

The Jewish Vegetarian



Painted by Rafi Nispel. Age 8
3H. King David Junior School, Manchester.

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society
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WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

Support the International Jewish Vegetarian Movement - a worldwide fellowship

The JVS is an International Movement and
Membership is open to everyone

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B. Non-Vegetarians who are in sympathy with the Movement.

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

Life Membership £150 (\$250) or by 5 annual payments of £35 (\$60)

Family Life Membership £250 (\$400) - (Husband and Wife only) or by 5 annual payments of £55 (\$85)

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.

Please state whether 'A' or 'B' (above)

Name (in full - clearly) _____ Tel. No. _____

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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SOCIETY NEWS



**LIFE MEMBER
MIRIAM F. LEISEROFF
U.S.A.**

Thank you for your letter welcoming me as a Life Member of the International Jewish Vegetarian Society.

I would like to explain the reasons why originally became a vegetarian.

In 1987 I decided to return to my Jewish roots, and as my mother was not Jewish, I needed to officially convert to Judaism, which was a somewhat lengthy process. I had always been animal-conscious because of a friend who was then an animal activist. I had already been buying eggs from a local farm who had let their hens roam free, for many years.

During my conversion process, I learned about kosher animals and the ritual of kosher slaughter, and although I had been bringing meat into my kitchen, I immediately decided to give up meat altogether, especially as I became more mindful of the conditions that farm animals live in. Although I must admit on rare occasions I still eat fish, I am working on it.

I am very much involved as a contributor with local and nationwide animal organisations. May it be farm animals (which are treated horribly in the U.S.A.) or wildlife, I am willing to donate whatever and whenever I can. I think it is very important to educate people about what goes on in the world when it comes to animals. I belong to two organisations which are lobbying to improve conditions for farm animals. I wish we could get the world to stop eating meat all together!

I think my foremost reason for becoming vegetarian is my compassion for animals. Just thinking of the suffering they have to go through before they die is enough. Being Jewish also means to be a light unto the nations. Judaism teaches us to be compassionate to animals, and it is therefore also important to me, to set an example. By being an example, I have persuaded my partner in life to become vegetarian, well almost!

Thank you for making me part of your Society, and I hope that other members will take the step further and become Life Members.

SOCIETY NEWS

NEW LIFE MEMBER

We are very pleased to welcome the following new life members to our Society and hope that they will send us some information about themselves for the next issue. Alex Birman and Miriam Leiseroff both from U.S.A., Tom Salsberg from Canada, Rachel Wakeham from France and Naomi Fellerman from London,

We will always be happy to hear from any other members who wish to take this step and become a "Pillar of the Society". This not only encourages others but it also secures the future of Society.

It is with very sad and deep regret that we learn of the passing of our good friend and Life Member Ernest Ettinghausen, aged 88years. He had been a vegetarian since his 21st Birthday, and we were honoured to have had him as a member since the inception of the J.V.S. Our thoughts at this sad time are with his three sons and their families.

ANNOUNCEMENT

The International Jewish Vegetarian Society
is pleased to announce

THE 2ND ANNUAL PHILIP L. PICK MEMORIAL LECTURE
will be held on

Sunday, 21st October 2001 at 3.00 p.m.

at

855 Fincley Road, Golders Green, NW11

Our Guest Speaker is Mr. C. Arthur Ling, Plamil Foods.

Mr Ling has devoted his life's work in the development and production of vegan foods and introduced the first plant-derived vegan milk in the United Kingdom.

The talk will be followed by a tea (vegan of course).

EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

The Jerusalem Centre

Donations gratefully received towards
repayment of the loan on the freehold premises.

Dr. & Mrs. Schwartz, Redbridge, Essex. Cheryl Kleefeld, New Jersey, U.S.A.
Musia Veinger, Jerusalem, Israel.

DONATIONS RECEIVED

We wish to thank all those who send
in donations towards the Society's funds.
Although items £3 and under are not listed to save expenses,
all are appreciated and put to good use.

£10 Mr. & Mrs. S. C. London NW7. £10 Mr. L.C. Ilford, Essex,
£10 Mrs. D.D. Maidstone, Kent. £10 Mr. E.E. London W9.
£10 Ms. R.W. France. £10 Ms. M. V. Jerusalem, Israel. £8 Mr. M.Q.H. Suffolk.
£5 Mrs. H.C. London NW1. £5 Mr. & Mrs. D.L.C. Bournemouth, Dorset.
£5 Mr. R.F. London NW7. £5 Ms. C.H. London N8. £5 Mr. A.W. Australia. \$15
Ms. M.K. IA. U.S.A. \$10 Mr. & Mrs. B. D. NY. U.S.A.

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£10 Ms. M.R.K. London NW11. £5 Mrs Y.F. London N14.
\$15 Mr. T.B.K. NJ.USA

FRIENDSHIP HOUSE



The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at POB 1837, 20 Hatzav Street, Mevasseret-Zion 90805, Israel. Tel: 972 2 5337059 (Please note new address) Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£30 Mr. & Mrs. F.P. Clacton on Sea, Essex. £25 Mr. L.A. Thatcham, Berks. £10
Dr. & Mrs. S. Redbridge, Essex. £10 Ms. R.W. France. £5 Mr. A.W. Swindon. £5
Mr. A.W. Australia. \$35 Ms. G.K. Switzerland. \$15 Ms. R.S. NY. U.S.A. \$10 Ms.
C.K. NJ. U.S.A. \$10 Ms. K.S. NSW. Australita. \$7 Mr. J.S. MD. U.S.A.

DEAR SIR

Dear Sir,

The concerns expressed in the article by The Count Gentile are ones which do indeed need to be addressed, because the gradual drip-drip erosion of civil liberties in this country (regardless of which political party is in power) seems designed to marginalise all dissent and protect the interests of the few over those of the majority.

Whether or not we consciously realise it, nearly all vegans and vegetarians are "heretics" in the eyes of the status quo. We may not always be conscious of our own dissidence, (to us, care and respect for other living creatures comes so naturally that we do not have to think about it), but like all new ways of thinking, it strikes irrational terror into the hearts of those conformists who think we are presently living in the best of all possible worlds.

Like Count Gentile, I am appalled by a government that is too cowardly to outlaw a degenerate pastime like fox-hunting, reneges on its election promise to set up a Royal Commission to enquire about the use of animal-beings in medical research, and treats asylum seekers as if they were criminals. But time and again we have seen that moral issues, (as opposed to moralistic bombast), are seldom seriously addressed by politicians. Their use of spin and control shows, to me at least, that they neither trust, nor particularly like "the people" and without a written constitution we are simply at the mercy of their whims and power lusts.

Of course we have not yet reached a totalitarian stage, but unless we realise that we must demand and act upon our moral and spiritual right (and, for many of us, DUTY) to dissent, these anti-life forces will continue to make it harder and harder for us to do so. The Count Gentile is to be congratulated on making these links whilst there is yet time left to protest and be counted. Politics matter, because for me, animal liberation is also about human liberation, just as vivisection, blood sports and factory farming are as much crimes against humanity as they are against the animal kingdom.

Yours sincerely,

Dave Godin

2 Norwood Road, Sheffield S5 7BD. Tel: 01142 617613/Fax: 01142 619 6116
E-mail: dave@deepsoul.freesevice.co.uk

True human goodness, in all its purity and freedom, can come to the fore only when its recipient has no power. Humanity's true moral test, its fundamental test consists of its attitude towards those who are at its mercy; animals. And in this respect humankind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it. Milan Kundera *The Unbearable Lightness of Being*, 1984

ORR SHALOM

REPORT FROM ORR SHALOM CHILDRENS HOME

I thought you might enjoy a personalised update from Haim on our situation.
Warm wishes,

Eileen F. Steinberg

Director of Development. Orr Shalom.

Shalom to all our friends everywhere on the globe.

It is hot in Israel nowadays, hot and sad. Summer is in full volume. Temperatures are hitting the sun. Usually when it's so hot everyone starts planning the summer vacation and things slow down, however, as we all know, this year nothing is as usual and even the summer is not a regular one. Things around keep heating up, politics is boiling, bullets are still flying and hitting people, nothing seems like it's slowing down and getting into the summer slow phase.

It's very sad to walk in Jerusalem streets at night when it cools off. The streets which were once packed with young tourists who came to spend a few weeks in Israel and enrich their Jewish experience are not here. Their noise and joy are not filling the streets anymore and we really miss it.

Politics are as hard as before and even worse. A cease-fire, which is supposedly in effect, is not really kept. Death is a daily guest in our life and the papers are full of pictures of victims of violence. Jews and Arabs, adults and children and the biggest fear are that the death toll is not yet fully collected.

Life at Orr Shalom is of course very much affected by the life on the outside. It's probably one of the more difficult years that we can remember, when the inside and the outside are twisted in a brutal tie.

It's a bit too early to summarise our year. All of our homes and programs are very busy debriefing. Each child is looked at carefully to evaluate his/her achievements. Each home is carefully checked to evaluate its effectiveness and influence on its children's lives. Some house parents are getting ready to leave and go through the long process of separation while others are getting ready to start. Some children are getting ready to grow and leave either to the army or back home.

A few things have lightened our souls:

ORR SHALOM

A group of our professional workers recently returned from an exchange program with the Jewish community of Metropolitan Detroit. This was a very emotional, touching and stimulating visit. For a week we were covered with love and affection by their wonderful community and exposed to some of the many different welfare programs that the Jewish community and its members are involved. This exchange program was held in memory of the late Gerald Levin, the former Executive Director of the Orchards of Detroit, a true lover of children in distress and a dear friend of Orr Shalom.

Zachi is a child who arrived at Orr Shalom ten years ago at the age of 8. He was placed in Reut, the Friendship Homes for boys. Zachi had a horrendously traumatic background of neglect and abuse, a child in a terrible state. He has recently become one of our incredible success stories which gives all of us great inspiration. Zachi was always dancing and after much love, attention and money, he was asked to attend this summer's course of the Alvin Ailey Academy in New York, one of the most prestigious dance academies in the USA.

This story is so very important to us, it proves how a child from such a destructive background with the correct care and attention and hard work can succeed. This is a stimulant that we have been waiting for and it gives us renewed strength to see one of our children climb to where he belongs. For Zachi it is the most important thing that has happened to him so far.

For you my friends, it is important for you to know where some of your generous donations have gone! Zachi was just back in Israel for a weekend to celebrate his high school graduation and our hearts are filled with hope for his future, not just for Zachi but for all of our children.

Sara is a young girl who arrived in Israel with her mother and siblings at the age of 7 from Ethiopia. Her life was turned upside down after she witnessed her mother's death in a horrible accident when her mother was run over and killed. Sara went through many different foster care programs ending up in a community home for young girls and again after many unsuccessful placements, she was finally introduced to the Orr Shalom program at the age of 14. With no basic reading or writing skills, Sara went through a traumatic time. After much much intensive therapy, care and tutoring; we are now delighted to announce that Sara has passed all her Matriculation Exams with outstanding marks. Last year, she received a prize for being an outstanding student in her class, her gift was a privately funded trip to The

ORR SHALOM

March of the Living in Poland from her school. Yet another proof that the right care and attention can help these children succeed.

We are also proud to include Shlomi in our letter, Shlomi is a house parent in Maaleh Adumim as well as a highly ranked and respected fighter in our army. Shlomi has recently received a Variety Prize for his outstanding attention, love and care that he is known for amongst the children in his care. This is an amazing combination and a sign of the times we live in here in Israel.

Have a great summer and come visit us soon if you are around.

Wishing you all well, keep safe.

Love Haim

P.S. – The children’s real names are not used in order to protect their identity.



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

IMPORTANT - AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

ZIONIST ARCHIVES

ZIONIST ARCHIVES COME BACK TO SCOTLAND

HARVEY L KAPLAN MA

The Scottish Jewish Archives Centre recently arranged for the copying of over 300 pages of material relating to Zionist activity in Scotland in the 1890s and early 1900s. The original files are held by the Central Zionist Archives in Jerusalem, but now researchers in Scotland have access to a treasure trove of Zionist and Scottish Jewish history.

In 1890, prominent Zionist orator Rev Chaim Zundel Maccoby spoke in Edinburgh and a branch was established of the movement Chovevei Zion – The Society for Colonising Palestine by Jewish Emigrants. A few months later, in 1891, a Glasgow branch, or Tent, was formed and later a Cadet Tent, or junior branch.

Much of the material consists of correspondence between leaders of the local tents and the London headquarters of the movement. We are given a fascinating insight into the earliest Zionist activity in Scotland:

"...we had a very enthusiastic meeting of the Chovevei Zion today. £32 will be forwarded to you in about a fortnight..."

[D.Hoppenstein, Edinburgh, to Dr Hirsch, 18 June 1893]

"...the enthusiasm of members here has cooled down, if not entirely died out..."

[BL Freeman, Edinburgh, to Dr Hirsch, 27 May 1896]

But Freeman led efforts to revive the Edinburgh Tent:

"...our tent is reviving slowly..."

[BL Freeman to Dr Hirsch, 1 Dec 1896]

"...Since the Basle Congress the Edinburgh branch has revived. The collections are very liberal, and everybody is willing to help..."

[Marcus Levy to Dr Hirsch, 27 Dec 1897]

Many Edinburgh Jews were involved in this activity. Names that crop up constantly include: BL Freeman, Rev J Furst, and Marcus Levy (Commanders), M.Lipshitz, B.Shulman, S.Bravennan, MH Lindey, M.Stungo, R.Eprile and David Hoppenstein. The copied documents include the Edinburgh Tent's balance sheet for 1890-1892, containing the names of over 160 subscribers. Also included are reports of meetings, details of new officeholders, financial accounts, lists of contributors and press cuttings.

In Edinburgh, a group was set up consisting of non-Jewish supporters of the

ZIONIST ARCHIVES

ideals of the Chovevei Zion movement – The Scottish Society for Restoration of Jews to Palestine. In existence for less than two years, it's leading light was the Rev. William Paterson:

"I have been all my life a very warm friend of Israel, and their present sufferings have drawn out my deepest sympathy."

[Rev William Paterson to Dr Hirsch, 26 August 1891]

The leaders of the Edinburgh Tent were somewhat wary, and sought the approval of the national leadership in London:

"...we are afraid we will be much disappointed as far as financial help is concerned, but nevertheless they are friends, they are in sympathy with us, and we are in need of friends as well as of money, and we must not offend them..."

[Marcus Levy to Dr Hirsch, 31 July 1892]

In 1894, Rev Paterson took up the case of a Jewish immigrant family who had arrived in Edinburgh about 1890. The younger members of the family were supporting themselves "by the usual method of a little box with cheap jewellery", but there were particular problems being experienced by the eldest son, Isaac Ryness, aged about 26, who had practised as a lawyer in Bialystok. In Edinburgh he had tried teaching Russian, "but there is no demand". He was also unsuccessful in working as a clerk: "...his conscientious adherence to his sabbath and religious observances...disqualify him for work of the kind in gentile offices..." Rev Paterson appealed to the London HQ to facilitate Isaac's "great desire to go to Palestine" to work in a colony there. One wonders what became of him.

[Rev Paterson to Dr Hirsch, 31 Oct 1894]

We must not forget the Edinburgh community's proud role in the early days of the Zionist movement.

Harvey L Kaplan is Director of the Scottish Jewish Archives Centre, based in Cramethill Synagogue in Glasgow.

Printed by kind permission of the Edinburgh Star.



SOCIETY AWARDS 2001

VEGETARIAN SOCIETY AWARDS 2001

Vegetarians honour former patron – Lady Linda McCartney.

At the star-studded Fundraising Gala Ball held in London in June last, as part of the National Vegetarian Week 2001 celebrations, Mary McCartney accepted on behalf of her late Mother Lady Linda McCartney, the first ever VEGETARIAN SOCIETY ACHIEVEMENT AWARD.

Linda McCartney changed the image of vegetarianism, bringing vegetarian food into the supermarket and developing veggie products that were enjoyed by vegetarians and meat eaters alike. Her passion for vegetarianism and her desire to create a world that would be kinder to animals and the environment will remain an inspiration.

This very special award was created to reward an individual who has made an outstanding contribution to vegetarianism.

To quote Tina Fox, Chief Executive of the Vegetarian Society “It is wonderful to see that Linda is still recognised as the pioneer in the area of vegetarian food – her foresight opened the way for many people and obviously our members and visitors to our site recognised this. We were delighted that Mary was able to accept the award on behalf of her mother”.

The nominations were made by members of The Vegetarian Society during the Spring of 2001 and by visitors to the Society’s website www.vegsoc.org The judging panel for the awards comprised Lyn Weller, principal of The Vegetarian Society’s Cordon Vert Cookery School, Richard Cawley and Jerome Flynn.

HELP!!!

We are in desperate need of someone to
'man' the office, one day a week
(day to be arranged) preferably the same
day each week, on a voluntary basis.

Typing or computer skills would be an asset.

Please contact the office on 020 8455 0692
between 10.00am – 4.00pm.

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**THE FIRST RANGE OF
SOFT CAPSULES WITHOUT GELATIN
TO BE AVAILABLE ANYWHERE IN
THE WORLD**

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The VERTESE™ range is available from leading health food stores, drugstores, pharmacies and grocery multiples. With its high quality and innovative design, the new range demonstrates all that is best in food supplements and leads the market to superior quality healthcare products, widely available and at a reasonable cost.



NEW! NEW! NEW!

The official cookbook of the JVS
“Jewish Vegetarian Cooking”

by Rose Friedman.

Updated - Revised - Enlarged

A lovely present for your friends in the coming gift-giving season. Price £6.99, posted anywhere (postage UK £0.49; USA £1.42; Australia £1.42. Quarterly postage by Mercury Airfreight at low postage rates. 15% discount for resale purchasers).

VIVA!

VEGETARIANS INTERNATIONAL VOICE FOR ANIMALS (VIVA!)

ONE MILLION HOMES TO GET 'GO VEGGIE' MESSAGE.

Mountainous funeral pyres of dead farmed animals and scenes of slaughter have shocked the nation. One outcome has been an upsurge in the number of people considering going vegetarian. To speed the change, the animal charity Viva! launched a national campaign encouraging people to give up eating meat. It involved roadside bill boards, door-drops to one million homes, selective advertising and events in every part of the country. There was also a demonstration outside MAFF headquarters in London.

The message is simple – 'It's time to go veggie'. The words are carried over a picture of burning cattle. The reverse side of the leaflet encourages prospective vegetarians with hard, scientific information. It tells them they will be less at risk of food poisoning, heart disease, strokes and cancer; that they are likely to live longer, reduce their impact on the environment and will help to end the suffering of animals.

Anyone contacting Viva! will be sent a free 'Go Veggie' pack which will include recipes and tips on shopping, cooking and eating out. Also available is a range of guides on all the vegetarian topics, including health, nutrition, food poisoning and genetic engineering. Celebrities supporting the campaign include Paul McCartney, Hayley Mills, Pam Ferris, Benjamin Zephaniah, Joanna Lumley and Michael Mansfield QC.

For further information contact: Juliet Gellatley, Becky Smith or Kat Koukourakis on Tel: 01273 777688 or Fax: 01273 776755.

Web: www.viva.org.uk or E-mail: vegpack@viva.org.uk



Mamix

All our 5 vegan alternatives to milk i.e. 3 soya and 2 pea protein based ones are fortified with the essential vitamins B2, B12 and D2 and sold exclusively in health/wholefood.

Information literature on our range of vegan products, see please to Plamil Foods, Folkestone, Kent, CT19 6PQ

TISHA B'AV AND VEGETARIANISM

Dear Sir,

Re: Article in the June issue

I am both astonished and saddened that Richard Schwartz seems to go along with the false claim that Jewish law does not forbid the eating of 'meat' and that he feels it is necessary to go beyond the strict letter of the law for consuming animal flesh to be considered unacceptable.

It is quite clear that cruelty to animals is not permitted; even with the additional condition, 'unless absolutely necessary', it is still not permitted, as cruelty to animals obviously includes using them for food and eating animal flesh, or any animal products or by-products, cannot, by any stretch of the imagination, be considered necessary. Just viewing animals as food is, in itself, unacceptable and abhorrent.

However, there is one thing that is more important than what our religion tells us and that is what our own conscience tells us. If a religion – any religion – encourages, or in any way condones cruelty to animals, then that religion is obviously not worth following anyway and so one is not obliged to follow its laws.

If for example, a religion preaches hypocrisy or double standards, we should not feel obliged to follow it or at least the bits of it that are hypocritical. On Tisha B'Av, Jews are not supposed to wear leather shoes. Does that make it acceptable to wear them on other days of the year. Leather is not just a by-product of the obscene meat trade, which would be bad enough, it along with the other 'by-products', actually helps to prop it up. Without the 'by-products' of the meat industry, such as leather, the meat industry itself could not survive. By using animal skins, whether draped round ones body, or on ones feet, or in the form of handbags, wallets, etc., we abuse, exploit and murder animals just as surely as if we eat their flesh.

People of nearly all religions misuse and misinterpret their religions to provide them with false excuses for abusing animals and so are able to block out and ignore what their own consciences should tell them in the process, If we want to help the non-human animals with whom we are privileged to share this planet, we must make the message clear and unequivocal and it is this:

Whatever religion one belongs to – and equally, if one is not religious at all – it is not acceptable to eat our fellow creatures, full stop. It is unnecessary; it is uncivilised; it is immoral.

THE VITAMIN B12 ISSUE

BY DR GINA SHAW, D.S., M.A., AIYS (DIP. IRID.)

The subject of Vitamin B12 is not new to most vegans, vegetarians or raw fooders. The supplement companies have many people running to their local health (drug) stores in an effort to make themselves deficiency-free, but is this a good idea? A number of issues will be raised in this article and I will attempt to piece together some information from many different and reliable (non-financially-oriented) sources.

A vitamin B12 deficiency is a serious disorder, but it is never just a B12 deficiency because vitamin and mineral deficiencies never happen in isolation. Indications of a deficiency of vitamin B12, when they do reach a stage where they have shown up, can be quite severe. Fatigue, paleness, anorexia, mental confusion, delusions, paranoia, weight loss, etc. are just some indications that a person may have a B12-deficiency. In my opinion, ME is a B12-deficiency disorder. If you do think you may have a B12 deficiency, it would be wise for you to seek the advice of a health practitioner (such as myself), who is knowledgeable about B12 deficiencies, for immediate advice. This disorder can eventually lead to death if left unchecked.

UK official recommendations have decreased in recent years, the body's needs having been previously overestimated. Indeed, the Department of Health recognises that some people have lower than average requirements of B12. A whole lifetime's requirement of B 12 add up to a 40 milligram speck of red crystals, about one-seventh the size of an average tablet of aspirin! Taking large doses of the vitamin by mouth is pointless because 3ug is the most that can be absorbed at any one time.

Vitamin B12 is excreted in the bile and is effectively reabsorbed. This is known as enterohepatic circulation. The amount of B12 excreted in the bile can vary from 1 to 10mg (micrograms) a day. People on diets low in B12, including vegans and some vegetarians, may be obtaining more B 12 from reabsorption than from dietary sources. Re-absorption is the reason it can take over 20 years for a deficiency disease to develop. In comparison, if B 12 deficiency is due to a failure in absorption, it can take only three years for a deficiency disease to occur. Since vitamin B12 is recycled in a healthy body, in principle, internal B12 synthesis could fulfil our needs without any B12 provided in the diet, but if cobalt in our diet is lacking, the problem is not so much a lack of B12 synthesising intestinal flora, as a lack of cobalt (which again will need other factors for efficient absorption).

Among the many controversies surrounding vitamin B12, there is the argument that, although intrinsic factor is produced in our stomachs and that our intestines are known to produce vitamin B12, the bacteria is produced

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too low down in the intestines and cannot be absorbed by our bodies. This argument is sadly still hanging around, however, according to Dr Vetrano, it was disproved by research over 20 years ago and is nothing more than an obsolete scientific theory. Indeed, in a 1999 version of 'Human Anatomy and Physiology' by Marieb, it states quite clearly that we do indeed absorb vitamin B12 through our intestines.

Many people say that the only foods which contain vitamin B12 are animal-derived foods. This also is untrue. No foods naturally contain vitamin B12 – neither animal or plant foods. Vitamin B12 is a microbe – a bacteria – it is produced by microorganisms. Vitamin B12 is the only vitamin that contains a trace element cobalt - which gives this vitamin its chemical name – cobalamin – which is at the centre of its molecular structure. Humans and all vertebrates require cobalt, although it is assimilated only in the form of vitamin B12.

B12 synthesis is known to occur naturally in the human small intestine (in the ileum), which is the primary site of B12 absorption. As long as gut bacteria have cobalt and certain other nutrients, they produce vitamin B12. According to Dr Michael Klaper, Vitamin B12 is present in the mouth and intestines. B12 must be combined with a mucoprotein enzyme named Intrinsic Factor, which is normally present in gastric secretions, to be properly assimilated. If the intrinsic factor is impaired or absent, B12 synthesis will not take place, no matter how much is present in the diet. B12 deficiency may be brought upon by antibiotics (also contained in milk), alcohol, smoking and stress (alcohol damages the liver, so drinkers need more B12, smoking (and all high temp cooked food is smoky) as raises B12 needs).

Many nutritional analyses of foodstuffs were carried out such a long time ago, and, as such, have not taken account of more up-to-date technology in scientific procedures. For instance, Tesco's raspberries now state quite clearly that 100g of raspberries contain 30% of the recommended daily allowance of vitamin B12. This cannot be an isolated example of a plant food which contains B12. More likely, it is just one plant food of many which contain this vitamin. Indeed, according to Dr Vetrano, current books on nutrition in the U.S. have now stated that there is B12 in any food that contains quantities of the B vitamin complex, but previously they were just not able to assay the amounts. Nowadays, more modern technology has allowed them to discover that there is B12 in those foods rich in the B complex.

The author does not believe that a vitamin B12 deficiency is more widespread in vegans or vegetarians – this is probably just another marketing lie! In fact, many so-called studies 'showing vegans deficient' have to be carefully

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studied themselves – many of them do not prove vegans to be deficient at all! In fact, contrary to meat and dairy industry propaganda, meat-eaters are known to be more likely to have a vitamin B12 deficiency – this has been known since 1989!!

Having said this, we must bear in mind that many vegetarians and vegans still take antibiotics or consume antibiotic-containing foods such as onions, garlic, strong radishes and other foods rich in mustard oil, which are lethal to intestinal flora. The trouble is that once we have damaged our intestinal flora, it is difficult to correct without proper and knowledgeable healthcare and dietary advice. It is of far greater importance to correct intestinal flora problems than to rely on so-called supplements. People who have a physical problem because they think they are not getting enough vitamin B12, are in fact often not assimilating their foods properly because of poor digestion. When digestion is straightened out, B12 can be utilized and produced once again.

According to Marieb's 'Human Anatomy and Physiology', vitamin B12 can be destroyed by highly alkaline and highly acid conditions. This assumes that the B12 in meat would be easily destroyed because the hydrochloric acid in our stomachs during the digestion of meat is highly acidic. This may explain why meat-eaters are just as likely to have a B12 deficiency as vegans – even though their diet contains vitamin B12. Also, for meat-eaters, there are antibiotics contained in meat! Of course, many meat-eaters destroy their friendly bacteria in their intestines by constant putrefaction and the putrefactive bacteria naturally present in meat will give the body a hard time.

Another side to the equation is that low serum B12 levels do not equate to a B12 deficiency necessarily. Just because there is a low level of B12 in the bloodstream, this does not mean that there is a deficiency in the body as a whole, it may well be being utilised by the living cells (such as the central nervous system). In any case, a person who takes supplements may well have 'vitamin B12 floating in their bloodstream, but this does not mean it is usable to the human body as synthetic, inorganic vitamins are not.

The illusionary benefits of supplement-taking result in the person's increased metabolism in order to expel these harmful substances as quickly as possible. This results in a stimulation of the body and the illusion of an improvement in health. The truth is that there is a very delicate balance among hormone secretions, vitamins, enzymes, minerals, etc. This is something that scientists know very little about. These substances do not work alone, but in fact require other factors for them to be effective, like fats, etc. We know very little about

life within a cell. The use of supplements can disturb this delicate balance and diminish the efficiency of body functions. Health is reduced commensurate to the imbalance that occurs.

Commercially, vitamin B12 tablets are made from bacteria and the bacteria is deeply fermented. A healthy body will usually expel fermented substances. The main problem with pill supplements is that they: 1) Do not contain the hundreds of other nutrients we may need to be healthy that raw foods provide, and 2) they contain artificial substances/contaminants that are detrimental to health.

Synthetic vitamins and minerals are inorganic and are therefore unusable by the human body. In the manufacture of 'food supplements', chemically pure substances must be used for the most part. If the scientists used naturally derived nutrients, their pills would be too large for us to swallow. Additionally, a chemical 'carder' is added to make the products acceptable to the palate of the consumer and to bring their product up to an acceptable standard. These chemical carders, as with all chemicals, are toxic to the human organism. They result in stimulation of the body and an illusionary cure.

According to Dr. John Potter PhD, of Fred Hutchinson Cancer Centre, Seattle, "Food's magic is based on thousands of complex interactions of dozens of different phytochemicals which are difficult to recreate in pills. While 190 solid studies prove that fruit and vegetables benefit, supplements have only a smattering of evidence". Vitamins, minerals, hormones, etc. do not work in isolation, they work symbiotically. They work with other nutrients in order for their work to be carried out. When these highly complex substances are disturbed, their overall effectiveness can be reduced.

However, too much of a nutrient is draining on our vital energy as the human (or non-human) organism may have to expel a nutrient overload. Also, it is doubtful whether, even if you do have a B12 deficiency, you have only a B12 deficiency. A healthier diet and living conditions, as well as a fast may be in order.

According to Dr Douglas Graham, in his book 'Nutrition and Athletic Performance', supplementation has proven to be an inadequate and incomplete method of supplying nutrients as scientists cannot match nature's refined balances. He says that since an estimated ninety per cent of all nutrients are as yet undiscovered, why would we want to start adding nutrients into our diet one at a time rather than eating whole foods? Most nutrients are known to interact symbiotically with at least eight other nutrients and considering this, the odds of healthfully supplying any nutrients in its necessary component

package becomes 'infinitesimally minute'. More to the point he adds, there has never been a successful attempt to keep an animal or human healthy, or even alive, on a diet composed strictly of nutritional supplements'.

Dan Reeter, at Bio-Systems Laboratories in Colorado is creating one of the world's most comprehensive computer facilities for soil biology testing. He says that, from his extensive tests, plants grown in organically-managed soil make significantly higher levels of usable vitamin B12. It has also been reported that vitamin B12 is present in wild fruits and wild and home-grown plant foods.

The author contends that animal and dairy produce is a poor source of Vitamin B12 since the vitamin is contained in nutrient-deranged foodstuffs which will inevitably destroy the usability of the vitamin. Studies show that those following a typical animal-based diet require more vitamin B12 than those who do not. This is because the typical diet leads to digestive atrophy. Because B12 is peptide-bound in animal products and must be enzymatically cleaved from the peptide bonds to be absorbed, a weakened gastric acid and gastric enzyme secretions (due to a cooked food diet) causes an inability to efficiently extract vitamin B12 from external food. Nevertheless, raw food vegans who have a more powerful digestion actually get more B12 by reabsorption from the bile than they do from external food. Wolfe argues that the natural soil microbes and bacteria found on wild plant foods and unwashed garden plants are typically adequate to supply our B12 requirements. The natural microbes in the soil need to be duplicated and to colonise in our digestive tract, without fermentation or putrefaction.

Another point worth considering is that vitamin B12 Recommended Daily Allowances (RDA's) are based upon the average cooked food (meat and two veg), smoking, drinking person. Commercial interests have indeed grossly exaggerated our needs for many nutrients. These studies tell us nothing of the requirements for a healthy vegetarian. It is very difficult to determine precise individual needs of any vitamin or nutrient, and an overload of any vitamin or other nutrient creates an unnecessary burden on our vital domain. Factors such as rate of metabolism, stress, etc. can determine our differing and often changing needs. Dr Victor Herbert reported in the American Journal of Clinical Nutrition (1998, Volume 48) that only 0.00000035 ounces (1 microgram) of vitamin B12 is required per day. These minimum vitamin requirements may be inadequate to explain the needs of a healthy raw food vegan, for example, who may require less B12 due to an improved gastric ability and a high ability to recycle vitamin B12. (Cooking destroys microbes and a highly sterilised, cooked vegan diet may not provide the intestines with enough good quality flora). Absorption rates of B12 are higher in healthy

individuals than in unhealthy individuals. Studies, based on healthy Indian vegetarian villagers, showed that none of them exhibited symptoms of B12 deficiency, despite levels of .3-.5 micrograms of B12.

Dr Gabriel Cousens argues that vitamin B12 deficiency is typically caused by lack of absorption in the intestinal tract rather than a lack of this vitamin in the diet. Annie and Dr David Jubb argue that people have lived in such a sterile, antiseptic environment for so long that these necessary symbiotic organisms have been less than present in our diet. They argue that by ingesting soil-born organisms you can maintain an enormous reservoir of uncoded antibodies ready to transform specific pathogens, the way nature intended – by eating a little dirt!

If a person is healthy and on a healthy vegan, high-percentage raw food diet and does not habitually over-eat, wrongly combine their foods and abuse their bodies generally, and utilises fasting on occasion, it is unlikely that they will develop B12 deficiency symptoms providing their intestinal flora was not previously deranged. Vitamin B12 deficiency is usually symptomatic of a larger problem i.e. poor intestinal flora, poor absorption and also lack of sunlight.

Harvey Diamond argues that the entire nutrient issue has been made so confusing with contradictory information that it is no wonder that people are bewildered about where to obtain sufficient nutrients. Unfortunately, some people have been so totally misguided and scared that no amount of common-sense reasoning or even factual data can rescue them from the meat, dairy and petrochemical (synthetic food 'supplement' suppliers) multi-million pound industries. The truth is that whatever nutrients the body needs will be contained in its natural foods (for human beings, raw plant foods). Mother Nature knows how to provide for her own. Why would it be that we are created in such a way as to make us a natural plant-eater and hey presto, there is no vitamin B12 provided for us by plants? If you can't get it from raw fruits, vegetables, nuts, seeds or sprouts then WE DON'T NEED IT! Just because a wild fruit or organic foodstuff contains only a small amount, this does not mean it is deficient. It means that we only need a small amount!

The pill pushers are quick to say that our soil is deficient, but according to Diamond and others, if a seed does not receive the elements it needs IT WILL NOT GROW (OR WILL GROW POORLY - author). Also, plants obtain nutrients from other sources in greater amounts: the sun, water and the air. Plants actually obtain only about 1% of nutrients from the soil.

If you do develop a B12 deficiency, certain urgent dietary adjustments may need to be made, and there is a possibility that fasting is in order. In any case, on switching to a healthier diet, be it vegetarian, vegan or raw food (for optimum health), we should go back to nature as much as possible and pay little attention to germ phobics who advise us to scrub our vegetables and fruits. Buy organic and eat home-grown or wild foods and do not clean them too scrupulously! Just as nature intended!

Please note that it is not recommended for anyone to go on a fast of longer duration than 1½ days without competent supervision, as prolonged fasts must be monitored by a qualified fasting supervisor.

Dr Shaw is available for health and nutritional consultations, fasting supervision, courses in natural health, emotional healing and iris analysis (iridology). Her address is: True Health, c/o 8 Marston Rd, Clayhall, Essex IG5 0LZ, UK. telephone 020 8351 0086/8550 0374.

1. 'Fit for Life', Diamond, H. and M., 1987
2. 'The Life Science Institute Course in Natural Health' – 1986
3. 'Nutrition and Athletic Performance', Dr D. Graham, 1999
4. 'Female Balance' article 2001 – K Perrero www.living-foods.com
5. Human Anatomy and Physiology – Marieb – 1999
6. Correspondence with Dr Vetrano and family 2001
7. 'The Sunfood Diet Success Story' by David Wolfe
8. B12 article by the Vegan Society
9. B12 article by the Vegetarian Society
10. 1990 'Solstice Magazine' article

BEQUEST TO THE SOCIETY

Ensures its Future Activities.
 Forms are available on request from
 the Society's Honorary Solicitors Communications
 to Headquarters "Bet Teva",
 855 Finchley Road, London NW11 8LX

BODY INTELLIGENCE TIPS

- * Eat in a settled atmosphere (tension and food do not mix).
- * Never eat when you are upset.
- * Always sit down to eat.
- * Eat only when you feel hungry.
- * Do not talk while chewing your food.
- * Chew your food thoroughly; especially carbohydrates which require initial digestion by the alkaline ptyalin enzyme in the saliva of the mouth. Chewing well promotes alkalinity.
- * Eat until you are 70-80% full to aid digestion.
- * Do not drink with food – this dilutes your gastric juices. Drink half an hour to 1 hour before meals and 1-2 hours after meals.
- * To work out your liquid requirement: Divide your current weight in kilograms by 8. If you weigh 58kg, then divide 58 by 8 and this equals 7.25 glasses of water. Then round the figure up to the next glass ie. 8 glasses of water per day. If it is a hot day or you are doing exercise you will need to drink more.
- * Avoid extremely hot or cold drinks and food. For example, hot soup irritates the tender lining of the mouth and oesophagus, impairing salivation and peristalsis. Cold fluids freeze shut the tiny ducts in the stomach which secrete gastric juices, thereby halting digestion.
- * Eat freshly cooked meals. Do not eat leftovers. They have lost their nutrients and have the potential for mould.
- * Sit quietly for several minutes after your meal.

WHY NOT COME ALONG AND PAY A VISIT TO HQ IN GOLDERS GREEN

where we have a large selection of books, many of which are less than half the original price? Come and have a cup of coffee and browse through. The office hours are 10.00 - 4.00 Monday to Thursday but please telephone before coming as there are classes taking place in the main hall at certain times. Tel: 020 8455 0692

PROVAMEL & HEART ASSOCIATION

PROVAMEL JOINS FORCES WITH THE FAMILY HEART ASSOCIATION

Provamel announced recently that they have reached an agreement to work with the Family Heart Association to help raise awareness of premature coronary heart disease and promote lifestyle changes that can help to promote good cholesterol levels.

Provamel (Alpro) will be supporting Family Heart Association events through the year and funding projects that further public education on healthy eating and a healthy lifestyle, whilst also increasing awareness of heart disease and in particular high cholesterol. For those people with a high cholesterol level, relatively small changes to lifestyle can make a significant benefit to their future health and wellbeing.

The Family Heart Association is advised by an eminent Medical Advisory Panel which includes some of Britain's leading specialists and is staffed by Health Professionals, who respond to telephone and postal enquiries.

Michael Livingstone, Director of the FHA said "The Family Heart Association is committed to helping all those interested in learning more about the risks of heart disease and in particular, the importance of identifying a high cholesterol level."

The Family Heart Association, a registered charity founded in 1982, is a patient information charity and is committed to early detection in the community of families with genetic lipid disorders, including inherited high cholesterol. Having identified those who have this problem the FHA then suggests dietary and other lifestyle changes to manage the condition.

LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

UK Life Membership

£150

Israel Life Membership

\$250

American Life Membership

\$250

or 5 annual payments of

£35 (\$60)

COOKERY CORNER

BEETROOT BORSCHT

INGREDIENTS

6 medium beetroot, peeled and quartered, juice of 2 lemons, 8 cups of water, 1 tbs salt to taste, 2 tbs sugar to taste, 4 eggs.

METHOD

Place peeled and quartered beetroot in a large saucepan. Add salt, lemon juice, water and simmer for 1 ½ hours.

Add sugar and cook a little longer. Let cool, then blend in blender until smooth.

Beat eggs well and slowly add to cooked soup, whisking thoroughly. Make sure soup is cooled, otherwise it will curdle. Refrigerate.

Serve icy cold with sour cream or boiled potatoes, or add some chopped spring onions. It can also be served hot with the same additions.

CABBAGE AND TOMATO SOUP

INGREDIENTS

8-10 medium sized ripe tomatoes, peeled and chopped, 1 medium onion, diced, ¾ medium sized cabbage, shredded – preferably by hand rather than machine, as it makes the soup chunkier. 1 tbs marmite, 1 tbs sugar, salt and pepper to taste, 5 bay leaves, 1 tsp each cumin and caraway seed, 1/2 tsp sage and thyme, 8 cloves garlic, crushed, 3 tbs fresh parsley, chopped, 1-2 tbs tomato paste to taste (optional).

METHOD

Fill a large saucepan ¾ full with water and bring to the boil.

Add vegetables, marmite, sugar, salt, pepper, bay leaves, cumin, caraway, oregano, sage, thyme and garlic. Cover and simmer for about ¾ hour.

Place half quantity in blender and blend until smooth.

Return mixture to saucepan and add parsley. Continue simmering for another 15 mins. Adjust seasoning. Add tomato paste to enrich flavour if necessary.

COOKERY CORNER

BAKE PEA SAVOURY

INGREDIENTS

1 onion, 1 tbs corn oil, 12 oz (340g) cooked peas, 4 oz (115g) ground hazelnuts, 2 oz (55g) dried wholemeal breadcrumbs, 1 tsp yeast extract, ½ tsp basil, sea salt, freshly ground black pepper, 2 organic eggs.

METHOD

Peel and grate the onion and cook in the corn oil for 5 minutes.

Mash the peas together with the remaining ingredients and place the mixture in a greased baking dish.

Bake at 375°F / 190°C (Gas Mark 5) for 30 minutes. Serve with vegetables or cool and freeze if desired.

VEGETABLE CURRY

INGREDIENTS

½ lb cooked mixed vegetables, 1 chopped onion, 1 oz wholemeal flour, 1 oz curry powder, 1 tsp lemon juice, ½ tsp salt, 4 oz brown rice, 1 small chopped apple, corn oil, ½ oz brown sugar, 1 oz raisins, ½ pint vegetable stock.

METHOD

Cook the washed rice in boiling water until tender. Cook the onion in corn oil till golden, add the flour and curry powder, mix and gradually add the stock and salt. Cook for a few minutes, add the remaining ingredients and simmer for 15 minutes. Place the cooked rice on a serving dish and pile the vegetable curry on top.

NUT AND RICE RISOLES

INGREDIENTS

4 oz Brown rice, 3 oz fresh brown breadcrumbs, 1 tsp curry powder, golden breadcrumbs, 2 oz ground nuts, 2 onions, 1 tsp chopped parsley, 2 organic eggs, corn oil.

METHOD

Wash the rice and cook in boiling water with the peeled and chopped onions. Mix the fresh breadcrumbs with the nuts, parsley, curry powder, rice, onions and beaten eggs. Cool and form into rissoles. Place on a baking tray with corn oil.

COOKERY CORNER

LENTIL AND WALNUT RISsoles

INGREDIENTS

8 ozs (225g) red lentils. 4 ozs (115g) ground walnuts, 3 ozs (85g) dried wholemeal breadcrumbs, ½ tsp sage, ½ tsp mixed herbs, pinch of nutmeg, seasoning, 1 egg.

METHOD

Wash the lentils and cook in sufficient water until soft, drain.

Mash the lentils and add the remaining ingredients.

When cooked, form the rissoles and coat with beaten egg and breadcrumbs.

Fry in hot vegetable oil until golden brown, drain and serve hot or cold. Alternatively, freeze and keep in the freezer for 2-3 months. To serve fry straight from the freezer or thaw at room temperature and then fry the rissoles until heated well through.

PLUM OR DAMSON CRUMBLE

INGREDIENTS

1 lb plums, 3 tbs water, 1 tsp ground cinnamon, 3 oz vegetarian margarine, 6 oz brown sugar, 2 oz wholemeal self raising flour, 4 oz oats.

METHOD

Wash the plums or damsons well and cut in half removing the stones. Place the fruit in a greased pie dish, sprinkle with half the sugar and pour the water over. Mix the flour and cinnamon together, add the oats and rub in the margarine. Stir in the remaining sugar and sprinkle the mixture over the fruit.

Bake in oven set at 350°F (Mark 4) for 45 minutes.

The following three recipes were taken from the book by Debra Wasserman 'The Lowfat Jewish Vegetarian Cookbook'.

APPLE SPICE CAKE

INGREDIENTS

3 cups wholewheat pastry flour, 5 tsp margarine, 2 tsp baking powder, 1 tsp baking soda, 1 tsp cinnamon, 1 tsp nutmeg, ½ tsp allspice, ¼ tsp ground cloves, 1-1 ½ cups water, ½ cup maple syrup, 2 tsp vanilla, 3 apples, cored,

COOKERY CORNER

quartered and sliced, raisins or other dried fruit, chopped.

Preheat oven to 350°.

METHOD

Mix all the ingredients together in a large bowl, except apples and raisins. Pour half the batter into a lightly oiled 9"x12" pan. Lay apple slices on top of batter and cover the remaining batter. Decorate with raisins or dried fruit. Bake at 350° for 30 minutes.

Cool before removing from pan.

SWEET FRUIT KUGEL

INGREDIENTS

12 ounce package eggless noodles, 4 quarts water, 3 ripe bananas, peeled and mashed, 1 tsp cinnamon, 2 apples cored and chopped, 2 pears, cored and chopped, ½ cup raisins.

Preheat oven to 350°.

METHOD

Bring water to the boil, add noodles, and lower heat. Simmer for 10 minutes until noodles are tender. Drain.

Mix cooked noodles with mashed bananas and cinnamon. Place 1/3 noodle mixture in a lightly oiled 9"x9"x2" square pan. Place 1/3 chopped fruit and raisins on top of noodle mixture. Repeat process two more times.

Bake at 350° for 45 minutes. Serve warm.

NORTH AFRICAN BARLEY PUDDING

This is an alternative to Rice Pudding

INGREDIENTS

1 cup barley, uncooked, 3½ cups water, 1 tbs pine nuts, 1 tbs slivered almonds, 1 tbs pistachios, 1 cup maple syrup.

METHOD

Cook barley in water in a large pot over medium heat for 1-1½ hours, until very soft. Stir in remaining ingredients and continue heating for 2 minutes, stirring constantly.

Serve warm or chilled.

COOKERY CORNER

HEALTH BENEFITS OF AVOCADOS

The avocado is one of the most nutritious fruits available as it is not only packed full of vitamins, minerals and essential oils, but provided more protein than any other fruit.

Contrary to popular belief the avocado is not a fattening fruit, contains no cholesterol and its monounsaturated fats are the healthy variety.

Avocados are packed with vitamins, including Vitamin E, Vitamin B6, Vitamin B1, B2 and Niacin, and are also a rich source of minerals including: Potassium, Phosphorus and Manganese.

Just over 50% of the oil in an average avocado is the good monounsaturated type found in olive oil. This oil does not raise the cholesterol in the blood, and may even have a protective effect against heart disease. Another 10% of the oil is polyunsaturated, again, the type which does not raise cholesterol.

Avocados also contain essential fatty acids (EFAs) which, like vitamins, are vital to keep all cell walls flexible, including those in the skin keeping it well conditioned and moist.

Below are just a few recipes that, together with avocados, make a delicious meal or snack.

PENNE PASTA WITH ROASTED CHERRY TOMATOES & AVOCADOS

SERVES 2



INGREDIENTS

225g/8 oz cherry tomatoes, halved, 2 cloves garlic, chopped, 1 dried red chilli, finely chopped, 2 tbsp extra virgin olive oil, 175g/6 oz penne pasta, 1 medium avocado, juice of ½ a lemon, 8 fresh basil leaves, shredded, salt and black pepper.

METHOD

COOKERY CORNER

Preheat the oven to 200° C/400°F/Gas Mark 6. Place the cherry tomatoes in a small baking dish so that they form a single tightly packed layer and scatter the garlic and chilli over them. Drizzle over the olive oil, season well and bake for 15-25 minutes until the tomatoes are wrinkled and tender.

Meanwhile bring a large pan of salted water to the boil and add the pasta. Cook for 10 minutes or until al denté then drain and return to the pan. Add the roasted tomatoes to the pasta and toss well to coat in the juices. Dice the flesh of the avocado and toss with the lemon juice and shredded basil. Place the pasta in a warm serving dish and spoon the avocado mixture over the top. Serve immediately.

TOMATOES FILLED WITH AVOCADO, GARLIC & BREADCRUMBS

SERVES 8

INGREDIENTS

8 large well ripened tomatoes, salt, 1 well ripened avocado, cut in half lengthwise, stoned, peeled, diced, sprinkled with lemon juice, 2 red chillies, chopped very finely (optional but lovely), 60 ml olive oil, salt and freshly ground black pepper, 200 ml fine, dried breadcrumbs, 3 garlic cloves, crushed in little salt, 125 ml parsley, freshly chopped.

METHOD

Cut tomatoes in half crosswise, Sprinkle with salt and drain, cut sides down in strainer for 10 mins. Dry well with paper towels. In pan over medium heat, warm 30 ml of oil. Add tomato halves, cut side down, and 4-6 at a time, fry until golden, about 3 mins. Place tomatoes, cut side up in greased baking dish. Sprinkle with salt and pepper. In small bowl stir together remaining ingredients, reserving half the parsley and the last 30 ml of the remaining oil. Spoon in tomatoes. Drizzle with remaining oil. Bake at 200° until tops are golden (10-15 mins).

Transfer to suitable serving platter, sprinkle with remaining parsley. Serve at room temperature.

COOKERY CORNER

WHITE BEAN , GARLIC & AVOCADO DIP

SERVES 4

INGREDIENTS



400g/14 oz can cannellini or butter beans, drained, 1 garlic clove, crushed, 1 shallot, finely chopped, juice of ½ lemon, 3 tablespoons fromage frais, 1 tablespoon tahini, 1 medium avocado, stoned, peeled and diced, 1 tomato, quartered, seeded and diced, 2 tablespoons chopped fresh parsley, salt and freshly ground black pepper.

METHOD

Place the drained beans in a processor with the garlic, shallot and lemon juice and blend until smooth. Add the fromage frais and tahini and blend quickly to mix. Transfer the mixture to a bowl and stir in the avocado, tomato and parsley. Season to taste and serve with warm pitta bread.

GARDENERS CORNER

AUTUMN 2001



Standing by my hawthorn hedge the Green Dragonfly darted to and fro in undulating flights. Now dipping, seeking his prey – now touching the hedge foliage while in motion to pick off some unsuspecting morsel, seen now in its days of glory – having spent the two preceeding years as a nymph in a pond. For so long completely aquatic. Even there though, living up to its fearsome name of “Dragon”, lurking in the water weed for its dinner to swim

GARDENERS CORNER

within range. Never knowing that on a July day it will have an urge to climb out of the water – a wingless creature and just burst out of its outer skin, its wings at first almost vestigial and limp – totally unflappable. Then they expand and develop into those marvellous wings that glint in the sunlight and triumphantly bear it airborne with the delight and beauty of its new element where it rises to mastery.

Some think the Dragonfly carries a sting – but the spiky end is its ovipositor which once mated, it will use to lay fresh eggs into the pond from which it emerged and so renew its life cycle.

Our new redesigned vegetable bed consisting of smaller areas with grass paths as dividers has been a great success, encouraging us to grow shorter rows but more variety. Each part of the beds can now be reached without having to walk on the earth. That's also good for the soil – less compaction and allows quicker rotation and inter cropping. For instance, while our potatoes grew we took a nice crop of lettuces and as the broad beans finished, sweetcorn took over. Always plan to grow broad beans as an early crop as by July they attract blackfly or rather the ants carefully place young blackfly on the tender leaves of the growing plant so that they can harvest the secretions from the blackfly – a form of honeydew. Pinching out the growing tips of the broad bean plant will slow down or almost eliminate infestation and ladybirds will gorge themselves on those that do remain so no need to use harmful sprays.

The mixture of rain a plenty interspersed with a few hot sunny days have made ideal conditions for both flowers and vegetables and as predicted it has been a record year for honey production with our bees gathering nectar from early May to late July filling more than 10 supers per hive, making this a memorable and extraordinary year, and our final year after 30 years of keeping bees.



REPORT FROM LOS ANGELES

REPORT FROM LOS ANGELES CHAPTER OF IJVS

BY JANINE BRONSON



Beet instead of egg. Pascal Yam instead of shankbone. Charoset. Karpas, Parsley and Endive (bitter herbs)



Raw food matzos on plate. The 'Aviv' organic matzos were imported from Israel.

of the IJVS held a free Raw and Living Foods Pot Luck Seder at the home of Zel and Reuben Allen. The event was attended and enjoyed by about a dozen people.

For the Strictly Vegetarian (Vegan) Seder, we used mostly Raw or "Living" Foods (fresh fruits, raw vegetables, etc.) including substitute matzoth (made from raw nuts and seeds, ground up and formed into nut and grain crisps and heated gently in a dehydrator or low heat "food drier".)

Participants at the event included: Zel and Reuben Allen (who graciously hosted the event in their beautiful house), Janine Bronson (the writer of this article), Deborah Katz-Kovar, Wendy Weiss, Andrew Ritterman, Barbara Weiner, baby Ezra with his parents, Jennifer and Michael Woolf, Sanford (Sandy), Doty and Tani DeMain, Laurene Ruth, Sheri and Josephine Kianfar.

What was special about this Seder was its spontaneity. At the last minute, Josephine and her daughter, who didn't even know anything like this existed before (they were neither vegan nor vegetarian prior to this event) came together with the rest of us like a family event and felt very comfortable! I was drinking my home-made carrot juice (mixed with greens) in the parking lot of the Synagogue after Shabbat services, when they asked me what that funny looking drink was made of, and I explained its muddy colour or its "earthiness" look, was similar to an artist who upon mixing orange and green gets brown. They tasted and liked it and on the spot agreed to join our Raw Foods Pot Luck Seder bringing fresh salad, and were very interested in finding out more about how Judaism and Vegetarianism go hand in hand.

REPORT FROM LOS ANGELES

Another added plus was the mixing of cultures and sharing of ethnic foods. We had Sephardic and Ashkenazi Jews, and all ages were represented: from just a few months old to great-grandparents. The food was fabulous. The most unusual recipe was the Raw Foods Matzoh, which had a dark brown colour because of the poppy seeds, flax seeds (good for the digestion) and many different kinds of nuts.

The special performance played on guitar brought joy and merriment, with songs sung by lyricist Laurene Ruth, who has also very successfully invented the Jewish Chai Chi method, using the Hebrew Alphabet and drawing the letters while dancing in rhythmical slow movements, similar to the Asian Tai Chi self-defence with beautifully harmonious, flowing exercises.

Here is a raw food recipe which was particularly enjoyed by the participants at the seder:

SEEDS AND NUT CRISPS

Substitute conventional matzoh with this raw-food matzoh and enjoy any time of year!

NB There are so many ingredients, you could omit any number of them (except for the water) and it would still taste good – everything is optional.

INGREDIENTS

Filtered (or optional-distilled) water for soaking the seeds/nuts, dried fruit; 2 cups flax seeds; 1 cup chia seeds; 2 cups pumpkin seeds; 5 cups sesame seeds; ¼ cup poppy seeds; ¼ cup sunflower seeds; 2 tbs psyllium husks; 2 cups tangerine rinds; ¼ cup blood-orange peels; 1 cup total mixed currants, figs, dates, dried cherries; 1 tsp each powdered cinnamon, cloves, nutmeg; ¼ cup each pecan, walnut, pinenuts, cashews, macadamia, coconut; 1 banana; 1 cherimoya; 1 tbsp maple syrup; 1 pkt. organic evaporated cane sugar; 1 pkt stevia; ¼ tsp dill weed; ½ tsp turmeric; 5 strands of saffron

METHOD

Soak everything (except for zest – citrus rinds & peels) overnight; grind in blender or food processor and mix with water; pour onto dehydrator containers and dry until crisps are ready to eat. This could take from two-to-four days (depending on humidity, temp. etc.)

When I was making the crisps, I kept tasting little pieces all the time and the quantity kept getting smaller and smaller it was so good! During our Seder,

REPORT FROM LOS ANGELES

the dish of raw food seeds and nut crisps was the first one to be emptied and had to be replenished with seconds...

On 6th May, our Chapter held a meeting at Valley Beth Shalom Synagogue at our usual first Sunday of the month 2.00 pm scheduled event. The topic was "On Well Being – Healthy Herbs and Aromatherapy According to the Bible." During the talk, dozens of different bottled fragrances were opened and an assistant walked around from person to person, letting everyone sniff and experience the aroma of each vial of precious essence.

What was amazing was that on the radio on the NPR station (National Public Radio) the very next day, the topic of "What did Jewish people eat in Biblical Times" came up and they chose the Yemenite cuisine as being the healthiest Jewish food, being mostly vegetarian, with very little meat, and not much dairy being consumed. Their diet most closely resembles that which was consumed during Biblical times. Turmeric, cloves, rosemary, mint, cardamon, myrrh, frankincense, cumin and coriander abound in Yemenite aromatherapy and their recipes.

This show was aired as part of "The Splendid Table" heard on "The Forward" with Matthew Goodwin, on Intelligent Talk KPCC during "'Life's Appetite."

Over 3,000 years ago, Hebrew was spoken very similarly to the way the Yemenites talk. They kept the language going, speaking Hebrew in their beautiful dialect, and when the State of Israel was formed, Hebrew began to be spoken by other Jewish immigrants as well. All over the country of Yemen, there were Jewish groups, the only culture that kept the Hebrew language alive. Yemen is near Ethiopia and the Red Sea (if translated correctly it might have been called the Reed Sea – in Hebrew "Yam Suf" means sea of reeds).

There is a particular Yemenite condiment called "Sechug" made from chillies, cilantro, parsley and lemon juice. Please find below a Yemenite recipe for mint-onion chutney which has a milder taste.

FRESH MINT-ONION CHUTNEY

(Preparation time is about fifteen minutes)

INGREDIENTS

1 fresh hot green chilli or other pepper of choice - could be Bell; ½ teaspoon ground cumin; ½ cup freshly squeezed lemon juice; ¼ cup water; ½ inch piece of ginger root, finely chopped; 1 medium onion (or can substitute chives or spring onions); 2 cups, lightly packed fresh mint leaves; 1 cup

REPORT FROM LOS ANGELES

lightly packed fresh cilantro leaves (or parsley)

METHOD

In a food processor or blender, chop ingredients, processing until smooth, scraping down the sides, as needed. Transfer into small bowl. Serve immediately, or store in refrigerator in a tightly covered container. Can also be frozen for later use.

Laurene and I are currently working together on a Shabbat Haggadah, which will include songs, with lyrics and music, children's section, recipes, Shabbat vegetarian menus, Special Basic Shabbat Haggadah section and what and how to make vegetarianism a Jewish lifestyle.

At the time of writing (May), we are very excited about welcoming Richard Schwartz as our honoured guest at Valley Beth Shalom Synagogue for the weekend of June 22nd and 23rd. Since we are getting on very well with our project on Shabbat Haggadah, this will be perfect timing!

We have also been discussing forming an additional "Hechsher" or certification or symbol but have not decided yet. Suggestions would be most welcome for strict vegetarian "labelling" which would incorporate glatt Kosher, non-dairy, non-meat (parve) but also no animal products at all, (vegan) and no GM (genetically-modified) no irradiated food, only organically-grown (no herbicides or pesticides, no harmful chemical additives such as preservatives, food colouring, etc.)

My original idea, that I've since changed, was just a simple KV symbol (for Kosher Vegan) but we're working on expanding that further. If anyone has any suggestions about this, please e-mail: TIPTOPEMP@aol.com or 310-358-9941 voice mail.



Raw veggies, fresh fruit & dried fruits & nuts.



Raw food charoset with raw nuts.

CONSUMER CORNER



A CHRISTMAS PUDDING FOR ALL TASTES

Matthew Walker has been making Christmas puddings for over 100 years and the results of their dedication and expertise are enjoyed annually by 18 million people in the UK – not to mention overseas. The art of making the ultimate pudding relies not only

on selecting top quality ingredients, but also in the blending, cooking and cooling – this latter process can take up to 2 days.

This year Matthew Walker introduces three new Puddings – Mulled Wine, Sticky Toffee and Maple & Pecan.

Readers will be pleased to know that all the puddings from Matthew Walker are suitable for vegetarians, whilst the Original and Victorian are suitable also for vegans.

Our picture shows the richly fruited Victorian pudding which includes currants, sultanas, raisins, candied orange and lemon peel, ground bitter almonds and molasses as well as cider, sherry, brandy and rum for fine measure. This pudding has 290 calories per 100g serving, so for slimmers, it is not nearly as 'naughty' as one might think.

Years ago when people made their own puddings, one of the age-old customs was to put a silver coin in the pudding which is said to bring wealth, health and happiness to whoever finds it. Other items that were put into the mixture over the years include rings, which would mean marriage within a year to whoever found it, but of course this would only work if one was 'single'.

Now days, it is much more simple and easier to buy the puddings ready made, which can be microwaved in minutes. Of course if you don't have a microwave, the pudding can be steamed according to instructions.

Matthew Walker's Christmas Puddings come in different sizes and are available from all major supermarkets and quality grocers.

CONSUMER CORNER

FSC UNVEILS FIVE HIGH-QUALITY HERBAL CREAMS

The Food Supplement Company (FSC) recently launched five new herbal creams, building on the success of their high potency food supplement range.

Each cream has been formulated by a qualified herbalist, and carefully blended with supporting herbs on a moisturising base, using only the finest ingredients. They are:

HORSE CHESTNUT (*Aesulus hippocastanum*). A revitalising formula Witch Hazel, Rosemary Oil, Ginger and Horse Chestnut. Using this cream topically, the massaging action may help to maintain circulatory health.

TEA TREE (*Melaleuca alternifolia*). This contains 9 herbal ingredients, including Echinacea, Milk Thistle, Rosemary Oil and Oregon Grape that produces a cleansing formula.

ST. JOHN'S WORT (*Hypericum perforatum*) Popular in Europe as a topical cream for soothing skin, this cream contains a calming combination of St. John's Wort, Lemon Balm, Avena Sativa and Chamomile Oil.

ALOE VERA. This cream contains a combination of Aloe Vera, Lavender Oil, Calendula Oil and Chamomile oil for a nourishing formulation.

CAPSICUM (Cayenne, capsaicin). Capsicum's warming properties are ideal for massaging into limbs/muscles at the end of a tiring day. The cream contains a combination of Capsicum, Ginger and Peppermint Oil.

Needless to say the creams are suitable vegetarian and vegans, and have not been tested on animals. They are available in 50g pots and cost £3.99. through all good health food shops. For your nearest stockist call 0845 0765358.



YEO VALLEY ORGANIC

LUXURY ORGANIC ICE CREAMS

If you were one of many who loved Yeo Valley Organic's award winning yogurts, you will be delighted at a range of luxury organic dairy ice prices.

They are made exclusively from organic milk and cream, and

flavoured with organic fruit, chocolate and vanilla. The products are being offered in family size, 1 litre pots, selling at £2.99. This makes them very

CONSUMER CORNER

good value compared with ordinary, non-organic brands, which are usually packed in ½ litre pots for a similar price.

A lot of ice cream is consumed by children, and parents don't want to be feeding them chemicals if they can help it. Yeo Valley Organics avoid this.

Until now, most organic ice cream has been expensive, but now it will be within everybody's reach. There are three delicious flavours in the new Yeo Valley Organic range: Strawberries & Cream, Chocolate and Vanilla. They can be found in leading supermarkets and grocery stores.



NEW, IMPROVED FRY LIGHT SPRAY

THE ORIGINAL ONE CAL SPRAY

In keeping with the company's policy to continually upgrade its products to the highest standards, as well as only using the finest ingredients and recyclable packaging, Fry Light has now introduced a new pump which boasts even greater spraying attributes.

It is the only patented calorie of oil which delivers a measured one calorie of oil per spray, so it can help you to save 100's of calories without even trying. Cholesterol free, it's a healthy alternative to traditional fats and oils.

Fry Light is available in two variants – Extra Virgin Olive Oil and Sunflower, and comes in 250ml cans, and can replace the equivalent of 7 litres of traditional oils.

Readers who would like to receive a set of Fry Light recipes, absolutely free of charge, should send a large stamped addressed envelope to: Fry Light Information Bureau, PO Box 36, Northants, NN13 5FN.

(I personally do not know what the recipes consist of, but some maybe of use. Ed)

TRAVEL CORNER



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with its sculpture trail and woodland walks. Venture onto Kendal Heights and let the stresses and routines of your life fade as you watch the sun setting on the Lakeland Fells.

'Lakeland Natural' is only five minutes walk from Kendal town centre, so you have the best of both town and country at your door. There is ample, safe car parking within the grounds with public transport nearby. Children and well behaved dogs are welcome!

The proprietors are all vegetarian, so obviously cater exclusively for vegetarians (and vegans with advance notice). All food is home cooked using only fresh produce.

Anybody who has been to that part of the world will know how beautiful it is, and 'Lakeland Natural' is the ideal base for your holiday or business trip to South Lakeland. So why not pay them a visit, you will find the tariff in their advertisement towards the back of this magazine, or Phone/Fax: 01539 733011 for a Brochure.

LAKELAND NATURAL VEGETARIAN GUEST HOUSE

This beautiful Victorian Guest House was built in 1898 and offers the peace and spaciousness typical of a large Victorian home.

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With central heating throughout, all bedrooms are ensuite, with tea and coffee making facilities, TV and hairdryers. There is a large garden which adjoins Serpentine Woods

HELP GIVE RHANEE A BREAK!



MASSIVE BOYCOTT LOOMS TO SAVE ELEPHANT

The Animal Defenders (ADs) recently launched a boycott to help free Rhanee, an ex-circus elephant, featured during the UK's infamous 'Chipperfield' trial two years ago. Trapped in a Spanish zoo, Rhanee needs your help now to be retired.

Rhanee is owned by Parques Reunidos, an entertainment chain in Spain. They bought her from Mary Chipperfield Promotions where she suffered many years of both mental and physical abuse leaving her very disturbed. Although the Zoo did not know of Rhanee's condition when they bought her, they are now fully aware, but yet still refuse to let her go. The ADs want to retire Rhanee to an expert sanctuary that cares for ex-circus and abused elephants.

Supported by Paul McCartney, a host of other celebrities, and scientific support, the ADs are pressing the the Directors of Parques Reunidos to hand over Rhanee so she can get the specialist attention she deserves.

Jan Creamer, Director of the ADs said today: "We will urge anyone travelling to Spain to boycott all of Parques Reunidos facilities and the British media and public to voice their disgust. We must not let Rhanee suffer any longer".

The campaign is being launched in Spain, and worldwide, and is being taken up by animal and conservation groups all over the world. Campaign postcards and posters have been sent to 19,500 airlines, airports, vets, pet stores, youth clubs, nightclubs, medical practices, retirement homes and restaurants. 7000 travel agents have already been contacted.

Get an Action Pack from the Animal Defenders
(available in both English and Spanish): +44 (0)20 8846 9777

DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

FOREVER LIVING PRODUCTS

F.L.P. CONTRIBUTES TO BURN CARE

For centuries Aloe Vera has earned the reputation as the 'burn' plant – providing great topical, first aid ointment for burns. We at Forever Living Products along with our worldwide affiliates are finding new ways to share the healing and soothing benefits of aloe vera with – perhaps those who need it most – critically burned patients.

Committing \$100,000 to the Foundation for Burns and Trauma, a non-profit advocacy group providing burn victims with post-operative care and rehabilitation, we have embarked on a joint outreach program for burn prevention and care, called "Partnership in Prevention."

Founded in 1967, the Foundation for Burns and Trauma is an outgrowth of the Arizona Burn Center, one of the nation's premiere burn centers. They work hand-in-hand in assisting burn victims and their families on the road to becoming survivors.

As part of our partnership, both the Foundation and the Arizona Burn Center are using an array of our products as part of their post-operative care. The results have astounded even the most sceptical of physicians, which comes as no surprise to any of use who have enjoyed the benefits of our stabilized Aloe Vera products for years.

"One of the most immediate needs for burn survivors is relief from itching," said Dr. Gregg Grant, M.D. a long-time volunteer for the foundation, having completed his residency at the burn center. "Spraying on Aloe First has been almost like a minor miracle. Our patients are experiencing tremendous relief." Even at this early stage, the combination of Aloe First, Forever Aloe Gelly, and Forever Aloe Propolis appears so effective in post-operative application that talks of full-scale clinical trials have already begun.

"Now that you definitely have our attention," said Dr Grant, "we need to start documenting some of these results that will pave the way for clinical research."

PARTNERS IN PREVENTION

"The Association between Aloe Vera and burn care is not only a natural one, but it also presents us with a fantastic opportunity to share the power of Aloe with the medical community and the importance of burn prevention and our neighbours," said FLP founder and president Rex Maughan, noting that a similar effort has been launched by FLP South Africa.

The Partnership in Prevention will include joint participation in up to 100 health fairs statewide and development of educational materials, such as a video just launched and disseminated to all schools in Arizona – providing

FOREVER LIVING PRODUCTS

both children and teachers vital fire-safety instructions.

"Our goal is to help burn victims reclaim their lives and become burn survivors," said Ruth Rimmer the Foundation's Executive Director, "which goes to much deeper than just healing their physical wounds. We take the injured and traumatised and make them full-functioning people again."

The Foundation has raised over \$225,000 for the Arizona Burn Center during the last two years. Their combined staff and volunteers counsel survivors both through Ashes to Life Support Group and Camp Courage, a summer camp for burn survivors between the ages of 4 and 17, which is now in its 10th year.

"We are thrilled with this "Partnership in Prevention" with Forever Living, who shares our philosophy of caring," said Ruth. "Fire safety and burn prevention are so important. With FLP help we will be able to educate more people – especially more parents, teachers and children."

PREVENTION THROUGH EDUCATION

People of all ages can easily become burn victims, yet it is remarkably easy to prevent. Eight percent of all burns are preventable. Did you know that scalding liquid, such as hot coffee, inflicts a third degree burn in 3 seconds? A cup of coffee, like so many everyday activities, when taken for granted could prove disastrous – especially for children, who represent 75 percent of all burn victims treated at the center. Their skin is most sensitive and still growing. Because burned skin does not grow, a child's skin once burned is in a constant state of repair, requiring years of surgical procedures and more pain.

This is why prevention is paramount and it must begin with education. Most people simply don't understand how quickly and severely skin can be damaged – how a campfire still hot under the cool ash looks as attractive to a child as sand on a beach, how a barbeque or a lawn mower used routinely could inflict horrific wounds. Most don't understand the physical aftermath a burn leaves behind – dead skin repeatedly "skinned" off and re-grafted, healthy skin cut open all the way down the burned extremities to relieve pressure on wounds, operating rooms kept at 100 degrees to keep patients from dying of hypothermia – much less the physical scars and functional limitations that remain for a lifetime.

"The skin is the largest organ of the body," said Dr. Daniel Caruso MD., Co-Medical Director of the center. "This means that badly burned patients, those whose bodies are nearly covered by third degree burns, are the sickest. Burns are the biggest challenge faced in medicine. Ninety-nine percent of all doctors don't want to deal with it. It's ugly, messy and people die, more

FOREVER LIVING PRODUCTS

often than not. Those who live are chronically scarred and the whole family devastated."

As was the case for an 8-year-old boy, who was burned over 75 percent of his body. At one point, he was clinically dead. Now "recovered," the long use of pain medication has destroyed his hearing, stunted his growth and permanently affected his hormones. Years after his wounds have healed, the physical and psychological scars remain.

"Most other injuries, labelled as trauma, need surgical attention once and they're done," stressed Dr. Caruso, "Burn traumas involve two to three touch-and-go days, in which first the burn is removed surgically and cadaver skin applied until a patient's own skin can be grafted. That's just the beginning. Patients face incredible risks for contracting pneumonia, among other infections. This follows a two to three month process. There is no way at this time to speed up the intensive-care process."

Only after burn victims start taking care of themselves in a post-operative setting does healing of body and soul begin. This is why FLP products are having such a tremendous impact. They are helping victims become survivors by minimising discomfort and allowing them to regain mobility.

"I've been a volunteer with the foundation over the last five years and I have never seen a product have such an immediate impact as Forever Living's aloe products on our patients," said Bonnie Riedl, a practising aesthetician for over 15 years.

LESSONS IN COURAGE

"Most people associate burns with the kitchen variety," said Dr. Foster, Co-Medical Director of the center. "They don't realise the magnitude of scarring, the effects on appearance. The scars are permanent, the problems life-long, let's face it: a lot of 'who we are' is determined by 'how we look.' The psychological factors are tremendous and yet burn survivors are amazing. They're just so happy to be alive."

What skin severely burned loses in resilience, the soul miraculously makes up for in the form of courage. Take for example a young man, at the time not quite a teenager with burns covering over 60 percent of his body, who spent days in intensive care, months in rehabilitation and years of attending Camp Courage summer camp with other survivors. Today, Robert St. John is Camp Courage Director, as well as a full-time firefighter. His education was financed by the foundation itself.

"Thank you Forever Living" said Robert. "Your generosity will help others

FOREVER LIVING PRODUCTS

like me to look forward, find hope and realise their fullest potential! Your products represent healthy skin the world over, but to burn survivors they penetrate deeper. When something provides this much relief, it doesn't just comfort, it give hope."

The incredible resilience and optimism burn survivors display in the face of seemingly impossible circumstance should inspire us all. We at FLP are proud to share in their recovery and proud to champion their call for burn prevention through our unique ability to provide survivors with the finest, most nurturing aloe products on the market and the foundation with much-needed financial support.

"I would also like to extend the call for burn prevention – to echo the miracle of FLP aloe products with respect to burn care – throughout the FLP world. Together, we can continue to make a difference in the world we live. Together we can once again prove that the power of Forever Living is the power of love," REX MAUGHAN (Reprinted from an American article)

For more information call John Neville, Tel/Fax: 01908 671641 www.aloevera-flp.co.uk or write direct: 47 Bernay Gardens, Bolbeck Park, Milton Keynes MK15 8QD.

BOOK REVIEWS



LINDA'S KITCHEN

BY LINDA McCARTNEY

A passionate vegetarian – the late Linda McCartney's love of animals and desire to see a non-meat eating world led her to write her first cookbook. Following on from its success, **LINDA'S KITCHEN** was first published in 1995 and became the essential vegetarian cookbook for every kitchen.

Now available in paperback for the first time, this collection of tempting recipes provides a blueprint for a vegetarian way of life and reflects the huge increase in the number of people who choose not to eat meat. Published by Little, Brown & Company, Price £9.99 plus P&P £2.50. Available from JVS.

BOOK REVIEWS



NEW FAVOURITES – CLASSIC INTERNATIONAL CUISINES BY BROOK KATZ

The author decided to write this book in answer to the many questions that were put to him over the years. To quote his words “I wanted to show that one can have a healthier, as well as a more sustainable life-style, free from animal and dairy products”.

With the recipes in this book you will immediately find yourself cutting down on fats, processed sugars and grains, dairy products chemicals and preservatives. You will automatically feel better, while discovering a whole new array of satisfying, mouth-watering dishes that will please the most discriminating palates, and take away the misconceptions that healthy food has to be boring and tasteless.

Brook Katz has cooked for Royalty and Heads of State, as well as for the thousands of eager diners around the world. Hopefully you will find many recipes that are familiar to you in this book. You will notice that they are redesigned to look and taste exactly as you remember them, only without all the harmful things that can rob us of our health, and our environment.

The book contains a Nutrient Food Guide, Milk and Egg Substitutes, Vegetable preparation times, soups, salads, side dishes, main course, desserts and treats. It is mostly one recipe per page, set out in an easy to follow way.

The foreward is written by Michael Klaper, M.D. Physician and Author of ‘Vegan Nutrition: Pure and Simple’ and ‘Pregnancy, Children and the Vegan Diet’.

Published by Brook’s Books, Etc., Ltd. Hawaii Price £9.00 plus P&P £1.00. Available from JVS.



VEGETARIAN SANDWICHES BY PAULETTE MITCHELL

In this lively, easy-to-use cookbook, Paulette Mitchell presents over 50 recipes for delicious handheld meals that will satisfy both vegetarians and omnivores alike. From wraps to rolls, pita pockets to focaccia slices – if you thought a veggie sandwich was just cheese and sprouts, time to think again! VEGETARIAN SANDWICHES proves that there are dozens

of ways to build an irresistible sandwich.

In this book you will find classic vegetarian sandwiches such as Middle Eastern Pita Pockets and Tempeh Reubens, as well as more exotic specialities from Asian Roasted Vegetable Wraps to Italian Bruschetta and Tramezzini.

Published by Chronicle Books, Price £11.99. plus P&P £1.50. Available from J.V.S.

BOOK REVIEWS



We have received two new books by Linda Majzlik, both are Vegan Cookbooks.

The first one entitled '**A VEGAN TASTE OF ITALY**' contains over 120 recipes, all free of animal products. At the beginning of the book there is an A-Z 'Storecupboard' of ingredients which are used regularly, and most useful in creating the authentic Italian dishes.

The recipes range from starters, soups, main courses (including stuffed vegetables, pizza, pasta and vegetables), salads, and desserts, as well as sauces, risottos and baking, and are set out in an easy to read format.

The second book entitled '**A VEGAN TASTE OF THE CARIBBEAN**' is set out in the same way as the previous book, although of course with Caribbean recipes, i.e. Appetisers, soups and stews, main courses, rice, vegetables, salads, chutneys, salsas and sauces, as well as desserts, baking and drinks. With over 100 recipes to chose from, why not bring a ray of sunshine to your table. This book also contains an A-Z 'storecupboard' of the ingredients which are used regularly in the Caribbean.

Both books are published by Jon Carpenter, Publishers, Price £5.99 each plus P&P 60p. Available from JVS.

'30 MINUTES VEGETARIAN'

BY JOANNA FARROW



Do you enjoy good vegetarian food, but don't want to spend hours in the kitchen preparing it? This new book proves that cooking Vegetarian food doesn't have to be boring or time-consuming, the recipes can all be prepared and cooked in 30 minutes of under, allowing you more time to enjoy the company of your guests.

Over 100 delicious recipes, inspired by cuisines from all over the world and include Cherry Tomato Tarts with Pesto Crème Fraiche, Lemon grass and Tofu Nuggets with Chilli Sauce, Spiced Vegetable Couscous, Blueberry and Vanilla Patties, Chocolate Cherry Slices, just to name a few.

With stunning photography and a comprehensive glossary of ingredients, 30 MINUTE VEGETARIAN is the essential vegetarian cookbook. Whether you are a vegetarian looking for new ideas, or simply want to follow a more nutritious meat-free diet, you will find everything you need within these pages.

Published by Hamlyn, an imprint of Octopus Publishing Group Ltd, Price £14.99. plus P&P £3.50. Available from J.V.S.

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