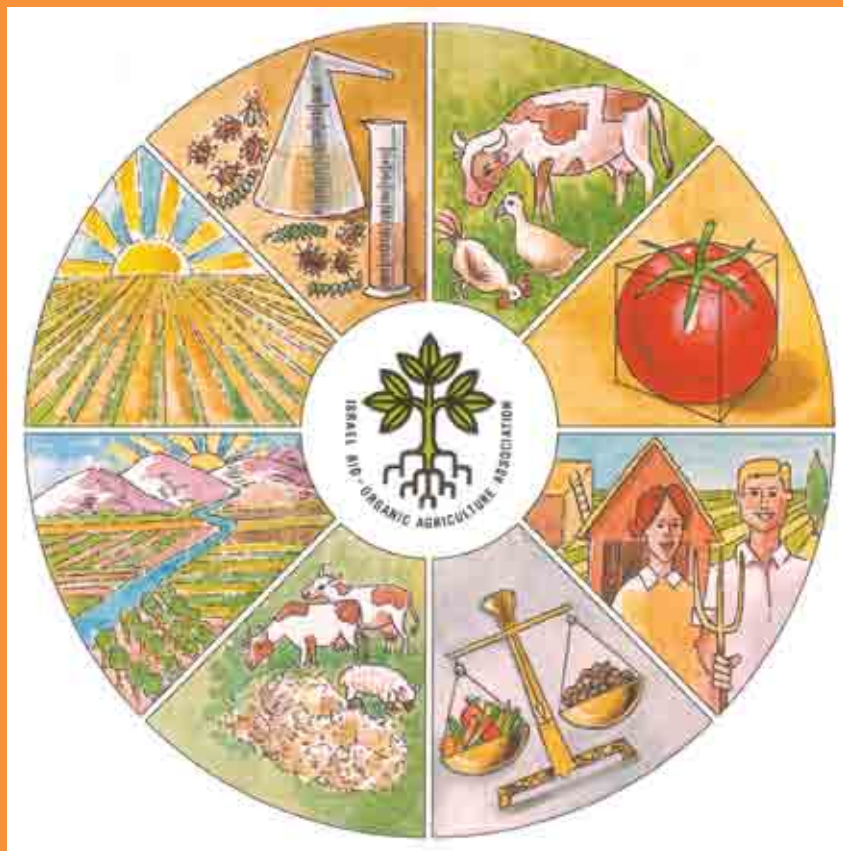


The Jewish Vegetarian



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No. 143 December 2002 Kislev 5736 £1.50 Quarterly

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).

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

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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.

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1. I would like to advance the Society's work and enclose a donation of £
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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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MEMORIAL LECTURE

THIRD ANNUAL PHILIP PICK MEMORIAL LECTURE
AT JVS HQ, LONDON, SUNDAY 3RD NOVEMBER 2002

BY JULIE ROSENFELD

The Third Annual Philip Pick Memorial Lecture was held on Sunday 3rd November 2002 at the JVS headquarters in London. The lecture, held in memory of the greatly-missed founder and president of the JVS, the late Philip Pick, was attended by over 35 people, including guests of honour Minna Pick and Eli Pick.



Naomi Fellerman, the Chair of the JVS, made an address of welcome. She then expressed her delight at introducing the speaker for the afternoon, Mrs Bertha (Bee) Klug MBE, co-founder of the Wessex Healthy Living Foundation and founder and Honorary Life President of the Anne Frank Trust.

Bee began her talk by explaining her interest in Anne Frank which later led to her setting up the Anne Frank Education Trust.

Anne Frank had sadly perished in the concentration camps at the age of 15. This called to Bee's mind a "twin cousin" she had had who lived opposite her when she was young and who was only three weeks apart in age from Bee. The two girls were very close, went to cheder and drama classes together and effectively lived their life as twins. The other girl sadly died at 15. Like Anne, she had had dark brown eyes, dark hair, and the same vivaciousness and liking for drama.

Later, on a visit to Amsterdam, Bee had visited Anne Frank's house and the annex above Otto Frank's factory. The annex was designed for four people to live in but eventually eight people lived there for two years.

Visiting the annex, in the days before it had become a museum, Bee felt as though the eight people were still living there, particularly Anne. Her visit inspired her to put pen to paper and write "The Ballad of Anne Frank" as well as producing a painting called "The Spirit of Anne Frank".

Later, Bee's late husband met a friend, Zvi Schloss, whose wife, Eva, was the daughter of Otto Frank's second wife, Fritzi. Eva had actually gone to school with Anne but their parents had not known one another. Eva's husband told Otto of Bee's interest in Anne and a meeting was duly arranged at Bee's home.

MEMORIAL LECTURE

with Otto and his wife Fritzi, Eva and Zvi. They had been seventh generation German Jews when Hitler came to power. No-one could have foreseen the subsequent terrible events.

Bee explained that the obvious answer to prevent man's inhumanity to man was through education. She wanted at that time to do something educational in Anne's name. "How do we teach people not to hate? ... We need to get to know each other better then there would not be as much hatred", she said.

Turning to another important area in her life, Bee told of a long-term health problem she had experienced. She had had an operation which had gone disastrously wrong and all the medical profession could do was to suggest another operation to repair the damage. Altogether she ended up having about 10 operations. She decided that there must be an alternative approach to improving her health. As a result, she went down to Bournemouth to try to get some more koach (life force). Whilst there, she was visited by a lady who had also had a serious medical condition and who had tried something called Nature Cure. Although unsure, Bee said she would have tried anything as she felt that the life force was leaving her. Although she had a social life, a business life and a charity life, she felt that she was alive but not living.

On Erev Rosh Hashanah, she made an appointment to see a naturopath in Westbourne. She explained to him what had happened and through talking to him discovered that there was "another world". As she told the practitioner, "You haven't made me better yet but you have made me feel better." He told her she would have to change her thinking and her eating habits but he felt she would have no trouble with this. "What you will find most difficult will be those around you," he warned. He recommended that Bee went on long fasts. Although those around her did think she was meshugah (crazy), she began to see the sense in it. Indeed, she began to see the light at the end of the tunnel. Gradually she began to feel stronger. She later wrote a story of her experiences called "To Hell and Back".

Once she began to feel better, she felt filled with gratitude. She wanted to tell other sick people about the treatment she'd benefited from but most of them could not afford the fees. She then hit upon the idea of setting up an organisation: a charity with all of the therapies under one roof for people with limited funds. She realised that the only way it would be possible to do this would be if the therapists would donate their time and work on a voluntary basis. All the ones she approached agreed to do so.

Many people told her it could never be done. There was one lady, however,

MEMORIAL LECTURE

who was interested in Bee's scheme. She was a doctor who had switched to homeopathy when she realised the side effects of the drugs she was prescribing. Along with Bee, she co-founded the Wessex Healthy Living Foundation which opened its doors to the public in 1977 with four or five voluntary practitioners. Bee recalls the events in another story called "A Peep into the Past". The year 2002 saw the Silver Jubilee of the organisation. The Foundation now has 30 practitioners, each of whom gives their time voluntarily to treat 130-150 patients a week.

In the Queen's Birthday Honours recently, Bee was awarded an MBE medal. She was very pleased to receive the award because it meant that the Wessex Healthy Living Foundation had been recognised. She feels her real reward, however, is when she goes to see the patients and sees how grateful they are for the service.

Bee does not like the term "alternative medicine". "It is complementary medicine: we work with doctors", she explained. Retired practitioners donate their time to keep up their skills and those just starting out volunteer their time to have people to practise on. She has gathered hundreds of testimonials from grateful patients over the years and her reward, she feels, is reading these.

Despite all her work in setting up the Wessex Healthy Living Foundation, Bee had not forgotten about Anne Frank. She received word that Rabbi Daniel Sutendorp had a travelling exhibition on Anne Frank coming from Holland which he wanted to bring to Bournemouth. Bee agreed to sponsor the exhibition, which toured mainly non-Jewish schools, and was a "rip-roaring success".

Later, she received a visit from three other people connected with the Anne Frank house who wanted to start something in education. This meeting led to the setting up of the Anne Frank Educational Trust which was launched in the House of Commons in 1990.

When teaching young people not to hate, Bee explained that she did not like the word "tolerance". It was important to understand that: "The garden has different flowers. There is nothing wrong in being different in colours and beliefs".

In 1995 the 'Anne Frank – A History for Today Exhibition' was shown in St Pauls Cathedral and again in Southwark Cathedral a few years later. This travelling exhibition, she explained, goes all over the United Kingdom. Often it goes to areas where there are no Jews. The exhibition always needs volunteers as guides and, at a recent showing, most of the guides were Muslim women.

MEMORIAL LECTURE

She explained that what she had done could not have been accomplished just by saying "I wish". Instead, she advised, "You pray as though everything depended on G-d and you work as though everything depended on you."

More recently, the Trust had gone into prisons where the reaction had been amazing. The Trust had also recently launched a new programme to teach schoolchildren about "moral courage".

Bee felt that her work with the Wessex Healthy Living Foundation and the Anne Frank Education Trust were in a sense very similar. Both showed that there is another way and that people do not have to stick with their prejudices.

A lively question and answer session then ensued with Bee answering questions on a range of topics which included health issues such as treating hypertension, diabetes and migraine as well as expanding on the work of the Anne Frank Education Trust.

On the question of vegetarianism – Bee is a founder member of the Jewish Vegetarian Society - she explained that she had been a "mental vegetarian" all her life. She could never eat fish or geese if she saw her father bring them home. One day, her son who was studying at London University came home with something important to tell her, "I have decided to become a vegetarian", he announced. "Oh good", was Bee's immediate reply, "I'm joining you." She felt that being vegetarian made her "feel right with myself".

She always advises her patients to give up eating red meat. She knew that the BSE/CJD crisis would happen as she realised that the cows were being fed incorrectly. "My personal feeling is that we do not have the right to tell people how to live their lives but we do have the right to ask how animals are treated." She was concerned that the hormones being given to animals were going into people who were not designed to deal with them. Equally, she was concerned about the animal cruelty aspect of raising animals for food.

It was a great pleasure to listen to the story of Bee's most inspirational life and work. We extend our thanks to her for a wonderful afternoon and wish her well with all her important endeavours for the future.

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JUDAISM

JUDAISM AND GLOBAL SURVIVAL

BY RICHARD H. SCHWARTZ PH.D

Readers familiar with the classic volume "Judaism and Vegetarianism" by JVS patron, Professor Richard H Schwartz, will be delighted to learn that its sequel "Judaism and Global Survival" has recently been revised and updated.

The publication of this new edition could hardly be more timely, seeking as it does to explore the vital issue of protecting the earth from the many threats it faces. The solution, according to Professor Schwartz, is not necessarily to be found in current technology but rather by going back to explore Jewish values which already provide us with the mandates we need on how to protect our fragile planet. He reminds us that as Jews not only are we obligated to carry out the mandate of Tikkun Olam (to repair the world) but also that we should strive for peace and justice, feed the hungry, avoid waste and love our neighbours as ourselves. The book's message however is not just for Jews but for people of all faiths discussing as it does what practical measures can be taken to reduce global warming, world hunger and over-population.

The book is divided up into sections addressing many important themes such as energy, social justice, and human rights. Each section is illustrated with appropriate Biblical quotations and examples of Jewish teachings. As Professor Schwartz points out, however, it is not enough simply to know about these Jewish values. In order to achieve a beneficial and necessary change we must apply them. To this end, he provides us with an appendix at the back of the book listing some effective and practical ways that we can help the environment: whether by writing letters, displaying bumper stickers or organising events on the theme of global protection.

One of the most important sections is the one which deals with vegetarianism, the adoption of which is a key factor in helping the environment. Indeed Professor Schwartz points out that both vegetarians and environmentalists have similar goals: "The aims of vegetarians and environmental activists are similar: simplify our lifestyles, have regard for the earth and all forms of life, and apply the knowledge that the earth is not ours to do with as we wish. In view of the many negative effects of animal-based agriculture on the earth's environment, resources, and climate, it is becoming increasingly clear that a shift toward vegetarian diets is a planetary imperative."

"Judaism and Global Survival" is an important book for anyone who cares

JUDAISM

about the environment and who would like to learn the appropriate Jewish values which could make all the difference to the future of our planet.

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TYRINGHAM NATURE CURE CLINIC

The famous Tyringham Nature Cure Clinic is moving to new premises in Buckinghamshire.

Joe Goodman, (past Chairman of the Jewish Vegetarian Society for many years) is on the Board of Trustees. We are hoping to run a feature on Tyringham in the next issue of The J.V. as well arrange a meeting at our H.Q.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

VEGAN

WORLD VEGAN DAY AT THE JVS

BY NAOMI FELLERMAN



The JVS was buzzing on the evening of 1st November when we dedicated our monthly Friday night meal to the celebration of World Vegan Day.

The day, marking the introduction of the word “vegan” and the formation of the Vegan Society in November 1944 was the culmination of National Vegan Week in the UK.

We were delighted that Julie Rosenfield agreed to be our guest speaker. As many of you will know, Julie was a long serving member of the JVS Executive Committee, has been a member of the Vegan Society Council and has recently had published “Vegan Stories” which was reviewed in the last edition of this magazine.

So on a damp autumn evening, sixteen people arrived at the JVS for a FASCINATING evening and a good meal – all vegan of course. This even included Vegan Challahs; (a departure from traditional Challahs which are made with egg) which I made myself as a daring experiment. (Unfortunately they were rather TOO well received, so I think I have landed myself with a permanent baking job!).

Julie started by speaking on what it means to be a vegan, firstly listing all the things that a vegan diet excludes:

Meat, chicken, fish, eggs, dairy products (such as milk or cheese), honey, or any foods derived from these. Also vegans do not wear leather, wool, silk or other animal derived products, and only use products that are cruelty free and not tested on animals.

But, said Julie, “Being vegan is not about what we exclude, it’s about all the wonderful and varied food we CAN eat”.

Julie then recounted her moment of fame that week, during an interview by Radio Essex and how ‘journalists’, keen to mock Vegans and Vegetarianism just needed some skilful handling and good preparation!

This seemed to be enjoyed by all who were there, and it made the difficulties we had worthwhile, the difficulties – oh yes, that was discovering on

VEGAN

Wednesday afternoon that the caterer had got the date mixed up and was abroad, and therefore not available to cook the meal.

So Friday afternoon saw John Schlackman and myself in the kitchen of the JVS doing the cooking, chopping and serving food for 16! All in a day's work really!

In between courses Julie read some poems from "Vegans Stories", including one which she had written herself and one entitled "Vegan Kisses" by Benjamin Zephaniah.

I would like to take this opportunity to say thank you once again to Julie for her interesting talk and excellent readings. Not only did she talk and answer questions, but she also helped us with the washing up! Also to say a big thank you to John Schlackman (32 and still single), without whom no Friday Night Dinners would take place.

We hold these meals monthly. If you would be interested in joining us on a Friday night please contact the office for details of the next dinner. We'd love to see you there. (Volunteers to help with the washing up gratefully received!)

MENU FOR THE WORLD VEGAN DAY FRIDAY NIGHT MEAL:

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And/or
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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.

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£5 Ms. S.E. Edgware, Middlesex. £5 Mrs R.F. Bushey Heath, Herts.
£5 Mr. M.S. Chiswick, London N4. \$20 Ms. C.K. N.J. U.S.A.

SOCIETY NEWS

WE RECEIVED THE FOLLOWING LETTER RECENTLY FROM ANIMAL AID AND THOUGHT THIS WOULD BE OF INTEREST TO OUR READERS.

Dear Letters Editor

The number of vegetarian parents is growing every year. Many choose to raise their children veggie, whilst others feel that a meat-based diet makes more sense for their families.

Animal Aid has recently launched a national survey, which will examine the views and experiences of vegetarian parents. We hope to discover whether these parents are getting the service they want from shops, and whether those with vegetarian children have experienced pressure from relatives and health professionals to start feeding them meat.

Our survey form contains a few simple questions and can be filled in by anyone who is vegetarian and a parent. If any of your readers would like to take part, they can write to the address below, call us on 01732 354 032, or fill in the online form on our website, at www.animalaid.org.uk/veggieparents

Yours faithfully

Ronny Worsley Richards
Campaigns Officer, Animal Aid



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ADVICE FOR VEGETARIANS

ADVICE FOR VEGETARIANS CONFRONTING CARNIVORES

BY ALINE MCKENZIE - VIDE THE DALLAS MORNING NEWS

When I was in college, I worked in a laboratory with a vegetarian graduate student. At lunch, as he was enjoying his meal, a co-worker would often wave a hamburger inches from his face, saying, "Mmmmm, meat! Are you sure you don't want some?"

Reid would just say, "No thank you" and go on eating. After weeks of this, the co-worker finally exploded "Why don't you ever get mad at me? I'm shoving meat in your face and you never say a word! Why don't you say something?" Reid smiled serenely and said "Because it's slowly driving you crazy."

It turns out that this wasn't just a case of isolated rudeness. Enough people react that way to vegetarians that author Carol J. Adams has given them the name "Thrusters."

When people become vegetarians, they're sometimes surprised by the hostility and demands to justify themselves that they encounter. Adams, who has written several books on vegetarianism, has created a survival handbook. *Living Among Meat Eaters* (Three Rivers Press, 2001).

"You have to have a thick skin" she writes. "To most people we are still freaks." The book celebrates self-sufficiency and the satisfaction of living by example. Vegetarians can do more good in the long run - and be more at peace - by:

- Not expecting others to provide food for them.
- Not being strident or self-righteous.
- Deflecting anger with soft answers
- Eating delicious food in front of others to show that a life without meat can be abundant and tasty.

When she turned vegetarian in the mid 1970s, Adams says, she answered the many questions she faced, until she realized that many people really didn't want answers, they just wanted to argue. Finally, she decided that her mere presence as a vegetarian made some people uncomfortable because it forced them to confront their own denial about meat eating.

The answer was not to respond to the anger but to be prepared with ways to divert the conversation. She finds, the people who are most hostile to vegetarians sometimes become vegetarians themselves!

HOUSE OF LORDS BACK THE BUAV IN EU CHEMICALS POLICY

A House of Lords report released on 12th March 2002 urges the UK government to challenge the European Commission's proposed EU chemical strategy due to what it calls "unacceptable mass animal testing" and specifically backs the BUAV's call for increased funding for the speedy development and validation of non-animal alternatives to animal toxicity testing.

The BUAV presented oral (as well as written) evidence to the House of Lords Select Committee last year. Our evidence highlighted that if the EU proposals proceeded unchallenged, millions of laboratory animals would be put through horrendous poisoning experiments. We also presented our scientific evidence, our report: *The Way Forward - A non-animal testing strategy for chemicals* - outlining the scientific criticisms of animal toxicity testing and presenting a step-wise strategy on non-animal testing techniques instead. We expressed our frustration at the severe lack of funding set aside for non-animal test developments and the impediments to change presented by lack of political will, conservative regulation and industry's reluctance to change.

In an unprecedented move, the House of Lords report on the EU chemical strategy has come out largely in support of the BUAV's conclusions and praised the BUAV for the quality of its evidence. The report states that the EU chemical strategy will not succeed in its current form as significant increases in animal testing will be unacceptable to public opinion.

The Committee conclusion was, "The White Paper provides a rare opportunity to generate the political will in the EU to promote non-animal testing. The United Kingdom Government must take a lead in this and should make it clear in the Council that it cannot accept a new chemical strategy that leads to significantly increased animal testing, since this would be unacceptable to the public and lead to failure of the strategy."

"We were impressed by the evidence from the BUAV and believe that their 'a priori' opposition to animal testing should not be regarded as a reason to discount their arguments that non-animal testing may produce better results, more reproducible results and faster results. We believe their scientific arguments should be examined carefully as well as their arguments about the blockages to progress on the acceptance of non-animal tests."

BUAV

The report goes on to agree with the BUAV that "... there is a lack of resources and of political will in the EU to bring non-animal tests into use." During his own evidence session, Minister for the Environment, Michael Meacher MP, had said, "I agree too that we must put resources into trying to develop those (alternative validated test methods) as rapidly as we can. I do care very strongly about this and there is nothing like enough effort put into finding acceptable alternatives."

A representative from the Department of the Environment, Food & Rural Affairs (DEFRA) also commented "we are trying to secure an additional substantial budget specifically for research into this area. If we are successful, that will allow us to go ahead with a major programme of funding alternatives to animal testing."

At the Committee press briefing yesterday, Lord Crickhowell, Chairman of the inquiry stated "Regrettably the Commission has glossed over the fact that a huge number of animals would be needed to carry out its proposals within the time scale suggested. Well-funded programmes to develop alternative testing methods must now be at the top of the agenda."

Michelle Thew, BUAV Chief Executive says, "I am truly delighted by the degree of importance the House of Lords report gives to the issue of animal toxicity testing and also the recognition it gives to the BUAV. The BUAV has been doggedly campaigning on this issue for nearly two years now, and it is hugely gratifying to have so much of our evidence supported by their Lordships. This EU proposal constitutes the biggest mass animal poisoning programme in Europe's history. I sincerely hope that the UK government now listens carefully to the Lords and takes the lead within Europe to promote non-animal testing methods. The time has come for action, not just words, if we are to stop the death of millions of animals."

Extracts have been taken from: House of Lords Select Committee on European Union 'Reducing the Risk' Regulating Industrial Chemicals 13th Report

For further information you can contact BUAV via e-mail on campaigns@buav.org

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.

UK GOVERNMENT

UK GOVERNMENT SLAMMED
BY ANIMAL RIGHTS CAMPAIGNERS

Leading animal rights campaigners the British Union for the Abolition of Vivisection (BUAV) today reacted angrily to news that the UK Government has once again betrayed laboratory animals as well as the millions of UK citizens seeking an end to EU animal testing for cosmetics.

After months of disagreement over proposed amendments to the EU Cosmetics Directive to outlaw EU cosmetics animal testing and the sale of animal tested cosmetics, the European Parliament and Council of Ministers are now in conciliation. At the first conciliation committee meeting in Brussels (7th October), the UK Government defended the cosmetics industry and argued against Parliament's strong stance on animal testing, despite the depth of public opinion on the issue.

BUAV Campaigns Director, Wendy Higgins says: It is really disgraceful that the UK government continues to dismiss the British people's deep opposition to cosmetics animal testing. It seems to care more about pandering to the whim of industry than about animals suffering for vanity products, and most British people will be truly shocked by that. The cosmetics industry has always called for more time to develop non-animal test methods, but has failed to deliver so that whenever the ban has been debated, industry has been able to claim that new tests are not ready. The suffering has to stop and it's about time that the UK government showed some resolve in standing up to industry in order to curb its unethical behaviour.

Get Active

It is still as important as ever that you keep sending your empty cruelty-free toiletry bottles through the post to the DTI with our BUAV "Message on a Bottle" campaign stickers. Hundreds of you have already taken part, but if you'd like to receive more stickers email us at campaigns@buav.org

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.

GINKGO BILOBA



GINKGO BILOBA FOR ALZHEIMER'S DISEASE - 'PROMISING EVIDENCE'

The Alzheimer's Society, together with the Cochrane Collaboration, publishes the biggest ever comprehensive review on the use of Ginkgo biloba for the treatment of dementia. The systematic review has identified 33 previous clinical trials of Ginkgo, dating back to 1976. This new research provides promising evidence that taking Ginkgo biloba can improve memory and overall function for people with dementia.

The review published by the Cochrane Collaboration has concluded that:

'Ginkgo biloba appears to be safe in use with no excessive side effects compared with a placebo. Many of the early trials used unsatisfactory methods, were small, and we cannot exclude publication bias. But overall there is promising evidence of improvement in cognition and function associated with Ginkgo. Our view is that there is need for a large trial using modern methodology to provide robust estimates of the size and mechanism of the treatment effects.'

Dr Mike Clarke, speaking on behalf of the Cochrane Collaboration, said:

'Cochrane Reviews, such as this one, aim to bring together all the relevant evidence, so that it is easier to make well-informed decisions about health care. This review helps to identify the types of research that are now needed to find the best treatments for people with dementia.'

Trials have been jointly run by Imperial College and the Royal London Homeopathic Hospital.

Dr Richard Harvey, director of research for the Alzheimer's Society, said: 'The work of the Cochrane Collaboration has been instrumental in gathering together evidence accumulated over the past 26 years that taking Ginkgo supplements probably has real benefits for people with dementia. Our new

GINKGO BILOBA

clinical trial will apply modern methods and robust quality controls to finally answer a question that has been hanging in the air for 5000 years.'

Ginkgo biloba is an extract from the leaves of the Ginkgo tree, which in the UK is more commonly called the maidenhair tree. This tree has survived unchanged in China for more than 200 million years and there is a history of its medicinal use for almost 5000 years.

Dr Peter Fisher, Director of Research at the Royal London Homeopathic Hospital said "Ginkgo contains a number of organic biologically active components. It is the ginkgolides that are unique to the Ginkgo tree although it is not fully known which component or components are the ones that give the leaves their medicinal properties."

Dr James Warner, senior lecturer and consultant in Old Age Psychiatry at Imperial College London, said: 'The medicinal effects of Ginkgo are believed to be gained by causing blood vessels to dilate, improving blood flow to the brain, and through thinning the blood and making it less likely to clot. Ginkgo probably also has some anti-oxidant effects, protecting nerve cells against biological 'rusting'. All of these effects would suggest that Ginkgo might slow down a degenerative process.'

- Dementia affects one in 20 people over the age of 65 and one in five over the age of 80.
- For information and advice on Alzheimer's disease or other forms of dementia call the Alzheimer's Society national helpline on 0845 300 0336.
- Our website address is: www.alzheimers.org.uk

NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

NEWS FROM OUR SHALOM

NEWS FROM OUR SHALOM

Shalom to all of our friends and supporters in Israel and around the world!

The relative quiet that has pervaded Israel during recent weeks, has brought us a little peace and our many friends across the ocean can save a bit on their telephone and e-mail bills.

This quiet is very valuable to us. But it is precisely within this quiet that we can hear several different sounds, if we want to, that aren't exactly pleasant. We can hear the numbers of citizens Jewish & Arab, children and adults, who have been innocently killed of late during the course of our fight for our lives, and we can also hear the terrible statistics coming from our economy for so many months.

Discussing the shameful numbers of dead is tragic and heart breaking. The other numbers, the appalling data regarding Israel's economy also has direct consequences on our daily lives and on Orr Shalom. The difficult economic situation has an impact on the number of children needing care outside the home, and on the resources the government can allocate for such services. These children, who are victims of the economic situation, knock at our doors while government allocated resources dwindle and the country's welfare services are in crisis. These leaders, who warn us that the struggle will be long and difficult forget that such a struggle can be won only with a healthy and strong society.

The past year has been a difficult one for Orr Shalom. It is very hard to raise children in a country that has terror hiding around every corner. It is very hard to raise and treat children in a society where dialogue to resolve conflict is so lacking. It is very hard to raise any child with fear, both theirs and our own; it is overwhelming to try and raise our Orr Shalom children, each one of whom comes to us with his own bag full of fears and personal serious traumas. It is during such a tough and frightening year that we have learned several things about ourselves at Orr Shalom.

We learned that those who work at Orr Shalom - house parents, counsellors, social workers, psychologists, directors and personnel - are very special people. Men and women, young and old, right-wing and left-wing, religious and secular, Jews and Arabs- a fascinating mix of people; the size of their hearts and the depth of their knowledge is without limits. The Adler Prize

NEWS FROM OUR SHALOM

that we received this year for our therapeutic work with our children is only one proof of this.

We learned that the models developed at Orr Shalom the family group home, the adolescent girls homes, Friendship Home (Reut) for "lost boys", and the foster families - work well to provide our children with a warm, loving therapeutic home- even in the toughest of times.

We learned that our strength during these difficult days is reinforced by the love and support with which you envelop us. Our dedicated executive board, headed by Ms. Alisa Olmert, and you, our many friends and supporters in all parts of Israel and abroad- you are our true anchor of support in such trying times.

Recently when we stood in the synagogue to recite the Rosh Hashanah prayers, we repeated the words we say each and every day:

"He who makes peace in the heavens, may He grant peace to us and all the people of Israel, and let us say, Amen."

May this be a year of peace in each of our hearts, in Israel and throughout the world.

Haim and the Orr Shalom family



This is the Universal Symbol for Vegetarianism.

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Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

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.**

FRANKENSTEIN FOOD

FRANKENSTEIN FOOD TECHNOLOGY SPREADING TO MEAT AND MILK

A new report exposes risks to farm animals and humans as a result of genetic engineering and cloning.

A new research report revealing the potential dangers of the genetic engineering of farm animals has been published by the Compassion in World Farming Trust.

Joyce D'Silva, Director of Compassion in World Farming, challenged the government to respond to some of the report's findings, "We would like the government to state publicly that meat and milk from genetically engineered animals will not be allowed into the food chain."

Specifically addressing the applications of genetic engineering to farm animals, the report reveals some disturbing findings such as:

- Regulators are considering allowing human consumption of meat from animals that have undergone genetic engineering experiments.
- Regulators fear that production of food additives or medicines in the body fluids (milk, urine, blood or semen) of genetically engineered farm animals carries the real risk of transfer of pathogens (viruses, prions) to consumers.
- Foreign genes in animal feed may be transferred from crops to animals and then from animals to humans.
- Genetic engineering of farm animals is still 99% inaccurate, with most embryos not surviving the GM process and those that do are often being born deformed or inherently unhealthy.
- Current evidence shows that cloning for reproduction may turn out to be a fatally flawed technology around 50% of cloned farm animals die just before birth or in the first few weeks of life.

Joyce D'Silva continued, "It would appear that industry has learned nothing from the BSE scandal. Continued genetic experimentation on animals to supposedly improve food production is both dangerous and unethical. GM Meat and Milk? No Thanks!

The report calls for:

FRANKENSTEIN FOOD

- A moratorium on all experimentation and commercial use of GM or cloned farm animals.
- Provision of public information on the health, management, lifespan and output of GM and cloned farm animals.
- Establishment of committees to advise the government on animal welfare and animal ethics.

Dr Jacky Turner, author of the report and Education and Research Director for Compassion in World Farming Trust said "There is serious danger that the application of genetic engineering and cloning is being driven by the same attitudes and pressures that led to animal factory farming. There is no consideration being given to whether animal genetic engineering should be done, or whether it needs to be done."

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.

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the Society's Honorary Solicitors Communications
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855 Finchley Road, London NW11 8LX.

Tel: 020 8455 0692

EGGS

EGGS - EXPLODING THE MYTHS!

BY DR GINA SHAW, MA AIYS (DIP.IRID.)

The adverts are everywhere - eggs are a good source of nutrients, the propaganda is rife but the question is: Is this true? In this article, we will examine some of the most recent scientific evidence.

If we think about, most commercial hens which are bred for egg production are hardly healthy animals. They are fed antibiotics, hormones, yolk colourants, artificial additives and other questionable substances such as arsenic(!) to kill parasites and stimulate egg production as well as the fact that their food is laced with pesticides. Salmonella is highly prevalent in commercial flocks of hens, as is campylobacter and contaminated eggs have been proven to cause food poisoning in people. In fact, in a study carried out in the U.S. in 1985-88, eggs were responsible for salmonella outbreaks affecting 5,000 people, 898 of whom had to be hospitalised as a result.

Egg yolks contain a whopping 213 mg of cholesterol each, which constitutes more than 70% of the maximum recommended daily intake and serving up just one egg for breakfast each morning can raise your cholesterol level by as much as 10 points! We synthesise about 1500mg of cholesterol per day within our bodies and simply do not need any extra cholesterol in our diet. This is why it's hardly surprising that many experts speak out against egg consumption and its relation to heart disease. It has also recently been discovered that women who eat eggs daily triple their risk of breast cancer.

A recent article by 'The American Journal of Clinical Nutrition' in a study entitled: 'Eating Fewer Eggs Still Good for Heart' states that although in recent years conflicting studies on the effects of eggs on health have sent consumers scrambling for some definitive answers, a new study reports that even though eggs can boost HDL ("good") cholesterol, they also raise total cholesterol even more. The bottom line, write researchers in the May 2000 issue of the 'American Journal of Clinical Nutrition', is that people should limit egg consumption to reduce their risk of heart disease. 'The advice to limit cholesterol intake by reducing consumption of eggs and other cholesterol-rich foods may...still be valid,' concludes lead author Rianne M. Weggemans and colleagues from Wageningen University in the Netherlands. Their review of 17 medical studies involving 556 individuals found that adding 100 milligrams (mg) of cholesterol to the diet each day, the equivalent of half an egg, increased the ratio of total cholesterol to HDL cholesterol in the blood.

EGGS

The investigators used this ratio to account for any beneficial effect that was found for HDL cholesterol.

Cholesterol, found in animal foods such as meat and dairy products has, in some studies, been shown to increase both total cholesterol and LDL ("bad") cholesterol, which contribute to heart disease risk. The overall evidence seems to weigh in against unlimited egg consumption, the researchers conclude. "In view of the relatively small contribution of eggs to the intake of these nutrients, the recommendation to limit the consumption of eggs may still be valid for the prevention of coronary heart disease," Weggemans and colleagues write.

Furthermore, laboratory tests carried out by the Eclipse Scientific Group 1 in Cambridge, England on free-range eggs show that even with so-called free-range hens, chemicals are being fed to hens to make their egg yolks appear a deeper yellow. Two of the colourants, citranaxanthin (E161i) and Beta-Apo 8 Carotenal (E160), are approved by the egg industries lion code, but Canthaxanthin (E161g) found in eggs imported from Germany by the Lidl discount chain, has been linked to eye defects. Although this chemical is banned from human foods, it is still legal to use it in hen feed (Daily Mail, 20.11.99).

You may be wondering if eggs fare any better than flesh foods as a source for protein. However, high-quality protein is not what we should search for; high-quality amino acids are what we need to produce the protein we must have. Unless eggs are eaten raw, the amino acids are coagulated by heat and thereby lost, but obviously raw eggs are more likely to contain the potentially deadly salmonella bug.

Another side to the egg debate is that eggs are unnaturally high in sulphur. According to Dr Robert Young, a microbiologist and nutritionist from the U.S., in his book 'Sick and Tired', sulphuric acid is capable of burning a hole through your clothing so it requires special handling and you will find sulphuric acid in eggs and in your car's battery. "You know you wouldn't drink battery acid, so why would you eat an egg," he asks? Added to this, Dr Young reports that 15 minutes after eating an egg, our bloodstream will show the presence or high increase of bacteria. Eggs from grain-fed chickens have been found to contain more mycotoxins.

According to Harvey and Marilyn Diamond, eggs are neither a valuable food nor are they a health food. Remember what all health professionals are recommending that we do? Less fat and cholesterol and more fibre. Eggs are very high in fat and cholesterol and contain essentially no fibre.

EGGS

In fact, ounce for ounce, eggs contain 8 times more cholesterol than beef! The egg industry denies all of the negatives about eggs in much the same way that the Tobacco Industry defends itself. Dr John McDougall points to only 6 studies in medical literature that show that eggs don't dramatically affect blood cholesterol levels, three of which were funded by the American Egg Board, one by the Missouri Egg Merchandising Council, one by the Egg Programme of the California Department of Agriculture (the sixth is not identified). As Dr McDougall states, "The Egg Industry provides a timely example of how money can buy scientific nutritional information that can be detrimental to your health".

So if you're still eating eggs and you're worried about your health, why not try replacing eggs with plant foods which are rich in protein (amino acids) such as nuts, seeds, legumes and pulses (sprouted preferably), not forgetting lots of green leafy vegetables. Of course, excess protein can produce calcium loss, so one has to be careful with excessive protein consumption.

Dr Gina Shaw is a doctor of complementary medicine, an iridologist and a lecturer in nutritional science. If you would like a private health and nutritional consultation, you may contact her on (01626) 352765 or email her on: DrGinaShaw@aol.com/Website: <http://www.vibrancy.homestead.com/pageone.html>.






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RECEIVED FROM ISRAEL

LEAH ZINN (WOMEN'S HEALTH) and ELLA ROSEN SENOR (WHAT IS PERMACULTURE?) have both recently given lectures at our Jerusalem Centre and we thought our readers would be interested in the following two articles, which we have received from them.

WOMEN'S HEALTH

BY LEAH ZINN

Erma Bombeck, that great humour-columnist on Women and Family life, once wrote: "When Mom feels cold, everyone in the house wears a sweater." I like to take that statement further and say that when Mom gets sick, her nurturing capabilities wane and the whole family, as a unit, becomes ill. We live in exciting but stressful times. Trying to run a household, raise children, and work outside the home is one of the major factors affecting our health. So how can we as women prevent us from getting sick?

Macrobiotics as well as traditional Chinese Medicine views the body as a manifestation of energy known as qi energy. This energy flows freely through our body, which means health, When qi energy becomes stuck, or we have too much, too little, or is out of balance, we become ill.

Many of the female symptoms of today such as PMS, menstrual irregularities, breast cysts and tumors, endometriosis, and pelvic infections are found to be the result of what we define as liver qi stagnation. All of the pelvic area will be affected such as the sexual organs, ovaries, uterus, fallopian tubes, large intestine as well as the stomach and spleen. Too much qi energy in the liver causes uncontrollable cravings for sugar when we're under stress or during emotional difficulties, or before our menstrual period. In the macrobiotic view, the emotions connected with liver ki stagnation are anger, frustration, resentment and impatience. If our liver is in balance we feel carefree, optimistic and have patience.

Here are some suggestions for what you can do to keep your liver healthy:

In our busy schedule the easiest solution seems to be those prepared and/or frozen foods. These do save time - but at the price of poor nutrition for our family and, ultimately is, poor family health the solution: Eat healthy! Remember food is the foundation on which our health is built. Through it we can affect our mental and emotional health. A nurturing Macrobiotic diet for your liver includes the preparation of whole grains which are lightly sour, and

RECEIVED FROM ISRAEL

which have a dispersing character. Those are barley, oats, rye and wheat-berries, for beans choose black-eyed peas, green lentils, peanuts and split peas and vegetables as your main food. Include greens such as cabbage, parsley and pak choy, alfalfa sprouts, broccoli, green beans, lettuce, parsley and summer squash. Fruits that nourish the liver are granny smith apples, lemons, limes, plums and pomegranates, Pickles are a must, you may have olives, sauerkraut and sour pickles as well as other fermented foods such as tempeh and miso. Most important of all don't overeat and use oil in moderation. Use light cooking methods such as stir frying for your vegetables which will make you feel light and cheerful! Chew your food well!

Practice relaxation twenty minutes a day-this is for you, just for you. You know yourself and know what will work best for you; reading a book, listening to relaxation tapes, taking a relaxing bath etc. and exercise – non-impact aerobic exercise works best. To release tension I find that a brisk walk works best for me. Most important of all smile, sing a happy song or just think positive thoughts. Be an optimist!

In Peace & Harmony,

For further information about Macrobiotic (Nutritional) Health & Live-style Counseling, Macrobiotic Cooking Classes Workshops & Lectures in Belt Shemesh and Jerusalem, please contact:

Macrobiotics For Everyone
e-mail: leah@macroisrael.com
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WHAT IS PERMACULTURE?

BY ELLA ROSEN SENOR

Permaculture is a tried and tested way of creating a flexible, low cost approach to living, with nature as a model.

The word permaculture - coined by the Australian ecologist Bill Mollison - is a derivation of the words permaculture culture, and agriculture. This indicates that, among other things, permaculture is a method of plant management

RECEIVED FROM ISRAEL

that tries to work in harmony with nature rather than seeing her as an enemy that has to be subdued

Soil building, conservation, and organic food production are central to permaculture, which strives to enrich the soil, increase productivity, and find natural solutions to problems permaculture offers innovative, low-cost and natural ways of dealing with pest control. For example, when growing vegetables in the garden or window boxes, one might intersperse them with French marigolds, rue, and yarrow. These plants not only provide beauty and fragrance, but at the same time repel harmful insects. Lemon grass can be planted to prevent weeds from spreading, and add character to a cup of tea.

Whether used to plant a herb garden, natural lawn, make a sun oven., or solve major problems of soil conservation, food production on a large scale, or planning for extreme situations, permaculture can be used by anyone.

Examples of how the permaculture system works:

Permaculture teaches us how to revitalize the earth with nutritious compost produced from our kitchen debris and garden prunings so that we are constantly adding to and renewing the earth instead of depleting it. Worms in our gardens and even on large farms produce rich nutritious earth. Mulching enhances the growth of plants and keeps in moisture, so that we can increase our crop yield while reducing our irrigation needs by 50%.

Permaculture encourages us to live a healthy, organic lifestyle. By growing our own food, and using intensive planting methods, we can harvest a high yield. No chemical pesticides or herbicides are necessary — there are biological methods that do the job for us. Bats, frogs and porcupines eat fruit flies. Lemongrass, comfrey and arrowroot keep weeds at bay.

Permaculture teaches us to use the resources that are close at hand and easily accessible - earth can be made from our kitchen refuse, irrigation from the "gray" water of our homes, mulch from the pruned shrubs and cut grass. We can make the garden pay for itself by providing food, and by producing its own fertilizer.

Instead of squandering precious resources, we can conserve them by reducing, reusing and recycling the products and the energy resources available.

We can also benefit from multiple functionality in our environment. Chickens

RECEIVED FROM ISRAEL

lay eggs, loosen the soil, eat insects, eat food scraps, and produce fertilizer. There are trees that can fix nitrogen into the soil, give shade, bear fruit and generate rain. A pergola on the south side of the home can support grape vines that cool the home, provide shade and fruit.

Even though the establishment of our permaculture gardens may require some effort up front, they will be more selfsustaining as time goes on and require less intervention on our part.

Permaculture is above all, an optimistic approach to living in harmony with nature, using renewable resources and caring for people. In the words of its founder, Bill Mollison: Every problem is an opportunity to find a creative solution.

Permaculture Consultation.

Consultation consists of an extensive interview with the client in order to assess the requirements of each individual, and the vision of the client vis-a-vis the garden, home and environment The resources at hand are identified, as well as the problems that need to be addressed Following the interview, the consultant draws a sketch of the home and garden, and after considerable research, presents a plan to the client.

This includes the addition of organic features to the home and garden, as well as solutions to existing problems. With careful planning, the results can be rewarding, enjoyable and even profitable.

For questions and consultations, you are welcome to contact Ella Rosen Senior at 02-5701717.

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

COOKERY CORNER

SOME CURRENT FAVOURITE RECIPES FROM NAOMI FELLERMAN

When we reach this time of year and the weather turns colder it is the time to make lots of lovely thick soups and stews to keep warm, and I have picked out a few recipes I enjoy. One or two are my own adaptations, others have been downloaded from the Internet and a couple are by Ronny. These are acknowledged and I have given details of where her books can be obtained. All recipes serve 4, unless otherwise stated.

SPICY BUTTERNUT SQUASH SOUP

2 tbsp. olive oil
1 onion, peeled, chopped
2 large potatoes, peeled, diced
1 clove garlic, chopped
1 tsp. ground cumin
1 tsp. ground coriander
1 large butternut squash, peeled, diced
1 pt vegetable stock
salt & pepper

1. Heat the oil in a large saucepan, add the onions, potatoes and garlic and cook for 2 - 3 minutes.
2. Add the cumin and coriander, stir and cook for 1 minute.
3. Add the squash, then cook for 3 minutes, stirring. Add the stock and bring to the boil.
4. Cover, simmer for 20 - 25 minutes until cooked. Season to taste and purée or liquidise. Check seasoning just before serving.

This recipe is a mixture of one found on the Internet and one I read somewhere but can't recall where.

WARM LENTIL, GARLIC, AND SWEET POTATO SALAD (Serves 6)

2 cups water
1 cup green lentils
1 carrot, finely chopped
3 cloves garlic, peeled and minced
1 bay leaf

COOKERY CORNER

- 1/2 Tablespoon olive oil
- 1 leek, cut in half and thinly sliced, then washed under running water
- 4 cloves garlic, peeled and sliced
- 1 medium sweet potato, washed, cut in half, then cut into bite-size pieces
- 1/2 cup each: finely chopped celery, red pepper and parsley

Dressing:

- Juice of 1 lime
- 1 Tablespoon rice vinegar
- 1 Tablespoon extra-virgin olive oil
- 1 teaspoon sweetener
- 2 medium cloves garlic, pressed
- 2 teaspoons chilli powder
- 1/4 teaspoon salt (or to taste)

Combine water, lentils, carrot, garlic, and bay leaf in a saucepan. Bring to a boil, reduce heat, and simmer for 20 minutes or until done. While lentils cook, heat a heavy frying pan over medium heat. Add oil, leek, and garlic; stir and cover. Cook for about 5 minutes. Add sweet potatoes and cook until they are tender—another 5 to 7 minutes—adding a bit of water if necessary to prevent sticking. Do not overcook sweet potatoes as they will be too soft in the salad. Remove from heat.

When lentils are cooked, remove from heat, drain, remove bay leaf, and stir in celery, red pepper, and parsley.

Mix dressing ingredients in a small bowl. Pour over lentil mixture. Add sweet potatoes and leeks and mix well. Serve warm or refrigerate and serve at room temperature later.

This was found on the “net” - can’t recall which website, so apologies to the author. But I love salad at any time of the year and this warm salad is great.

BUTTER BEAN AND TOMATO FLAN

Pastry:

- 1 cup plain flour
- 1 cup plain wholemeal flour
- 4 oz dairy-free margarine
- 1 tsp. dried herbs
- pinch salt

COOKERY CORNER

Filling:

2 large onions, thinly sliced
1 400g tin butter beans, drained and mashed
2 garlic cloves, crushed
3 tbsp. olive oil
400g can chopped tomatoes
big pinch of thyme
salt and pepper
half cup stoned black olives, sliced (optional)
fresh parsley

1) Rub the flour and margarine together then stir in the herbs. Mix to a firm dough with cold water.

2) Roll out and line a 9 inch flan dish and bake the pastry blind in a hot oven (220°C) until golden brown (15-20 min). Cool.

3) Gently fry the onions and garlic in the oil for about 10 minutes until quite soft. Stir in the tomatoes, thyme and seasoning and simmer for about 10 minutes until the mixture is reduced and slightly syrupy.

4) Remove from the heat and allow to cool. Stir in the olives.

5) Form a layer of mashed butter beans at the bottom of the flan, then top with the tomato mix. Sprinkle with parsley.

Serve at room temperature.

The above recipe is taken from "The Salad Scoffer" by Ronny, which is available from Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW at £1.25 plus postage & packing. (Online shop: www.animalaid.org.uk)

BABY AUBERGINE & SHITAKE MUSHROOM STEW

1 medium onion, chopped
1 clove garlic, crushed
1tbsp olive oil
8 baby aubergines, quartered
4 oz shitake mushrooms, roughly chopped
1 tbsp. tamari
¼ pt water

COOKERY CORNER

3 medium tomatoes
2 oz sun-blush tomatoes

Heat the oil and fry the onions and garlic until soft. Add the aubergines and mushrooms and fry until slightly softened. Place in a medium casserole dish together with the water and tamari. Over the top layer the fresh and sun-blush tomatoes. Place in oven for approximately one hour at Gas Mark 5, 190°C. Serve with rice or try the recipe below.

This one came to me when I was making dinner one day, just using what I had in the refrigerator that day!

BAKED RICE AND POTATOES

6 oz long grain rice, washed
4 large potatoes, thinly slice
1 pint vegetable stock, approx.
salt & pepper
2 tbsp. sunflower oil

Put the oil in a large roasting tin and mix in the rice until lightly coated, lay the slices of potato over the rice, pour in the stock and season to taste. Cover with foil and cook in oven for around one hour at Gas Mark 4, 190°C or until the potatoes are soft and the rice is cooked. Uncover for the last 15 minutes to allow the potatoes to brown.

The quantities in this recipe are approximate, as this is a family recipe my grandmother and mother made, which I learnt to make at my mother's side! Thanks Mum.

There are usually a lot of cranberries in the shops at this time of year, so I have included this recipe which I found and tried last year, I can't remember where it is from.

CRANBERRY-ORANGE BREAD

2 cups flour
1 cup sugar
1/2 tsp. salt
1 1/2 tsp. baking powder
1/2 tsp. baking soda
2 tbsp. vegetable oil
hot water

COOKERY CORNER

1/2 cup unsweetened orange juice
1/2 tbsp. orange peel, grated
egg replacer for 1 egg
1 cup cranberries (fresh or frozen)
1/2 cup walnuts, chopped (optional)

- 1) Preheat oven at 375 F.
- 2) Grease and flour loaf pan.
- 3) In a large bowl, mix dry ingredients (flour, sugar, salt, baking powder and baking soda).
- 4) In a small bowl, add walnuts, cranberries and 1/2 cup of dry mixture to coat the nuts and berries.
- 5) In a measuring cup, add oil and top-up with hot water to make 3/4 cup.
- 6) In a medium bowl, mix oil/water mixture, orange juice, orange peel and egg replacer.
- 7) Combine liquid mixture to dry mixture (don't overmix!).
- 8) Fold in nuts and berries.
- 9) Bake for 1 hour.

The last recipe I am including is a bit of a favourite just now, and if you try it you will realise why! It is, again, from Ronny and is apparently based on an old wartime recipe when eggs were in short supply.

ANDREW'S REBELLIOUS CHOCOLATE CAKE

6 oz self raising flour
1 oz cocoa
2 oz sugar
2 tbsp. golden syrup
1 tsp. bicarbonate of soda (baking soda)
2/3 pint soya milk
pinch salt
1 oz margarine

- 1) Cream the margarine, syrup and sugar.

COOKERY CORNER

2) Dissolve the baking soda in soya milk.

3) Sift the flour, salt and cocoa.

4) Now, this is the complicated bit. Add some of the flour to the fat mixture and beat together, then add some of the milk mixture, then add some more of the flour mixture and alternate between the two like this until everything is mixed together.

5) Bake in a greased tin for 30 minutes at Gas Mark 4, 175°C.

6) Cool in the tin, then ice with whatever you like. Melted chocolate would work well. You can cut it in half and use jam to sandwich the halves together if you like.

The above recipe is taken from "The Cake Scoffer" by Ronny, which is available from Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW at £1.00 plus postage & packing. (Online shop: www.animalaid.org.uk)

POEM

**SYLVIA DAVIS HAS SENT US THE FOLLOWING PLEA
IN THE FORM OF A POEM, IN THE HOPE THAT
SOMEBODY CAN HELP.**

**ARE THERE ANY OTHER MEMBERS WITH SIMILAR
NEEDS OR SYMPATHIC?**

The results for us were devastating and tragic
Now we need a miracle- plus some magic
As the car tyre burst many years ago
Causing our baby son to be thrown, so

This bright baby would now never be the same
Doubt if I need any further to justify or explain
A brain injury meant he would always need care
As dedicated parents, we are not that rare....

POEM

The youngest of our children, we always ensure
He has the best of everything-plus some more.
Now in his twenties- time just flies by
No matter how hard we really try

Residential care we seek for him -does not exist
So second best we will just have to resist
Circumstances that are unusual do require
High standards are what we hope to inspire.

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Where our young folk will not be alone
Individual diets, for allergies with only organic
foods, a balanced choice of menus to pick

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The venue really have to be
Easy access from London with lots of green
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Alternative medicine is now an option and is in!

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The atmosphere of this Jewish Vegetarian home has a plus
With many benefits, but not any fuss

Music, sports, needlework, wood work, and of course art
It would be run with care and from the heart
So if you know anyone with these needs- it would be pleasant
If those interested could write to 36 Southbourne Crescent

The postcode is NW4 2JY and will now end this
With kindest regards from Sylvia & Malcolm Davis
100% Vegetarian for over forty-five years now
Want our son to continue and need help- wow!

PS all responses will be individually replied too.

GARDENER'S CORNER

GARDENER'S CORNER

In the heat the summer birds are attracted to water. A pond large or small is just the place for a cooling drink or better still a refreshing bath. Early morning is the best time for this and in the evening birds are most active now that nesting is over. Today a Willow Warbler ducked under our Heron net and proceeded to wash itself whilst perched on a lily leaf. A hen Blackcap (also a Warbler) dropped by for a sip or two which was a first sighting in our garden. Even a small container placed in the ground can make an oasis for wild life as most creatures need to drink frequently. Make sure there is a means of getting out in case some less nimble friend accidentally falls in.



Today many homes are not blessed with large gardens so what can be done with a small patio? The answer is to plant out pots and containers. These can be both decorative and culinary. A standard 9 inch or 12 inch terracotta pot is an ideal starting point. Drainage is important for all containers so some broken crock at the bottom keeps the drain hole clear. Compost is used to fill the pot to within a couple of inches of the top. If some garden home-made compost is available then this makes a good base with a topping of soilless compost which is easy to plant into. By the time the pot is planted out the soil should be no more than one inch from the top - this is important to enable watering to be done - in effect creating a little reservoir to be filled when watering.

Geraniums do well in sunny spots and do well with Petunias, Pansies and Busy Lizzies. Trailing Lobelia planted at the edge will cascade down to the ground - plants are sold in blue, red or white and dark or light shades. In a sheltered spot outside they can be started off in May and will provide a constant display until the end of October.

Fuschias are excellent for shady areas and will reward with tumbling flowers from the weeping branches like so many ballerinas.

A Begonia corm brought into growth indoors (say in April) will be ready to pot

GARDENER'S CORNER

up in May with shades of red, yellow and white to suit one's colour scheme.

Most of the herbs can be grown in pots and indeed the seed can be planted in the early Spring to provide fresh flavours throughout the year. A stone trough or old sink can make a perfect setting for a herb garden and is both decorative and useful for the kitchen. Our one is planted with Bay, Rosemary, Marjoram, Mint, Thyme, Camomile and Chives, also just for fun we have a Curry plant. The mixture is optional to suit one's taste. We keep the Mint confined within a pot in the container as it can takeover if allowed. It needs very little attention and gives us herbs the year round. The same can be achieved with individual smaller pots - many supermarkets sell fresh potted herbs which will enjoy repotting. Often used subjects such as Parsley can expand to two or more pots to allow for recovery after picking. Most herbs can be grown from seed and many are hardy. Others such as Dill are annuals.

We also have a Fig tree on our terrace which is productive and looks good. It can winter in a green house or conservatory but is hardy enough to survive our worst winters, however if sheltered and then brought out in Spring it will provide early fruit.

Most of the pot plants mentioned can be over wintered or propagated from cuttings. My Begonia corms started off at about 1 1/2 inches in diameter. After a few years of growing in good compost they are 6-7 inches across and give a magnificent show. Each Autumn we dry them off in a cool dry place and each Spring they are ready to go. Geraniums and Fuschias are particularly easy to grow from cuttings and small stems in a 3 inch pot (say 3 to a pot) will survive on a window sill and be ready to pot on in Spring.

Other subjects which do well are Strawberries, Tomatoes and Courgettes.

Pots can be moved to make the best composition so one need never tire of them and the reward is both beauty and productivity which can transform any small area into a pleasing garden.



POP IDOL'S 'MR NASTY'

POP IDOL'S 'MR NASTY' SHOWS HIS NICE SIDE !

We received this from Animal Aid and thought our readers would like to share this.

Pop Idol's 'Mr Nasty', Simon Cowell, has finally revealed that he does in fact have a soft side! He says that he loves animals!

Animal Aid, the UK's largest animal rights group, approached Simon after reading a magazine article in which he voiced strong opposition to animal cruelty. He agreed to take the 'Veggie Pledge', which involved giving up meat for a week during Animal Aid's 'Veggie Month'. This celebration of the moral and health benefits of vegetarianism, is staged annually throughout March.

The scourge of wannabe pop stars said that going veggie was easier than he'd imagined. In line with the large body of research demonstrating the health advantages of a veggie diet, Simon said of his meat-free week "I feel better than I have done in a long time." He pledged to eat a lot more veggie meals in future.

The executive producer of Pop Idol winner, Will Young, further undermined his Mr Nasty image by posing cheek to cheek for photographs with Lewis, a big eyed dog who was rescued recently from an animal pound.

Simon's concern for animals began as a child when he was surrounded by dogs and he claims, "You will never find anyone on earth more loyal than a dog." However, he does not currently live with any animals, as his work commitments are too great. He would like a rat, though, because of the bad press they suffer being treated as unredeemable 'underdogs.'

According to Simon, there is not much of a following for vegetarianism within the music industry. He puts this down to the hectic lifestyle and lack of easy availability of veggie food. But he believes this is changing, with canteens increasingly offering more vegetarian options.

Animal Aid campaigner, Becky Lilly, who interviewed Simon at his BMG office, said of her experience with the notorious impresario "I hope Simon doesn't mind me saying this, but during our meeting he certainly didn't live up to the Mr Nasty image. His concern about animal cruelty is clearly genuine and he was obviously taken with Lewis the rescue dog, with whom he quickly bonded."

DOWNING STREET VISIT

GENETIC DISORDER GROUP VISIT DOWNING STREET

A representative group of sufferers of the genetic condition Tuberous Sclerosis (TS) and their families from around the United Kingdom visited No 10 Downing Street for a meeting over tea hosted by Cherie Booth QC.

The occasion marked the 25th anniversary year of the Tuberous Sclerosis Association, a charity which supports those with TS and helps fund vitally necessary medical research into the condition.

Although first identified in 1880, Tuberous Sclerosis was only comparatively recently recognised as a common condition that can affect any newborn child. It is caused by faulty genes and is named after the tuber-like tumours that, from birth, can grow and harden anywhere in the body. Other symptoms can include uncontrollable epilepsy, the rage of autism and severe learning disability.

TS affects 1 in 6,000 of the global population and there are 10,000 sufferers in the UK alone – which means that TS is more common than many conditions routinely tested for in pregnancy. Three-quarters of babies with TS are born to parents with no medical history of the disease.

Members of the group visiting No 10 had the opportunity to brief Cherie Booth about both the tragic impact of TS and the scientific progress that is being made to learn more about the faulty genes which cause the condition and to help relieve its severe physical effects.

Thanking Cherie Booth for her sympathy and hospitality in meeting members of the Tuberous Sclerosis Association and hearing about its work in supporting sufferers and their families, the TSA Chairman, Mrs Maureen Algie, said:

“Tuberous Sclerosis devastates so many young lives and too many young lives are lost to the condition. We need to raise awareness and promote research so that the lives of those suffering so terribly can be improved. Understanding the condition will help the unborn children of tomorrow.

Only by raising public awareness can we help pay for this desperately needed research into the life sentence that is Tuberous Sclerosis.”

For further information contact:

Anne Carter – Press & Publicity Officer, Tuberous Sclerosis Association
127 Boxley Drive, West Bridgford, Nottingham NG2 7GN, England.

Tel/Fax: 0115 923 4301. E-mail: appeals@tuberous-sclerosis.org
website: www.tuberous-sclerosis.org

STADIUM GO-AHEAD

STADIUM GO-AHEAD 'AN ANIMAL WELFARE DISASTER'

VIDE ADVOCATES FOR ANIMALS. EDINBURGH.



Animal campaigners were saddened at the news that East Lothian councillors had voted to give a controversial new greyhound racing stadium the go-ahead. Advocates had been working with local campaigners and various greyhound charities, which have to deal with the many cruelty cases associated with the greyhound racing industry, in opposing the plan.

Advocates organised a photocall for the press outside the council offices the day before the decision. Along with three rescued greyhounds, Advocates' committee member, the Duchess of Hamilton, also lent her support on the day.

Our concerns that Scotland will now become a dumping ground for injured and unwanted dogs. In response to criticism from animal campaigners, the stadium's backers announced proposals for a 'luxury' retirement home for ex-racers. However, these plans have so far not materialised and have been branded unrealistic and no more than a PR exercise. It has been estimated that greyhounds running on British tracks sustain over 12,000 injuries every year. In addition, tens of thousands of dogs are disposed of every year by the industry, either because they fail to make the grade as racers or because their racing days are over. The average age of these dogs is only about 3 years. Many of them suffer cruel fates. The new stadium in East Lothian will only add to these problems. Despite planning approval for the stadium having been granted, the entire development depends on several business outlets being sold - meaning that final approval for the overall development could take same time, Advocates will continue to monitor the situation and, for the sake of the dogs, continue to strenuously oppose the stadium.

CONSUMER CORNER

CAULDRON FOODS ORGANIC PÂTÉ GOES MOROCCAN



Organic Moroccan Chickpea Pâté is the latest savoury delight from Cauldron Foods, the specialist food company that only uses vegetables, inspired by the spices and flavours of Southern Mediterranean cuisine.

In this new pâté, chickpeas are combined with natural yoghurt and tomato purée and enhanced with coriander, cumin, chilli, paprika and cinnamon, then slightly sweetened with apricot.

Serving suggestions include using the pâté as a dip for crudities, enjoyed with warmed pitta bread, or as a jacket potato filling with sour cream.

Organic Moroccan Chickpea Pâté is naturally GM-free and carries the Vegetarian Society's symbol of approval. It is available from the chiller cabinets of major supermarkets and health food stores at the recommended retail price of £1.49.

CHRISTMAS PUDDING FOR ALL TASTES

As the world's largest manufacturer of Christmas Puddings, Matthew Walker boasts a recipe to tempt every taste - richly fruited puddings, Organic recipe puddings, as well as luxury puddings laced with either brandy, sherry, rum or cider, or a combination of all four.



New for 2002 is the Duchy Originals Pudding (Organic) and the Luxury Light & Buttery Pudding. The Duchy Originals is a traditional luxury pudding made with plump organic vine fruits, walnuts, sweet almonds, seasonal spices, cognac (4%) and traditional light ale (12½%). This 454g pudding comes in sophisticated black and gold packaging and features the Duchy of Cornwall (HRH The Prince of Wales) coat of arms. Available in size 454g.

The Luxury Light & Buttery Pudding as its name suggests, is a lighter eating recipe to suit modern tastes and contains 16.5% raisins and 16.5% sultanas

CONSUMER CORNER

as well as butter, brandy, orange and lemon peel, almonds, sherry, glace cherries and mixed spice. The distinctive metallic purple foil wrap catches the eye and highlights the home-made taste. It is available in 454g and 907g sizes.

These 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.

All Matthew Walker Puddings are suitable for vegetarians and available from all major supermarkets and independent quality grocers.

BOOK REVIEW

WHAT WORKS WHAT DOESN'T

BY PAT THOMAS.



The Guide to Alternative Healthcare.

Would you give your child an antibiotic that had not been tested? Would you take a drug that had not been put through clinical trials?

Pat Thomas, in her latest ground breaking title, dispels the myths surrounding alternative healthcare and presents us with the definitive guide. She discusses all major healthcare from Acupuncture to Yoga and gives us the material we need to make an informed choice.

Disappointment with conventional healthcare has led to an unprecedented interest in natural alternatives. At the same time, holistic medicine and therapies have aggressively marketed themselves as safe and effective, and most of the time this is the case. But enthusiasm for alternatives is not always justified – not every therapy can cure every ill, not every supplement enhances health.

What Works, What Doesn't is based on the hundreds of medical and scientific studies done every year on the efficiency of practices such as herbs, homeopathy, massage and essential oils.

Published by Newleaf, an imprint of Gill & Macmillan. Price £12.99 plus P&P £1.50. Available from JVS.

BOOK REVIEW

'THE WAY OF TEA'

BY MASTER LAM KAM CHUEN.

THE SUBLIME ART OF ORIENTAL TEA DRINKING

Tea is one of the most popular and refreshing beverages in the world, but do you ever think about the history behind your cup of tea or how it was grown and prepared?



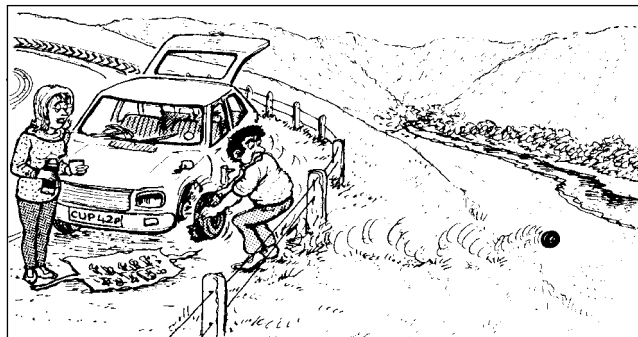
In 'The Way of Tea', Master Lam bring to life the tales of this ancient, celebrated Chinese drink, revealing who discovered tea, how the different varieties earned their names and how tea culture spread throughout the world.

The book is in 4 sections, (1) Tea Story, (2) Cultivating Tea, (3) Tea Time, and (4) Healing Teas, as well as focusing on six types of tea, namely: Green, Light Green, Yellow, Red, White and Black. Why not:

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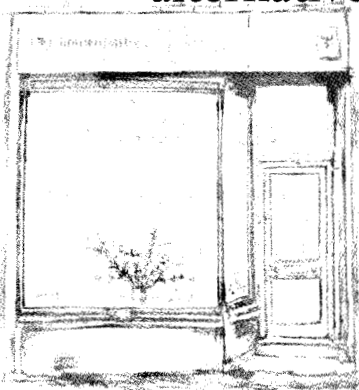
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