

The Jewish Vegetarian

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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(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
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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.

£7 Ms C.B.A. Prestwich, Manchester.

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 items are appreciated and put to good use.

£50 Mrs. B.K. London NW3. £28 Dr. W.L. Salzburg, Austria.

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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, email or letter is always advisable to ensure that a member of our friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£18 Mr. P.C-B. Dorchester, Dorset. £10 R. & P.G, Poole, Dorset. £10 Mrs. B.P. Radstock, Bath. £8 Mr & Mrs J.C.B. Peeblesshire, Scotland. £8 Ms M.M. Leeds. £8 Mr. A.R. Hadley Wood, Herts. £7 Ms C.B.A.Prestwich, Manchester. \$50 Ms J.R. OR. USA.

SOCIETY NEWS

Report from IJVS Jerusalem Centre

The vegetarian community centre in Jerusalem, which was reopened in the beginning of 2009, is prospering. Our calendar of activities expands from month to month, as does the mailing list and public participation in our events.

We adopted the name **Ginger** for the centre ('*Zangvil*' in Hebrew) as a short and catchy name. As a spice, ginger has therapeutic qualities (acknowledged in the Mishna). Furthermore, ginger can be influential: a small amount of it lends a distinctive flavour to an entire dish, in tandem, we hope that **Ginger** will influence our society as a whole, as well as inspire personal change together with **Tikkun Olam**.

The crown of our activities in the spring was a course on Food, Environment, Economy and Society, which we conducted in cooperation with the Social Economic Academy and to which we succeeded in bringing tens of people, a majority of whom had not been close to vegetarianism. The course focused on numerous topics related to the politics of food, but naturally the topic of animals as food hovered over everything and stood at the centre of many of the meetings. In light of the success of this course in Jerusalem, a similar one was conducted in Kibbutz Revadim in the northern Negev, and an additional course is being held in Tel Aviv. We hope to continue acting in this direction, in order to transform veganism into an inherent part of the agenda of all who believe in social justice and environmental sustainability.

In these very days a course about Judaism, Animals and Industry is being conducted at **Ginger** under the direction of Rabbi Adam Frank. Through this course we also hope to outreach to a people not necessarily already vegetarian, who have, however, some interest to learn more on this aspect of Jewish thought. We hope that the facts and contentions to which the students will be exposed in the meeting and merely by visiting **Ginger**, will encourage them to consider a change in their lives and their participation in the exploitation of animals.

Thursdays and Fridays are the 'hot' days at **Ginger**. During these days a vegan kitchen operates on the premises under the name Mahatma. The kitchen is operated by volunteers, and offers delicious and varied vegan food. Expenses of the kitchen are covered by optional contributions by the diners. **Ginger** further hosts a consumers' cooperative of organic produce, to which people come on Thursdays every other week for plant-based organic produce.

SOCIETY NEWS

What else did we have? Food workshops, lectures, film screenings, a gardening course, pot-luck community meals, meet-outs (including the distribution of vegan food and informational materials in the street) – the list is long...

Our library also continues to grow, and this is the place to thank all those who donated books and magazines, especially The Jewish Vegetarian Society and FARM. We will always be happy to receive additional contributions.

The work before us is great. We take the slogan "For a Vegetarian World" seriously and to this end community events are insufficient. We must also reach additional communities and conduct an extensive public campaign.

L.A. Jewish Vegetarian Society

The monthly meeting of the Jewish Vegetarian Society of Los Angeles featured a presentation by Dr. Barry J. Lieberman, held on 18th October, 2009 at Valley Beth Shalom in Encino. Dr. Lieberman spoke on holistic medical cures, sharing the URL for his Web site which is **www.WholeBodyCures.com**.

This was a challenging presentation, because it went squarely against the reigning "allopathic" (drugs and knives) symptom-relieving approach to disease. His first challenge was to disabuse us from the notion that the "problem is in our genes!"

Dr. Lieberman brought up the famous "twins" studies. Twins – while having identical genes – can grow up to have radically different health outcomes, such as one being fat and the other thin (even when the fat one eats healthily, and exercises regularly). This ties-in nicely to his title: "*Why Aren't All Vegans Thin?*"

The answer is found in the new field of Epi-genetics (from "outside" of the genes), which brings a new understanding about causes for disease, pain, irritation, illness, or any other adverse condition, and the lesser role of a predisposition linked to genetics only, which is a direct match with Dr. Lieberman's practice philosophy looking into the whole body to find the cure.

Dr. Lieberman then got into the main part of his presentation: the nuts and bolts of how he diagnoses and cure "holistically." In diagnosing a health problem, he will use subtle signs from many different parts of the body to get to the root of why the body goes into "survival mode," where fat cells keep on growing.

SOCIETY NEWS

This mode – the precursor to more serious conditions – is a response to various stressors in our environment. These can be emotional stress, injury, toxins, deficiencies, food allergies, and immune-challenges (viral, bacterial, fungal, etc.). Obesity is an ailment for which there could be many causes.

Until these causes are found out through various tests such as muscle, pressure point, and food testing, the body will be blocked from moving forward into its natural condition of health. Most of the people Dr. Lieberman sees have a chronic low level of irritation: they know something is wrong, but conventional medicine practices – which look for extremes – haven't been able to find the cause.

Dr. Lieberman says: It's somewhere in the body-mind," and next, he makes it his job to find out exactly where. He is a master of that huge realm between total health and total breakdown (that area of low-level irritation that brings one into "survival mode") that conventional medicine deals with crudely.

Like a medical artist, Dr. Barry Lieberman listens to the many "body blows" that, with time, will eventually knock the person out and into the hands of conventional medicine's drugs and knives regime. If he can just find the source of the irritation (he says that anything can cause anything) the body will unwind, naturally.

He's looking for the things that block the normal flow, which often can be as simple as adding a mineral such as iodine or magnesium to ones diet. I was particularly excited by a diagnostic technique where he introduces an irritant (food, slight physical pressure). By checking for a slight delay in the reflex response time (e.g.: an arm that can't be held out firmly, in proximity to the offending food, etc.) he finds the cause.

Finally, as Dr. Lieberman has his degree in chiropractic – he will look for subluxations (slight dislocations in the vertebrae that cause less "light"[lux] and life to flow through the body).

Blessings,

Janine Bronson, President

***International Jewish Vegetarian/[Vegan] and Ecological Society
– Los Angeles 1-310-358-9941***

To join: <http://www.rawfood.meetup.com/317>



SOCIETY NEWS

OBITUARY

We would like to extend to our good friend Rosalind Berzon our sincere condolences on the passing of her dear husband Michael, who had been battling against a long illness.

Rosalind has been a dedicated Life Member of the Society for many years, and when they moved from London to Bournemouth, she set up the Wessex Jewish Vegetarian Group.

We would like to extend to Rosalind and family long life and good health at this difficult time.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

NOTICE

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

WHY ISN'T VEGETARIANISM ON THE JEWISH AGENDA?

Why Isn't Vegetarianism on The Jewish Agenda?

Richard H. Schwartz, Ph.D

There is one issue that affects every Jew several times a day and has major religious, spiritual, social and economic implications, but is generally being ignored by the Jewish community. **That issue is the Jewish diet and, in particular, the question of should Jews be vegetarians.**

Jewish Vegetarians of North America has long argued that Jews should (not must, but should) be vegetarians, and preferably vegans, because the production and consumption of meat and other animal products violate basic Jewish mandates to preserve human health, treat animals compassionately, protect the environment, conserve natural resources, help hungry people and pursue peace. JVNA has repeatedly challenged the Jewish community to respectful dialogues/debates on "Should Jews Be Vegetarians," arguing that such events would be a kiddush Hashem (a sanctification of God's name), in relating Torah values to issues related to food choices. However, so far there has been no willingness by Jewish leaders to engage us in such discussions.

As Mark Twain quipped. "Denial is not just a river in Egypt." In spite of the importance and relevance of the issues, most Jewish leaders, the media and the general public seem to be ignoring important realities related to the production and consumption of meat and other animal products, that are doing immense harm to society and our planet. These include:

- While the world is increasingly threatened by global warming, animal-based agriculture emits more greenhouse gases (in CO2 equivalents) than all the cars and other means of transportation worldwide combined (18 percent vs. 13.5 percent). An article by two environmentalists in the November/December issue of World Watch magazine argues that 'livestock' agriculture is responsible for at least 51 per cent of all human-induced greenhouse gas emissions.
- Animal-centered diets are contributing to an epidemic of heart disease, several types of cancer and other diseases in the Jewish and other communities;

WHY ISN'T VEGETARIANISM ON THE JEWISH AGENDA?

- At a time when food prices are skyrocketing, food riots are occurring in many areas and an estimated 20 million people are dying annually worldwide from hunger and its effects, over 70 percent of the grain produced in the United States and over 40 percent produced worldwide are fed to farmed animals.
- In an increasingly thirsty and energy-dependent world, animal-based diets require up to 14 times as much water and 10 times as much energy as vegan (all plants) diets.
- Even if animals are slaughtered strictly according to Jewish law, with minimum pain, billions of animals still suffer greatly from cruel treatment on factory farms.

Making all of the above points more alarming, the consumption of animal products is projected to double in 50 years. If this happens, it will make it very difficult, if not impossible, to reduce greenhouse emissions enough to avoid an unprecedented climate-catastrophe

It is essential that our rabbis and other Jewish leaders recognize that a major shift toward plant-based diets is essential to avoid the unprecedented catastrophe that the world is rapidly approaching and to move our precious, but imperiled, planet to a sustainable path.

When we read daily reports of the effects of global climate change, such as record heat waves, severe storms, widespread droughts, and the melting of glaciers and polar icecaps; when some climate scientists are warning that global climate change may spin out of control with disastrous consequences unless major changes are soon made; when a recent report indicated that our oceans may be virtually free of fish by 2050; when species of plants and animals are disappearing at the fastest rate in history; when it is projected that half of the world's people will live in areas chronically short of water by 2050; it is essential that the Jewish community fulfill our mandate to be a "light unto the nations" and lead efforts to address these critical issues.

It is urgent that tikkun olam—the healing and repair of the world -- be a central issue in synagogues, Jewish schools and other Jewish institutions. Judaism has splendid teachings on environmental conservation and sustainability, and it is essential that they be applied to respond to the many current environmental threats. An essential part of that response is a major

WHY ISN'T VEGETARIANISM ON THE JEWISH AGENDA?

shift towards plant-based diets.

JVNA urges rabbis and other Jewish leaders to make Jews aware of how animal-based diets and agriculture violate basic Jewish mandates to preserve human health, treat animals compassionately, protect the environment, conserve natural resources and help hungry people.

Further information about these issues can be found at the JVNA web site JewishVeg.com. JVNA will provide complimentary copies of its new documentary "A Sacred Duty: Applying Jewish Values to Help Heal the World." to rabbis and other Jewish leaders who will contact us (president@JewishVeg.com) and indicate how they might use them to involve their congregations on the issues. The entire movie can be seen and further information about it can be found at ASacredDuty.com. I also have over 140 articles and 25 podcasts of my talks and interviews at

JewishVeg.com/Schwartz. My entire book "Judaism and Vegetarianism" can also be accessed at that web site.



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.**

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)**

BOTTLED WATER

In the September issue of 'The Jewish Vegetarian' we published the article 'Bottled water in a hot car is dangerous'. Having read reports of contamination of the water in plastic bottles over recent years, we accepted the article in good faith. However, we have since discovered that the key point in the article – that when the bottle gets hot contamination with dioxins occur – is false. We regret any inconvenience caused to readers, and present the following account of when dioxins are or are not likely to be contaminants.

Do Plastic Bottles Release Dioxins?

By Roger French

The Johns Hopkins School of Public Health, which is quoted as the source of the erroneous article, has refused the claim that it issued warnings about plastic and dioxins. Their Public Health News Center issued a statement saying that the original news item was falsely attributed to John Hopkins and the school does not endorse its content. In particular, freezing water does not cause the release of chemicals from plastic bottles, and for microwave cooking, users should follow the manufacturer's recommendations when using plastic products.

Because dioxins are persistent in the environment and accumulate in the food chain, they are now distributed globally, and every member of the human population is exposed to them, primarily through the food supply and mothers' milk. An emerging body of information suggests that dioxin contamination has reached a level that may poise a large-scale, long-term public health risk. Of particular concern are the effects of dioxins on reproduction, development, immune function and cancer.

Medical waste incineration is a major source of dioxins. Polyvinyl chloride (PVC) plastic is the primary source of dioxin produced by the incineration of medical wastes. Researchers say that health care institutions should implement policies to reduce the use of PVC plastics and achieve major reductions in dioxin production. Many governments have taken steps to reduce the amounts of dioxins in the environment.

A website – called **TruthOrFiction.com** has thoroughly investigated the claims that plastic water bottles can produce dioxin, and has contacted .Dr. Fujimoto, who is quoted in the erroneous article regarding dioxins. He says that he never addressed the issue of water in plastic bottles being frozen, so this dioxin warning is obviously false. Nor did he claim that the heat in a

BOTTLED WATER

microwave causes dioxins to drip from plastic wrap into the food.

Dr Fujimoto said in a media interview that he is surprised how little Americans know about dioxins in everyday life, because in Japan the majority of the population knows about them and the country has enacted regulations to protect its people. He pointed out that the amount of dioxins in a piece of plastic is very small, but the problem is that dioxins accumulate in the body. In Japan there has been a complete change in the way foods are packaged so that plastic is avoided. They use more glass now.

The only reference that TruthOrFiction.com could find dioxins and microwaves was an FDA publication concerned about dioxins produced by the bleaching of paper goods, including milk cartons and some paper containers for microwave dinners. Even then, the levels of dioxins were described as safe (we can only hope they are right).

Dr Rolf Halden, a professor in the Department of Environmental Health Services at the Johns Hopkins Center for Water and Health has confirmed that plastics do not contain dioxins but wastes containing certain compounds produce dioxins when incinerated.

According to Dr. Halden, most people are exposed to dioxins when eating fat-rich meat and fish, because dioxins that have been released into the atmosphere settle onto crops and grasses and become concentrated in the fat of the animals.

Dr. Halden said that there is no danger in freezing water in plastic bottles, simply because there are no dioxins in plastics. Further, freezing actually inhibits the release of chemicals rather than promoting it. However, there could be problems with the chemicals added to plastics to make them less brittle – they could disrupt endocrine functions – and heat could increase the release of these chemicals.

Regarding cooking with plastics, Dr Halden said that the heat increases the likelihood that chemicals could leach out, so to be on the safe side, it would be wise to use heat-resistant glass or ceramics for microwave cooking.

To avoid contamination of food in a microwave by other constituents of plastics, the advice is to only use a product in the microwave if it is marked 'microwave safe', and be sure to follow any specific instructions provided.

NEWS FROM NEAR AND FAR

Peta Sees Red Over Sam Neill's Meat Ads

The animal rights group, People for the Ethical Treatment of Animals (PETA), has urged actor and red meat advocate Sam Neill, to abandon his 'Jurassic tastes' for a meat-based diet. Neill has been fronting television campaigns for Meat and Livestock Australia, which promotes red meat as a vital contributor to brain health.

Jason Baker, director of PETA Asia-Pacific, has sent Neill, a letter suggesting alternative mottos such as "Meat: it is what's rotting in your colon" and "Seeing you pimp for an industry that is linked to the main killers of human beings as well as of animals is, well, sad". Jason continued, "Maybe in your dotage, you need to pay the bill, but perhaps it is worth your looking to the example set by today's young celebrities – including Missy Higgins, Daniel Johns and Natalie Portman – who don't turn a blind eye to the fact that slaughterhouses are horrifying places...and who recognise that human beings don't have to die of meat-related causes, such as cancer of the bowel and colon and hardened arteries.

Baker said that people with higher IQs are more likely to go vegetarian – like Albert Einstein, Leonardo da Vinci, Mahatma Gandhi and Isaac Newton. "Won't you agree that it is time to evolve, choose a plant-based diet and leave Jurassic tastes in the dust (since the meat habit will cause the extinction of us all)," he wrote.

Comment was being sought from Neill. (AAP Media Release July 2009)

Low Vitamin D may be Root Cause of Cancer

What initially causes cancer to develop? The current scientific model assumes that a genetic mutation begins the genesis of a malignancy. But what if the assumption is wrong and there is another key to the start of cancer? Scientists at the Moores Cancer Center at the University of California (UC) in San Diego have raised that possibility. And they have come up with another, brand new model of how cancer develops.

Reporting online in the current **Annals of Epidemiology** (Vol. 19 Issue 7), they point to a host of research that suggests cancer develops when cells lose the ability to stick together in a healthy, normal way – and the key factor to

NEWS FROM NEAR AND FAR

this initial triggering of a malignancy could well be a lack of vitamin D. In the article, Cedric Garland, professor of family and preventive medicine at the UC San Diego School of Medicine, and his research team explain that previous theories associating vitamin D with many cancers have been tested and confirmed in over 200 epidemiological studies.

In addition, more than 2,500 laboratory studies have been conducted that provide an understanding of the physiological basis of a lack of vitamin D to cancer. According to Dr. Garland, researchers have documented that with enough vitamin D present cells adhere to one another in tissue and act as normal, mature epithelial cells. But if there is a deficiency of vitamin D, cells can lose this stick-to-each-other quality, as well as their identity as differentiated cells. The result – they may revert to a dangerous stem-cell-like state and become cancerous.

In a statement to the media, Dr Garland suggested that much of the process that starts cancer in the first place could be stopped at the outset by maintaining enough vitamin D in the body. “Vitamin D may halt the first stage of the cancer process by re-establishing intercellular junctions in malignancies having an intact vitamin D receptor,” he said. He added that if diet and supplements restore appropriate levels of vitamin D, the development of cancer might be prevented.

According to Dr Garland, vitamin D levels can be easily increased, if needed, by modest supplementation with vitamin D3 in the range of 2000 IU/day. Healthy levels of vitamin D have been found to slash the risk of numerous cancers by 77%.

Further information can be obtained from: <http://ucsdnews.ucsd.edu/newsrel/he...http://www.naturalnews.com/023184.html>

Eat Green and Ethically to Reduce CO²

Products with labels spelling out how much they pollute are set to appear on supermarket shelves, giving shoppers yet another way to turn consumerism into social activism. The greenhouse gas emissions associated with the entire production of everyday products will be clearly labelled on them, alongside a pledge by those participating companies to reduce emissions every two years.

A similar scheme has been in operation here in Britain for two years with the support of 20 companies, including the retailers Tesco and Boots, and

NEWS FROM NEAR AND FAR

products such as chips/crisps, soft drinks, laundry powder and even bank accounts carry the black footprint logo. The scheme's owner, Britain's Carbon Trust, has licensed Planet Ark to roll out the scheme here in Australia. Planet Ark's project manager, Diane Mann, said "We are always talking about empowering the consumer to make a change, and this is one way that they can do it by endorsing a company that has committed to change." Australia consumers are already voting with their wallets. Sales of products carrying the green frog of the Rainforest Alliance have risen 23% in the past year, and sales of Fair Trade products are set to rise by 80% this year.

Ms Mann said she was holding talks with a number of international and local companies to sign up for early next year Ben Peacock, the founder of Republic for Everyone, an advertising agency that specialises in ethical causes, said: "All the research I am seeing is showing that green issues are still top of the mind for some consumers, even though there is a recession."

Sydney Morning Herald. 'Environment' June 30th 2009.



SPRING CLEAN YOUR DIET

Spring Clean Your Diet with V-Healthy

The months following Winter offer the ideal time to take stock of your diet, rewrite your shopping list, clean out your larder, and take a good look at the food you eat. V-Healthy is a healthy eating plan from the Vegetarian Society. It's ideal for anyone who wants to start the New Year with a revamped diet and a healthy spring in their step. For a free copy of V-Healthy call 0161 925 2000.

The meal plan is part of the new 'V-Healthy' leaflet, which provides you with 'seven ways to health' as well as being full of healthy-eating tips, budget solutions and nutrition information. The recipes will all be online as well at www.vegsoc.org with lovely photography to entice you into a new eating style for 2010.

The Vegetarian Society is a registered charity formed in 1847, for more information visit www.vegsoc.org

THE ODDBALL CLINIC

The Oddball Clinic

By Derrick Cohen

A satirical side glance at what could well happen at the dentist

The advertising slogan said in huge letters – Get Yourself a Film Star Smile – Become More Glamorous. Just come in and wait your turn. Nothing to pay. First come first served. N.H.S. Patients only. Help yourself to tea or coffee. Roots our Speciality.

Now where in the whole of Britain can you get that? This new dentist clinic was just around the corner. “Look darling, they do roots” his wife said “I must give them a try. If I hurry I might be the first one there. Shan’t be long, see you later.

James shook his head and sighed, she had rushed out without wishing him a Happy Birthday. Paula must have tried every dentist in town, eventually finding fault with each one of them. It was all that junk food she consumed that was causing her teeth to decay. Dentists were making fortunes from people like her. If only she ate more sensibly like he did. He smiled at himself in the mirror “Hello Birthday Boy, what lovely teeth you have”.

Admiring his gleaming white gnashers, thinking how clever he was not having to sample that dreaded dentist chair! That was hours ago and Paula was not back yet. A long time to be kept waiting! So he decided to pop over and see what was going on. He entered the clinic to be confronted by a stern faced Hattie Jacques look-a-like who glared at him and said “Well you’re the next one. Go to the corridor on the left. Sit on the first vacant chair and move up step by step as the patients are called. Make sure you return the book” shoving a huge book into his hands. “But I only came to fetch my wife” said James. “Do as I say” answered this massive woman “Enquire about your wife when you see the Dentist”. The corridor was crowded with dozens of people patiently reading gigantic novels, one or two helping themselves from the drinks dispenser.

James found himself a cup of hot chocolate, then peered along the rows of seats hoping to spot Paula with glares from a few irritable patients “I’m just looking for my better half” he said. “Do I look like your missus” bellowed a burly navy with tattooed arms giving him a nasty look. James meekly

THE ODDBALL CLINIC

returned to the vacant seat at the end of the row and sat down to enjoy his book. He glances at the title which read "How to develop extreme patience whilst waiting hours at the doctor's surgery". "Just what I need sitting here" he muttered. He opened the cover page to behold the following:- These books are to be returned to reception on leaving. If you do finish a book before you reach the dentist just ask for another. Also if you are lucky to see the dentist before you do finish your book, please let the reception know and we will reserve it for you on your next visit! He began reading this strange book hoping that Paula would make an early appearance.

An elderly gentleman came and sat next to him and whispered "What have they given you. I've got the Forsyte Saga. I've seen the T.V. series but never read the book. This last one I had was Gone with the Wind. Now that was some reading and the film was terrific". "So you are a regular" said James. "Yes but I don't see the dentist, my teeth are all false, no need to worry about the dentists chairs. I just come to use the library. They have a wonderful selection. I only live next door so pop in four times a week, enjoy the novels, as much tea and coffee as I want, sometimes I bring my lunch. I do enjoy my days here, especially chatting to people for I can get very lonely sometimes." A right crackpot thought James trying to concentrate on learning how to be happy in surgeries, tapping his fingers in exasperation. "Shush I am trying to solve the mystery of The Ten Little Niggers. You're jarring my nerves" murmured the elderly lady opposite who resembled Miss Marple!

Finally he found himself on the last chair. Now perhaps he may learn of Paula's whereabouts. Suddenly a voice bellowed "Next please" and he was in a massive room with antiquated machinery being confronted by a weird looking man who had a Dr. Strangelov manner wearing a butcher's apron covered in blood staring right into his eyes saying "I hope you don't bleed too much. I can't bear the sight of blood!" Pushing him into a gigantic contraption that resembled a dentist's chair he said "Now open your mouth wide, it won't take very long" and with a pair of giant pliers began to yank out his gleaming white teeth whilst pouring whisky down his throat to deaden the pain. James screamed in horror "But but but I only came to fetch my wife. There's nothing wrong with my teeth." "Then why didn't you say so" said Dr. Strangelov "it's too late now, just go home, the bleeding will soon stop, take aspirins for the pain and eat across the road on the other side for a couple of days."

He ushered James quickly out of the room "Next please." James stormed back to reception in agony, handed in his book and murmured through a

THE ODDBALL CLINIC

swollen mouth "This man is insane, he has just taken out some of my perfect white teeth. "Touchy touchy ain't you" said the matronly woman. "Did you enjoy the book, See you next time." "Next time" roared James "You will never see me again."

Suddenly he was in a panic "Paula, where was she. G-d knows what that lunatic had done to her. She should have been home hours ago. This will have to be a police matter. Those people should be reported and stopped.

He reached home, rushed into the house and there was Paula relaxing in the lounge watching television. "And where have you been" she demanded "I came home and you were gone, didn't even leave a note. You had me so worried." "I had you worried" growled James "You left home before breakfast saying you wouldn't be long. You didn't even wish me a Happy Birthday and off you went to that crazy butcher. After hours waiting anxiously I went to find you and look what happened. I spent ages in a long corridor among half mad people all reading books. Then get thrown up to that potty Dr. Strangelov who took out my lovely teeth with a pair of pliers drowning me with whisky. And what happened to you, you don't seem harmed. "Oh darling. I'm so sorry" said Paula "But I didn't go into the clinic, when I gat there the queue was so long that I decided to go shopping instead and get you a present. Then I met Helen and we went for coffee. I phoned from the tearoom but you must have gone to find me. Happy Birthday darling. It's the latest best selling novel. I am sure you will enjoy it. The writer is very well known and has written many similar stories." James stared at the title which read "How to Remain Calm in Traffic Jams and Hold Ups whilst driving home in the rush hour" by Ali Booba author of How to Develop Patience Waiting for a Bus in Freezing Cold Weather and Forbearance in Dentists and Doctor's Waiting Rooms. Just what he needed to remind him of his birthday!

Odd ball dentists, crazy people, perfect teeth being yanked out, overpowering receptionists! This certainly was not his day. He could feel the room going round and round, this pain was killing him, Paula's voice was getting fainter and fainter and she was saying "James are you O.K. What's the matter. Aren't you well?"

He could see the image of that large Hattie Jacques look a like wagging and saying "Return the book – Return the book." Suddenly the whole scene changed completely. He was in a well lit dentist's surgery sitting comfortably in an up to date modern chair, and attractive dental nurse holding his hand and stroking his brow. Then Mr. Menton was sayng "There you are Mr. Smaltz.

THE ODDBALL CLINIC

Sorry we had to give you an extra dose of laughing gas. That wisdom tooth was sure very troublesome. Everything should be fine now. Just make an appointment to see me in a week's time. Hope you were not too disturbed by your thoughts whilst under the anaesthetic, some thoughts can be very gruesome. Also lay off all that junk food and go easy at the Kiddushum on Shabbat, none of it is good for your teeth especially the rock cakes!

James reeled on the edge of the chair his jaw badly swollen and a confused look on his face, the touch of the nurse's hand imprinted on his memory. So it didn't happen after all! It was only a dream.

Comment: Dentists are not the only nutcases, ever been to see a shrink!



WESSEX JEWISH VEGETARIAN GROUP

We welcome all 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: (01202 295895) leaving your name and telephone number.

Looking forward to meeting friends we have yet to meet

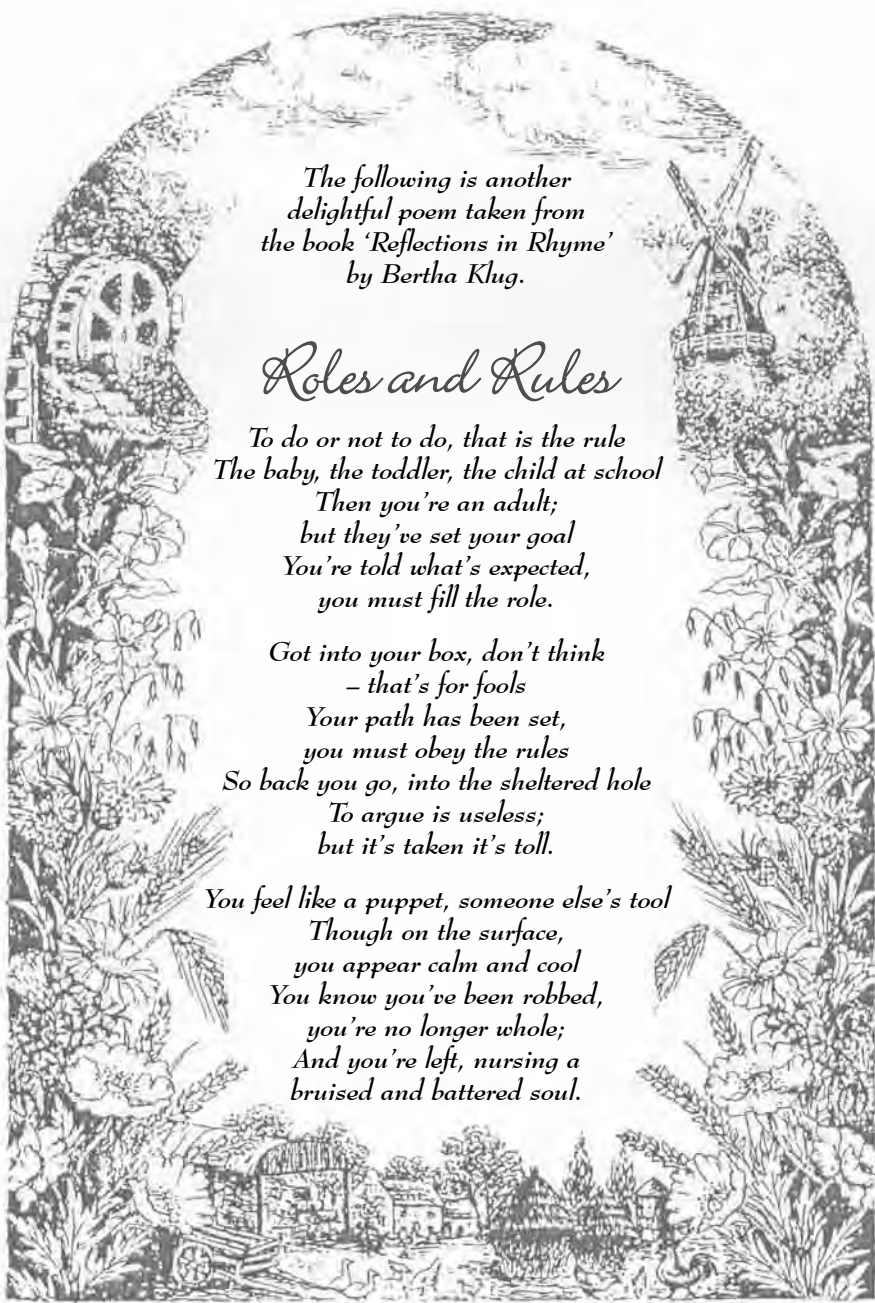


This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

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

POEM



*The following is another
delightful poem taken from
the book 'Reflections in Rhyme'
by Bertha Klug.*

Roles and Rules

*To do or not to do, that is the rule
The baby, the toddler, the child at school
Then you're an adult;
but they've set your goal
You're told what's expected,
you must fill the role.*

*Got into your box, don't think
- that's for fools
Your path has been set,
you must obey the rules
So back you go, into the sheltered hole
To argue is useless;
but it's taken it's toll.*

*You feel like a puppet, someone else's tool
Though on the surface,
you appear calm and cool
You know you've been robbed,
you're no longer whole;
And you're left, nursing a
bruised and battered soul.*

CONSUMER CORNER



Juicy Fruit or Fruity Juice?

One of the easiest, healthiest ways of putting more fruit and vegetables into your diet is by drinking pure organic juice. Biona Organic's pure, pressed and super fruit juices allow you to enjoy the full flavour and full benefits of these good health essentials without the mental barrier of lots of peeling and fuss.

Biona Organic's pure juices are made from the highest quality ingredients available, simply pressed into a delicious juice. And there is plenty of variety to choose from: cloudy apple, orange, red grape, tomato, carrot, vegetable.

Some juices are known for their health benefits, and juices enjoyed in their purest form are therefore able to deliver the greatest benefits, for example:

- Pomegranate juice contains the highest antioxidant capacity compared to other juices
- Cloudy Apple Juice has natural cholesterol lowering properties
- Orange, Carrot or Acerola Cherry Juices are high in vitamin C



Biona Organic's pure juices consist of fruit and vegetables that are grown organically, which means that they are free from pesticides, herbicides or fungicides. The produce is pressed immediately after harvest to capture all of its goodness, freshness and full flavour. That is all that goes into Biona Organic's pure juices – so there are no added sugars, flavours or concentrates.

Drinking a glass of pure 100% fruit or vegetable juice has long been thought of a healthy habit for adults and children alike. For example, a serving of 100 per cent fruit juice is a convenient way to help meet the recommended servings of fruit. Fruit juices also provide a substantial contribution of several nutrients in higher amounts in the diet than do whole fruits, including vitamin C, foliate and potassium. So why not try adding more natural juice to your day and enjoy the benefits.

CONSUMER CORNER

THE TRULY
natural co.

'Ginger' A Natural Health Benefit

There are many natural health products available in the marketplace which can be used for medicinal purposes. One of the oldest and most popular natural ingredients available is ginger and now The Truly Natural Company, suppliers of natural skin care and isoflavones offer ginger granules which have a wide range of medicinal and health uses.

Ginger originated in Asia and is grown primarily by India, China, Indonesia and Nepal. As well as being one of Asia's most popular and widely used cooking ingredients, ginger has been used for centuries as a natural health remedy for a number of conditions. It is now used the world over as an effective natural supplement for arthritis and rheumatism, motion sickness, nausea and as a relaxing infusion.

Lennie Taylor, Managing Director of the The Truly Natural Company, which also specialises in natural skin care products, handmade soap and natural HRT supplements, said, "The Arthritis Research Council say that sixty percent of arthritis sufferers use some form of complementary and alternative medicine in their lifetime. Ginger has become extremely popular with arthritis and rheumatism sufferers as an anti-inflammatory and it can help people with tendonitis. It is used around the world for this purpose – for example in Indonesia, a type of ginger known as Jahe is used as a herbal preparation to reduce fatigue and to cure rheumatism." He continues to say "Research has shown that ginger can be particularly effective for those people who suffer from travel sickness. For those people who struggle with bumpy travel, particularly at sea, ginger can alleviate these problems. It has also been used to good effect for people who are undergoing chemotherapy and who take ginger as a complementary natural remedy in addition to their anti nausea drugs."

The Truly Natural Company also supplies weight loss supplements and biodegradable travel wipes added.

Ginger is also an excellent, relaxing infusion when drunk in the afternoon or early evening. Many cultures use ginger infusions for common colds, sore throats and as flu prevention and a teaspoonful of The Truly Natural Company ginger granules mixed with warm water makes a relaxing drink that can boost your immune system.

CONSUMER CORNER

For more information on the range of supplements offered by The Truly Natural Company, visit the website: <http://www.thetrulynaturalcompany.com>.

About The Truly Natural Company: The Truly Natural Company (TNC) is an ethical company born out of a desire to promote optimum health and well-being and are fast becoming one of the leading distributors of natural health products. The aim and passion is to source dietary, beauty and life style products of the highest quality, purity and integrity from around the world.

Changing Five Essential Items in your Weekly Shop Can Support over 200,000 Families

If Britons simply swapped five of their weekly household buys to organic and Fairtrade items, they could not only save money, but support over 200,000 families while feeding their own with wholesome choices, says organic and Fairtrade expert supplier Essential Trading.

Essential Trading has been established since the 1970s and has witnessed first hand how the choices Britons make helps thousands of families in some of the world's poorest communities.

Eli Sarre, Sales & Marketing Directors comments, "If we could encourage more Britons to change some of their basic items from their weekly shop to Fairtrade or organic foods, they could support over 200,000 families while feeding their own family nutritious, ethically produced food." In this way, Eli believes people can reduce their 'food footprint' by giving back when buying their basics.

For example, by purchasing herbal tea, ground coffee, tinned tomatoes, baked beans and coconut milk from www.ethicallyessential.coop, shoppers would be supporting over 200,000 families in projects that create clean water in Mexico, help farmers rebuild their farms in the Tsunami regions, support co-operative farmers in Italy and a kindergarten and school in Egypt. And this shop was over 25% (£2.08) cheaper than a comparable basket at one of the country's leading supermarkets.

Essential Trading basket of organic goods (tea*, coffee*, baked beans, tinned tomatoes* and tinned coconut milk* cost £7.81. (* denotes Fairtrade)

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Full details of both baskets below:

TOTAL BASKET COST £7.81

250g Café Rebelde Zapatista Ground Coffee £3.35

Café Rebelde is sourced directly from the farming communities in Chiapas, South East Mexico which supports around 200,000 people from 1,000 villages. Funds from the sale of Café Rebelde Zapatista coffee are used directly for a number of water projects. An average water system for 300 people costs around £4,000. While one can be constructed in less than two months, its average lifespan is 20 years!

Herbal Organic Fairtrade Biodynamic Egyptian Teas 30g £1.29

Six flavours available: Hibiscus, Camomile, Fennel, Peppermint, Camomile & Spearmint and Peppermint & Spearmint. Essential has worked with the Sekem Foundation's Egyptian farm since 1979 to grow and prepare bio-dynamic herbal teas, they support the farmer's Egyptian development, education and training which has enabled the farm to grow from 70 to 2000 acres in this time as well supporting a kindergarten and school for the community for 300 pupils for Muslim and Christian children alike.

**490g Baked Organic Beans £0.99 &
400g Tinned Organic Tomatoes £0.99**

The tomatoes are grown on small farms – about 16 hectares – that form part of a 35 farm co- the operative in the Marche region of Italy. The farms are all certified organic to EU standards and Organic Farmers & Growers Association also approves them. The baked beans are also sourced from this farming cooperative.

474g Organic Coconut Milk £1.19

Produced in Sri Lanka in the locality affected by the Tsumani. All of Essential's coconut products (coconut milk, cream and virgin coconut oil) continue to support the general economy in the area affected by the Tsunami.

For more information about Fairtrade and organic foods, please call Essential on 0117 9430 850, email info@ethicallyessential.coop or visit www.ethicallyessential.coop.



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.

CONSUMER CORNER

Label Foods so We Can Buy British, Say Consumers

UK consumers want clear country of origin labels on foods, with most people saying it's because they like to buy British, new research* from Which? shows.

Eight in ten people think it is important that the country of origin is labelled on meat and poultry, and around three quarters feel it is important for other foods**.

While the top reason given was that people like to buy British food, country of origin labels were also deemed useful for other reasons, including judging the quality or simply because they are interested in knowing where their food comes from.

The research comes ahead of next week's EU discussions on country of origin labelling in Brussels. Under current rules***, country of origin is only voluntary for most foods and manufacturers and retailers only have to show where the product last underwent substantial change, not the actual origin of the main ingredient.

The proposals being discussed would require food companies to state the origin of the primary ingredient as well as where it was last underwent a substantial change, but this would remain on a voluntary basis.

Which? wants the Food Standards Agency to push for it to be mandatory for food companies to provide clear information about the origin of key ingredients such as meat and dairy products in line with consumer expectations.

Which? chief policy adviser, Sue Davies, says:

"People are increasingly conscious about where their food comes from, but under current rules labelling the origin of most foods is only voluntary, so while some manufacturers provide this information, others don't."

"This is an opportunity to make food companies provide clear information about the origin of products so consumers can make informed choices about the food they put on their plates."

ISRAEL REPORTING



Campaign To Ban Tel Aviv Cart Horses

Tel Aviv, November 10 – CHAI and Hakol Chai’s campaign to ban cart horses in Tel Aviv, and eventually around the country, achieved its first goal with the banning of horse-drawn carts from Tel Aviv streets. For over a decade, CHAI and its sister charity in Israel, Hakol Chai, pressured the Tel Aviv municipality to regulate, and later to ban, the practice of horses pulling heavily-laden carts through city streets. These animals are often starved, beaten, made to work in the hot sun without water, and not provided with veterinary care. CHAI was the first organization to raise this issue and the first to undertake a campaign to ban horse-drawn carts.

CHAI’s presented its concerns to city officials in 1999. When they were rebuffed, CHAI repeatedly exposed incidents of horse abuse in Jaffa, the old part of Tel Aviv, and rescued and rehabilitated abused horses. A Hakol Chai video of abused animals was shown on TV, and the organization exposed an extreme horse abuser in Jaffa named Nissim, who hacked horses apart with an axe while they were still alive and sold the meat in the market as cow meat. In 2003, Nissim started up again, and Hakol Chai organized a raid on his facility and closed him down again, this time for good.

In 2005, Hakol Chai’s attorney wrote letters to the Ministry of Transportation, the Tel Aviv Mayor, and other Mayors around the country to raise awareness of the issue and call for a ban on the practice. Hakol Chai also organized an international letter writing campaign to government officials. 2007 saw Jaffa plastered with Hakol Chai posters saying “A horse is not a truck! Hundreds of miserable horses and donkeys live around us. Don’t be indifferent! If you see a horse or donkey in distress, demand that the city act!”

Hakol Chai’s formal written proposal to the City Council resulted in the Council holding a special meeting to discuss the issue. Outside the Council meeting, Hakol Chai protesters staged a demonstration, joined by the Green Party and other organizations. The municipal veterinarian at last sided with Hakol Chai in saying only a ban, not regulations, would work because the

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city lacks the funds to inspect horses and has no facility to house them even if they removed them from their abusers. The Mayor, pressured by cart owners, continued to decline to impose a ban.

In 2009, 350 supporters of Hakol Chai's campaign crowded into a Tel Aviv venue featuring a protest concert at which popular Israeli singers volunteered to perform. This event was part of an international coalition of organizations throughout the world called Horses Without Carriages International that seeks to end horse-drawn carts and carriages. The event was followed by a civil disobedience action in front of City Hall, at which protesters blocked the entrance and handed out hundreds of flyers on one of the city's busiest streets.

At long last, Tel Aviv's Mayor issued a ban, and Hakol Chai will continue to press Mayors of other cities around the country to do the same. Said CHAI's Director, Nina Natelson, ***"We are pleased that, at long last, there will no longer be sights of thin, injured, beaten cart horses in Tel Aviv, and we will continue pressing Mayors of other cities in Israel to issue similar bans."***

Additional information and photos of CHAI / Hakol Chai's 10 year campaign is at <http://www.chai-online.org/horserescue.htm>. CHAI and Hakol Chai are grateful to everyone whose support made this campaign possible. We are making a difference and ask for your continued support for CHAI's work on behalf of Israel's animals. For more information about CHAI and Hakol Chai, visit our website at www.chai-online.org.



BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from

the Society's Honorary Solicitors Communications

to Headquarters "Bet Teva", 855 Finchley Road London NW11 8LX

Tel: 020 8455 0692

COOKERY CORNER



Denise Phillips

Delicious Winter Recipes from Denise

Fattoush

Fattoush is a traditional Middle Eastern recipe for a classic and simple salad of herbs, vegetables and bread in an olive oil and sumac dressing and served on a bed of lettuce. It is typically served as an appetizer and is also wonderful for barbecues. This is the alternative to Israeli salad!

Sumac is the ground berry of the sumac bush, native of the Middle East. This spice has a stunning burgundy colour and a delicious tangy, sour, slightly salty flavour. It is liberally used sprinkled over rice, bread and salads.

Preparation Time: 20 minutes **Cooking Time:** 10 minutes

Serves: 6 people

Ingredients

4 pitta breads cut into 1.5cm squares
2 cucumbers -peeled and diced
12 radishes, finely chopped
4 spring onions, finely chopped
30g fresh mint, finely chopped
30g flat-leaf parsley, finely chopped
Juice of 1 lemon – freshly-squeezed
salt and black pepper, to taste
120ml olive oil
3 tablespoons ground sumac
2 heads of lettuce (eg. cos or romaine)



Method:

- 1) Pre-heat the oven to 200°C/ 400°F/ Gas mark 6.
- 2) Place the pita bread squares on a tray lined with baking parchment paper and bake for about 10 minutes or until nicely browned then remove from the oven and set aside.
- 3) Meanwhile, combine the cucumbers, tomatoes, radishes, spring onions, mint and parsley in a bowl.

COOKERY CORNER

- 4) Toss to combine and set aside.
- 5) In a separate bowl whisk together the lemon juice, salt, black pepper, olive oil and sumac until thoroughly combined.
- 6) Now arrange the lettuce leaves on a large plate (one with a slightly raised rim is best) then arrange the cucumber mix over the leaves and scatter the bread pieces over the top.
- 7) Drizzle the dressing over everything then season with salt and black pepper and serve.

Thick Cabbage and Bean Soup

Of Eastern European origination, this soup would have been created as a way of using up over ripened vegetables on the many farms. But today, with more than a hint of an Italian La Ribolata soup through the addition of the Cannelini beans, and being so full of wholesome goodness, this recipe is perfect for warming up a cold winter's day.

This is probably my all time favourite soup as I love its colourful combination and it never fails to satisfy on a cold winter's day!

Parev Can Be Made in Advance

Preparation Time: 25 minutes

Cooking Time: 40 minutes

Serves: 6 people

Ingredients

- 2 tablespoons olive oil
- 3 carrots – Peel and roughly chopped
- 2 medium sized potatoes – peeled and roughly chopped
- 2 courgettes – roughly chopped
- 3 garlic cloves – skinned and finely chopped
- 1 onion – Peeled and finely chopped
- 1 pound or 450g green cabbage- chopped
- 900ml vegetable stock
- 2 x 300g tin Cannellini beans – drained
- Salt and freshly ground black pepper



COOKERY CORNER

Method

- 1) Heat the olive oil in a large saucepan.
- 2) Sauté the onions, carrots, potatoes, courgettes and garlic. Add the stock, cabbage and cannellini beans.
- 3) Season well.
- 4) Bring the soup to the boil and simmer for 1 hour or until all the vegetables are soft.

To serve the stylish way: Ladle the soup into deep bowls and add a swirl of extra virgin olive oil across the top.

Sweet Potato Fritters

I thought that instead of the traditional latke I would make a change with these sweet fritters. I serve them at our Chanukah tea. In my family, we always have a big gathering to exchange gifts with the cousins, nieces and nephews and these sweet potato fritters are a perfect way of combining the old traditions with a new idea. They are quite filling so cater for 3 per person!

As a trial, I cooked them both in the deep fat fryer and shallow fried them. They work best in the deep fat fryer but should you prefer to shallow fry them to complete cooking, finish them off in the oven at 200°C/400°F/ Gas Mark 6 for 15 minutes so that the inside cooks through!



When buying sweet potatoes they should be firm, without bruises and without a smell. Ideally they should be stored unwrapped in a cool, well-ventilated, dark, dry place.

Can be made in advance. Parev: Omit Greek Yoghurt. **Will freeze.**
Preparation Time: 15 minutes. **Cooking Time:** 15 minutes.
Serves: Makes 65 small balls

Ingredients

3 medium sized sweet potatoes – 1 kg approximately – peeled and grated
2 tablespoons – dried cinnamon
1/2 tablespoon dried mixed spice

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- 2 tablespoons soft brown sugar
- 6 tablespoons Rakusens fine matzo meal
- 3 tablespoons Rakusens medium matzo meal
- 4 eggs – lightly beaten
- Vegetable oil – for deep fat frying
- 225g – Rakusens Medium matzo meal for dusting

Method

- 1) Place the sweet potato in a mixing bowl with the cinnamon, mixed spice, soft brown sugar, fine and medium matzo meal and beaten eggs.
- 2) Heat the oil for the deep fat fryer.
- 3) With wet hands, make little balls, the size of golf balls and then roll into the medium matzo meal.
- 4) Cook in the deep fat fryer for about 4 minutes or until golden.
- 5) Transfer onto some absorbent paper to remove any excess oil.

To serve the stylish way: Place the warm fritters in a dish. Dip them into a separate bowl of Greek Yoghurt and chopped nuts.

Pumpkin Ravioli Served with a Walnut Dressing

Home made fresh pasta is surprisingly quick to do and rewarding and has a wonderful light texture. You need very little basic equipment – a rolling pin, a sharp knife and a pastry wheel will suffice – but if you intend on making it regularly a pasta machine might be worth investing in. The more you make fresh pasta the easier it will be to judge the correct texture of the dough – it should be soft, not at all sticky and have a good elasticity.



The best type of flour to use is a very fine-textured soft wheat flour ‘type 00 or ‘farino tipo 00’. This is available from the larger supermarkets and Italian delicatessens.

Can be made in advance

Preparation Time: 25 minutes plus 30 minutes resting time

COOKERY CORNER

Cooking Time: 30 minutes

Serves 6 as a starter and **serves 4** as a main course

Ingredients

For the Pasta:

225g (8 oz) type 00 pasta flour (Use plain flour if unavailable) plus extra for dusting

1 teaspoon salt

2 medium eggs plus 1 yolk – lightly beaten

1 tablespoon extra virgin olive oil

1 – 2 tablespoons cold water

For the filling

225g (8 oz) pumpkin – or use butternut squash if unavailable – peeled and cut into wedges

2 tablespoons – olive oil

Pinch of nutmeg

55g (2oz) Mascapone cheese or light cream cheese

1 tablespoon fresh basil

30g (1 oz) Grated Parmesan cheese

Salt and Freshly ground black pepper

For the Dressing

4 tablespoons extra virgin olive oil

2 tablespoons walnut oil

1 tablespoon balsamic vinegar

1 tablespoon clear honey

2 tablespoons chopped walnuts

To Garnish

55g (2 oz) Parmesan cheese – grated, freshly ground black pepper

Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Place the pumpkin in a roasting tin, season well and drizzle with olive oil.
- 3) Roast for 20 minutes or until soft.
- 4) Make the dressing by combining all the ingredients together.
- 5) Make the pasta dough by firstly sifting the flour and salt into the food processor. Add the eggs and olive oil and using the dough hook combine together.
- 6) Slowly add the water so that the mixture forms a soft ball but is not too sticky. Continue mixing the dough until it becomes smooth and elastic.

COOKERY CORNER

- 7) Wrap in cling film and rest in the refrigerator for 30 minutes.
- 8) Remove the pumpkin from the oven and place it in the food processor together with the remaining filling ingredients. Season to taste.
- 9) If rolling out the pasta dough by hand, divide the dough in half and roll into 2 sheets. If using a pasta machine, roll manageable portions into strips. Keep covered so that the pasta does not dry out. (If the pasta sticks to the machine dust with some extra flour.)
- 10) Take a strip of pasta 10-12 cm (4-5 inches) wide. Spoon on teaspoonfuls of stuffing at 6cm (2½ inch) intervals. Brush the edges and between the stuffing with a little water.
- 11) Cover with another sheet of pasta and press along the edges and between the stuffing to seal. Cut between the stuffing at 6 cm (2 ½ inch) intervals and cut neatly along the edges. Repeat to use all of the pasta and stuffing to make 20 –24 ravioli. (If you are not cooking the pasta immediately, store in layers of bakewell paper dusted with flour.)
- 12) Bring a large saucepan of salted water to the boil. Cook the ravioli in batches for about 2 minutes or until it comes to the surface. Drain thoroughly and transfer back to the saucepan.
- 13) Pour the dressing over the cooked ravioli.

To serve the stylish Way: Place 5-6 ravioli on to a warmed plate with the dressing. Garnish with some grated Parmesan cheese and freshly crushed black pepper.



DATING WITH A DIFFERENCE

It's that time again time to consider improving your social life and your cooking skills. Date on a Plate is a great new concept in dating. Six men and six women have fun while learning to cook a three-course meal from scratch.

The evening will start with a glass of Champagne and a "get to know" your fellow guests. Then the preparation and cooking commences before you enjoy the meal that you have created – along with fine wines and good company.

Future Dates :

Sunday 13th Dec	Age: 40 – 55	Sunday 28th Feb	Age: 30 – 45
Sunday 17th Jan	Age: 28 – 38	Sunday 21st March	Age: 40 – 55

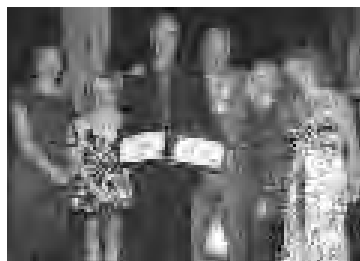
**To Book – call me on 01923 836 456
or email denise@jewishcooking.com**

VEGAN NATIONAL AWARDS

Vegan Food Companies Commended with National Awards

The premier products in the vegan food market have been commended by a series of awards given by Europe's largest campaigning vegetarian organisation, Viva!

Scottish company Bute Island, who produce a celebrated range of dairy-free cheese, have been named as producers of the Best Overall Vegan Product – for their Original Creamy Sheese to mark Viva!'s 15th anniversary in October.



The company have also been awarded for creating the Best Vegan Cheese – for their Smoked Cheddar style **Sheese**. Bute Island are the only business to win in two categories.

Guy Crichton from Bute Island says: "Although we are thrilled to win these awards, what gives us most pleasure and satisfaction is confirmation that we're supplying something which makes it much easier for people to switch to animal-free food, and enjoy doing so. We look forward to continuing to support the fantastic campaigns carried out by Viva! for the next 15 years!"

Viva! have also made the following awards:

- Best Ready To Eat Meat Alternatives – The Redwood Wholefood Food Company
- Best Ready to Cook Meat Alternatives – Beanie's Health Foods Fry's range
- Best Vegan Dressing – Plamil Egg-Free Mayonnaise range
- Best Vegan Footwear – Vegetarian Shoes
- Best Online Vegan Store – Alternative Stores
- Best Vegan Chocolate – Montezuma's Kirsch Cherries
- Best Vegan Chocolate – Booja Booja's Champagne Truffles
- Best Vegan Product – Swedish Glace Rich Chocolate

Vival's founder and director, Juliet Gellatley gave personal congratulations to the winners. She says: "We would like to extend our congratulations to all the companies who have been awarded as part of Viva!'s 15th anniversary. The vegan food market is expanding all the time – and

VEGAN NATIONAL AWARDS

delicious and versatile products such as these are making a great headway into the mainstream market – catering wonderfully not just for vegans, but for anyone who is looking to reduce meat and dairy in their diet.”



VEGETARIAN FOR LIFE (VfL)

Launch of ‘Vegetarian Living’ A healthy-living handbook for older vegetarians & vegans



Throughout the world, World Vegetarian Day celebrated on 1st October, the birthday of Mahatma Ghandi. To celebrate the day this year, **Vegetarian for Life (VfL)** is launched its second

publication, *Vegetarian Living – A healthy-living handbook for older vegetarians & vegans, or those who care for them.*

The handbook is aimed at individual older vegetarians and vegans and their changing needs. It offers advice on subjects such as: a positive approach to retirement, ‘simple tips to sharpen wits’, housing & care, diet & cookery, and it also includes a section of ‘easy recipes-for-one’.

6,000 copies of *Vegetarian Living* have recently been distributed, and thousands more are available on request – free of charge – to individuals, care organisations and similar. *Vegetarian Living* is also downloadable from the charity’s website www.vegetarianforlife.org.uk

Vegetarian for Life is an advocacy and educational charity, launched in 2008. Its website also includes:

- a comprehensive recipe service
- Catering for older vegetarians and vegans – a practical guide for care homes and others
- menu planners

VEGETARIAN FOR LIFE (VfL)

- the **VfL – UK** List of care homes and others following VfL's Code of Good Practice. Membership of the UK List has proved to be very popular, and has rapidly grown to some 280 plus members, with representation in all parts of the UK.

Tina Fox, VfL's Company Secretary and former Chair of the International Vegetarian Union, is delighted to add Vegetarian Living to the tools at VfL's disposal. "I feel for too long the needs of older vegetarians and vegans have been put to one side in favour of converting younger people to vegetarianism. This handbook is aimed at helping vegetarians and vegans in their later years and offers practical and life-enhancing advice"

VfL promotes the well-being of older vegetarians and vegans, and we are happy to work with individual carers, care organisations and 'age' charities to achieve our aims. We would be grateful if our work is brought to the attention of members and supporters of these organisations and to older people generally.



NEW JEWISH VEGETARIAN SOCIAL GROUP

JVegout – A new social group for Jewish vegetarians and vegans of all ages, will initially meet on the first Sunday of each month for a restaurant visit. We have a Facebook group which can be found at <http://www.facebook.com/group.php?gid=20274816199&ref=mf> where events will be announced. Or we can be contacted by email at jvegout@yahoo.co.uk

IMPORTANT – AMERICAN & CANADIAN MEMBERS

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

GREAT BRITISH CIRCUS EXPOSED

Great British Circus Exposed

Suffering behind the scenes in a UK circus

The following article appeared in the Autumn/Winter 2009 issue of the Animal Defender International Magazine.



The cruel reality of the UK Government's failure to end the use of wild animals in travelling circuses was revealed in August when we released the shocking findings of an investigation of the Great British Circus.

In March 2006 the Government made a commitment to end the use of wild animals in circuses. The commitment was reiterated as "crystal clear" to the House of Lords. Three years of prevarication and obfuscation have followed.

ADI (Animal Defender International) and other groups presented scientific and other evidence to a Defra Circus Working Group commissioned to look at evidence to inform new regulations under the Animal Welfare Act 2006, but almost all meaningful evidence was excluded from the study.

There has been resounding astonishment at Defra's claim that scientific evidence of the impacts of captivity and confinement in zoos and other industries could not be used to inform regulations for circuses. Studies of these species in the wild were also excluded, with the claim that these could not inform decisions about welfare in circuses. They refused to even look at training and control methods, a farcical and shameful process. As expected, the final report was inconclusive as so much evidence has been disregarded that there was not enough left to make a decision.

Defra has admitted that it will not employ this strategy again when gathering evidence to inform Animal Welfare Act regulations on other animal issues. Yet disgracefully, Defra continues to allow, indeed encourage by omission, the circus industry in the presentation of these "lack of evidence" findings as a clean bill of health for circuses.

The result has been the appearance of three elephants imported by the

GREAT BRITISH CIRCUS EXPOSED

Great British Circus this year, two Asian and one African. Four months into the tour ADI installed a camera in the elephant tent and recorded horrific casual violence and critical welfare issues. The investigation revealed that the elephants are chained for up to eleven hours each day and spend hours in their transporter on even the shortest of journeys. This supports the conclusions of previous studies of animal husbandry in travelling circuses.

In August the story broke with huge media coverage and the public were once again shown the reality of life behind the scenes for circus animals.

During the 2009 tour, the Great British Circus boasted of its high standards of welfare and showcased the elephants in a (relatively barren) outdoor pen. However, as mentioned, a hidden camera revealed that the elephants spent most of their time in a small pen in a tent and every night the animals were chained by a front and a back leg – barely able to take one step back and forwards. Night vision filming showed the elephants able to shuffle a pace forwards or to stand or lie down. The film shows these chains being removed in the morning and taken away.

Also caught on film is a staggering level of casual violence. Elephants were brutally hit in the face with a metal elephant hook, a broom and a pitchfork; a worker cruelly twisted an elephant's tail. The frightened animal backed away and cried out when they were hit or hooked. When the story broke, the circus claimed they had already sacked the man for abusing the animals when they discovered that he was doing. Yet In the film, the trainer is present and the tent flaps are open with people walking past. When the elephants cried out, no one came to see what was wrong.

We have frequently highlighted how circus animals are kept in transporters for extended periods for even short journeys. This is because the circus loads the animals before dismantling the site and rebuilding it at its next location. In late July, the Great British Circus moved from Watford to Bushey – just five miles. We filmed as the elephants were loaded and trailed them to the next site. The elephants remained in their transporter for seven and a half hours.

We also analysed the hours of footage of the elephants in the tent revealing horrific levels of disturbed behaviour in the elephants. Sonja, the African elephant, exhibited repetitive, pointless movements for 40% of the time. These sad animals are being driven out of their minds – in the name of entertainment.

GREAT BRITISH CIRCUS EXPOSED

The investigation hit the headlines, most major newspapers ran the video taken on their websites and the story swept around the world, appearing on TV screens as far away as Australia. Thousands watched the video online.

Given the circumstances of constant travel, it is simply not possible to provide wild animals in circuses with the environment they need to remain healthy.

Take action today: Send the UK Government a message to Stop Circus Suffering. Write to your MP at The House of Commons, London. SWIA OAA Ask them to watch the ADI DVD and to call on the Government to ban the use of Animals in travelling circuses under the Animal Welfare Act. Further information can be obtained direct from ADI

**Email: info@ad-international.org
web: www.ad-international.org**

ORGANIC REVIEW

Organic Review Published



An independent review commissioned by the Food Standards Agency (FSA) shows that there are no important differences in the nutrition content, or any additional health benefits, of organic food when compared with conventionally produced food. The focus of the review was the nutritional content of foodstuffs.

Gill Fine, FSA Director of Consumer Choice and Dietary Health, said: "Ensuring people have accurate information is absolutely essential in allowing us all to make informed choices about the food we eat. This study does not mean that people should not eat organic food. What it shows is that there is little, if any, nutritional difference between organic and conventionally produced food and that there is no evidence of additional health benefits from eating organic food."

ORGANIC REVIEW

“The Agency supports consumer choice and is neither pro nor anti organic food. We recognise that there are many reasons why people choose to eat organic, such as animal welfare or environmental concerns. The Agency will continue to give consumers accurate information about their food based on the best available scientific evidence.”

The study, which took the form of a ‘systematic review of literature’, was carried out by the London School of Hygiene and Tropical Medicine (LSHTM). LSHTM’s team of researchers, led by Alan Dangour, reviewed all papers published over the past 50 years that related to the nutrient content and health differences between organic and conventional food. This systematic review is the most comprehensive study in this area that has been carried out to date.

The FSA commissioned this research as part of its commitment to giving consumers accurate information about their food, based on the most up-to-date science.

This research was split into two separate parts, one of which looked at differences in nutrient levels and their significance, while the other looked at the health benefits of eating organic food. A paper reporting the results of the review of nutritional differences has been peer-reviewed and published today by the American Journal of Clinical Nutrition.

Dr Dangour, of the LSHTM’s Nutrition and Public Health Intervention Research Unit, and the principal author of the paper, said: “A small number of differences in nutrient content were found to exist between organically and conventionally produced crops and livestock, but these are unlikely to be of any public health relevance. Our review indicates that there is currently no evidence to support the selection of organically over conventionally produced foods on the basis of nutritional superiority.”



HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

– First Edition –

£2.50 including P&P

GARDENER'S CORNER

Gardener's Corner **WINTER 2009**

The chill winter days are again upon us and the west wind has blown the leaves from our trees. The splendid, opulent displays of summer flowers have

withered only to linger on in our memories. Our thoughts turn to the year ahead and our plans for the garden.

The fallen leaves and summer bedding now are composting to return their goodness to the soil in months to come, while we spread the previous lot to improve and add nutrients to it. As we do this, heavy clay is broken down to a fine tilth and light soils gain body. Earthworms, the little gardeners beneath the surface, enjoy themselves by processing the organic matter and multiply. Earth with plenty of worms is full of health and its structure is aerated and will hold water when conditions are dry and help the rain to permeate in the wet times.

Although our summer was not the heat wave some of our forecasters led us to expect, it was good for flowers, fruit and vegetables.



Our tomatoes gave a record crop and even now in November are yielding plump ripe produce from the greenhouse. This year we made Red Tomato Chutney, see recipe overleaf, this is absolutely delicious and we enjoy it when we are having rice. We shall experience the tastes of summer long into the months ahead.

Our cucumbers also flourished and as well as gracing our salads, were pickled with dill and spices as a savoury accompaniment to many dishes.

This year we said goodbye to our venerable glasshouse which had given 32 years of constant service. The cedar wood structure was



GARDENER'S CORNER

showing serious signs of wear. It was donated to an allotment society whose members possessed the time and skills to renovate and replace irreparable components. In its place a beautiful new one arrived at the end of May. Four men worked hard throughout the day and assembled this by the evening. The aromatic aroma of freshly sawn cedar pervaded the air and the cactus collection was put in its new home where they prosper in the clean and ideal conditions.



As the cucumbers, aubergines, peppers and melon plants have been removed, they have been replaced by the winter inhabitants, these include the fuchsia plants which were resplendent on our terrace and still in full bloom, but too tender to face the imminent frosts.



From these and our best geranium plants cuttings have been taken and will root over the coming months to be potted on in early spring for summer bedding.

Since June, we have been enjoying our own potatoes, at first the delicately flavoured new ones and now the main crop which sit in paper sacks away from frost. We shall enjoy these for some months to come. Beetroots and carrots are now over wintering in a clamp, a soil mound lined with straw, so that we can enjoy these a bit longer. I recently met a veteran gardener who told me that his father used to store his dahlia tubers in the clamp as well, saying that "the carrots would care for the tubers". I had not heard of this before, so it is probably a bit of forgotten wisdom.

The cordon apples and pears provided a marvellous crop and the trained trees on dwarfing rootstock were easy to harvest and the fruit delicious to eat.

Our bramley cooker, which last year produced a measly crop, this year has

GARDENER'S CORNER

compensated with a full apple store and is providing tangy stewed and baked apples which are very tasty with a little honey when cooked and a dash of soya cream when served.

Now is the time to learn from our mistakes and take encouragement from our successes and to plan the year ahead with seed selection of old favourites and perhaps a few new untried varieties.

Recipe:

5lb good ripe tomatoes (blanched to remove the skins)

4 yellow or green peppers (seeded and cut into small shreds)

2 large onions

1oz salt (we used sea salt)

½ oz mustard seed

1½ pints good vinegar (we used white wine vinegar)

½ oz celery seed

½ oz allspice

½ oz cloves

2-3 cumin seeds, bruised (all tied in a muslin bag)

1lb brown sugar



Scald and peel the tomatoes, remove the seeds and any woody parts. Put into the preserving pan and add the peppers, onions and mustard seed and simmer gently for 20-25 minutes.

Meanwhile, boil the remaining spices with the vinegar in a lidded pan.

Remove the bag and add the vinegar to the tomatoes with the sugar. Continue to boil for 1-2 hours, stirring occasionally at first and then more frequently. When fairly thick, stir into a large bowl and leave overnight, pot and tie down. This makes 4-5 pounds of superb chutney.

Our recipe came from "The Cordon Bleu book of Jams, Preserves and Pickles" by Rosemary Hume and Muriel Downes.

GOING ONLINE



www.ethicallyessential.coop

Reduce Your Food Footprint and be Inspired

Reducing your 'food footprint' is easy and inspiring at www.ethicallyessential.coop. This site is a one stop shop of over 600 different products that are organic, vegetarian or vegan and fairly traded. Buying these carefully selected products, will help you reduce your 'food footprint' and increase your creativity in the kitchen!

REDUCE YOUR 'FOOD FOOTPRINT'

Organic, ethical and vegetarian foods help reduce the impact on the earth's resources, people's livelihoods and land use. All the products at www.ethicallyessential.coop fall under these three banners and buying them really does make a difference.

- **Organic food** is grown uses the earth's resources naturally and carefully and helps maintain the eco balance by avoiding the use of pesticides, chemicals or other unnatural means.
- **Ethical food** is cultivated by farmers and producers whose efforts are rewarded by fair pay. This is then reinvested into the food production and into their community thus bringing about positive changes to the workers and their families.
- **Vegetarian food** takes a lesser toll on the land and can produce a greater percentage of food per square foot than land occupied by livestock. And the by-product of vegetables is better for the environment: plants give out much-needed oxygen while cows give out the damaging 'green house gas' methane.

INCREASE YOUR KITCHEN CREATIVITY – with help from Rose Elliot

There are many day-to-day larder staples on the site, but also plenty of unusual and exciting ingredients to cater for 'free from' diets for those with food allergies or intolerances. Plus, of course, a wide range of vegetarian and vegan options.

GOING ONLINE

To inspire you to use these ingredients, renowned vegetarian chef Rose Elliot MBE has devised some recipes exclusively for Essential. Already on the site are:

- Chocolate Mousse with Avocado (dairy free and vegan)
- Easy Coconut & Cauliflower Korma with Buckwheat Rotis (gluten free)
- Gourmet Rice with Pak Choi (deliciously smooth and creamy)
- Layered Salad with Salad Sprouts & Tahini Dressing (super nutritious)
- Generous Mince Pies (perfect for the fast approaching festive season)

FRIENDS OF THE BEES



Friends of the Bees is a new, UK-based charity founded to conserve and protect bees, to educate people about bees and to research and promote more natural beekeeping methods.

Friends of the Bees was inspired by the Natural Beekeeping Network – a growing, worldwide movement of over 1500 beekeepers in 160 countries who are developing more natural ways to look after their bees. Nearly half the membership is in the UK.

Many of these beekeepers started down the path of ‘natural beekeeping’ after reading *The Barefoot Beekeeper*, a book written by **Friends of the Bees** director Phil Chandler.

He says, “The recent stories of honeybees being in decline have made many beekeepers look more critically at the way they treat their bees. We don’t want to have to medicate them or put synthetic chemicals into our hives – it goes against all our instincts and detracts from the public’s perception of honey as a natural, unadulterated product.”

“We are working with the Soil Association to match organic farmers with local, natural beekeepers, so farmers will have the benefit of bees on their land, and the bees will have the benefit of the greater biodiversity found on organic farms. Where we differ from traditional beekeepers is that we are less concerned with honey yields and more with the wider implications

FRIENDS OF THE BEES

of helping to maintain a valuable species in the best possible health. You cannot do that by making them dependent on drugs."

Friends of the Bees is a way that everyone can become involved with bees – and not just honeybees, but also the other native species, including bumblebees and mason bees, which are also very important pollinators.

"We expect to be promoting the work of other organizations working along similar lines, such as Bees for Development, the Bumblebee Conservation Trust and the Global Bee Project, who have all expressed support for our aims. Co-operation is important if we are to make a real impact." Natural beekeeping events and courses will be available from spring 2010 in a number of locations, starting with Embercombe in Devon.

Friends of the Bees is a company registered in England & Wales with registered No. 06931807. Registration with the Charities Commission will happen as soon as we raise the required £5000 to qualify for registration.

Resources

Friends of the Bees website: www.friendsofthebees.org
Natural Beekeeping Network: www.naturalbeekeeping.org
Embercombe: www.embercombe.co.uk

Phil Chandler, director of Friends of the Bees,
author of The Barefoot Beekeeper

www.biobees.com phil@biobees.com 07891 554 012



New IJVS

E-mail Address

jewishvegetarian@onetel.com

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.

BOOK REVIEWS

We would like to review the following book. Although it has nothing to do with vegetarianism or health, we feel it would be most useful to the many of our members who are just getting to 'grips' with modern technology, THE COMPUTER.

Computing Made Easy For the Over 50s

This book is the perfect guide to help you gain confidence using your PC. Starting from the beginning, this book covers everything you need to know in order to understand and use your computer on a day-to-day basis, whether it is sending emails and searching the internet, or using programs such as Excel and Word. Storing and editing your photos, videos and music are also covered, as well as PC maintenance and security.

The book also contains full information and illustrations:

1. Step-by-step tutorials
2. No-nonsense jargon buster for technical terms
3. Top tips to make your computing easier
4. Develop your newly acquired skills.

Published by Which? Books Ltd. 2 Marylebone Road. London. NW1 4DF Email: books@which.co.uk. Price £10. 99p

Local Food How to Make It Happen In Your Community

By Tamzin Pinkerton & Rob Hopkins

Issues surrounding food are capturing the interest of the public, with many people buying their vegetables locally, eating organic and seasonal food when they can, and growing their own food on an allotment or in the home. The topic of local food is becoming increasingly relevant, with news of the Mayor of London's 'Capital Growth' project, the DEFRA report on food security in Britain, and the recent launch of the Landshare project by Hugh Fearnley-Whittingstall.

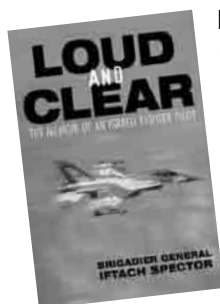
This new book offers an inspiring and practical guide to what can be achieved if you get together with the people on your street or in your village, town or city. It explores a high range of local food initiatives for rebuilding adverse, resilient local food network – including community gardens, farmers' markets, Community Supported Agriculture schemes and projects in schools – and includes all the information you will need to get ideas off the ground.

BOOK REVIEWS

Drawing on the practical experience of transition initiatives and other community projects around the world, *Local Food* demonstrates the power of working collaboratively. In today's culture of supermarkets and food miles, an explosion of activity at community level is urgently needed. This book is the ideal place to start.

**Published by Green Books Paperback Price £12. 95 Plus P&P £3.00.
Available from JVS.**

Loud and Clear ***The Memoir of an Israeli Fighter Pilot***



Brigadier General Iftach Spector, retired Israeli Air Force general and its second, highest scoring fighter ace, is one of Israel's living legends. During the Six-Day War in June 1967, he led the flight that attacked the U.S. surveillance ship USS Liberty off the Sinai Peninsula, an apparent case of mistaken identity that remains controversial to this day. He was one of the eight Israeli pilots who attacked and destroyed Saddam Hussein's nuclear reactor at Osirak in 1981.

In 2003 he was the senior signatory of the famous "Pilots' Letter," in which General Spector and twenty-seven other Israeli pilots stated their refusal to bomb targets in Palestine where collateral damage would likely be severe. It was the end of his military career.

In this vivid memoir, at turns moving and exciting, Spector illuminates what it was like coming of age in the fledging Jewish state of Israel and how he defended both its territory and its conscience as he rose through the ranks as a fighter pilot.

Originally published in Hebrew in 2008 as *Ram u-varur* by Yedioth Ahronoth Books. English edition translated by Samuel Gorvine. Published by Zenith Press Hardback Price £19.00 Plus P&P £5.00. Available from JVS.

Your Life in Your Hands ***Understanding, Preventing and Overcoming Breast Cancer*** **By Professor Jane Plant**

Professor Jane Plant suffered from breast cancer five times before she learned

BOOK REVIEWS

of the relationship between diet and the disease. As one of Britain's most eminent scientists, her revolutionary analysis of the underlying causes of breast cancer and her simple and straightforward programme for adopting a healthier diet and lifestyle to defeat it – she has now been clear of the disease for fourteen years – caused shockwaves when it was first published.

In this new edition of ***Your Life in Your Hands*** she shares her account of all she has discovered and experienced in dealing with the illness, and updates it with several case studies of those people who have followed her programme. They explore the tribulations of the illness, as well as the positive effects Jane Plant's recommendations have had on their fight with the disease.

Published by Virgin Books Ltd. London. Paperback Price £9.99. plus P&P £3.00 Available from JVS.

Vegan Cookies Invade Your Cookie Jar

***100 Dairy-Free Recipes for
Everyone's Favourite Treats***

By Isa Chandra Moskowitz & Terry Hope Romero

Going vegan doesn't mean giving up dessert. Isa Chandra Moskowitz and Terry Hope Romero's vegan world domination mission continues with dairy-free batches of everyone's favourite treat – cookies! From classic favourites to fancy delights, ***Vegan Cookies Invade Your Cookie Jar*** features more than 100 original recipes for cookies, bars, biscotti, brownies and more. Discover delicious treats that are sure to impress friends and family at any occasion, or simply tempt yourself with irresistible recipes which range from classic favourites like Oatmeal Raisin, Gingerbread, Chocolate Chip Cookies, Lemon Bars as well as many new inventions.

Isa and Terry also share their best mixing, baking and decorating techniques and tackle age-old cookie conundrums. Learn the secrets of veganizing name-brand favourites, whipping up gluten-free batches and even making cookies you can eat for breakfast. When vegan cookies look and taste this delicious resistance is futile!

Published by The Perseus Books Group. Paperback Price £10.99. plus P&P £2.50 Available from JVS

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VEGFAM feeds the hungry without exploiting animals

Vegan famine relief. Providing funds for: Vegetable growing projects, fruit/nut tree planting, water supplies and emergency food. Donations greatly appreciated. SAE for details to: Vegfam, c/o Cwm Cottage, Cwmyrnys, Cilycwm, Llandoverly, Carmarthenshire, SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

On-line giving

www.charitychoice.co.uk/vegfam

Please visit our website:

www.vegfamcharity.org.uk

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or visit: www.claridgehousequaker.org.uk**

Registered Charity No: 228102



The advocacy charity for
older vegetarians and vegans

Can we help you with our:

- Catering Guide
- Healthy-living Handbook
- UK List of care homes
- Recipe service and nutritional advice
- Charitable grants from The Vegan Fund or The Vegetarian Fund to help with independent living, respite care or similar?

Donations to help our work are welcomed

www.vegetarianforlife.org.uk
Or phone: 0151 608 1595

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.