



# Congregation Beth El

A seasonal, egalitarian synagogue affiliated with the Conservative Movement

Founded in 1947

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

website: [www.synagogueoldlyme.org](http://www.synagogueoldlyme.org)

Nisan/Iyar 5783

March/April 2023

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\*z"l May their memory be for a blessing



Shalom Congregation Beth El members and friends!

It's time to look ahead and get ready for Summer 2023 at CBE! If you're in the Northeast though, it might not feel like summer is on the way, with two winter storms hitting hard. It's said that March comes in like a lion and out like a lamb (could it be the paschal lamb?)

Our Board is excited that, with the official end to the Covid pandemic this year, we can open our doors and embrace our members and friends, with or without a mask – your choice. We will bring back our Ice Cream Socials and plan to have another festive *Oneg Shabbat*, as we did last year. With our new outdoor lights, we can consider holding a *Shabbat Under the Stars*, too. If you have an idea that you think would be fun to do, please let me know.

Now back to the paschal lamb...Passover begins on the evening of April 5<sup>th</sup>.

On behalf of the Board, I to wish you all *Chag Pesach Sameach!*

Lisa

*The Talmud states that, "in every generation each of us is obligated to regard ourselves as if we personally left Egypt." Yet today, none of us have ever been trapped in Egypt, nor have we experienced actual slavery.*

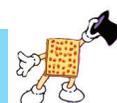


*The rabbis tell us that Egypt is not only a geographical location, but also a state of mind. The Hebrew name for Egypt is Mitzrayim, similar to the word, m'tzarim, meaning "straits or limitations." Our personal exodus from Egypt involves lifting ourselves beyond the narrow straits of financial or health constraints, psychological burdens or physical boundaries.*

*"Egypt" is relevant long after Passover is over. We must strive to break free and express the potential of our limitless selves!*

A Zissen Pesach to all!

Chag Pesach Kasher v' Sameach!





Thank you for your generous donations!

Marian & Rick Hyne - In honor of the birth of Brayden Leo Bobrow, grandson of Ellen & Scott Bobrow.

The Spitz and Waxenbaum Families - In celebration of the birth of Brayden Leo Bobrow, grandson of Ellen & Scott Bobrow.

Sharon & Preston Waxenbaum - In celebration of the birth of our grandson, Keaton Martin Waxenbaum.

Ruth & Andy Spitz - In celebration of the birth of our grandnephew, Keaton Martin Waxenbaum.

Pam & Lenny Grossman - In honor of the birth of Keaton Martin Waxenbaum, grandson of Sharon & Preston Waxenbaum.

Marian & Rick Hyne - In honor of the birth of Keaton Martin Waxenbaum, grandson of Sharon & Preston Waxenbaum.

Sharon & Preston Waxenbaum - In memory of Dorie Bobrow.

Ruth & Andy Spitz - In memory of Dorie Bobrow.

Lisa Semel & Jonathan Guthart - In memory of Dorie Bobrow.

Natalie Mandel - In memory of Dorie Bobrow.

Deborah & Ira Feigenbaum - In memory of Dorie Bobrow.



### Congregation Beth El Note Cards



CBE stationery is now available! Blank inside, these 4.25 x 5.5 inch cards are great for handwritten thank yous or for dropping a quick note!

4 cards for \$18  
10 cards for \$36

Please contact Carol Bojarski at [cbojo9@hotmail.com](mailto:cbojo9@hotmail.com).

Mail checks made payable to Congregation Beth El to Rick Hyne, 19 Danielle Drive, Wayne, NJ 07470 or Venmo: Congregation-Bethel.

### Milestones & Mazal Tovs

Ellen & Scott Bobrow celebrated the birth of their grandson, Brayden Leo Bobrow, on December 9, 2022. He is welcomed by proud parents, Sarah & Austin Bobrow, and big brother, Jackson.

### Dedicate a Siddur Book Plate

New grandchild?  
Special birthday or anniversary?  
Graduation?  
Loss of a loved one?

Remember this occasion by dedicating a bookplate in our prayer book, *Sim Shalom*.



Please contact Carol Bojarski at [cbojo9@hotmail.com](mailto:cbojo9@hotmail.com).  
Book plate donation - \$18.



Congregation Beth El's

Tree  
of  
Life

Lucy & Kingsley Blatter have donated a leaf in celebration of their daughter, Scarlett Blatter, becoming a *Bat Mitzvah*.



The Congregation and Board of Trustees offer their deepest condolences to the following:

Mindy Jason and Kim DiBella - On the loss of their mother, Dorie Bobrow, on March 6, 2023.

*Zichronam livrocha,  
May the memory of the righteous be for a blessing.*



## Shabbat and Pesach Candle Lighting Times

|                       |           |          |         |
|-----------------------|-----------|----------|---------|
| 1 <sup>st</sup> Seder | Wednesday | April 5  | 7:03 pm |
| 2 <sup>nd</sup> Seder | Thursday  | April 6  | 8:04 pm |
| Shabbat               | Friday    | April 7  | 7:05 pm |
| 6 <sup>th</sup> Day   | Tuesday   | April 11 | 7:09 pm |
| 7 <sup>th</sup> Day   | Wednesday | April 12 | 8:10 pm |
| Shabbat               | Friday    | April 14 | 7:10 pm |

## FREE Large Print Haggadah

for the visually impaired  
or reading disabled

Call 800-999-6476 or  
order online at [www.jbilibrary.org](http://www.jbilibrary.org)  
before March 24<sup>th</sup>!



## Passover Schedule 2023/5783

|           |          |                                |          |
|-----------|----------|--------------------------------|----------|
| Tuesday   | April 4  | Search for <i>chametz</i>      | evening  |
| Wednesday | April 5  | Stop eating <i>chametz</i>     | 10:45 am |
|           |          | <i>Chametz</i> is to be burned | 11:50 am |
| Wednesday | April 5  | 1 <sup>st</sup> Seder          | evening  |
| Thursday  | April 6  | 2 <sup>nd</sup> Seder          | evening  |
| Thursday  | April 13 | Holiday ends                   | 8:12 pm  |

### [rabbinicalassembly.org](http://rabbinicalassembly.org)

The Rabbinical Assembly Pesach guide found on this site provides an outline of the policies and procedures relevant to the preparation of a kosher for Passover home.



## [www.synagogueoldlyme.org](http://www.synagogueoldlyme.org)

CBE has a website!

Read our story!

Browse through our photo gallery!

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

## Modern Inspiration from a Biblical Rebellion



According to our tradition, in the Passover story every Egyptian was stricken with the Ten Plagues. However, it was Pharaoh who enslaved the Israelites. Why did everybody have to pay for his misdeeds?

The answer most commentators give is that all the Egyptian people participated in Pharaoh's evil because no one spoke out against it. Even individuals who had little to do with the Israelites kept quiet. Like ordinary Germans during the Holocaust, they simply "followed orders" and looked the other way.

In contrast to the mostly silent Egyptians, five courageous women followed their consciences and by doing so, helped to set the Israelites on the path to freedom.

In the Book of Exodus we read about: **Shifra** and **Puah**, midwives who disobeyed Pharaoh's orders to kill every Israelite boy born; Moses' mother, **Yocheved**, who hid her baby boy then placed him in a basket on a riverbank with her daughter, **Miriam**, watching over him; **Pharaoh's daughter**, who found the baby, followed Miriam's suggestion to ask Yocheved to be the Moses' wet nurse and raised the Hebrew boy in the

palace as her own son.

Five women placed themselves in opposition to the entire population of Egypt. Shifra and Puah rebuffed a king. Yocheved and Miriam risked everything to save the baby who would one day save the Hebrew nation. Pharaoh's daughter (whom the rabbis called Batya, meaning daughter of God) ignored her filial ties and acted with humanity. Significantly, the Bible chose women, traditionally the least powerful members of society, to convey a message: true power comes from standing up for what you believe is right and ethical, no matter the obstacles.

How do such powerful actions translate to today? If you're concerned about growing challenges to woman's rights, start a petition, contact a legislator, join a rights group. If you're distressed about the upsurge in antisemitism in this country, brainstorm with others about combatting it or write an opinion piece for a local newspaper. At times we may have to move beyond our comfort zone to act on our beliefs, but not acting cannot be an option.

[Francine Klagsbrun's complete article can be found online in *Hadassah Magazine* March/April 2021.]



## Charoset Bars

Serves 12

### Ingredients

- 3 cups superfine blanched almond flour
- 3/4 cup sugar
- 1/2 cup walnut or grapeseed oil
- 1 extra large egg
- 1 1/2 tsp kosher salt, divided
- 1 ripe pear or Granny Smith apple peeled, cored and roughly chopped
- 14 pitted medjool dates (about 10 ounces)
- 1/4 cup dry red wine
- 1/8 tsp cinnamon
- 1/2 cup chopped walnuts (about 2 ounces)

### Directions

1. Preheat the oven to 350 degrees. Line an 8x8 inch pan with parchment paper.
2. In a medium bowl, stir together the almond flour, sugar, oil, egg and 1 teaspoon of the salt until combined into a smooth dough. Remove 1 cup of dough and set aside.
3. Using your hands, press the remaining dough into the bottom of the prepared pan in an even layer. Bake for 12 minutes until lightly puffed. Cool for 5 minutes.
4. In the bowl of a food processor, pulse together the pear, dates, wine, cinnamon and remaining 1/2 teaspoon salt until pasty, scraping down the sides of the bowl with a rubber spatula as needed.
5. Add the walnuts to the reserved 1 cup of dough and mix with your fingers to combine. Spread the charoset filling over the cooled baked dough and crumble the walnut mixture over the top. Bake for 18 minutes, until browned around the edges.
7. Cut the bars into squares and store in an airtight container (use parchment paper if layering). Store at room temperature for up to 2 days or refrigerate for up to a week.
8. To freeze, wrap squares individually in plastic, transfer to a zip-top bag and freeze for up to 2 months.



## One-Bowl Passover Cake

This one-bowl, gluten-free blueberry snacking cake is so good you'll make all year long!

Snacking cakes are typically simple cakes made with one-bowl batters that use easy-to-find ingredients and are baked in a single baking dish. This simple blueberry lemon version is perfect for Passover. Almond flour replaces regular flour and well-whisked eggs and sugar help give the cake lightness and volume. You can also replace the blueberries with raspberries or blackberries - frozen or fresh. This cake is delicate, soft, light and full of citrusy lemon and sweet berry flavor.

### Ingredients

- 3 large eggs, at room temperature
- 1/2 cup granulated sugar
- 2 Tbsp oil
- Zest of 1 lemon (about 2 tsp)
- 2 Tbsp lemon juice
- 1 tsp vanilla extract
- 1/4 tsp almond extract (optional)
- 2 1/4 cups super-fine almond flour
- 1 Tbsp potato starch, plus more for dusting the berries
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/4 cup blueberries, fresh or frozen
- 1 Tbsps turbinado or coarse sugar (optional)



### Directions

1. Preheat the oven to 350°F. Generously grease and line a 9" round or square baking dish with parchment paper.
2. In a standmixer fitted with the whisk attachment, or in a large bowl using a whisk, beat together the eggs and sugar until doubled in size and pale yellow, about 5-6 minutes.
3. To the egg mixture, add the oil, lemon zest, lemon juice, vanilla and almond extract if using. Whisk together until just combined, being careful not to deflate the egg mixture too much.
4. To the center of the bowl, add the almond flour, potato starch, baking powder, baking soda, and salt. Gently fold the mixture until the dry ingredients are fully incorporated into the wet ingredients. Toss the blueberries in a spoonful of starch and add 1 cup of the berries to the batter. Gently fold and combine.
5. Transfer the batter to the lined and greased baking dish. Top the cake with the remaining 1/4 cup of berries. Sprinkle the top of the cake with turbinado sugar.
6. Bake for 30-35 minutes, or until it looks evenly golden brown and set on top, and a cake tester comes out clean. Allow the cake to fully cool before serving. This cake is best served the same day it is prepared, but can be made one day in advance if needed. Top with powdered sugar or whipped cream before serving if desired.

Sonya Sanford The Nosh 3.31. 22

## L'chaim! L'chaim! Živjeli!

Slivovitz, a plum brandy traditionally associated with Passover by many Ashkenazi Jews, has been recently added to the United Nations' list of items with "intangible cultural heritage."

It wasn't Jews leading the charge for the hard-burning brandy, but rather Serbia, where the spirit is a mainstay, as it is across much of the Balkans, Eastern and Central Europe. That's where Jews first got turned onto the drink, according to Martin Votruba, a Slovak studies professor whose research included the history of slivovitz.

"Jews would acquire this local drink after moving into European kingdoms. They would simply pick it up as part of the culture."

The spirit became particularly associated with Polish Jewry in the 19<sup>th</sup> century, as Jews became prominent in the field of alcohol production, and the running of



inns and taverns. They found special utility in slivovitz when it came to maintaining the Jewish laws around keeping kosher.

Unlike wine, traditional brandy and some types of vodka, being made from plums (the root "sliva" means plum in several Slavic languages) meant that slivovitz was not subject to the same stringent rules that apply to grape-based alcoholic beverages. And unlike beer, whiskey and other types of vodka, it had no wheat or other grains, so it was acceptable for consumption on Passover. It was also relatively inexpensive.

As a result, the Slow Food Foundation for Biodiversity at Italy's University of Gastronomic Sciences wrote, in a primer on the drink, "the Polish Orthodox Jews adopted the plum brandy as [their] festive spirit," which in some cases became known in Polish as *Śliwowica Paschalna* or literally, Passover slivovitz.

*Jewish Telegraphic Agency 11.2022*



## Why Jews Love Seltzer

For Jews, from the most Hasidic to the most secular, this carbonated beverage is as ubiquitous in Jewish culture as it is on Jewish tables. But why did seltzer become synonymous with Jewish culture in the first place?

The origins of seltzer actually have nothing to do with Jews. In the 16<sup>th</sup> century, people in Niederselters, Germany began selling a naturally carbonated tonic water called Selters Wasser. Its reputed curative qualities made the beverage popular with Germans, Jews and non-Jews alike. (It was from the German word *selters* that we have the Yiddish *zeltzer* and *seltzer vasser*.)

About a century later, Englishman Joseph Priestley made the artificial carbonation of water possible. By infusing plain water with the off-gassing of fermenting liquid, he discovered that an agreeable fizz could be added that was reminiscent of certain rare mineral waters. Commercial carbonization got into full swing when Swiss citizen Johann Schweppe patented a method of mass producing carbonated water. With its supposed health benefits, seltzer's popularity continued to grow throughout the 19<sup>th</sup> century.

German Jewish businessmen were some of the first to



sell Niederselters' curative waters. With the advent of mass production later on, droves of German and Russian Jewish entrepreneurs jumped on the bubbly bandwagon, manufacturing seltzer themselves. As a cleaner alternative to the questionable water quality of the time, these manufacturers popularized seltzer within the Jewish community as a status symbol.

These same Jewish manufacturers brought their love for seltzer to America. Producing and distributing seltzer presented a quick business start in the land of opportunity without much overhead: all you needed were some glass bottles and a capping machine. "Two-cents plain" was a welcome digestive aid to the heavy Eastern European fare these locales served.

In 1903, the invention of the original home-carbonation machine by a London gin distiller meant that seltzer could be made at home. This device was the ancestor of the SodaStream, which became the Israeli-owned company in 1998, another connection to the Jewish people.

In that way, seltzer came to occupy a place in the Jewish psyche that loomed even larger than its requisite spot on the dinner table. A thirst-quenching sip of seltzer thus held, and still holds, a flavor of nostalgia for American Jews: the effervescent taste of home. *Sara Gardner, The Nosh, 09.25.17*

## Telling Our Story - New Passover Titles

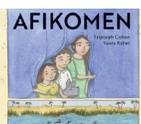


### Under-the-Sea Seder

written and illus. by Ann D. Koffsky

When Miri's mother and father attempt to stop her boisterous activity during the Seder.

Miri and her cat slip under the table into an imaginary "seder submarine," which carries them to a Passover celebration with colorful sea creatures. How is this night different from other nights? Because on this night, Miri says, "there are sea monsters."



### Afikomen

by Tziporah Cohen, illus. by Yaara Eshet

This magical adventure also begins under the Seder table. Three children, looking to

hide the afikomen, are brought back in time to ancient Egypt to help a young Miriam hide baby Moses on the Nile. Beautifully illustrated, this wordless picture book allows children to weave their own voices and imaginations into the story as it develops from page to page.



### Pirate Passover

by Judy Press, illus. by Amanda Gulliver

The diverse crew, led by red-haired Captain Drew, cleans and prepares for seder night only to have a storm disrupt their plans. Chaos erupts, complete with matzah balls rolling along the ship's planks and sinking into the ocean's depths.



### Debbie's Song: The Debbie Friedman Story

by Ellen Leventhal, illus. by Natalia Grebtsova

### A Place to Belong: Debbie Friedman Sings Her Way Home

by Deborah Lakritz, illus. by Julia Castano

Among the tunes that bring us to a Passover state of mind, from *Dayenu* to the one about the one kid, Debbie Friedman's *Miriam's Song* stands out. The famed singer-songwriter's joyous reimagining of Jewish texts befits every seder. And that is why two picture books about her life and music joins this selection of new children's holiday stories. Though Debbie Friedman passed away in 2011, her work continues to bring a foot-stomping joy and a passion for music into Jewish liturgy and texts.

Thanks to Leah Finkelshteyn Hadassah Magazine Mar/Ap 2023

*Jewish books make great afikomen gifts!*



*Singing is traditionally a major part of the Passover Seder*, and it certainly makes for a more festive and participatory celebration. But what if your repertoire of Passover songs is lacking or you can't remember the lyrics or melodies for classics like *Dayenu* or *Chad Gadya*? Or what if you have an urge to accompany the singing on guitar (or some other instrument)? Check out these sites:



### [zemirotdatabase.org](http://zemirotdatabase.org)

*Zemirot* is the word for songs sung around a holiday table, and this site is a great place to find songs for *Shabbat* and other holidays. You'll find free printable lyrics, in Hebrew, English and transliteration, for more than 20 Passover songs. Most songs also have recordings embedded for streaming.

### [haggadot.com](http://haggadot.com)

This site is set up to help you create your own *Haggadah*. But even if you don't want to make a whole *Haggadah*, you can use the site to search for Passover music and other content. You can search by media type (ie. text, audio or video) and also by section of the *Seder*.

### [hebrewsongs.com](http://hebrewsongs.com)

This site offers free printable song sheets. The lyrics are in English and in transliteration. There is no audio feature, but the site provides links to places where you can purchase the relevant CDs or mp3s.



### [chabad.org](http://chabad.org)

This site features more than 15 Passover songs with streamable audio (plus links directing you to places where you can purchase the songs), and printable song sheets/ lyrics in Hebrew, English and transliteration. One unique offering is *Mah Nishtanah* (The Four Questions) in Yiddish.

### YouTube

If you know what song you're looking for and just want to listen to the melody, this is a great resource to search. You can also do a search for Passover Songs. Videos vary in quality, but a number of them include lyrics and transliteration, sometimes presented karaoke style. In addition to traditional songs, you'll find a wide range of modern parody songs, including versions of *Let It Go* (generally changed to *Let Us Go*).

### [jewishmusic.com](http://jewishmusic.com)

You can download PDF versions of numerous songs here (for a small fee) that include sheet music so you can play along on an instrument.

## “New-ish Jewish Holidays

While Passover is said to be the most observed holiday throughout the Jewish diaspora, the 20<sup>th</sup> century has brought four modern holidays into our ongoing and developing traditions.



### Yom HaShoah - Holocaust Memorial Day

Monday evening, April 17/27 Nisan

In 1959, Israeli Knesset designated the 27<sup>th</sup> day of Nisan as the official day of mourning and memorial for the victims of the Holocaust. It was on that date, in April 1943, that the Warsaw Ghetto uprising began.

### Yom HaZicaron - Remembrance Day

Monday evening, April 24/4 Iyar



The day before Independence Day is a solemn day of memorial for those who gave their lives to preserve the State of Israel. This was established in 1963.



### Yom HaAtzmaut - Israel Independence Day

Tuesday evening, April 25/5 Iyar

Israel became a modern nation on May 14, 1948, 5 Iyar 5708. The official name of the country is *Medinat Yisrael*, *medinat* meaning state or nation.

### Yom Yerushalayim - Jerusalem Day

Thursday evening, May 18/28 Iyar



This day marks the unification of Jerusalem after the Six Day War in June 1967.



## Yom HaShoah

Evening of April 17<sup>th</sup>

One valuable aspect of our many Jewish holidays is that they help us remember the history of our people. Events, such as our Exodus from Egypt and the victory of the Maccabees, are recalled with wonder and joy. Others have been tragic and we remember them with great sadness. Yet we still observe such holidays to keep our memory of them alive.

Less than a week after we conclude our Passover celebration, we observe *Yom HaShoah*, “Day of the Whirlwind.” It is a time set aside to recall the Holocaust and the incredible disaster that befell the Jewish people and others who were murdered.

This year *Yom HaShoah* begins on the evening of Monday, April 17<sup>th</sup>. Many synagogues and organizations hold special services and educational programs at that time or the next day. Zoom or streaming information for such programs can be found online.

It is a tradition to light a *yahrzeit candle*, a memorial candle, at sunset that evening and to recite *Kaddish*, the mourner’s prayer, or other appropriate readings such as this one:

*God, full of mercy, this Yom HaShoah, we remember  
the six million Jews and the five million other people  
murdered by the Nazis' attempts to  
exterminate those who were different,  
those who were the other.*

*May their souls forever be sheltered  
beneath the wings of Your Divine Presence.*

*Their deaths teach us the grave dangers of  
moral failing and indifference to evil.*

*May we honor their memories by  
standing up to hatred in our midst today.*

*This Yom HaShoah, we pay tribute to  
the righteous ones amongst the nations who  
sheltered Jews during the Holocaust,  
risking their own lives to save those in danger.*

*Today, as we remember, may we commit ourselves to  
building a world free from hatred and persecution,  
a world where all may live freely and with dignity.*

*(HIAS Yom HaShoah reading)*

Place the candle in your window to remind our children and the world that the Holocaust did happen.

*“Let it be an act of remembrance, for that is what the victims wanted, to be remembered, at least to be remembered.”*

*Elie Wiesel*

## Passover Vocab



|                  |   |
|------------------|---|
| <b>Afikomen</b>  | Greek word meaning dessert  |
| <b>Chametz</b>   | leavened food   |
| <b>Dayenu</b>    | “It would have been enough.”  |
| <b>Exodus</b>    | Greek word meaning “going out”<br>Hebrew word referring to “going out of Egypt” |
| <b>Haggadah</b>  | the telling (of the Passover story)   |
| <b>Matzah</b>    | unleavened bread  |
| <b>Mitzrayim</b> | Egypt   |
| <b>Pesach</b>    | Passover  |
| <b>Seder</b>     | order (as in retelling the Passover story in a specific order)                  |



## Digital Dating Jewish-style

Where to search for your *bashert*, soulmate? Online if you're a 20- or 30-something:

### **meetjewonline.com**

meetjew operates via Facebook groups.

### **loxclubapp.com**

Lox Club seeks to be the coolest destination for singles.

### **hinge.com, bumble.com and okcupid.com**

Hinge, Bumble and OkCupid offer Jewish filters.

### **sawyouatsinai.com**

SawYouAtSinai has paired over 2,000 couples, many of them Orthodox.

Read "Matchmaking? There's an App for That" by Arielle Kaplan on page 24 in the Nov/Dec 2022 hadassahmagazine.org.

### **jswipeapp.com**

JSwipe is the No. 1 most downloaded Jewish app.

### **jdate.com**

Jdate claims to be responsible for 52 percent of Jewish marriages that began online.

### **getfilteroff.com**

FilterOff is the world's first video speed-dating app.

### **coronacrush.com**

This site took off for Jewish singles during the pandemic.

### **yenteovertherainbow.com**

This site matches Jewish queer singles.



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June/July/August/September/Chanukah/Pesach.

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simchas, birthdays and anniversaries to:

Sharon Waxenbaum at  
[shanaaviv@gmail.com](mailto:shanaaviv@gmail.com)  
or call  
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Congregation Beth El and mailed to  
**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)

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