

Young Israel Shomrai Emunah of Greater Washington

HaShomer

PESACH 2021/5781 ניסן תשפ"א

בס"ד



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Joey Franco
Mortgage Banker



Happy Passover!

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MESSAGE FROM THE PRESIDENT

Dear fellow members,

These first 9 ½ months of my presidency have been interesting to say the least. When I took over from Sammy Franco back on June 1, 2020, I knew I had my work cut out for me. Our Shul, like just about every other Shul in the country, was closed for business. The decision had been made to not open the Nursery School due to the raging pandemic. Many of us were forced to figure out how to work from home full time, and we needed to learn how to use Zoom both in our work life, as well as to continue with our learning. My “Shabbos shiur” has been meeting at 10am Sunday morning for quite a while now.

Today, with Hashem’s help, we have much to be thankful for. Our Shul is open for business. We have 4 daily weekday minyanim, and 10 Shabbos minyanim. With the continuing rollout of the various vaccines, more and more of our members are now comfortable coming back to Shul. Our ability to offer these minyanim is due primarily to the tireless efforts of Seth and Manasseh Katz. The Nursery School will be opening this fall and we have a sizable group of children already signed up (with room for more).

Rabbi Rosenbaum is maintaining his pre-pandemic level of Shiurim, albeit via Zoom. In addition, Rabbi Rosenbaum makes himself available to me and to every other Shul leader who requires his expertise and assistance in navigating these difficult times.

I wish you all a Happy Pesach and look forward to the day when we can be together with our friends and family in person, enjoying a nice kiddush in Shul.

All the best,

Yale Ginsburg, President

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CHECKLIST: WHEN EREV PESACH FALLS ON SHABBOS

As *Erev Pesach* falls on Shabbos this year, we do many things differently. Please see the step-by-step guidance below, beginning with Thursday morning. Please feel free to contact Rabbi Rosenbaum with any questions at rdrosenbaum@yise.org or 301-593-4465, ext. 405.

Thursday morning, March 25 – *Ta'anis Bechoros* (Fast of the First Born):

This is normally observed on *Erev Pesach*. Because that day is Shabbos this year, the fast is pushed back to the preceding Thursday. If one attends a *siyum* on this day, one is exempt from fasting the rest of the day. We are planning to have *siyumim* available after each of the Ashkenazi Shacharis minyanim, with a Zoom option for those unable to attend. It would be preferable to attend a *siyum* in person, but if that is difficult one may attend via Zoom.

Thursday night, March 25 – *Bedikas Chametz* (Search for Chametz):

Although this search is normally performed the night preceding the *seder*, we do not do it on Shabbos. It is therefore done on Thursday night, at approximately 8:00 pm. As in other years, we recite the standard *brachah* before the search and the *bitul* (nullification of the *chametz*) afterwards.

Friday morning, March 26 – *Biur Chametz* (Destruction of the Chametz):

While this is normally done on the morning of *Erev Pesach*, as this year it is *Shabbos*, we must burn the *chametz* on the preceding day. If it is not feasible for you to burn the *chametz*, you may break it into small pieces and flush them down the toilet. The *chametz* should be burned before 11:58 am. **THE BITUL IS NOT RECITED ON FRIDAY MORNING**, as one may still eat and own *chametz* until Shabbos morning. Any *chametz* of which you plan to partake over Shabbos or sell to a non-Jew need not be destroyed.

Friday morning, March 26 – *Mechiras Chametz* (Sale of the Chametz):

Any *chametz* which you will not be destroying on Friday morning and do not plan to use over Shabbos should be set aside in designated locations to be sold to a non-Jew. We plan to provide a virtual option to appoint Rabbi Rosenbaum as your proxy to sell the *chametz*. Those selling their *chametz* through Rabbi Rosenbaum should plan to have their *chametz* put away by 11:55 am.

Shabbos morning, March 27 – Latest Time for Eating Chametz is 10:42 am:

Ideally one should eat all of the *chametz* remaining in the home that was not included in the sale. As one may not eat regular matzah today until the *seder*, one should make the *Hamotzi* for Shabbos lunch on *chametz* or egg matzah. As a general rule, healthy Ashkenazim should refrain from eating egg matzah from 10:42 am on, just as they would for *chametz*. Sephardim may continue to eat egg matzah during the day and throughout Pesach. Though Ashkenazim do not normally eat egg matzah on Pesach we are not prohibited from owning it over Pesach. Therefore, if a person is concerned about *chametz* crumbs on *erev Pesach* egg matzah would be a good option. Either way, one should complete eating the *chametz* and, if Ashkenazi, egg matzah, by 10:42 am. For this reason, one should daven Shacharis early to allow sufficient time for the *Hamotzi* to be made.

Shabbos morning, March 27 – Disposal of Remaining Chametz by 11:58 am:

As previously mentioned, the goal should be that all *chametz* remaining in one's home after the burning midday on Friday should either have been eaten by 10:42 am Shabbos morning or have been set aside on Friday to be included in the sale of *chametz* to the non-Jew. Any remaining crumbs of *chametz* should be gathered and flushed down the toilet. If one has a significant amount of remaining *chametz*, it should be given to a non-Jew who will take it away and do with it as he/she pleases. Once someone has dealt with all remaining *chametz*, one should recite the *bitul* which is normally said when the *chametz* has been burned. All of this should take place before 11:58 am.

Shabbos afternoon, March 27 – Seudah Shlishis (The Third Meal):

There is still a mitzvah to eat a third meal this Shabbos. As described earlier, we are prohibited from eating food for which we would make *Hamotzi* (with the exception of Sephardim with egg matzah, as mentioned earlier) after 10:42 am. There are different possibilities for the third meal, including completing it before 10:42 am (one would need to create a sufficient gap between benschng of the first meal and washing for the second meal). A common approach is to have non-*hamotzi* foods for the third meal, such as meat, chicken, fish, or fruit. One may eat a **cooked** matzah product — such as matzah balls — but **not** a **baked** item — such as matzah meal cake. If one is eating matzah balls, the meal should begin before 4:20 pm. Regardless of the foods eaten, one should make sure to not eat so much that they will not have an appetite for the matzah at the *seder*.

חג כשר ושמח

Wishing all my Friends and Community a

Happy Pesach



Shonny Kugler

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Shopping Guide

PESACH 2021

Recommendations are for items produced in the United States

This list of products is marked as follows:

- ✓ **Acceptable without Pesach Certification**
Food items in this section should preferably be purchased before Pesach
- ▲ **Must bear reliable Pesach Certification**
- ✘ **Not acceptable for Pesach**
Sephardim should contact their local Sephardic rabbi regarding issues of *kitnios*

| Product | Status | Notes |
|--------------------|--------|---|
| Adhesive bandages | ✓ | |
| Air freshener | ✓ | |
| Alcohol | | For drinking ▲ Denatured or Isopropyl alcohol ✓ |
| Alfalfa | ✘ | <i>Kitnios</i> |
| Aluminum products | ✓ | Includes aluminum foil and pans |
| Amaranth | ▲ | Amaranth is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in |
| Ammonia | ✓ | |
| Anise | ✘ | <i>Kitnios</i> |
| Antacid (chewable) | ▲ | |
| Apple juice | ▲ | Concentrate also requires Pesach certification |
| Apple sauce | ▲ | |
| Aspartame | ▲ | |
| Baby carrots | | Raw are acceptable if they contain no additives Canned, cooked or frozen ▲ |
| Baby food | ▲ | Includes jarred or canned |
| Baby formula | | See Nutritional Supplement pages When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is <i>kitnios</i> |
| Baby oil | ✓ | |
| Baby powder | | Acceptable if it only contains talc, talcum powder, corn starch, or other innocuous ingredients |
| Baby wipes | ✓ | |
| Bags | ✓ | Includes paper & plastic |
| Baking powder | ▲ | |
| Baking soda | ✓ | |
| Balloons | | If powdered, wash before Pesach |
| Band-aids | ✓ | |
| Beans | ✘ | <i>Kitnios</i> |
| Bean sprouts | ✘ | <i>Kitnios</i> |

| Product | Status | Notes |
|-----------------------------|--------|--|
| Benefiber | ✘ | <i>Chametz</i> |
| Beverages | ▲ | |
| Bicarbonate of soda | ✓ | |
| Bird food | | See Pet Food pages |
| Bleach | ✓ | |
| Bleach wipes | ✓ | |
| Blush | ✓ | |
| Body wash | ✓ | |
| Braces | ✓ | Wax for braces is also acceptable; wash rubber bands before placing in mouth |
| Brewer's yeast | ✘ | <i>Chametz</i> |
| Brown sugar | ▲ | |
| Buckwheat | ✘ | <i>Kitnios</i> |
| Buckwheat pillow | ✓ | One may own and derive benefit from <i>kitnios</i> |
| Butter | ▲ | |
| Candles | ✓ | Scented are also acceptable |
| Candy | ▲ | |
| Canned fruits or vegetables | ▲ | |
| Canola oil | ✘ | <i>Kitnios</i> |
| Caraway | ✘ | <i>Kitnios</i> |
| Carrots | | Raw (including baby carrots) are acceptable if additive-free Canned, cooked or frozen ▲ |
| Cat food | | See Pet Food pages |
| CBD Oil | ✘ | <i>Kitnios</i> |
| Charcoal | ✓ | Includes "plain", easy-light, apple, hickory, and mesquite |
| Cheese | ▲ | |
| Cheese spreads | ▲ | |
| Chewable pills | | See Medicine Letter (page 3) |
| Chewing tobacco | ▲ | Contains flavors and other sensitive ingredients |

SHOPPING GUIDE – PESACH 2021

| Product | Status | Notes |
|---|--------|--|
| Chickpeas | ✘ | <i>Kitnios</i> |
| Cloves | | Some have a custom not to use cloves for Pesach |
| Cocoa powder | | Acceptable if 100% pure and not processed in Europe. Hershey's is acceptable except for Special Dark |
| Coconut (shredded) | | Sweetened or flavored ▲ Unsweetened & unflavored ✓ |
| Coffee | ▲ | Beans which are plain, unflavored, and not decaffeinated do not require certification, but the grinder must be clean Instant, flavored or decaffeinated coffee requires certification K-cups require certification |
| Coffee filters | ✓ | |
| Coffee whitener | ▲ | |
| Cologne | | See Medicine and Cosmetic pages |
| Colonoscopy drink | | See Medicine and Cosmetic pages |
| Confectioners' sugar | ▲ | |
| Contact lens solution | ✓ | |
| Contact paper | ✓ | |
| Cooking oil spray | ▲ | |
| Cooking wine | ▲ | |
| Coriander seeds | ✘ | <i>Kitnios</i> |
| Corn & corn products (e.g. corn oil, corn syrup) | ✘ | <i>Kitnios</i> |
| Corn remover | ✓ | |
| Cosmetics | | See Medicine and Cosmetic pages |
| Creams (cosmetics) | ✓ | |
| Crock pot liner | ✓ | |
| Cumin | ✘ | <i>Kitnios</i> |
| Cups | ✓ | Includes paper & plastic |
| Cutlery (plastic) | ✓ | |
| Dates | ▲ | Glaze may be problematic |
| Decaffeinated coffee or tea | ▲ | Lipton decaffeinated tea bags are acceptable without certification |
| Dental floss or tape | | Acceptable (including waxed) if not flavored |
| Dentures | ✓ | |
| Deodorant | ✓ | |
| Dessert gels & puddings | ▲ | |
| Detergent | ✓ | |
| Dill | | Seeds ✘ (<i>Kitnios</i>) Leaves ✓ |
| Dishwashing soap | ✓ | |
| Dog food | | See Pet Food pages |
| Dried fruit | ▲ | |
| Edamame | ✘ | <i>Kitnios</i> |
| Eggs | | Cooked or liquid ▲ Whole and raw (including pasteurized) ✓ |
| Ensure | | See Nutritional Supplement page |

| Product | Status | Notes |
|---------------------|--------|---|
| Eye drops | ✓ | |
| Eye liner | ✓ | |
| Eye shadow | ✓ | |
| Fabric protector | ✓ | |
| Fabric softener | ✓ | |
| Fennel | | Seeds ✘ (<i>Kitnios</i>) Leaves ✓ |
| Fish | | Fresh ✓ Canned, frozen or processed ▲ |
| Fish food | | See Pet Food pages |
| Flax seeds | | Flax seeds are not <i>kitnios</i> ; see spices |
| Flour | ✘ | <i>Chametz</i> |
| Floss (dental) | | Acceptable (including waxed) if not flavored |
| Foil (aluminum) | ✓ | |
| Food coloring | ▲ | |
| Food supplements | | See Nutritional Supplement page |
| Formula for infants | | See baby formula |
| Frozen dinners | ▲ | |
| | | Canned, cooked, dried or sweetened ▲ Fresh ✓ |
| Fruit | | Fruit is acceptable if it is not sweetened or cooked, and contains no sensitive additives |
| Fruit juice | ▲ | Pure frozen concentrated orange juice ✓ Other concentrates ▲ |
| Fruit preserves | ▲ | |
| Furniture polish | ✓ | |
| Garlic | | Fresh ✓ Peeled (in jars or cans) ▲ Powder free ✓ Powderless or with powder ▲ |
| Gloves (disposable) | | |
| Glue | ✓ | |
| Grape juice | ▲ | |
| Grapefruit juice | ▲ | |
| Green beans | ✘ | <i>Kitnios</i> |
| Gum (chewing) | ▲ | |
| Hair gel | ✓ | |
| Hairspray | ✓ | |
| Hemp, hemp oil | ✘ | <i>Kitnios</i> |
| Herbal tea | ▲ | |
| Honey | ▲ | |
| Horseradish | | Raw ✓ Prepared ▲ |
| Hydrogen peroxide | ✓ | |
| Ice (in bag) | ✓ | |
| Ice cream | ▲ | |
| Ices | ▲ | |
| Infant formula | | See baby formula |
| Insecticide sprays | ✓ | Some traps contain <i>chametz</i> |

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

SHOPPING GUIDE – PESACH 2021

| Product | Status | Notes |
|-----------------------|--------|--|
| Instant coffee or tea | ▲ | |
| Invert sugar | ▲ | |
| Isopropyl alcohol | ✓ | |
| Jam | ▲ | |
| Jelly | ▲ | |
| Juice (fruit) | ▲ | Pure frozen concentrated orange juice ✓ Other concentrates ▲ |
| K-Cups | ▲ | |
| Kasha | ✘ | <i>Kitnios</i> |
| Ketchup | ▲ | |
| Kimmel | ✘ | <i>Kitnios</i> |
| Lactaid | | Lactaid milk may be used if purchased before Pesach Chewable pills ✘ Non-chewable pills ✓ |
| Latex gloves | | Powder free ✓ Powderless or with powder ▲ |
| Laundry detergent | ✓ | |
| Laxatives | | See Medicine and Cosmetic pages |
| Lemon juice | ▲ | Concentrate also requires Pesach certification |
| Lentils | ✘ | <i>Kitnios</i> |
| Lip products | | See Medicine Letter (page 3) and see www.ASKcRc.org for updated information |
| Liqueur | ▲ | |
| Liquid dish detergent | ✓ | |
| Liquid medicines | | See Medicine Letter (page 3) |
| Liquor | ▲ | |
| Listerine PocketPaks | ✘ | Requires Pesach certification, and this brand is not certified |
| Lotions | ✓ | |
| Makeup | | See Medicine and Cosmetic pages |
| Margarine | ▲ | |
| Mascara | ✓ | |
| Matzah | ▲ | |
| Mayonnaise | ▲ | |
| Meat | | Fresh or frozen raw meat in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification |
| Medicine | | See Medicine Letter (page 3) |
| Milk | ▲ | If certified is unavailable, buy before Pesach |
| Millet | ✘ | <i>Kitnios</i> |
| Mineral oil | ✓ | |
| Mineral water | | Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives |
| Monosodium glutamate | ▲ | |
| Mousse (for hair) | ✓ | |
| Mouthwash | | See Medicine and Cosmetic pages |

| Product | Status | Notes |
|--|--------|--|
| MSG | ▲ | |
| Mushrooms | | Canned ▲ Raw or dried ✓ |
| Mustard | ✘ | <i>Kitnios</i> |
| Nail polish | ✓ | |
| Nail polish remover | ✓ | |
| Napkins | ✓ | |
| Non-dairy creamer | ▲ | |
| Nutritional supplements | | See Nutritional Supplement page Peanuts are <i>kitnios</i> ✘ Pecans (all shelled) ▲ Other nuts (incl. chopped) are acceptable without certification if free of BHA and BHT, and not blanched, roasted or ground |
| Nuts | | |
| Ointments | ✓ | |
| Olive oil | | Extra virgin (unflavored) ✓ Other types, including extra light ▲ |
| Oil (cooking) | ▲ | |
| Orange juice | ▲ | Pure frozen orange juice concentrate does not require Pesach certification |
| Orthodontics | ✓ | Wash rubber bands before placing in mouth |
| Oven cleaner | ✓ | |
| Pam | ▲ | |
| Pans (aluminum) | ✓ | |
| Paper products | ✓ | Including bags, cups, napkins, plates, and wax paper May be used for hot or cold |
| Paraffin | ✓ | |
| Parchment paper | ▲ | |
| Peanuts | ✘ | <i>Kitnios</i> |
| Peas | ✘ | <i>Kitnios</i> |
| Pecans (all shelled) | ▲ | |
| Perfume | ✓ | When produced in the USA |
| Pet food | | See Pet Food pages |
| Petroleum jelly | ✓ | |
| Pickles | ▲ | |
| Pills | | See Medicine Letter (page 3) |
| Pineapple (canned) | ▲ | |
| Plastic (cutlery, plates) | ✓ | |
| Plastic wrap | ✓ | |
| Plates | ✓ | Including paper, plastic and Styrofoam May be used for hot or cold |
| Play-doh | ✘ | May contain <i>chametz</i> |
| Polish (for furniture, shoes, or silver) | ✓ | |
| Pop | ▲ | |
| Popcorn | ✘ | <i>Kitnios</i> |
| Poppy seeds | ✘ | <i>Kitnios</i> |

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

SHOPPING GUIDE – PESACH 2021

| Product | Status | Notes |
|---------------------------|--------|--|
| Potato chips | ▲ | |
| Poultry | | Fresh or frozen raw poultry in original packaging is acceptable, but ground, cooked or repacked requires Pesach certification |
| Powdered dish detergent | ✓ | |
| Prunes | ▲ | |
| Pumpkin seeds | | Not <i>kitnios</i> ; acceptable if raw and without additives |
| Quinoa | ▲ | Quinoa is not <i>kitnios</i> but requires certification to be sure no other grains are mixed in |
| Raisins | ▲ | |
| Rice, including wild rice | ✘ | <i>Kitnios</i> Rice milk may contain <i>chametz</i> ; see Milk Alternatives page |
| Saffron | | Some have a custom not to use saffron for Pesach See spices |
| Salads (bagged) | ▲ | If certified is unavailable, and contains no <i>kitnios</i> or sensitive additives; buy before Pesach |
| Salmon | | Fresh ✓ Canned, frozen or processed ▲ |
| Salt | | Acceptable without iodine or other additives |
| Sanitizers (e.g. Purell) | ✓ | |
| Scouring pads | ✓ | |
| Seltzer | ▲ | |
| Sesame seeds | ✘ | <i>Kitnios</i> |
| Shampoo | ✓ | |
| Shaving lotion | ✓ | |
| Sherbet | ▲ | |
| Shortening | ▲ | |
| Silver polish | ✓ | |
| Snow peas | ✘ | <i>Kitnios</i> |
| Soaps | ✓ | |
| Soda | ▲ | |
| Sorbet | ▲ | |
| Sorghum | ✘ | <i>Kitnios</i> |
| Soup mix | ▲ | |
| Soy products | ✘ | <i>Kitnios</i> Soy sauce and soy milk may contain <i>chametz</i> ; see milk alternatives page |
| Spices | | Anise, caraway, coriander seeds, cumin, dill seeds, fennel seeds, and mustard are <i>kitnios</i> ✘ Other spices are acceptable in whole form, but ground spices require certification |
| Splenda | ▲ | |
| Stain remover | ✓ | |
| Star anise | | Star anise is not <i>kitnios</i> ; see Spices |
| Stevia | ▲ | |
| Stick deodorant | ✓ | |

| Product | Status | Notes |
|-----------------------|--------|--|
| String beans | ✘ | <i>Kitnios</i> |
| Styrofoam | ✓ | |
| Sugar | | Brown sugar and confectioners' sugar ▲ Pure, white cane sugar without additives is acceptable |
| Sugar substitute | ▲ | |
| Sunflower seeds | ✘ | <i>Kitnios</i> |
| Sunscreen | ✓ | |
| Suppositories | ✓ | |
| Syrups | ▲ | |
| Tea | | Pure black, green or white tea leaves or tea bags are acceptable unless they are flavored, instant or decaffeinated, in which case they require certification Lipton decaffeinated tea bags ✓ Herbal tea ▲ |
| Tissues | ✓ | |
| Tofu | ✘ | <i>Kitnios</i> |
| Tomato-based products | ▲ | |
| Toothpaste | | See www.ASKcRc.org for updates |
| Toothpicks | | Toothpicks are acceptable unless flavored or colored |
| Tums | ✘ | Chewable antacids require Pesach certification, and this brand is not certified for Pesach |
| Tuna fish (canned) | ▲ | |
| Turmeric | | Turmeric is not <i>kitnios</i> ; see spices |
| Vanilla | ▲ | |
| Vaseline | ✓ | |
| Vegetable oil | ▲ | |
| Vegetables | | Bagged salads - see Salad (bagged) Canned, cooked or frozen ▲ Fresh raw vegetables are acceptable if they are not <i>kitnios</i> (see listing for individual vegetables) and do not contain additives other than sugar |
| Vegetable wash | ▲ | |
| Vinegar | ▲ | |
| Vitamins | ▲ | |
| Water | | Acceptable if it does not contain carbonation, flavors, vitamins, or other sensitive additives |
| Wax for braces | ✓ | |
| Wax paper | ✓ | |
| Whitener (for coffee) | ▲ | |
| Wild rice | ✘ | <i>Kitnios</i> |
| Wine | ▲ | |
| Wood chips | ✓ | |
| Wrap (plastic) | ✓ | |
| Yogurt | ▲ | |

✓ = Acceptable without Pesach Certification ▲ = Must bear Pesach Certification ✘ = Not acceptable for Pesach

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Rabbi Sholem Y. Fishbane
Kashruth Administrator



Pesach, 2021 / ח'פסח ה'תשפ"א

MEDICINES, COSMETICS & TOILETRIES FOR PESACH

NOTE: THIS LETTER REFERS TO PESACH-SPECIFIC CONCERNS.
PLEASE CONSULT YOUR RABBI REGARDING THE USE OF MEDICINES, COSMETICS,
AND TOILETRIES ON *SHABBOS* AND *YOM TOV*.

MEDICINES

- All pill or non-chewable tablet medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill.

Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your doctor and Rabbi.

- Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

COSMETICS & TOILETRIES

- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, sunscreen, and wipes contain denatured alcohol, and therefore should only be used on *Pesach* if they do not contain alcohol or the alcohol is known to be free of *chametz*. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.
- Lipstick, mouthwash, and toothpaste which contain *chametz* should not be used.

Rabbi Yona Reiss
Av Beis Din, Chicago Rabbinical Council

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Dayan, Agudath Israel of Illinois

Rabbi David Zucker
Rosh Kollel, Chicago Community Kollel

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2021 QUICK-PICK MEDICINE LIST

A SAMPLE OF **CHOMETZ-FREE AND KOSHER MEDICINES LISTED BY CATEGORY, FOR USA ONLY, UNDER THE BRAND NAMES INDICATED. PRODUCTS MAY CONTAIN KITNIYOS** (see pages 40 & 169)

For a full list of *chometz*-free medicines, see list starting on page 46.
 Note: At the time of printing, some major companies still had not responded.
 For updates, visit www.star-k.org

COLD, ALLERGY & DECONGESTANTS

Adwe- Tussin
Allegra-D- 12 hr. Tablets
Benadryl Children's Allergy- Liquid (All Flavors), Dye-Free Liquid (All Flavors), Children's Chewable, Children's Plus Congestion (Grape)
Claritin-D – 12 hr. Tablets (Dairy), 24 hr. Tablets

GASTROINTESTINAL REMEDIES

Adwe- Stool Softener
Alka-Seltzer- Original Tablets
Dramamine- Original (Dairy), Less-Drowsy Tablets (Dairy), Chewable Tablets (Orange)
Konsyl Powder Original Formula- Unflavored (no *kitniyos*)
Metamucil 4-in-1- Original Coarse Powder - made with real sugar (no *kitniyos*)
Metamucil 4-in-1- Orange Smooth Powder (Regular & Sugar-Free)
Miralax Powder
Pepto Bismol- Original Liquid
Phillips' Milk of Magnesia- Original Liquid [no *kitniyos*]
Senokot- Extra Strength Tablets (Dairy), Senokot-S Tablets
Tums- See page 73

PAIN RELIEVERS & FEVER REDUCERS

Advil Tablets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Advil Caplets - Coated (but not film-coated) approved when last inactive ingredient listed on panel is white wax
Adwe- Pain Relief Children Liq. Acetaminopen, Pain Relief Infant Liq. Acetaminopen
Aleve- Caplets (Blue Pill)
Bayer Aspirin- Low-Dose Chwbl. 81mg (Cherry, Orange)
Motrin - IB Coated Caplets, PM Coated Caplets
Motrin- Infant Drops (All Flavors), Children's Suspension (All Flavors)
Tylenol- Regular Strength Tablets, Extra Strength Caplets
Tylenol- Children's Suspension (All Flavors), Infants Oral Susp (All Flavors)

2021 QUICK-PICK PERSONAL CARE LIST

A SAMPLE OF **CHOMETZ-FREE PERSONAL CARE PRODUCTS LISTED BY CATEGORY.**

ANTIPERSPIRANTS/DEODORANTS

Arm & Hammer - Deodorant
Arrid- Antiperspirant [Spray], Cream [All], Clear Gel [All], Solid [All], Spray Deodorant
Lady Speed Stick- Deodorant [All]
Mennen- Speed Stick Antiperspirant [All]
Secret - Deodorant (Powder Fresh, Spring Breeze)

CREAMS & OINTMENTS

A & D- Ointment
Chapstick- Classic Original, Classic Strawberry, Medicated, Moisturizer
Desitin- Max Str. Original Paste, Multi-Purpose Ointment
Neosporin
Tinactin- (Liquid & Powder Sprays, Cream)
Vaseline Petroleum Jelly- Original

MOUTHWASH

Colgate - Mouthwash [All] [All use Vegetable Glycerin]
Listerine- Cool Mint Antiseptic, Total Care Zero, Ultra Clean Antiseptic, Zero Alcohol
Scope [All]

SHAMPOO, CONDITIONER, HAIRSPRAY

Head and Shoulders Shampoo- Classic Clean (Shampoo, 2-in-1, Conditioner, Shampoo)
 Deep Clean (Shampoo, Conditioner, 2-in-1), Dry Scalp Care 2-in-1, Conditioner, Shampoo
Herbal Essences Hairspray- Bio Renew Flexible Airspray Alcohol-Free
Pantene Pro-V- Classic Clean (Shmp, Cond), Daily Moisture Renewal (Shmp, Cond), Smooth
 & Sleek (Shmp, Cond), Sheer Volume (Shmp, Cond), Airspray AF Hair Spray Extra Strong
 Hold, Smooth Airspray AF Hair Spray
Pantene- Airspray Flexible Hold Hairspray #2, Airspray Smooth Hairspray, Stylers Airspray
 Flexible Hairspray, Thermal Heat Protect Spray, Airspray Extra Strong Hold Hairspray #4
Prell- Classic Clean Shampoo
Suave - Deep Moisture Hydrating Shampoo
Suave Kids- 3 in 1 Watermelon Wonder (Shampoo-Cond-Body Wash)
Tresemme - Moisture Rich (Shmp, Cond)
VO5 - Strawberries & Cream with Soy Milk Protein (Shampoo & Conditioner)

SOAP/WASHES

Ivory Bar Soap- Regular, With Aloe
Ivory Liquid Hand Soap
Irish Spring- Bar Soap, Body Wash [All]
Softsoap- Body Wash [All], Liquid Soap [All], Shower Gels

TOOTHPASTE

Aim [All]
Close Up [All]
Colgate [All] [All use Vegetable Glycerin]
Pepsodent [All]
Ultradent [All] [All use Vegetable Glycerin]

SUPPLEMENTS, INFANT FORMULAS, & MILK SUBSTITUTES – PESACH 2021

The OU has researched the following nutritional supplements, infant formulas, and milk substitutes and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo, unless otherwise stated below.

Most of these products contain kitnios, and for some that is the primary ingredient. Productsthat contain flavors should only be provided when no unflavored alternative exists. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for *Pesach*, and (b) use a liquid supplement instead of a powdered one.

MEDICAL NUTRITIONAL SUPPLEMENTS*

Products with an asterisk (*) contain oat fiber that is not *chametz*.

About
 Arginaid
 Arginaid Extra
 Benecalorie
 Beneprotein
 Boost Glucose Control
 Boost High Protein
 Boost Nutritional Pudding
 Boost Plus
 Diabetishield
 Diabetisource AC
 Enfamil Human Milk Fortifier Powder
 Ensure Compact
 Ensure Complete Nutrition Shake
 Ensure Enlive
 Ensure Healthy Mom Shake
 Ensure High Calcium Shake
 Ensure High Protein Shake
 Ensure HN
 Ensure Homemade Shake
 Ensure Plus
 Ensure Plus Advance

Ensure Plus HN
 Ensure Plus Next Generation
 Ensure Shake
 Ensure Two Cal
 Fibersource HN
 Glucerna 1.0
 Glucerna 1.2*
 Glucerna 1.5*
 Isosource
 Isosource HN With Fiber
 Jevity 1.0
 Jevity 1.2*
 Jevity 1.5 *
 Nepro
 Nepro HP
 Nepro LP
 Nepro Vanilla
 Nepro With Carb Steady Flavored
 Novasource Renal Nutren (Product Line)
 Osmolite 1.0, 1.2, 1.5
 Osmolite HN (Unflavored)
 Perative
 Portagen
 Promote with Fiber*
 Pulmocare

Resource 2.0
 Resource Diabetic
 Resource Thicken Up)
 Thick & Easy – ALL
 Thick-It
 Vital
 Vivonex Pediatric
 Vivonex Plus
 Vivonex Ten

PEDIATRIC SUPPLEMENTS

D-Vi-Sol
 Enfamil 5% Glucose Water
 Fer-In-Sol Drops
 Poly-Vi-Sol Drops
 Tri-Vi-Sol Drops
 Resource Just for Kids with Fiber
 Pediasure Complete
 Pediasure RPB
 Pediasure Peptide
 Pediasure Vanilla Powder
 Pediasure Shakes

PEDIATRIC ELECTROLYTES

Bright Beginnings
Comforts for Baby
Cottontails
CVS Pharmacy
Enfamil Enfalyte Oral Electrolyte Solution
Goodness
H-E-B Baby
Home 360 Baby
Meijer
Mom to Mom
Naturalyte
ShopRite
Parent's Choice
Pedialyte (all flavors)
Top Care
Walgreen's
Western Family

INFANT FORMULAS

365 Everyday Value
Ameribella
America's Choice for Baby
Babies R US
Baby Basics
Baby's Choice
Bear Essentials
Belacta
Belacta Premium
BelactaSure
Berkley & Jensen
Bright Beginnings

Cottontails
CVS
Daily Source
Discount Drug Mart
Earth's Best
EleCare
EnfaCare
Enfagrow
Enfagrow NeuroPro
Enfagrow Premium
Enfagrow Toddler Transitions Gentlease
Enfalac
Enfamil
Enfamil A.R.
Enfamil Enspire
Enfamil NeuroPro EnfaCare
Enfamil Premature High Protein 24 Cal per fl oz
Enfamil ProSobee
Enfamil Reguline
Enfaport
Enfapro
Food Lion
Full Circle
Fulton Street Market
Gerber Good Start
Giant
Giant Eagle Baby
Hannaford
H-E-B
Heinz Nurture
Home 360 Baby
Hy-Vee
Isomil

Kirkland Signature
Kuddles
Laura Lynn
Life Brand
Little Ones
Meijer Baby
Member's Mark
Mom to Mom
Moo Moo Buckaroo
Mother's Choice
My Organic Baby
Nature's Place
Nestle Good Start
Next Step
NutraEnfant
O Organic Baby
Parent's Choice
Premier Value
President's Choice
Price Chopper
PurAmino
Publix
Rite Aid - Tugaboos
Shopko
Similac
Similac Advance Plus
Similac Comfort
Similac Gold w/HMO
Similac LeMehadrin
Similac Neosure
Similac Spit Up/AR
Similac RTF
Similac Special Care RTF
Simply Right
Stop & Shop

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo.

Most of these products contain kitnios, and for some that is the primary ingredient.

Sunrise
Supervalu
Target
Tippy Toes by TopCare
Top Care
Topco
Up & Up
Vermont Organics
Walgreens
Wegmans
Well Beginnings
Western Family

BABY FOOD

Gerber (when bearing OU symbol)

- Carrots, Squash - acceptable for Pesach *l'chatchila* (even for adults)
- Green Beans, Peas – *kitnios*

MILK SUBSTITUTES*

*Only in shelf-stable, non-refrigerated containers

Almond Breeze Original
Rice Dream Classic Original
Soy Dream Original Enriched

The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo.

Most of these products contain kitnios, and for some that is the primary ingredient.

2021 PET FOOD LIST

The following is a list of pet foods approved for Passover 2021 when produced in the U.S. Products with identical names from foreign countries may have different formulations, thus compromising their Passover status. Since formulas are subject to change, make sure to check all labels. There should be no *chometz* listed. A product listing both meat and dairy ingredients may not be used any time during the year. (See “Feeding Your Pet: Barking Up the Right Tree” at www.star-k.org for more information)

CATS

Blue Freedom Grain Free Indoor (canned)—Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty Gravy, Chicken for Mature Cats

Evanger’s: When bearing cRc Passover approval

Friskies (canned): Paté Chicken and Tuna Dinner, Paté Classic Seafood Entrée, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner, Paté Poultry Platter, Paté Mixed Grill, Paté Liver and Chicken Dinner

Kirkland (Costco) (dry): Healthy Weight Indoor Adult, Maintenance Chicken & Rice, Natures Domain Salmon Meal & Sweet Potato

Merrick Grain Free Limited Ingredient Diet (canned): Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna

Merrick Purrfect Bistro Grain-Free (dry): Adult (Weight Control, Real Chicken and Sweet Potato), Healthy Senior, Healthy Kitten

Merrick Purrfect Bistro Grain-Free (canned): Chicken Casserole Morsels, Chicken Divan Morsels, Salmon Paté, Tuna Paté

Prescription Diet: a/d, d/d except duck, r/d, s/d, t/d, z/d

Wellness Core Grain-Free (dry): Adult, Indoor, Kitten, Original

Wellness Core Grain-Free Classic Paté (canned): Indoor, Kitten, Whitefish & Salmon & Herring

FISH

Fish food and vacation blocks often contain *chometz*. The following are acceptable: Zoo Med Laboratories Giant Plankton Banquet Block Feeder and Tetra Tropical Slow Release Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days). Goldfish and tropical fish can be given the following items, provided they do not contain fillers: Tubular worms, frozen brine shrimp, and freeze dried worms.

DOGS

Alpo Chop House (canned): Filet Mignon and Bacon Flavors cooked in Savory Juices, Prime Rib Flavor cooked in Savory Juices, Roasted Chicken and Top Sirloin Flavors cooked in Savory Juices, T-Bone and Ribeye Steak Flavors cooked in Savory Juices

Blue Freedom Grain Free (canned): Chicken Recipe (Small Breed, Puppies), Grillers (Hearty Lamb, Hearty Chicken, Hearty Turkey)

Blue Wilderness Grain Free (canned): Duck & Chicken Grill, Salmon & Chicken Grill, Beef & Chicken Grill, Chicken & Trout Grill

Evangers: When bearing cRc Passover approval

Kirkland (Costco) Natures' Domain (dry): Salmon Meal and Sweet Potato, Turkey Meal and Sweet Potato, Organic Chicken & Pea

Prescription Diet: a/d, d/d, h/d, s/d, u/d, r/d

Wellness Core Grain Free (dry): Ocean, Original, Reduced Fat, Small Breed Original, Senior

Wellness Core Grain Free (canned): Beef & Venison & Lamb, Puppy, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring

Wellness Core Grain Free Ninety Five Percent (canned): Beef with Carrots, Chicken with Broccoli, Turkey with Spinach

BIRDS

(Parrots, Parakeets, Cockatiels, Macaws)

STAR-K would like to express appreciation to Dr. Aaron Weissberg, z"l for his contribution of the following guidelines.

- Millet and sorghum as main diet.
- Peanuts, sunflower seeds, and safflower seeds can be given.
- Larger birds such as parrots can eat pure alfalfa pellets (make sure it is pure alfalfa since it is common to add grains) or dry dog food (see above for list).
- Smaller birds can also have pure alfalfa pellets; crush before feeding.
- Can supplement with cottage cheese, rice cakes (birds like to eat these), small pieces of lean meat, matzah, berries, eggs, canned baby fruits. All large food should be shredded before serving. These items should be given sparingly.
- For minerals, can have oyster shells (calcium) or mineral block.
- The greater the variety, the better.

GECKO

Gecko: Repashy Crested Gecko Meal Replacement Powder

HAMSTERS, GUINEA PIGS, GERBILS & RABBITS

- Best to feed pure alfalfa pellets. Make sure it is pure alfalfa since it is common to add grains. Dried alfalfa may also be given.
- Can supplement with mixture of cut-up fruits and vegetables – carrots, broccoli, apples, melon, kale, parsley, oranges, celery, dry corn, sunflower seeds, cabbage. Can also give some matzah. If not accustomed to these items, give sparingly.
- Guinea pigs especially will benefit from kale, parsley and oranges.
- Hamsters especially will benefit from apples.
- Guinea pigs need Vitamin C added to diet.

ADDITIONAL PET FOOD INFORMATION

- ♦ Mixes sold in stores often contain *chometz*. It is advisable for pet owners to slowly wean their pets off their regular *chometz* pet food diet. This is accomplished by mixing regular and Pesach food between one and two weeks prior to Pesach before switching completely to Pesach food. The ratio of regular and Pesach food should be changed slowly to get the animal used to the new diet. Check with your veterinarian before changing diet.
- ♦ Pure Timothy Hay is not *chometz* and may be used.

PET STORES IN BALTIMORE METROPOLITAN AREA WHERE *CHOMETZ* PET FOOD MAY BE PURCHASED AFTER PESACH

| | |
|-------|----------|
| Petco | Petsmart |
|-------|----------|

FAQS REGARDING PETS ON PESACH

Rabbi Zvi Goldberg, STAR-K Kashrus Administrator

Q. Are “grain-free” pet foods acceptable?

A. There are many “grain-free” dog and cat foods on the market. While we still recommend checking the ingredient panel on those foods, they are a good place to start your search for an appropriate food.

Q. Is it necessary to buy a new food bowl for your pet for Pesach?

A. No. However, the bowl used year-round should be thoroughly cleaned before Pesach.

Q. If I am going away for Pesach, what should I do with my fish?

A. Vacation blocks often contain *chometz*. One can purchase a block without *chometz* or use an automatic fish feeder and fill it with non-*chometz* food.

Q. During a Pesach visit to the zoo, may one purchase the animal feed?

A. No. This feed is often *chometz* and should not be purchased or fed to the animals during Pesach.

Q. Must pet food with *chometz* be put away and sold before Pesach?

A. Yes.

Q. Can *kitniyos*, such as rice and beans, be fed to animals on Pesach?

A. Yes.

Q. What are some common *chometz* ingredients in pet food?

A. Wheat (cracked, flour, germ, gluten, ground, groats, middlings, starch), barley (cracked, flour), oats (flour, groats, hulled), pasta, rye, and brewer’s dried yeast. Any questionable ingredient should be reviewed by a competent rabbinic authority.

Q. What are some common ingredients which may be *kitniyos* but are permitted in pet food?

A. Beans, buckwheat, brewer’s rice, corn, grain sorghum (milo), millet, peanuts, peas, rice, sesame, soybeans, soy flour, and sunflower.

Q. Is pet food “with gravy” permitted?

A. Most often, gravy contains *chometz*. Read the ingredient panel carefully.

Q. Are the vitamins or minerals in pet food *chometz*?

A. They may be *chometz*, but are *batel* (nullified) due to the small amount added.

YISE ZMANIM & DAVENING TIMES - SPRING 2021

Times are subject to change. Check the Shabbos Shorts for the latest information.

All Minyanim require pre-registration due to COVID-19 capacity restrictions.

In order to allow all members a chance to attend, your Minyan assignments may change from week to week.

Please do not attend a Minyan unless you have received confirmation of available space.

Register at <https://www.yise.org/minyan> If you have any questions, please contact minyan@yise.org

| <i>Friday</i> | <i>Parasha</i> | <i>Plag</i> | <i>Light Candles</i> | <i>Friday Mincha*</i> | <i>Shabbos Ends</i> |
|---------------|--------------------------|-------------|----------------------|-----------------------|---------------------|
| April 9 | Shemini | 6:18 PM | 7:21 PM | 7:30 PM | 8:22 PM |
| April 16 | Tazria/Metzora | 6:23 PM | 7:28 PM | 7:35 PM | 8:30 PM |
| April 23 | Acharei Mos/Kedoshim | 6:28 PM | 7:35 PM | 7:40 PM | 8:37 PM |
| April 30 | Emor | 6:33 PM | 7:42 PM | 7:50 PM | 8:45 PM |
| May 7 | Behar/Bechukosai | 6:39 PM | 7:49 PM | 7:55 PM | 8:53 PM |
| May 14 | Bamidbar | 6:44 PM | 7:55 PM | 8:00 PM | 9:00 PM |
| May 21 | Nasso | 6:49 PM | 8:01 PM | 8:10 PM | 9:08 PM |
| May 28 | Behaaloscha | 6:53 PM | 8:07 PM | 8:15 PM | 9:14 PM |
| June 4 | Shlach | 6:57 PM | 8:12 PM | 8:20 PM | 9:19 PM |
| June 11 | Korach | 7:01 PM | 8:16 PM | 8:25 PM | 9:24 PM |
| June 18 | Chukas | 7:03 PM | 8:18 PM | 8:25 PM | 9:26 PM |
| June 25 | Balak | 7:04 PM | 8:19 PM | 8:25 PM | 9:27 PM |
| July 2 | Pinchas | 7:04 PM | 8:19 PM | 8:25 PM | 9:26 PM |
| July 9 | Matos/Masei/Rosh Chodesh | 7:03 PM | 8:17 PM | 8:25 PM | 9:23 PM |
| July 16 | Devarim/Shabbos Chazon | 7:01 PM | 8:14 PM | 8:20 PM | 9:19 PM |

** Mincha times are listed for information only. Please do not attend a Minyan unless you have received confirmation of available space.*

Shabbos Morning Minyan Times:

7:00 – Belonofsky Sanctuary - *Time varies when Netz is close to 7:00 AM.*

7:00 – Social Hall - *Time varies when Netz is close to 7:00 AM.*

8:30 – Sephardi - Beis Medrash

9:00 – Belonofsky Sanctuary

9:30 – Social Hall

| | <i>Alos Hashachar (Latest)</i> | <i>Earliest Talis & Tefilin (Latest)</i> | <i>Hanetz Hachamah (Latest)</i> | <i>Latest Krias Sh'ma (Earliest)</i> | <i>Earliest Mincha (Latest)</i> | <i>Shkia (Earliest)</i> | <i>Tzeis Hacochovim (Latest)</i> |
|--------------------|--|--|---|--|---|-----------------------------|--|
| March 28 - April 3 | 5:38 AM | 6:06 AM | 6:59 AM | 10:00 AM | 1:45 PM | 7:28 PM | 8:15 PM |
| April 4 - 10 | 5:26 AM | 5:55 AM | 6:48 AM | 9:54 AM | 1:44 PM | 7:35 PM | 8:22 PM |
| April 11 - 17 | 5:14 AM | 5:43 AM | 6:38 AM | 9:48 AM | 1:43 PM | 7:41 PM | 8:30 PM |
| April 18 - 24 | 5:01 AM | 5:32 AM | 6:27 AM | 9:42 AM | 1:42 PM | 7:48 PM | 8:37 PM |
| April 25 - May 1 | 4:50 AM | 5:21 AM | 6:18 AM | 9:37 AM | 1:41 PM | 7:55 PM | 8:45 PM |
| May 2 - 8 | 4:39 AM | 5:11 AM | 6:09 AM | 9:33 AM | 1:41 PM | 8:02 PM | 8:53 PM |
| May 9 - 15 | 4:28 AM | 5:02 AM | 6:01 AM | 9:29 AM | 1:41 PM | 8:08 PM | 9:00 PM |
| May 16 - 22 | 4:19 AM | 4:54 AM | 5:55 AM | 9:27 AM | 1:42 PM | 8:15 PM | 9:08 PM |
| May 23 - 29 | 4:11 AM | 4:47 AM | 5:49 AM | 9:25 AM | 1:43 PM | 8:21 PM | 9:14 PM |
| May 30 - June 5 | 4:05 AM | 4:42 AM | 5:46 AM | 9:24 AM | 1:44 PM | 8:26 PM | 9:19 PM |
| June 6 - 12 | 4:00 AM | 4:38 AM | 5:43 AM | 9:24 AM | 1:46 PM | 8:31 PM | 9:24 PM |
| June 13 - 19 | 3:58 AM | 4:37 AM | 5:43 AM | 9:25 AM | 1:47 PM | 8:34 PM | 9:26 PM |
| June 20 - 26 | 4:00 AM | 4:39 AM | 5:45 AM | 9:26 AM | 1:49 PM | 8:37 PM | 9:27 PM |
| June 27 - July 3 | 4:04 AM | 4:43 AM | 5:48 AM | 9:27 AM | 1:50 PM | 8:37 PM | 9:27 PM |
| July 4 - 10 | 4:10 AM | 4:48 AM | 5:52 AM | 9:30 AM | 1:51 PM | 8:35 PM | 9:26 PM |
| July 11 - 17 | 4:17 AM | 4:54 AM | 5:57 AM | 9:32 AM | 1:51 PM | 8:31 PM | 9:23 PM |

*Zmanim are earliest or latest based on times for the entire week. All times are for Zip Code 20902
For other locations or specific dates, go to www.MyZmanim.com*

To receive the latest information on minyan times and YISE events via email, send an email to cyberbrief@yise.org with your name and email address.

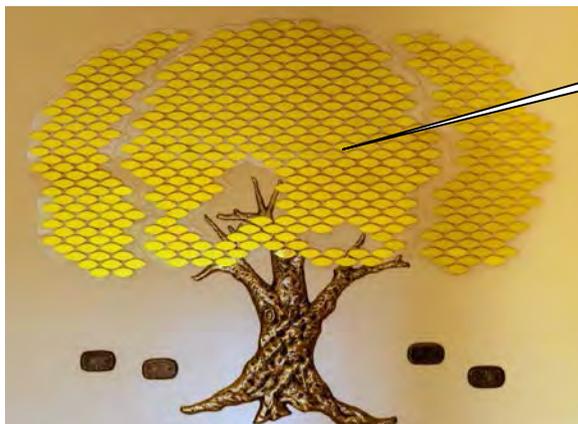
| | <i>Mincha/Maariv</i> |
|--------------------|----------------------|
| March 30 - April 1 | 7:25 PM |
| April 4 - 8 | 7:30 PM |
| April 11- 15 | 7:35 PM |
| April 18 - 22 | 7:40 PM |
| April 25 - 29 | 7:50 PM |
| May 2 - 6 | 7:55 PM |
| May 9 - 13 | 8:00 PM |
| May 19 - 20 | 8:10 PM |
| May 23 - 27 | 8:15 PM |
| May 30 - June 3 | 8:20 PM |
| June 6 - 10 | 8:25 PM |
| June 13 - 17 | 8:25 PM |
| June 20 - 24 | 8:30 PM |
| June 28 - July 1 | 8:30 PM |
| July 4 - 8 | 8:30 PM |
| July 11 - 15 | 8:25 PM |

עץ חיים היא למחזיקים בה

- Many have noticed the beautiful Tree of Life provided by a generous and anonymous donor in our lower lobby.
- It is like an empty canvas longing for your contribution of bronze engraving to bring life to its leaves.
- Be one of the first to order a leaf and have your choice of location.

Engraved Leaves: \$ 180

Engraved Rocks: \$ 720



YOUR LEAF HERE



- ✧ **Leaves:** Maximum 4 lines. Recommend maximum 30 characters per line.
- ✧ **Rocks:** Maximum 8 lines. Recommend maximum 40 characters per line.
- ✧ Text size is dependent on the number of characters per line.
- ✧ All inscriptions will be proofed for approval prior to engraving.
- ✧ Unless otherwise specified, "In memory" or "In honor" text will be plain and the names of donors will be in *italics*.
- ✧ Gifts are 100% tax deductible.

Order forms can be obtained from the office or online at wp.yise.org/tree-of-life

Thank you for your support!

PESACH TIMES

Davenim times are not listed as they are still being finalized and all Minyanim require advance registration. If you have any questions, please contact minyan@yise.org

Erev Erev Pesach - Thursday - March 25

There will be a Siyum following each Ashkenazi Shacharis Minyan, which is planned to be broadcast on Zoom. Times will be sent via email. Zoom broadcasts will all be on the main YISE Zoom account:

Meeting ID: 416 963 9000

Passcode: 492019

Bedikas Chametz 8:06 PM

Erev Erev Pesach - Friday - March 26

Chametz should be burned by 11:58 AM

Plag Hamincha 6:08 PM

Light Candles 7:08 PM

Erev Pesach – Shabbos - March 27

Finish eating Chametz by 10:42 AM

Recite Kol Chamira by 11:58 AM

Light Candles and start Seder after 8:08 PM

Yom Tov - Sunday - March 28

Light Candles and start Seder after 8:09 PM

Yom Tov - Monday - March 29

Yom Tov Ends 8:10 PM

Erev Yom Tov - Friday April 2

Light Candles 7:15 PM

Yom Tov - Shabbos April 3

Light Candles after 8:15 PM

Yom Tov - Sunday April 4

Yom Tov Ends 8:16 PM

On the second night of Yom Tov, items may not be brought from home somewhere else, nor may any other acts of preparations be made for the second night before the posted candle lighting time.

Chometz which was sold for Pesach may be used after 9:15 PM.



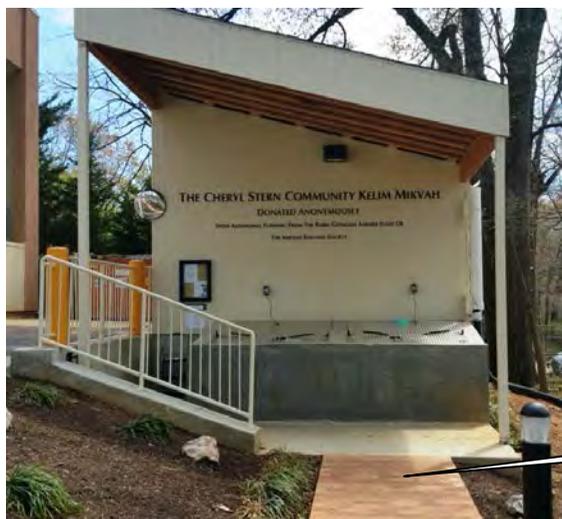
YOUNG ISRAEL SHOMRAI EMUNAH
of Greater Washington
1132 Arcola Ave. Silver Spring, MD 20902

DEDICATE A BRICK!

In the path to the
CHERYL STERN COMMUNITY KELIM MIKVAH.

Cost for Bricks \$180 each

Cost for Double Bricks \$500 each



Sample Brick

IN HONOR OF OUR
DAUGHTER'S BIRTH

YOUR BRICK HERE

Cheryl Stern Community Kelim Mikvah

- Your engraved brick will be placed on the sidewalk in front of the *mikvah*.
- Each line is 20 characters; each Single Brick can contain a total of three lines, each Double Brick can contain a total of six lines.
- Gifts are 100% tax deductible.

Order forms can be obtained from the office or on line at: www.yise.org/brick

Thank you for your support!

REQUIREMENTS OF RITUAL FOODS & BEVERAGES FOR THE PASSOVER SEDER

WINE

1. Minimum size of wine cups - 3.3 fl. oz.
2. Full strength without diluting is required. If for health reasons one cannot use full strength wine, then the following is the order of preference for beverages to be used for the four cups: 1) wine; 2) wine with grape juice; 3) wine with water (if necessary, the dilution ratio for New York wine is 2/5 wine to 3/5 water); 4) grape juice; and 5) grape juice and water (if necessary, the dilution ratio for New York grape juice 1/3 grape Juice to 2/3 water).

MINIMUM AMOUNT OF MATZAH TO BE EATEN

1. After reciting the Bracha *AL ACHILAS MATZAH* and for *AFIKOMEN*, a piece 7" x 4-1/2" should be eaten. *
 2. For *Korech* a piece 7" x 2-1/2" should be eaten.
- *Some opinions advise: for #1, a piece 7" x 6 1/4" should be eaten.

MINIMUM AMOUNTS OF MARROR

1. If using pure grated horseradish – an amount compacted into a vessel measuring 1.1 fl. oz. should be eaten. For *Korech*, an amount compacted into a vessel .7 fl. oz. should be eaten.
2. If using Romaine lettuce leaves - enough leaves to cover an area of 8" x 10" should be eaten.
3. If using Romaine lettuce stalks - enough stalks to cover an area of 3" x 5" should be eaten.

When one uses Romaine lettuce one must be extremely careful that there are no small insects on the leaves. Some Poskim prefer the use of regular lettuce, which should also be checked carefully.

KASHERING DISHES & PESACH FOODS

Since the laws of Kashering are many, the Rabbi should be consulted before Kashering utensils. However, the following are some of the utensils that cannot be kashered:

1. Chinaware, pottery, some plastics and all types of earthenware.
2. Utensils that have dents or cracks that cannot be reached by glowing.
3. Knives with glued-on handles.
4. Vessels that have an area which cannot be cleaned and scoured from within.
5. Pyrex dishes or any other glassware regularly used for hot food.

PASSOVER FOODS

Throughout the Festival of Passover, we abstain from eating any *chometz* or leaven that has turned sour or is subject to fermentation. One should abstain from foods in which there is even a suspicion of *chometz*. The most minute amount of *chometz* renders any product unsuitable for Passover use. Prepared foods should have an OUP, OKP, Star-KP or be endorsed by a leading Rabbinical authority. When in doubt, consult the Rabbi. All fresh vegetables may be used except RICE, BEANS (including string beans), PEAS, CORN and MUSTARD. The *Ashkenazi* practice of prohibiting *kitniyos* applies to many other products.

KITNIYOS & KITNIYOS DERIVED PRODUCTS AND INGREDIENTS

Ascorbic Acid, Glucose, Sodium Ascorbate, Beans, Green beans, Sodium Erythorbate, BHA (in corn oil), HVP (kitniyos, possibly *chometz*), Sorbitan, BHT, Isolated Soy Protein, Sorbitol, Calcium Ascorbate, Isomerized Syrup, Soybeans, Caraway Seeds Lecithin, Stabilizers, Citric Acid, Maltodextrin, Starch (kitniyos, possibly *chometz*), Mustard Flour, Peanuts, Dextrose, Peas, Sunflower Seeds, Emulsifiers, Rice, Techina, Flavors (may be *chometz*), Sesame Seeds, Tofu.

VEGETABLES

Please be advised that the Vaad Harabanim of Greater Washington does not require its vendors to sell frozen fruits and vegetables which have been pre-checked for bugs. Though vendors might sell specially marked items that are pre-checked, many items will not be pre-checked. The following fruits and vegetables would need to be checked unless specifically marked as pre-checked: artichokes, asparagus, blackberries, broccoli, brussel sprouts, cauliflower, raspberries, and spinach.

PASSOVER MATZOH MISTAKES

Even matzos, both hand and machine made, which have been baked reliably and expertly may have spots which are chometz.

This refers first of all to parts of a matzah which are doubled over or folded causing a double thickness (*kefulah*). Such parts are not properly baked through and have therefore become *chometz*. They must be broken off and discarded before Pesach. Of course, such parts of matzah ought to have been discovered by supervisors at the factory, but experience shows that such matzahs are sometimes overlooked. One should therefore check through their matzahs before Pesach. The same precautions apply to matzahs which have large air bubbles (*nefuchah*). These should be broken off because the dough underneath such bubbles usually becomes split and dried up; consequently it was not properly baked through and has become *chometz*. However, if the air bubbles are brown from the outside, it may be considered as evidence of proper baking in consequence of which we need not assume that there is *chometz* inside them. Should one find a folded matzoh on Pesach itself one should put it aside and cover it over so that it is not used during Pesach. It should be burned during Chol HaMoed or after Pesach and no benefit may be derived from it.

KASHERING MICROWAVE OVENS

If one has used the microwave for prolonged periods of time (20 minutes or more), allowing the walls of the oven to get hot, more than 120F, from steam given off from the food, it should NOT be kashered. If, however, it is used for short periods, as in reheating foods, or cooking vegetables, it may be kashered for Pesach by the following method: The microwave should not be used for at least 24 hours prior to kashering. Thoroughly clean all surfaces in the oven. The insert glass tray should be changed or covered with a new piece of glass, plastic, or cardboard. Styrofoam could also be used, but it is not recommended if the microwave will be used for a prolonged period of time. Place a clean utensil (Pyrex, Corningware, Visions, or any glass material that can withstand the heat) filled with water inside and turn on at high power, bringing the water to a boil. Keep the water boiling for at least **20-30 minutes**. If a Pesachdike pot is used, it should not be set directly on the glass tray; paper towels should cover the tray first.

The above method is effective whether the walls of the oven are metal or plastic. **THERE ARE SOME AUTHORITIES** that do not allow koshering if the walls of the microwave are plastic.

Microwave-Convection ovens follow the same kashering process as regular ovens.

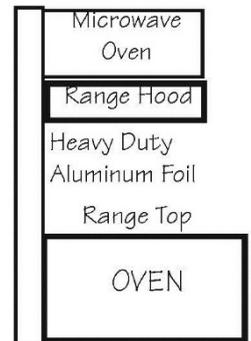
KASHERING UPPER OVEN or RANGE HOOD

Those who have an upper oven (above the stove top) should be aware that the distance between the base of the oven and the stove top is very short and that the base will many times get to *yad soledes bo*. In addition, there is always an accumulation of food that condenses from the steam of the different foods prepared on the stove.

This creates a year-round problem with *bosor b'cholov* (meat and milk). For Pesach purposes, we must be aware that it is difficult to clean thoroughly underneath the upper oven. Even those stoves which do not have an upper oven but which have a range hood located much higher above the range top are not easy to clean. Even if one changes the filter, it is still difficult to be certain that all particles of *chometz* have been properly removed and the range hood cleaned.

Cooking on Pesach on a stove under an upper oven or even a range hood is the one place in the house where a *mashehu chometz* could actually fall into the Pesach food. Such an occurrence is unlikely to happen anywhere else in the house, even should minuscule particles of *chometz*, not discovered during Pesach cleaning, remain behind.

For Pesach, it is recommended to cover the hood or upper oven base with heavy -duty aluminum foil. If you have a microwave oven located over your stove, remember that the microwave has a fan underneath. If you plan to use the microwave oven on Chol Hamoed, cover the base with aluminum foil, but don't cover it too tightly; rather, keep the foil somewhat loosened.



PARTIALLY REPRINTED FROM THE LAWS OF PESACH BY R. AVROHOM BLUMENKRANTZ

Young Israel Shomrai Emunah and Kemp Mill Synagogue present the

B"H

**41st Annual
Yom Hashoah v'Hagvurah Program
Featuring**

Irma Pretsfelder



Mrs. Irma Wertheim Pretsfelder is a German-born Holocaust survivor, born in 1926. She and her family endured increasing persecutions during the rise of Hitler, starting in 1933. After traumatic experiences during and after Kristallnacht, Mrs. Pretsfelder emigrated to England with her parents, leaving close relatives behind who subsequently perished. Their English wartime experience included labor on rural farms for extremely low wages and internment on the Isle of Man. Her father, already in failing health, died at age 54, after hearing the news of his only son's death in the American army in 1945. Mrs. Pretsfelder and her mother immigrated to the US soon after the war. Mrs. Pretsfelder met and married her husband, Louis Pretsfelder in Baltimore and they raised their family there.



**Dvar Torah by Rabbi Dovid Rosenbaum
"Generations" Candle Lighting Ceremony**

**Sunday, April 11th, 2021
7:30 pm**

Zoom ID: 416 963 9000 Pwd: 492019

<https://us02web.zoom.us/j/4169639000?pwd=O1JKU2N2TVo1d0pnO0IHQ2g0YXg2Zz09>



Co-Sponsors:

**Berman Hebrew Academy • Ohr HaTorah
Sulam • Torah School of Greater Washington
Woodside Synagogue • Yeshiva of Greater Washington**

Children grades 6 and above are encouraged to attend with their parents.

ASL interpreter and/or captioning will be available for this program.

KASHERING FOR PESACH

THE OVEN

IN A CONVENTIONAL OVEN, gas or electric, an oven cleaner may be necessary to remove baked on grease. If a caustic-type oven cleaner (Easy-Off, etc.) was used to clean the oven and some stubborn spots remain after the cleaner has been applied a second time with similar results, the remaining spots may be disregarded. Once the oven & racks have been cleaned it may be kashered by turning the oven to the broil setting for 40 minutes or the maximum setting for an hour. The oven should not be turned to the broil or maximum setting until it has been unused for 24 hours.

IN A CONTINUOUS CLEANING OVEN, one cannot assume that such an oven is clean just because the manufacturer claims it to be continuously clean. A visual inspection is required. If it has grease spots, they will usually disappear if the top layer of grease is cleaned with Fantastic and a nylon brush, then the oven should be turned to 450F for an hour so that the continuous clean mechanism can work. If the spots do not disappear, since a caustic or abrasive cleaner may not be used without damaging the continuous clean properties of the oven, the Rabbi should be consulted as to the proper procedure needed to clean the oven. The oven should not be turned to the broil or maximum setting until it has been unused for 24 hours.

IN A SELF-CLEANING OVEN, the self-cleaning cycle will clean and kasher the oven simultaneously.

THE BROILER

It is complicated to kasher the broiler and normally discouraged.

THE STOVE TOP

GAS TOP

The cast iron or metal grate on which the pots on the gas range sit, may be kashered by setting the burners on high for 5-10 minutes after they have been thoroughly cleaned and not used for 24 hours. They also may be inserted into the oven and kashered together with the oven. The drip pans should be cleaned. The rest of the stove top should be covered with a double layer of heavy duty aluminum foil.

GLASS, CORNING, HALOGEN, OR CERAN TOP

Kashering this type of range top is very difficult. The elements of the stove should be turned on after not having been used for 24 hours until they come to a glow and then the burner areas are considered kosher. However, the rest of the cooktop presents a problem. Pots and the like should not be placed directly on the cooktop when taken off of the burners. Rather, trivets should be placed between the pots and the cooktop.

ELECTRIC TOP

In an electric cooktop, one should clean the burners and drip pans and then put the burners on the high setting after not having been used for 24 hours until they have come to a glow. The rest of the stovetop should be covered with a double layer of heavy duty aluminum foil.

SINKS

Sinks are generally made from either china, porcelain or stainless steel. China sinks cannot be kashered at all. Porcelain sinks should also be considered like a china sink since there is a controversy over whether a porcelain sink can be kashered. Therefore, they should be completely lined with contact paper or other appropriate material. In addition, dishes that are to be washed in such sinks (china and porcelain) must be washed in a Pesach dish pan placed on a Pesach rack. It is also necessary to have separate dish racks for milchig and fleishig. Stainless steel sinks can be kashered by not using or pouring hot water in the sink for 24 hours prior to kashering, (it is recommended that the hot water valve under the sink be shut off 24 hours before kashering), cleaning them thoroughly (cold water only) and then pouring boiling hot water over every part of the stainless steel sink from the Pesach kettle/pot which has been boiling on the fire. Since the stream of boiling water must cover every part of the sink including the drain and the spout of the water faucet, it is likely that the kettle/pot will need to be refilled a few times before the kashering can be completed.

NOTE: Corian sinks and counter tops should be treated like any porcelain sink or countertop and should be thoroughly cleaned and covered.

REFRIGERATOR/FREEZER Thoroughly clean. DOES NOT NEED TO BE LINED.

BLENDER/FOOD PROCESSOR New or Pesachdik receptacle (anything in which food makes direct contact) required. Thoroughly clean motor.

CAN OPENER (Manual or electric) -Clean thoroughly.

COUNTER TOPS (plastic/formica/corian) -Clean and cover. Many types can be kashered, and need not be covered over Pesach. Contact Rabbi Rosenbaum with specific questions about counter tops.

DENTURES, BITE PLATES, BRACES- Clean thoroughly after finishing eating chometz. There are those who are stringent and do not eat hot chametz for 24 hours before Pesach.

HIGH CHAIR- Clean thoroughly and cover tray.

TABLECLOTHS & TOWELS- Tablecloths and towels that are used during the year may be used on Pesach after they have been laundered with soap and hot water.

CLEANING CHECKLIST

Every room and place where chometz may have been brought must be thoroughly cleaned. Below you will find a convenient checklist that mentions many nooks and crannies, as well as a few obvious places you might overlook.

| | | |
|---|--------------------------|--|
| attic | clothes (pockets, cuffs) | medicine cabinets |
| baking oven | computer keyboard | office |
| bar | cookbooks | pet house |
| basement | cosmetics | picnic box |
| behind furniture | cosmetic bag | play pen |
| behind stove | crib | play room |
| birdcage | desk | pocketbooks |
| bookcases | dishwasher | porch |
| briefcase | drawers | purse |
| cabinets | factory | radiator |
| cake and bread boxes | freezer | refrigerator |
| car (glove compartment, trunk, between and under infant seats, seats, under mats) | garbage pails | safe |
| carpet sweeper | garage workshop | school bags |
| carriage | halls | school lockers |
| closets | high chair | <i>seforim</i> , books (only those which are commonly used during eating) |
| | jewelry box | telephone mouthpiece & cord |
| | lunch box | |

Those items that can be stored away, after thorough cleaning, should be. Included in this list are: baking utensils, *benchers and zmiros* books, *chometzdik* utensils, cookbooks, picnic basket, recipe box, toaster, used toothbrushes. *** **Remember, this is only a partial list.**

PESACH QUICK REMINDERS

BIBLICALLY PROHIBITED

Chometz, Mixtures & Derivatives
Bread, dry cereals, non-KFP Matzah,
beer, pasta, noodles, whiskey

RABBINICALLY PROHIBITED

Kitniyos & Derivatives
Peas, beans, rice, corn, soybeans
mustard, tofu

PARTIAL LIST OF ITEMS THAT REQUIRE KFP SUPERVISION

dried fruits, cheeses margarine, pudding, ices & ice creams, mayonnaise, honey, canned sweetened fruits, pickles, ketchup, jams, soda, horseradish, yogurts

KITCHEN ITEMS THAT CANNOT BE KASHERED

- Mixer, Pyrex, graters, Teflon, china, pottery, CorningWare, stoneware, Corelle, porcelain, Melmac, whiskey bottles & decanters, porcelain enameled pots, SilverStone, bread making utensils, synthetic rubber, plastic, bread or flour containers
- Utensils with plastic handles or thermal glue, utensils which may be damaged by the kashering process
- Utensils which cannot be totally cleaned (e.g., sieves, grinders, bottles with narrow necks, etc.)



www.bypizza.co

(301) 681-8900

Wishing you a happy Pesach.

We hope you don't miss the chometz too much..... (or
maybe we do)

Josh & Sara Katz
and the Ben Yehuda Staff

Chametz After Pesach 2021

It is rabbinically prohibited to purchase *chametz* after Pesach from a Jew who maintained *chametz* in his possession over the course of Pesach. This is referred to in rabbinic literature as *Chametz She'avar Alav HaPesach*.

A product is defined as *chametz* if it consists of any of the five major grains, including wheat, barley, oat, rye, or spelt in a significant concentration.

There is no prohibition to purchase *chametz* from a non-Jew who was in possession of *chametz* over Pesach.

There is no prohibition to purchase items which are not *chametz* from a Jewish-owned business that did not sell their *chametz* over Pesach.

Chametz may not be purchased from the following locations following Pesach:

- One should not purchase *chametz* until Monday, April 19, 2021 (2 weeks after Pesach) from any major Jewish-owned supermarket that does not sell its *chametz*.
 - One should ideally not purchase *chametz* until Monday, May 3, 2021 (4 weeks after Pesach) from supermarkets that purchase *chametz* from Jewish distributors that do not sell their *chametz*. This includes Giant, Safeway, and Target.
 - One should not purchase liquor until Wednesday, May 19, 2021 (following Shavuot) from a Jewish-owned liquor store that does not sell its *chametz*.
-

- ***Chametz* may be purchased from all Capitol K establishments and caterers one hour after Pesach 2021.**

- ***Chametz* may be purchased from the following national stores after Pesach 2021:**

Aldi, BJ's, Costco, CVS, Food Lion, Harris Teeter, Kmart, Lidl, Petco, PetSmart, Rite Aid, Royal Farms, Save-A-Lot, Sam's Club, Shoppers Food and Pharmacy, Trader Joe's, Walgreens, Walmart, Wegmans, Whole Foods Market

- ***Chametz* may be purchased from the following stores in our community after Pesach 2021:**

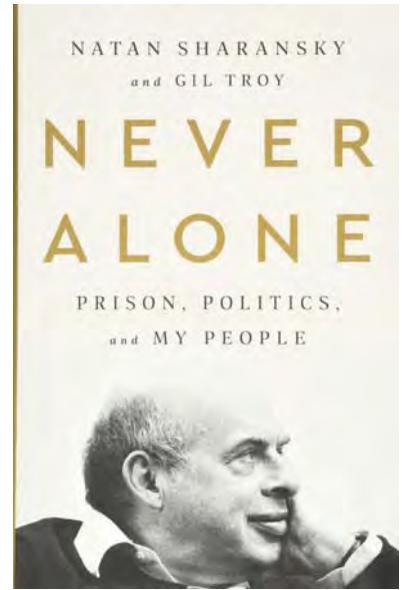
H Mart, MOM's Organic Market, Snider's, Streets Market

- **Please note this change for Pesach 2021: Snider's is now under new ownership and *chametz* may be purchased immediately after Pesach 2021.**

Reviewed by Dinah Rokach

Never Alone: Prison, Politics, and My People
 by Natan Sharansky and Gil Troy,
 480 pages, PublicAffairs hardcover, 2020

Mathematician, chess prodigy, political prisoner, Refusenik, human rights activist, author, reporter and columnist, politician, political party chief, Member of the Knesset, member of the security cabinet, Interior Minister, Minister of Industry and Trade and other Cabinet ministries, Deputy Prime Minister, Chairman of the Executive of the Jewish Agency, loving husband, father and grandfather, *oleh, ba'al teshuva* -- these are the many facets in the life of Natan Sharansky. Through conversations with co-author native English-speaker, American born and educated McGill University Professor Gil Troy, a lucid and highly readable account of Sharansky's life's work has been published. Readers will never again be able to view him as another stock cardboard figure to be inserted into the ideological cribbage board that has become the manner in which Israeli politicians are assessed.

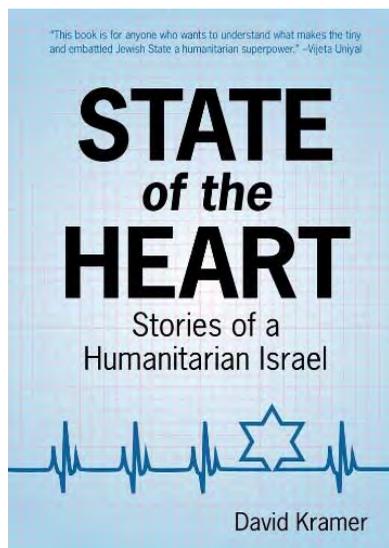


Sharansky, who was born in 1948, surveys all the key events of his lifetime: Soviet persecution of Jews and virulent anti-Semitism, official state revisionism of the history of World War II to hide Jewish victims of Nazism in the Ukraine where he grew up, life under totalitarianism. The nature of Israeli politics, the fiefdoms, the corruption inherent in the parliamentary system, the compromises among secular, American Reform and Conservative Jews and the Orthodox rabbinate. The peace process, Oslo, the intifadas, Wye River summit, return of Gaza, Arafat and Abu Mazzen and their regimes. Taglit-Birthright Israel, US campuses as hotbeds of anti-Israel propaganda, anti-Semitism of the Left and Right, assimilation, terror incidents in the diaspora and Israel, intra-Jewish factionalism. The Law of Return and the influx of waves of refugees from Russia and the Third World. The policy conundrum of establishing ties with dictatorships -- whether in the USSR or the Middle East -- so that they liberalize without aiding in bolstering their corrupt leaders.

Reading Sharansky's well-articulated perspective gives us greater understanding. Our minds may not be changed, but we will appreciate the nuances of historical situations from an insider's point of view. Sharansky's take on US politicians and presidents is interesting. His revelation of the active -- albeit surreptitious -- involvement of journalists with the Soviet dissident movement is noteworthy. His stories of well known Israeli politicians are fascinating as are his thoughtful analyses. His love for his wife who preceded him in becoming observant, and who waited twelve years to be reunited, and his embrace of the notion of *shalom bayis* is enchanting His views are highly sophisticated and come from the mind of a man of great intellect. We may have assumed his great courage knowing the

story of his life, but his intellectual leanings and philosophical underpinnings are revealed through the pages of this noteworthy book. His plea for Jewish unity is heartfelt.

Surprisingly for an idealist, Sharansky contends that the goal of politicians is to get reelected -- not to gain office for a higher purpose. Political scientists might point to this attitude as a glaring weakness of the parliamentary system of government. Nevertheless, Sharansky glosses over the demise of his political party Yisrael B aAliyah. He makes no mention at all of Russian-born Israeli politician Avigdor Leiberman. Sharansky's silence on this matter reinforces the notion that all autobiographies leave some difficult truths concealed.



State of the Heart: Stories of a Humanitarian Israel
by David Kramer
197 pages, Urim Publications hardcover, 2020

It's a joy to read good news about Israel. Stories of compassion, reaching out to those in need during disasters or medical crises, and turning pain and loss into positive action are portrayed in this slim volume. Revel in details about everyday Israelis and their reactions to crises near and far.

For those in search of worthy organizations for their charitable donations, you'll find a roster of charities and NGOs to support. For those wanting insight into the culture that the State of Israel has cultivated in more than seven decades, read on with delight. Become enchanted once again realizing how a small nation has repeatedly reached across the world to serve humanity with speed

and efficiency in times of need. Using technology, advanced medical know-how and entrepreneurial spirit to attack problems that plague mankind is a storyline worth reading and re-reading in an era of sensationalism, cynicism and materialism.

Author David Kramer was inspired to write *State of the Heart* after being confronted with hate and bigotry as a student representative of Israel at a United Nations international conference. Photographs which accompany the text show smiling, committed Israelis performing acts of mercy.

The most touching stories recount Israelis putting their lives on the line to save Palestinians and relatives of victims of terror who devote their lives to outreach and understanding. "Surely yours is a great people." (*Devarim, V'eschanan*)

The Impact of World War One on the Jewish People
by Larry Domnitch
224 pages, Urim Publications hardcover, 2020

The suffering of European Jewry was not limited to the Shoah. Sadly, each successive wave of persecution and horrific calamities that have befallen our people in exile has tended to overshadow in many of our consciousness the previous episodes of unspeakable cruelty perpetrated against the Jewish Nation. As we read in the Haggadah, “In every generation”

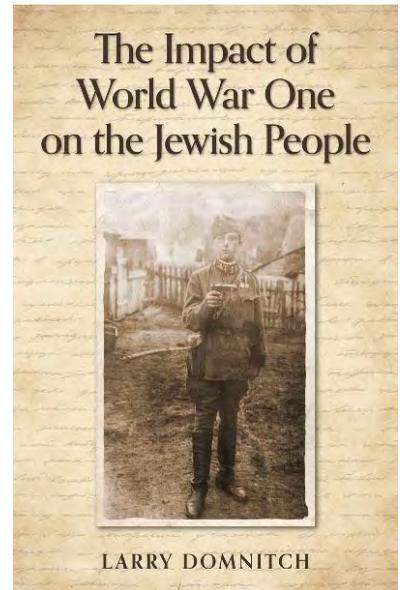
Educator and author Larry Domnitch has written a fascinating account of the Jews during World War I. Many remember the Balfour Declaration and the establishment of the British Mandate in Palestine subsequent to that conflict, the result of the victors dismembering the vanquished Ottoman Empire. That bright spot should never obliterate the death and destruction, hardships and expulsions, pogroms and murder of the Jews of Eastern Europe, Galicia, the Baltic States and Russia.

On the frontline or in the path of retreat, Jews were singled out as enemy spies. Cossacks and other anti-Semites among the native populations used the turmoil of war to settle ethnic grievances and religious hatred that were long simmering. Massacres and expulsions, hostage-taking and destruction ensued. The Russian Revolution did not end the suffering of Jews under the Czars. As history would show, the formation of independent states from the dismembered empires of the Central Powers gave rise to anti-Semites. The account of Jews suffering in the Holy Land from starvation and epidemics under the waning days of Ottoman rule will rend the heart.

Jews served and died in the military of all the combatants, on both sides, in the Great War, which was the most deadly to that point in the history of mankind. Jewish losses in battle were proportionate to their population in their native lands -- primarily, England, France, Germany and Austria. Read about the Jewish military heroes of World War I and the civilian Jewish scientists and inventors who aided the war effort.

On a positive note, learn about American Jewish relief efforts to aid their European brothers and sisters. German Jewish community's humanitarian efforts through the German military and bureaucracy are a bright spot in an otherwise sad tale of discrimination and religious bigotry. The stories of the Zion Mule corps and the Jewish Legion fighting with British forces are told with pride. The Balfour Declaration is placed in its historical context.

Readers will discern that our people are impacted by world history and our suffering should be understood within the historical context. Hashem rules the world; we should not abstain from recording the tortuous path from exile and suffering to our ultimate redemption.



YISE YOUTH PRESENTS: HASHOMER JR.

Dear Friends,

Did you know that YISE has 218 families with children under the age of 18? B”H, we have a LOT of children to serve. What a bracha!! This special section, called *HaShomer Jr.*, is dedicated to all of them. Enjoy these Pesach activities with your kids and grandkids.

During the pandemic, we’ve taken our role very seriously. Our mission has been to bring the children of our Shul a sense of community and normalcy during this isolating time, while keeping safety a top priority. Our Youth Director, Brett Kugler, and the YISE Youth Committee have hosted over 25 activities since August for children of all ages. Here is the list at a glance:

Family Hike in Northwest Branch
Rosh HaShanah Pen Pals
Holiday Story Times
High Holiday Survival Guide
Virtual Sukkah Hop
“In the Sukkah” with Rabbi Rosenbaum
Lauren Balsam’s CardioKids
Dor L’Dor (9 sessions: November - March)
Mentalist Beyond Belief with David Jaison
Morah Debby and Friends-Chanukah Puppet Show
Chanukah Swag in a Bag
How to Make Latkes
Board Game Arena
Virtual Challah Braiding
Drive-Through Purim Costume Parade
Morah Debby and Friends - Purim Puppet Show
Community-wide Hamantaschen Bake
Shabbos Afternoon Groups
Parenting workshops

Coming Soon: Pesach Crafts Competition on Sunday, March 21 at 11 am

Stay tuned. There are many more activities coming up in this spring.

Chag Kasher V’Sameach

Sincerely,
Debbie Katz
YISE Youth Chair
dkatz@yise.org

ACTIVITY 1:

PESACH GOODIE BAGS: The 10 plagues can be the most entertaining part of the seder with the right props; Fill the bags with little things like plastic frogs, marbles for boils, sunglasses for darkness and ketchup baggies for blood—be creative! Put a bag at each plate, and don't let anyone open them until it's time for Dam, Tzefardeah...

ACTIVITY 2:**Madlibs: THE STORY OF PASSOVER**

(Thanks www.milwaukeejewish.org)

The story of Passover, or Pesach, takes a long time to _____ (verb), so I'll try to make it short. I won't go into the whole life _____ (noun) of Moses— he grew up in Pharaoh's palace in Egypt, but when he grew up, he had to leave to another _____ (country). Then he saw a _____ (plant) that was on fire, but it didn't burn up! From inside it, G-d's voice said he had to go back and free the Jews from slavery. So he went back. Of course, Pharaoh did not want to _____ (verb) the Jews. So G-d told Moses to convince him with the Ten _____ (plural noun). All kinds of _____ (animals), bugs, and _____ (plural noun) attacked Egypt. The weather got all _____ (adjective), too - with the water, hail, and even the Sun doing weird things! Finally, Pharaoh gave up and let the Jews _____ (verb). They were in such a hurry to leave, they did not let their bread rise and instead had to eat _____ (food) as they left! Of course, once they were gone, Pharaoh wanted them back. So he chased them to the _____ (color) Sea. The Jews were trapped between his angry army and the deep water! Oh, no! But G-d had another miracle in store. Moses stretched his staff over the water... and it _____ (verb)ed right in half! Wow! The Jews walked through the middle of it, on the _____ (adjective), dry bottom of the sea. Amazing!

They got all the way to the other side, when the Egyptian _____ (noun) followed. By then, it was too late, and the water covered them over. The Jews were saved! Then they went on to get The _____ (number) Commandments at _____ (famous mountain). It's an incredible story. No wonder we _____ (verb) it every year!

ACTIVITY 3:

Make this dessert with your child

Thanks Chef Natasha!

Check out her website: www.JewsEatVeggies.com

Chocolate Banana Matza Brei



Serves 3

Ingredients:

3 whole wheat matzas (or spelt, or regular)

1/2 cup mashed banana (approximately 1 large banana)

1 Tablespoon potato starch

1 Tablespoon maple syrup

1 sprinkle of cinnamon

1/4 cup chocolate chips

Optional:

2 Tablespoons sugar

Instructions:

Heat oven to 350. Break up matza, place it in a mixing bowl and soak it in hot water until soft (at least 5 minutes). Drain carefully.

Add banana, maple syrup, potato starch and optional sugar, if using. Mix well.

Place the mixture onto a cookie sheet lined with parchment paper. Spread it out with a fork so that the thickness of it is even throughout. You can also make it round and cut into pizza triangle shapes when it's finished. Lightly sprinkle cinnamon on the top.

Bake for 10 minutes, or until the top is solidified and hardening. Flip the mixture over (it may not stay together perfectly) and bake another 10 minutes, or until the mixture is cooked throughout.

Take the pan out of the oven. Add the chocolate chips on top right away. The heat from the matzo brei will melt them. You can also use a knife or a fork to spread them around and help the process along. Cut into pieces and serve hot!

Provide more maple syrup for those who want it. You can also leave off the chocolate chips for those who don't want them.



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