

The Jewish Vegetarian

Wishing all members a Happy and Kosher Pesach



Palm trees on the shore of the Sea of Galilee

The righteous shall flourish like the palm tree (Psalms 92,13)

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

The Official Journal of the Jewish Vegetarian and Ecological Society 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.

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.

£21 Mr T.S.B. London E7. £20 Mr H.G. Ilford, Essex.
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BUILDING FUND DONATION – LONDON HQ.

£5 Miss F.M. London NW4.

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:

£23 Mr L.A. Thatcham, Berks. \$50 Ms. J.R. OR. USA
 \$20 Mrs E.H. IL. USA.

SOCIETY NEWS

WE WELCOME YOU ALL

to

***THE 42ND ANNUAL GENERAL MEETING
OF THE INTERNATIONAL JEWISH VEGETARIAN
SOCIETY ON: 18TH MARCH 2007 AT 2.00pm***

Prior to

***THE PHILIP L. PICK MEMORIAL LECTURE
at 3.00pm***

Guest Speaker – Rosalind Berzon

BAHons). Cert Ed(FE).MRIPH.Cert Nutrition & Health. ITEC Dip Anatomy & Physiology

***“YOUR HEALTH IS YOUR WEALTH”
REFLECTING ON PAST TIMES
AND LOOKING TOWARDS THE FUTURE***

*Further information on Rosalind – her present and past experiences
– can be found elsewhere in the magazine*

Venue: 855 Finchley Road, Golders Green, NW11

(A tea will follow the talk – Vegan of course)

WESSEX JEWISH VEGETARIAN GROUP

Dear Readers.

We welcome those interested living in our area to join the ‘Wessex Jewish Vegetarian Group’, affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green. London NW11 8LX. We meet four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes. We invite all ages to join us.

If you are interested, telephone: Rosalind Berzon

Tel. 01202 295895

leaving your name and telephone number.

Looking forward to meeting friends we have yet to meet!

SOCIETY NEWS

THE PHILIP L. PICK MEMORIAL LECTURE

GUEST SPEAKER – ROSALIND BERZON

BA(Hons). Cert Ed(FE). MRIPH.CERT Nutrition & Health. ITEC Dip Anatomy & Physiology

YOUR HEALTH IS YOUR WEALTH 'REFLECTING ON PAST TIMES AT JVS AND LOOKING TOWARDS THE FUTURE'

Rosalind has been a member of The Jewish Vegetarian Society for over thirty years. She enjoyed Philip Pick's stimulating lectures, as well as the talks and cookery demonstrations on Healthy Eating by the late Emil Just.

At the time she was teaching Art and Art Therapy, but began to show a keen interest in Nutrition and Health. Her interest in healthy eating inspired her to teach Vegetarian Cookery for two years at the Redbridge Institute in the early 90's. In 1966 Rosalind studied at Epping Forest College for her RIPH Certificate in Nutrition and Health. In April 2005 she was elected as a Member of the Royal Institute of Public Health and in July of the same year, she passed (with credit) the ITEC Dip in Anatomy and Physiology.

Rosalind is currently the Nutritional Adviser at the Wessex Healthy Living Centre. Southbourne. Bournemouth. (The Centre was founded nearly 30 years ago by Bertha (Bee) Klug. MBE. and we are privileged to have Bee as a Life Member of the JVS).

Rosalind and her husband Michael retired to Bournemouth three years ago and are both involved with many activities in the area.



BEQUEST TO THE SOCIETY

Ensures its Future Activities.

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

Tel: 020 8455 0692

SOCIETY NEWS

We received the following article from Mrs Ida Percoco – Florida USA and thought it would bring a smile to the face of our readers.

THIS TURKEY HAS A LOT TO GIVE THANKS FOR!

Thanks to a lucky twist of fate, Fortuna won't end up on anyone's dinner table!

Last Thanksgiving, the Johnson family had a turkey for dinner....as a guest, that is!

It seems that a year ago, a Columbia, Missouri, turkey truck was heading for the Thanksgiving dinner factory when it hit a bump in the road – knocking a feathered “passenger” off the truck.

Luckily for this bird, the truck driver kept going, but before long, a couple picked him up. They called Jim Johnson, then-president of the local humane society, and he “adopted” the turkey...naming him “Fortuna” for his good luck!

Fortuna started showing his thanks right away by following Jim wherever he went. And when Thanksgiving came, the Johnson family knew it wouldn't be complete without a turkey... so when their guests arrived, they were greeted by a 40-pound bird-strutting about in a bow tie! The family enjoyed a vegetarian meal, and Fortuna loved his serving of sweet potatoes.

“He has forever changed Thanksgiving” Jim smiles. “Now when we say ‘thanks’ for the turkey...he gobbles thanks right back!”



HELP!!!

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

Computer skills would be an asset.

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

IMAGINING A VEGAN WORLD

IMAGINING A VEGAN WORLD

BY RICHARD H. SCHWARTZ, PH.D.

The late Senator Robert Kennedy often stated: "Some see things as they are and ask why, I dream of things that have never been and ask: why not?"

Yes, why not? Why not a vegetarian world? Or better still, since we are dreaming, why not a vegan world! When one considers all the negatives related to the current widespread production and consumption of animal products, it is hard to believe that so few people have seen the importance of shifting to such a world.

What Would A Vegan World Be Like?

It would be a world with far healthier people. There are numerous studies showing that plant-based diets can sharply reduce the risk factors for heart disease, various types of cancer, strokes, and other chronic degenerative diseases. Dr. Dean Ornish and others have shown that a well planned vegetarian diet, along with other positive lifestyle changes, can reverse severe heart-related problems. Currently about 1.3 million Americans die annually from diseases linked to the consumption of animal products. This number would be sharply reduced when people eat a wide variety of foods from what the Physicians Committee for Responsible Medicine (PCRM) calls the "New Four Food Groups": fruits, vegetables, whole grains, and legumes.

It would be a far more humane world. We could eliminate the current abuse of the 10 billion animals in the United States and 50 billion animals worldwide raised annually for slaughter. Animals would no longer be bred and genetically programmed to produce far more flesh, milk, and eggs than is natural for them. The many horrors of factory farming, including force feeding of geese, debeaking of hens, and branding, dehorning, and castrating of cattle, would be eliminated. We would no longer need to feel shame when considering Gandhi's statement: "The greatness of a nation and its moral progress can be judged by how its animals are treated."

It would be an environmentally sustainable world. Since we would no longer be raising over 50 billion farmed animals for slaughter under factory-farming conditions, there would be a sharp reduction in the current significant contributions that modern intensive livestock agriculture makes to global climate change; rapid species extinction; soil erosion and depletion; destruction of tropical rain forests, coral reefs, and other valuable habitats; desertification; and many more environmental threats. Without the need to feed so many animals, we could let land lay fallow on a rotating basis, and thus restore its fertility. There would be far less need for pesticides and chemical fertilizers in the production of feed crops for animals. Of course,

IMAGINING A VEGAN WORLD

changes would also have to be made in our production, transportation, and other systems to improve the environment as much as possible, but the shift to vegetarianism would be a major step.

It would be a world where hunger and thirst would be sharply reduced, if not eliminated. When we no longer feed 70 percent of the grain grown in the US and 40 percent of the grain grown worldwide to animals destined for slaughter, using vast amounts of agricultural resources to do so, we would have the potential to save the lives of many of the estimated 20 million people who currently die of hunger and its effects. When we shift away from current animal-centered diets that require up to 14 times the amount of water that vegan diets do, we can help reverse current trends that have been leading to an increasingly thirsty world. Also, since current typical diets require large amounts of energy, a shift to vegan diets and other positive changes, would give us additional time to develop more sustainable forms of energy.

It would be a far more peaceful world. Some may question this, but please consider that the slogans of the vegetarian and peace movements are the same: "All we are saying is give PEAS a chance." Humor aside, the Jewish sages, noting that the Hebrew words for bread (lechem) and war (milchamah) come from the same root, indicated that when there are shortages of grain and other resources, people are more likely to go to war. History has proven the truth of this statement many times. Hence, a vegetarian world, where far less water, land, energy, and other resources are required for our diets would reduce the potential for war and other conflicts.

Obtaining a vegan world may sound utopian today as so much meat is consumed in the developed world and as newly affluent people in several countries, including Japan, China, and India, shift toward animal-centered diets. However, borrowing the title of a Buckminster Fuller book, we may have a choice between "Utopia and Oblivion." Our current dietary and other practices threaten major catastrophes for humanity from global warming, losses of biodiversity, water and food shortages, just to name a few problems. So, as difficult as it seems, it is essential that we alert people to the necessity of adapting vegan diets.

As a song from the popular musical "South Pacific" indicates, "If you do not have a dream, how yuh gonna have a dream come true." So it is essential that we keep the dream of a vegan world alive.

And, as the Zionist leader Theodore Herzl stated "If you will it, it is not a dream." So, we must do more than dream. We must work diligently to make that dream come true. The fate of our precious, but imperiled, planet depends on it.

TWENTY-SEVEN RULES

TWENTY-SEVEN RULES TO SUSTAIN LIFE AND THRIVE ON THIS PLANET.

BY RAYMOND AVRUTIS

Eating farmed animals or their products such as commercial eggs or cottage cheese is the same as using the produce of slaves or Prison labour. It's just not fair. Of every last sinning scholar and seer who ever advocated vegetarianism, not one of them has quantified their beliefs. We must know the (often) statistical probabilities to some questions, including the following, to implement a worldwide peaceful vegetarian planet.

The Biblical History.

The still widely-read King James Bible allows meat eating. But this translation mistranslates the Hebrew word for "food" as "meat" in Genesis 1:29. God gave humanity plants (grain and fruit) "for a food", according to the Jewish Publication Society's 1985 Tanakh.

It does vegetarians no good to say, "We should be vegetarian because we will live longer and be in tune with our Creator's plan, as He instructed Adam." The vast majority won't believe us.

Meat eating began with Noah. The land was soggy with saltwater. Nothing grew. Noah's family had to eat, or humanity would perish! Therefore, G-d let Noah's family eat some of the seven pairs of clean animals. When the Israelites much later ate the quail that had flown overhead, the Israelites died. G-d told Moses not to eat those dead birds. Moses spread the word. Those who believed him lived

Jesus Christ gave 4,000 or 5,000 people either fish or relish sandwiches, depending on how the Ancient Greek is translated, according to Mr Rynn Berry, a spokesperson for the North American Vegetarian Society I heard speak.

Now for "Twenty-Seven rules to sustain life and thrive on this planet."

1. How much land will yield what amount of organically grown fruit and grain? Assign values geographically. How many person-hours yields how many calories? Include time for sowing, reading, transporting, storing and distributing.
2. Store food in recyclable containers, wherever possible. Use artificial ingredients only to avoid spoiling.

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3. Are our children used as “lab rats” in a long-ago failed experiment just so some adults can earn financial profits? (Dissertation Abstracts should have this research). Was this lab rat experiment performed: feed one rat sugared cereal, and the other organic fruits, then test them in various ways and see how long they both live. (And we wonder why so many youngsters are hyperactive).
4. Trade using fair labour practices, worldwide. Encourage labour unions with honest elections.
5. If possible give mothers paid time off, perhaps as much as two years, to bond with their child(ren). Form “moms cooperatives” of non-lethal, basically good human females raising kids together, possibly sharing child-rearing responsibilities. Fund day care centres where all staff are astrologically selected and screened. And if a welfare mom wants to stay home and raise her children, then society gladly pays her because Mother work is real work.
6. Create a workable, non-throwaway society. Planned adolescence is planetary cannibalism. This planet has limited natural resources.
7. Love people (some of them, sometimes), and use things (again, some of them, sometimes). Strictly control advertising goods and services. You get a “high” when you buy a new product. The high promptly wars off. Mass advertising makes us want new products unnecessarily, thus encouraging a rat-race civilization. (The Talmud says, “Who is wealthy? He who is satisfied with what he has.”)
8. To help foster world peace, eliminate all firearms, except those held by “a well-regulated militia,” as the Second Amendment of the U.S. Constitution clearly states. Impose severe penalties for owning or (gasp!) using a firearm. After a police officer fires a weapon, give truth serum. Gently ask, “Why did you shoot (at) the person(s)?” This eliminates racists and sociopaths.
9. Eliminate nuclear reactors. Their end products are health hazards for many millennia. Award a Nobel Prize for the person who writes “How to turn radioactive materials into mush.”
10. Envision our Universal invisible Creator as having qualities of, among other personalized abstractions, an Ancient Hippie who wants us to use free solar, wind and wave energy to generate the advanced societies we can live in for several hundred million more years. (But there will

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- always be mudslides, etc.)
11. Have engineers design new types of cars that may have solar roofs larger than the car's body, mounted several feet above the car itself. We might not travel at 100 miles an hour any more, but global warming threatens the planet with premature extinction. No more gasoline power!
 12. The Middle East's energy exports should be solar energy from, for example, Saudi Arabia's "Empty Quarter." Solar energy—not oil—will make the Saudis truly wealthy. (Our sun still has eons to go before the people leave on spacecraft to the next habitable planet, not powered as we now have ventured off this now-isolated planet).
 13. Inaugurate a planet-wide but culturally-specific, partially variable set of sex rules, practices and laws. Have our best minds (and hearts and bodies)develop these standards. Caution: Although one size does not fit all, certain practices will be genuinely admired, and others will be severely punished.
 14. There will be, forever, women who want to become pregnant who don't and women who don't want to become pregnant who do. Medical science should help both groups of women to achieve their respective goals.
 15. Use astrological computers to marriage-match people as teenagers or young adults, if they are karmically designed to marry in this lifetime. All persons will answer no-wrong-choice multiple option questions about themselves and their values. All input test scores.
 16. Teach that both ducks and virgins imprint. Teach in junior high school how and why to have sex the first time, and how and why not to do it. Use clinical examples. (Do not require lab tests!) Discuss problems and how to avoid them. Have professionals explain this, perhaps with films. If you are someone's first love (and/or first lover), you may have a lifetime responsibility to this person. Teach how not to hurt, to both sexes. (And have "Karma courts" for "studs," "shrews," etc.)
 17. Use the astro-computer for work, to help decide which persons can perform which jobs. Astro*Carto*Graphy can help people who want to (or should) relocate.
 18. Make recycling a Law of the Planet. Anything that can have another use, will have another use. This is how God designed the human soul. Human souls are originally designed to travel form life to life, forever.

TWENTY-SEVEN RULES

19. Teach how our Creator rewards and punishes how a person, who abuses his or her privileges, can end up on the karmic scrap heap of life-or worse.
20. Have honest and competent elected officials. Start at the top. Publish their test scores. Or have a minimum IQ (or equivalent) and the absence of certain specific astrologically disqualifying traits to be our planetary, national, state or local leaders. Require every candidate for office to state publicly what he or his worst mistake(s) is/was or were.
21. Developed nations should aid countries less fortunate lest the wealthy and powerful elites end up impoverished in their next lifetime(s) (This is one way G-d inflicts punishment).
22. Be able to laugh! Just not at poor peoples' suffering. This is unbearably evil. In the next lifetime(s), your life situations could be reversed.
23. Clean up this planet, lest all decent folks and the truly wicked all suffocate in the animal and industrial wastes we have allowed to be created in truly astonishing quantities!
24. Some people respond well to traditional medicine, while others do better with alternative therapies. Use and teach both, where applicable.
25. Sustain a scientifically-designed, ever-renewing planet, with food, clothing, housing and some medical care for all.
26. Procreate wisely. Take care of your future children. Deal with your own issues first. From stability, you can breed stability. Neither you nor your progeny will ever be "perfect" people. Entire civilization will, forever, exist with their problems. Life would be boring without challenge (and change). If possible, avoid single-parenthood: You will injure your child/children's future, statistically, by not having a spouse. Parenting is a lot of work-and it takes two parents. From infancy, kids need a role model of both sexes. This creates a balance and an income, when Mommy needs to be home raising her kids.
27. Honour and revere your G-d, as G-d has revealed itself to you through her or his prophets. We all live on one planet, in one galaxy, in one subgroup of galaxies, etc., in the known Universe. G-d created the whole show, the pains and the pleasures, 12 and 13 billion years ago. And, hard as it may seem sometimes, G-d loves us all

I HAVE A SOUL

I HAVE A SOUL

“The Cry of Another” By Derrick Cohen

Recently I was watching an early morning educational programme on B.B.C. television that dealt with the subject of handicapped children and their attitude to their disability. Some were physically handicapped, others having to grapple with the problems that affect the mentally scarred. This group ranged from the ages of 8 years to those in their middle teens and were being coached and tutored by qualified experts in the art of mastering self-esteem. Self esteem is something most of us take for granted but is severely lacking in the vast majority who have to battle throughout their lives, carrying a burden on their shoulders.

Where one is at a disadvantage, this lack of confidence is noticeable in all walks of life. The important message from these pupils was their wish to be included in society and not feel excluded or ignored by others. Some people can be very spiteful or uncaring and by their action, cause unnecessary distress to the handicapped.

Being “included in society” is then the keynote of this article. All of us are aware of other unfortunate groups of people who are having to battle with disability, notably the blind and the deaf. The focus of this discussion is about the deaf and I apologise for any lack of respect towards the blind in this article.

Now, being classified as “Hard of Hearing” and “Profoundly Deaf” since early childhood, I feel justly qualified to impart some of my lifelong observations of the trials and tribulations that the “Hard of Hearing” may have to encounter and I hope that this article will help you, the reader, to a better understanding of the dilemma facing the deaf and how best you can act towards them. Statistics suggest that there are about 9 million adults in the United Kingdom with a hearing difficulty and a percentage of 1.2 per thousand of infants and children who are affected in a similar way.

There are two types of deafness that dominate the “Hearing Impaired”, “Nerve Deafness” and “Conductive Deafness”. Then there are those who are “Stone Deaf” and who are unable to receive any sound whatsoever! The worst affected are those who are “Deaf and Dumb” and their predicament must be totally unbearable, yet they are able to function as individuals. “Nerve Deafness” is the result of “Sensorinical Impairment”, meaning that the abnormality is located in the inner ear, in the auditory nerve or in the brain.

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The prevalence of this type of hearing loss rises greatly in elderly people to the extent that 50% of those over the age of 70 may be affected.

In most cases no definite causes can be found, but contributory factors include excessive exposure to loud music either at work or leisure. It is also known for Ex-Servicemen, who were exposed to gunfire and explosions during the last war, to develop this form of deafness in later life.

"Conductive Hearing Difficulty" is caused by an abnormality of the exterior or middle ear and prevents the normal transmission of sound to the inner ear. This is commonly due to "Chronic Otitis Media", where there is a perforation of the middle ear due to loud booming noises; again this is prevalent in Ex-Servicemen.

"Sensorinica Hearing Loss can only be helped by hearing aids. Conductive Hearing Loss can also be treated by an operation on the middle ear. People such as the deaf and dumb and those who are stone deaf, unfortunately, can only be helped by being fitted with a "Cochlear Implant" into the middle ear.

In today's modern world technology has advanced tremendously and hearing aids have progressed to the same degree with the age of the digital. A far cry from the humble origins of the hearing trumpet and that ugly huge box strapped to a person's body which gave out such loud crackling noises! Yet in spite of these advancements many find difficulty in adapting to their modern apparatus. This could sometimes be the fault of the technicians who programme the hearing aid. I myself was very fortunate as my digital aid has been programmed to my best advantage and although I am not always able to hear correctly (for I have a rare condition of nerve deafness) as most speech sounds are completely dead, it means that I am receiving a confused sentence. I have to grope at what is being spoken to me, and have to rely to a large extent, on my ability to lip-read. I am sure that I am not the only one with this predicament. Lip-reading is a blessing to the hearing impaired and I do advise those with no knowledge of it, to try and learn how to make use of it to advantage. Then, of course, we all know the benefits of sign language. For those in need of its requirements, self-esteem can be lacking in a vast percentage of the hearing impaired. Those who have suffered from an early age are not always able to develop the full range of their natural ability. Because of lack of confidence, and being shy by nature, they could be held back in terms of the real world and feel frustrated. Their personality can then become that of a handicapped person. The older person who develops a hearing impairment later in life has already developed a full

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natural personality and has enjoyed the successes and trappings of a full life, but their personality can undergo a dramatic change on succumbing to this disability and present a psychological impact that is sometimes disturbing.

If we were to watch the body language or facial expressions of anyone who suddenly loses their sense of hearing, this would be very noticeable.

There are organisations world-wide who seek to help and encourage the deaf-impaired to uplift themselves, they also provide sanctuary and social facilities where they can meet and mix in a cordial atmosphere away from the harshness of the outside world. Three such groups in this country are the 'Royal Institute for the Deaf', the 'Jewish Deaf Association' and 'Hearing Concern'. All do excellent work easing the burden of the hearing impaired. Many people lack confidence purely due to fear of mis-hearing and giving the wrong answers. They are fearful of being open to ridicule which can cause them to become introverted. This is not always helped by societies, who continue the ways of their childhood by being cruel and uncaring towards the deaf. The baiting chants of children exclaiming "Oh! He's deaf, he can't do anything, let's leave him alone etc. etc." never seem to disappear. Even adults are unable to accept the person who is different. They therefore treat the deaf in an off hand manner by ignoring them completely! Some deaf people will avoid social conversation because of this attitude.

In the idiom of the English Language, if we take the letter "E" out of the word deaf and replace it with the letter "T" we get the word 'daft' which can be how many deaf people appear to be when they are confused and muddled during general conversation. Then, being sensitive they can become very withdrawn.

These then are just a few of the vicissitudes that the hearing impaired has to struggle with. But we dare not think that all the hearing impaired are weaklings with an inferiority complex and unable to face the world with any confidence. There are many who make their way through life with courage, going on to achieve their aims and ambitions in sterling fashion; some have even become famous in their lifetime. To my mind the best of them all has to be Beethoven, who, in spite of being stone deaf was able to produce such wonderful music. One wag, who was obviously not a lover of Beethoven, remarked "If Beethoven could have heard his music he would never had written another note!!"

It is my opinion from a lifetime's observation that the hard of hearing are

I HAVE A SOUL

given a raw deal by the ignorance of a small section of society. So I say to you "Joe Public" you can do so much more to help the deaf to improve the quality of their social life, firstly by showing an acute sense of empathy and ethical sensitivity. Realise that his hearing aid is only limited, which means that he may be struggling. Learn to speak more slowly, direct and clearly to the person and also raise your voice a little. Draw him into the conversation; do not leave him high and dry. Be sympathetic in manner and pay attention whenever he is speaking, so helping his confidence. Remember that he is handicapped and has to rely on others.

Most important, include him in society. I am sure that this should not be too difficult. Just think if it were your son, daughter, wife, husband or any other relative how would you act towards them? Furthermore, remember that even the deaf have a soul. If you can understand all this and care, then you can understand me!!!!



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

THE DOCTOR'S CASEBOOK

FROM THE DOCTOR'S CASEBOOK

By EDWIN FLATTO. M.D.

SUNSHINE: GREAT BLESSING AND DEADLY THREAT

"Because a little is good, a lot is better" and

"Because a lot is bad, a little is bad too."

The above statements represent some people's illogical thinking. Because some people develop skin cancer from **abusing** the sun's rays, it does not follow logically that **all** sunshine is harmful.



Rudyard Kipling wrote. "Only mad dogs and Englishmen go out in the noonday sun." He was referring of course to the practice of the English in India walking around at midday while the natives took their afternoon siesta.

Without sunshine, there would be no life possible on earth. The human race has thrived under the influence of sunlight. It combats depression and without adequate sunlight many forms of psychosomatic illness can develop. During the winter months in the far North, many people develop depression that is often relieved by the advent of spring.

Skin that is denied fresh air and a little sunshine occasionally becomes pale, pasty and unhealthy. A few minutes of sunshine, when the sun's rays are slanting, as in early morning or late afternoon, can be very beneficial to your skin. Sunshine is both bactericidal and fungicidal.

There are many skin diseases that benefit from sunlight. For example, sunlight has a beneficial effect on psoriatic skin, as evidenced by the face usually being unaffected by the disease while skin underneath clothing may show extensive psoriasis. I have seen fungus conditions which, although drug-resistant, heal in several days through the influence of sunlight.

Lack of sunshine can cause a vitamin D deficiency, which is more common than generally realized, particularly in the elderly. Vitamin D deficiency can result in rickets in children (rarely) or low blood calcium levels and a more common softening and brittleness of the bones, **osteomalacia**, which occurs in adults and chiefly in women. Vitamin D is necessary for the body's proper utilization of calcium.

THE DOCTOR'S CASEBOOK

In Leeds, (England), three doctors examined biopsy specimens from the hip bones of 134 patients who had suffered fractures. They concluded that over a third of the patients were suffering from a vitamin D deficiency. They also noted that the greatest number of fractures occurred between February and June, when we absorb the least amount of sunshine. In another study conducted involving 110 children and 11 adults, vitamin D levels were determined more by exposure to the sun than by dietary supplements of vitamin D.

Keep in mind that more than 400 international units daily of vitamin D may be toxic. Actually, vitamin D is not plentiful in natural foods. Vitamin D is created in the body simply by exposing the skin to the sun. Vitamin D is also fat-soluble which means that the body stores it. Therefore, a deficiency may be developing by Spring and Summer.

The sun has been worshipped as a god and used as a therapy since the beginning of recorded history. **Heliotherapy**, named after the Greek god of the sun, was very popular throughout Europe until World War 2 and the advent of penicillin and other drugs. Clinics were established in leading European health spas to treat various diseases.

One of the most famous helioclinics was established in Switzerland more than 5000 feet above sea level in the Swiss Alps. Because the intensity of the ultraviolet (UV) light increases by 4 percent for each 1000 feet of elevation above sea level, at 5000 feet, the sun's UV intensity is increased by 20%. Dr. Auguste Rollier, the world-famous physician who directed the clinic, attributed his success in curing various diseases to the intensity of the ultraviolet rays of the sun which were, of course, most intense at high altitudes. One of the principal diseases cured by Dr. Rollier's "sun therapy" was tuberculosis. At the time, more than 100,000 lives were lost each year to tuberculosis, or, "The White Plague". However, Dr Rollier found many other diseases responded to heliotherapy, including anaemia, fungus infections, rheumatoid arthritis, skin diseases, rectal diseases and upper respiratory infections.

With the advent of penicillin, heliotherapy lost much of its popularity and was largely forgotten after World War 2. In the late 1980s, tuberculosis (TB) re-emerged with AIDS (Acquired Immunodeficiency Syndrome) patients and many doctors believed that antibiotics could contain it. But six major outbreaks of "multi-drug resistant" TB in the United States made many change their attitude. Some even wanted to revive the sanatoriums and do further research on heliotherapy.

THE DOCTOR'S CASEBOOK

Of course, the sun can be abused. Lying in the sun or exposing your skin to the sun's rays for prolonged periods is damaging to your skin and can cause premature wrinkling and skin cancer. **Avoid the sun on your skin when your shadow is shorter than you are.** During the months of May to August, when the sun in the northern hemisphere is highest in the sky, the intensity of the sun's rays is most potent. It is around noon during this period that the greatest danger to your skin from UV radiation is present. Overexposure to UV radiation, especially for light-skinned people, can cause drying and wrinkling of the skin, actinic keratoses and basal and squamous cell carcinomas. Over exposure can be a risk factor for malignant melanoma.

Absorb the sun's rays during the early morning or just before sunset, when the sun's rays are slanting, and when your shadow is longer than you are.



WESSEX JEWISH VEGETARIAN GROUP CHANUKAH SOCIAL – SUNDAY EVENING 17TH DECEMBER 2006



We had a very successful get together on the 3rd day of Chanukah at the home of Esther Stern.

There were about a dozen people present and we were particularly pleased that Rabbi Neil and Jenny were able to join us.

After Esther lit the Chanukah candles and we all sang Chanukah songs a very delicious supper was consumed and everyone seemed to enjoy the evening.

Hilda Pinkerton, Hon Treasurer

TRAVEL

IL MARGUTTA, VIA MARGUTTA 118 ROMA

By FRANCES FREEDMAN

It is said that all roads lead to Rome and certainly on our recent short holiday there every road in the evening lead us to a superb vegetarian restaurant – **Il Margutta**.

Situated in **Via Margutta**, right in the heart of Rome in a street famous for its artists, antique shops and galleries a few minutes walk from the renown Spanish Steps, this beautiful restaurant (established in 1979) offers vegans and vegetarians and those who appreciate the taste of fresh seasonal food a wonderful opportunity to enjoy a memorable meal – ‘to eat is our important rite – to be savoured, relished and enjoyed’.

Open from 12.30pm until late at night you can enjoy aperitifs (with hors d’oeuvres and cheeses etc). Lunch (including a special Sunday Brunch with a buffet choice of over 50 hot and cold dishes) and an evening meal which features: Menu Classico, Menu Vegan, Menu Margutta and last but not least Menu D’Autore (gourmet) or a choice from all four menus – which is what we ate!

At the beginning of November, in Italy, wild mushrooms (fungi) are at their best so ‘M’ was in mushroom heaven with a beautifully served selection of at least six differently prepared and presented mushrooms comprising of mushroom quiche, mushroom tempura and mushrooms and rocket served with a delicious sauce. A green lasagna with Porcini mushrooms, chanterelles and a thyme and nutmeg veloute also featured on the menu.

In true Italian style everything was served artistically. I began our first evening with a Barlotti bean soup and autumn herbs, sage and croutons and continued with a main course of crusty potato pie with Forlina cheese, spinach, almonds and creamed celery, whilst ‘M’ started with Courgette flowers stuffed with ricotta cheese and thyme served with baby tomatoes and toasted pine nuts. Another evening, I ate Spinach soufflé with courgette flowers and a parmesan and truffle sauce as ‘M’ savoured his Parmigiana “alla Mediterranean” with mixed vegetables in Parmesan crust with buffalo mozzarella and basil.

Desserts were heavenly especially the ‘4 Chocolate Delights’ (four varieties of different chocolate desserts) or the mosaic of fresh fruit with a selection of sorbets.

After a full day of walking and exploring the magnificent sights of Rome, eating a delicious meal surrounded by art-works in this stylishly sophisticated restaurant with its white cloths and napkins, candles and pianist made the perfect end to the day.

COOKERY CORNER



Denise Phillips

DELICIOUS PESACH/SPRING RECIPES FROM DENISE

Pesach time is one of the occasions that everyone makes an effort with the cooking unless of course you are lucky enough to be going away. Bought biscuits although delicious are so expensive, home made satisfies the sweet tooth at a fraction of the price! Also making Pesach biscuits is a delightful way of encouraging little helpers to get involved in cooking.

MINI CHOCOLATE ALMOND MERINGUES

This recipe uses 4 egg whites, so weeks prior to Pesach remember to freeze them in a glass container. One egg white is equivalent to one fluid ounce and provided you let them defrost at room temperature they whisk up beautifully. Unfortunately egg yolks do not freeze – keep them for your Pesach mayonnaise and lemon curd! These meringues biscuits are parev and can be stored for about a week in an air tight container or freeze.



Preparation Time: 15 minutes **Cooking Time:** 20 – 25 minutes
Makes: 24

Ingredients

4 egg whites; 200g caster sugar; pinch of salt; 4 tablespoons cocoa powder; 1 teaspoon almond essence.

Method

- 1) Pre- heat the oven to 150°C/ 300°F/ Gas mark 2.
- 2) Line 2 baking trays with non stick baking parchment paper.
- 3) Lightly whisk the egg whites until foamy. Add a pinch of salt.
- 4) Continue to whisk the egg whites, increasing the speed. Slowly add the sugar, a tablespoon at a time until the mixture is glossy. Add the almond essence.

COOKERY CORNER

- 5) Stir in the cocoa powder. Transfer the mixture into piping bag or use a tablespoon to drop onto the prepared baking tray.
- 6) Bake for 20 minutes on a very low light until the meringues appear dry and set.

To serve the stylish way: Dust the plate with some cocoa powder and stack them up high.

ORANGE AND ALMOND CAKE WITH ORANGE CREAM

It is always difficult to find suitable low fat desserts that are not just fruit. This recipe has no fat and transforms some every day ingredients into something very delicious. The secret in its divine flavour is the result of simmering 2 whole oranges for 2 hours and then incorporating them into the mixture.



This cake recipe also ticks all the boxes for a flexible cake, it can be made in advance, it is parev and it is ideal for Pesach. For Pesach I omit the orange cream and make this as a dessert. It is perfect to finish a seder or Yom Tov meal – to turn into ‘afters’ serve with ready made sorbet (orange or lemon) or parev ice cream (chocolate) goes well with the orange and almond flavours.

During the rest of the year I like to serve this orange and almond cake topped with thick yoghurt mixed with some icing sugar and teaspoon of orange juice or an orange liqueur such as Cointreau. There are three basic varieties of orange. The sweet variety is large and juicy but their skins are more difficult to remove. The Valencia and the blood oranges are two popular types of sweet orange. Sour tasting oranges, known as bitter oranges, are mainly used in cooking or for orange liqueurs – where their essential oils and peel is often an important ingredient. Loose-skinned oranges are the sweet kind of orange that peel and segment easily.

Oranges originated in Southeast Asia – valued for their rich vitamin C content, they are grown in warm-climate areas across the world, including North America, Africa, Spain and Portugal. The United States is the world’s largest producer of oranges.

COOKERY CORNER

Always choose oranges than are heavy, firm and evenly shaped with smooth skins. As with lemons and limes, thicker skinned oranges will give less juice.

Preparation Time: 20 minutes **Cooking Time:** 3 hours 30 mins plus cooling

Serves: 8-10

Ingredients

2 large oranges; 200g caster sugar; 200g ground almonds; 1 teaspoon almond essence; 6 eggs; 1 teaspoon baking powder; 3 tablespoons of split almonds

Topping:

1 teaspoon fresh orange juice; 250g thick natural yoghurt or mascarpone cheese; 2 tablespoons icing sugar; 1 teaspoon Cointreau

Method

- 1) Put the oranges in a pan and cover with cold water. Bring to the boil, turn down the heat and simmer for 2 hours. Top up with more water if they start to boil dry.
- 2) Line a loose based 20cm/ 8 inch cake tin with baking parchment paper.
- 3) Pre-heat the oven to 170°C/150°F/gas mark 2.
- 4) Remove the oranges from the water. Using a sharp knife, carefully remove the outer orange layer. Cut the oranges in half discarding any pips. Place in the food processor with the caster sugar, eggs, ground almonds, almond essence and baking powder. Blitz until smooth.
- 5) Transfer the mixture into the prepared cake tin and sprinkle the almonds over the top.
- 6) Bake in the pre-heated oven for 1 hour 30 minutes, covering with foil half way through should it start to burn on top.
- 7) Leave to cool and then cut into slices.
- 8) For the orange cream, combine the yoghurt or mascarpone cheese with the sugar, orange juice and Cointreau.

To serve the stylish way: Dust the plate with some icing sugar and serve the cake with a generous spoonful of orange cream.

COOKERY CORNER

Every year, we refer to our own family's traditionally recipe for Charoset but I wonder if you are aware that Charoset actually differs to our heritage. Having researched worldly recipes I have adapted the traditional Ashkenazi and were given family recipes which originated from Morocco and California. They are all made in the same way; essentially finely chop and combine so that they look like mortar but of course taste completely different. May be this year ring the changes and connect with a different Jewish community by bringing their traditional recipe to your Seder table.



In Song of Songs, the Jewish people are compared to: apples, pomegranates, figs, dates, walnuts and almonds. While over the centuries many recipes have developed in Jewish communities (see below) these are the main ingredients to be used for Charoset.

The Talmud also says that the Charoset should be tangy by using apples – commemorating the apple trees under which the Jewish women secretly gave birth in Egypt. (Based on Song of Songs 8:5)

Finally, the Talmud says to make the Charoset thick by adding spices, like ginger and cinnamon. This represents the straw and clay which the Jewish slaves used to construct buildings.

TRADITIONAL ASHKENAZI CHAROSET

Ingredients

3 eating apples – peeled and cored; 1 cup/110g walnut pieces; 2 teaspoons cinnamon; 5 tablespoons Kiddush wine or other Passover sweet red wine; sugar or honey – to taste

Combine and refrigerate.

CALIFORNIA CHAROSET

Ingredients

150g pitted dates, chopped; 1 orange – peeled; 1 avocado – peeled and stoned; 2 bananas – peeled; 100g shredded coconut; juice of ½ lemon; 50g pine nuts; 100g raisins; 2 tablespoons matzah meal

COOKERY CORNER

Peel the fruits, place in blender. Add the almonds, raisins and matzah meal. Cover and refrigerate.

MORROCAN CHAROSET

Ingredients

25 dates – pitted and chopped; 100g pistachio nuts; 50g whole blanched almonds; 50g raisins; 2 apples – peeled, cored and diced; 1 pomegranate – juice only; 1 orange – peeled and finely chopped; 1 banana sliced; 100ml sweet red wine; 3 tablespoons cider vinegar – Kosher for Pesach or use white vinegar; 1 tablespoon black pepper; 1 teaspoon each of ground cardamom and cinnamon

Method

- 1) Combine fruits and nuts or finely chop or grind in the food processor.
- 2) Add the wine, pomegranate juice and vinegar to make a paste. Blend in spices
- 3) Store in a glass container in the refrigerator until required – up to 1 day.

APPLE MATZAH PUDDING

This is a really straightforward traditional parev recipe that includes the classic ingredients of matzah and cinnamon. It is ideal for Seder night as it makes a large pudding, just the perfect dessert after a heavy meal. The apple juice and egg mixture ensures the pudding is light and fluffy. Make it in advance and keep refrigerated for 2 days. Any variety of matzah will produce a great dessert; even the chocolate kind, should you wish to sweeten it a little more! Try making individual puddings in ramekins for a change – these will only take 25 minutes to bake.



Preparation Time: 25 minutes **Cooking Time:** 40 minutes

Serves: 8 people

Ingredients

COOKERY CORNER

6 large matzahs; one-third cup melted margarine; 1 cup raisins; 4 apples – peeled, cored and roughly chopped; 5 eggs; 2 cups apple juice; 3 tablespoons cinnamon; 2 cups sugar

Garnish: Sliced strawberries and confectioner's sugar

Method

- 1) Pre-heat the oven to 350F.
- 2) Break the matzahs into bite size pieces. Soak until soft.
- 3) Drain and squeeze dry.
- 4) Beat the eggs with the sugar. Add the apple juice, margarine and cinnamon.
- 5) Stir in the apples, raisins and matzah.
- 6) Pour into a large ovenware dish 14 inches x 9 inches.
- 7) Bake for 40 minutes or until set.

To serve the stylish way: Dust the plate with confectioner's sugar and garnish with sliced strawberries.

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:

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Wednesday	16 May 2007	Quick and Easy Dairy Dinners
Thursday	17 May 2007	Quick and Easy Dairy Dinners
Wednesday	6 June 2007	Pastry Galore
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MONEY AND GREED

MONEY AND GREED

By Zvi Slotki

**“Greed is alright, by the way,
I want you to know that.
I think greed is healthy.
You can be greedy, and still
Feel good about yourself.”**

Ivan Boesky, former leading Wall Street Financier, in an address to a graduating class of a prominent American University, who was later jailed for fraud and illegal insider trading on the stock market.

In another celebrated case, Michael Millkin, known in Financial circles as the Junk Bond King, who at one time earned close to five hundred million dollars a **year**, was also indicted on fraud charges, and was sentenced to eight years in prison.

In both cases, each man had earned enough money – legitimately – to make unnecessary any illegal dealings. So why do they do it?

Why do seemingly intelligent, often highly skilled people, risk all, including their reputation and good name, for an extra few million? Social Scientist, Lewis Yablonsky, has identified five basic money styles, or ways people adapt to making or spending money. In a questionnaire, he ascertained the following types:

1. The contented

“I am generally content with whatever money and success I happen to have.” (25% of those questioned)

2. Logical and achievable goals

This group maintains that their financial goals are realistic and attainable. (24% of those questioned)

3. Emotionally unaffected strivers

“I strive to attain all of the money and power and success that I can. Yet, I do not allow my struggle to negatively affect my emotional condition or personal life. (21%)

4. The emotionally affected strivers

“I aggressively strive for a high level of financial success, and suffer emotional pain, because I have not achieved my desired goal. (14%)

MONEY AND GREED

5. Finally we come to the 'insatiables'.

"There always seems to be an unbridgeable gap between what I **have** and what I **want**. I am usually in an emotional state of pain, and always have a sense of deprivation no matter what I earn." (16%)

Part of the North American Ethos implies that money produces a sense of well-being of happiness.

So the great majority of people are socialized to go after material success as an emotional balm, to soothe and smooth out problems. This is particularly true of what we would call the marginal elements of society – drug dealers, gamblers, prostitutes, pimps and thieves.

It becomes clear that any form of morality becomes secondary to their compulsion to acquire more and more money to solve their emotional feelings of low self-esteem. The deviant lives generally involve the insatiable pursuit of cash, and their emotional emptiness is only temporarily resolved by the money they acquire.

To many petty criminals money is vengeance, against what **they** consider to be an unjust society. To professional criminals, money is glamour. To white collar villains, it is power. For prostitutes, it is a means of meting out punishment to men to make up for past emotional abuse.

Money, of course, is frequently associated with power. The paradox about money, however, is that it is not simply the amount you have that determines your power. Your power with money is regulated by whether you are in charge of your wealth or whether **it** controls you.

Being in control of a moderate amount of money can make you a happier, more fulfilled person, than being under the domination of a vast amount of wealth.

It has been said that if everyone developed healthier attitudes about money, and how one earns it, many of our societal ills would disappear.

Our attitude towards money says a great deal about us and our personalities, our hopes and fears, our values and problems.

It is also, for better or worse, a potent psychological and emotional force.

In the final analysis, it is not how much money you have, but how you feel about it. Your net worth, after all, is meaningless if it does not make you happy and contented.

LORD GEORGE GORDON

LORD GEORGE GORDON.

BORN 26/12/1751 – DIED 12/11/1793.

BY LAURIE BINSTOCK.

Lord George Gordon was the third and youngest son of Cosmo George Gordon, the 3rd Duke of Gordon. He was an eccentric Politician in the United Kingdom. George Gordon was born in London. After completing his education at Eton, he entered the Royal Navy, where he rose to the rank of Lieutenant in 1772. Lord Sandwich, then at the head of the Admiralty, would not promise him the command of a ship. He resigned his commission shortly before the beginning of the American Revolutionary War. In 1774 the pocket Borough of Ludgershall was bought for him by General Fraser, whom he was opposing in Inverness-shire, in order to bribe him not to contest the county. He was considered 'flighty' and was not looked upon as being of any importance.



In 1779 he organized and made himself head of the Protestants associations, formed to secure the repeal of the Catholic Relief Act of 1778. On June 2nd 1780 he headed a mob which marched in procession from St. George's Fields to the Houses of Parliament in order to present a huge petition against Emancipation.

After the mob reached Westminster the "Gordon Riots" ensued, which continued for several days, during which the city was virtually at their mercy. The mob dispersed after threatening to make a forcible entry into the House of Commons, but reassembled soon afterwards and destroyed several Roman Catholic chapels, pillaged the private dwellings of many Catholics, set torched to Newgate Prison, broke open all other prisons, attacked the Bank of England and several other public buildings.

The military was finally brought in to quell the unrest, which killed and wounded around 450 persons before order was finally restored. For his share in instigating the riots Lord Gordon was apprehended on a charge of high treason. However, thanks to a defence by Baron Erskine, he was acquitted on the ground that he had no treasonable intentions.

LORD GEORGE GORDON

In 11786 he was excommunicated by the Archbishop of Canterbury for refusing to hear witness in an ecclesiastical suit; and in 1787 he was convicted of defaming Marie Antoinette, the French Ambassador and the administration of Justice in England. He was however, permitted to withdraw from the court without bail, and made his escape to the Netherlands. On account of representations from the Court of Versailles he was commanded to quit that country,, and returning to England, was apprehended, and in January 1788 was sentenced to five years imprisonment in Newgate.

In 1787, at the age of 36, Lord George Gordon converted to Judaism in Birmingham. Considering that Jews had only shortly been allowed to live in England after 400 years of banishment, his conversion at that time was quite unique. He took the name of Yisrael Bar Avraham Gordon and underwent the initiatory rite. Gordon was what the Jews call a "Ger Tzedak" a righteous convert.

Not much is known about his life as a Jew in Birmingham, but the Bristol Journal of December 15 1787 reports Gordon's presence in Birmingham since August 1786. Unknown to every class of man but those of the Jewish Religion, among whom he has passed his time in the greatest cordiality and friendship... he appears with a beard of extraordinary length and the usual raiment of a Jew... his observance of the culinary (Kashrut) laws preparation is remarkable. He was surrounded by a number of Jews, who affirmed that his Lordship was Moses risen from the dead in order to instruct them and enlighten the whole world. It appears that he has officiated as a chief of the Levitical Order.

While in jail, George Gordon lived the life of an Orthodox Jew, and adjusted his prison life to his circumstances. He put on his Tzitzit and Tefillin daily. He fasted when Halacha (Jewish Law) prescribed it, and likewise celebrated the Yom Tovim. He had strictly Kosher Food and Kosher Wine and Shabbat Challahs. The prison authorities permitted him to have a minyan on Shabbat and to affix a Mezuzah. The Ten Commandments were also hung on his wall for Shabbat to transform the room into a synagogue.

Lord George Gordon associated only with these pious Jews because of his passionate enthusiasm for his new faith. He refused to deal with any Jew who compromised the Torah commands. Although any non-Jew who desired to visit Gordon in prison (and there were many) was welcome; he requested the prison guards to admit any Jews who had beards and wore head coverings. He would often keep with Jewish Chesed (Mercy & Charity) Law, go into other

LORD GEORGE GORDON

parts of the prison to comfort prisoners by speaking with them, playing the violin and in keeping with Tzadakah (Charity) Laws, give what little money he could to those in need.

Charles Dickens in his novel *Barnaby Rudge*, which centres around the **"GORDON"** riots of 1780, writes about describing Gordon as a true Tzadik (Pious Man) among the prisoners as follows. "The prisoners bemoaned his loss and missed him, for though his means were not large, his charity was great, and in bestowing alms among them he considered the necessities of all alike, and knew no distinction of sect or creed."

On the 28th January 1793, Lord George Gordon's sentence expires and he had to appear to give claim to his future good behaviour. When appearing in court he was ordered to remove his hat, which he refused to do. The hat was then taken from him by force, but he covered his head with a night cap and bound it with a handkerchief. He defended his behaviour concerning his kippa by quoting the Bible "in support of the propriety of the creature having his head covered in reverence to the Creator". Before the court, he read a written statement in which he claimed that he had been imprisoned for five years among murderers, thieves etc., and that all the consolations he had, arose from his trust in G-d.

Since he had brought as guarantors only two Jews whom the court would not accept due to his prejudice, Gordon was again remanded to his prison cell. Although his brothers, the 4th Duke of Gordon and Lord William, the future Vice-Admiral, and his sister, Lady Susan, offered to cover his bail, Gordon refused their help saying that to "sue for a pardon was a confession of guilt".

In October of the same year Gordon caught the dreaded prison fever that had been raging in Newgate in the year 1793. Christopher Hibbert, another biographer, writes that scores waited outside his door for news about his health, friends, regardless of infections, stood whispering in the room and praying for his recovery. But on November 1st 1793 when he was 42, this virulent form of typhoid took him from this world, and George Gordon died.

After Yisrael Bar Avraham Gordon passed away al Kiddush Hashem, his former non-Jewish family used their powerful social position to claim him for burial. There was nothing the small and isolated Jewish community of England could do to prevent it and he was buried in a London Churchyard. However there are some plans to try and get his body interred in a Jewish Cemetery.

SAVING ANIMALS IS EASY

SAVING ANIMALS IS EASY ONE 'CLICK' SHOWS YOU HOW

A new animated interactive website for would-be vegetarians shows how many animals they will save by ditching meat. In a lifetime it can be a whopping 4022 but at whatever age they become veggie a large number of animals are saved the chop. At age 27 it is 2,600 while at 55 the total comes to 1,144.

About one billion farmed animals are killed for meat every year in the UK, with the average Brit gobbling up over 4,000 in their lifetime. This figure includes one rabbit, one goose, four cows, 18 pigs, 23 sheep, 28 ducks, 39 turkeys and 1,158 chickens and an awful lot of fish. (Check figures) It's all made clear with cute animation – but with a cutting edge – on a user-friendly website operated by the campaign group Viva! <http://www.timetogoveggie.com>

It shows how many animals you have already eaten, how many you can save by changing your diet and then gives all the help anyone could ever need to go vegetarian or vegan or simply cut down on their meat intake. Not only will you save a shed-load of animals (literally) but improve your health, help the world's most impoverished people and dramatically cut down on environmental degradation, says Viva!.

To help consumers along the veggie road, the website also includes delicious recipes, slimming the veggie way, an irreverent quiz for those who think they know their nutritional onions, a powerful section on children's health designed to help worried parents (plus advice for adults as well) and celebrity interviews with some of Britain's favourite household names, including an exclusive feature-length interview with veggie dad, Paul McCartney.

The launch of Viva!'s website precedes the RSPCA Freedom Foods' Farm Animal Week (September 25-October 1). Despite its name, the Freedom Food symbol is used on meat from some factory-farmed animals. "All factory farms result in acute suffering for animals and it's one reason why millions of people are now active meat reducers", says Justin Kerswell, Viva!'s Senior Campaigner. "The message from this up-beat website is that the only sure way to save animals from suffering is to stop eating them! www.timetogoveggie.com is the perfect introduction to the wonderful world of healthier, cruelty-free, environment-saving, people-protecting veggie living!"

For more information about Viva! contact Justin Kerswell or Toni Vernelli on 0117 944 1000, email press@viva.org.uk, or visit www.viva.org.uk

DOUBLE HELPINGS

DOUBLE HELPINGS FOR TOP VEGGIE BREAKFAST AWARD

Vegetarian Society Awards – Best Vegetarian Breakfast 2007

The Vegetarian Society is delighted to announce that this year there are double helpings in the award to find the **Best Vegetarian Breakfast 2007**. The joint winners of this prestigious award are Vegetarian Lakeland Living B&B. Cockermouth, Cumbria and The Haie Barn Vegetarian B&B. Dorstone, Herefordshire.

The winning breakfasts were chosen for their use of ingredients, 'heartiness' and overall presentation. This year's winners really went that extra mile to create a deliciously different twist to old favourites.

Vegetarian Lakeland Living's Ever Changing Bountiful Breakfast features amongst other things – big chunky slices of ripe vine tomatoes dipped in polenta with thyme and black pepper, stout potato cakes and breakfast mushrooms stuffed with a nutty mix of red peppers and herbs – and was a mouth watering makeover on the traditional cooked breakfast.

Haie Barn's homemade buckwheat pancakes with poached apricots, prunes and orange in an orange sauce served with delicious locally produced crème fraiche proved a real temptation for the taste buds.

The winners were chosen from the shortlist compiled following a public vote. The shortlist was as follows:-

- Coast B&B. St. Ives, Cornwall.
- The Byre Vegetarian B&B. Harbottle, Nr. Rothbury.
- Vegetarian Lakeland Living B&B. Cockermouth, Cumbria.
- Haie Barn Vegetarian B&B. Dorstone, Herefordshire.
- Paskin's Town House, Brighton.

Liz O'Neill, spokesperson for The Vegetarian Society said "We congratulate both winners for their award winning breakfasts. A good breakfast is well known to be an excellent way to start your day and these fantastic flavours would certainly get me up and about. The standards the joint winners and those short-listed have sent out a positive message to all hotels, cafes, restaurants and breakfast providers. There are over three million vegetarians in the UK and we are a powerful force...and one that loves a good brekkie like anybody else."

Viva! CAMPAIGN

Viva! CAMPAIGN

Foie-gras is produced by force-feeding ducks or geese large amounts of food so that their livers swell to up to 10 times the normal size. A pipe is shoved down the bird's oesophagus and food is forced into the stomach. The process is repeated two or three times daily for two to three weeks until the birds develop fatty liver disease. The birds are then slaughtered. 90 per cent of birds used in Foie-gras production are ducks.

Foie-gras is not produced in Britain, as the Government has made it clear that its production would contravene existing animal welfare regulations. However, it is legal to import it. Its production has also been outlawed in Poland, Denmark, Germany, Norway and Israel.

In light of the information provided by Viva!, a representative from Lid has pledged that the chain will never stock Foie-gras again.

In 2004 Viva! successfully campaigned, in California, to pass legislation outlawing both the production and selling of Foie-gras. Viva!'s long running campaign against the factory farming of ducks has also ended the debeaking of ducks raised for meat. Most recently, Waitrose have credited Viva! for their decision to allow their own-label ducks access to water for swimming.

"Foie-gras is torture in a tin", says Viva! Senior Campaigner, Justin Kerswell. "There is nothing humane about mechanically inducing disease in a bird by forcing a pipe down its throat and making it consume such an abnormal quantity of food that its liver expands many times its normal size. We welcome Lidl's decision to pledge never to sell this barbarism disguised as a delicacy again and ask consumers everywhere to reject Foie-gras for good and go vegetarian."



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.**

CONSUMER CORNER

SKIN THERAPEUTICS FROM CULPEPER

Introducing

A new range of Skin Care products developed by Medical Herbalist Dee Atkinson using traditional organic herbs and plant oils that have a history of use in skin care. Plants that were used to create the English rose complexion.



The History of Culpeper

In 1927 Hilda Lyle a herbal practitioner, writer and gardener opened her first shop selling pure cosmetics, natural perfumes and skin care products. Her recipes and formulas became famous and she opened 25 shops in the UK. In August 2005 Dee Atkinson, Medical Herbalist, Director and owner of Napiers Herbal Health Care took over Culpeper. Using her experience and knowledge of plants and skin care she developed a range of skin care products based on plants that were used by both Culpeper and Napier in their skin care ranges over seventy years ago.

CULPEPER SKIN THERAPEUTICS COLLECTION

Nourishing Body Lotion

To nourish, soothe and restore moisture in the skin. Contains Pomegranate and Rose Hip Seed Oil, Shea Butter and extracts of Horse Chestnut to tone, Plantain to repair and Marigold to soothe. Scented with old fashioned Tea Rose.

Cleansing Milk

Delicate formula to gently remove make-up and daily grease. Contains organic jojoba, olive and sweet almond oil to boost the lipid function and improve the skins barrier function. Calendula and Comfrey herb are anti inflammatory and create decongestant actively, soothing the skin.

Face Cream

Unique blend of organic Mexican Honey, Evening Primrose Oil, Rosehip Seed and Jojoba Oil, to purify and soothe the skin. Herbal extract of Calendula, Lady's Mantle and Plantain to protect and repair, boosting collagen levels and leaving a smoother looking skin. Daily moisture and protection.

Rejuvenating Night Cream

CONSUMER CORNER

While you sleep, your body heals. Using the right night cream is an important step in maintaining a youthful complexion.

Pomegranate extract and Grapeseed Oil are powerful antioxidants, helping the skin to repair, and protecting from free radical damage. Carrot Oil, Rosehip Seed, Evening Primrose and Apricot all promote suppleness and encourage the skin to regenerate. Horsetail is rich in silica and supports tissue repair, Ladies Mantle and Plantain are mineral rich, aiding cell regeneration and tissue repair.

Luxurious face oil

Blend of pressed plant oils to rehydrate and regenerate the skin. Use at night, under night cream for the most therapeutic effect. Contains Rose Hip Seed, Carrot Seed and Argan Oil.

Rose Toner

Delicate toner containing organically grown Rose Damascena. Use after cleansing to tone and refine the pores. Used regularly it will aid the absorption of moisturiser.

Dee says

'This is a range that I have been working on for two years. Our skin is not only the largest organ in our body, but it is the only one that faces the outside world, having to deal on a daily basis with all the chemicals that surround us. We owe it to our bodies to only use the best, most natural ingredients on our skin. I researched back into the old recipes that Mrs Lyle and Duncan Napier used. I investigated the herbs that they used in skin care products, herbs that helped to preserve the English Rose complexion. I have combined organic herbs with some modern products such as Pomegranate Seed Oil and Shea Butter. This is a skin care range that reflects both our heritage and our future. I have used organic ingredients whenever possible and fragranced the range with pure essential oils. I hope you enjoy using it'.

Where can I buy..?

Priced from £12- £22. Culpeper Skin Therapeutics are available from all 14 Culpeper stores and 4 Napiers Stores. They can also be purchased by Mail order on 0131 343 6683 or through the Culpeper website at www.culpeper.co.uk

CONSUMER CORNER

OATLY – THE DELICIOUS AND NUTRITIOUS ALTERNATIVE TO DAIRY MILK AND SOYA.

Did you know that oats are the most nutritious type of grain? Now you can get all the goodness of oats in a drink – **Oatly** is a delicious, healthy alternative to milk and soya products that offer numerous health benefits, whether you are milk intolerant or simply wish to follow a healthy diet.

A perfect alternative to dairy milk and soya, **Oatly** is a tasty, refreshing and nutritious drink. It can be enjoyed in smoothies, on breakfast cereals, on porridge or simply on its own. **Oatly** is heat stable, so it is also ideal for use in cooking and baking instead of dairy milk.

Oatly is cholesterol-free, low in saturated fat and high in fibre, and what is more, it has no added sugar.

Cholesterol lowering

A high level of cholesterol in the blood stream contributes to an increased risk of coronary heart disease and to protect the health of your heart, it is important to keep a check on your cholesterol levels.

The soluble oat fibres in **Oatly**, known as beta-glucans, have been proven to lower blood cholesterol. The inclusion of 3g of beta-glucans in the diet per day has been shown in clinical trials to significantly lower cholesterol levels. Just one 250ml glass of **Oatly** provides a third (1g) of the dairy requirement of beta-glucans for cholesterol reduction.

Fibre

Dietary fibre is essential for good digestion and promotes a number of physiological effects, such as helping to prevent constipation as well as helping to lower blood cholesterol and glucose levels.

According to the British Nutrition Foundation, most people in the UK do not eat enough fibre. The recommended intake for adults is 18g per day, whereas the average intake is just 12g per day. A low fibre intake is associated with constipation and some gut disorders. Soluble fibre may also help to improve the 'good' bacteria in our guts.

Very few drinks contain any fibre at all. However, a 250ml glass of **Oatly** provides 2g of fibre, which makes drinking and cooking with **Oatly** a simple and easy way to get a good proportion of your dairy requirement of fibre.

CONSUMER CORNER

All round health and wellbeing

Unlike most milks or milk alternatives, **Oatly** is particularly well balanced in terms of providing an optimum macronutrient balance – this means that the balance of protein, carbohydrates and fat in **Oatly** corresponds very well with generally accepted nutritional recommendations for a healthy, balanced diet. In addition, **Oatly** has a very high protein quality and the fat consists mainly of mono and poly-unsaturated fatty acids.

Oatly contains no lactose, milk protein or soya and is therefore suitable for those who suffer from milk protein allergy, lactose intolerance and/or an allergy to soya, as well as those who are following special diets. **Oatly** Healthy Oat drink comes in two varieties – **Organic** and **Enriched** with calcium and vitamins. Both varieties are GM-free and are made from the highest quality, carefully selected Swedish oats. **Oatly** products are made from pure oats and water using a unique, patented process developed at Lund University in Sweden.

Available from all good Supermarkets, Holland & Barrett and independent health stores and costs around £1.39 for a 1 litre pack. It can be found in the milk alternatives or organic sections. Best served chilled. **Oatly** stays fresh for 4-5 days in the refrigerator after opening.

Further information about 'Oatly' and delicious recipes can be found at www.oatly.com

SOME FAT IS GOOD!

The problem with omega 3 (the essential fat we all need) is that it is destroyed by cooking – until now. **Omega 3 Direct** have launched **03 Oil**, a new oil which contains a blend of five cold-pressed oils – gold of pleasure (no I hadn't heard of it either but it sounds full of Eastern promise doesn't it?!), avocado, sunflower, olive and toasted sesame. Together they form a stable product that out performs the heavily-refined omega 6 cooking oils which people use. I looked into the stability testing – basically it found that **03 Oil** was as stable as virgin olive oil and refined sunflower oil when heated for 20 minutes to 185 C with continuous vigorous stirring.

Most of us do not eat enough omega 3s and yet they are needed for us to function properly and for our children's brains to develop. So it is time to throw out the nasty refined oils and bring in the tasty 03 (sparingly at this price!). £7.99 for 250ml and available from www.omega3direct.co.uk or call 0208 567 0708.

STOP THE TRAFFIK

STOP THE TRAFFIK
PEOPLE SHOULDN'T BE BOUGHT & SOLD



STOP THE TRAFFIK is a global campaign to raise awareness and work to stop the buying and selling of people. This year STOP THE TRAFFIK have produced a Good Chocolate Guide to help UK consumers guarantee that their chocolate comes from bona fide sources that do not use trafficked labour cocoa.

Rev Steve Chalk from **STOP THE TRAFFIK** said: "Young children are kept in appalling conditions in the plantations of Ivory Coast with little or no hope of being set free.

We have compiled a list of chocolates which are 100% guaranteed not to have used trafficked labour, and if UK consumers only buy from these sources it will be a major step forward to ending this appalling practice."

And he added: "For next year we want all chocolate companies to be able to stamp onto their chocolate wrappers a guarantee that the cocoa beans have not been harvested by trafficked labour. We can then choose to eat chocolate with a traffik free guarantee. Begin by giving us traffik free guaranteed Easter eggs for 2008"

STOP THE TRAFFIK are working hard with several international agencies to free these children and stop the rogue cocoa producers in the Ivory Coast. Two such children freed from trafficked labour are Diabate and Traore. They left their village Sirkasso in Mali to go to Ivory Coast on the promise of a job which would earn them enough money to buy a bicycle, but instead they were sold to a man who had paid 50,000 West African Francs (about £50) for the two boys and he wanted the money back – in labour.

The boys were then taken to a plantation in the Ivory Coast where they met about twenty others in the same predicament and learned that no one was ever paid. They slept in a rectangle-shaped mud hut that initially had windows but when some boys found they could escape during the night, the windows were sealed shut. Diabate and Traoré remember eating mostly bananas, though they would gobble up the cocoa beans, as others did,

STOP THE TRAFFIK

whenever they got the chance. Many months passed, and the boys forgot what the purpose had once been for this adventure. Life became a struggle to exist, and then hardened to despair. They gave up thinking of escape. They were under constant threat of beatings if they were caught trying to flee – and they had seen several boys treated savagely – they were actually spooked by a belief that they were under a spell. They eventually escaped by running away at huge risk to their lives.

Read more in Carol Off's book "Bitter Chocolate"

To get your copy of the STOP THE TRAFFIK Good Chocolate Guide go to: www.stopthetraffic.org/chocolatecampaign and for general enquiries STOP THE TRAFFIK Office: Bex Keer 02072614650



NETTING THE MESSAGE

NETTING THE MESSAGE 'VEGETARIANS DO NOT EAT FISH!'

The Vegetarian Society will be distributing over 100,000 leaflets in the coming months to help send home the message: "Whichever way you cut it... vegetarians do not eat fish!"

To the well informed this would seem an obvious piece of information. But much to the frustration of Britain's three million plus vegetarians, there is a common misconception that fish is a perfectly acceptable option for veggies.

Fish are **ANIMALS!** And vegetarians do not eat animals. But they still get offered fish in restaurants, cafés, functions, and even in the homes of well-meaning friends and family. So, The Vegetarian Society has produced a graphic leaflet explaining why veggies **DON'T EAT FISH**. It illustrates the impact of the fishing industry on wildlife, the environment, and of course, the poor fish themselves.

Copies of the leaflet are available free of charge from The Vegetarian Society. Tel: 0161 925 2000. www.vegsoc.org/fish.

GARDENERS' CORNER

GARDENERS CORNER

Spring 2007



A year ago one of Britain's greatest gardeners passed away. Christopher Lloyd was born and spent all his life at Great Dixter in the home he loved and working in the garden which was to become his life.

Great Dixter was acquired by his father Nathaniel Lloyd, who had made his money in printing at the end of the Victorian era and who teamed up with Sir Edwin Lutyens to take one of England's fine Elizabethan Manor houses and sympathetically restore it and add to it a fine Lutyens wing.

Christopher was one of five children but he developed a passion for gardening and became famous for initially breeding and selling Clematis in his nursery. He also developed the garden which had originally been planned by another renowned gardener, Gertrude Jekyll.

Christo, as he was known, wrote the gardening article for over 40 years for Country Life and may hold the record for never having missed a week in all that time.

Nestling in sight of the picturesque South Downs, the village of Northiam is ordinary enough in a small corner of East Sussex not far from Rye. Here Great Dixter lies at the end of Dixter Lane.

The House and Gardens are open to the public from April to September and are a must for any dedicated gardener or just someone who loves looking at one of the most attractive and resplendent horticultural settings.

The house is approached by a flagstone path with stretches of grass on either side. Here in the early spring colchichums brighten the short January days. As summer draws on, the grass and meadow areas abound with wild native

GARDENERS' CORNER

orchids, which originally had been collected from the countryside around by Christo's mother, these mingle with naturalised narcissi and muscari.

In the garden around the house the beds are tended by a well trained team of skilled gardeners under the Head Gardner Fergus Garrett who worked closely under and with Christo for 15 years before he died.



The borders are at all times a mass of colour and to achieve this there are 4 or 5 plantings over the season to ensure a spectacular continuity to always amaze and excite the eye. Also many well established specimen plants can be seen.

Everywhere there are fine examples of topiary with lovingly clipped yew

hedges shaped into peacocks and tantalising gateways linking one part of the garden to another.

The long border is an absolutely magnificent example of an herbaceous border and behind this is a well tended kitchen garden to feed the team of workers who like to be known as the Dixter Family.



The nursery area offers a delightful opportunity to take home some really special specimens of many of the lovely plants growing in the grounds and there is a useful shop selling a tasteful range of products like books and handmade trugs etc.

The Elizabethan Manor House is open for guided tours and displays a fine example of building craft long lost over the centuries.

The house and gardens are supplied with water from its own artesian well with a Lutyens pumping house bringing spring water to maintain the needs of all so no worries here about drought orders.

This is a beautiful corner of Britain and well worth a visit to an exciting and unique garden inspired and developed by Christo for more than half a century.

WHAT'S FOR DINNER?

WHAT'S FOR DINNER? YOU DON'T WANT TO KNOW

From *The New York Times* – November 2006.

Late in his indispensable book "The Omnivore's Dilemma," Michael Pollan suggests that one way to change America's lamentable eating habits is to build slaughterhouses and egg factories with glass walls. "If there's any new right we need to establish," he writes, "maybe this is the one: The right, I mean, to look."

Embedded in this elegant, seemingly simple statement is a curious notion: that Americans, though increasingly bombarded with streaming images, are missing the picture. The sheer visual overload of everyday life, after all, can make you feel a lot like Malcolm McDowell's character in Stanley Kubrick's "Clockwork Orange," who is forced to watch a cascade of images, including those of atrocities, with his eyelids pried open. But while we may feel visually overwhelmed, much in everyday life, as Mr Pollan notes, remains strategically out of view, including how our food winds its slow way to the dinner table. If we could see the living animal and not just the supermarket package, see the labour and the waste, we might change how and what we eat.

In his superb documentary "Our Daily Bread" the Austrian film maker Nikolaus Geyrhalter does exactly what Mr Pollan proposes: he looks much like "The Omnivore's Dilemma," and much like Eric Schlosser's book and Richard Linklater's film of "Fast Food Nation." This documentary is an unblinking, often disturbing look at industrial food production from field to factory. Mr Geyrhalter has said that he is fascinated by "zones and areas people normally don't see." His fascination is our gain. "Our Daily Bread" can be extremely difficult to watch, but the film's formal elegance, moral underpinning and intellectually stimulating point of view also make it essential. You are what you eat; as it happens, you are also what you dare to watch.

Mr Geyrhalter, takes us inside worlds of wonder and of terror in "Our Daily Bread." He and his crew travelled across Europe recording scenes from what Mr Pollan terms the industrial food chain. We can only guess where we are on the continent at any given point.

Considering the homogeneity of industrial agricultural practices, these strategies make sense. The opening scene of a uniformed man hosing down a floor flanked by two rows of gutted pigs could have been shot just about anywhere in the modern world, as could the image of live chickens being scooped up by a machine and then loaded by hand into small processing

WHAT'S FOR DINNER?

trays. The man slamming one of those trays closed on the head of a chicken frantically bobbing its head could be French or Austrian; nationality here is as irrelevant to the animals as to the consumers who will later buy that chicken after it has been killed, plucked and cleaned, all of which Mr Geyrhalter shows us through one precisely framed shot after another.

Mr Geyrhalter doesn't flinch from showing us the panic of animals as they head toward the killing floor or the barbarism of their deaths. There's a haunting scene of a woman, seated seemingly alone and cutting the necks of the chickens that survived the initial kill room. Hers is actually an act of mercy. If she does her job properly, the birds will be dead by the time they are cleaned and butchered, which isn't always the case in industrial slaughterhouses. The image of this woman with these dead creatures and her knife, her apron covered in blood that flows onto the floor where it forms a watery pool, makes any narration superfluous.

We aren't introduced to this woman, but her humanity and the dreadfulness of her job are transparently visible. There is something incredibly pitiful about her aloneness, which is accentuated by the sterility of her work environment, with its queasy lighting, metal surfaces and mechanical droning. Equally stirring is an image recorded far from the killing floor, in a dusty field in which a handful of enormous combines relentlessly advance towards the camera. As he does throughout the film, Mr Geyrhalter holds the image for a relatively long while, which gives you ample opportunity to scrutinize everything inside the frame in real time, including the surprising revelation of the small human figure seated inside the combine cab, a speck of life encased in machinery.

It's hard to imagine what a voiceover could possibly add. Part of the film's brilliance is how it lays out the images and their wells of meaning with such cool deliberation, showing rather than telling through the long tracking shots of which Mr Geyrhalter is a master and which underscore the ongoing, mechanized flow of work. Much like his scrupulous use of perspective, which directs your gaze toward the centre of each image, the tracking shots reveal the film maker's artistry as well as deliberate ethics. In "Our Daily bread" Mr Geyrhalter wants us not only to look at the world we have made with care and with consideration, but also to contemplate a reality newly visible that is all too easy to ignore and just as impossible to look away from.

BOOK REVIEWS

LOW GI VEGETARIAN COOKBOOK

By ROSE ELLIOT MBE

A low-GI cookbook created for vegetarians by world authority, Rose Elliot.



In Low-GI Vegetarian Cookbook, Rose Elliot shares the secrets of healthy vegetarian and low-GI living. She gives essential information on living as a healthy vegetarian or vegan, whether you want to lose weight, feed your baby or start eating well to look younger and live longer, as well as a full explanation of the benefits of a low-GI diet.

Inspired in particular by Mediterranean and Far Eastern cuisine, she combines an abundance of organic vegetables with fresh herbs, exotic spices, beans and grains to produce simple, delicious, energising dishes. Rose also gives ideas for menu-planning, whether it is for fast, after work meals, or celebratory dinner parties.

From a Chunky Oven-Baked Ratatouille, Keralan Curry with Fresh Tomato and Coriander Chutney to Lentil and Black Olive Pate, Rose's constantly inventive attitude to easily achievable and delicious vegetarian food shines through. Puddings range from Apricot and Orange Fool with Pistachios, Yogurt Ice Cream with Honey Raspberry Sauce to Chocolate Mousse Cake – all provide a wonderful (and low-GI) treat at the end of the meal.

Beautifully illustrated with over 50 stunning recipe photographs, this book will inspire and delight vegetarians, non-vegetarians and those wanting to follow a low-GI diet.

Published by BBC Books (Ebury Publishing) – Price £12. 99. plus P&P. £1.50. Paperback. Available from JVS.

VEGETARIAN VISITOR 2007 WHERE TO STAY AND EAT IN BRITAIN

EDITED BY ANNEMARIE WEITZEL.

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

BOOK REVIEWS

vegan traveller and holidaymaker.

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

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

Illustrated throughout with photos and line drawings. Price £2.50. Available from bookshops or post free (in the UK) from the publisher – Jon Carpenter Publishing, Direct Sales. 2 Home Farm Cottages. Sandy Lane. St. Paul's Cray. Kent. BR5 3HZ. Tel/Fax: 01689 870437. Mastercard/Visa credit cards accepted.

THE BOY IN THE STRIPED PYJAMAS

BY JOHN BOYNE.

When you read this book you will go on a journey with a nine-year-old boy called Bruno. **(Although I would mention this is not a book for nine-year-olds)**. It is a powerful reminder of our potential for cruelty and the innocence of childhood friendship. John Boyne writes with a remarkable insight into the mind of a child, the content is imaginative and compelling.

The great strength of Bruno's narrative is the way it is mired in the parochial preoccupations of a nine-year-old...for the younger reader, the slow revelation of detail becomes an education in real time of the horrors of "Out-With", known to the grown-ups at Auschwitz... **The Boy in the Striped Pyjamas** is a small wonder of a book. Bruno's education is conducted slowly, through a series of fleeting social encounters rather than by plunging him into a nightmare landscape.

The story begins in Berlin 1942 when Bruno returns home from school one day and discovers that his belongings are being packed into crates. His father has received a promotion and the family move from their home in Berlin to a new house far away, where there is no one to play with and nothing to do. A tall fence running alongside stretches as far as the eye can see and cuts him off from the strange people he can see in the distance.

Bruno longs to be an explorer and decides that there must be more to this

BOOK REVIEWS

desolate new place than meets the eye. While exploring his new environment, he meets another boy whose life and circumstances are very different to his own and their meeting results in a friendship that has devastating consequence.

This is a very moving and beautifully written book. Published by Random House Children's Books. 61-63. Uxbridge Road. London. W5 5SA. Paperback Price £6.99 plus P&P £1.00. Available from JVS.



PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to www.JewishVeg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

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.

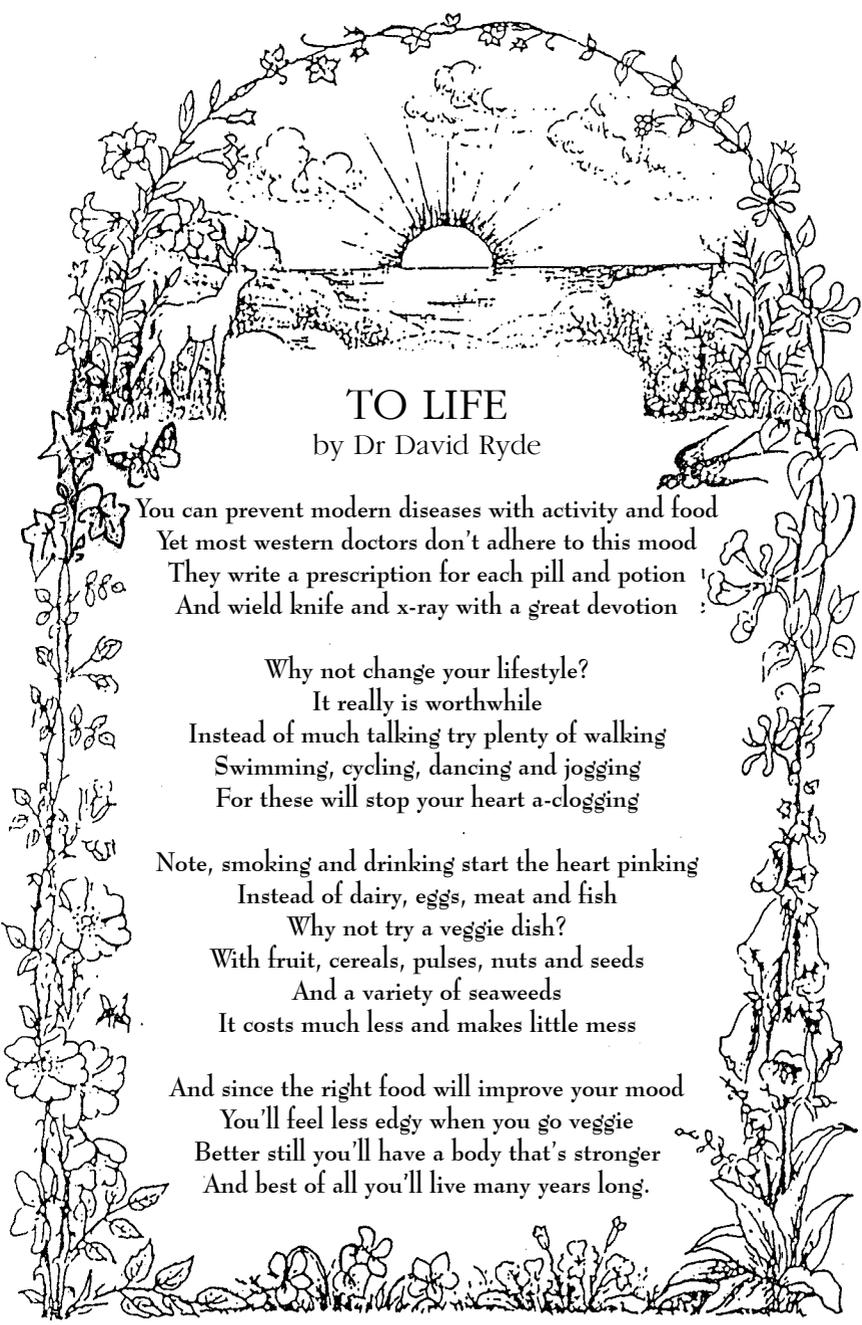
HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

POEM



TO LIFE

by Dr David Ryde

You can prevent modern diseases with activity and food
Yet most western doctors don't adhere to this mood
They write a prescription for each pill and potion
And wield knife and x-ray with a great devotion :

Why not change your lifestyle?

It really is worthwhile

Instead of much talking try plenty of walking
Swimming, cycling, dancing and jogging
For these will stop your heart a-clogging

Note, smoking and drinking start the heart pinking

Instead of dairy, eggs, meat and fish

Why not try a veggie dish?

With fruit, cereals, pulses, nuts and seeds

And a variety of seaweeds

It costs much less and makes little mess

And since the right food will improve your mood

You'll feel less edgy when you go veggie

Better still you'll have a body that's stronger

And best of all you'll live many years long.

SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

PLEASE MENTION "THE JEWISH VEGETARIAN" when replying to adverts

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)
 Semi-display £5.00 per single inch
 Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)
 Semi-display \$8.00 per single inch
 Box Numbers \$3.00 extra.

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

HOLIDAYS

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**.

North Devon. Exclusively vegetarian/vegan guest house. En-suite, non-smoking rooms. Cordon Vert host. **01769 550339. www.ferntor.co.uk**

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

BATES method for natural vision improvement and relaxation.
ALEXANDERTECHNIQUE.
 Details of lessons and courses.
 Golders Green & Old Street.
David Glassman, 020 8455 1317.

The world's best Aloe Vera by Forever Living Products
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VEGAN COMMUNITY. New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne. Brynderwen, Crymlyn Road, Llansamlet. Swansea SA7 9XT. Tel: 01792 792 442.

CLARIDGE HOUSE

Quaker Centre for Healing,
Rest and Renewal

Registered Charity No. 228102

- Warm, peaceful welcome
- Delicious vegetarian food.
- Non-smoking
- Weekend courses with healing focus
- Convenient for Surrey/Sussex and Kent countryside

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Mon-Fri £110-£180 (depending on season)

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Lingfield, Surrey RH7 6QH
Telephone: 01342 832150

Fax: 01342 836730

Email:

welcome@ClaridgeHouse.quaker.eu.org

Website: 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.

LIFE MEMBERS

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

UK Life Membership £175

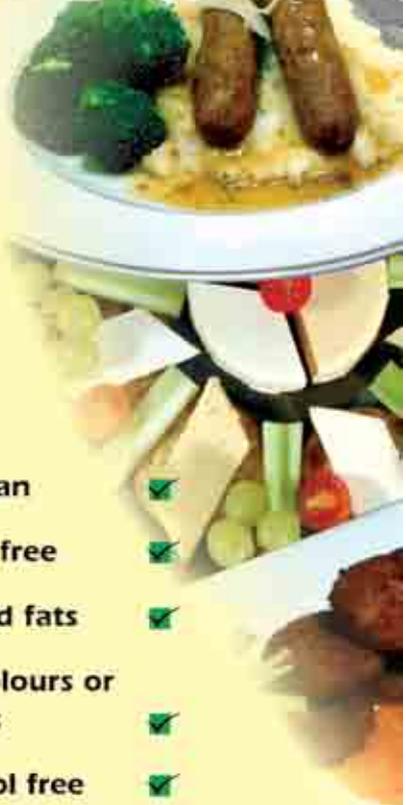
Israel Life Membership \$275

American Life Membership \$275

or 5 annual payments of £40 (\$60)

We have a number of Badges and Rubber Stamps with the 'V' sign - available at £1 for the pair, which includes postage.

Contact the office regarding payment.



Vegetarian and vegan



Meat, egg & dairy free



No hydrogenated fats



No artificial colours or preservatives



Cholesterol free



Delicious



Cheezly[®]

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You can find  foods in your local independent health store, Holland & Barrett and selected branches of Waitrose, Sainsbury, Morrisons and Tesco. If you are having problems finding your nearest stockist please phone 01536 400557 for help

theredwoodwholefoodcompany

t:01536 400557 f:01536 408878 e:info@redwoodfoods.co.uk



www.redwoodfoods.co.uk