

The Jewish Vegetarian



*“The more I get to know mankind
The more I love my dog”*

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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CONTENTS

Why a Jewish Vegetarian Society?	3	Children's Dental Health	30
Turning Words into Deeds	4	Why is Physical Activity Such a Turn-off?	32
the Philip L. Pick Memorial Lecture	5	The Russian Vegetarian Herald	36
Is Eating a Mitzvah?	10	Animal Suffering Exposed	39
Poem	13	Consumer Corner	40
Eternal Treblinka	14	Travel	42
Dear Sir	17	Veg Out in The Lakes!!	43
The Vegetarian Society Awards	18	Vival's Incredible Roadshow	44
Food Standards Agency	20	Gardener's Corner	46
Health Column	22	Book Reviews	48
Advocates for Animals	24	Classified Advertisements	50
Cookery Corner	26		

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.

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Name (in full - clearly) Tel. No.
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Occupation Fee enclosed £

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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).
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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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TURNING WORDS INTO DEEDS

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

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A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you. Visit our new website: www.orr-shalom.org.il

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PHILIP L. PICK MEMORIAL LECTURE

FIFTH ANNUAL PHILIP L. PICK MEMORIAL LECTURE AT JVS HQ, LONDON, SUNDAY 24TH OCTOBER 2004

BY JULIE ROSENFELD

On Sunday 24TH October 2004, the Fifth Annual Philip L. Pick Memorial Lecture was held at the JVS headquarters in London. Over 30 people, including guests of honour, Minna Pick, Eli Pick and his family, attended the lecture, held annually in memory of the founder and president of the JVS, the late Philip Pick.

This year, we were particularly honoured and privileged to welcome as our guest speaker, JVS patron and former Chief Rabbi of Ireland, Rabbi David Rosen.

Michael Freedman, JVS Treasurer and acting Chairman, welcomed those present and introduced our guest speaker with a long list of his many achievements.

Rabbi Rosen had just returned from a meeting at the Vatican where he is a member of the Chief Rabbinate of Israel's Delegation for Relations with the Catholic Church. Of the five rabbis on this committee, two members – himself and Rabbi Shear Yashuv Cohen – are strict vegetarians.

Rabbi Rosen said he was happy to have the privilege to speak in honour of the late Philip Pick, particularly as the date coincided with the weekend of Philip's *yahrzeit*.

He recalled how Philip had been one of the most important influences on his life and said he was delighted to have the opportunity to pay tribute to him. He remembered Philip as an indefatigable and irrepressible individual. When it came to vegetarianism, it was difficult to withstand Philip's determination.

He likened Philip to the biblical figure of Noah, a righteous man, who was always welcoming towards others. Like Noah, Philip was a trailblazer. Tolerant and accepting of others, he always expressed his views with passion.

Rabbi Rosen recalled an occasion when Minna and Philip were visiting him in Cape Town. Rabbi Rosen had been boasting to Philip that he no longer ate meat "except for chicken on Shabbat." Far from the praise he had been expecting, Philip retorted: "How can you celebrate Shabbat with the carcass of a dead bird on a plate?"

PHILIP L. PICK MEMORIAL LECTURE

Rabbi Rosen was quite taken aback to be told he was not living up to expectations.

He realised, however, that Philip was right. He stopped having chicken, and soon gave up eating fish. And that has been his lifestyle ever since.

Veganism, he said, was an ideal he had not yet reached as he had not yet attained that level of awareness.

In terms of addressing the audience, there was, he said, the danger of saying what was unnecessary. He was reminded of the story of the man who made a living by giving lectures on how he was the sole survivor of a flood in Pottsville, USA. At the end of his days, at the pearly gates, he was invited by Angel Gabriel to give a talk on his first night in heaven. When asked what topic he would speak on, he said he would like to talk on how he survived the Pottsville flood. Angel Gabriel tried to persuade him to change his mind but the man was adamant. "Then you should know," said the angel, "Noah is in the audience."

Any educator, Rabbi Rosen said, repeats things that have been said before. "There is nothing new under the sun." It was, however, possible to deepen awareness of those truths that had gone before.

He said the reasons why an ethical person should not eat meat were becoming more and more compelling. Paradoxically, he said, it was becoming more problematic to eat meat than ever before.

He said that anyone who looked into the livestock industry could not escape the cruelty inflicted on animals in modern-day farming. Likewise, eating meat causes health issues in humans because of the antibiotics and toxins present in meat. Meat-eating, therefore, could no longer be considered to be healthy.

He recalled Professor Richard Schwartz's comments on the question of global responsibility. Meat-eating was, he said, a bad use of resources while so many people in the world were starving. Jews should act with regard to justice and social responsibility.

Some of the greatest Jewish medieval commentators believed vegetarianism was the right way of life and one to which we should aspire. Their contribution should be acknowledged. In many parts of the world, and at many times of history, it was not always possible to have a healthy balanced diet without meat. However, we were now in a privileged era where we could look back

PHILIP L. PICK MEMORIAL LECTURE

on the past with a degree of modesty.

Rabbi Rosen recalled Rabbi Isaac Arama, author of the commentary Sefer Akedat Yitzhak, who lived in the Iberian peninsula in the 15th century. He recommended that the vegetarian lifestyle was the best one to pursue. Manna, for instance, represented the direct provision of food by the Almighty to the community. Food in its most natural form, i.e. that which comes from the trees and the fields, is the ideal diet for the human being.

Permission to eat meat was simply a concession to human weakness. From time immemorial, men of spiritual attainment have gained the wisdom to rid themselves of material desires and refrain from consuming the flesh of animals.

This is not just something that happened in the past. In fact, in every generation there have always been those who have seen vegetarianism as a cherished ideal and have lived their lives accordingly.

Rabbi Rosen then made reference to Rabbi Josef Albo, the 15th century author of the Book of Ikarim.

Rabbi Albo said that when the temple is rebuilt, there would be no more animal sacrifices, because the ideal in Judaism is not to kill. The ideal is to be found in the Garden of Eden. The ideal is to be sensitive, aware and conscious of all living beings. Then divine legitimacy will once again be understood. There will be no more killing and the temple will function in accordance with vegetarian principles.

Rabbi Rosen then referred to Rabbi Avraham HaCohen Kook, (1865-1935), Ashkenazi Chief Rabbi of pre-state Israel and a strong advocate for vegetarianism.

Rav Kook believed that permission to eat meat was only a temporary concession. He felt that a G-d who was merciful to his creatures would not institute an everlasting law permitting the killing of animals for food.

Rabbi Rosen then recalled Rabbi Judah (The Prince) who was punished for telling a calf which sought refuge from him on its way to the slaughterhouse, "Go, as it is for this that you were created." Rabbi Judah was punished with toothache for many years, which was not relieved until he saved the lives of some weasels which his cleaner was about to brush away from his kitchen.

Rabbi Rosen then gave other examples on the nature of compassion. In the

PHILIP L. PICK MEMORIAL LECTURE

Talmud, it is written: "Just as G-d is compassionate and merciful, so too you should be compassionate and merciful." Likewise, Psalm 145 says: "G-d is good to all and his mercies are extended to all his creatures". These mercies are not to be extended only to human beings but to animals too.

If G-d created human beings in the past who had the sensitivity to live an ideal vegetarian way of life, then it must be still be possible to do so today.

Rabbi Josef Albo said that as members of humanity, we have transcended the bestial and have the capacity to follow a more elevated way of being.

When permission for meat-eating is given in the Torah, it is introduced with the words "When the L-rd thy G-d shall enlarge thy border as He hath promised thee, and thou shalt say: 'I will eat flesh,' because thy soul desireth to eat flesh: thou mayest eat flesh, after all the desire of thy soul." (Deut. 12-20).

The desire to eat meat is seen as a lust. This, Rav Kook says, is a clear warning to restrict meat-eating. The aim of the regulations for kashrut is to move people away from meat-eating and towards vegetarianism. When human beings feel revulsion towards eating meat, people will no longer feel that lust and will not be able to eat it.

The Torah is very practical. It takes into account the conditions in which people live. There is, for example, legislation for divorce. It is recognised that people grow away from each other, that people make mistakes. The Torah sees it as being better that people should go away from each other if they are unhappy. Although, divorce is not an ideal state, there is legislation for certain conditions such as this one.

Likewise, meat-eating is a concession for a situation which is not ideal. Ideally, people would be so sensitive to the needs of living creatures that they would no longer want to eat them.

In Hosea: Ch 2, v20, we are told: "In that day, I will make a covenant for them with the beasts of the field, the birds of the air, and the creeping things of the ground; I will also banish bow, sword, and war from the land. Thus I will let them lie down in safety."

The purpose of the Torah, Rabbi Rosen said, is to purify the human soul. If Torah observance does not make you a better human being, you are doing something wrong. If you are doing something right, you will be a more sensitive and caring human being.

PHILIP L. PICK MEMORIAL LECTURE

If we follow the tenets of the Torah, we will become more compassionate.

If we really observe the Torah, we will find it difficult to kill living things.

Otherwise, we will not have reached the full depths of the Torah. It was, therefore, important to pay attention to the welfare of all living creatures.

In Judaism, mankind is seen as being endowed with the image of the divine. That endowment however comes with special responsibilities. We are not inherently superior. We have special responsibilities not only to our community and the world around us but also towards animals. Humans may be superior to animals but that only means we have greater responsibilities and that we should act accordingly.

There followed a lively question and answer session and all too soon it was time for the lecture to come to an end. Michael Freedman expressed his gratitude to Rabbi Rosen on behalf of those present for such an informative, thought-provoking and valuable lecture.



The audience at the lecture



Rabbi David Rosen with Minna Pick

PRELIMINARY NOTICE

**The International Jewish Vegetarian Society's
40TH ANNUAL GENERAL MEETING**

will take place on **Sunday 10th April 2005**
at 3.00pm

Full details will appear in the JV March 2005 issue.

IS EATING MEAT A MITZVAH?

IS EATING MEAT A MITZVAH THAT COMES FROM AN AVEIRAH (SIN)?

By RICHARD H. SCHWARTZ

Judaism places much stress on performing mitzvot, carrying out God's commandments. However, a "mitzvah haba'ah b'aveirah" – a mitzvah based on an aveirah (sin or "illegitimate means") – is forbidden and is not considered a mitzvah. For example, if one uses a stolen lulav and esrog on Succoth, it is not a proper mitzvah. Similarly, if money is stolen, it cannot be used to give tzedakah (charity). In fact, the sages indicate that it is better not to do the mitzvah at all than to do a mitzvah haba'ah b'aveirah.

Eating meat is arguably a mitzvah haba'ah b'aveirah, actually b'aveirot (sins), rendered illegitimate by illegitimate means, because meat consumption and the ways in which meat is produced today conflict with Judaism in at least six important ways:

1. While Judaism mandates that people should be very careful about preserving their health and their lives, numerous scientific studies have linked animal-based diets directly to a higher risk of developing heart disease, stroke, many forms of cancer and other chronic degenerative diseases.
2. While Judaism forbids tsa'ar ba'alei chayim, inflicting unnecessary pain on animals, today most farm animals – including those raised for kosher consumers – are raised on "factory farms" where they live in cramped, confined spaces, and are often drugged, mutilated (without anesthetics), and denied fresh air, sunlight, exercise, and any enjoyment of life, before they are slaughtered and eaten.
3. While Judaism teaches that "the earth is the Lord's" (Psalm 24:1) and that we are to be God's partners and co-workers in preserving the world, modern intensive livestock agriculture is a major contributor (or the major contributor) to soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests, other habitats, global warming and other environmental damage.
- 4 While Judaism mandates bal tashchit, that we are not to waste or unnecessarily destroy anything of value, and that we are not to use more than is needed to accomplish a purpose, modern intensive animal agriculture typically requires far more land, water, energy and other resources than an equivalent

IS EATING MEAT A MITZVAH?

amount of wholesome and more healthful plant products.

5. While Judaism stresses that we are to assist the poor and share our bread with hungry people, over 70% of the grain grown in the United States is fed to animals destined for slaughter (it takes up to 16 pounds of grain to produce one pound of edible beef), while an estimated 20 million people worldwide die because of hunger and its effects each year and almost a billion people are chronically undernourished.
6. While Judaism stresses that we must seek and pursue peace and that violence results from unjust conditions, animal-centered diets, by diverting more and more of the earth's limited natural resources from poor people to wealthy people help to perpetuate the widespread hunger, poverty, and rage that eventually lead to instability, violent conflict, and war.

In view of these important Jewish mandates to preserve human health, attend to the welfare of animals, protect the environment, conserve resources, help feed hungry people, and pursue peace, contrasted with the harm that animal-centered diets do in each of these areas, committed Jews (and others) should sharply reduce or eliminate their consumption of animal products.

One could say "dayenu" (it would be enough) after any of the arguments above, because each one constitutes by itself a serious conflict between Jewish values and current practice that should impel Jews to seriously consider a plant-based diet. Combined, they make a compelling case for the Jewish community to respond to these issues.

It can, in fact, be argued, as does Rabbi David Rosen, former Chief Rabbi of Ireland, that eating meat is worse than a mitzvah ha'ba'ah b'veirah, because there is no obligation to eat meat today. Rabbi Yehuda Ben Batheira, one of the outstanding sages of the talmudic period, stated that the obligation to eat meat for rejoicing only applied at the time when the Holy Temple was in existence. (Pesachim 109a) He added that after the destruction of the Temple one could rejoice with wine. Based on this, Rabbi Yishmael stated, "From the day the Holy Temple was destroyed, it would have been right to have imposed upon us a law prohibiting the eating of flesh." A reason that the rabbis did not make such a law was that they felt that most Jews were not ready to accept such a prohibition.

Other sources who maintain that it is no longer necessary to eat meat on festivals are Ritva, Kiddushin 36 and Teshuvot Rashbash, No. 176. In a scholarly article in *The Journal of Halacha and Contemporary Society* (Fall,

IS EATING MEAT A MITZVAH?

1981), Rabbi Alfred Cohen, the publication's editor, after reviewing many sources such as those indicated above, concluded: "If a person is more comfortable not eating meat, there would be no obligation for him to do so on the Sabbath" and "we may clearly infer that eating meat, even on a Festival, is not mandated by the Halacha [Jewish law]." He also points out "the Shulchan Aruch, which is the foundation for normative law for Jews today, does not insist upon the necessity to eat meat as simchat Yom Tov (making the holiday joyful)."

In a responsum (an answer to a question based on Jewish law), Rabbi Moshe Halevi Steinberg of Kiryat Yam, Israel, stated, "One whose soul rebels against eating living things can without any doubt fulfill the commandment of enhancing the Sabbath and rejoicing on festivals by eating vegetarian foods.... Each person should delight in the Sabbath according to his own sensibility, enjoyment, and outlook." In the same responsum, Rabbi Steinberg pointed out that there is no barrier or impediment to converting a non-Jew who is a vegetarian, since vegetarianism in no sense contradicts Jewish law.

Can sensitive, compassionate people enhance a joyous occasion by eating meat if they are aware that, for their eating pleasure, animals are cruelly treated, huge amounts of grains are fed to animals while millions of people starve, the environment is unduly strained and polluted, and their own health is being harmed?

All of the above is reinforced by the fact that there are Chief Rabbis, including Rabbi Shear Yashuv Cohen, Ashkenazi Chief Rabbi of Haifa, and Rabbi David Rosen, former Chief Rabbi of Ireland, who are strict vegetarians, including on Shabbat and Yom Tov. Also, the late Rabbi Shlomo Goren, former Ashkenazic Chief Rabbi of Israel, was a strict vegetarian.

Since the concept of "mitzvah haba'ah b'aveirah" presupposes that the action is a mitzvah in the first place, it should be considered that the view that consumption of meat is a mitzvah concedes that, halachically; it applies only to the Shalosh Regalim (Passover, Shavuot, and Sukkot). Accordingly, it may simply be an "aveira" all year round, except for the Yom Tov days, when, arguably, it's "only" a "mitzvah haba'ah b'aveirah."

It is important that this issue be considered by the Jewish community, because a shift toward vegetarianism would greatly improve the health of the Jewish people and that of our precious, but imperiled, planet, and it would help revitalize Judaism by showing the continuing moral relevance of Torah values.

POEM

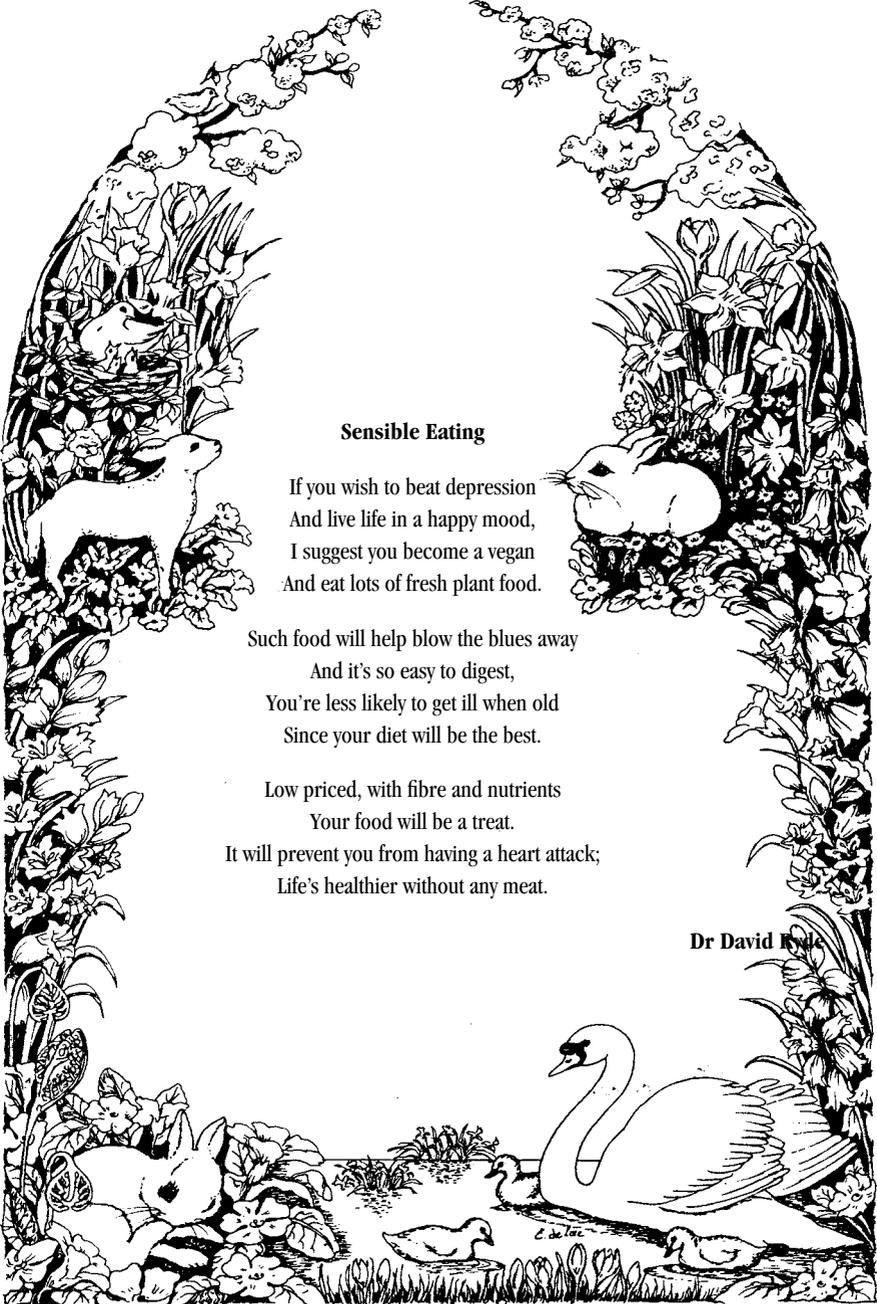
Sensible Eating

If you wish to beat depression
And live life in a happy mood,
I suggest you become a vegan
And eat lots of fresh plant food.

Such food will help blow the blues away
And it's so easy to digest,
You're less likely to get ill when old
Since your diet will be the best.

Low priced, with fibre and nutrients
Your food will be a treat.
It will prevent you from having a heart attack;
Life's healthier without any meat.

Dr David Fuld



ETERNAL TREBLINKA

ETERNAL TREBLINKA

AND

"AN UNWILLINGNESS TO CONFRONT ISSUES"

By SANDRA BUSELL

It is now over two years since the publication of what is probably the best book ever written about the abuse of power and the mindset behind the delusions of 'master species' and 'master race'. One would have thought that the Jews, of all people, would recognize the parallels. Yet, when PETA (People for the Ethical Treatment of Animals) tried to take its message on to the streets, its efforts were destroyed by the Board of Deputies and Lord Janner, Chairman of the Holocaust Education Trust, who called it "a cheap stunt" and "disrespectful of Holocaust victims. The Jewish Chronicle rallied round, calling it "distasteful" and worse, objecting to the compassion of factory-farmed animals with the "innocent victims" of the Holocaust.

The following letter was submitted to the JC, but not published:

Dear Sir,

It is not PETA's latest campaign which concerns me, but Lord Janner's and the J.C. leader's remarks on response to it which caused me to despair. I had hoped to see some response published in last week's letters' page, but nothing. Does this mean that no letters were received on the subject, or does the J.C. not feel that such accusations as 'disrespectful' and 'offensive' merit a response? The leader's comment "to make a parallel between factory-farmed animals and the innocent victims of the Nazis Final Solution" is particularly fitting. Factory farms, are indeed the animal equivalent of concentration camps and by referring to only the Nazis victims as innocent, implies that the animals are not. Perhaps the JC leader writer would care to explain what the animals have done to deserve their fate.

Having already submitted two letters to your paper in the past on the subject of killing animals for food and industry, mention of Charles Patterson's meticulously researched book, "Eternal Treblinka" neither of which were published, I feel driven to write again, in the hope that this time you will see fit to bring this excellent book and its website to the attention of your readers. If Lord Janner, the JC editor/leader writer and, indeed, all Jews (and non-Jews) who condemn PETA's campaign had taken the time to read

ETERNAL TREBLINKA

it, they would have discovered that, far from being offensive, it was some of the survivors of the Holocaust who went on to become some of the most sincere and active campaigners on the Animal Rights movement. Patterson writes about how it took their own experience of the Holocaust for them to realize that the way humans treat animals is just like how the Nazis treated them – and with the same mindset. Animals are treated as ‘inferior’ to we humans and that we have power over them is believed by many, gives us the right to exploit, abuse and kill them. Do Lord Janner and the J.C. editor/leader writer find the views of such Holocaust survivors offensive too?

What is obscene is that hundreds of millions of animals are slaughtered for no reason other than to provide food and clothing for people who should hang their heads in shame for condoning and helping the obscene slaughterhouse industry to profit.

I urge readers of the J.C. to log on to “Eternal Treblinka” website (powerful book.com). I hope it will encourage them to go on to read the book. If Lord Janner and the J.C.’s editor/leader writer read it, they will then not only feel obliged to eat their words but eat different (non-animal, truly kosher) food!

Yours faithfully,
Sandra Busell

Ironically this all happened around the time that I attended a talk by the present Rabbi of the Edinburgh Congregation who spoke of “an unwillingness to confront issues”. Sadly, it seems that many Jews, such as Lord Janner, suffer from just such an attitude.

There is another worrying aspect to all this. While trying to promote this book as much as possible, I have encountered a staggering lack of knowledge about the Holocaust among non-Jews. I usually use the book’s website, without mentioning the name of the book, hoping that curiosity will encourage many to log on, whereas many who only have the book’s file to go on won’t bother (other than those who have a particular interest on the subject). But when I have mentioned the title, I get a blank look and, during conversation, it transpires that many people have never even hear of Treblinka. The name means nothing to them. These are mostly supposedly well-educated people who are on, or have been to university. When I have asked if they did history at school and did they cover the Second World War, the reply is yes, but not much. This got me thinking back to my own school days. I went to what was considered to be the best school in Edinburgh (James Gillespie’s

ETERNAL TREBLINKA

High School) and realizing that most of my knowledge of the Nazi Holocaust has come from my mother, and many books I read after I had left school.

Eternal Treblinka and its message deserves to be promoted and as widely as possible for its Animal Rights message alone, but the widespread ignorance about the Nazi Holocaust is an added reason when societies such as PETA try to bring its message to the attention of the public, we must, all of us, try to do our bit. Those who are not willing or able to actually take part in demos can do many other things e.g. write to councils who ban, or consider banning, such demos, letting them know that the Board of Deputies does not speak on behalf of all Jews, and urging them to log on to the E.T. website and find the time to read the book. Write to the J.C. and the mainstream press. Take part in radio phone-ins. Put the E.T. website through letterboxes, under car windscreen wipers, on bus stops on café notice boards etc. Fill out a request/suggestion slip in your library. If you're at University, try to get the University Library to obtain a copy too. Tell your Rabbi about E.T, give him/her the website and say that after he/she has had time to read it, you would like to discuss it with them and let The Jewish Vegetarian Society know what response you get. (I have already approached 'my' Rabbi. After his "unwillingness to confront issues" comment, it is hoped that he will be willing to confront and discuss it. I phoned him a few weeks after giving him the website and he said he hadn't had time to look at it yet, so I said I'd give him a few more weeks, then call him back).

Charles Patterson's excellent book and the message deserves to be promoted and defended – shocking as it is that such a message needs defending – that the Board of Deputies and Lord Janner, supported by the J.C. have gone out of their way to prevent this message from even reaching the public and even condemning it, should make us all the more determined to help spread the word!

Sandra Busell

PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a new leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet. Please go to www.JewishVeg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

DEAR SIR

Dear Editor,

As a native-born American Jew from Washington D.C., who immigrated to Jerusalem some 36 years ago in 1968, I was stunned and pleased to eat a milky/vegetarian Erev Shabbat/Friday night dinner at (then new) friends' home at a religious (Orthodox) Moshav/Village in 1970, i.e. not the usual chicken/chicken soup, Sabbath dinner. I have been mostly a vegetarian, a Jewish vegetarian, ever since!

20 years later, approximately 1988, I heard about and started steadily attending The Jewish Vegetarian Society in Jerusalem, a 'sister' organization to The Jewish Vegetarian Society in London.

Four times a year, for a decade or longer, I received your lovely magazine, and even had a few of my own articles published therein. Then all of a sudden, the connection "went up in smoke" between the London and Jerusalem Vegetarian Society.

I am sorry for the disassociation, and miss your/our little magazine, including the Vegetarian Guest Houses in Scotland/England etc. who always advertised. I must admit I paid attention to every advertisement.

Sue would like to add that she is a divorced single parent with one grown-up child and would like to correspond either by letter or email with an unattached Jewish Male reader (Age 50-60) either in Israel or abroad.

With sincere best wishes.

Sue Tourkin-Komet

Gilo Alef Hatzuf 12, Apt 58

Jerusalem. 93743. Israel

Email: yaffasue@netvision.net.il

The reason why the magazine has not been sent is that most of our Israeli members decided to pay their subscription to the Jerusalem Centre direct and not to the JVS here in London. They would then receive their newsletter, rather than our magazine. We are pleased to say that there are quite a few members who are still paying their subscription direct to the Society in London and therefore do receive the magazine. Due to the high cost of printing and postage, we cannot reduce the subscription fee, which must remain at \$20 per annum. Editor.

THE VEGETARIAN SOCIETY AWARDS



From left: Claudia D'Ambra who received the award on behalf of Loyd Grossman, Shirley Labelda Hon. Secretary to The Jewish Vegetarian Society who presented the Best Vegetarian Cooking Sauce award and the host for the evening, Wendy Turner Webster.

THE VEGETARIAN SOCIETY AWARDS 2004

The prestigious Vegetarian Society Awards was sponsored this year by The Vegetarian Society Visa credit card in association with the Co-operative Bank. As a business with a clear set of ethical values, the Co-operative Bank is the perfect partner for The Vegetarian Society's annual celebration of excellence in the vegetarian marketplace.

The Awards ceremony, as last year, took place at London's Magic Circle on Thursday October 28th and was hosted by the Society's new patron Wendy Turner Webster. TV viewers know Ms Turner Webster for her love of animals and told the audience "These awards are an important milestone in the vegetarian year. They giving us a chance to review the incredible progress made each year, as organisations in every sector, from manufacture and retail to tourism and service industries, work harder and harder to satisfy the 3 million vegetarians in the UK".

THE VEGETARIAN SOCIETY AWARDS

The winners of each category are as follows:

BEST VEGETARIAN BABY FOOD

Winner: Baby Organix vegetarian range

BEST VEGETARIAN COOKING SAUCE

Winner: Loyd Grossman Tomato and Basil Sauce

BEST MEAT or FISH SUBSTITUTE

Winner: Quorn Mince

BEST PROVISION FOR VEGETARIANS IN A FAST FOOD ESTABLISHMENT

Winner: V1, Nottingham

BEST GOURMET VEGETARIAN RESTAURANT

Winner: Café Maitreya, Bristol

BEST VEGETARIAN WINE AND BEER RETAILER

Winner: Marks & Spencer

BEST UK DESTINATION FOR VEGETARIANS

Winner: Brighton

Last years 'Imperfect World' winner, Walkers Cheese and Onion Crisps, responded by reformulating their recipe so that veggies could finally 'tuck' into a packet of the top selling crisps. This year, Smarties, a classic brand from the Nestle portfolio took the double-edged accolade of being named the product 'veggies' most want to eat but cannot. So will the sweet giant follow the precedent set by Walkers last year? Only Smarties have the answer.

Congratulations were extended to all the winners and to all those who were nominated. The evening came to an end with a delicious finger buffet. The wine at the Vegetarian Society Awards was kindly supplied by Kumala.

The logo for Plamil, featuring the word "Plamil" in a bold, black, sans-serif font, slanted upwards from left to right.

Our speciality alternative to milk is White-Sun based on pea-protein and fortified with essential B2, B12 and D2. Please send for the published medical research paper on pea-protein showing its greater iron absorption properties over soya.

Our range includes egg-free mayonnaises and confections available from health/wholefood stores.

For info: Sales Office – Plamil Foods, 27 Spring Hollow, St. Mary's Bay, Kent TN29 ORL

FOOD STANDARDS AGENCY

FOOD STANDARDS AGENCY

RECENTLY A MEETING WAS HELD AT THE OFFICES OF THE FOOD STANDARDS AGENCY REGARDING THE LABELLING OF FOODS SUITABLE FOR VEGETARIANS AND VEGANS.

The Agency is aware of consumer concerns relating to the labelling of foods as suitable for vegetarians and vegans. At the Food Labelling Forum on 21st January 2004 there were several questions and comments drawing attention to different definitions, and the consequential consumer confusion. At a further Consumer Stakeholder Forum meeting in May 2004, John Bell, the Chief Executive of the Agency, undertook to hold a stakeholder meeting to discuss these issues. The British Nutrition Foundation recommended that the Agency should work together with interested parties to develop an agreed list of common definitions for terms such as vegetarian and vegan.

There are various reasons for people choosing vegetarian or vegan diets. Many prefer not to consume food that results from slaughter of animals, or from animals at all. Others are concerned particularly about ethical methods of farming, transport and slaughter. An individual's choice to be vegetarian or vegan may be based entirely on religious grounds. Some people are allergic or intolerant to particular animal products. Any particular choice may be based on a combination of these factors. These underlying reasons for individuals choosing a vegetarian or vegan diet are important, because they influence what particular foods or food ingredients are deemed to be acceptable.

Further, ingredients lists may well not provide sufficient information for the vegetarian or vegan consumer, since the animal origin of some ingredients may not be apparent from their names. This further reinforces the need for clarity in this area.

There is at present no definition in law of the terms "vegetarian" or "vegan" either at the UK or European level. The Food Safety Act 1990 and the Trade Descriptions Act 1968 contain general provisions outlawing misleading labelling. Claims such as, 'suitable for vegetarians' or 'suitable for vegans' are subject to the general controls in section 14 and 15 of the Food Safety Act 1990 (prohibition on selling food not of the nature, substance or quality demanded and falsely describing or presenting food), and sections 1 to 4 of the Trade Descriptions Act 1968 (prohibition of false or misleading trade descriptions). In addition, with effect from 1st January 2005, Article 16 of

Regulation 178/2002 will prohibit labelling or other presentation, which misleads consumers.

Dr Richard Harding, Head of Consumer Choice, Food Standards and Special Projects Division, concluded the meeting, saying that the Agency will now consider the points made and will decide how to take the issues forward.

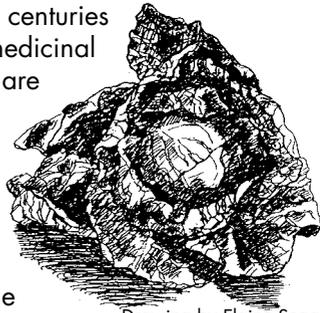


“TO YOUR HEALTH”

‘TO YOUR HEALTH’

We received the following from one of our members, Ida Percoco – Orlando Florida and thought our readers would find it of interest.

Cabbage, the poor man’s vegetable, has for centuries been regarded as one of nature’s most potent medicinal plants. The major nutrients found in cabbage are Vitamin A, Vitamin B-6, Vitamin C, Vitamin K, calcium, phosphorus, magnesium, potassium and iron.



Drawing by Elaine Segal

Mention of cabbage as medicine dates from 2,099 BC in Chinese, Indian and Egyptian lore. But written records did not appear until the Roman era (500 BC to 400 AD). Greek authors wrote treatises on medicine, and were the first to document cabbage as a healing agent of importance.

One scholar wrote an entire volume on the ability of cabbage to heal all parts of the body. The Roman, Pliny the Elder, listed cabbage for 87 remedies. Greeks and Romans used cabbage primarily as medicine, rather than food.

The book, “Cabbage, Cures to Cuisine” by Judith Hiatt, has a whole chapter describing ailments (listed alphabetically) from “abscesses” to “wounds” which can be helped by cabbage. The cabbage family includes broccoli, brussels sprouts, kale, cauliflower and kohlrabi. (This certainly is food for thought! Ed.)

HEALTH COLUMN

SOYA MAY HELP BEAT BREAST CANCER: NEW RESEARCH

BRITISH PHARMACEUTICAL CONFERENCE, MANCHESTER, 2004

Researchers are investigating whether it is possible to turn the active ingredients of soya into a useful medicine that may help to beat breast cancer, the British Pharmaceutical Conference heard recently.

Soya contains isoflavones, which are thought to have potential therapeutic benefit in breast cancer and other conditions, including osteoporosis. Epidemiological studies indicate that women in the Far East, who have high dietary intake of soya products, have lower rates of breast cancer than Western women.

Dr Karen James and colleagues from the School of Pharmacy and Biomedical Sciences at the University of Portsmouth, have been investigating ways of converting natural isoflavones into a therapeutic agent. Dr James explained: "There are few drugs based on isoflavones available for clinical use and there are good reasons for this. Isoflavones are not very potent and they are rapidly metabolized in the body. While lifetime intake of low doses in the diet might be beneficial, developing a drug therapy requires a new approach."

The Portsmouth work is aimed at finding a way to make the isoflavone compound stay longer in the body whilst retaining, or enhancing, the beneficial biological properties. The researchers used derivatives of daidzien, a known isoflavone. They tested the effect of the compounds on the growth of hormone dependent breast cancer cells and found they had a stimulant effect at lower concentrations and a reduction in cancer cell growth at high concentrations.

These studies are now underway and the researchers are also hoping to synthesise new, more potent derivatives. Dr James described the results to date as encouraging, but cautioned that it is early days. "Isoflavones are present in many foods and they tend not to produce toxic effects, but we do not know yet whether there might be side effects from a more potent synthetic compound." She added: The natural compounds have a number of actions – as well as binding to oestrogen receptors, they can act as antioxidants and as enzyme inhibitors. It seems beneficial to look at any natural product that has such a diverse range of properties and to try to insert those properties into useful drugs."

HEALTH COLUMN

Note: The synthesized isoflavone derivatives are structurally different to daidzien. One of the hydroxyl (OH) groups was changed into an O-methyl group. From the literature it is known that this means the compound has fewer sites available for metabolism and it will be metabolized more slowly. This still needs to be checked in vitro studies. For further information contact BPC on 07958 547727 or email: carl.rees@rpsgb.org website: www.bpc2004.org

“TO YOUR HEALTH”

SHERRY – SHOWN TO HAVE HEALTH BENEFITS

New research published in the Journal of the Science of Food and Agriculture suggests that sherry may have the same health benefits as red wine. Sherry contains antioxidants that help control cholesterol levels, say Spanish scientists.

Studies by researchers at the University of Seville have shown that sherry, like red wine, contains antioxidants called polyphenols, which reduce the occurrence of coronary artery disease. They work by preventing the oxidation of Low-Density Lipoproteins (LDL), which is associated with the disease.

Drinking sherry can also increase the body's production of High-Density Lipoprotein (HDL) cholesterol, which is associated with longevity and a decreased incidence of coronary artery disease.

“Sherry is widely consumed, especially in Spain and the UK, and we have shown that its moderate intake decreased total cholesterol and increased HDL-cholesterol”, says Juan M. Guerrero, researcher on the paper.

Four of the most commonly produced sherries in Andalucia, Spain, bearing the generic names Oloroso, Manzanilla, Fino and Amontillado, were tested. All four types had the same effect.

“As a general rule, moderate consumption of red wine exerts beneficial effects for health. In our research, the beneficial effects of red wine can be extended to sherry wines”, says Guerrero.

For further information visit <http://www.mci.com>

ADVOCATES FOR ANIMALS

ADVOCATES FOR ANIMALS

GIVING VOICE, TAKING ACTION.

At the end of June, Advocates for Animals exposed the widespread suffering of millions of Scottish sheep. Their report, **Silent Lambs: Sheep Welfare in Scotland**, revealed the truth about the reality of life for many of Scotland's 8 million sheep and found disturbing evidence that, contrary to public perception, these animals live lives that are far from idyllic.

Although many sheep in Scotland have the freedom to roam across wide areas of land, for many this also means they have the freedom to suffer and often die from conditions that are not only preventable, but would be curable if treated. Their damning report revealed major areas of concern, including the shocking fact that up to 600,000 young lambs die each year in Scotland from hypothermia, starvation or infection, and over 190,000 ewes die around lambing time.



The report also showed that millions of sheep are left to suffer without treatment from a range of distressing conditions and diseases, which are not always reported by farmers, potentially allowing them to spread, and there is a real lack of inspections and enforcement of welfare standards on farms. Every year, millions of lambs are painfully mutilated by having their tails removed and being castrated.

Despite this catalogue of suffering, Scottish sheep farmers continue to receive payments each year of over £70 million in subsidies from taxpayers' money.

As a consequence of these findings, the report makes numerous recommendations and Advocates for Animals is now urging the sheep industry and the Scottish Executive to act without delay to ensure that this level of suffering is not allowed to continue.

As you will know, investigations like these are a vital part of their work and

ADVOCATES FOR ANIMALS

have already resulted in major benefits for animals. Advocates exposed the cruelty of Glasgow Zoo and in 2003 this squalid place finally closed down. They investigated horrendous conditions at a number of Scottish pig farms resulting in nationwide media coverage and a high public outcry. But these investigations take time and money and they can only continue to expose cruelty and campaign for changes with help.

Further information can be obtained from 10 Queensferry Street, Edinburgh, EH2 4PG. Tel: 0131 225 6039.



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

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.

Tel: 020 8455 0692

COOKERY CORNER

FOR THIS ISSUE WE HAVE DECIDED TO INCLUDE SOME OF THE RECIPES FROM THE LOVELY BOOK "SO WHAT DO YOU EAT?" BY LIZ COOK. A PRACTICAL GUIDE TO HEALTHY ANIMAL-FREE NUTRITION AND EASY FAMILY MEALS.

WINTER VEGETABLE SOUP

Ingredients

500g potatoes, 300g carrots, 2 large onion, 4 cloves garlic, 1 large leek, 300g parsnips, 300g swede, small bunch chopped parsley, 2 vegetable stock cubes or 2tbs bouillon, olive oil, salt and pepper. (You will need a blender)

Method

1. Peel and chop the potatoes, parsnips, swede and carrots roughly into 2cm cubes. Wash and slice the leeks and peel and chop the onions and garlic.
2. Put enough olive oil in a big pan to cover the bottom and gently fry the vegetables in this order: potatoes, swede, parsnips, carrots, leeks, onions and garlic. With the lid on, cook gently, stirring occasionally until the vegetables are really soft.
3. Meanwhile make the stock: Add the stock cube or bouillon to 2 pints of boiling water. Add to the pan and bring to the boil. Simmer for 5-10 minutes.
4. Blend in the pan with a hand-blender or in a food processor.
5. Add salt and pepper to taste and serve with the finely chopped parsley. Eat with crusty bread.

SPICY LENTIL SOUP

Ingredients

250g dried red lentils, 250g onions, 3 cloves garlic, 250g carrots, 250g leeks, small bunch parsley, 3 bay leaves, 1 tbs cumin powder, 4 tbs tamari, olive oil, salt and pepper.

Method.

1. Peel and roughly chop the carrots, onions, leeks and garlic.
2. Fry the vegetables slowly in enough olive oil to cover the bottom of a large pan and stir occasionally. Add the cumin and cook until the vegetables

COOKERY CORNER

are almost soft.

3. Add 2½ pints of boiling water, the bay leaves and lentils. Bring to the boil, turn down the heat and simmer for about 10 minutes until the lentils are soft.
4. Add tamari and salt and pepper to taste.
5. Remove the bay leaves and blend the soup.
6. Chop the parsley and garnish the soup. Serve with crusty French bread. Eat with a green leafy salad as a main meal.

BUTTERBEAN CASSEROLE.

Ingredients

500g dried butterbeans, 500g carrots, 500g onions, 6 cloves garlic, 250g mushrooms, small bunch parsley, 50g wholemeal flour, 1 litre sweetened soya milk, olive oil, 3 bay leaves, 1 tbs vegetable bouillon, 4 tbs tamari.

Method

1. Soak the butterbeans overnight in plenty of cold water (or for 1 hour in boiling water) until they swell and the skins are not wrinkled. Rinse and drain.
2. Put the butterbeans in a big pan with plenty of water and bring to the boil. Turn down and simmer for about 1-1½ hours until the beans are soft. Rinse.
3. Meanwhile peel and chop the onions, carrots and garlic. Fry them gently in enough olive oil to cover the bottom of a large pan. Chop the mushrooms and parsley.
4. When the carrots are soft, add the bay leaves and mushrooms. Mix. Then add the flour and bouillon and cook, stirring all the time for 2-3 minutes.
5. Slowly add the soya milk, stirring quickly.
6. The mixture will thicken and bubble. Turn it down and add parsley, tamari and salt and pepper.
7. Serve with jacket potatoes or rice and steamed green vegetables and broccoli.

COOKERY CORNER

VEGETABLE CRUMBLE

Ingredients

150g wholemeal flour, 100g oats, 100g margarine, 1 large onion, 3 cloves garlic, 1 small cauliflower, 200g carrots, 1 medium leek, 125g mushrooms, 1 tin chopped tomatoes, 1 vegetable stock cube, salt and pepper.

Method

1. Set the oven to 200°C, Gas Mark 6. Peel and chop the onions and garlic. Slice the carrots and leeks. Fry them all together gently in enough olive oil to cover the bottom of a big pan.
2. Break the cauliflower into small pieces – chop the green parts finely and use them too. Add to the pan.
3. Cut the mushrooms in half, or leave whole if small and add to the pan. Add the tin of chopped tomatoes and the stock cube. Bring to the boil and then simmer until the cauliflower is nearly cooked. Season.
4. Mix the flour and oats in a bowl and add the margarine in small pieces and rub in until the mixture looks like breadcrumbs. Season with salt and pepper.
5. Put the vegetable mixture into a casserole dish and put crumble mixture on top. (You can sprinkle with sesame and sunflower seeds too, if you like).
6. Cook in the top of oven for 30 minutes and eat with steamed green leaves or green leafy salad.

UPSIDE-DOWN PUDDING

Ingredients

1 small tin pineapple rings, 2 tbs golden syrup, glace cherries (or fresh), 250g self-raising flour, 85ml sunflower oil, 170ml maple syrup, 170ml soya milk, 1 dessert spoon wine vinegar, 2 tsp vanilla essence.

Method

1. Turn oven on to Gas 5, 190°C.
2. Whisk together the oil, maple syrup, soya milk, wine vinegar and vanilla essence.

COOKERY CORNER

3. Sieve flour into a bowl and gradually pour in the liquid, stirring all the time.
4. Grease a shallow casserole dish or flan dish about 9" (23cm). Arrange the pineapple rings on the bottom and put ½ a cherry in the middle of each one. Pour the golden syrup over the pineapple and then the cake mixture over the top.
5. Bake in the oven for about 40-45 minutes until a sharp knife comes out clean.
6. Cool slightly and then put a plate over the top and turn the whole thing over. The cake will 'plop' neatly out onto the plate. (We hope!) Serve with soya cream, ice cream or custard.

FRUIT CRUMBLE

Ingredients

2 pears, 2 bananas, 110g dried apricots, 1 orange, 250g wholemeal and white flour mixed, 2 dsp brown sugar (soft), 100g margarine.

Method

1. Set oven to Gas Mark 7, 220°C
2. Soak the apricots in boiling water for 30 minutes and meanwhile peel, core and slice the pears. Arrange on the bottom of an oven dish (approximately 20cm round).
3. Peel the orange and chop up. Peel and chop the bananas. Put in the dish.
4. Sieve the flour into a bowl and rub in the margarine until the mixture looks like fine breadcrumbs. Stir in the sugar.
5. Chop the apricots and add to the fruit.
6. Lay the crumble mix on top of the fruit and press down very firmly.
7. Cook in the oven for 30 minutes until the top is golden brown. Serve with soya ice-cream, custard or banana cream. A good, hot winter pudding!

Variations: Try adding different things to the crumble: sesame seeds, oats, crushed nuts, dried coconut, and different fruit: apples, plums, raspberries, pineapple or peaches. This is a very versatile dish!

COOKERY CORNER

These are just a few of the many delightful recipes contained in this book, which has a hard plastic cover, spiral bound. At the back of the book there is an "All you need" Shopping List, as well as a Wall Chart. The book would normally sell at £12. 99 plus £3.45 for the Wall Chart, but we are running a special promotion for members, who can purchase both for £10. 95 plus P&P £2.50. This is for a limited period and can be obtained direct from the Author – Liz Cook. (Tel: 01273 388864)



CHILDRENS' DENTAL HEALTH

CHILDRENS' DENTAL HEALTH SURVEY – UK

The UK's leading oral health charity today welcomed the results of the Children's Dental Health Survey 2003 – before calling for the introduction of a fluoridated water supply to further improve the nation's oral health.

The British Dental Health Foundation was speaking after the Office of National Statistics' (ONS) survey revealed that dental decay in the permanent teeth of eight, 12 and 15-year-olds had decreased to its lowest recorded level.

The national survey, which is conducted once every ten years, and samples thousands of children across the country, also found a decrease in the number of fillings.

However, although oral health targets for children's permanent teeth were exceeded, the targets for children's primary teeth, or milk teeth, were not met.

Chief Executive of the Foundation, Dr Nigel Carter, commented: "Of course it is very good news that our children's oral health is improving, but the failure to meet the targets set for children's primary teeth confirms that more can still be done.

"Fluoride has been proven to improve dental health by up to 40 percent and can be particularly beneficial to children as it strengthens the tooth enamel as it is forming.

"Dental decay in youngsters causes a great deal of pain and distress, and a

CHILDREN'S DENTAL HEALTH

fluoridated water supply would go some way towards alleviating the problem, so the quicker it is introduced the better!"

Currently only 10 percent of the country benefits from a fluoridated water supply, but the Foundation is hopeful that it will soon be a reality for the majority of people in the UK.

Changes made by the House of Commons last November will enforce water companies to introduce water fluoridation following appropriate public consultations in each area.

Dr Carter continued: "The last remaining barrier to many more of us enjoying the benefits water fluoridation has been removed.

"A fluoridated water supply would not only add to the protection provided by twice daily brushing with fluoride toothpaste, it would also provide some basic care to those poorer families who cannot afford for their children to carry out a proper dental routine.

"It is a proven method of reducing tooth decay, and is a logical and cost-effective way of improving Britain's dental health."

The British Dental Health Foundation is the UK's leading oral health charity, with a 30-year track record of providing public information and influencing government policy. It maintains a free consumer advice service, an impartial and objective product accreditation scheme, publishes and distributes a wide range of literature for the profession and consumers, and runs National Smile Week each May, to promote greater awareness of the benefits of better oral health.

The Dental Helpline, which offers free impartial dental advice to consumers, can be contacted on 0845 063 1188 between 9am and 5pm, Monday to Friday or by e-mailing helpline@dentalhealth.org.uk

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.

WHY IS PHYSICAL ACTIVITY SUCH A TURN-OFF?



WHY IS PHYSICAL ACTIVITY SUCH A TURN-OFF?

Groundbreaking new research endeavours to uncover why the nation's women are universally failing to participate in enough sport and physical activity.

In a totally fresh approach to a problem inextricably linked to current public health concerns about the fitness and health of much of the population, the Women's Sport Foundation is funding two diverse projects which seek to identify the psychological, rather than physical barriers which turn women off exercise and lead to huge disparities between the amount of activity being undertaken by women and girls compared to men.

The charity hopes that by asking women of different ages, social class and location to speak candidly about their own reasons for failing to be active, and what they consider to be healthy behaviours in the context of their own lives, then positive action in the form of new health messages and targeted interventions can be devised to buck this longstanding trend.

Commenting on the newly commissioned research, WSF Policy & Research Manager Helen Donohoe said:

"We want to get beyond the physical and logistical reasons which inhibit women from being more active. We want to develop a new level of understanding and unpick the emotional and psychological factors that impact upon women. It is only through that approach that we will be able to devise the solutions that have greater resonance with the half of the population that is fed up of being told they must do this or must do that when it comes to exercise. Such negative messages just aren't working and if we are to have any impact on the worrying statistics about the overall health of women then we need to turn this round so women and girls can reflect favourably on what they do now and feel confident about how much further they can go."

The research sits under the banner of the charity's new SPA Campaign with its launch marking a significant week for the WSF. On Wednesday 3

WHY IS PHYSICAL ACTIVITY SUCH A TURN-OFF?

November the charity hosted a parliamentary reception sponsored by Vera Baird MP and supported by Pippa Funnell, Georgina Harland, an array of international sportswomen and presenters and decision makers from the BBC. To coincide with the reception an exhibition was also held in the House of Commons all week, in order to raise the profile of women's sport with key decision makers from the political arena.

Said Ms Donohoe:

"We have much to learn from the successes of other public health campaigns. The tobacco control programmes, for example, have been able to get an awful lot of people doing something that they previously felt unable to do – quit smoking. We know that Government is keen to invest in projects that promote physical activity, good diet, and healthier lifestyles and we await the forthcoming White Paper on public health with interest. Our ultimate aim is that on the back of the research findings we can work with Government and other relevant bodies to devise new packages which break down the current barriers and get women and girls back out doing sport and physical activity."

We are confident that this new research will bring us closer to an real understanding of women's feelings towards physical activity. It will also help us to be an awful lot clearer about the approaches we need to adopt over the next decade or so to get women to change their behaviours. Only then can we work towards a marked improvement in participation."

The two research projects are being run in Tower Hamlets and rural Cornwall, the former aimed at women with at least one child while the research in the South West will focus on the views of women over 60. Subject to securing more funding, the charity also hopes to run a third scheme in an outer urban area to get the views of girls aged 14-18. The three regions have been chosen because it is already known that socially excluded women have particularly low participation rates and that having young children acts as an additional barrier.

The researchers are due to report in April next year when the WSF will set about using the findings to help set the future physical activity agenda.

"While the official figures on the participation levels of women and girls in physical activity and sport are still alarming, we want to

WHY IS PHYSICAL ACTIVITY SUCH A TURN-OFF?

encourage a positive 'can do' mentality towards exercise. We believe women do more physical activity than is formally acknowledged. Through our research we want to capture that existing activity, celebrate the amazing things that women already do, and work through pathways to go forward and build participation in physical activity across the board." Ms Donohoe concluded.

- 1] The two qualitative pieces of research are being conducted by Opinion Leader Research and Bristol University's Department of Exercise and Health Sciences respectively.

In Tower Hamlets, an urban, disadvantaged area of East London, a series of focus groups will be carried out with women aged between 20-30. The groups will comprise a mixture of first time mothers and those with two or more children, all of which are under three years of age. Groups will be of mixed ethnicity and current activity level and drawn from DE socio-economic groups.

The second project will be conducted in a relatively isolated part of rural Cornwall with low socio-economic status. The focus will be on women aged over 60. A series of focus groups plus one-to-one interviews will be held.

The projects will seek to identify the social, psychological, practical, contextual, and economic barriers to physical activity participation among non-exercisers in the two areas. Additional questions will be posed as to how existing sport and physical activity messages are viewed and what interventions would be appropriate in encouraging future activity.

- 2] The Women's Sports Foundation, founded in 1984, is the UK's leading organisation dedicated to improving and promoting opportunities for women and girls in sport and physical activity. The charity works across the UK through a combination of advocacy, information, education, research and training.
- 3] Even by the age of seven, many more girls than boys have been put off sport. Forty per cent of girls drop out of sport by the time they are 18. Almost half (44%) of adult women in Britain participate in little or no sport at all.

WHY IS PHYSICAL ACTIVITY SUCH A TURN-OFF?

4] The SPA – or Sport and Physical Activity Campaign – is aimed at discovering more about the factors behind low participation in sport and exercise amongst different groups of women. Following the first phase of qualitative research, focused projects specifically designed to help women and girls overcome the barriers they identify will be developed. Link to the WSF website at www.wsf.org.uk for updates as the campaign progresses.

For further information: Alex Russell, Women’s Sports Foundation, Tel. 0207 273 1740, Mob. 07796 340896.



DID YOU KNOW?

- ☆ Around seven per cent of the adult population in the UK is vegetarian. That’s about four million people!
- ☆ Since 1995 the number of vegetarians in the UK has been increased by approximately 5,000 per week.
- ☆ The word vegetarian doesn’t derive from the word vegetable, as commonly believed, but from the Latin word “vegetus”, which means lively.

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.**

RUSSIAN VEGETARIAN HERALD

THE RUSSIAN VEGETARIAN HERALD

BY MUSIA VEINGER

In 1878, in Russia's St Petersburg, an article by Andrei Nikolaevich Beketov, entitled "Man's Diet: Present and Future" was published in the monthly magazine, "Vestnik Evropi". The article aroused such a great public response, both for and against, that the following year it appeared in St Petersburg as a separate 70-page booklet.

A.N. Beketov (1825-1902) was a well-known botanist, professor and rector of St Petersburg University. He was an honorary member of St Petersburg Academy of Sciences and an outstanding public figure. He is also known as the grandfather of one of the greatest Russian poets, Aleksandr Aleksandrovich Blok (1880-1921).

The main idea of the publication is that in future man's diet should be vegetarian for economic, social and moral reasons. Below are some excerpts from the book:

"Man's greatest task must be to lighten as much as possible the heaviness of the animal part of his nature... The problem of man's diet concerns the whole of mankind. We should not just think about the planet today but also its future... The surface of the earth is limited and its population is continually increasing. Common sense says that if our present living conditions continue, the moment will come when the Earth will no longer be able to feed its inhabitants."

Fortunately, man keeps evolving like everything else in the universe. A long time ago, zoologists, including de Cuvier, stated that man was designed to have a vegetarian diet. Meat, therefore, can hardly be considered to be an essential part of the human diet. Besides, plants are primary organic products, while meat is a secondary one, processed twice. Therefore meat will always be more expensive than bread. Vegetable proteins are no different in their chemical composition than animal proteins.

All the above must make us realise that in future the meat component of our diet will not only be reduced but will one day disappear altogether.

Science and technology must start devising a varied, but totally vegetarian, diet for man. They should not wait until meat is no longer available. Fortunately, scientists are already working on what elements this future

RUSSIAN VEGETARIAN HERALD

diet might include.

There is even a society in Europe, whose aim is not only to attain a purely vegetarian diet for man, but also to spread the notion that such a diet is the only natural and suitable diet for man. Members of the society call themselves "vegetarians". They clearly see this subject in its proper perspective.

We have already seen that mankind is inevitably drawn towards a vegetarian diet, although the process is very slow. It has been proved that the cultivation of plants supplies food for man in a more effective and plentiful way than hunting and cattle breeding. Of all the peoples and tribes around the world, those who mainly use meat and fish for food are the least developed.

From the point of view of natural science, history has shown us many struggles between meat-eating nomadic barbarians and earth-tilling bread-eating settled peoples.

The family of man is striving to convert the earth's surface into fields and gardens, and meat eating is the main obstacle to this trend. Our meat diet is completely incompatible with progress.

The idea that eating meat is necessary for man originated historically within the rich classes of societies. We hope it will end one day.

Although some people may consider such hopes to be unrealistic, we are convinced that a time of higher civilisation will come when man will derive his strength exclusively from the vegetable kingdom. The future belongs to vegetarians.

In conclusion, we should examine whether a meat diet is compatible with the highest expression of human nature, which we call humanity. Humanity is love not only for mankind, but also for all living beings. It is surely inconsistent with slaughtering animals. The main characteristic of humanity must always be repugnance to every kind of bloodshed. We are so accustomed to eating meat or to seeing others eating it, that we don't think about those dead animals whose parts we see on the plate. We are horrified by thousands killed on battle fields, but I think there exists a much tighter connection between the two types of killing than is usually imagined. Not many people visit slaughterhouses. However, slaughterhouse meat and cannon fodder sustain each another. We should not regret the disappearance of a food, which promotes cruelty, and harshness of the senses.

Although Beketov himself was not really a vegetarian, his book affected

RUSSIAN VEGETARIAN HERALD

many Russian intellectuals and religious groups, among them the famous writer, Lev Nikolaevich Tolstoy who became vegetarian and promoted the vegetarian ideal. His followers founded the Russian Vegetarian Society and a number of vegetarian communes were established. They existed until 1928 when they were liquidated. Many of their members were sent to prisons and labour camps, others were forced to emigrate, mostly to the USA and a number were executed or died of inhuman conditions in Soviet jails. Their fault was to follow an ideology other than communism.

A quote from the Society Encyclopaedia 1951 states: "Vegetarianism, based on false hypotheses and ideas, has no followers in the Soviet Union."

After the collapse of the Soviet Union and the communist ideology, the vegetarian movement was restored in Russia, in former Soviet republics and in Eastern European countries. Beketov's book has its place of honour in the history of moral progress.



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.



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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**

ANIMAL SUFFERING EXPOSED

ANIMAL SUFFERING EXPOSED AT MARKS & SPENCER DUCK SUPPLIER

An undercover video expose of Norfolk-based Manor Farm Ducklings by campaign group Viva! has revealed the squalid, cramped and filthy factory-farm conditions in which Britain's favourite birds are kept. Marks & Spencer, a former "Compassionate Supermarket of the Year", sells duck meat sourced from Manor Farm and its rhetoric of "high welfare standards" and "treating animals with respect" appears fatally undermined by the shocking scenes on the video. Manor Farm Ducklings also supply Safeway and Iceland.

Sir Paul McCartney, Joanna Lumley, Kate Ford (Coronation Street's Tracy Barlow) and Martin Shaw have all joined Viva!'s campaign to urge consumers to boycott duck meat.

20 million ducks are slaughtered in the UK each year – almost all reared in factory farms. Viva!'s video footage shows that this involves keeping the birds in windowless sheds, thousands crammed into each unit with no water for swimming or even preening. Sick, injured, dead and dying birds can be seen everywhere and rotting carcasses are left amongst the living birds. In some instances, birds are forced to waddle around in their own excrement.

That these aquatic animals are provided with no water for swimming or cleaning prevents them from fulfilling their most fundamental needs. As a result, they can suffer from dirty feathers that fail to keep the birds warm, eye infections and even blindness.

Viva! campaigner Justin Kerswell says, "People will be horrified to learn that M&S admits that all its ducks are intensively farmed. They don't say that many are supplied by a company with abysmally low animal welfare standards. Our investigation uncovered terrible scenes of animal suffering and neglect. Most consumers have absolutely no idea that duck meat comes from birds reared in stinking overcrowded factory farms. These beautiful creatures spend their miserable, seven-week existence in filthy, cramped conditions and never have the opportunity to swim or splash around in water. It is barbaric.

"We will be urging shoppers to boycott duck meat and opt for a veggie dinner instead. And we will be urging M&S to end the sale of all factory-farmed duck meat."

**For further information, contact Justin Kerswell on
0117 944 1000 or 0775 288 8639 out of office hours.**

CONSUMER CORNER

CAULDRON FILLS THE GAP WITH TWO NEW VEGGIE SAUSAGES

As the meat-free market continues to boom, Cauldron has added two new products to its range of sausages.

The latest additions are Spicy Moroccan Sausages, made with juicy tomatoes, spinach and tofu flavoured with cumin, coriander and mint, and Cherry Tomato & Basil Sausages, which combine tofu with sweet cherry tomatoes, basil and garlic.

Both varieties are delicious served with a traditional plate of mash and 2 veg, but are also perfect companions for a culinary adventure. Why not try serving the Spicy Moroccan Sausages with North African style Chickpeas and Tabouleh salad, or give Greek salad a contemporary twist with slices of the Cherry Tomato & Basil Sausages.

Like all Cauldron products these sausages use only GM-free ingredients. Available from major supermarkets, grocers and health food stores, Price £1.99 for a 250g pack.



HEALTH PERCEPTION LAUNCHES VEGETARIAN GLUCOSAMINE

Until now there has never been a vegetarian form of glucosamine available in the UK, now nearly everyone can help to maintain joint mobility. Health Perception, the innovative nutritional supplement company who originally introduced glucosamine into the UK ten years ago, has now made glucosamine available to a wider audience by launching their new vegetarian formulation.

With approximately four million vegetarians in the UK we welcome Health Perception's new High Strength Vegetarian GlucOsamine. This is an exciting development as until now, vegetarians have not been able to take advantage of the benefits of glucosamine.

The connective tissues in and around the joints are constantly being renewed. Structures such as cartilage, tendons, and ligaments rely on glucosamine for this continuous rebuilding process.

CONSUMER CORNER

High Strength Vegetarian GlucOsamine is sourced from a naturally occurring corn base that undergoes a patented fermentation process, which provides the non-toxic biochemical constituent glucosamine.

Health Perception's Marketing Director, Helen Isaacs states: "We believe much of our success is because we continue to offer our customers the widest choice of glucosamine products which are non-shellfish and non-animal derived and this was a natural progression in the development of our range."

This product has been certified kosher for all food applications, and has been given the seal of approval from the Vegetarian Society.

High Strength Vegetarian GlucOsamine is available from Boots and Health Food Stores in packs of 30, 60 and 90 tablets at £10.99, £16.99 and £24.99. Each tablet provides 750mg Glucosamine Hydrochloride (HCL) and 2mg Manganese, an essential trace mineral shown to enhance the bioavailability of supplemented nutrients through increased absorption.



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"Do not be misled by claims that high earnings are easily achieved"

TRAVEL

CUSSENS COTTAGE SOUTH WEST IRELAND

"Cussens Cottage" comes highly recommended by friends from Israel and abroad, of whom many have returned several times over the years, particularly from Jerusalem.



The guest bedrooms were developed from the original outbuilding, with the guest lounge and dining room added to the back of the cottage. One room is built to Canadian wooden house standards, which is very popular with returning guests. All the rooms are en-suite with their own door opening onto the gardens, which consist of 2½ acres of fruit trees, fruit bushes, flower beds, an outside vegetable plot, two greenhouses, two polytunnels, a developing hazelnut wood and a developing new orchard of old traditional Irish apple trees.

The area is the rolling pastureland of the Golden Vale – the most fertile land in Western Europe, where grass is known to grow 365 days a year – pleasing to the eye and excellent for flat walking or mountain walking and cycling. The hedges are hawthorn and blackberry and even as late as November they are still laden with blackberries and haws.

The area is not at all "touristy"; there is not a craft shop in sight, but you can get to many of them within half an hour's drive. The people are the ordinary people of Ireland, just going about their everyday life, always delighted to see visitors. The first President of the Republic, Eamonn De Valera, was born ten minutes from the cottage and visited Kilmallock many times. Adare, Ireland's prettiest village, is located in County Limerick and is about a twenty-minute drive away. The Adare Manor is surrounded by a typically Irish village of very pretty cottages and parkland.

Of possible special interest is the Limerick Jewish cemetery, which has about 12 plots and is beautifully kept and maintained and visited by many of the guests.

For further information on the 'Cottage' see the advertisement on the back cover of the magazine.

VEG OUT IN THE LAKES!!

VEG OUT IN THE LAKES!!

NEW EDITION OF VEGETARIAN GUIDE TO THE LAKE DISTRICT NOW AVAILABLE

If you're thinking of planning the perfect holiday, paradise may be far closer to home than you think – especially if you're a veggie. The beautiful Lake District has much to offer with its wooded valleys and lakes and, when making your way back to civilization, can provide a wonderful choice of eateries, accommodation and shops that will cater, without question, for the growing number of vegetarians and vegans, not to mention the increasing number of people choosing to reduce their consumption of animal products for health and welfare reasons.

But how can you find out about such wonders? By getting your hands on the latest edition of the Vegetarian Guide to the Lake District!

Published by vegetarian group Viva! and now in its 17th year, this indispensable and popular guide – available for just £1 incl p&p – offers a wonderful choice of more than 75 guest houses, hotels, B&Bs, restaurants, cafes, tearooms, health stores and shops selling cruelty-free products. And for those wishing to travel with their four-legged companion, there are also a dozen establishments that will welcome you and your dog with open arms.

As well as providing the perfect holiday reference for vegetarians and vegans, the guide also highlights 27 businesses in the region that are signed up to Viva!'s fantastic discount scheme. This initiative enables supporters of the veggie campaigning group to save £££s when shopping, eating out or booking accommodation. And it's not just exclusive to the Lake District – the scheme has over 200 participating businesses nationwide and overseas.

"The Vegetarian Guide to the Lake District continues to feature a growing number of veggie-friendly businesses each edition. Not only is this fantastic news for veggie visitors to the Lake District, but is also a clear indication that vegetarianism and veganism is growing in popularity and that businesses are evolving to meet the demand" says Angie Greenaway, editor of the guide.

Copies of the Vegetarian Guide to the Lake District are available from local tourist information centres in the region or directly from Viva! at a cost of just £1 inc p&p.

Copies of the guide for illustration are available on request. For further information contact Angie Greenaway on 0117 944 1000 or email angie@viva.org.uk

VIVA!'S INCREDIBLE ROADSHOW

VIVA!'S INCREDIBLE VEGGIE ROADSHOWS TO TOUR UK

Campaigning animal welfare group Viva! launched The Incredible Veggie Roadshow, as part of its 10th anniversary celebrations, this October. The first road show took place in Viva!'s home town of Bristol, where they are joining forces with the Vegan Fayre, which was a sell-out success last year. All events promise to be even bigger. The roadshow will make appearances in cities all over the UK (see below for full list) in the year ahead before culminating in the massive Incredible Veggie Show at London's Wembley Conference Centre in November 2005.

Everything you ever wanted to know about going, being or staying veggie/vegan will be on tap at the shows. The Bristol launch took place at L-Shed, Industrial Museum, Princes Wharf, Wapping Road, on October 30, 2004 from 9.30am to 5.30pm. Organised by the two Bristol-based organisations Viva! and Yaoh, entry is free. There will be a variety of delicious free food tasting from vegan food manufacturers, such as Dove's Farm, Redwood, Plamil and many more, and all the advice you could ever want on changing your diet or improving your health will also be available, free.

The Bristol Roadshow will be a brilliant family day out, with cookery demonstrations, vegan wines, juice bars, cocktail bar, 80 stalls, competitions, beauty products, vegan food products, books, information, campaign news, a café as well as a children's entertainer. There will also be talks by Viva!'s Juliet Gellatley and Yaoh's Tim Barford as well as Gareth Zeal, Nutritional Adviser to Manchester City F.C.; Mike Abrahams, owner of Bristol health store Wild Oats; Hippocrates Health Educator Jill Swyers and Clare Benjamin from the Bristol Cancer Help Centre.

Viva! (Vegetarians International Voice for Animals) is an international animal campaigning group with its HQ in the UK, and offices in the USA and Poland. It carries out undercover investigations to expose animal abuse and successes include ending the sale of 'exotic' meats such as kangaroo and crocodile by all big supermarkets, stopping the debeaking of ducks in the UK, slashing the export of Polish 'meat' horses to the EU and persuading a US supermarket chain to entirely rewrite its animal welfare codes. Viva!'s most recent victory was this year when it exposed cruelty at a duck supplier to Marks & Spencer. The store dropped all factory-farmed whole ducks as a result and the supplier went bust. Viva! also produces a wide array of materials on going vegetarian and vegan.

VIVA!'S INCREDIBLE ROADSHOW

"The road shows are essentially a fun day out which is a celebration of veggie living", says Juliet Gellatley, international director of Viva! "For the increasing numbers of people who want to find out more about improving their health, saving animals and protecting the environment, these are upbeat events which will entertain and help. And they're all free of charge!"

For further information on the road shows log on at www.viva.org.uk/roadshows or Contact Angie Greenaway at Viva! on: 0117 944 1000,

THE INCREDIBLE VEGGIE ROADSHOW ITINERARY

- Saturday 29 January 2005 Solihull roadshow
Venue: Shirley Methodist Church, Stratford Road
- Saturday 26 March 2005 Manchester roadshow
Venue: Cross Street Chapel, Cross Street
- Saturday 30 April 2005 Edinburgh roadshow
Venue: St. George's West Church, 58 Shandwick Place
- Saturday 14 May 2005 Cardiff roadshow
Venue: St David's Hall, The Hayes
- Saturday 11 June 2005 Southampton roadshow
Venue: Southampton Institute Conference Centre, Above Bar Street
- Saturday 25 June 2005 Newcastle roadshow
Venue: St James United Reform Church, Northumberland Road
- Saturday 23 July 2005 Sheffield roadshow
Venue: Houlden Hall, Norfolk Row
- Saturday 20 August 2005 Plymouth roadshow
Venue: Guildhall, Royal Parade
- Saturday 10 September 2005 Oxford roadshow
Venue: Wesley Memorial Methodist Church, New Inn Hall St
- Saturday 22 October 2005 Canterbury roadshow
Venue: St Peter's Methodist Church, South Canterbury Rd
- Saturday 12 November 2005 National Incredible Veggie Show
Venue: Wembley Conference Centre

GARDENER'S CORNER

GARDENER'S CORNER

This year has been a disappointment to some as the weather has been not that good. We had a few nice days in the summer but no dry spells to cause the garden to need too much watering and certainly no hosepipe bans. September and October have been particularly wet and it has been difficult to find days to give the lawn a final cut before we get the first frost which usually occurs by the end of October in the Home Counties.

Nevertheless, we had a particularly good year in the garden with record crops of vegetables, which enjoyed having rain on them with just the right amount of sunshine to swell them to full size by the time of harvesting. Potato blight had been a problem two years ago as it was prevalent throughout the country and I feared that we might see it again because of all the rain but somehow we escaped it. Previously it not only affected potatoes but also tomatoes so it was a double problem; this is because potatoes and tomatoes are in the same family. Thankfully both crops were good with the tomatoes still yielding in the greenhouse at the end of October. Because of the previous blight, this year we grew the tomatoes in organic grow bags and this caused problems when the first fruits ripened. It is difficult to water grow bags sufficiently as there is only a small area exposed to the hose or watering can. The surface looked wet but the water was not getting fully to the roots. This brought about black blotches at the base of the fruits as they matured which was very disheartening. Cutting a slot in each bag next to each plant and inserting a plastic pot into the compost, which acted as a reservoir for the water and delivered it to the roots, solved the problem. The result was fine perfect fruits from then on.

As winter approaches there are a couple of areas which I have written about in the past but for the sake of new readers I am going to go over these again.

The first is to do with lawns. A fine green lawn sets off any garden and is at the heart of gardening. The problem is that lawns get a lot of wear and tear which compacts them and because we are constantly removing the top growth when mowing and removing the cuttings. This results in grass being replaced by moss and thinning as it struggles to survive. The treatment to rejuvenate your lawn requires some effort but is worthwhile. First you need to go over the whole area with a garden fork, inserting it into the grass up to about four inches and then easing it back to lift the grass. Do this at intervals of about one foot. This breaks the compaction and lets air reach the roots and improves drainage. Where the lawn is mossy then raking with a wire rake

GARDENER'S CORNER

will remove much of the moss and encourage grass to grow instead. This is referred to as scarifying. Finally a top dressing of sifted loam, a mixture of earth with sand and nutrients needs to be spread over the whole area to feed the grass. Ideally brush this in with a besom broom to a fine covering. A ready-made mixture can be obtained from good garden centres. If the grass is very thin, then mixing some grass seed in with the top dressing will help a lot. The results will be enjoyed in the year to come when the effort will be repaid and the effects will last for a good many years. If you follow any one of the suggestions then quite a bit of benefit will result, but the full treatment will provide a perfect lawn in most circumstances.

The next subject is compost. So many gardeners are keen to get rid of mowings, weedings, leaves and kitchen waste. All of these are the riches of the garden as they contain all the goodness that plants need to flourish but need to be composted. To do this you need a container by way of a slatted box ideally about four feet by four feet and three to four feet high. The slats should be spaced so that air can get in to the contents. If you go to a garden centre ready made kits can be purchased and as they are made of treated wood and will last many years. All the garden waste, which is not woody, should be placed in layers into the bin. Leaves are a specially good start as the tree has delivered nutrients from deep down in the soil and subsoil as well as trace elements from the air. Add to these grass cuttings and weeds, excepting the pernicious weeds which are the roots of bindweed, ground elder and big old docks. Virtually everything else will rot down in the bin over time to form a fine compost. Using an activator such as Garotta, sprinkled on from time to time, can accelerate the process but it is not necessary if you have patience. You will notice that heat is generated within the bins contents. This is the result of helpful microbes doing their stuff. Weed seeds will be rendered harmless in the heat and all the goodness of the once growing plants will be retained. After a period of roughly six months the contents are ready to use and can be put onto flower or vegetable beds or in planted pots. The composts will add to fertility, introducing all those trace elements to the plants, also it will add to the composition of the soil by improving its texture. This helps to break up heavy soils and let it breathe also the soil will retain more moisture to deliver to our plants. Strangely this also reduces infestation of harmful insects as healthy plants fight off such attacks and survive where poor plants succumb. Beneficial worms are encouraged and even a heavy clay soil will eventually

GARDENER'S CORNER

become workable and productive. Two bins will work out well in most average sized gardens and solves the problem of waste disposal as well as providing the finest natural additive possible. The expense soon pays for itself in results.



BOOK REVIEWS

VEGETARIAN SUPERCOOK

By ROSE ELLIOT.



Are you bored with vegetarian stand-bys like nut roast? Stuck for an exciting main course for a dinner party? Want to lose those extra pounds but still eat delicious, nutritious meals? Help is at hand with the latest offering from the UK's finest vegetarian writer Rose Elliot.

In her new book **Vegetarian Supercook** Rose has chosen 100 delicious recipes that will ease entertaining, brighten up barbecues, recreate sun-kissed holidays and allow you to celebrate in style. From Chestnut-stuffed Onions with Porcini Gravy to Chargrilled Artichoke Heart and Basil Frittata, there are exciting ideas for every occasion including irresistible desserts such as Coconut and Honey Ice Cream with Banana-Sesame Fritters.

Rose will show you how to create recipes that will delight both friends and family and tempt even the most hardened of carnivores. With quick tips and friendly advice throughout whatever you cook is guaranteed to be a success.

In the section '**WORLD FOOD**' she has included dishes of India and the Middle East – these countries with their wonderfully inventive use of lentils, beans, grains, vegetables, herbs and spices are fabulous places for vegetarians and vegans to visit. She is also very fond of Thai and Indonesian food and that of Japan, with its piquant dips and marinades, fresh crisp vegetables and copious use of tofu.

In 1999 Rose was honoured to receive the MBE from the Queen, "for services to vegetarian cookery", and in 2002 became a patron of The Vegetarian Society in the UK.

This beautifully illustrated hardback book is Published by Hamlyn,

BOOK REVIEWS

a division of Octopus Publishing Group Ltd. 2-4 Heron Quays, London. E14 4JP. Price £16.99p. plus P&P £3.50p and available from JVS. It is also distributed in the United States and Canada by Sterling Publishing Co. Inc. 3287 Park Avenue South, New York. NY 10016-8810 USA.

THE ACCIDENTAL VEGETARIAN

By SIMON RIMMER.

When meat-lover Simon Rimmer decided to buy a veggie café called **Greens**, he had two cookery books, a bank loan and no idea how to cook! This was to become an accident that would change his life forever.

Simon developed his passion for the restaurant business serving as a waiter in a steak and kebab restaurant in Manchester where the hours were long and tough. Despite all that, it was still a brilliant place to work and he discovered that he loved meeting and greeting people. So he decided to buy his own restaurant. The original plan was for Simon and his business partner to 'swan' around as hosts, drinking nice wine and chatting up women while someone else slaved away in the kitchen. It was only when they realised the high costs of both the bank loan and having someone else cook, that they decided to do the cooking themselves.

He started to research cultures that had great vegetarian dishes – Asian, Mediterranean, African – and incorporated French and Italian techniques alongside them. Simon taught himself to break out from traditions using all sorts of ingredients in new and imaginative combinations – creating a brand new approach to vegetarian cooking. He became the meat-eater running a vegetarian restaurant or better known as **The Accidental Vegetarian**.

The Accidental Vegetarian is a culmination of Simon's thirteen years at **Greens** and his love of flavour and new ingredients. His recipes are both attainable and inspiring, proving that vegetarian cooking doesn't have to be just about beans and greens.

Published by Cassell Illustrated, a Division of Octopus Publishing Group Ltd. Hardback price £14.99 plus P&P £3.50. Available from JVS.

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.

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To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

HOLIDAYS

DEVON, Dartmoor (Lydford). S/C for N/S visitors in bungalow in nature reserve (Vegfam's headquarters). S.A.E. to "The Sanctuary" Nr. Lydford, Okehampton EX20 4AL. Tel/Fax: 01822 820203. £10 per night or £49 per week per person. Reductions for children.

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Ltd**

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PRELIMINARY NOTICE

THE ANNUAL JVS SUPPER QUIZ
will now take place on **Sunday 8th May 2005**
at 7.30pm
Full details will appear in the JV March 2005 issue

New IJVS E-mail Address
jewishvegetarian@onetel.com

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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