

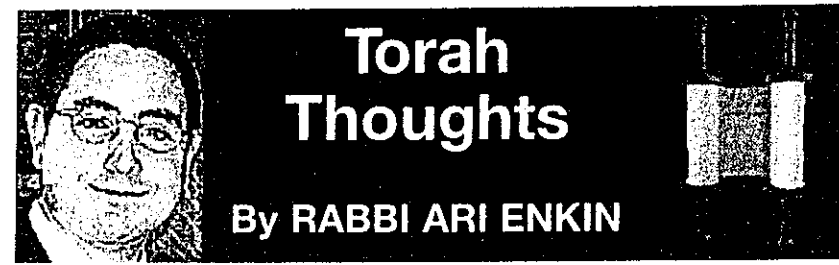
Torah comment

Custom of eating dairy on Shavuot has many explanations

One is that only dairy food could be easily prepared on day of giving of the Torah

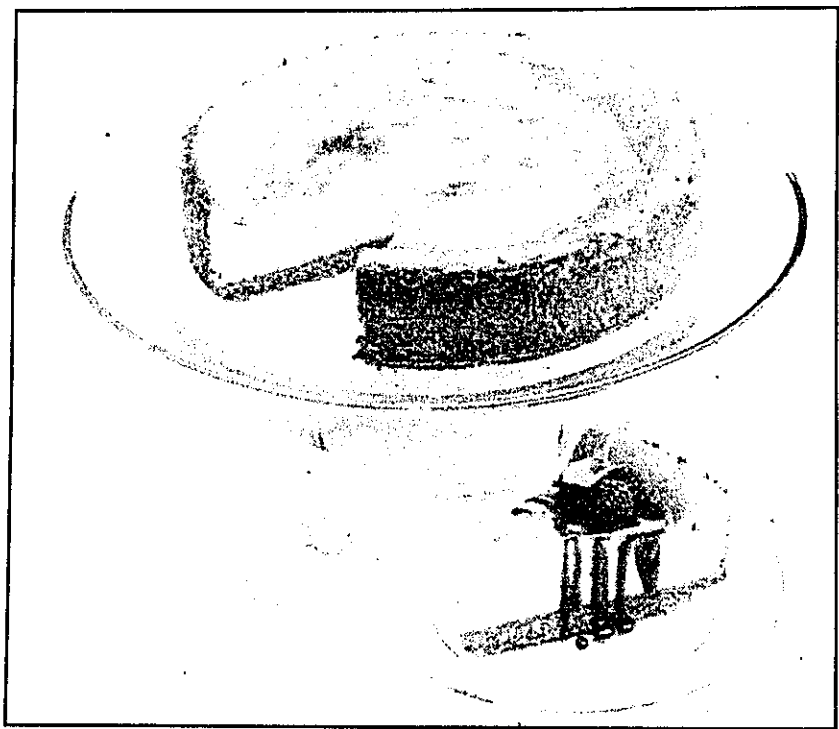
Due to the holiday of Shavuot June 2 and 3, there will be no "Parsha of the Week" this week in the Diaspora, where Shavuot overrides Shabbat. But in Israel, where Shavuot concludes before Shabbat begins – the parshas continue! Yup, the Diaspora is thus "behind" Israel, as always.

Shavuot is the second of the Torah's "Shalosh Regalim" – Three Festivals. While there are other holidays throughout the year, including those when work is forbidden, it is only the holidays of Pesach, Shavuot, and Sukkot that are defined as festivals. The common denominator between them, to the exclusion of all others, is the requirement to appear and celebrate the holiday in Jerusalem.



Torah Thoughts

By RABBI ARI ENKIN



Cheesecake is a favorite dairy treat on Shavuot.

While from a truly scriptural perspective Shavuot is little more than an agricultural holiday, the Talmud points out that it was also the day the Torah was given. Well, not exactly. Believe it or not, there is actually some doubt as to when the Torah was truly given! The Talmud (Shabbat 86) presents two views on the issue: it was given either on the 6th or 7th of Sivan. As such, one will notice that in the prayers, Shavuot is nowhere referred to as "The day of the giving of the Torah" but rather, "The time/season of the giving of the Torah"

Shavuot Customs:

Among the may beloved customs of Shavuot is the decorating of the home and synagogue with fresh greenery. This recalls the miraculous growth of beautiful plants and flowers in the Sinai desert in honor of the imminent giving of the Torah. Additionally, tradition has it that Moshe's rescue in infancy from his cruise-along-the-Nile took place on Shavuot. The Torah points out that the area was full of reeds – greenery.

Contrary to popular belief, there is no mitzvah of the Torah to consume obscene amounts of cheese-cake over the course of the holiday. The custom of eating dairy has many sources, my favorite among them: When the Torah was given, along with it came the mitzvah of kosher slaughter as well. Since previously, rules concerning kosher slaughter were not observed (because they didn't exist); the Jewish people were then forced to accept that all their meats and dishes were now treif! Only dairy could have been quickly and easily prepared for eating that day. Furthering this idea, some commentators suggest that Shavuot is the holiday which represents perfection in the mitzvah of separating milk and meat. As such, common custom is to have both meat and dairy meals over Shavuot while meticulously ensuring that all required separation and regulations are met.

All night Torah study is another popular, but tiresome custom of Shavuot. On the day the Torah was to be given, the Jewish people overslept! To atone for this misdeed, it has become customary to stay up until the crack of dawn, and at the same time, pray the morning shacharit service, with the sunrise, which, by the way, is considered the ideal time for the shacharit prayers every day!

The book of Ruth is read in most synagogues on Shavuot following the reading of the Torah. The reason for this is that the story of Ruth took place during the Shavuot season. Furthermore, the story of Ruth is essentially one of a woman who went through great lengths and challenges to convert to Judaism and loyally observe the entire Torah. It is a message for us, as well, on Shavuot to learn from Ruth and to renew our commitment to Torah observance as well.

The writer, former scholar-in-residence at the Rady Jewish Community Centre and Winnipeg Hillel/JSA director, is an Orthodox rabbi now living in Ramat Beit Shemesh, Israel.

SYNAGOGUE SERVICE TIMES

CHAVURAT TEFILA SYNAGOGUE

Thursday, June 1 Erev Shavuot - candles: 9:11. Mincha: 9:10. Shacharit for June 2&3: 9:30. June 2 - candles 9:12. June 3 - Yizkor: 11:00. Shabbat/Yom Tov ends: 10:21. Sunday morning services: 9:00. Weekday morning services: 8:00. Evening services for the week of June 4-8: 9:05.

The Chavurat Tefila Synagogue on the corner of Hartford and McGregor offers traditional Orthodox services in an informal setting. We welcome anyone who has yahrzeit or is saying kaddish to join us for our twice-daily minyanim.

CONGREGATION ETZ CHAYIM

Friday, June 2 - morning service 9:00 a.m., evening service 6:00 p.m., candle lighting 9:12 p.m. Shavuot Day 1. Saturday, June 3 - morning service 9:00 a.m., evening service 9:05 p.m. Shabbat ends 10:20 p.m. Yizkor. Shavuot Day 2.

Sunday, June 4 - morning service 9:00 a.m., evening service 8:30 p.m. Monday, June 5-Thursday, June 8 - morning service 7:30 a.m., evening service 8:30 p.m.

CONGREGATION SHAAREY ZEDEK

561 Wellington Crescent; website www.shaareszedek.mb.ca For program and event information, please check our website or call the Synagogue office. Weekday Morning Minyan 7:30 a.m.; Morning Service on Shabbat, Sundays & Holidays 9:00 a.m.; Daily Evening Minyan 6:00 p.m. Sat-Thur; 5:30 p.m. Fri. Thursday, June 1 - Erev Shavuot: Morning Minyan 7:30 a.m.; Evening Minyan 5:30 p.m.; Tikun Leil Shavuot 8:00 p.m. Friday, June 2 - 1st Day Shavuot: Morning Minyan 9:00 a.m.; Evening Minyan 5:30 p.m.; Kabbalat Shabbat Service 6:00 p.m.; Light Shabbat Candles 9:12 p.m. Shabbat, June 3 - 2nd Day Shavuot: Morning Service 9:00 a.m.; Yizkor Service 10:30 a.m.; Pre-Junior Congregation 10:30 a.m.; Torat Chayim Torah Study 12:30 p.m.; Evening Minyan 6:00 p.m.; Shabbat ends 10:29 p.m.

HERZLIA-ADAS YESHURUN SYNAGOGUE

Located at 620 Brock Street "Your home for exploring and experiencing meaningful Jewish living" For the week of June 2-8, 6-12 Sivan, 5766. Friday June 2nd; Shavuot 1st day. Candle Lighting: 9:11 p.m. Friday Mincha: 7:30 p.m. Shabbat June 3rd; Shavuot 2nd day. Shabbat Shacharit: 9:00 a.m. Yizkor. Shabbat Mincha: 9:00 p.m. Shabbat Ends: 10:24 p.m. Sunday Shacharit: 9:00 a.m. Weekday Mincha: 7:45 p.m. Weekday Shacharit: 7:00 a.m.

TALMUD TORAH - BETH JACOB SYNAGOGUE

Located at 1525 Main Street. Candle lighting time for Friday, June 2 at 9:12 p.m. Mincha/Kabbalat Shabbat at 9:10 p.m. 2nd Day of Shavuot, Saturday morning service at 9:15 a.m. Yizkor prior to Musaph. Mincha service at 9:15 p.m. Shabbat ends at 10:21 p.m. Daily Mincha/Ma'ariv services at 9:15 p.m. Traditional Orthodox services are conducted, and everyone is invited to attend.

TEMPLE SHALOM

Temple Shalom, Winnipeg's only Reform Congregation, 1077 Grant Avenue, will be holding a Shavuot Shabbat Service on Friday, June 2nd at 8 p.m. led by Steven Hyman and Cantor Len Udow. All are welcome!

Why bury books?

Community Book Burial at HSBA cemetery on June 6, 2006.

We have been called Am Ha Sefer, People of the Book. It is a title we have worn with pride. Books open doors to us, through which we can see our people's past and the beauty of Jewish life. When books which contain G-d's name are old, worn and no longer of any practical use, we treat them with the same respect as we would a dear friend; we return them to the earth in an expression of love and gratitude and for the lessons they taught us.

With care and respect, we commit papers, pages, books, Tefillin, Tallitot, Mezuzot and other ritual items with G-d's name to the ground, where they will enrich the soil as they have enriched our lives.

JOIN US FOR A COMMUNITY GENIZA

Burial of holy texts and ritual items which can no longer be used

Tuesday, June 6, 2006

10:00 AM

Hebrew Sick Cemetery

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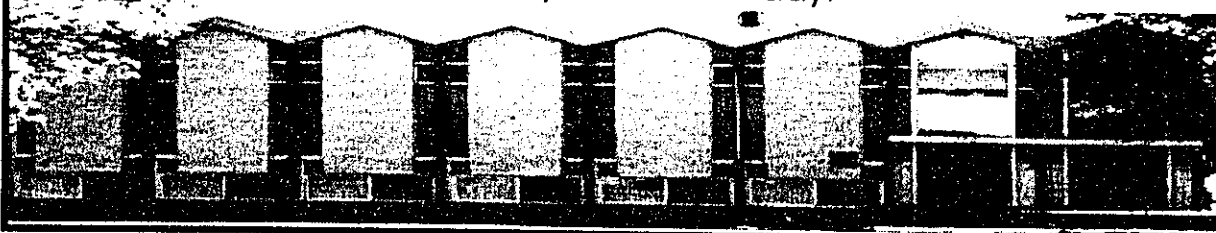
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Recipes

Summer side salads

Summer is getting into gear and it's a great time to hunt down farmers' markets if they are available and buy fresh produce for salads.

FROM MY KOSHER KITCHEN



By SYBIL KAPLAN

Here are some new salads and special dressings to try.

ABC SALAD

6 servings

- 1 six-ounce jar marinated artichoke hearts
- 1 15 1/2 ounce can drained chick peas
- 2 sliced celery ribs

French dressing of your choice

1. In a bowl, cut up artichoke hearts. Save liquid.
2. Add chick peas and celery. Refrigerate.
3. Add 2 T. French dressing to artichoke heart liquid. Refrigerate.

Just before serving, pour dressing over vegetables.

SALAD FROM THE FARMERS

8 servings

- 2 cups cut up Romaine lettuce
- 2 cups cut up red lettuce
- 2 cups cut up green lettuce
- 2 cups cut-up Boston lettuce
- 1 cut-up green pepper
- 1 cut-up red pepper
- 1 cup-up yellow pepper
- 4 large sliced tomatoes

Dressing

- 1/2 cup olive oil
- 1 1/2 T. red wine vinegar
- 1 1/2 T. mayonnaise
- 1 t. Dijon mustard
- 1/2 t. onion powder
- 1 t. minced garlic
- 1 t. tarragon
- 1/2 t. thyme

1. In a large salad bowl, combine lettuces, peppers and tomatoes. Refrigerate.
2. In a blender or jar,

combine oil, vinegar, mayonnaise, Dijon, onion powder, garlic, tarragon and thyme. Blend until smooth or cover jar and shake well. Refrigerate.

Pour dressing over salad before serving.

GREEN SALAD

8-10 servings

- 4 cups Romaine
- 2 cups Boston lettuce
- 4 cups lettuces of your choice
- 1/2 cup sliced green onions
- 1 sliced red pepper
- 1/2 cup black or green pitted olives
- 1 sliced avocado

Dressing

- 1 1/2 cups olive oil
- 1/2 cup red wine vinegar
- 3 T. catsup
- 1 t. chili sauce
- 1 t. lemon juice
- 1/2 t. dry mustard
- 1/2 t. horseradish
- 1/3 t. paprika

1. In a salad bowl, combine lettuces, onions, red pepper, olives and avocado. Refrigerate.

2. In a jar, combine oil, vinegar, catsup, chili sauce, lemon juice, mustard, horseradish and paprika. Close and shake well. Refrigerate.

Just before serving, shake dressing and pour over salad.

ITALIAN SALAD

6 servings

- 3 cups cut up Romaine or other lettuce
- 1 cup cut up spinach
- 3 sliced celery ribs
- 4 carrots, grated
- 3 sliced zucchini
- 3 sliced tomatoes
- 1/4 pound snow peas
- 2 sliced pickling cucumbers
- 1 cut up red pepper
- 1/2 cup grated red and white cabbage

1. In a jar, combine oil, vinegar, balsamic vinegar, Dijon, and garlic. Close and shake well. Refrigerate.

Before serving, arrange on serving plates, drizzle with some of the dressing and top with cheese.

Sybil Kaplan is a book reviewer, journalist, lecturer, writing teacher and synagogue librarian living in Overland Park, Kansas.

She is the author of Kosher Kettle: International Adventures in Jewish Cooking, published by BAK Associates, 9809 Glenwood, Overland Park, KS 66212.

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