

בס"ד

SHAVUOT 5770

US \$3.60

# KIDS

Live the Challenge

FAMILY  
SHAVUOT  
GUIDE  
INSIDE!

# EXPLORE SHAVUOT

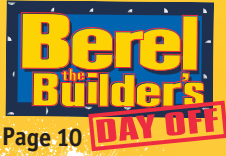
■ SAVE THE DATE ■ BEREL THE BUILDER'S DAY OFF! ■ KID POWER!

*"Our Sages explain that the Torah was given to the Jewish people only after they swore "our children are our guarantors," meaning the children are the guarantors that the Jewish people will observe Torah and Mitzvot... Thus each of you children have the great merit and responsibility to carry out the guarantee given to and accepted by G-d in the name of all Jewish children of all generations - that they will go in the path of Judaism, Torah & Mitzvot."*

—The Lubavitcher Rebbe

Address to children 11th Sivan 5743 (1983)

## What's Inside:



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# HEY KIDS!

**We've been busy counting 49 days from Passover... and now it's time for the giving of the Torah: Shavuot!**

The word Shavuot means "weeks," and the holiday marks the completion of the seven weeks of counting between our redemption from Egypt, and our becoming G-d's chosen nation.

Discover the secrets behind the scene at Mount Sinai and what keeping Kosher is really all about. Learn how to make delicious dairy milkshakes, and find out about some incredible kids around the globe – and the power each and every one of you have, to make a difference to the world!

Join thousands of Jewish kids worldwide this year and hear the **Ten Commandments** being read from the Torah. Enter our online competition after the holiday ends, to win some fantastic prizes!

# 1. Win a Personal DVD Player

You'll have the world in your hands with this sleek and sophisticated Hammacher Schlemmer palm-sized DVD player!



## 2. PowerStrider Stilts

Reach for the sky this Shavuot with these incredible **PowerStrider Stilts**! Jump up to 6 feet in the air, leap 20ft in a single stride and bound across the ground at up to 20mph. The sky's the limit with PowerStriders!



## 3. Dizzy Milkshake Maker

Enjoy some dairy delights this Shavuot with the adorable **Dizzy Milkshake Maker**! Turn to page 20 for some great milkshake recipes!



## 4. Safest Steel Safe

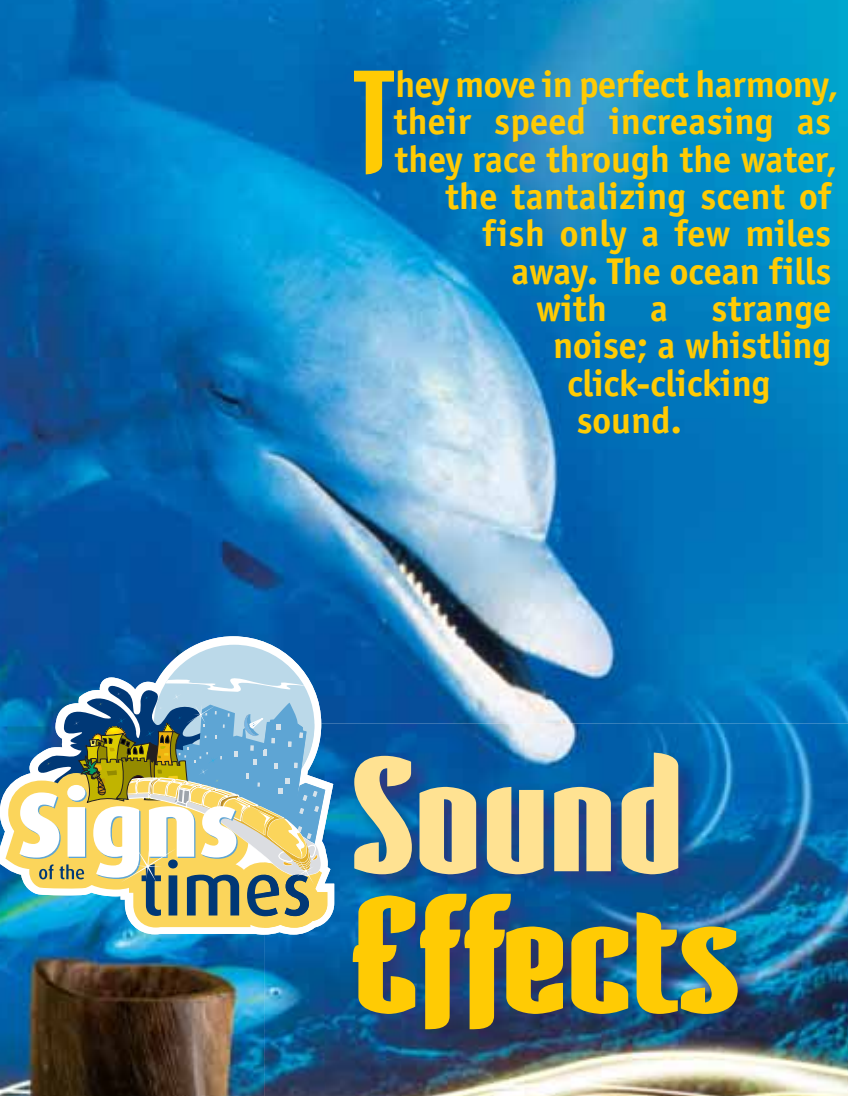
On Shavuot we received G-d's greatest treasure – the Torah. Now you can keep your treasures secure with this 3 pound, **steel safe** – complete with combination lock and alarm!



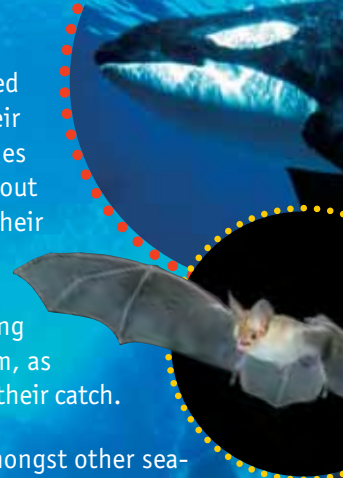
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This magazine contains G-d's name, please treat with respect.



**T**hey move in perfect harmony, their speed increasing as they race through the water, the tantalizing scent of fish only a few miles away. The ocean fills with a strange noise; a whistling click-clicking sound.




The dolphins speed through the water, their strange clicks and whines reverberating throughout the ocean, reaching their friends many miles away. They are soon joined by more dolphins swimming effortlessly towards them, as they join forces to enjoy their catch.

Dolphins and whales, amongst other sea-creatures have an amazing ability to **communicate over long distances, and hear sounds that are far beyond the hearing capabilities of humans.** These magnificent creatures use whistles and clicks to communicate at pitches either so low or so high, that they cannot be heard by human beings. Large whales communicate using extremely low frequencies over several hundred miles! **Other creatures, such as bats for instance, rely on sound not only to communicate, but also to 'see.'** Bats emit sounds and listen to the echo. This kind of SONAR (sound navigation system) enables bats to find their food even in total darkness.



# Sound Effects



**W**hen the Jewish people gathered at Mount Sinai to receive the Torah, they were able to hear the actual voice of G-d! The first two of the Ten Commandments were spoken by G-d Himself, and His voice was heard throughout the entire world. Even the birds in the sky and the fish in the sea stopped what they were doing to

listen. The oceans' waters froze, the trees stood still and the wind ceased to blow.

Everyone and everything stood silent and still, listening to the awesome voice of G-d.

When we have done all the good deeds we can to make the world a better place, then once again G-d will ensure that His voice will be adhered to across the entire world. Elijah the Prophet will be sent to blow the Great Shofar to herald the coming of Moshiach.

**The blast of the Shofar will be heard from one end of the world to the other, and from all four corners of the earth, the Jewish people will gather in Jerusalem, and the world will know a true and everlasting peace and harmony!**

# Jewish HEROES

Baal Shem Tov

**T**he Baal Shem Tov loved the simple Jews and he taught his disciples to emulate their purity and innocent trust in G-d. Until he revealed himself as a tzaddik and holy man at the age of 36, he himself lived the life of a simple Jew, working with children and doing menial labor. The Baal Shem Tov passed away on Shavuot, the holiday in which we celebrate the time when all Jews, young and old, simple and wise, stood in unity as G-d's chosen nation at Har Sinai to receive the Torah.

The Baal Shem Tov and his disciples once had the merit of observing a simple shepherd in the field serving G-d in his unique way. While they watched from a distance, the shepherd looked up to heaven and said, "Master of the World! How great You are! I am but a simple shepherd, never having learned Torah I don't know how to serve You. Still, what I can do is blow my shepherd's horn like a Shofar, and proclaim, 'The L-rd is G-d!'" And that he did, with all his strength, until he fell exhausted to the ground.

He got up again, and said, "Master of the World! I don't know how to pray, but I can still sing shepherds' songs in Your honor!" And so, he sang loudly, with fire and passion, till his voice cracked.

## THE BAAL SHEM TOV

Father: ELIEZER    Mother: SARAH



Synagogue of the Baal Shem Tov, Medzhibozh, Ukraine

**Name:** Rabbi Yisrael ben Eliezer, the Besht

**Born:** 18 Elul, 5458 (1698), Okup, Ukraine

**Died:** 6 Sivan, 5520 (1760), Medzhibozh, Ukraine

**First wife:** Chana    **Second wife:** Leah Rochel

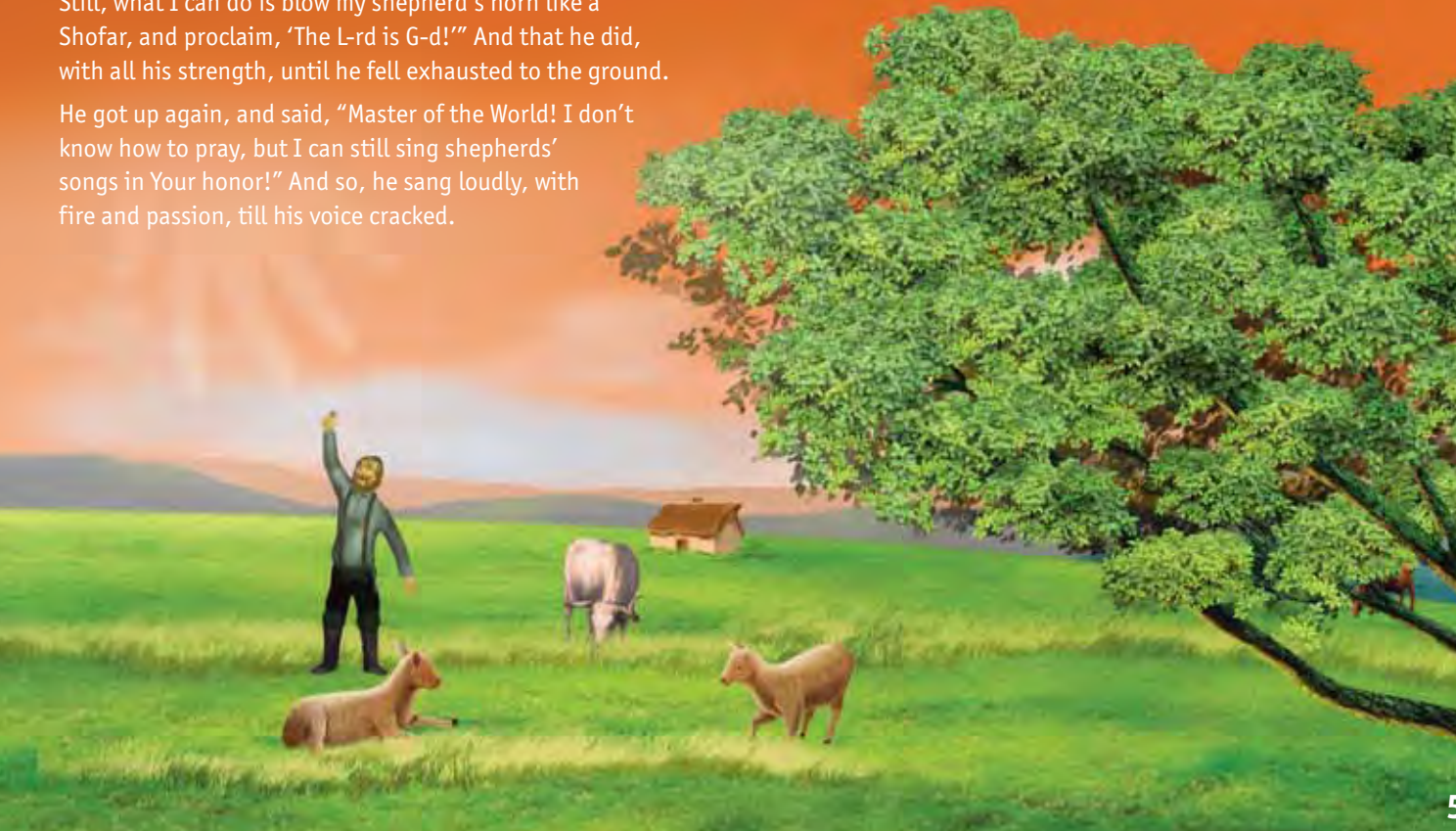
**Children:** Edel and Tzvi Hirsch

**Famous for:** Founded the Chassidic movement which emphasized serving G-d with joy, and the positive qualities of the simple Jew.

After resting awhile, he cried out, "Master of the World! There is yet more I can do to honor You!" With that, he threw his body into somersaults, wheeling wildly around the hill, until he collapsed.

Then he spoke again, "Master of the World! I've done all I can, but it is still not enough! How else can I honor You?" He thought awhile, and then happily said, "Yesterday, I received a silver coin as a thank-you gift from the nobleman who owns my flock. That coin I shall give to You, for You create and feed all creatures, including me, Moshe the little shepherd!" And with that, he hurled the coin high towards the sky. **And a hand reached down from the heavens to receive the coin!**

In an awed whisper, the Baal Shem Tov said to his disciples, "Look how we can learn from this simple, pure-hearted Jew who has fulfilled the verse, 'And you shall love the L-rd your G-d with all your heart, with all your soul, and with all your might!'"





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Book Date: 14 Nissan 2448  
 Reference: **BY600000**

Travel Itinerary for:  
**THE CHILDREN OF ISRAEL**  
 Departure: **15 Nissan 2448**

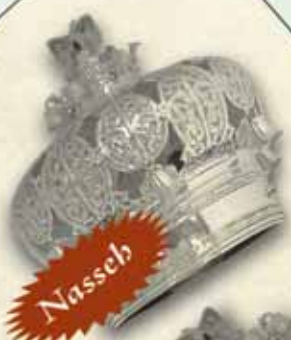
DEPART 0515 - EGYPT/MTZRAYIM INTL - FLIGHT 018  
 Station: DEPARTED  
 Arrival: **01 Sivan 2448**  
 ARRIVE 0010 - SINAI DESERT/MIDBAR SINAI INTL - F  
 Station: ON SCHEDULE

DURATION: 43 days  
 CRAFT: Clouds of Glory  
 CLASS: First  
 REQUESTS: Kosher



**SAVE THE DATE:**  
**PREPARE FOR THE GREAT EVENT!!**  
 MATAN TORAH - THE GIVING OF THE TORAH. THIS YEAR IS ON SHAVUOT, MAY 19, 2010.  
**DONT MISS IT!!**

UDMALL



Nassab



Venishmah

### TWO SILVER CROWNS

Incredibly luxurious, engraved crown wrought from the finest materials known to man. This elegant piece of craftsmanship will add the final touch to your Mount Sinai experience. Accompanied by a second crown, the two of them together read "Naassen Venishmah." **Crowns: FREE with purchase of Torah**



### SHOP AT CLOUDMALL

WHERE SHOPPING IS A PLEASURE

#### LuachShaon Timepiece POCKETWATCH

A Master of Craftsmanship. The LuachShaon Timepiece is one of the most accurate yet sturdy, and impeccably finished, the limited edition LuachShaon watches you will be able to keep track of all 49 days until the giving of the Torah. **5770 - Watch: \$49.99**



#### SUN GEAR

Be prepared for the desert! Get the best sunglasses, sunhat, sunscreen to protect you from the desert heat. (Disclaimer: You will not need the desert because you will be protected because you will be protected by the Clouds of Glory anyway!) **2010 - Sun Gear: \$9**

ORDER TODAY!



PASSPORT

### CLOUDS OF GLORY

NAME OF PASSENGER  
**CHILDREN OF ISRAEL**  
Originating  
From **EGYPT**  
SINAI DESERT  
Class **FIRST**  
Seat **ACC. TO 12 TRIBES**

WE DEPART ON TIME!  
ARRIVING GATE WILL BE CLOSED 15 MINUTES  
ARRIVING TO SCHEDULED DEPARTURE TIME. PLEASE  
BE PREPARED FOR PASSENGERS MISSING LANE.

Flight  
**COG18**



ETKT

גידוד ילדי עובדי  
BOARDING PASS

גידוד ילדי עובדי  
BOARDING PASS

NAME OF PASSENGER  
**CHILDREN OF ISRAEL**  
From **EGYPT**  
Originating  
**SINAI DESERT**  
Seat **15 NISSAN 2448**

Class **WITH TRIBE**  
ETKT



Hi!

The countdown is on! We've just arrived at the foot of Mount Sinai and there are only 6 more days until we receive the greatest gift of all time. The whole nation has set up camp, and what do you know? Not one argument, not one fight -- everyone is settling down in total peace and harmony. We are truly like One Man with One Heart. Everybody is working together to prepare ourselves for the great event...

*Lots of Love!*



WISH YOU WERE HERE!

MEMORIES FROM MOUNT SINAI

Yom HaMeyuchas, 2 Sivan, 2448

Aloha!

Day 5 and we've just heard from our great leader Moses. Earlier today he made announcements, first addressing all the Women, then talking to the men, explaining the greatness and holiness of the Torah and Mitzvot we are soon going to receive. G-d asked us to bring Him guarantors that we would keep the Torah forever - and you should have been there to see the scrambling that followed! "Abraham!" "The Prophets!" "The sun and the moon!" Nothing was accepted until one bright spark shouted "our children!" And our children it is! Yes my child, you, your children and your children's children are the guarantee that Torah will be kept and treasured by the Jewish people for all eternity!

Your loving Father

POST CARD



שלום ימינו - 3 Sivan 2448

SALUT!

TALK ABOUT TIGHT SECURITY! G-D HAS INSTRUCTED MOSES TO SET UP A FENCE AROUND MOUNT SINAI FOR IT IS NOW A HOLY PLACE, AND NONE OF US ARE TO GO NEAR. WE ARE STILL BUSY PREPARING OURSELVES FOR THE GREAT DAY TO COME BY REVIEWING ALL THE LAWS WE HAVE BEEN TAUGHT UP UNTIL NOW. NO ONE KNOWS QUITE WHAT TO EXPECT, BUT REST ASSURED THIS WILL BE AN EVENT THE LIKES OF WHICH THE WORLD HAS NEVER SEEN!

IN ANTICIPATION,  
YOUR FRIEND



Namaste!

The great day is nearly upon us and the physical preparations have begun in earnest! The whole camp is in a frenzy, washing clothes, immersing in the holy waters of the Mikvah and making sure the camp and its surroundings are spic and span in anticipation of what is to come. We have received the laws of Keeping Kosher and have no time to prepare Kosher meat dishes for the holiday feast, so dairy foods it is - not that I'm complaining! Cheesecake and ice cream, here we come!

Cheerily yours,

Sister



Privet!

You should see what Mount Sinai looks like now!

The entire mountain is covered in lush, green grass from top to bottom, surrounded by tall leafy trees and sprinkled with brightly colored flowers. To remember this miracle we're going to decorate our houses and synagogues with greenery for many years to come! But Sinai is not the only thing that received something special today - we all did as well. After being asked if they wanted to receive the Torah, each country knocked back G-d's offer, until finally we were asked.... and replied together: "Naaseh Venishmah!" - "We will do and we will listen!" G-d was so happy to hear our unconditional acceptance of His great gift, that He sent thousands of angels down to earth carrying 2 crowns for every single one of us!

In royalty, Mother



MORNING OF 6 SIVAN, 2448

GUTEN TAG!

I DON'T KNOW HOW IT HAPPENED - BUT IT DID - WE SLEPT IN! CAN YOU BELIEVE IT?? THE MOST EAGERLY ANTICIPATED DAY IN THE HISTORY, AND WE OVERSLEPT! OUR ONLY EXCUSE IS THAT WE WANTED TO BE SO READY TO RECEIVE THE TORAH THAT WE DECIDED TO SLEEP AS MUCH AS WE COULD TO BE FRESH AND AWAKE FOR THIS MOST AWESOME OF DAYS. DON'T WORRY, WE DIDN'T MISS IT, MOSES MADE SURE TO COME AROUND AND WAKE US TO GET READY AND GATHER AT THE FOOT OF SINAI. I HAVE A FEELING WE'RE GOING TO BE MAKING UP FOR THIS IN THE FUTURE! RIGHT NOW THOUGH, WE'RE STANDING HERE READY AND WAITING...

YOURS IN TREMBLING ANTICIPATION,

BROTHER

Post

Shavuot. Shabbat. 6 Sivan 2448

shalom!

...ue fire, lightning, rolling thunder! All of creation fell silent. Not a bird flew, not a tree rustled. The sea stood still and the wind ceased to blow. The entire universe was silent and waiting...

...hen a great voice was heard: I am Hashem your G-d! Thunder and lightening tore apart the skies! The sound of the Shofar was heard from one end of the world to the other. Nations across the globe trembled at the sound of this awesome and powerful voice. Har Sinai was covered in flames and suspended high above our heads. We were so overwhelmed upon hearing G-d's voice that our souls left our bodies! G-d revived us with life-giving dew and said the second of the 10 Commandments: You shall not serve any other gods! Once again, our souls left our bodies and G-d had to revive us. The holiness was too much for us to bear and we begged Moses to take over and say the rest of the Commandments.

...ve have received the greatest gift of all time: The Torah!

...ours, forever and always,  
...the Jewish People!





# Berel the Builders' DAY OFF

One Friday morning, Berel came to his construction site. "Let's get working!" Berel called to his gang. But his gang was overworked. "Let's start building!" he begged. But his gang was too tired to build.

Berel thought: "We have a problem." But he knew it could be fixed. He announced: "Everyone is invited to my house for Shabbat!"

**What is Shabbat?  
And how would it get  
Berel's gang back in  
shape?**

*See the Quick Fix below to find out!*



## QUICK FIX

Shabbat is a Jewish holy day. It begins each Friday when the sun sets, and ends each Saturday when it gets dark.

One of the 10 Commandments is to remember Shabbat and keep it holy.

Shabbat is a day to rest from the week—just like G-d rested after 6 Days of Creation.

On Shabbat we enjoy talking, singing, studying Torah, praying and eating with family and friends.

Shabbat gives us new power for the week ahead.

**Join Berel and his Jewish gang for the Rest of Shabbat!**

# The *Rest* of Shabbat

Before the sun went down on Friday, Wendy and the girls lit candles. They welcomed Shabbat by adding light to Berel's home—and to the whole world.



## Can We Light It? **Yes We Can!**

Each woman or girl—as young as 3 years old—can add light with her Shabbat candle!  
*See the time for candle lighting in your city at [THKids.com/calendar](http://THKids.com/calendar)*



Berel reminded everyone: "Shabbat is a day to rest!" So the gang agreed not to call anyone or check email or cook or work or drive around in cars or watch TV.

## Can We Rest It? **Yes We Can!**

On Shabbat we can live on top of the world by living simply. Try a stress-free, rush-free Shabbat to start.



After dark, the gang stood while Berel said Kiddush on a glass of wine. He quoted the commandment to "Remember Shabbat and keep it holy!" Then everyone in the gang had a sip of wine.



## Can We Drink It? **Yes We Can!**

A blessing on wine or grape juice makes Shabbat into a holiday. *See the full blessing at [THKids.com/shabbat](http://THKids.com/shabbat)*

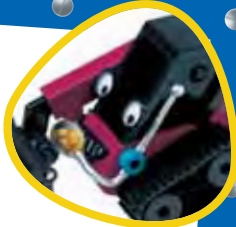


After washing their hands, everyone sat quietly while Berel made a blessing and cut from the two loaves of Challah bread. Then they each took a big bite!

## Can We Cut It? **Yes We Can!**

Have two loaves on the Shabbat table—one for the command to "Remember Shabbat" and the other, to "Keep its laws."

Benny said he was tired of eating sandwiches at work. Berel went to the kitchen and brought out a delicious meal of fish, then soup salads, chicken and meat. Yum!



## Can We Feast It? **Yes We Can!**

Ask mom if you can help cook an extra special family meal. Offer to help serve and clear it away.



While they were eating, Roley said: "I have a question about Shabbat." Later, he made a joke. The whole gang laughed out loud and talked about interesting things.

## Can We Share It? **Yes We Can!**

Shabbat is a great time to catch up on family news and ask questions about our Jewish religion.



Everyone was so happy to be so happy. The next morning, the gang went to Shul together and came home for another meal.



## Can We Do It Again? **Yes We Can!**

Have 3 meals on Shabbat: one on Friday night, one on Shabbat day and one—called "Seudat Shlishit," the Third Meal—before it gets dark on Shabbat.



The gang felt so good. They didn't want Shabbat to end, but it was time for a new week. They said "Havdala" and smelled spices that gave them energy to last until next Shabbat!

## Can We Take It To Go? **Yes We Can!**

Say "Havdala" at the end of Shabbat—a blessing that praises G-d for separating Shabbat from the rest of the week. Now try to bring the peace and calm into your week, until next Shabbat!

# Shabbat Shalom!



## THE GREATEST GIFT OF ALL

Have you ever received a truly amazing present? Was it a new bike? A huge stuffed toy? Maybe a piece of jewelry, a digital camera, or an electric guitar?

On the 6th of Sivan 2448, the entire Jewish nation received an amazing gift...The Torah! G-d offered this gift to all the other nations of the world, but no one realized just how special it was. No one that is, except for the Jewish people. When G-d asked the Jews whether they wanted to receive the Torah, **everyone** called out in one voice: **"We will do and we will listen!"**

Every year we remember this great event by gathering together on Shavuot, in Synagogues around the world to hear the 10 Commandments being read out loud. The Torah is what makes us a proud, Jewish nation, what keeps us united, and what gives us the strength to continue to grow from one generation to the next. The Torah is truly our greatest treasure!

**I Shpy**

I Shpy a cactus, a pillow and a pen,  
A birthday cake and a clucky mother hen.  
A Shofar, a feather, 8 presents tied with string,  
3 footprints, a phone and a pretty diamond ring.

# TOYS

OPEN



I Shpy a light-bulb, a suitcase and a clock,  
A red mail-box and one missing sock.  
A toothbrush, an ice-cream, a pomegranate red,  
A precious Torah scroll and 2 crowns for one's head!



# Out of this World! KID POWER!

## BABY EINSTEIN!

At six years old, most children are leaving kindergarten and ready to start first grade. But by the age of 6, **Michael Kearney**, a child genius, was already graduating from high-school! At ten years old, he set the world record for the youngest person ever to graduate college. And at the age of 17, Michael became a college professor!

The Jews were busy getting ready for the big day. Soon, G-d would give them the Torah! But G-d wasn't ready just yet... "Who will make sure the Jewish people will always keep My Torah?"

The Jews wondered who would be able to do such an important job. "Abraham!" they declared. "Isaac, or Jacob!" Yet G-d was not satisfied with any of these answers. Finally, the Jewish people tried again. "What about the children?" they offered. "Perhaps they can be our guarantors?"

"Yes!" said G-d. "I trust the Jewish children to make sure the Torah continues for all generations. They are the ones who will guarantee that the Jewish people will always learn My Torah and do My Mitzvot!"

Every year on Shavuot, Jewish people gather in Synagogues around the world to listen to the 10 Commandments being read from the Torah, just like we did at Mount Sinai. It is especially important that **children** come and hear the Ten Commandments, since it was because of them that G-d gave us the precious Torah!

There are so many things children can accomplish. Check out these amazing feats by some amazing kids!

## BRAILLE

**Louis Braille** was just three years old when an accident left him unable to see. In 1824, young Louis created different patterns of raised dots, each representing one letter of the alphabet. Today, over 180 years later, people who are blind still use the **Braille alphabet**, some reading so fast that their fingers seem to fly across the page!



## ON THAT NOTE...

**Ethan Bortnick** is a world famous pianist — and probably the only one whose feet can barely reach the piano pedals! His incredible musical talent was discovered when Ethan began playing songs from memory when he was just a toddler. Since then, nine-year-old Ethan has performed on television and in front of huge audiences with over **20,000** people!



## CHILDREN'S SEFER TORAH

In 1981, the **Lubavitcher Rebbe**, Rabbi Menachem Mendel Schneersohn, initiated a campaign to enable Jewish children around the world to unite in a show of solidarity and participate in the writing of a Children's Sefer Torah! Four Torah scrolls have since been completed and are used in various Synagogues in Jerusalem. More than **1,219,220** Jewish children have taken part in this Mitzvah and have a letter of their own. Go to [www.kidstorah.org](http://www.kidstorah.org) to find out how you can become part of the Fifth Children's Sefer Torah!



## TOY STORY

When eight year old **Ashlee Smith** heard that a large fire damaged many towns in California in 2007, she knew she had to do something. Ashlee remembered how sad she was to lose her toys when her family had a house fire... and that sparked a great idea! She established an organization called "**Ashlee's Toy Closet**" which collects and has donated over **100,000** toys to children in need!



## CHEF'S SPECIAL!

**Remmi Anne Smith** says that her love of food started as a baby when she would eat just about anything! Remmi wanted to do something with her love of cooking that would help other kids. She began hosting her own TV show called, "**Cooking Time with Remmi**," teaching kids how to cook easy, nutritious meals, and encouraging them to eat healthier foods.



## A BAR MITZVAH-MITZVAH!

**Jacob Lewin** could have spent his Bar Mitzvah money on cool gadgets or computer games. **Meredith Bilski** could have used her Bat Mitzvah money to buy all kinds of things for herself. But both these kids had other plans. Jacob created a **\$15,000** camp scholarship fund for children who had life-threatening illnesses. Meredith raised **\$30,000** to start a girls' soccer team at an Israeli community center. **\$53,000** was sent to poor Jews in Russia from another Bar Mitzvah, and someone else collected **\$52,000** to help disabled teenagers in Israel. These amazingly generous Jewish teens and many others like them, have truly made their Bar and Bat Mitzvah a real Mitzvah!



## INVENTIVE KIDS

*What do trampolines and earmuffs have in common?*

Answer: They were both invented by children! In 1935, **George Nissen** created the first trampoline after noticing how circus trapeze artists landed in a bouncy net. In 1873, **Chester Greenwood** had trouble keeping his ears warm while ice skating. After experimenting with fur and wire, he had the world's first earmuffs!



# KIDS in the Kitchen



YOU BE THE CHEF!  
LET'S MAKE  
MILKSHAKES!

On Shavuot, it is customary for Jewish people around the world to eat dairy foods. There are a number of reasons for this, here are just a few:

- The Torah is compared to milk. Just like a baby depends on its mother's milk to survive, so too the Jewish people cannot survive without the Torah.
- With the giving of the Torah, the Jews now became obligated in the laws of keeping kosher. As the Torah was given on Shabbat, no cattle could be slaughtered, nor could any utensils be made kosher. Thus, on that day, they ate—you guessed it—dairy!
- The Hebrew word for milk is "Chalav." When the numerical value of each letter in the word Chalav is added together, the total is 40. Moses was up on Mount Sinai for 40 days and nights, receiving the Torah!

## What better way to celebrate this holiday than with mouth-watering MILKSHAKES!

Remember: If you want to have these milkshakes on Shavuot, they either need to be mixed by hand, or they need to be prepared before the holiday begins because on Shabbat and Jewish festivals, we are not permitted to use electricity.

**Helpful Hint:** If you like your milkshake to be nice and thick, add less milk than the recipe requires. If you want fruity chunks in your shake, blend for less time than called for in the recipe.

### Blessing before drinking your shake:

ברוך אתה יי אלהינו מלך העולם, שהכל נהיה בדברך:

*Ba-ruch Atah Ado-nai Elo-heinu Melech Ha-olam She-hakol Nihi-ya Bid-varo.*

### EASY-PEASY MILKSHAKE

- 1 cup milk
- 2 or 3 ice cubes
- 1 banana (or another type of fruit)
- 1 tsp. vanilla extract

Blend all ingredients together, pour into tall glasses and enjoy!

**Chef's Secret:** You can replace the banana with one of the following ingredients: pears, blueberries, chocolate syrup. And for an extra special treat, add a scoop of vanilla ice cream! Yum!

### PEANUT BUTTER THICKSHAKE

- ¼ cup milk
- 2 scoops vanilla ice cream
- 1 tbsp. chocolate syrup
- 2 tbsp. peanut butter

Blend all ingredients together for one minute. Serve in tall glasses and enjoy!

### STRAWBERRY BANANA SHAKE

- 1 cup milk
- 2 scoops vanilla ice cream
- 4 large, fresh strawberries or ½ cup frozen strawberries
- 1 large banana, chopped

Blend all ingredients together in order, for one minute. Arrange a slice of strawberry on the side of each glass and enjoy!

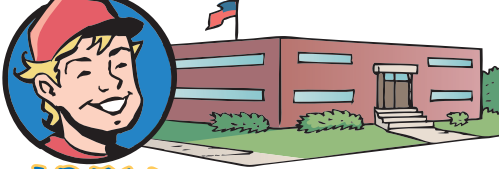
### MARVELOUS MANGO MILKSHAKE

- 1 cup milk
- 1 cup mango pulp
- ½ cup sugar
- 2 or 3 ice cubes

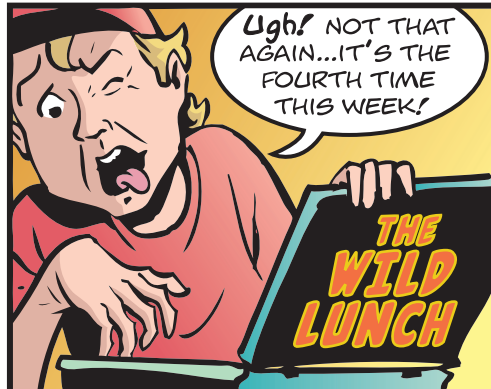
Combine all ingredients and blend them together. Enjoy your cool, delicious mango milkshake!

**Chef's Secret:** For an extra special treat you can top your milkshakes with whipped cream, fruit slices or rolled chocolate wafers. Don't forget to make the blessing and enjoy your Shavuot treats!





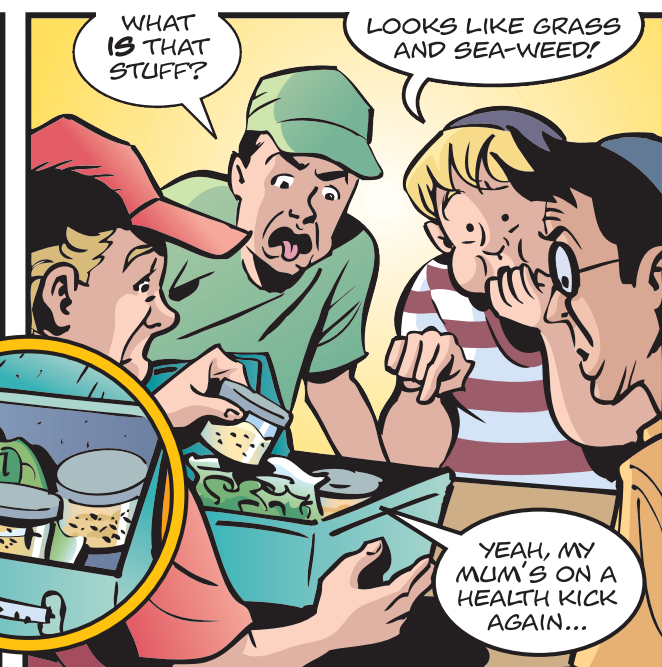
# JOEY and his pals, in... **SOUL FOOD**



Ugh! NOT THAT AGAIN...IT'S THE FOURTH TIME THIS WEEK!



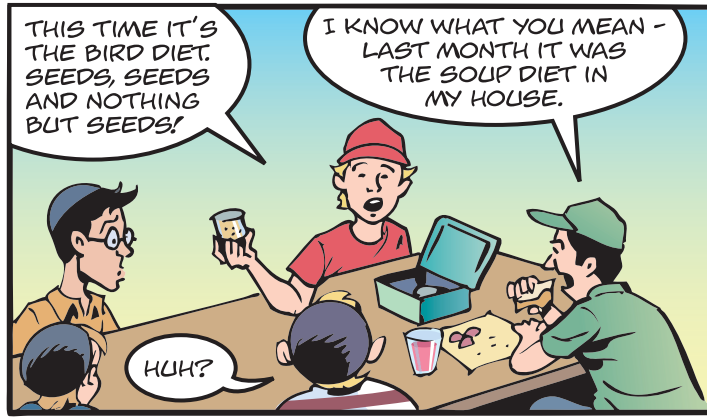
WHATCHA GOT IN - Ugh!



WHAT IS THAT STUFF?

LOOKS LIKE GRASS AND SEA-WEED!

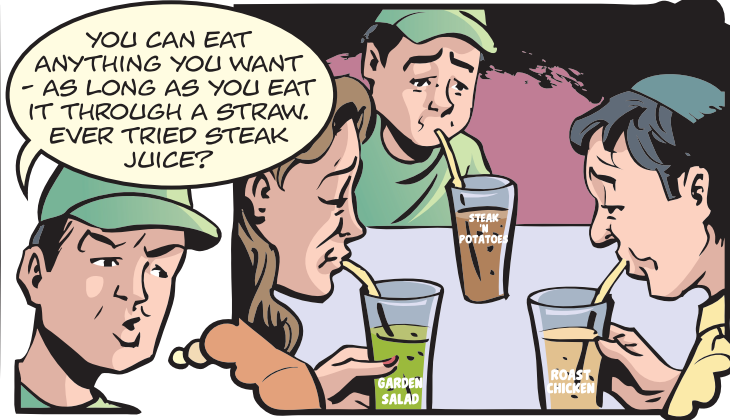
YEAH, MY MUM'S ON A HEALTH KICK AGAIN...



THIS TIME IT'S THE BIRD DIET. SEEDS, SEEDS AND NOTHING BUT SEEDS!

I KNOW WHAT YOU MEAN - LAST MONTH IT WAS THE SOUP DIET IN MY HOUSE.

HUH?

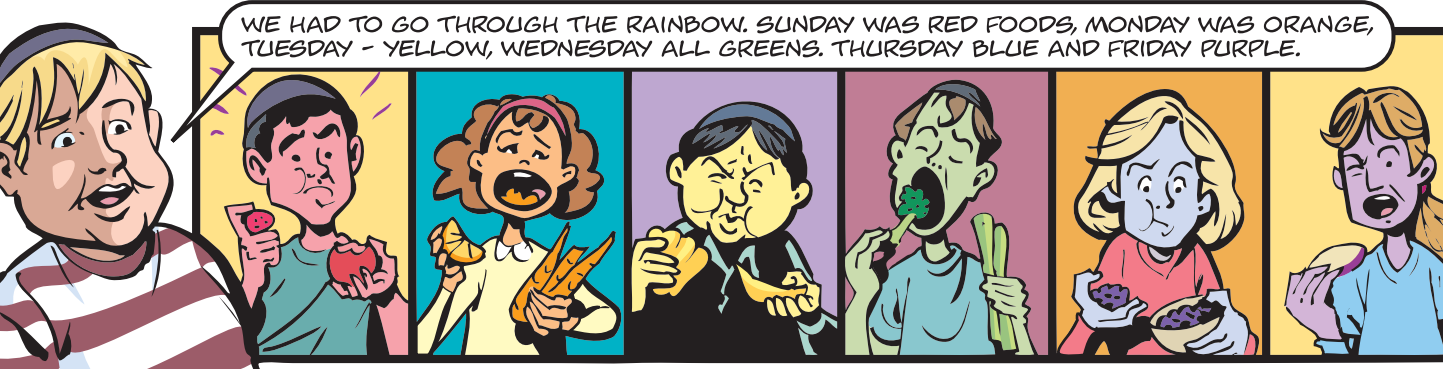


YOU CAN EAT ANYTHING YOU WANT - AS LONG AS YOU EAT IT THROUGH A STRAW. EVER TRIED STEAK JUICE?

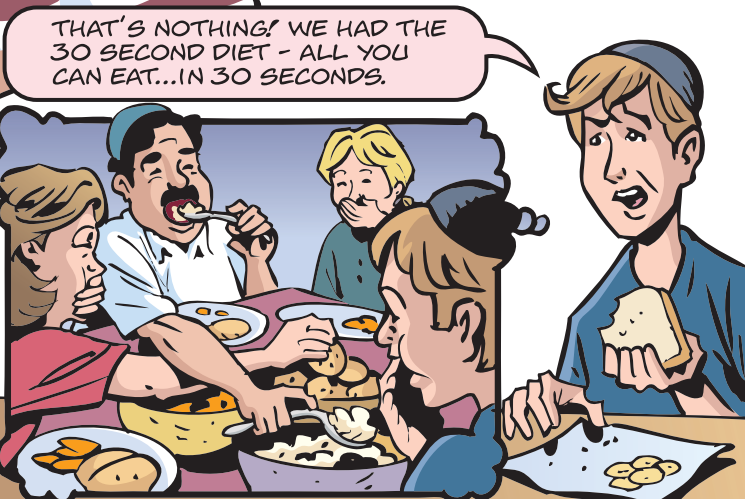
STEAK & POTATOES

GARDEN SALAD

ROAST CHICKEN



WE HAD TO GO THROUGH THE RAINBOW. SUNDAY WAS RED FOODS, MONDAY WAS ORANGE, TUESDAY - YELLOW, WEDNESDAY ALL GREENS. THURSDAY BLUE AND FRIDAY PURPLE.



THAT'S NOTHING! WE HAD THE 30 SECOND DIET - ALL YOU CAN EAT...IN 30 SECONDS.



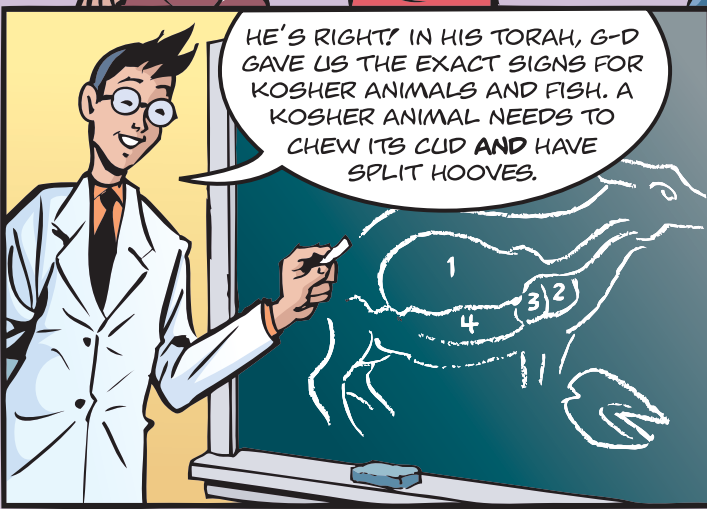
BOY AM I SICK OF DIETS!

I CAN'T WAIT TILL THIS ONE'S OVER, TOO... ALTHOUGH, TRUTH IS - WE'RE ALL KIND OF ON A DIET...!

WHO, US?

YUP, EVEN US! WE'RE ON G-D'S DIET...

...THE KOSHER DIET!



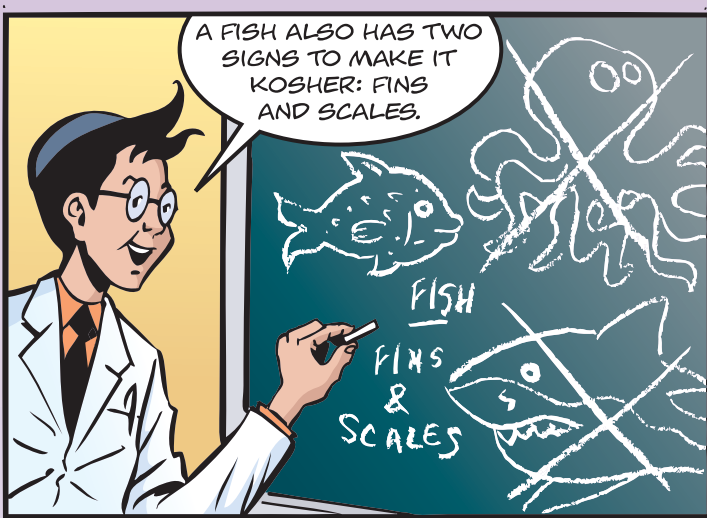
HE'S RIGHT! IN HIS TORAH, G-D GAVE US THE EXACT SIGNS FOR KOSHER ANIMALS AND FISH. A KOSHER ANIMAL NEEDS TO CHEW ITS CUD AND HAVE SPLIT HOOVES.



LIKE A COW!

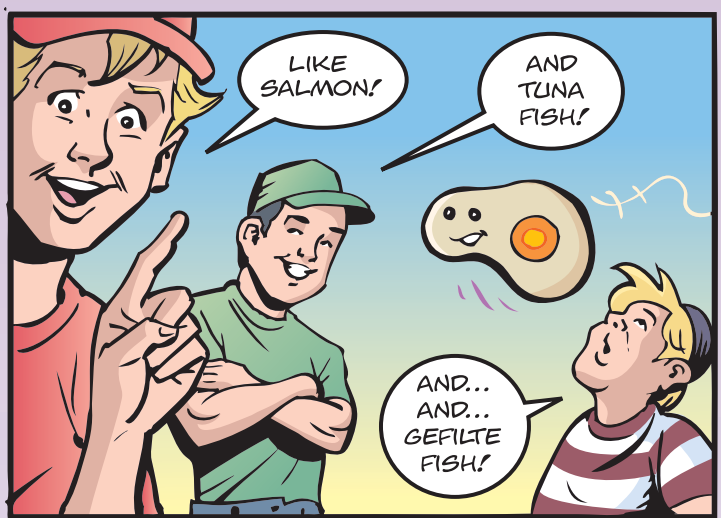
OR A SHEEP!

OR A DEER!



A FISH ALSO HAS TWO SIGNS TO MAKE IT KOSHER: FINS AND SCALES.

FISH  
FINS  
&  
SCALES



LIKE SALMON!

AND TUNA FISH!

AND... AND... GEFILTE FISH!

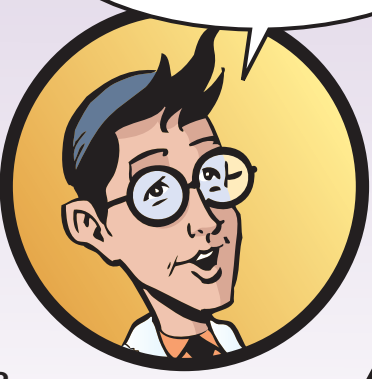
THE TORAH ALSO LISTS ALL THE NON-KOSHER SPECIES OF BIRDS THAT WE ARE NOT ALLOWED TO EAT, AND WARNS US NOT TO EAT INSECTS, WORMS OR CREEPY-CRAWLIES.

OF COURSE, THERE'S MORE TO KEEPING KOSHER THAN JUST WHAT ANIMALS ARE KOSHER -

- WE CAN'T MIX MILK AND MEAT -

THE MEAT HAS TO BE KILLED, CLEANED AND SALTED ACCORDING TO JEWISH LAW -

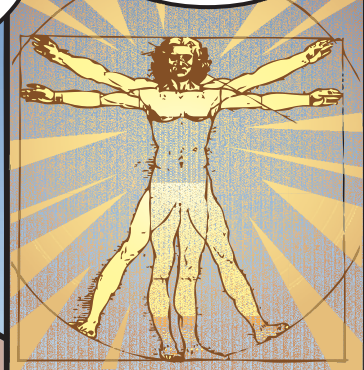
AND IF WE'RE BUYING FOOD FROM A STORE, WE HAVE TO MAKE SURE IT HAS A KOSHER SYMBOL ON IT!



A KOSHER DIET IS DIFFERENT THAN ANY OTHER KIND OF DIET OTHER DIETS ARE MEANT TO HELP OUR BODIES - BUT KEEPING KOSHER HELPS OUR SOULS!



G-D CREATED EVERY ONE OF US WITH A BODY AND SOUL, AND GAVE US THE GIFT OF LIFE.



HE IS LIKE THE CREATOR OF A FANCY NEW INVENTION.



BECAUSE THE CREATOR MADE THE INVENTION, HE KNOWS THE BEST WAY TO TAKE CARE OF IT, AND HE WRITES ALL THE INSTRUCTIONS DOWN IN A SPECIAL INSTRUCTION MANUAL.



G-D IS OUR MANUFACTURER. HE GAVE US A BOOK OF INSTRUCTIONS ON THE BEST WAY TO TAKE CARE OF OUR BODIES AND OUR LIVES. THE TORAH!

THE TORAH IS THE INSTRUCTION MANUAL ON HOW TO LIVE OUR LIVES. EVERY MITZVAH (COMMANDMENT) IS ANOTHER WAY TO TAKE CARE OF OUR BODIES AND SOULS.



SO I GUESS KEEPING KOSHER IS JUST ONE OF THE WAYS WE...

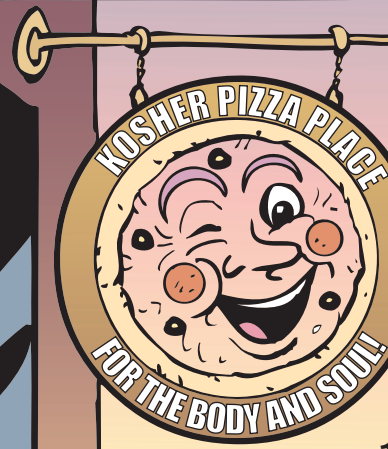
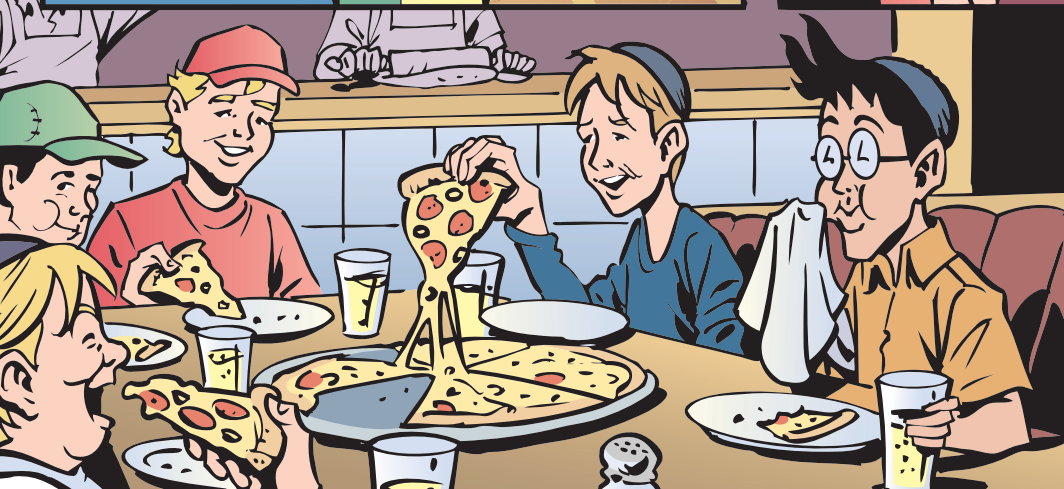
...CAN HELP IMPROVE OUR BODY AND SOUL!



ALL THIS TALK OF FOOD IS MAKING ME REALLY HUNGRY! HOW ABOUT WE GRAB SOME PIZZA AFTER SCHOOL?

SOUNDS GOOD!

YOU'RE ON!



Just for  
**FUN!**



### Letter Search

How many Alephs can you count in the zoomed in Torah scroll to the left?



## DON'T MISS A DAY

To express our excitement for receiving the Torah, we count 49 days from the holiday of Passover until the holiday of Shavuot. We recite a blessing and proclaim "Today is one day to the Omer," and continue counting up until Shavuot! We try to remind our friends and families to say the blessing every day.



Fill out the sequential puzzle below with all 49 numbers in their correct places.

	39		★ 1		19	
38	47	7				29
		8	17	26	35	
5	14				36	45
			33	42		
	23			43		12
22	31	40	49	2	11	

#### AIM OF THE GAME:

Beginning with number one in the middle box on the top row, fill in all the 49 numbers in a pattern that will end with 49 in the middle box on the bottom row.

#### GUIDELINES:

- A. Numbers move two boxes – one row up and one column to the right.
- B. When numbers reach the top row, they begin again from the bottom row. When numbers reach the far right column, they begin again in the far left column.
- C. When the box you need is already filled with a previous number, place the next number directly underneath the number you just placed instead, then continue moving the numbers one up and one to the right.

**GOOD LUCK!!**

ANSWERS: Word Search: 55 alephs. Back cover: 1: English characters on luchos, 2: Disco ball in Synagogue, 3: Monkey on chandelier, 4: Basketball hoop, 5: Snow and igloo outside, 6: Canadian flag on Ark, 7: Pummkins on stage, 8: Girl on drums, 9: Woman reading newspaper, 10: Scarecrow, 11: Carrot flavored ice cream, 12 Man blowing Shofar. Lag B'Omer Bonfire: 1: Mans pants are longer, 2: Boys shirt color, 3: Boy on right has shorter stick, 4: Boy on left missing marshmallow, 5: Girl on left has extra marshmallow, 6: Fire missing sparks, 7: Fire missing sparks, 8: Middle fireworks color changed, 9: Extra stars in sky, 10: Missing fireworks in right-hand corner.

# CHEESE Jokes



What type of cheese isn't your cheese?

NACHO CHEESE!  
(not 'ch' yo cheese)

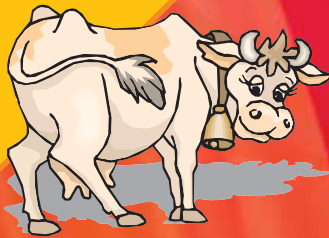


What do you get from an Alaskan cow?

Ice-cream!

Why did the cow wear a bell around her neck?

Because her horn didn't work



How did the judge know the milk was sour?

There was odor in the quart!



## Lag B'Omer Bonfire



Can you find all 10 differences in this Lag B'Omer family scene?



Lag B'Omer commemorates the lives and ideals of two of the greatest sages in our history—Rabbi Akiva and Rabbi Shimon Bar Yochai, who during Roman occupation of Israel set an example of proud perseverance and dedication to Torah that has inspired our people ever since. **This year, Lag B'Omer is on May 2, 2010**

SOLUTION

22	31	40	49	2	11
21	23	32	41	43	3
13	15	24	33	42	44
5	14	16	25	34	36
46	6	8	17	26	35
38	47	7	9	18	27
30	39	48	1	10	19

# The Moabite Princess

## Who chose the Torah

Long ago, there was a famine in the Land of Israel and the Jews were very hungry. Rather than help his people through a difficult time, a wealthy Jew, Elimelech fled to Moav with his wife Naomi and their two sons. The king of Moav welcomed his family, but soon, Elimelech died. His sons Machlon and Kilyon married Moabite princesses Orpah and Ruth. Ten years later, Machlon and Kilyon died, as well.

Naomi had never wanted to leave her home amongst the Jews. After losing her husband and sons, she made plans to return to the Land of Israel, which was no longer plagued by famine. Naomi bade farewell to Orpah and Ruth. "Take us with you!" the princesses cried. "Turn back, my daughters, go your way," insisted their mother-in-law kindly. Tearfully, Orpah and Naomi embraced, and Orpah returned to her father's palace.

Only Ruth would not turn back; she did not wish to return to a life of idol worship. **"Wherever you go, I will go; your people shall be my people, and your G-d my G-d,"** Ruth declared.

Together, Naomi and Ruth journeyed to the Land of Israel. Although Naomi's family had once been respected and wealthy, she returned home without any riches. Ruth was forced to collect food so they could survive.

It was harvest season and workers were reaping grain in the fields. One field belonged to a wealthy man named Boaz, a cousin of Elimelech's. Poor people were welcome to gather fallen stalks in his field. Ruth followed behind the poor collectors, and gracefully picked up stalks of barley. She caught the eye of the field's owner.



"Who is that maiden?" Boaz asked his field hands. The workers told Boaz that she was the princess who had returned from Moav with Naomi. Boaz had heard of the Moabite girl's dedication to his relative Naomi, and of her acceptance of the Torah. He told her, "Stay in this field and gather as much grain as you would like." Ruth bowed low to the ground, thanked him for his kindness, and went back to her quiet collecting.

Boaz admired Ruth's grace and modesty, and soon married her, knowing that she was a truly righteous woman. It was not long before Ruth and Boaz gave birth to a son named Oved.



Fast-forward a few decades: Oved's son Yishai had a son named David – the very same **King David** who led the Jewish People. Ruth's grace and kindness merited her to be a great-grandmother to one of the greatest kings in Jewish history.



Holiday Challenge:

Do you know why

the story of Ruth is read in Synagogues all over the world on Shavuot?

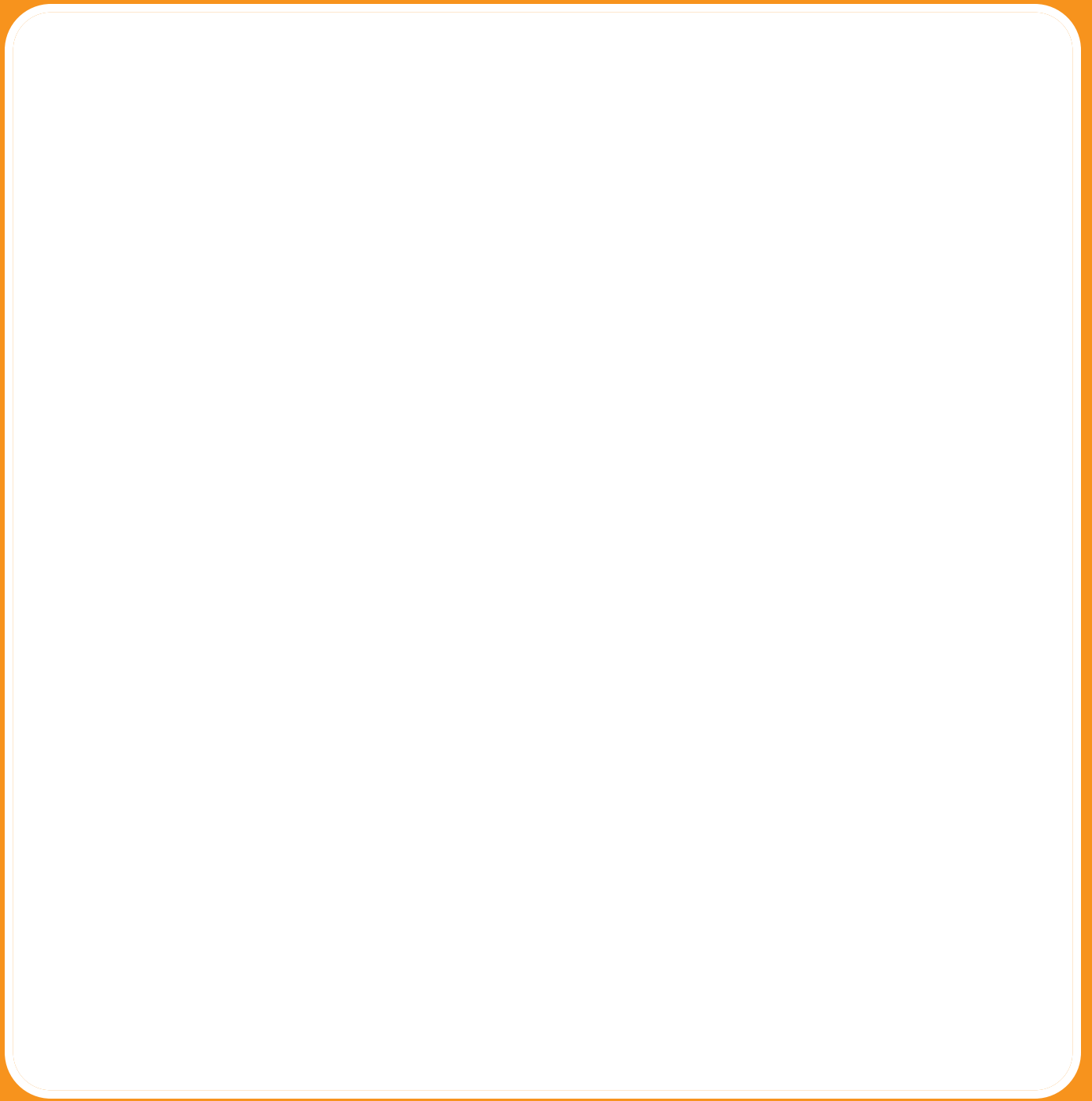
**HINT:**  
There are 3 reasons!

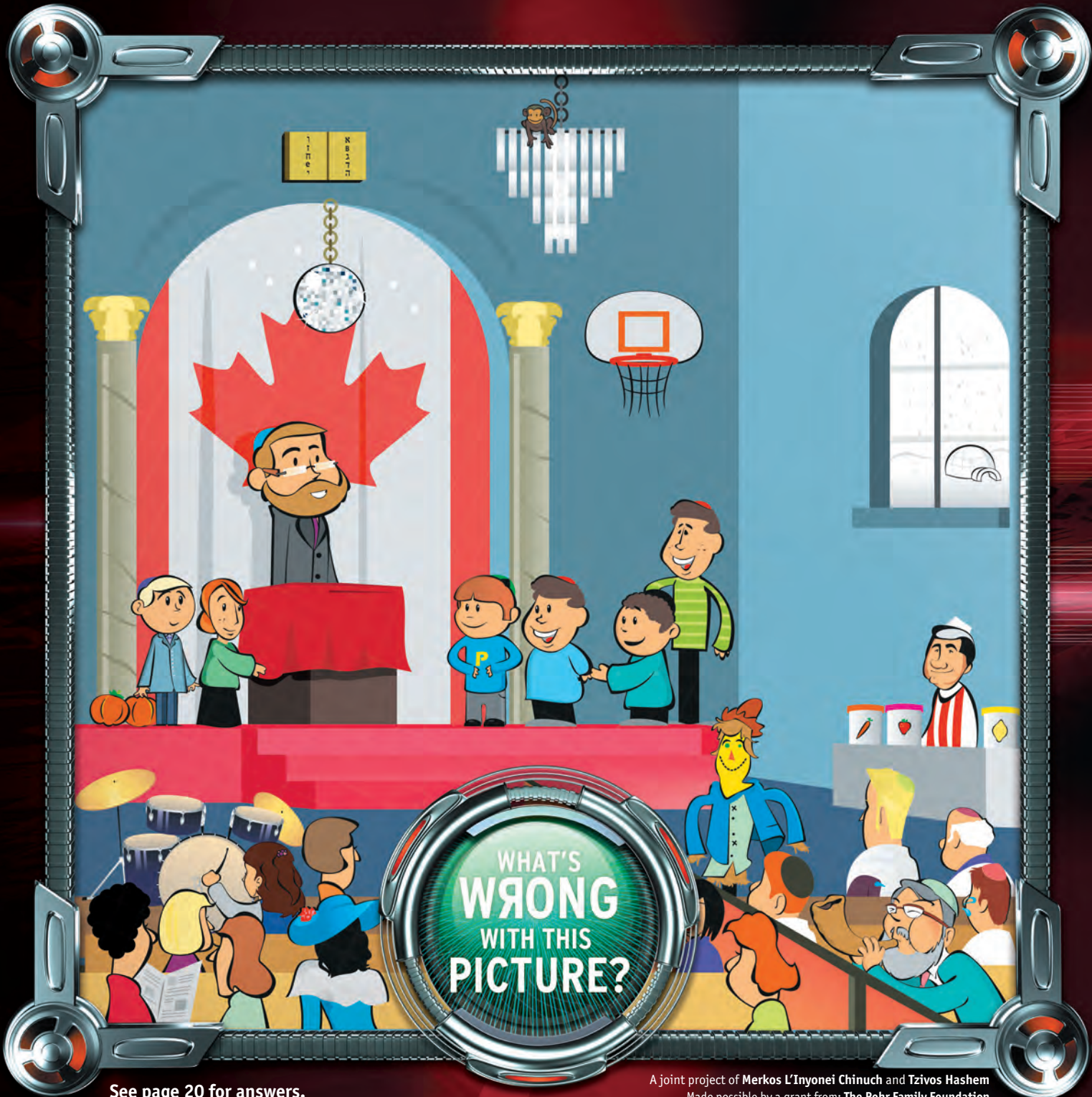
3 Since Shavuot is a holiday celebrating our nation's acceptance of the Torah, we tell this story of a Moabite princess who sacrificed everything to follow the Torah.

2 Ruth is the great-grandmother of King David, who was born on Shavuot and then died on Shavuot seventy years later.

1 This story takes place during the harvest season, which is celebrated each year precisely when Shavuot is celebrated each year.

Here is why





See page 20 for answers.

A joint project of Merkos L'Inyonei Chinuch and Tzivos Hashem  
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