dates that he will be here are:

March 27 - 29

Should you have any questions for Rabbi Kolko, he is available via e-mail and phone. His e-mail is skolko@msn.com or phone 585-730-7097.

Talmud Torah Celebrates Tu B'Shvat

By Susan Rafkind

On Sunday, February 8, the students and teachers of the Talmud Torah enjoyed a congenial celebration of Tu B'Shvat, eating different fruits and drinking four cups of grape juice from white to red all in a 'seder' with special symbolism and connections to the seasons.

Tu B'Shvat did not start out as a holiday celebrating the environment. It didn't have special ceremonies or stories to tell or prayers to recite. Originally it was a legal tool for counting the age of a tree, which was important for two reasons: orlah and ma'aser. Orlah is the name given to fruit produced during a tree's first three years. According to Jewish law, that fruit may not be eaten or sold. It is set aside, left alone, as a reminder that all food comes from God. The question is, how do we know how old a tree is for the purposes of counting orlah? Because a tree may be planted at any time, it would be difficult to remember each tree's age. So Jewish law established the 15th of Shvat as the birthday of all fruit-bearing trees. On the 15th of Shvat, every tree is declared one year older.

Mas'aser, meaning "tenth" in Hebrew, is the name of a particular gift of fruits given to the Temple. Every year, the Jews who lived in Israel had to give a tenth (a tithe) of their new fruits to the Levites and the priests who worked in the Temple. It was a way to thank God for the rain and the sun and the fertile earth, as well as a way to support the Levites and the priests, who were not permitted to own land or trees.

For many years, the Tu B'Shvat seder was celebrated only by the Kabbalists and the holiday was almost lost. Then, in the late 1800's, young European Jews – largely in their teens and twenties, immigrated to Palestine in great

numbers. These pioneers, called Halutzim, came to work the land. They knew that just as they were going to make Israel's deserts, swamp lands, and abandoned fields bloom, so too would the Jewish people bloom once again in Erets Ysrael – the Land of Israel. Today, the JNF, the Jewish National Fund continues the work of the Halutzim in its dedication to developing land in Israel and planting trees there.

Many thanks to Candy and Joe Belles for providing the tasty treats for our 'seder'

MI SHABERACH LIST

We are updating our Mi Shaberach List. Names will remain on the Mi Shaberach list for one month unless the office has been notified to keep the person's name on longer. You must call the office (338-4409) each month that you want the person left on the list. We would like their Hebrew name and their English name along with the name of the person submitting this information. Thank you for your co-operation.

Chris Kowalenko

Congregation Ahavath Israel Burial Benefits

Are you aware that synagogue membership allows you to purchase burial rights in Congregation Ahavath Israel's section of Montrepose Cemetery in Kingston? The burial benefit plan includes the cemetery plot plus payment toward some of the internment costs. Plan fee is based on age at the time of enrollment. If you would like more detailed information on the burial benefit, call the synagogue office for a Plan description.

MARCH YAHRZEITS

“The Lord will guard your going out
and your coming home, now and forever”

יהוה ישמר צאחך

ובואך מעתה ועד עולם - Psalm 121

5 Adar March 1	Louis Halperin Dr. Marczel Haas Yaakov Ben Shlomo Brines Rose Nadan Albert H. Woolfson	16 Adar March 12	Ruth Kotler Pearl Adin Sylvia Weisbrod
6 Adar March 2	Albert Lessner Emil Lipton Jospheh Lurie Beatrice Gerstenzang	17 Adar March 13	Harry Silverberg Donald Levine Jennie Halperin
7 Adar March 3	Solomon Rafalowsky William Simon Ida Rabinowitz	18 Adar March 14	Ida Cohen Isaac Nussbaum
8 Adar March 4	Benjamin Tannin Mollie Gold Samuel Gruberg Sheila Stark	19 Adar March 15	Mary Barber Florence Rosenthal
9 Adar March 5	Samuel Schwartz Mildred Goldman Bess Snyder Minna Steckman Joseph Kirschner Rose Blas	20 Adar March 16	Albert Ruchman Ida Netburn Sadie Farber Neal S. Hirsch
10 Adar March 6	Lena Len Hyman Nearon Louis Holen Rebecca Feldman Lena Toffel Louis Vogel	21 Adar March 17	Shirley Kalina Anna Alcon Jospheh Danielak Benjamin Pearl Nettie Davis
11 Adar March 7	Ida Chugerman Abraham Siegel Aaron Cohen Dora Cohen Max Abrams	22 Adar March 18	Herschel Harold Zeplin Seymour Blas
12 Adar March 8	David Lehner	23 Adar March 19	Jacob Jacobson Esther Porcelain
13 Adar March 9	Wellvet Brossman Benjamin Fertel Dr. A. Greenstein	24 Adar March 20	Lillian Rosenthal
14 Adar March 10	Esther Wechsler Friedman	25 Adar March 21	Sophie Halpern-Bronner Evelyn Levy Louis Propp Gertrude Netburn Arlene Sultar
15 Adar March 11	Libby Barnovitz Sam Schames Shirley Rafalowsky	26 Adar	Louis Siller Sarah Stein Jean Solkow Jacob Siller
		27 Adar March 23	Rachel Litsky Cople Alpert Benjamin Kinberg
		28 Adar March 24	Madeline Propp Saul Kaplan Ida Werbalowsky Charles Levey Necha Schildhorn

29 Adar March 25	Edith Kinberg Blair Louis Weinstein Ruth Lees Seymour A. Jacobson Stella Jacobson Gilda Schlesinger	4 Nisan April 9	Percival Goldman
1 Nisan March 26	Dr. Joseph Hartman Anna Ross Robert Langer	5 Nisan April 10	Murray Baker Matilda Buck
2 Nisan March 27	Samuel Walensky	6 Nisan April 11	Rose Avis Joseph Allen Marcus Minnie Nelson
3 Nisan March 28	Lena Nussbaum Eve Lieberman Charles Yaes Ralph Sedlack Bertha & Max Badian		

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From Ellen & Howard Leifer

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From Rosette Teitel

In honor of:

Bernard Pasik

Hy Cutler Torah Fund

In memory of:

Jack Sender

From Phylis & Alex Katz

Sisterhood Donations

Kalina Endowment Fund

From Edna Helmrich

Sisterhood Kitchen Fund

In memory of:

Frank Reif

From Candy Belles
Claire Becker

Shabbat Services

Friday 6:30 pm

6:15 pm if dinner

Saturday 9:30 am

*Congregation Ahavath Israel**March 2009**5th Adar - 6th Nisan, 5769*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5 Adar	2 6 Adar	3 7 Adar	4 8 Adar	5 9 Adar	6 5:33 Candles 10 Adar	7 6:38 Havdalah 11 Adar
8 Talmud Torah Purim Party 12 Adar	9 Purim Spiel 7:00 13 Adar	10 Purim 14 Adar	11 15 Adar	12 16 Adar	13 6:42 Candles 17 Adar	14 7:46 Havdalah 18 Adar
15 19 Adar	16 20 Adar	17 21 Adar	18 22 Adar	19 23 Adar	20 6:49 Candles 24 Adar	21 7:54 Havdalah 25 Adar
22 26 Adar	23 27 Adar	24 28 Adar	25 29 Adar	26 Rosh Chodesh Nisan 1 Nisan	27 6:57 Candles Services with Rabbi Kolko 2 Nisan	28 8:01 Havdalah Services with Rabbi Kolko 3 Nisan
29 Talmud Torah Model Seder 4 Nisan	30 5 Nisan	31 6 Nisan				

Congregation Ahavath Israel Donation Form

Please print and use this form to make your donation. Make checks payable to
CONGREGATION AHAVATH ISRAEL. Use a separate form for each donation.

Send donations to:
FINANCIAL SECRETARY
CONGREGATION AHAVATH ISRAEL
P.O. BOX 3063
KINGSTON, NY 12402

Attached is my check in the amount of \$ _____
I wish to donate to the following fund (Circle Fund Name below)

Ahavath Israel Fund	Hyman and Eva Nearon Library Fund
Beautification Fund	Hy Cutler Torah Fund
Building Fund	Irv Reuben Memorial Window Fund
Dr. Mitch Winston Fund	Jeannette and Irving Wilpan Prayer Book Fund
Helen Millens Fund	Joseph, Sadie J. and Gerald Gruberg Talmud Torah Education Fund
George and Sylvia Starkman Fund	The Miriam G. Freed Arts and Entertainment Fund

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For *Yizkor Memorial Plates* please call Matthew Goldowitz (845) 331-0321

Fund Descriptions:

Ahavath Israel Fund Helps offset the cost of operation of the synagogue programs

Building Fund Helps Defrays the cost of our building and for improving our synagogue.

Beautification Fund Provides money to improve the appearance of our house of worship

Dr. Mitch Winston Fund and Helen Millens Fund Provide scholarships to our Talmud Torah School.

Jeannette and Irving Wilpan Prayer Book Fund Purchases new prayer books for our sanctuary; books contain a dedication bookplate.

Hy Cutler Torah Fund Provides money for repairs and maintenance of our Torahs in the synagogue.

Hyman and Eva Nearon Library Fund Purchases books for the synagogue library.

George and Sylvia Starkman Youth Fund Helps defray the cost for our youth to attend USY programs.

Irv Reuben Memorial Window Fund Purchases a stained glass window in memory of Irv Reuben.

Joseph, Sadie J., and Gerald Gruberg Talmud Torah Education Fund Provides money which helps our synagogue school purchase new equipment and teaching resources.

The Miriam G. Freed Arts and Entertainment Fund Provides money for musical events, guest lectures and film screenings to enhance the culture and ruach for our synagogue and community at large.

Form revised January, 2008