



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

Tishre/Cheshvan 5783

Fall 2022

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*z"l May their memory be for a blessing



Shalom Congregation Beth El members and friends!

Summer 2022 has ended and CBE had a great season. Children's and Adult Friday night services were well attended. Our CBE 75th anniversary celebration and Ark dedication held in August were a moving experience. Thank you to Sharon Waxenbaum for leading a meaningful service and to Rick Hyne for his heartfelt remarks about our past 75 years. (See excerpts from his reflections on page 3.) We concluded the evening with a beautifully decorated *Oneg Shabbat*, coordinated by Mindy Jason and Shari Most with set up assistance from Sandy Patten, held in our expansive yard. We plan to offer more of these events in the future!

For the first time in three years we were able to offer in-person High Holy Day services and added the option to Zoom them as well. *Yasher koach* to our *chazzan*, Ari Kramer. This was his 17th year leading services at our little *shul*. *Todah rabah* to Michelle Gavens and her family for their Torah services support, with a special shout out to daughter, Debbie Margolis, who helped in any way needed. *Kol HaKavod* to Armand Di Biase, Cynthia Filkoff's husband, for operating the Zoom devices during *Yom Kippur* services, while my husband was home taking care of me.

Finally, thank you to my husband, Jonathan Guthart, for his support with all my endeavors at CBE. He is a one man dynamo, hanging lights in our trees, setting up the Wifi and supplying his own camera equipment so we could offer Zoom to those who opted to attend High Holy Day services remotely.

We look forward to offering new programming next season, which is why your continued generous support is much appreciated.

With warm wishes for a Happy and Healthy New Year!

Lisa

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Thank you for your generous donations!

Denise & Brian Dickstein - In celebration of CBE's 75th anniversary.

Fern Goldfield Darling - In celebration of CBE's 75th anniversary.

Judy & Joel Weisman - In celebration of CBE's 75th anniversary.

Irene & Craig Smith - A donation to CBE.

Sara Taylor - In memory of my father, James L. Rosenblum, at the time of his *yahrzeit*.

Ruth Spitz and Sharon Waxenbaum - In memory of our grandfather, Edward Wiener, at the time of his *yahrzeit*.

Ruth Spitz and Sharon Waxenbaum - In memory of our father, Donald Wiener, at the time of his *yahrzeit*.

Sharon Waxenbaum - In honor of Jonathan Guthart and Armand Di Biase for their invaluable assistance during the High Holy Days. *Todah rabah!*

Sharon Waxenbaum - In honor of Claire Sookman for her inspired support of our weekly *d'verei Torah*.

www.synagogueoldlyme.org



CBE has a website! Read our story!
Browse through our photo gallery!
Look back on past newsletters!

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.

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

Milestones & Mazal Tovs

Scarlett Blatter celebrated becoming a *Bat Mitzvah* on September 11, 2022. Her proud family includes parents, Lucy & Kingsley Blatter, brother, Reuben, and grandparents, Marjorie & Sy Cohen.



Candy Fund

Rebecca & Jay Demarest - In honor of all the children of Congregation Beth El.

Pam & Lenny Grossman - In honor of four grandchildren, Max, Gabe, Dylan and Nate Grossman and Maddie and Alley Cates.

Book Plates

Ruth & Andy Spitz - In honor of our granddaughter, Ariel Khorshidi.

Ruth & Andy Spitz - In honor of our grandson, Dylan Fucella.

Ruth & Andy Spitz - In honor of our grandniece, Kinsey Waxenbaum.

Sharon & Preston Waxenbaum - In honor of our granddaughter, Kinsey Waxenbaum.

Sharon & Preston Waxenbaum - In honor of our grandniece, Ariel Khorshidi.

Sharon & Preston Waxenbaum - In honor of our grandnephew, Dylan Fucella.

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.
Book plate donation - \$18.

CBE's 75th Anniversary Celebration Friday, August 19, 2022

Excerpts from remarks by Rick Hyne



Rick Hyne

"Welcome everyone and thank you for joining us for this special *Shabbat* evening.

At this time, I would like to acknowledge two distinguished past presidents who are in attendance tonight, BJ Diefenbacher and Peter Patten. They served our *shul* with enthusiasm and dedication, and we appreciate their efforts.

75 is an awesome number! It is even more awesome because this year is the 75th anniversary of our beloved Congregation Beth El. Our Old Colony Beach *shul* came to be in 1947. A few of you were alive when our doors opened. Many of us were not even a glint in our parents' eyes!

What was happening in the world in 1947? FDR was President of the United States and Harry Truman was Vice President. There were 48 states. A gallon of gas was 15 cents, the average car cost \$1,300, a U.S. postage stamp cost 3 cents and minimum wage was 30 cents per hour. John Lennon and Ringo Starr were born, which is meaningful to at least some of us. And, perhaps most important to all of us as Jews, the United Nations voted in favor of the creation of an independent Jewish State of Israel. (The establishment of the State of Israel did not occur officially until May 14, 1948.) What this means is that Congregation Beth El is older than the State of Israel... how cool is that!

The creation of the State of Israel required visionaries, including Theodor Herzl and David Ben-Gurion. The creation of CBE had its visionaries, and the names of our founders are honored on the plaque on the wall at the back of this room. Two of the grandchildren of founder, Maurice Wallet, are here tonight: Shari Most and Steven Wallet, both of whom will be mentioned again in a few moments.

Old Colony Beach is my happy place and the constant in my life. I have been coming to OCB since I was six months old. I'll help you with the math...that goes all the way back 67 years to July, 1955. CBE was a relatively new synagogue, as it was only eight years old at that time! No matter where my family has lived, we come back to Old Lyme each year. Our beach *shul* has been in my life for as long as I can remember as well. During the summer of 1968, I have a vivid memory of hearing my grandfather's footsteps as he approached our house on *Shabbat* morning. He was coming to see if I would join him to make a *minyan* at the synagogue. I pretended to be asleep to avoid going to *shul*, probably the normal reaction for a 13 year-old. Looking back, what I wouldn't give to be able to change that decision and spend that time with my grandfather in *shul* on *Shabbat*. My love for Judaism absolutely emanated from him. As a child, I attended the weekly CBE Children's Services, which were always so special, even without receiving Hershey bars at the end of the service. My two children followed

in my footsteps, attending the Children's Service, and my three grandchildren are now carrying on this valued and beloved tradition. When you add it up, there are five generations of my family with memories of this cherished synagogue! Five generations! I am so thankful to the Spitz, Wiener and Waxenbaum families for keeping our beautiful Children's and Adult services going all these years.

I joined the CBE Board a few years ago to help keep this incredible institution vibrant and financially stable. Wine may be one of the few things in our lives that gets better over time. Facilities are not wine and facilities require periodic facelifts. While necessary repairs and minor upgrades were made over the years, our Board determined that a more substantial renovation was required to properly maintain our treasured synagogue. The ceiling, floors, and interior walls needed to be upgraded. The Ark needed to be refurbished.

Our Board launched its first Capital Campaign in 2018 and set a target to raise \$30,000. To encourage larger gifts, we indicated that donors making gifts of \$500 or more would receive special recognition. Tonight, we honor these donors. Their names are proudly displayed on the plaque unveiled this evening. We are very appreciative to all the donors who supported this campaign, regardless of the size of the gift. We didn't hit our \$30,000 target, but the money raised in the campaign covered close to 80% of the cost of the work. The rest of the money came from our treasury. I hope we all share the pride each time we step foot into our renovated *shul*.

We knew how to renovate the building, but renovating the Ark met with some head-scratching. The *Aron Kodesh* (literally "holy cabinet") is the holiest place in the synagogue, as it contains the sacred writings of Judaism and because it represents the original Ark of the Jewish people. Given the age and condition of our existing Ark, it wasn't plausible to renovate. Though not quite the same caliber as the miracle of the oil that we celebrate on *Chanukah*, we experienced a miracle of our own: a solution to the dilemma of what to do about the Ark. Steven Wallet stepped up and said, "*Hineni*," here I am. He offered to build and donate a new Ark. This *Aron Kodesh* is absolutely beautiful and truly makes our synagogue complete. Steve, we can't thank you enough for the time, the skill, and the love you put into creating this Ark, which will be with us for many generations to come. I can only imagine how proud our founders Abraham Wolotsky, your great-grandfather, and Moe Wallet, your grandfather, would be of you.

Lastly, thank you to our president, Lisa Semel Guthart, for her leadership of CBE over the past few years and for securing the beautiful plaques unveiled today. A special thanks to Mindy Jason, Shari Most and their committee for arranging our festive outdoor *Oneg Shabbat* at the conclusion of services."

[Rick Hyne serves as Treasurer on the CBE Board of Trustees. When he's not sitting on the beach, he is the CFO of the American Jewish Committee.]

During this past August's CBE 75th anniversary celebration and Ark dedication, we thanked Steve Wallet for his inspired effort in creating and installing our beautiful new *Aron Kodesh*. Steve wanted everyone to know how much he appreciated the efforts of the following people:



Steve Wallet

- Shari Most and Don Salierno for their help with cutting the oak panels.
- Lisa Semel for design consultation and securing the electrician.
- Rick Hyne and Brian Cutler for being liasons with the Board for design approval.
- Michael Cohen for helping to transport the Ark from his house to the *shul*.
- Craig Smith for help with disposal of the old Ark.
- Ira Feigenbaum for design guidance to insure religious compliance.
- Sharon Waxenbaum for Torah/ark fitting and making the *parochet* (curtain).
- Barry Rubinfeld for emotional support and encouragement.
- Lisa Brault, my girlfriend, for listening to me throughout the building process. It was constant and I'm sure annoying at times.



Congregation Beth El's

Tree
of
Life

Looking for a meaningful way to remember a loved one or to commemorate someone's accomplishment or a happy event? Mark the occasion by adding a leaf to our Congregation Beth El Tree of Life!

Please speak with **Mindy Jason** at 860-559-7557 or email her at mjason@flrcpa.com to arrange the wording and to place your order.

Watch for details in upcoming newsletters!

Our CBE 75th anniversary celebration was a huge success! It was such a wonderful evening, honoring both our Capital Campaign Donors and Steve Wallet, the builder of our beautiful Ark. Thank you to everyone who made the evening so special: Lisa Semel for her vision, Sharon Waxenbaum for the email blasts, Jonathan Guthart and Preston Waxenbaum for the fabulous lights, Andrea Fenton, Sandy Patten, Don Salierno, Barry Rubinfeld and Jeremy Jason for helping with set up and clean up, our Board of Trustees members, and most importantly, our congregation. Without all of your support we wouldn't be celebrating such a milestone event!



Andrea Fenton

Mindy Jason, Sandy Patten, Shari Most setting up our *Oneg Shabbat*.

With much appreciation,
Mindy & Shari



S. Waxenbaum

Three generations of the Michelle Merin Family, part of a series of *I'dor v'dor*, from generation to generation, photos taken this season at our CBE Youth Services.

It was heartwarming to see multiple generations of CBE families attend our Youth Services this past summer. With the younger ones toddling around the sanctuary and the older children taking Hebrew and English parts to help lead services, songs and prayers welcoming *Shabbat*, from *Bim Bom* to *Adon Olam*, filled the room.

Next summer we look forward to seeing you, your children and grandchildren for half an hour on Friday evenings, creating warm memories at our little beach *shul*.

Ruth Spitz, Youth Services Chair

Transform Your Challah Dough into the Best Soft Pretzels Ever

Challah dough is incredibly versatile. You can make the perfect loaf for *Shabbat* dinner, then transform the leftovers into French toast for Sunday morning, stuff it full of pesto and cheese or wrap it around hot dogs for the perfect *nosh*. Challah can be sweet or savory, shaped so many ways. It's a miracle bread.

The dough can also be turned into perfect soft pretzels, which are one of world's most perfect comfort foods. Dip the shaped challah dough in a baking soda bath, give it a good egg wash and - voila! - you have warm, freshly-baked, soft pretzels. You can go traditional and add some pretzel salt, or have fun with toppings and sprinkle on everything bagel seasoning, za'atar or cinnamon sugar.



PREP: 15 minutes **COOK:** 20 minutes **YIELD:** 6-8 pretzels **READY IN:** 35 minutes (plus dough prep time)

Note: You can use any challah dough recipe you prefer. You will need a 1 lb. piece of dough for this recipe.

This recipe may be doubled.

With thanks to Shannon Sarna, The Nosh

INGREDIENTS: 1 lb. prepared challah dough 2 Tbl. baking soda 1 large egg, beaten pretzel salt

1. Preheat oven to 375 degrees F.
2. Divide challah dough into roughly 3 oz. pieces of dough. Shape each piece of dough into a long rope, approximately 16-20 inches long. (You want it to be on the longer side in order to shape it.)
3. Create a semicircle and then twist the ends. Flip the ends up to form a pretzel and pinch the two end pieces onto the circle part of the pretzel. Repeat with all the pieces of dough.
4. Bring a large, wide pot of water to a rolling simmer. Add 2 Tbl. baking soda to the pot and a pinch of salt.
5. Working with 1 or 2 pretzels at a time, gently place the pretzel into the water and allow to sit 30 seconds. Using a spider, remove the pretzel and allow excess water to drip back into the pot.
6. Place pretzel onto a baking sheet lined with parchment or a silpat baking mat. Repeat process above with remaining dough.
7. Brush the pretzels with beaten egg. Top with pretzel salt (or other toppings).
8. Bake 18-20 minutes or until golden brown.
9. Serve warm, with mustard or other dipping sauces.

This Kasha Varnishkes Recipe Was Almost Lost in the Holocaust

In "Honey Cake & Latkes: Recipes from the Old World by the Auschwitz-Birkenau Survivors," Tova Friedman writes, "My late husband's favorite food was tzimmes, but he also shared his family's recipe for kasha varnishkes. So from the time I had my own family and had children, we always used to prepare tzimmes and varnishkes. This is the "old-fashioned" way to make it, with lots of mushrooms." This hearty dish is perfect for the crisp fall months.



PREP: 12 minutes **COOK:** 20 minutes **YIELD:** serves 4 **READY IN:** 32 minutes

4 cups of water	1 cup bowtie (farfalle) pasta	12 oz. white mushrooms, sliced about ¼ inch thick
1 cup kasha	3 Tbl. butter or veg oil	3 cloves garlic, minced
1 extra-large egg, beaten	1 large yellow onion, diced	¼ cup soy sauce

1. Bring 4 cups of water to a boil and have it ready.
2. Put the kasha in a medium bowl. Add the beaten egg to the dry kasha. Mix thoroughly so all the grains are uniformly coated.
3. Heat a heavy-bottom 8-quart pot over medium-high heat until it is very hot. Add the kasha-egg mixture and stir continuously, breaking up kasha clumps.
4. Slowly pour the boiling water onto the hot kasha and add a pinch of salt. The kasha will explode and froth.
5. After all the water has been added and the pot settles down, skim any schmutz that might be floating on top. Reduce the heat to low, cover and cook until the water is absorbed, about 30 minutes.
6. While the kasha is cooking, prepare the bowtie pasta according to package instructions.
7. While bowties are cooking, heat the butter (or oil, if pareve) in a wide saucepan. Add the onion and cook until slightly softened, about 5 minutes.
8. Add the mushrooms, then the garlic and cook until the mushrooms and onions are tender. Add the cooked kasha to the mushroom mixture, then add the soy sauce and toss gently to coat. Add the bowties just before serving.
9. An alternative way of cooking this dish is to place the kasha mixture in a casserole dish and bake at 300°F for 20 minutes, or to desired dryness.

With thanks to Tova Friedman, The Nosh



The JBI Library provides the visually impaired, blind, physically handicapped and reading disabled of all backgrounds and ages, with books, magazines and cultural programs in audio (recorded in English, Russian, Spanish, Romanian, Hungarian, Hebrew and Yiddish), in large print and in Braille. All services are free of any charge.

This library offers its readers a broad spectrum of fiction, biography, history, Holocaust studies, short stories, psychology and self-help, memoirs, humor and more. It contains the largest collection of Jewish interest books for the blind and visually impaired in the world, and is the only resource of its kind.

For more information visit:
<https://www.jbilibrary.org>

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 with your information.



Happy, Healthy Thanksgiving!



We welcome new advertiser!
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CBE newsletters are published in June/July/August/September/Chanukah/Pesach.

Please send your good news: simchas, birthdays and anniversaries to:

Sharon Waxenbaum at shanaaviv@gmail.com
 or call 631-748-8459



Donations to CBE by check should be made out to 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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