



Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

Founded in 1947

32 Gorton Avenue • Old thColony Beach • Old Lyme, CT • 06371

website: www.synagogueoldlyme.org

Tammuz/Av 5784

August 2024

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*z"l May their memory be for a blessing



Shalom Family and Friends of Congregation Beth El,

I can't believe it's August! We've had a good summer so far, with a Gardening Party to brighten up the exterior of the synagogue and two well-attended Ice Cream Socials. We have two more Ice Cream Socials coming up, on August 11th and on September 1st.

Our newest Board member, Jacob Samuels, will join Sharon to provide his inspiring harmonies during Friday evening services on August 9th and August 16th.

But wait, I'm excited about one more event...

Our first Gala will be held on Saturday night, August 24th, from 7:30 pm -10 pm. Please keep this date on your calendar! We will have a live band, hors d'oeuvres, dancing and desserts. All the information you need to attend this special event is on the invitation below.

I'm very excited about this event. I think it will be fun. I think the band will be great and I am looking forward to dancing. (It would be a tremendous help if you would RSVP.)

Am Yisrael Chai!

Lisa



We are excited for you to join us for the Gala. The \$25 entry fee includes hors d'oeuvres, desserts, live music and dancing.

Tell your friends - all are welcome.

Thank you for supporting our community!



Thank you for your generous donations!

Phil Rischall and Family - In memory of Fenmore Feigenbaum.

Anita Kaplowitz - In memory of Fenmore Feigenbaum.

Pam & Lenny Grossman - In memory of Fenmore Feigenbaum.

Sharon & Preston Waxenbaum and Family - In memory of mother, grandmother and great-grandmother, Frances Waxenbaum, at the time of her *yahrzeit*.

Milestones & Mazal Tovs

Judy & Richard Spiesman celebrated the naming of their granddaughter, Abigail Teresa Spiesman, *Aviva Maya*, on July 26, 2024. The ceremony took place at CBE during Friday evening services. Her proud family includes parents, Selena & Robert Spiesman, and great-grandmother, Tovia Sillman.

Erin Dennison has been elected president of the American Board of Forensic Anthropology (ABFA).

Shabbat Candle Lighting Times

Shabbat	Friday	Aug 2	7:48 pm
Shabbat	Friday	Aug 9	7:40 pm
Shabbat	Friday	Aug 16	7:30 pm
Shabbat	Friday	Aug 23	7:19 pm
Shabbat	Friday	Aug 30	7:08 pm
Shabbat	Friday	Sept 6	6:56 pm
Shabbat	Friday	Sept 13	6:44 pm
Shabbat	Friday	Sept 20	6:32 pm



Push the Pushke

"If every Jew in North America set aside ten cents a day, that's \$600,000!" wrote author, lecturer and *mitzvah* man, Danny Siegel. In his push to reinstitute the *pushke* (Yiddish for *zedakah* box) in households everywhere, he reminds us that nickels and dimes, when gathered together, buy a lot of *mitzvah* power. So, to welcome the New Year 5785, get a *pushke* from Peter Patten - or make one!



Keep a box in the laundry room for that loose change left behind in our pockets.

Peter Patten has obtained new JNF *zedakah* boxes. If you wish to turn in a full box or if you would like a new one, please contact Peter at peterpatten@att.net.



s. waxenbaum

L-R Robert, Selena and Abby Spiesman

Abigail Teresa Spiesman received her Hebrew name, *Aviva Maya*, at her naming ceremony held during Friday evening services on July 26th. Her proud family includes parents, Selena & Robert Spiesman, grandparents, Judy & Richard Spiesman, and great-grandmother, Tovia Sillman.

Sponsor an Oneg!



Martina Shapiro

Todah rabah to the following *Oneg Shabbat* sponsors:

Lisa Semel & Jonathan Guthart - In memory of Brian Semel z"l.

Shari Most - In celebration of my mom, Sally Wallet's, 89th birthday.

Mindy & Jeremy Jason, Kim & Jay DiBella - In memory of Gloria & Al Galin, at the time of their *yahrzeit*.

Sandy & Peter Patten - In celebration of our 62nd wedding anniversary.

Judy & Richard Spiesman - In celebration of the naming of our granddaughter, Abigail Teresa Spiesman at CBE.

Please contact Sharon Waxenbaum at 631-748-8459/shanaaviv@gmail.com to choose your *Shabbat* date. Use Venmo **Congregation-Bethel** or please make your check payable to Congregation Beth El and send it to: Rick Hyne at 19 Danielle Drive, Wayne, NJ 07470.

Friday Evening Youth Services 7 pm



We have had a wonderful turnout this season. Our children have been having fun singing *Shabbat* songs and participating in services. We would love to have you join us, so please bring your children, grandchildren, nieces, nephews, friends, etc.

All children will receive their sweet *Shabbat* treat, a Hershey's chocolate bar! Services begin at 7:00 pm and will continue through Labor Day weekend.



Candy Fund

Todah rabah to the following for their support:

Shari Most - In honor of my daughter, Danielle.

Sarah & Nathan Taylor - In honor of our children, Harrison and Eleanor.

Contact Ruth Spitz at rspz123@yahoo.com to sponsor!

CBE Summer 2024 at a Glance

Friday Evening Services 7pm/7:30 pm

Welcome *Shabbat* together with Friday evening services, then stay and schmooze at our tasty *Oneg Shabbat*. Youth Services begin at 7 pm followed by Adult Services at 7:30 pm, **July 5 through August 30**.

Sun, Aug 11 Ice Cream Social/Book Sale 2 pm - 4 pm

NOTE NEW TIME! Including games and a free craft project for the kids. All you can eat for \$5 a person, \$15 for a family of 4.

Sat, Aug 24 CBE Gala Under the Stars 7:30-10 pm

Hors d'oeuvres and dancing with live music. (7:30 – 8 pm schmoozing and food, 8 pm music begins.) BYOB, cover of \$10 pp.

Sun, Sept 1 Ice Cream Social 2 pm - 4 pm

Eat as much as you can 'til the ice cream is gone! No book sale, but games for the kids. \$5 a person, \$15 for a family of 4.

High Holy Day Services in Person and Zoom

Welcome 5785 with our CBE community. Services will be led by Ari Kramer, davening with us for the 16th year. Join us for *Tashlich* as we walk to the beach and symbolically toss our misdeeds into the sea.

Rosh HaShanah Wed, Oct 2, Thurs, Oct 3, Fri, Oct 4

Yom Kippur Fri, Oct 11 Sat, Oct 12

CBE offers Venmo!

Congregation Beth El

@Congregation-BethEl

venmo



Scan QR Code for payment

Did You Know...

- Joan Shafer and Sam Abrahamson were married on September 21, 1953 at Congregation Beth El. This was the first wedding to take place at our "little beach shul."



- It's safe to say Jewish actor, Timothée Chalamet, will be practicing his ping-pong skills this year, as he prepares to portray Marty Reisman, the Jewish "wizard of table tennis," who won multiple U.S. championships. Chalamet's new film, "Marty Supreme," is helmed by Josh Safdie who, along with his brother, Benny, directed another very Jewish, sports-adjacent blockbuster, "Uncut Gems."



- Adidas released a new sneaker campaign recalling the 1972 Munich Olympics where 11 Israeli athletes were killed in an attack by a Palestinian terrorist group. Many Jewish groups bristled at the sportswear giant's choice for the face of the launch: Palestinian-American supermodel and activist Bella Hadid. Jewish and pro-Israel leaders and institutions said Hadid, who has been harshly critical of Israel in her activism on behalf of Palestinians, was an inappropriate choice to represent a sneaker associated with those games. (The shoe [see inset] is a replica of a style worn by athletes at the 1972 games.) Following the backlash, the company said it would "revise" its campaign.



Donations to CBE by check should be made out to Congregation Beth El and mailed to:



**Rick Hyne 19 Danielle Drive,
Wayne, New Jersey 07470**

Please do not mail donations to our street address of 32 Gorton Avenue, Old Lyme.

Ice Cream Social & Book Fair



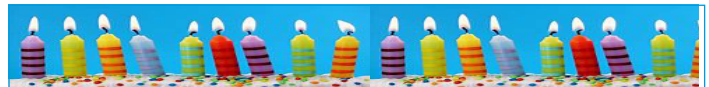
Sunday, Aug. 11th

2:00 pm - 4:00 pm

**NOTE NEW
TIME!**

**Including games for the kids:
corn hole, Can Jam and badminton!**

**All you can eat for \$5 a person,
\$15 for a family of 4!**



Happy Birthday!

Michael Cohen	August 7
Charlotte Rose Lewis	August 10
Max Grossman	August 17
Marla Lipsyc	August 23
Dara Anhouse	August 30
Sarah Bojarski Lewis	September 2

Happy Anniversary!

Pam & Lenny Grossman	August 3
Erin & Brad Dennison	August 7
Marian & Rick Hyne	August 14
Lynn & Stanley Livingston	August 17
Nina Silberman & Howard Weisman	August 22
Ellen & Joel Mandell	August 23
Ruth & Andy Spitz	August 23
Carol & Michael Emerson	August 25
Elizabeth Weisman & Robert Anhouse	August 29

CBE's second all-you-can-eat Ice Cream Social and Book Fair of the season took place on July

21st. Children who participated in the Old Colony Beach Sandcastle Contest received a coupon for an ice cream sundae and joined us.

Todah rabah to the following volunteers who helped to make this Ice Cream Social such a success: Andrea/Fred Fenton, Shari Most/Don Salierno, Sandy/Peter Patten, Edyse Smith, Ruth/Andy Spitz and Sharon/Preston Waxenbaum.



photos: Sharon Waxenbaum



Challah Hot Dogs

What are challah dogs you might be wondering? Well, they are similar to the bagel dog or the pretzel dog. And one of the great things about this recipe is **you can use any challah recipe you prefer**. The key is rolling your challah into roughly 3 oz-size pieces and then snaking it around the hot dogs. Just brush them with a beaten egg before adding toppings.

These are such a fun appetizer for your summer parties, *Shabbat* dinners, game-watching nights or even kids' birthday parties. They are always better immediately out of the oven, but can be served several hours later either reheated or at room temperature.

Total Time: 3 hours 45 minutes Yield: 14-16 challah dogs

Ingredients

For the everything bagel mix (optional):

- 1 Tbsp sesame seeds
- 1 Tbsp poppy seeds
- 1 Tbsp dried garlic (whole pieces, not garlic powder)
- 1 Tbsp dried onion (whole pieces, not onion powder)
- ½ Tbsp thick sea salt

For the challah dough:

- 1 ½ Tbsp dry active yeast
- 1 tsp sugar
- 1 ¼ cups lukewarm water
- 4 ½–5 cups all-purpose, unbleached flour
- ¼ cup vegetable oil
- ½ Tbsp salt
- ¾ cup sugar
- 2 eggs

To assemble:

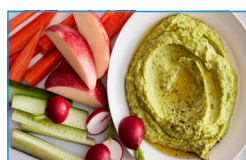
- 2 packages kosher hot dogs
- 1 egg + 1 tsp water
- 3–5 Tbsp everything bagel mix or sesame seeds, poppy seeds, black sesame seeds, caraway seeds and/or thick sea salt (optional)
- mustard to serve (optional)

Instructions

1. Make your challah dough: In a small bowl, place yeast, 1 tsp sugar and lukewarm water. Allow to sit around 10 minutes, until it becomes foamy on top.
2. In a large bowl or stand mixer fitted with the whisk attachment, mix together 1½ cups flour, salt and ¾ cup sugar. After the water-yeast mixture has become foamy, add to flour mixture along with oil. Mix thoroughly.
3. Add another 1 cup of flour and eggs and mix until smooth. Switch to the dough hook attachment if you are using a standing mixer.
4. Add another 1 ½-2 cups of flour, mixing thoroughly, then remove from bowl and place on a floured surface.

5. Knead remaining ½ cup flour into dough, continuing to knead for around 5 minutes (or however long your hands will last).
6. Place dough in a greased bowl and cover with damp towel. Allow to rise around 3 hours, punching down at least once, if possible.
7. Preheat oven to 350 degrees.
8. After dough has risen, start cutting it into 3 oz pieces (I like using a small digital scale for this task).
9. Wrap dough around each hot dog, pinching ends under and placing on a baking sheet lined with parchment paper or slipat baking mats.
10. Whisk 1 egg with 1 tsp water and brush each challah dog with egg wash. Top with sesame seeds, poppy seeds, black sesame seeds, thick sea salt and/or caraway seeds, if desired.
11. Bake for 18 minutes or until puffy and golden all over.
12. Serve warm with mustard.

Shannon Sarna The Noshers 06.15



Jessica Seinfeld's Easy Green Hummus

You may balk at green hummus, but trust me, you will love this easy dip.

Ingredients

- 15.5 oz chickpeas, drained and rinsed
(or 1 ½ cups cooked chickpeas)
- 1 cup packed, fresh flat-leaf parsley or cilantro leaves
- 1 scallion (white and green parts) cut into 1-inch pieces
- 1 garlic clove
- ¼ cup extra-virgin olive oil
- 2 Tbsp fresh lemon juice
- ½ tsp kosher salt, plus more to taste
- 1/8-1/4 tsp cayenne pepper
- 1/8 tsp freshly ground black pepper
- fresh fruit and raw crunchy vegetables, for serving

Instructions

1. In a food processor, combine the chickpeas, parsley, scallion, garlic, oil, lemon juice, salt, cayenne pepper and black pepper.
2. Puree until creamy. If it's too thick, add a splash of water.
3. Taste for salt; you may want to add a little more.
4. Serve with fresh fruit and raw vegetables.

Reprinted from Vegan at Times by Jessica Seinfeld



Russian Pickled Cucumber Salad

This easy, marinated cucumber salad is based on my great-great grandmother's recipe. It's a cinch to whip up, keeps for several days in the fridge and is a real crowd-pleaser.

Total Time: 3 hours 10 minutes Yield: Serves 4

Ingredients

- 1 large seedless English cucumber
- 1 yellow or red onion, thinly sliced
- ½ cup white wine vinegar
- ¼ cup water
- 2-3 Tbsp chopped fresh dill
- 2 Tbsp sugar
- ½ tsp salt
- ¼ tsp pepper
- pinch crushed red pepper flakes (optional)

Instructions

1. Slice cucumber ¼-½ inch thick.
2. In a medium bowl, whisk together vinegar, water, sugar, salt, pepper, crushed red pepper flakes and dill.
3. Add thinly sliced cucumber and onion to bowl, and mix until liquid coats all the cucumber and onion.
4. Place salad into container and allow to chill several hours or overnight.



CBE has a Website!

www.synagogueoldlyme.org

Read our story!

Browse through our photo gallery!

Look through past newsletters for holiday recipes, music and books!



CBE newsletters are published in June/July/Aug/Sept/Dec/March. Please send your good news, simchas, birthdays and anniversaries

to: shanaaviv@gmail.com.

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Rick Hyne, 19 Danielle Drive, Wayne, NJ 07470

Our **Venmo** account is: **Congregation-Bethel** (hyphen between Congregation and Beth and no space between Beth and el).



Congregation Beth El's

Tree of Life

If you are looking for a meaningful way to remember a loved one, or to commemorate someone's happy event, mark the occasion by adding a leaf or stone to our CBE Tree of Life! Please speak with **Mindy Jason** at 860-559-7557 or email her at mindysjason@gmail.com to arrange the wording and to place your order.

Congregation Beth El has Cards for Every Occasion!

You can acknowledge a loss or happy occasion such as a graduation, anniversary, birthday or wedding with a card from CBE! If you make a contribution to the synagogue, **Carol Bojarski** will send one for you! Call her at 860-508-3635 or email her at cbojo9@hotmail.com.



We also have cards with a picture of the synagogue on the front and plenty of room for your message inside! Purchase a packet of cards and you will have one on hand!



Project Re-Connect

We are interested in re-establishing connection with former members of our synagogue community, regardless of where they now live.

If you know of people who might like to receive our newsletter and announcements, and perhaps participate in a Zoom service, please send their names and email addresses to **Brian Cutler** at:

beachshulmembership@gmail.com



A Brief Jewish History of Cel-Ray Soda Aka Jewish Champagne!

Celery juice may be the all the rage right now as the detox drink of choice, but Jews were imbibing their vegetables long before this modern-day craze.

Dr. Brown, who lived in the Lower East Side, began in the late 1860's to make his own homemade celery "tonic," which was sold in local delicatessens. In 1886, Dr. Brown's tonic assumed bottled form, thus achieving a higher level of quality control regarding its carbonation and improving its mass appeal. However, the nascent Food and Drug Administration was not a fan of the "tonic" label, which misleadingly implied the drink's medicinal utility, and insisted on a name change. The concoction was reborn, "Dr. Brown's Cel-Ray Soda."

Believe it or not, bubbly botanical beverages were actually a thing around the turn of the century. If pumpkin spice was the official flavor of the 2000s, the 1930s analogue was celery. As agricultural production of this vegetable expanded rapidly across the United States due to the recent availability of seeding plants, celery, like today's spiced pumpkin, trended as a theme ingredient. Several companies, including Coca-Cola and Lake's of Mississippi, also made celery sodas, but their popularity was ephemeral and by the 1930's, they had been discontinued.

Only Dr. Brown's Cel-Ray had staying power, and developed a loyal following among Jews along the East

Coast, earning a permanent spot on delicatessen menus and its nickname, "Jewish Champagne."

Why were Jewish diners so enamored with Cel-Ray? One reason is the strong historical and cultural associations between celery, soda, and the Jewish community. Celery features prominently in traditional Eastern European Jewish cookery and many immigrants from Poland and Ukraine sought employment in the soda industry due to their experience working with beet sugar processing in their native countries. Celery soda became inextricably tied to the deli scene because its refreshing effervescence wonderfully complements rich, salty dishes like pastrami and brisket.

Cel-Ray has been further memorialized in pop culture. In Seinfeld's "The Pothole" episode, Jerry tells the woman he is dating that he can't kiss her because "I bruised my lip; I was drinking a Cel-Ray and I brought it up too fast." Molecule Man, father of Sammy Clay in Michael Chabon's *The Amazing Adventures of Kavalier & Clay*, claims Cel-Ray to be his favorite beverage, which readers may muse is, perhaps in part, how he came to be nicknamed "The World's Strongest Jew." Cel-Ray even has a cameo in the 1973 gritty drama, *Serpico*, as Al Pacino's character is observed drinking it.

Although the decrease in the number of delicatessens across the United States has led to diminished access to Cel-Ray, a handful of other restaurants and bars have begun serving the soda either straight-up or as a mixer. If you're hunkering down at home for the holidays, you can have Cel-Ray delivered to your door and mix your own "Jewish champagne cocktail!"

Joanna O'Leary *The Nosh* 11.21.20

How Jacob Steinmetz is Making It Work as an Orthodox Jew in Pro Baseball



With frozen meals, Amazon Prime matzah orders and walking to the field on Shabbat!

Three years ago, Jacob Steinmetz became the first Orthodox Jew to be drafted into MLB. Now in his fourth

season in the Arizona Diamondbacks' minor league system, he's focused on baseball, not the history books.

"I am used to it, so it's tough to put it into words now," Steinmetz remarked about being Orthodox in the minors. "At first it was definitely very cool,

but I wasn't taking it very seriously. But now, I've kind of been able to just focus on baseball."

It's shown on the field. In 10 starts with Low-A this season, Steinmetz posted a 3.60 ERA with 59 strikeouts in 50 innings. He was promoted to High-A on June 18th.

Navigating an observant Jewish lifestyle isn't exactly easy in the minor leagues, where most low-level teams play, as Steinmetz put it, "in the middle of nowhere." But the organization has arranged for kosher meals, a *Shabbat*-friendly pitching rotation and accessible hotel stays for Steinmetz. He said the D-Backs have made everything "a lot easier than I could have ever imagined."



Tree of Life Order Form

Donor Name: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Order _____ Leaf @ \$118 OR _____ Stone @ \$318

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In honor of
our children
Ephraim & Menashe
with love
Asenath & Joseph
Jacobson

In celebration of
the marriage of
Rachel & Jake Isaacson

Rivkah & Isaac
Abramson

In memory of our
beloved mother
Yocheved Moses

Miriam & Aaron
Amramson

Line 1 (12 characters): _____

Line 2 (14 characters): _____

Line 3 (18 characters): _____

Line 4 (20 characters): _____

Line 5 (17 characters): _____

Line 6 (9 characters): _____

Do you wish to have your donation acknowledged? Send to the person/family recognized at:

Name: _____

Address: _____ City/State/Zip: _____

Please contact **Mindy Jason** for more info and to place an order: mindysjason@gmail.com/860-559-7557.

Please Venmo* or make checks payable to **Congregation Beth El**.



Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

32 Gorton Avenue ♦ Old Colony Beach ♦ Old Lyme, CT ♦ 06371

Annual Membership Form

Welcome to our synagogue by the sea! We invite you to join our congregation!

Member Contact Information:

Name _____

Primary Address _____

Phone # _____

Beach Address (if applicable) _____

Phone # _____

Email address _____ Facebook _____

Membership Dues:

Although we are a seasonal congregation, our expenses are incurred year round.
We encourage you to be generous with your support.

_____ \$36 (minimum)	_____ \$118	_____ \$540
_____ \$54	_____ \$180	_____ \$720
_____ \$72	_____ \$360	_____ \$ Other

Please make checks payable to **Congregation Beth El**.

Please mail check and completed form to:

Rick Hyne 19 Danielle Drive, Wayne, NJ 07470
or Venmo Congregation-Bethel*

Brian Cutler, Membership VP beachshulmembership@gmail.com

* Our Venmo account is **Congregation-Bethel**
(hyphen between Congregation and Beth, no space between Beth and el)