

# The Jewish Vegetarian

Wishing all members a Happy and Kosher Pesach



"MATZO COVER" -see article page 16

No. 156 March 2006 Adar 5766 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

**The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)**

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**JVS MAGAZINE**

**Editor: Shirley Labelda**

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

**Support the International Jewish Vegetarian Movement  
- a worldwide fellowship**

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

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

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

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.  
Please state whether 'A' or 'B' (above)

Name (in full – clearly) Tel. No.  
Address (clearly)

Occupation Fee enclosed £

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

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

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# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.  
£8 Ms. F.M. London NW4.

## DONATIONS RECEIVED

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

£38 Mr. I.R. Ilford, Essex. £20 Mr. H.G. Ilford, Essex. £13 Dr W.L. Salzburg, Austria. £10 Mrs.R.D. Ilford, Essex. £8 Mr. & Mrs. B. Pinner, Middlesex. £5 Mr. A .M. London N10.

## BUILDING FUND DONATION – LONDON HQ.

£10 Mr. & Mrs. R. & P. G. Poole, Dorset. £8 Ms. E.C. London N2.

## FRIENDSHIP



## HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112. Visitors are always welcome.

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

## DONATIONS RECEIVED:

£25 Mr. L.A. Thatcham, Berks. £10 Mr. & Mrs. R. & P. G. Poole, Dorset. £5 Mr.& Mrs. W.S. Jerusalem, Israel. £25 The R. Family, London W5.

# SOCIETY NEWS

**AN INVITATION TO ATTEND**

**THE INTERNATIONAL  
JEWISH VEGETARIAN SOCIETY'S  
41<sup>ST</sup> ANNUAL GENERAL MEETING**

**GUEST SPEAKER: DR DAVID RYDE**

**"IS YOUR PRESCRIPTION REALLY NECESSARY"**

*Dr Ryde was a General Practitioner in Bromley, Kent until his retirement. He has been a practicing Vegetarian for much of his life and a Vegan over the past 21 years. At the age of 77 years he still keeps physically fit with light training most days and is a former Medical Officer to the British Maccabiah Team 1953 – 1977 and various other sports associations. Dr Ryde has given hundreds of lectures from International Conferences to doctors and lay audiences.*

**TIME: 3.00 PM DATE: SUNDAY, 19<sup>TH</sup> MARCH 2006  
VENUE: 855 FINCHLEY ROAD, GOLDERS GREEN,  
LONDON NW11**

**JVS LOOKS FORWARD TO WELCOMING AS MANY OF YOU  
AS POSSIBLE TO A MOST INTERESTING AND INFORMATIVE  
AFTERNOON**

## **CONGRATULATIONS**

*The Jewish Vegetarian Society would like to extend their heartiest congratulations to Rabbi David Rosen on receiving his Papal knighthood. It signifies an important step in Jewish history.*

*May Rabbi Rosen go from strength to strength in all his endeavours*

## SOCIETY NEWS

**The following speech was given by Dan Arbel at IJVS HQ, Jerusalem**

### **VEGETARIANISM IN ISRAEL**

It is a pleasure to welcome you all here this evening to discuss vegetarian and Jewish teachings in Israel. I want to begin with remembering Philip Pick, the founder of this society and we are grateful to his wife, Minna, for the constant support of our Society. Our Centre has a plaque of Philip pick and everyone will remember this great man. I met Philip and Minna the first time about 40 years ago. I want to welcome tonight, Richard Schwartz, the famous author of the book "Judaism and Vegetarianism" and many other books and publications, as well as Lionel Friedberg, the multi-award Winning video photographer and producer. I also want to welcome Rabbi Shear Yashuv Hacohen, chief Ashkenazi Rabbi of Haifa, who is the key speaker tonight. Rabbi Yashuv Cohen is a patron of our Society, and I have had the pleasure of knowing Rabbi Shaar Yashuv Hacohen for many years.

Rabbi Shlomo Amar, Sephardic Chief Rabbi of Israel has honoured us with his presence here tonight.

I also want to welcome Rabbi David Rosen, who recently received the Papal Knighthood. I take this opportunity to congratulate him. Rabbi Rosen, in his lecture at this Society in 1992 explained that the idea of compassion toward animals is deeply rooted in the Torah and need not benefit just the animals. Of the three mitzvot (good deeds) which prolong life, one is based on ecological sensitivity: the command not to remove eggs from the mother bird's nest. Rabbi Rosen suggests that prolonging life is discussed in terms of the well being of society as a whole. In his view, being sensitive to animal life leads to sensitivity to our own society.

The biggest challenge Jewish Vegetarians have to contend with is the fact that meat eating is mentioned in the bible and rules are established as to exactly what can and what cannot be eaten. However, the original food for man is written 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 later evil (Genesis 9:5) and then "lusting for meat" was accompanied by a curse. Jewish vegetarians, then, see their diet as an ideal that can be re-attained. Jewish vegetarians argue, eating factory-farmed meat contravenes the precepts of the Torah, twice. Once by harming the animals and once by not taking care of your own health. Mass farming methods reply on injecting the

# SOCIETY NEWS

animals with antibiotics, hormones and other agents, not only cause suffering to the animals but potentially cause health problems among flesh consumers e.g. Cholesterol, heart disease and salmonella poisoning.

We enjoy the Tu B'Shvat Seder's at our Society, every year, given by Steve Kelter, and I also want to welcome him here tonight.

At the end of last year, I was a delegate from our Society to the world conference in Brazil. It was interesting to notice the large presence of Jewish participants, and according to the statistics, about 14% were Jewish. The ranks of kosher vegetarians soar as the industry meets the needs. Some due to health, some out of concern for animal rights, but many as part of an adopted lifestyle of living a more natural lifestyle. Biblical sources not only forbid cruelty, but demand compassion and mercy towards the animals. The welfare of animals has been a Jewish concern since biblical times, and it can be a source of pride to Jews that the issue of prevention of cruelty to animals has been addressed, discussed and ruled by rabbis for many centuries.

Rabbi Simcha Hakohen Kook of Rehovot is said to be a vegetarian, as was his uncle, Rabbi Abraham Isaac Kook, the first chief rabbi of Israel. David Rosen, the former chief rabbi of Ireland, is also an avowed vegetarian. Many rabbis invoke various biblical references to justify vegetarianism, despite the fact that the Torah is dominated by sacrifices of animals that date back to the First Temple.

Supermarket executives in Israel say that an increasing number of kosher consumers are asking for vegetarian replacement kosher foods, ranging from hotdogs to patties. Foods that are marked as "Parve" should contain no animal ingredients including milk and eggs.

Vegetarians in general say that they have an easier time keeping a kosher diet than conventional kosher adherents, largely because they eat many ingredients and products that do not need kosher certification in the first place. This proves that we Jews feel a certain moral responsibility for the welfare of animals and we are also more concerned with a vegetarian diet and a more healthy diet. Public campaigns to defend animals often lead to improvement, but the real changes occur when the government and the courts, mobilise in their defence.

The courts in Israel have recently made several decisions. From 1st April 2006 it will be forbidden to force-feed newborn geese with high caloric food by inserting a tube into the oesophagus, resulting in the swelling of the

liver. The process lasts about 3 months, after which the geese, who have a life expectancy of about 60 years in their natural habitat, are slaughtered. Force-feeding causes great pain to the animal and it is cruel and inhumane. This artificially enlarges the goose's liver, all for the purpose of supplying the delicacy known as "foie gras" Since force-feeding geese violates the law, which prohibits torture, cruelty or abuse to animals.

**Humans have grown accustomed to viewing animals as food products and have forgotten that they too, are entitled to protection.**

**We are doing everything possible to increase vegetarian activism in Israel.**

In Israel, we have a vegetarian village called Amirim and it is Israel's (and possible the world's) only completely vegetarian village situated in the Galilee, not far south of Sefad. Many residents make their living by renting out guest rooms and serving vegetarian and vegan meals.

There are many vegetarian restaurants all over Israel and a lot of vegetarian possibilities in all the supermarket chains. Soglowek and Tivol are two large Soy producers (meat like products made of Soya) exporting to the entire world.

Famous Rabbis, Rabbi Goren, Rabbi Shear-Yashuv Cohen, Rabbi Rosen were or are all vegetarians. David Rosen, former Chief Rabbi of Ireland has made strong statements about eating meat being halachically questionable, for reasons of both health and mistreatment of animals. Nowhere in the Bible is the promise of meat made as a reward for keeping the commandments, only the promise of fruits of the vine, garden and fields.

Rabbi Shlomo Riskin stated that the kosher laws are designed to teach us compassion and to lead us gently to vegetarianism. Rabbi Ovadia Josef is also a strong advocate of animal rights and he has favoured banning the production of 'foie gras' in Israel.

Animal owners are required to rest their animals, as they themselves rest, on Shabbat (exodus 20:10). Acts usually forbidden on Shabbat were permitted to avoid animals' pain, because of the precedence of biblical injunctions. Modern Halachic technological solutions have been developed to allow milking cows on Shabbat to avoid the cow's discomfort whilst still not contravening the prohibition of work. Speaking about rabbis, the Halacha mandates that the owner of an animal feeds such animal, dependent on him

# SOCIETY NEWS

for their food, before feeding himself. It applies to all mealtimes, whether the owner is away or at home, on Shabbat or weekdays. Should his mealtime coincide with the animals' feeding time, then the animal must be fed first. This law applies not only to farm animals, but also to pets, birds and fish... We are required to unload an ass struggling under its burden (Exodus 23:5)

Rabbi Moshe Feinstein ruled on raising calves for veal and forbade the method of removing them from their mothers at birth and raising the calves in miserable conditions, in tiny darkened boxes where they cannot move, just to produce a very light coloured, tender meat.

Finally, next September the World Vegetarian Congress will take place in Goa, India. Vegetarians from all over the world are, again, expected to participate. I hope that many of the people here tonight will join me so that we can show a strong Jewish Israeli presence and promote our cause.

**N.B. It is with pleasure we announce that Dan has been elected as a member of the International Council of the IVU (International Vegetarian Union).**



We would like to extend a hearty Mazal Tov to American-Israeli writer and poet Sue Tourkin-Komet and a Jewish Vegetarian. She is a recipient of a Writer's Grant from "Beit HaNassi," the Office of the President (the Israeli "White House") of the State of Israel, to help subsidize publication of Ms. Tourkin-Komet's first full length-book. Her forthcoming prose and poetry book, non-fictional, will be mostly in English with a portion of her poetry appearing in Hebrew translation. Her publisher must be situated in Israel in order for her to get this Grant. Prior to this grant prize, her freelance journalism and literary works appeared in some 29 publications around the world, in Israel and on the Internet.

**Editors and Publishers are invited to request sample pieces direct from Sue Tourkin-Komet. Tel 02-6763346 or 972-2-6763346. Answer machine 24 hours a day. Or Via snail mail (unfortunately the email is out of order at the moment) at Gilo Alef, Rechov Hatzuf 12. Apt. 58. Jerusalem. 93743. Israel.**

**WESSEX JEWISH VEGETARIAN SOCIETY**

## SOCIETY NEWS



CHANUKAH SOCIAL 28<sup>TH</sup> DECEMBER 2005  
*Esther Stern third from right in middle standing.*

Esther Stern kindly offered her flat for this venue and served us tea and coffee. The social was a great success. Everyone brought a tasty vegetarian dish to share and there were plenty of latkes to go round. We lit the Chanukah candles and sang Chanukah songs, we even danced a little! It was delightful to meet old friends and make new ones.

Our next meeting will be a Purim Social on Sunday 12<sup>th</sup> March 2006 at the Acacia Hotel, 3-5 pm This will be held in the lounge. There will be a small charge of £2.00 for the tea and Hamantashen. Fancy hats are optional, and there will be a prize for the best.

Vegetarians are of course welcome, but you can still come, even if you are not vegetarians, as long as you are interested in vegetarianism. All ages welcome.

Telephone Rosalind (Chairperson) if you wish to book on 07715 419 193. Visitors to Bournemouth are always very welcome.

### **IJVS JERUSALEM**

A lecture was recently held at the office of the Society in Jerusalem entitled '**Introduction to Homeopathy**' and was given by Henia Simone, RCHom

**New IJVS E-mail Address**  
**[jewishvegetarian@onetel.com](mailto:jewishvegetarian@onetel.com)**

# SOCIETY NEWS

and Adelle Aminoff. RCHom.

Homeopathy as we all know is a system of alternative medicine, and calls for treating “like with like”, a doctrine referred to as the law of similarities. The practitioner considers the totality of symptoms of a given case and then chooses a remedy that has been reported homeopathic proving to produce a similar set of symptoms in healthy subjects. This remedy is usually given in extremely low concentrations prepared according to a procedure known as potentisation, because it is held that this process gives higher dilutions more therapeutic power.

## **The lecture emphasized the treatment of winter diseases.**

Homeopathic remedies (also called homeopathics) are a system of medicine based on three principles:

### \* **Like cures**

For example, if the symptoms of your cold are similar to poisoning by mercury, then mercury would be your homeopathic remedy.

### \* **Minimal Dose**

The remedy is taken in an extremely diluted form; normally one part of the remedy to around 1,000,000,000 parts of water.

### \* **The Single Remedy**

No matter how many symptoms are experienced, only one remedy is taken, and that remedy will be aimed at all those symptoms.

The lecture was in English with Hebrew explanations where necessary.

**To find out what other functions/lectures are being held at the IJVS 8. Balfour Street. Jerusalem 92102, contact the Centre either by Tel/Fax: 02-561-1114 otherwise you can email: [ijvsjlem@netmedia.net.il](mailto:ijvsjlem@netmedia.net.il)**



## DEAR SIR

**We received the following article from our good friend Ian Rodin, who has been a member of the Society for many years. We thought our readers would find it of interest. Mr Rodin is a member of South West Essex & Settlement Synagogue and it is in their bi-monthly publication that this article first appeared.**

"I would like to thank all those congregants who were present for the service on Saturday the 29<sup>th</sup> October last in which the first chapter of Bereshit was read, and in which I had the good fortune to celebrate the eightieth anniversary of my Barmitzvah which took place in 1925. I am particularly thankful to Rabbi Michaels for giving me the motivation and practical support that he so successfully does to everyone.

I am very grateful to our Creator who has given me this opportunity to be able to do this. And here I am going to make a point with which I feel you will not be very comfortable in reading. You all know that I am a Vegetarian and have been since 1962 thanks to my late wife Sara who I very sadly miss. It was her observation of the defects in the carcasses of the fowl the butcher sent her, and when she questioned him, he explained how these poor birds are reared. This is what started off this quest for change. I cannot tell you how much this has changed my life both spiritually and from a health point of view. It saddens me so much, in my observation of peoples state of health and appearance. People dismiss this, without realising what they can do to improve their state of health and wellbeing.

Our bodies are leased to us by our Creator, and we have the responsibility of keeping it in **good shape**. You are what you eat and drink. Our bodies are meant to exist on a Herbivouri I diet and **NOT** a Carnivori. If we were we would have teeth like that of a dog or any flesh tearing animal then this would be applicable, but it is not.

I have no doubt that should you choose this way in your diet, your perspective of **all** life will be much enhanced.

I would like to give my thanks to Rabbi Pertz for giving us a very fine service. Especially the Choir for without them, we would not have the perfection that the service produces.

### **An addendum**

**Facts.** It takes ten pounds of grains to produce one pound of flesh. Instead of satisfying three persons, the same amount of grains can feed thirty persons.

# DEAR SIR

It is widely reported, that our oceans are heavily polluted and is contaminating fish stocks, as well as depleting numbers.

Fish farms are also not free from toxicity.

Another important fact, salt is widely used in preserving all flesh foods, for without salt, bacteria forms. It is salt that causes many Heart and Diabetes problems.

**The conclusive facts point to a Vegetarian way of life, and in so doing, we are reducing the threat of Global Warning and especially practising TKUN ALUM, saving of the world.**



**We received the following letter from Dr Wilfried Lindinger – Austria who has been a member of our Society for just a few years, and we decided to print it as it was received by Dr Lindinger.**

## **Feedback to “Jewish Vegetarian” No. 155.**

Dear Editor/Sir.

Genesis referred to vegetarian food. That means necessarily the existence of a special climate suitable to human beings and only for harvesting. By roaming around, the people discovered areas without super fluent gardens, but other beings capable to survive with conditions of other quality. In this way developed hunting and domestication of plants and animals of original and other places and enabled people to spread everywhere.

Despite this, vegetarianism remained the idealistic aim. Referring to animals were five orders for correct customs. It was even stated that killing animals for eating is only correct when the owner of the cattle himself is killing for his own family use.

I want to refer to a common book of Joseph Tetishkin (about 1990 – A Rabbi in Jerusalem) and Dennis Pryer (A Scientist at Brande’s-Bardin Institute in Los Angeles). It was mentioned that the Rabbi of Boston declared fruits as not being kosher because they had been picked by mistreated people. This behaviour should be extended – to my idea – to similar circumstances. Today we have to face, in addition to mistreated plants and animals, a fact we are not allowed to consent. Ones own garden should be a holy one, remembering the once existing Garden of Eden.

# DEAR SIR

## RESPONSE TO DR DAVID RYDE'S ARTICLE 'ACNE AND FOOD' DECEMBER ISSUE

Dear Editor

I read Dr David Ryde's article 'Acne and Food' with interest (*Jewish Vegetarian* no.155, Dec 2005). I have had printed a fascinating paper linking teenage acne directly to the consumption of dairy foods. This ground-breaking research by Adebamowo *et al.* was published in the *Journal of the American Academy of Dermatology* earlier this year. They report how dairy foods (including low-fat versions) are positively correlated to teenage acne and suggest a causal link between the hormones and other bioactive molecules in dairy products and acne. As far as I am aware, this is the first evidence of this kind proving a link between diet and acne. I would be very grateful if you could forward this to Dr David Ryde.

Kind regards

Justine Butler

**N.B. Due to shortage of space excerpts from the above report will be printed in the June Issue.**

**Contact details:** Dr Justine Butler, Health Campaigner, Vegetarian & Vegan Foundation, 8 York Court, Wilder Street, Bristol, BS2 8QH. Tel: 0117 970 5190, E-mail: [justine@vegetarian.org.uk](mailto:justine@vegetarian.org.uk), Website: [www.vegetarian.org.uk](http://www.vegetarian.org.uk)

### WESSEX JEWISH VEGETARIAN GROUP

Dear Readers.

Is there any reader interested in belonging to a 'Wessex Jewish Vegetarian Group?' (We would be affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green. London NW11 8LX)

We could meet, say, four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.

I am inviting all ages to join. If you are interested, telephone  
Rosalind Berzon – 07715 419 193  
leaving your name and telephone number.

**Looking forward to meeting friends we have yet to meet!**

# NATIONAL VEGETARIAN WEEK



**NATIONAL VEGETARIAN WEEK  
22ND – 28TH MAY 2006**

**QUORN TO SPONSOR NATIONAL**

**VEGETARIAN WEEK FOR 2<sup>ND</sup> YEAR**



The Vegetarian Society is delighted to announce that after a successful working partnership during National Vegetarian Week 2005, Quorn will be supporting National Vegetarian Week once again.

Quorn brand awareness has never been higher, and the range and versatility of Quorn products make it a favourite with vegetarians and meat-eaters alike – making the brand a perfect partner for National Vegetarian Week which aims to encourage the general public to try a diet that doesn't depend on meat.

Michael Cohen, Quorn's Marketing Controller, spoke enthusiastically of Quorn's sponsorship of the 2006 National Vegetarian Week:

"After the success of National Vegetarian Week 2005 we were really keen to link up with The Vegetarian Society again to become headline sponsors of National Vegetarian Week 2006. We want as many people as possible to learn about the benefits of a healthy, balanced, vegetarian lifestyle and we work hard to make sure that every product in our Quorn range is fully approved by The Vegetarian Society.

We know that people continue to be interested in healthy eating choices and many people are searching the vegetarian shelves in the supermarket to make these healthier choices. With our unique, low fat, cholesterol free ingredient 'mycoprotein', we are perfectly placed to offer healthy vegetarian options to those consumers actively seeking a healthier lifestyle.

So we couldn't think of a better partnership than Quorn and The Vegetarian Society to actively promote a healthy vegetarian lifestyle during National Vegetarian Week 2006!"

# THE MATZO COVER

**The picture on the front cover of this magazine was sent to us by Inge Sadan from Israel who also wrote the following article.**

## THE MATZO COVER

**By INGE SADAN**

Beautifully framed, taking up nearly a third of my small living room wall, hangs a relic of my youth. A Matzo cover, embroidered in gold and surrounded by a delicate gold lace frill. The wording, in Hebrew, says: In Honour of Pesach 1922 – Moshe. If one looks closely at the new cream-coloured background, one can still see shreds of a disintegrated satin cloth on which the words had been stitched, complete with the old wine stains of many years' use.

The matzo cover was originally created by my mother, when she was newly married and going to live in Munich, where her new extended family had been settled for quite a number of years. Each year the matzo cover would be brought out, together with all the other exciting Pesach dishes that had been relegated to the attic, and for 8 days it would take the place of honour on the large dining table. Several cousins even copied the

design, complete with its two lions, crown, and twirly pattern, but none matched the beauty of OUR matzo cover (referred to in Yiddish as the Matzo Deckel). The three children who were born into the family, my big sister Bertha, Brother Theo and myself, looked upon the matzo cover as an eternal part of our lives.

September 1938, my American Aunt naively decided to visit her family in Europe. Munich at that time was not a good place to be. Roundups were taking place, first of Polish Jews, then Jews in general. Kristallnacht brought even more plundering and over the next few months Jews were forced to leave their homes and hand over their precious

valuables. My aunt was at this point sent back to New York, taking with her our most precious possessions – including silver candlesticks, jewellery etc. However the Matzo cover stayed with us. In January 1939 my sister and brother were included in the first Kinder transport from Munich to England, and I followed the same route in July.

War broke out, and our parents were trapped in Germany. After being interned in three different camps, my father miraculously managed to escape, with my mother, and joined a group of refugees being smuggled

# THE MATZO COVER

over the border of Austria into Yugoslavia, in September 1940. Most of their possessions were plundered en route, but the matzo cover amazingly stayed with them, as well as the family photos. The next few years saw our parents, still with the Matzo cover, fleeing via Italy, Spain and Portugal, until eventually being reunited with us children in England in 1944. It was certainly a modern Yetziat Mizraim (exodus from Egypt). Our first Pesach together was in Birmingham, with a table my father knocked together from a few planks of wood on an unsteady base, but the Matzo cover graced the table as though it was in a ducal palace.

Over the years the satin background slowly disintegrated and the embroidery clung tenaciously onto the bare threads. Our loving parents passed away, and the matzo cover stayed in a drawer, no longer usable. It was then that I found a professional restorer in Jerusalem, who over a period of months transferred the embroidery onto a new background, photographing each stage of her work. She even left some of the original satin, complete with the old wine stains, so that a little part of the magic of our precious heritage was left intact.

And that is how, every day, I am reminded of a part of my family's life, spanning over 80 years, with its ups and downs, and somehow finding its place in Jerusalem, after a long Exodus.



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**HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY**

# PESACH THOUGHTS

## PESACH THOUGHTS

By LAURIE BINSTOCK

In each generation, every person is obliged to see himself as if he had personally gone out of Egypt.

The Festival of Pesach celebrates the Jewish people's deliverance from bondage in the land of Egypt more than three thousand years ago. The departure from Egypt, recounted in great detail in the second Book of the Torah, is the pivotal event in Jewish history. Not only is it the 'birthday' of the Jewish Nation, it stands as an eternal reminder of G-d's special involvement in our fate. The Exodus from Egypt is mentioned often in the daily prayers and the first of the Ten Commandments states "I am the L-rd your G-d who brought you out of the land of Egypt out of the house of bondage. You shall have no other G-ds before me". (Exodus 20: 2-3).

The approach of Pesach on the 15<sup>th</sup> of Nissan brings a sense of renewal as our houses are transformed from top to bottom and declared 'Kosher for Pesach'. This Jewish version of 'Spring Cleaning' involved more than vacuuming and washing the windows. It is a search and destroy mission directed against chamatz, leaven in all its forms. The Torah commands us "Eat Matzos for 7 days". During these days, no leaven may be found in your homes, you must not eat anything leavened, no leaven may be seen in your possession.

Weeks of busy – and sometimes frantic – preparations culminate in the event everyone has been looking forward to, the Pesach Seder. Boxes of Matzah sit in readiness, the 'bread of affliction' that our ancestors ate when they fled Egypt without waiting for their dough to rise. An ample supply of fine, red Kosher Wine and Grape Juice is on hand for the four cups we drink at the Seder. The children are busy practising the Four Questions, beginning with the 'Mah Nistanah Halayleh Hazey', why is this night different from all other nights? Everything seems to shine with a special 'Pesachdig' glow.

The earth almost seems to mirror our mood as its vegetation is liberated from Winter dormancy. Nissan is the month of Spring, and Pesach the Festival of Spring. The time when nature blossoms however, is the time when a Jew is reminded to look beyond nature to G-d, the source of nature and all blessings, and to give thanks for the miracles He performs for us.

The Festivals of Pesach and Shavuot celebrate the exodus from Egypt followed by the giving of the Torah on Mount Sinai. With these two events the Jewish

# PESACH THOUGHTS

people truly became a nation. We became a people uniquely entrusted with keeping G-d's commandments as a 'Kingdom of Priests and a Holy Nation'.

Pesach is known as Z'man Cheiratenu, the Season of our Freedom. It commemorates the Exodus from Egypt, when G-d fulfilled His promises to the Patriarchs Abraham, Isaac and Jacob. G-d had made the promise to Abraham that after 400 years of servitude as "strangers" in a strange land, He would redeem them and make them a great nation. When the time for redemption arrived, G-d sent Moses to lead the Jews to freedom and to challenge the mightiest monarch on earth, Pharaoh of Egypt, with the words "Let my People go so that they may serve Me (G-d)." (Exodus 5.1). On the 15<sup>th</sup> of Nissan, the Jews left Egypt amid great miracles and revelations; the 10 plagues with which G-d afflicted the Egyptians, the parting of the 'Red Sea' that allowed them to pass through on dry land and the closing of the sea over the Egyptians and their horsemen, who pursued them even in their final flight to freedom. Seven weeks later they stood before Mount Sinai to receive the Torah. This was the ultimate goal of the Exodus from Egypt "so that they may serve Me".

At Sinai they camped 'as one man with one heart' with a feeling of unity and harmony that brought them together as a nation worthy of receiving the Torah and becoming G-d's people. Mattan Torah has been compared by our Sages to a Wedding between G-d and the Jewish People. This occurred on the sixth day of Sivan, commemorated by the Festival of Shavuot. Pesach and Shavuot are each one of the Shalosh Regolim.

During the seven weeks that elapsed between the exodus from Egypt and Mattan Torah, the Jewish people worked to eliminate from themselves, the damaging effects of Egyptian bondage and to prepare themselves to become a holy Nation, ready to stand before G-d. This period of time is known as Sefirat HaOmer, counting of the Omer and is associated with the Omer offering that was brought to the Beis Hamikdash on the second day of Pesach.

Happy Yomtov to you all.

# OBITUARIES

## RONALD CUTTELL 1911 – 2005



**We have only recently learnt of the passing of Ronald Cuttell who sadly passed away in July 2005.**

Ronald Cuttell, who passed away after a short illness, had been a friend and life member of the International Jewish Vegetarian Society since 1982. Although he was not Jewish himself, he was extremely proud to be part of our organisation as well as a great admirer of Judaism and sought greater ties between the Jewish religion and the Church of England. He was a very principle man, a passionate vegetarian and vocal campaigner for animal rights.

Ron was born in the Republic of Ireland in 1911, but moved to England with his parents as a babe-in-arms. His father was employed in the wool trade, and the family travelled the length and breadth of the country before finally settling in London. One of seven children, as a boy Ron sung in the choir at All Hallows Barking-by-the-Tower, and was a member of the Lord Mayor's Own Scout Troop at Tower Hill. He often described this period of his life as his happiest.

He married his wife, Babs, in 1933 and during World War Two he served as an auxiliary fireman in the capital. Babs and their two children were evacuated to Cheltenham Spa in Gloucestershire. It was there that Ron eventually made his home for the next 60 years. He set up his own tableware business in the town, supplying china and cutlery to businesses throughout the UK.

Ron gave up meat in 1936. He recalled that he felt sick watching his father slicing the Sunday roast and seeing the 'blood following the knife'. Ron and Babs were dedicated vegetarians and organised regular social events for the Gloucester & District Branch of The Vegetarian Society. He outlived both his spouse and his daughter, but never like to be defeated or downhearted. He was a positive man who always commented that he was 'in the pink' when people enquired as to how he was feeling. Ron was remarkable in so many

# OBITUARIES

ways, always dapperly dressed, in good humour and keen to keep up with the modern age. He mastered the computer at the age of 90 and wrote a book on religious thought, as well as his memoirs. 'You are not living if you're not achieving', he often said. He died on July 26<sup>th</sup> 2005 aged 94, attributing his long healthy life to the abstinence of meat eating.

**Ronald will be sadly missed by his many friends and we take this opportunity to send our sincere condolences to his family.**

## **DONALD WATSON (1910 – 2005)**



Donald Watson, founder of the Vegan Society and originator of the word 'vegan', has died at his home in Keswick at the age of 95.

The son of a headmaster in the mining community of Mexborough, South Yorkshire, he was born into an environment in which vegetarianism, let alone veganism, was unknown. Donald's parents, however, encouraged and supported their three children in determining their own paths in life, a liberal approach which enabled Donald to formulate ideas which were both challenging and controversial. He held his parents in great esteem, and often expressed his gratitude for their wisdom in accepting, if not understanding, his philosophy.

An obviously sensitive young man, Donald responded to the harshness and brutality of much which he observed in the industrial and farming community in which he grew up early last century, and he developed a great reverence for and in-depth knowledge of the countryside. An acute observer of the natural order and perfection of creation, this throughout life became his inspiration and guide, and led him to question man's place in nature and his relationship with other species.

He became a vegetarian at the age of fourteen, although he knew of no others who followed this precept. A self-critical and free thinker, throughout his

## OBITUARIES

life he always responded to his inner convictions, regardless of any personal inconvenience or difficulties which this might entail. He was a quiet, strong-minded perfectionist, an abstemious man – teetotaler and non-smoker – who tried to avoid contact with any foods or substances which he regarded as ‘toxins’. Never one to criticise others, he himself never felt that his way of life demanded any personal sacrifice; rather, he puzzled at the risks, as he perceived them, which others took so readily.

On leaving school at the age of fifteen, he became apprenticed to a family joinery firm where he perfected the skills necessary to continue a lifelong love of working with wood, later (from the age of twenty) becoming a teacher of this subject. He taught in Leicester, where he also played a large part in the Leicester Vegetarian Society, and later in Keswick, where he was able to enjoy his love of fell-walking and organic vegetable gardening until very shortly before his death.

From his early conversion to vegetarianism, he later came to view the abstention from the use of all animal products as the logical extension of this philosophy. A committed pacifist throughout his life, he registered as a conscientious objector in the war, and faced the harshest challenges to his ethical position. It was at this time that the need for a word to describe his way of life, and a society to promote its ideals, became apparent; together with his wife, Dorothy, they decided on the word ‘vegan’ by taking the first three and last two letters of ‘vegetarian’, – ‘because veganism starts with vegetarianism and carries it through to its logical conclusion’, and the Society was founded in 1944. Donald ran this single-handed for two years, writing and duplicating the newsletter, and responding to the increasing volume of correspondence. From these early beginnings, more than sixty years ago, the worldwide movement which exists today developed, with the word ‘vegan’ appearing with increasing frequency on food labelling and restaurant menus.

Donald continued his life quietly in Keswick where he taught for twenty-three years; also working with the Cumbrian Vegetarian Society, campaigning through the local press on matters important in his home community, and, together with his family, enjoying his love of the mountains. For several years after his retirement from teaching he devoted much time to working as a guided walks leader. Other leisure-time activities included cycling, photography and playing the violin, and while not a party political supporter, he took a keen interest in political issues throughout his life.

He never sought any recognition for his early work in founding the Vegan

# OBITUARIES

Society, and indeed actively shunned the limelight, concerned only that his vision for a more compassionate way of life in harmony with the natural order should take root and grow. He was concerned to confound his many critics who claimed that he could not survive on his proposed diet by proving that he would not only survive but survive well and be free from the need for doctors' interventions until his final days. Within the last ten years of his life he climbed many of the major peaks of the Lake District. He viewed his home and garden in Keswick as his 'little piece of heaven', and died peacefully there, with his family with him, on 16<sup>th</sup> November 2005.



## **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  
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## **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.**

# REPORT FROM ORR SHALOM

## REPORT FROM ORR SHALOM

**We received the following report from Orr Shalom, but unfortunately it arrived too late for inclusion in our December issue. Nevertheless we thought our readers would like to know what Orr Shalom is all about and what is happening there. Therefore we are printing it in its entirety as was received by us.**

Shalom and Chanukah Sameach,

During Chanukah 1150 children lit candles of warmth and hope in Orr Shalom homes and programs throughout the country.

Amongst them there were 15 new small flames of the 10 boys and 5 girls who have found a sense of belonging and someone who believes in them in the new after hours club we have opened in the Kiryat Yovel neighbourhood in Jerusalem. This program, operated in cooperation with "Alyn" and Jerusalem's Hapoel Basketball team provides these children

with a stable framework and professional therapy without removing them from their homes. They come to the club straight from school, eat lunch, receive help with homework and private tutoring (which for most of them is a first, as they suffer from severe learning disabilities), undergo an innovative treatment therapy designed to improve their coordination skills using "Alyn's" expertise and facilities (swimming pool, judo ring etc), and based on a specialized diagnostic process. Then it's time for showers and dinner, after which we take them straight home to bed. 3 months into its operation, the club has already become the main focal point for these children, who choose to come and be a part of this new family every day.

This Chanukah also saw new candles lit in Ashdod, where we opened a new Home for Teenage Girls. The home serves the Ashdod community and provides the only secular therapeutic framework for non delinquent girls in the region. Together with the house parents, Shachar and Tal, and the dedicated professional staff, these girls will get an opportunity for a new and positive beginning.

The new Parent-Child Centres we opened this year in Eilat and Kiryat Malachi now cater to over 50 families, and we will continue to reach out to more families in those communities, helping them stay together (this preventing the removal of the children from the home).

# REPORT FROM ORR SHALOM

As you know, the social situation in Israel has not changed for the better, in fact the conditions for the impoverished, for the needy, and for so many children still at risk in their biological homes has steadily worsened. With the political turmoil in Israel, it is hard to predict what the future will hold.

Nevertheless, we are still here doing what we do. Although we continue to expand and reach out to more and more Israeli children at risk, our priority still remains the maintenance of the high quality of professional care and love for the children in our existing programs. We are proud to say that Orr Shalom was chosen to host a special visit by the top officials at the Ministry of Finance, serving as an example of a complete program performing successfully despite the difficulties.

**Thank you for being part of this. Your support continues to light up the lives of Orr Shalom's Children. On Chanukah as usual we light a shared candle of hope.**

**Chag Chanukah Sameach.**

**Haim Feingold (Executive Director) Linda Bracha (Chairperson)**



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The School is an Educational Charity which aims to treat all children as individuals and to develop their proper self confidence.

## 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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**or 5 annual payments of  
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# LESSONS FROM SHABBAT

## ENVIRONMENTAL AND VEGETARIAN LESSONS FROM THE SHABBAT MORNING SERVICE

By RICHARD H. SCHWARTZ, PH.D.

While there has been recent progress on Jewish consideration of environmental and vegetarian issues, much more needs to be done. One approach is to show how central these issues are in the Jewish tradition. This article discusses several statements in the Shabbat morning prayers that point to Judaism's great concern about animals and the environment.

In the Baruch Sheh'amar prayer, it states that, "Blessed is the One (G-d) Who has compassion on the earth; blessed is the One Who has compassion on the creatures [animals and people]". Since Judaism teaches that human beings, uniquely created in G-d's image, are to imitate G-d's positive attributes, we should also exhibit concern and compassion toward the earth's environment and all of G-d's creatures.

G-d is referred to in the Shabbat services as Rachum (the merciful One) and as Av harachamim (Father of mercies). Once again, as we are to imitate God, we should be merciful. The Talmud states that Jews are to be rachmanim b'nei rachmanim (merciful children of merciful ancestors) and that one who is not compassionate cannot truly be of the seed of Abraham, our father (Bezah 32b). It also states that Heaven grants compassion to those who are compassionate to others, and withholds it from those who are not (Shabbat 151b).

In the important ashrei psalm, recited twice during the morning service, it states that G-d is good to all, and that His mercies are over all of His creatures. According to Rabbi Dovid Sears, in his book *A Vision of Eden: Animal Welfare and Vegetarianism in Jewish Law and Mysticism*, this verse is "the touchstone of the rabbinic attitude toward animal welfare, appearing in a number of contexts in Torah literature." Referring to the Talmudic teaching that we are to emulate G-d's ways, he states, "Therefore, compassion for all creatures, including animals, is not only G-d's business; it is a virtue that we too must emulate. Moreover, compassion must not be viewed as an isolated phenomenon, one of a number of religious duties in the Judaic conception of the Divine service. It is central to our entire approach to life."

Ashrei is followed by a number of psalms extolling G-d that begin and end with "Halleluyah." The final psalm in that grouping ends with, "Let all souls praise G-d. Halleluyah! Let all souls praise G-d. Halleluyah!" Perek Shira,

# LESSONS FROM SHABBAT

"A Chapter of Song," a mystical hymn dating from the 5th – 7th century that even today is found in many traditional siddurs (prayer books) portrays all living creatures singing their individual songs in praise of the Creator. The universe is filled with hymns as cows, camels, horses, mules, roosters, chickens, doves, eagles, butterflies, locusts, spiders, flies, sea creatures, fish, frogs, and many more offer Biblical songs of praise to G-d.

This concept is reinforced by other Shabbat morning prayers. The beautiful Nishmat prayer begins with: "The soul of every living being shall bless Your name, Lord, our G-d; the spirit of all flesh shall always glorify and exalt Your remembrance, our King." Shortly after the Borchu call to prayer, the Hakol Yoducha prayer indicates that "All will thank You and all will praise You ... All will exalt you ..." The Artscroll siddur commentator states, "Thus every facet of the universe will join in thanking and lauding G-d." The Keil Adon prayer that is generally sang by the chazzan and congregation together, indicates that G-d "is blessed by the mouth of every soul."

What about the statements in chapter 1 of Genesis that humans are given dominion over animals (Genesis 1: 28) and that only humans are created in G-d's image (Genesis 1:27)? The Jewish sages interpreted dominion as meaning responsible stewardship or guardianship. This is reinforced by the fact that immediately after indicating that people have dominion, we are given G-d's first dietary regimen which is completely free of animal products (Genesis 1:29) and we are soon told that our role is to work the land and also to guard it (Genesis 2:15) – we are to be "shomrei adamah" (guardians of the earth).

**There is a very powerful environmental lesson in the second paragraph of the Sh'ma, one of Judaism's most important prayers:**

"And it will come to pass that if you continually hearken to My commandments that I command you this day, to love Hashem, your G-d, and to serve Him with all your heart and with all your soul – then I will provide rain for your land in its proper time, the early rains and the later rains, that you may gather in your grain, your wine and your oil. I will provide grass in your field for your cattle and you will eat and be satisfied. Beware lest your heart be seduced and you turn astray and serve gods of others and bow to them. Then the wrath of G-d will blaze against you. He will restrain the heaven so that there will be no rain and the ground will not yield its produce. And you will swiftly be banished from the goodly land that G-d gives you."

The message seems clear: if we put G-d's teachings into practice and imitate His ways of mercy, compassion, and justice, we will have blessings

# LESSONS FROM SHABBAT

of prosperity, justice, and peace; however, if we turn to false modern gods of materialism, egoism, hedonism, and chauvinism, we will be cursed with many environmental and other societal problems.

**If more Jews become aware of the many beautiful Jewish teachings such as those above and strived to put them into practice, it would have great potential to help revitalise Judaism and move our imperilled planet toward a more just, humane, and environmentally sustainable path and a time when “no one shall hurt nor destroy in all of G-d’s holy mountain” (Isaiah 11:9).**

## TRAVEL

### TRAVEL – PAST AND PRESENT

By NANETTE TOFT

I decided to write to The Jewish Vegetarian Magazine and relate what it is like to spend a few days in the heart of the English Lake District, the place that is so very dear to my husband, my two daughters and myself, more than anywhere else in the whole of England.

As a married couple we spent many happy years staying there and also climbed quite a few of the mountains high and low. When our ‘girls’ arrived, we still continued to spend holidays there staying at a most wonderful vegetarian guest house in Grasmere, called Rothay Bank. Unfortunately it has now become a ‘meat eating’ hotel, and I always feel sad when passing it. But alas, nothing stays the same forever!

We did make some lovely friends there who we still have contact with to this very day. At one time you could stay there for £10 per week, which included Breakfast – a full three course lunch if you were in, or a packed lunch if one went walking – afternoon tea was served in the beautiful garden (weather permitting) which included sandwiches, and home-made cakes. There was an evening meal served at 7.00pm. There were no tea-making facilities in bedrooms, but what could one expect at those prices?

It is so very much easier to get to the Lakes these days and it only takes two hours from Manchester, where we live. Many times in the summer when days are long, we set off at 7.00am and arrive about 9.00-9.30am, depending on the traffic, and have a really good day walking in the hills, eating our vegetarian meal outside on a grassy verge, as although there are one or

# TRAVEL

two vegetarian cafes, it seems a shame to be indoors when the weather is fine and the views are so beautiful.

One of the more simple walks we do is up to Alcock Tarn which is quite an easy climb, so we planned to go over the top and continue on a route that would take us down halfway to Ambleside. As my husband is a very good map reader, he planned it well in advance and as it was a beautiful day in the height of summer, off we went. After about 4 miles we should have come to a path leading off to the right that would have dropped us down to a lower path and that way we could have walked back to Grasmere. Although the said path was marked on the map, it was not to be found. We met another man and his son who were also looking for this path and they were unable to find it either. We then decided to walk on over the top to Ambleside and drop down in about another 2 miles. Unfortunately the path was a 1 in 1 climb down, and as I have a bad leg (from an old fall in the Lakes years earlier) my husband thought it was a bit too steep. The only thing we could do was to retrace our steps. Needless to say I was not happy as it was another 6 miles back but being summertime it would be light until 10.30pm.

Halfway back we met two young men on mountain bikes and asked them if they would telephone the small vegetarian guest house in Grasmere that we were staying in, to let them know where we were and that (hopefully) we were on the way back, which (thankfully) they did.

Philip and I walked and walked, retracing our steps, and by the time we were nearly down it was about 10.30pm and dusk was falling (quite quickly). There were snakes in the last part of the walk – fortunately we did not see any! By the time we got down and on to the road which led to the guest house about three-quarters of a mile away, it was quite dark. Philip, at my suggestion, went ahead to tell them that we were on the way and I followed at a slower pace. A car stopped in front of me and it was Nick Greathead, the guest house owner, who had been driving about looking for us and was on his way home to call out the Mountain Rescue! He offered to take me back to the house in his car; my answer was I must finish on foot (fool that I was). Ah well, all's well that ends well. The two boys we met on the mountain actually got our telephone number in Manchester and phoned to see if we arrived safely, which we thought was very decent of them, as most people couldn't care less these days.

When we were home in Manchester we told our daughter what took place and for our next two birthdays they bought us our first mobile telephone. When we next visited Grasmere, and we were on top of a small mountain, we tried to contact them by telephone; guess what, there was no signal in that part of the Lakes!

# COOKERY CORNER



*Denise Phillips*

## DELICIOUS FESTIVE RECIPES FROM DENISE

**Once again, the joys of Pesach are here again. What are we going to make? Do we have enough crockery all those extra guests coming over? Where are my Pesach recipes from last year? How can I make Pesach special this year? Perhaps these are Four Questions from a domestic point of view!**

### SPANISH ONION AND ALMOND SOUP

**Soup is always a good starter for entertaining not only is it simple to prepare but simple to serve. This is a delicious fresh tasting soup with all the flavours of Spain captured in a single ladle. This recipe has a slightly chunky consistency but if your family prefer smooth soups liquidise it all.**

**Preparation Time:** 10 minutes **Cooking Time:** 25 minutes **Serves:** 6- 8

#### Ingredients

2 Spanish onions – peeled and sliced; 4 cloves of garlic – peeled and finely chopped; 2 tablespoons olive oil; 2 large leeks – trimmed and sliced; 55g (2oz) ground almonds; 3 tablespoons – Kosher for Pesach sherry; 1.2 litres (2 pints) vegetable stock; salt and freshly ground black pepper

#### Garnish

30g (1oz) Whole toasted almonds; 1 bunch of parsley – roughly chopped

#### Method

- 1) Heat the olive oil in a large saucepan.
- 2) Sauté the chopped onion, garlic and leek for 10 minutes or until softened.
- 3) Add the stock, ground almonds and sherry. Bring to the boil and simmer for 10 minutes.
- 4) Take 3 ladles of the soup and liquidise for a semi-pureed consistency.
- 5) Season well with salt and freshly ground black pepper.

**To serve the stylish way: Serve in individual bowls with a scattering**

# COOKERY CORNER

of toasted almonds and a dusting of freshly chopped parsley.



Spanish Onion Soup



Goat's Cheese, Mixed Leaf and Nut Salad

## GOAT'S CHEESE, MIXED LEAF AND NUT SALAD

Whether you are hosting a Seder or you just want a tasty starter/lunch during Pesach this is the recipe for you. It is perfect for a large crowd as it can be plated up in advance and the dressing and nuts added at the last minute. Exceptionally quick to make and not an egg in sight!

I rolled the goat's cheese in black pepper to add a little spice to the dish but leave it plain if you prefer. I used my favourite nuts, but shelled hazelnuts, walnuts, or even macadamia nuts would work well. They can be prepared in advance as can the dressing.

**Preparation Time:** 10 minutes **Cooking Time:** 10 minutes

**Serves:** 6 people

### Ingredients

*For the salad*

250g (8oz) Goats cheese – sliced and rolled in coarsely ground black pepper;  
250g (8oz) mixed salad leaves e.g. lollo rosso, lamb's leaves, baby spinach, frisee, rocket, or red oak leaves

### For the dressing

Juice and zest of 1 lime; 6 tablespoons olive oil; 2 teaspoons honey; salt and freshly ground black pepper

### For the nuts

30g (1oz) butter/margarine; 55g (2oz) blanched almonds; 55g (2oz) pecan nuts; 2 tablespoons pine nuts or chopped hazelnuts; 1 teaspoon cumin or mixed spice; 1 teaspoon cinnamon; pinch of salt

## COOKERY CORNER

### Method

- 1) Melt the butter in a saucepan. Add the cumin, cinnamon and salt and cook for 1 minute.
- 2) Add the nuts and continue to cook stirring from time to time until the nuts are nicely toasted. Remove and set aside to cool. Be careful not to let the butter burn as the nuts will have a bitter taste!
- 3) For the dressing, mix all the ingredients together. Refrigerate until ready to use.
- 4) Mix the salad leaves and cheese in a large bowl.

**To serve the stylish way: Spoon over the dressing, toss to coat the leaves, and then scatter the spiced nuts over the top.**



*Raspberry Meringue Roulade*

### HAZELNUT MERINGUE ROULADE WITH RASPBERRY CREAM

**This is a delicious Pesach dessert that will certainly impress your guests. I love the crunchy hazelnut texture of the meringue together with the contrasting smooth raspberry cream filling. All the ingredients are easily available which makes life easy and there is nothing worse than having to shop around for Pesach ingredients; the Kosher delis are always so busy at this time of the year.**

**Once you have mastered the art of making roulades, you will never consider them a challenge again. I feel that by following these three guidelines you will produce the perfect hazelnut roulade: use the right size tin, the meringue must be whipped to the correct consistency so it's glossy and very stiff, and the nuts need to be folded in carefully.**

# COOKERY CORNER

**Roulades always have that rustic appearance, which is all part of their charm; so don't worry if they crack after rolling.**

**Can be made in advance**

**Preparation Time:** 30 minutes **Cooking Time:** 30 minutes

**Serves:** 8 people

## **Ingredients**

75g shelled and skinned hazelnuts; 1 teaspoon potato flour; 1 teaspoon vanilla essence; 6 egg whites; 1 teaspoons cinnamon; 140g caster sugar

## **For the Raspberry Filling**

150g raspberries; 2 tablespoons caster sugar; 200ml double cream

## **For the Raspberry Sauce**

200g raspberries; 2 tablespoons caster sugar

## **Method**

- 1) Pre-heat the oven to 160°C/300°F/gas Mark 3.
- 2) Line a 26.5 x 39 cm/10.5 x 15 inch shallow oblong tin with non stick baking parchment paper snipping the corners so that it fits neatly.
- 3) Place the hazelnuts in the oven and roast them until they go golden. This will take approximately 10 minutes.
- 4) Place them in a food processor or coffee grinder and whizz together into a powder.
- 5) In a small bowl, blend together the potato flour, vanilla essence, cinnamon and a little water (1–2 teaspoons) so that it forms a paste.
- 6) Whisk the egg whites in a clean dry bowl until they are stiff; gradually add the sugar a little at a time together with the potato flour mixture. The meringue should be very white and thick in texture.
- 7) Reserve 2 tablespoons of the ground hazelnuts, and then tip the remainder into the meringue. Fold in lightly with a metal spoon.
- 8) Spoon the meringue into the prepared tin and spread evenly over the base with the back of a spoon.
- 9) Sprinkle over the reserved hazelnuts.
- 10) Bake for 25 minutes until the meringue is pale and golden on top.
- 11) Lay a sheet of baking parchment paper on a work surface, remove the meringue from the oven and carefully invert it on to the paper. Peel off the lining paper and leave to cool.
- 12) Mix the raspberries with the sugar and double cream.
- 13) Spread the filling over the cooled meringue to within 1 cm/½ inch of the

# COOKERY CORNER

edges. Roll up from one short edge using the paper. (It will crack slightly!)  
 14) Place the raspberries for the sauce into a food processor with the sugar.  
 Push through a sieve to remove the seeds.

**To serve the stylish way: Pour the sauce over the Roulade. Cut a thick slice and serve immediately.**



## LEARN TO COOK – THE STYLISH WAY

**My popular Cookery Demonstrations are the ideal, yet informal way of adding to your cookery skills. These comprehensive “hands-on” classes, presented in my trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. Choose from:**

Wednesday	8 March 2006	Express Dinner Parties
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Wednesday	3 May 2006	Tapas and Mezze
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Wednesday	7 June 2006	Family Cooking
Thursday	8 June 2006	Family Cooking
Wednesday	5 July 2006	Al Fresco Dining
Thursday	6 July 2006	Al Fresco Dining
Wednesday	13 September 2006	Modern Jewish Classics
Thursday	14 September 2006	Modern Jewish Classics

**Venue:** Northwood, Middlesex  
**Time:** 10.00 am – 1.30 pm  
**Cost:** £50 per class. All materials provided  
**Booking:** Call Denise Phillips on 01923 836 456

# VEGAN SOCIETY AWARDS

## WINNERS OF THE VEGAN SOCIETY AWARDS 2005

Fairtrade chocolate, fishless fishcakes and organic ale were among the winners of The Vegan Society's annual awards for people and companies making a difference to people, animals and the environment, while Guinness came in for criticism for using fish gelatine in their stout-making.

### AND THE WINNERS ARE...

Vegan Society members nominated Jungle Passion Chocolate Nibs, fruity chocolate direct from the Amazon, as the best fairly traded vegan product, while high street cosmetic chain Lush took home the award for best cruelty-free non-food product for their Veganese hair conditioner.

The best animal-free drink accolade went to Samuel Smiths for their Organic Best Ale and Yaoh's hemp milk maker won the gong for the best environmentally friendly vegan product. The best food product award was won by Redwood Wholefood Company's tasty Thai Fish Style Cakes.

In the retail and catering stakes, Glasgow's 100% vegan restaurant, Mono, was awarded the best vegan catering award and Bristol-based Wild Oats Natural Foods was voted best retailer for animal-free shopping.

The Vegan Achievement Award was given as a posthumous tribute to Arthur Ling, long time vegan campaigner and founder of Plamil Foods who died earlier this year, and campaign group Realfoods won the award for best project or campaign for [VeganBuddies.org.uk](http://VeganBuddies.org.uk) – a web-based mentoring scheme for new vegans.

### THERE'S SOMETHING FISHY ABOUT THIS GUINNESS!

The inaugural Vegan Raspberry Award – for products that could and should be vegan but aren't – went to Guinness for their fishy production techniques. Isinglass, a type of gelatine made from the swim bladders of fish, is used to remove the yeast from the stout. Vegan-friendly companies, such as Samuel Smiths and Pitfield Brewery, have shown that fish-free vegan stout is not only possible to make but tastes delicious. Vegan Society members are hoping that Guinness will take note of their dissatisfaction and change their ways. Do good things really come to those who wait?

# CHILDREN'S CORNER

## PARENTS LOSING FIGHT FOR FIT KIDS

According to recent Government figures, 10% of 6 year olds are now obese and half of all kids in England will be obese in fifteen years. These are very worrying statistics for any parent but not surprising when so many kids prefer to sit in front of computer games or watch hours of TV rather than play sport or exercise. Is there any hope or are parents simply fighting a losing battle in the fight against flab?

A new poll released by Humzingers Fruit Stix reveals that parents find it very stressful to get their children to eat fruit and veg, with many resorting to desperate measures to tempt their kids away from chocolates and sweets.

The survey, conducted by Humzingers and online parenting community Mumsnet.com, asked 1000 parents of under 5s about the challenges they face in trying to get their kids to eat more healthily, with some very alarming results.

- \* 78% of all mums said that worrying about their children's diet had caused arguments with their partner
- \* 35% of mums admitted they'd lost sleep and 29% said worrying about their children's diets made them cry!
- \* Three quarters of all parents said they found it a challenge to ensure the family eats healthily
- \* Over a third of all mums said they can only get their kids to eat healthy food by disguising it
- \* 71% of mums said they were unclear about the correct size of a toddler's portion of fruit or veg – pointing to widespread confusion over the Government's 5-a-day guidelines, which includes toddlers and young children

British mums will resort to absolutely ANY lengths to get their kids to eat more fruit & veg including:

- \* Dressing up like a gorilla and dancing around the kitchen with a bunch of bananas
- \* Dying the mashed potato bright red
- \* Making the whole family's dinners into funny faces

Carrie from Mumsnet said *"When Humzingers approached us about commissioning the research we felt this was a very important issue for Mumsnet members and indeed parents nationwide. The results show that parents are finding it increasingly difficult to ensure their children eat a healthy diet,*

# CHILDREN'S CORNER

*especially at this time of year when there are so many tempting treats.."*

Humdinger marketing manager Paul Sangwin said, **"Humzingers were specifically designed to give busy mums a helping hand in getting their kids to eat more fruit. Each individual Humzinger stick is equal to 1 portion of fresh fruit so they're a great way to get kids towards their 5-a-day, and a much healthier alternative to those chocs."**

## **BIO-SYNERGY TAKES ON THE BADDIES'**

Everyone knows that, in the never-ending battle against junk diets, and high sugar and fat snacks, kids need our help to eat and drink healthily. And now bio-synergy have got together with Marvel comics to bring true superhero help to the supermarkets, with the aid of three fantastic healthy fruity snack bars, to compliment our range of Omega 3's and Multivitamins.

The Marvel fruit bars – three delicious flavours: coconut & papaya, pineapple & mango and multifruit – are fronted by Spiderman, Wolverine, Human Torch, Captain America and Elektra, some of the famous characters which will be featured in this years blockbuster film in May 2006 X-Men 3.

The bars are a unique combination of 100% whole fruits, which, unlike any other bar on the market, melt juicily and deliciously in the mouth.

Bio-synergy have been working heroically to improve children's snacks, and our Marvel Superheroes fruit bars have no artificial flavourings, colourings or preservatives. They have no added sugar or sweetener. They contain no trans fats, processed sugars, additives, preservatives or genetically modified ingredients (GMO's). They are also free from dairy, gluten, and wheat.

### **The Fights in the Fruit!**

The Food Standards Agency recommends that young children should eat a least 5 portions of fruit and vegetables a day. This isn't easy and most kids struggle to reach the target. But help is at hand – since each Marvel fruit bar is equal to one portion of fresh fruit, a single bar can provide one fifth of the required daily fruit intake.

### **Kids Unite In Support!**

The Marvel Fruit bars were researched with over 3,000 children, aged from 4- 12, in schools and homes throughout the UK. The programme was a mix of qualitative interviews and groups and quantitative studies. Research was

## CHILDREN'S CORNER

also conducted amongst parents who attended the focus groups outside of school.

A three stage project was conducted. The first stage was an exploratory focus group to identify the knowledge of children's awareness of health & nutrition, and to gain some their feedback towards healthy fruit bars. Using the findings we developed some prototypes which the second stage set out to test, the taste parameters being benchmarked against comparable products on the market.

The final stage was for the children to complete a questionnaire to enable bio-synergy to get full feedback from the children.

**The research was fun, exciting, and bio-synergy gained a valuable insight into the changing dynamics of the snack market.**



## NEWS FROM BUAV

### CHEEKY MONKEYS MINGLE WITH FANS AT KONG PREMIERE

On Thursday 8<sup>th</sup> December last, a troop of well-dressed monkeys mingle with fans at the film premiere of Peter Jackson's "King Kong" in Leicester Square, London to remind the public that, like Kong, monkeys are sensitive and intelligent, with complex social and emotional needs. They have no place in laboratories around the UK and EU and should not be wild-caught for the testing industry.

For some, King Kong is a fictional story of a gigantic ape, captured in the wild and brought to civilisation where he meets his tragic fate. But for others – the wild-caught primates and their offspring – the story mirrors a grim reality. The UK adopted a policy of banning the use of wild caught primates in 1997, (following BUAV undercover work), but exceptions are allowed, and wild caught primates may still sometimes be used. In addition, to get around the ban, wild-caught primates are captured and held to breed from, their offspring (1,278 animals in 2004) sold to laboratories throughout the UK and EU.

# NEWS FROM BUAV

At the last official count, over 3,000 non-human primates were used for testing in the UK (a rise of 20% on the previous year), with the UK one of the largest users in Europe<sup>3</sup>. Yet alternatives are available and, contrary to what advocates of animal testing would lead the public to believe, less than 20% of primate use in laboratories is for medical research, 70% being for the profit of pharmaceutical companies. Ethical concerns and scientific doubts mean neither is justifiable.

Adolfo Sansolini, Chief Executive of the BUAV says "We hope that Peter Jackson's 'King Kong' does for primates what 'Babe' did for pigs, raising awareness that, primates are complex and emotional. The vivisection industry inflicts mental anguish and physical pain very similar to what Kong experiences in the film, so for some, the story of King Kong is not just fiction."

He continues "In the wild primates live in dynamic environments and thrive in complex social systems but in laboratories and breeding facilities, the confinement they receive deprives them, as it would do us, of important mental stimulation. This causes immense suffering even before testing begins.

"Furthermore they share with us the ability to not only remember past events, but to anticipate the future. This means they can be harmed, not only by pain, but by the anticipation of pain. One can only imagine then, how awful are their lives, when their only experiences are of a barren cage, followed by an experimental procedure, followed by being left – sometimes completely alone – to ponder on their next ordeal."

The BUAV Next of Kin campaign has the support of celebrities Heather Small, Alexei Sayle, Moby, sports presenter Helen Chamberlain, actress Jenny Seagrove, and world famous primatologist Jane Goodall.

**For further information please contact the BUAV press office on 020 7619 6978 or email [press@buav.org](mailto:press@buav.org)**

**The following letters were received from Adolfo Sansolini, Chief Executive – BUAV**

1. Many of your readers will have tuned into Channel 4's programme "Animals" on Thursday 12<sup>th</sup> January, hoping to see a well-informed sensible drama- documentary focusing on the debates surrounding vivisection.

How disappointed they will have been therefore, to see that after a promising start featuring coverage from an undercover investigation carried out by the BUAV (British Union for the Abolition of Vivisection), the programme quickly

## NEWS FROM BUAV

descended into an unoriginal portrayal of the small minority of animal rights “activists” who engage in violent and unlawful activity pitted against scientists. In reality, the debate lies within the scientific community itself.

Increasingly, questions have arisen as to whether or not it is ethical to test on animals, and whether it actually works, which is why, earlier this year, hundreds of scientists from all over the world attended the World Congress on Alternatives and Animal Use in Life Sciences in Berlin. These were experts at the cutting edge of science, sharing information and discussing the future of alternatives to animal testing. Very many of them would have been acutely aware that the replacement of animal tests is not just desirable but essential for human health, as well as more humane.

As a result of this new drive and debate within the scientific community, many more techniques are being developed which don’t involve the use of animals. In September for example, the Financial Times covered “human micro-dosing”, a method that can test “whole body” effects of drugs in humans, by-passing the use of animals. In the same month, at the British Pharmaceutical Conference in Manchester, the microfluidic circuit was unveiled. A ‘chip’ containing areas of cells representing different parts of the human body and linked by tiny channels that circulate nutrients between them. It is designed to assess the effects of a potential new drug compound in humans, and gives human-specific data, in contrast to misleading and dangerous animal data that cannot be extrapolated to humans.

The media has a role to play and should face up to their responsibilities. By raising a hugely emotive issue and then disproportionately focusing on the intimidatory methods of the few, rather than on the real issues, or the huge amount of non-violent campaigning work that goes on, they fail to illustrate the many options available to anyone opposed to what they see. The media therefore unwittingly encourages violence – something the BUAV is unequivocally opposed to.



**2.** Coming from a national of animal lovers, your readers may well be following the progress of the Animal Welfare Bill as it travels through Parliament, hailed as the “biggest animal welfare reform for a Century”.

Whilst we are thrilled that this Bill means companion animals could be more adequately provided for, with welfare agencies given the power to act before suffering has occurred, protection for the millions of animals in UK

# NEWS FROM BUAV

laboratories remains lacking. Many of these are companion animal species, exactly the same as your readers' dog or cat on the sofa at home.

At the last count, almost three million animals were used in animal experiments last year, including over 5,000 dogs, 100,000 birds, 200,000 fish, almost 15,000 rabbits, plus horses, cats, ferrets and millions of rodents. In contrast to the Animal Welfare Bill, the law governing animal experiments offers no meaningful protection.

Whilst most people would, quite rightly be punished for deliberately poisoning, burning, blinding or electrocuting their family pet, researchers can apply for a Home Office license to do any of these things perfectly legally. It is still legal under the Animals (Scientific Procedures) Act 1986, for animals in laboratories to be subjected to poisoning, burning, blinding or electrocution, and also to be deprived of food, water or sleep; applied with skin and eye irritants; subjected to psychological stress; deliberately infected with disease; brain damaged; paralysed; surgically mutilated; irradiated; gassed; force fed, electrocuted and killed.

Many people believe that such procedures are necessary for "life-saving medical research" to take place, but the reality is that less than 25% of vivisection is for applied medical research, most of it is to profit pharmaceutical companies. We would argue that whatever the reason, to cause such suffering in another sentient being, for whatever reason, is simply unethical.

Whereas pet owners will have a "duty of care" to ensure their companion animals are provided with a suitable environment; the ability to express normal behaviour; and to be housed with, or apart, from other animals depending on their need, it is normal for animals in laboratories to be unnaturally caged for their entire life in cages not sufficiently enriched. This deprives them of the opportunity to perform their full repertoire of normal behaviour such as exploring, resting, climbing, grooming, foraging, nesting and social behaviour, and causes much suffering even before procedures begin.

Whilst we congratulate them on being part of a nation that prides ourselves on our treatment to animals, we must not forget the millions of animals, who suffer, apparently forgotten in laboratories throughout the UK.



# HEALTH COLUMN

## TO YOUR HEALTH

**We have received a further article from Ida Percoco – Orlando, Florida which we think our readers will find of interest.**

Studies funded by the National Dairy Council for the express purpose of showing the benefits of milk for women susceptible to osteoporosis have, in fact, ended up showing something quite different.

The scientists who conducted the test knew why ...they said the women continued to have a negative calcium balance (while drinking an extra three eight-ounce glasses of low fat milk every day for a year) and continued to develop osteoporosis due to the 'average thirty percent increase in protein intake during milk supplementation.'

The additional protein from the milk tended to wash calcium and other minerals out of the subjects' bodies, and thus throw them into negative calcium balance... the more I've studied the conclusions of the hundreds of studies in medical literature, the harder it has become for me to abide the National Dairy Council's promotion of milk for 'strong bones'.

In spite of its high calcium content, milk, due to its high protein content, appears actually to contribute to the accelerating development of osteoporosis. The occurrence of this disease in the United States has reached truly epidemic proportions, and the promotion of dairy products as an 'answer' to the suffering of millions seems not only self-serving, but absolutely immoral and downright dishonest."

**This book 'DIET FOR A NEW AMERICA' by Pulitzer nominee John Robbins is a "must-read" and hopefully can be obtained from the library.**

## **FOOD INGREDIENT TO CUT CHOLESTEROL AND SAVE LIVES IS PAINLESS ON POCKET**

Reducol, a plant sterol extract of pine-wood, has been launched in the UK to be blended into cholesterol-lowering spreads, yoghurts, food and drinks. It is white, tasteless, painless on the pocket, reduces our cholesterol levels and is set to cut a swathe through the UK's unacceptably high level of coronary heart disease, doctors predicted recently.

Gwyneth Dunwoody, MP for Crewe and Nantwich, told the UK launch of Reducol that the Government supports positive action that people can

# HEALTH COLUMN

take to further their own health. She said there are always queues at party conferences for on the spot cholesterol checks.

The cholesterol-lowering plant sterol has already been snapped up by Tesco for a new range of foods on the shelves at affordable prices.

Reducol was developed in Canada by Forbes Medi-Tech. It is not genetically modified and is already on sale in the US.

The aim is to put back in the diet the levels of plant sterols that our ancestors used to get and to use this natural way of preventing coronary heart disease caused by furring of the arteries with fatty plaque incurred by high cholesterol levels.

**“Heart disease is a major killer,” said Dr Saul Myerson,** Clinical Lecturer in Cardiovascular Medicine, Oxford University. Coronary heart disease accounts for “roughly a quarter of deaths in men and in women it is about 17%,” according to the latest figures (for 2003.) Women are a much forgotten factor in this,” said Dr Myerson. “Coronary heart disease accounts for well over 100,000 lives,” he told the launch.

**Coronary heart disease deaths are falling,** thanks to the prescription of statins (cholesterol-lowering drugs), and interventions such as coronary by-pass surgery and balloon angioplasty which have helped cut the death rate. “But despite major efforts over the last few years, the death rate is still far too high. We eat far too much fat in the UK. Our diet is not, in general, terribly good,” said Dr Myerson.

Dr Dawn Harper, a family doctor from Stroud, Gloucester, said: “If you talk to women about cholesterol, they will talk about their husband and not about themselves. Two thirds (64%) of people do not know what their cholesterol is and six out of 10 do not know what their cholesterol level should be.” People should aim at a cholesterol level of 5 or lower.

“One in four men and one in six women will die of coronary heart disease and almost half will be contributed to by cholesterol,” said Dr Harper.

Retired company accounts manager, Pat Hall, 65, from Sevenoaks, Kent, told of her shock after asking her doctor for a cholesterol test to discover it was a sky high 8.4. She has since reduced it to 7.5 by dieting for three months and is looking forward to further reductions by eating foods containing Reducol each day. “My doctor says I can do it without pills and she is reluctant to put me on medication as my overall health is good.”

## HEALTH COLUMN

A survey of 709 adults to determine the extent of knowledge of cholesterol, heart disease and cholesterol lowering foods in the UK found that 68% would prefer to reduce cholesterol through diet. "If you feel well and someone suggests that you start on medication that makes you feel unwell, you are not going to come back again. Most people are aware that there are cholesterol-lowering foods, but most people have not tried them," said Dr Harper.

Professor Peter Jones, School of Dietetics and Human Nutrition, McGill University, Montreal, whose laboratory has been instrumental in researching plant sterols used in Reducol, said research on volunteers had shown that diet alone can reduce cholesterol levels by 9%, but diet plus Reducol resulted in a 24% reduction in blood cholesterol."

Research showed that cholesterol levels would gradually fall for about 30 days when taking the sterols. But the best results were in people who took them daily on a long term basis. When they stopped, cholesterol levels would rise again.

Dietitian and Consultant Nutritionist, Jane Griffin, said the British culture of long working hours, with many men and women working a 60 hour week, may be taking its toll, through consumption of fast food and working through the lunch break. "One in three meals is eaten away from home. "In the UK, we are the biggest eaters on the go,"

While most people were aware of the health message to eat five portions of fruit and vegetables a day, most people did not do this, or follow the other health messages they were aware of. "The average fruit and vegetable intake is 2.4 portions per day, so we are not even half way there," said Jane Griffin. "In the 19-24 age group only 4% of women and no men reach that target."

"Over 60% of the adult population are overweight, and 22% of men and 25% of women are obese. About 16% of 2-15 year-olds are obese and some are going to die before their parents," Jane Griffin warned.

**Christopher Swire, Marketing Director of Fayrefield Foods, the company creating the new range of foods for Tesco, spoke of the importance of self-help in health. The key to implementing change was for functional foods to be available that are known to help, and taste good, at competitive prices.**

# HEALTH COLUMN

## **Tina Fox, Chief Executive of The Vegetarian Society responds...**

I am writing further to the Quorn warning article published in the last issue of the magazine. Sandra certainly did submit her article and it was considered by the Society's chair who decided it was not suitable for publication partly due to our limited space and the over supply of articles. It was also considered that it would be unfair to one of our seedling clients to single them out in this way as the Society, at the time that Marlow Foods (Quorn) were licensed, had a cut off date for animal experiments of 1986 and Marlow complied with this requirement in common with any other client.

We understand that as a novel food, it was a legal requirement that the experiments that were carried out in the early 1980's particularly as alternatives to animal experiments, were not as widely available or as credible then as they are now. This does not mean we condone such experiments as clearly as individual staff and trustees we are opposed to all animal experiments.

However, as stated previously we do have a policy on testing for use with the logo that is widely available in print or on our website and certainly not a secret and Quorn complied with this.

It is interesting that in the same issue it was reported that Quorn was voted the best fish or meat substitute at our Awards in October. This award is voted for, via our website, by members of the general public and Quorn have won on a number of occasions and continue to increase both the range and quality of their items – readily available in supermarkets. The more people buy "meat replacement" meals whether they be Quorn, Soya or any other vegetarian alternative the less animals will be killed – isn't that what we are all trying to achieve?



***As long as people refuse to try to put themselves in the place of suffering creatures, the cruelties will continue for ever.***

**(Elisabeth Hurwitz)**

# GARDENERS' CORNER

## GARDENERS' CORNER SPRING 2006

Whilst in the winter there is much to do in the garden, depending on how enthusiastic or otherwise you want to be, it is also nice to seize opportunities to visit some of the great gardens which are open to the public all the year round.



On New Year's Day we dropped in on the Hillier Arboretum which is situated in Hampshire at Ampfield

near Romsey. The gardens were started by Sir Harold Hillier in the 1950s and were given in trust to the Hampshire Council in 1977.

Covering 180 acres there is true space and beauty of spacious areas and architectural planting. At this time of the year the stark outlines of winter trunks support the masses of twigs which though bereft of leaves provide body and colour to brighten even a drab winter's day. With a few shafts of sunlight the scene transforms to a magical kaleidoscope of shape and colour.

The Winter Garden has been lovingly created by resident gardeners and enthusiastic volunteers. Hilliers is home to the National Collection of Witch



Hazels. These burst forth into bloom on the shortest days of the year with masses of sweetly scented golden blooms clinging tenaciously to now leafless branches. Here also are red varieties providing a spectacular show whilst defying all the elements that keep other plants tight in bud.

The bright red stems of the dogwoods diffuse colour against

the dormant backdrop. The beauty of the stems is helped by pruning out all the older stems which begin to fade and so encourage the younger ones to take over and these display the best and deepest shades.

Framing this season's picture are the cherry trees with their shiny reddy-brown bark standing like sentries on guard but proud of their uniforms.

# GARDENERS' CORNER



These contrast with the snow-white bark of the silver birches, and the finely textured brown green of the maples.

As the light penetrated areas, which later will be shaded by the canopy of leaves, the early narcissus were just about to open with their heads lowering for their trumpets to blast out that Spring is coming fast.

There are many other areas of great interest with 10 other National Plant Collections here and there is always a natural display of nature's opulence. After we took in all this and walked a good way round we treated ourselves to a welcome tea in the restaurant.

Hilliers is well worth a visit at any time of the year and will fill the visitor with awe at the grandeur of the trees, and in Summer the magnificent long border of herbaceous plants and shrubs. We came away with many good ideas for our own garden and had enjoyed a full and worthwhile garden day.



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# BOOK REVIEWS

## ORGANIC FUTURES

**The Case for Organic Farming**  
By **ADRIAN MYERS**



**Organic Futures** presents an overwhelming argument for replacing modern farming methods with organic techniques. Exploring the history, politics and practicalities of organic farming, Adrian Myers shows how the current techniques of agriculture and horticulture based on chemical fertilizers, which inevitably bring about the deterioration of soil life, cannot provide a long-term sustainable future for humankind.

### **Organic Futures**

- \* shows what we can learn from 4,000 years of sustainable organic agriculture in the Far East
- \* explains how organic farming is different from conventional agriculture
- \* demonstrates the damaging effects of conventional farming
- \* discusses the importance of maintaining soil fertility
- \* presents a vision of an organic future, including inspiring developments in both the West and the Third World.

**Published by Green Books. Price £12.95, plus P&P £3.00. Available from JVS.**

## **VEGETARIAN VISITOR 2006** **WHERE TO STAY AND EAT IN BRITAIN**

**Edited by ANNMARIE WEITZEL**

This new edition, again in popular paperback format and completely updated, is the **only annual guide** to private homes, guesthouses and hotels in England, Wales and Scotland, which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

All establishments have descriptive information, as well as codes indicating whether are exclusively vegetarian/vegan or that they also serve traditional food, whether they are licensed, allow smoking and are close to public transport.

There are more than 300 cafes, restaurants and pubs that cater well for vegetarians and/or vegans and which have been fully checked just before publication.

# BOOK REVIEWS

**Illustrated throughout with photos and line drawings. Price £2.50. Available from bookshops or post free from the publisher – Jon Carpenter Publishing, Alder House, Market Street, Charlbury, Oxfordshire. OX7 3PH. Tel and Fax 01608 811969.**



## **HIDDEN FOOD ALLERGIES**

**By PATRICK HOLFORD & DR JAMES BRALY**

**The National Allergy Week, 23-28th January 2006 last highlighted the latest statistics – one in two people, including up to 70% of the chronically ill, suffers from a hidden food allergy. Are you one of them?**

Classic symptoms that could be causing you unnecessary pain and discomfort include:

Weight gain – strong food cravings – bloating – abdominal pain – irritable bowel – diarrhoea and/or constipation – chronic fatigue – depression – hyperactivity and bedwetting in children – rhinitis – eczema, itches and rashes – asthma – sinus problems – ear infections – mouth ulcers – headaches and migraines – joint aches and pains.

If your symptoms, pain or energy levels come and go for no obvious reason, then you may have a hidden food allergy. In this practical and reassuring book you will discover which foods make you will and which foods suit you best. Most food allergies and intolerances can be overcome. **Patrick Holford** and **Dr James Braly** explain the benefits of excluding certain foods from your diet and show how you can safely eat most of these same foods again only a few months later.

**Published by Piatkus Books Ltd, Paperback. Price £7.99. plus P&P £1.00. 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.

**BLACKPOOL WILDLIFE HOTEL**, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, Tel: 01253 346143.

**LONDON B & B** in comfortable friendly home. Garden overlooking park. No smoking. Five minutes walk Finchley Central Underground Station.

Please telephone Dora on 020 8346 0246.

**TEKELS PARK** Vegetarian Guest House, Camberley, Surrey. Tel: 01276 23159. Send SAE for further details and special Winter mid-week breaks.

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Website: [www.ClaridgeHouse.quaker.eu.org](http://www.ClaridgeHouse.quaker.eu.org)

## NOTICE

We are often being requested to send a Speaker to an outside organisation, sometimes for an evening meeting, as well as the afternoon.

We are desperately looking for someone who would be willing to give a talk on either vegetarianism or health, or any subject relative to our cause.

If anyone 'out there' is able to help, it would be much appreciated, so perhaps you could contact the office on 020 8455 0692, Monday to Friday, 10am – 4.00pm with your name, etc.

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