

# The Jewish Vegetarian

No. 176 March 2011 Adar 5771 £1.50 Quarterly



**לא ירעו ולא-ישחיתו בכל הר-קדשי...**

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



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

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

## Support the International Jewish Vegetarian Movement A Worldwide Fellowship

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

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

**A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.

**B.** Non-Vegetarians who are in sympathy with the Movement.

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

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.

Please state whether 'A' or 'B' (above)

Name (in full – clearly) .....

Tel. No .....

Address (clearly) .....

Occupation ..... Fee enclosed £ .....

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

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

Please send me details of the necessary wording.

4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

**THE JERUSALEM CENTRE** Donations gratefully received towards repayment of the loan on the freehold premises.

## DONATIONS RECEIVED

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

£28 Mr. I.R. Ilford, Essex. £13 Mr. H.G. Ilford, Essex.  
£11 Mr E.M.R. London NW11 £5 Dr. H.H. Guildford, Surrey.  
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\$10 Mr G.M. IN. USA



## 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 Ganir Center, 2.Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067. Tel (972) 2 9936900. Fax (972) 2 5337074 email: nfo@orr-shalom.co.il, www.orr-shalom.org.il

**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:

£50 Dr. M.S. Redbridge, Essex. £10 R. & P.G. Poole, Dorset.  
£5 Mrs. R.D. Ilford, Essex.  
\$16 Rabbi S.S. PA. USA

# SOCIETY NEWS

***The following functions were held recently at 'Ginger' –  
The Vegetarian Community Centre Jerusalem.  
Unfortunately we only received these after the event.***

## **Tuesday December 28<sup>th</sup> COMMUNAL POTLUCK MEAL**

These vegan potluck dinners are held monthly, all you need to do is bring a vegan dish (no meat, fish, eggs, milk or honey) just yourself and our friends for an evening of eating and socializing. **Admission: free**

## **Thursday January 20<sup>th</sup> TU B'SHVAT SEDER**

***Be part of the joyous celebration of our Jewish tradition as it  
relates to the nature and vegetation of the land of Israel.***

Our Seder leader, Steven "Shaya" Kelter, invited you to bring a rare fruit on which to say the "Shehechyanu Bracha", as well as a song, poem, humor or brief story about trees, recounting of a Tu B'shvat custom you are familiar with, or other creative idea that can be shared with the other celebrants. Let your imagination reach down to the roots or up to the treetops! The Seder was held in English and Hebrew.

**Admission: NIS 25**

Admission included food and beverages which was required for the Seder.

## **Sunday January 23<sup>rd</sup>**

### **SUSTAINABLE AGRICULTURE AND LOCAL FOOD**

**Speaker: Ofer Sneider, permaculture farmer and teacher.**

Fourth meeting of the course "Food for Thought":

a seven-meeting project on Judaism and food ethics.

The course was organized together with "Jewish Nature" (the society for Jewish ecological responsibility) and "Tav Chevrat" (the project of "Bema'agalei Tzedek" society). *In Hebrew*

**Admission for the full course: 70 NIS. For one workshop: 15 NIS.**

**Sliding Pay Scale is available – please talk to us.**

## **Monday January 24<sup>th</sup>**

### **SCREENING OF THE FILM "2012 – TIME FOR CHANGE**

**Documentary + Animation, 85 min., English, Hebrew subtitles.**

The film presents the 2012 Mayan prophecy for humanity's consciousness evolution and its connection to the environmental crisis.

The writer Daniel Pinchbeck (***Breaking Open the Head, 2012: The Return of Ketzalcoatl***) examined different ways to evolve human consciousness—yoga, meditation, sacred plants and more. He travels around the world

# SOCIETY NEWS

and interviews celebrities and specialists about their experiences and about possibilities for the world in their opinion. Sting shared his Ayahoasca experience that brought him to protect rain forests. Gilberto Gil told about the meditation and the yoga he practiced while sitting in jail. David Lynch praised the transcendental meditation that he has been practicing for 35 years. Representatives of Maya and Lakota tribes described their own visions of this special point of time. Environmentalists, designers, planners, and economists shared their insights about the world's future and optimistic possibilities.

The film presented a tour of Permaculture projects around the world, ecological settlements and inventors that combine ancient knowledge with innovation and simplicity. It inspiringly showed possibilities of the reality that we can co-create. Director: João Amorim

**The official film website: <http://2012timeforchange.com/>**

After the screening a talk was given by Noa Peled – a Permaculturist and Mayan calendar teacher who brought the film from “Nova Terra” (New Earth) festival in Brasil.

**Admission: 20 NIS.**

**Thursday January 25<sup>th</sup>**

**PIZZA AND SANDWICHES PLUS A MUSICAL JAM SESSION.**

The volunteers of the Mahatma arranged an evening of vegan pizzas and sandwiches. Feel free to participate in the jam session; if not, then simply enjoy the music.

**Admission: free.**

**Further information can be obtained direct from  
Ginger – The Vegetarian Community Centre  
8. Balfour Street. Jerusalem**

**E-mail [veginger@gmail.com](mailto:veginger@gmail.com) or call 052 2598773**



## 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.**

# DEAR SIR

## **DEAR SIR,**

Would it be possible for you to e-mail me a copy of the article – “Fainting!” – on page 38 of the current issue (December 2010) of *The Jewish Vegetarian Quarterly*. Sundry vegetarian articles (that I may not have) would also be most welcome.

My purpose is to forward them to the vegetarian group that I created almost four years ago and continuously supervise and lead.

This niche group combines both vegetarianism and Zionism and is open to anyone of any faith or ethnicity who supports our mandate and mission statement regarding Zionism and the primacy of a vegetarian diet and lifestyle. Our formal name is “Bnai Zion Vegetarians” and we are the vegetarian chapter of the Bnai Zion Foundation. We meet approximately once-a-month for dinner at kosher vegan (or vegetarian) restaurants in Manhattan, as well as involve ourselves in Bnai Zion’s humanitarian projects in Israel, and have some involvement in helping animals in the U.S.A.

Warm regards     **(Rabbi) Noach Valley, life member of the Society**  
**Email: [nvalley@verizon.net](mailto:nvalley@verizon.net)**

Why not get in touch with Rabbi Noach Valley who I am sure will be happy to give you further details of their meetings.



We welcome you all to the

## **46th ANNUAL GENERAL MEETING**

of the

**International Jewish Vegetarian Society**

which will take place on

**Sunday 10 April 2011 at 2.00pm**

Venue:

**855 Finchley Road, Golders Green, London NW11 8LX**

A tea will follow the meeting – vegan of course!

# ISRAEL REPORTING



## Message from The Jerusalem Centre

During winter, a series of meetings about Judaism and the Ethics of Food was launched at the Vegetarian Community Centre in Jerusalem. We are conducting the meetings in partnership with Jewish Nature, an association that focuses on environmental protection from a Jewish perspective. An additional partner in the meetings is the project *Tav Chevrati*: a certificate of quality given to restaurants that guarantee workers' rights and access to physically challenged persons. *Tav Chevrati* is a project of the association *Bema'aglei Tzedek*, which acts to promote social justice in light of Jewish tradition.

I want to share with you thoughts of Rabbi Danni Segal from the talk he gave as part of this series. Rabbi Danni Segal teaches in the Israeli Academy for Leadership in Ein Prat, a college for both religious and secular people. He additionally serves as the local Rabbi of Elon. And he is vegetarian. I apologise in advance if I add to his words more than a pinch of my own interpretations.



Rabbi Danny Segal

Rabbi Segal spoke about "final waters" – the washing of hands following a meal. This is a commandment followed by few today, so much so that in some places one who practices "final waters" is perceived as self-righteous. Apparently this commandment always raised difficulties – a difficulty to assimilate it by the public and a difficulty to explain it. In the Talmud (*Brachot* 53) it is explained through the verse "Sanctify yourselves therefore and be ye holy" (Leviticus 20 7): the first sanctification refers to the washing of hands before the meal, and the second to the washing afterwards. Maimonides explains the washing of hands after the meal as due to the fear that perhaps there was sodomic salt in the food. Sodom salt is a particularly dangerous salt, originating in Sodom. The smallest amount of this salt is liable to cause blindness, if it touches the eye. Washing of the hands, therefore, is meant so that a person will not touch his eyes when the hands are dirty with food that perhaps contains this dangerous salt (*Mishneh Torah, Hilchot Brachot*, chapter 6, *Halacha* 3). In "*mishne brura*" commentary of the *Shulchan Aruch* (*Orach Chayim, Siman*

# ISRAEL REPORTING

181), it is noted that sodomic salt no longer exists. Still, there is fear that in the food there may be salt similar in its qualities to sodomic salt. All of this sounds rather weak. Another explanation, deeper, is found with Rabbi Kook in his book *Ein Aya* (*Brachot* 1, 56). Rabbi Kook connects the topic of sanctification with the fear of blindness due to sodomic salt.

According to Rabbi Kook, the visceral addiction to food is liable to awaken egoism in a human and to eat away at higher feelings of justice, kindness and mercy. The salt whose characteristics are like sodomic salt is not a certain material in food, but the danger of moral corruption: the danger that a person will view himself and his cravings as the most important thing, and will ignore others. This is the sin of the people of Sodom. In contrast, holiness, contended Rabbi Kook, is to deal with the other as yourself, and in solidarity. Washing the hands after food symbolises both a cleansing from addiction that blinds one's moral senses and a return to holiness.

When we become addicted to the sensory pleasures derived from food, it is extremely easy to become blind to the injustice inherent in how the food reaches us. How much land, water and energy are required to supply our meal? Did we take more than we deserve from the limited resources of the earth? If so, how many people remained hungry because of this? In what conditions did the labourers toiled in the fields, plantations and factories, and what was the salary of the cooks and waiting staff who created the food and served it to our table? And of course: how many animals paid with their lives or were tortured in farms so that we can gorge ourselves on meat, eggs and milk products?

Vegetarianism, in my opinion, is the obligation to always remain with one's eyes wide open and not be blind to the injustice happening around us. It is very easy to turn a blind eye to the suffering inherent in animal-based products. The horror is so incomprehensible that it is almost impossible to look directly at it. Yet if we chose blindness, how can we look at ourselves?

The problem, of course, is not in the very enjoyment from eating, but in the blindness in how food is created and distributed. Plant-based food can be rich and tasty, satisfying and pampering. One who participates in the food events at the Vegetarian Community Centre in Jerusalem (or in meals in any other vegetarian community) will find it difficult to deny this. When a person knows that the food on his plate did not involve exploitation, of either human or nonhuman animals, it adds a special spice to the food, the exact opposite of "sodomic salt", and makes the food particularly tasty.

## ISRAEL REPORTING

We have received the following from our good friend Rita Bloomberg and thought it would be of interest to our members.

Vegetarians and vegans may be put off eating at Falafel street cafés in Israel because many now have a lump of sheep meat on a spit, which some people eat, called "shwarma". This often smells bad and attracts flies.

However there are some Falafel stalls where eating the traditional flafel, which consists of chickpea balls with a variety of salads and optional tahini sauce made from sesame seeds, in an envelope of pita beak is still an enjoyable experience.

I came upon one such stall in Netanya which is vegetarian and kosher Lemahedrin. The address is: 3 Shar Haemek Street Telephone: 054 5 486 483

The stall with outside tables is about 5 minutes walk from the bus station and next to the flower market which is open on Fridays erev Shabbat.



## ROYAL BOX UNCOVERED

### **ROYAL BOX UNCOVERED**

A "royal box" built at the upper level of King Herod's private theatre at Herodion has been fully exposed in recent excavations at the site, providing a further indication of the luxurious lifestyle favoured by the famed Judean monarch. The excavations, in the framework of Herodion's National Park at the eastern edge of Gush Etzion, were conducted by Prof. Ehud Netzer under the auspices of the Hebrew University of Jerusalem Institute of Archaeology.

The theatre, first revealed during the years 2008-2009, is located halfway up the hill close to Herod's mausoleum, whose exposure in 2007 aroused worldwide attention. The highly decorated, relatively small theatre was built in approximately 15 BCE, the same year in which Marcus Agrippa (second in the hierarchy of the Roman Empire) visited, according to Prof. Netzer.

The royal box (measuring eight by seven metres and about six metres high) is the central space among a group of rooms attached to the upper part of the theatre's structure. This impressive room doubtlessly hosted the King, his

# ROYAL BOX UNCOVERED

close friends and family members during performances in the theatre and was fully open towards the stage.

Its back and side walls are adorned with an elaborate scheme of wall paintings and plaster moldings in a style that has not been seen thus far in Israel; yet, this style is known to have existed in Rome and Campania in Italy during those years. Netzer concludes, therefore, that this work was executed by Italian artists, perhaps sent by Marcus Agrippa, who a year before his visit to Judea met Herod on the famous Greek island of Lesbos.

On the upper parts of the walls are the room's highlights: a series of unique "windows" painted with shutters folded out on either side, and with various naturalistic landscapes within. They include scenes of the countryside, the Nile River and a nautical scene featuring a large boat with sails. One can identify features of trees, animals and human beings. Some of these windows have survived intact on the walls, whereas others were found in fragments on the floor and are undergoing restoration in the Israel Museum's laboratory.

Painted windows with shutters appear in the late Second Pompeian Style in Italy, and mainly depict unrealistic views like theatre settings and still-life. The closest parallels for the windows at Herodion are known from the "Villa Imperiale" at Pompeii, dated to the early Third Style, 15 to 10 B.C.E.

The data accumulated during the excavation proves that the theatre's lifetime was very short, less than ten years. Slightly before Herod's death, it was deliberately destroyed in order not to disrupt the conic shape of the artificial hill. During the construction of the artificial hill (as well as the famous monumental stairway which begins at the bottom of the hill), parts of the theatre, including the "royal box," were temporarily used by the builders, leaving their footsteps in the form of subdivision walls, cooking installations and graffiti.

The Israel Museum in Jerusalem, which will soon launch the first exhibition featuring the finds of Herod's grave, took the financing upon itself and the complicated preservation work of the royal box.

The royal box site will be opened to the public after a special protective structure is built around the room, while the theatre itself will undergo partial restoration.



# “A PURIM SPIEL”

## **“A PURIM SPIEL” WITH A PASSOVER TOUCH (TRUTH NOT FICTION!)**

**By Derrick Cohen**

Purim and Pesach! So close yet far apart in time. Pesach celebrated in Nissan the month ordained by Hashem to be “The Head of Months” heralding the birth of our nation and our freedom from oppression and slavery, and Purim taking place in Adar the final month of our Hebrew Calendar remembering our deliverance from potential extinction. Yet strangely, these two special months are closely bound by virtue of the Gregorian Calendar that controls our daily lives.

As we listen to the words of Megiloth Esther many a thought might stray towards the forthcoming festival a month’s hence.

At the end of “The Megilah” the author of the Book of Esther declares the days of Purim shall not cease from among the Jews and its memory will not perish from their seed. It is true the events that commemorate Purim cannot fail from being deeply within us, for they reflect that which repeatedly takes place in every generation. Ever since it became our fate to live in “The Diaspora” and even today with our own state of 60 years standing “The Purim Drama” is constantly being enacted. Haman continues to seek the destruction of the Jewish People under different names employing different methods in accordance with the change in times and history.

The Megillah therefore offers a true reflection of all the trials that we have had to contend with during our Historical Pilgrimage and the tale it tells can never perish from our midst. The story of Purim is a fascinating one. Many years had passed since the Jews were banished from their homeland. By the Rivers of Babylon so they wept as they remembered Zion (Psalm 137). They could not forget Jerusalem! They were eventually reconciled to conditions under the rule of the Persian Kings and began to feel at ease and soon forgot their homeland. A wave of assimilation swept throughout the Diaspora, they became coarsened and mundane by their desire to become Persian, their whole essence reduced to coveting wealth and assets with the utter contempt for Hashem’s Torah and its teachings. In the same way as their forefathers in Egypt had become settlers in the lands of the Pharaohs and began to assimilate resulting in them becoming slaves facing extinction. So were our people in

## “A PURIM SPIEL”

the times of Mordechai and Esther threatened by the evil Haman until they were rescued by the Almighty's hand in dramatic fashion.

In the times of the 2<sup>nd</sup> Beis Hamidash we were in danger of being swamped by the concepts and ideas of Hellenism and the Greek's art of gentle persuasion until the Maccabians reminded us of our separate national consciousness. Throughout our history the nemesis that personifies the evil Haman has forever shown its ugly face. The times of the inquisition, the persecutions in medieval Europe, the harshness of the Tzarist regime, the madness of the unmentionable Adolf Hitler, the evil face of communism etc. Have we ever been free from the hatred and jealousy of others seeking to destroy us? In fact the first instance of virulent anti-Semitism in our history is quoted in Shemot Chapter I Verse 9: "And a new King arose who knew not Joseph" and he said "Behold these people the children of Israel are more numerous and stronger than we come let us outsmart them and deal with them accordingly".

Then a thousand or so years later a man by the name of Haman said to the King "There is a certain group spread among all the people in your empire, their ways are different from all others and they do not obey the kings' laws. It is not worthwhile for the King to tolerate them! (Megillah Chapter 8 Verse 3)

Today with Israel strongly established in the world of technology in the field of science and medicine, trade and commerce showing how to build and not destroy, doing so much for humanity. Recognised as the only democracy in the Middle East, we find that she is forever pilloried on the stage of international politics unjustly criticized for daring to defend herself against her enemies, and the world just stands idly by paying homage to oil and ignoring the global threat of fanatical Islam in fear. Are we not reading Megilloth Esther once again?

On the pages of the Book of Esther we read the whole of Israel's history. Israel prospers and forgets his G-d, he rouses the envy of his neighbours. Then Haman rises up against him, but when he stands at the point of destruction the darkness of his world becomes most intense and the hand of G-d saves him. When we celebrate Pesach and Purim in remembrance of the miracles that took place all those years ago we also offer our heartfelt thanks to the Almighty for allowing us to escape the clutches of those who have sought to destroy us since.

We should also celebrate in the knowledge that today's anti-semites will

## “A PURIM SPIEL”

eventually get their just deserts and be destroyed from the face of the earth  
*“For the Lord will not cast off His people nor will he forsake His inheritance”*  
*(Psalms 94-14).*

Purim and Pesach are also reminders of our obligations and duties to G-d by acting in accordance with his wishes. There is a Medrash that says “When the Mashiach will come the only festival we will continue to celebrate in the same fashion will be that of Purim, because it was then that all the Jews did Teshuva and truly accepted the Torah, so deserving the miracle that took place. In fact it was quoted by Rabbi Baruch of Meziboz that “Just as everyone must look upon himself as if personally being delivered from Egypt so too everybody should feel as if he had been through the miracle that happened to Mordechai and Esther” (Supporei Hassium).

Purim and Pesach, far apart in history and chronological order, yet joined in essence bring us the self same message of deliverance and salvation.

As we sit around our Seder tables and relive the story that unfolds from our Haggodots, deeply imagining that it was we who were rescued from slavery towards our ultimate destiny as G-d’s people, let each of us heed the words of Rabbi Baruch and again spare a little thought of the other miracle that we have recently celebrated.

Wishing all readers a Happy and Kosher Pesach. May the 4 cups of wine bring you to such a heightened state of ecstasy that you will be unable to tell the difference between Mordechai and Haman! In other words *Get Shickor!*



### VEGETARIANISM IN THE JEWISH COMMUNITY

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

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

# COMPASSION IN WORLD FARMING

## **COMPASSION IN WORLD FARMING, SOIL ASSOCIATION AND SUSTAIN**

***Defra decision to allow antibiotic advertising increases risks to human health***



"The use of antimicrobials\* in animals is an important factor in the development of resistance in some organisms, particularly those organisms associated with food poisoning in man" The UK's Veterinary Medicine Directorate. 2010.

Defra appears to have caved into pressure from industry and farming press lobbyists and has rejected advice from its own expert body to come into line with the rest of Europe and keep the farming press free of antibiotic advertising by powerful multinationals.

Back in June 2010, the UK's Veterinary Medicine Directorate (VMD) proposed a ban on direct advertising of antibiotics to farmers by pharmaceutical companies. The VMD was concerned that such marketing may encourage the overuse of new antimicrobials of vital importance in human medicine, without considering the dangers of an increased risk of antimicrobial resistance. This advice had the support of the British Veterinary Association (BVA), and also several independent organisations concerned to promote sustainable food and farming (Compassion in World Farming, the Soil Association and Sustain the Alliance for Better Food and Farming).

However, in an announcement on 30 December 2010, Defra ignored these independent experts and instead has pleased the drug companies and some in the farming industry by allowing direct advertising of these drugs to farmers.

Richard Young of the Soil Association said: "Reducing veterinary antimicrobial consumption as much as possible should be a key government policy objective. Allowing the advertising of antimicrobials to farmers can only make this more difficult to achieve since the primary purpose of a commercial advertisement is to promote sales. Defra's decision exposes the gross continuing disconnect between the government's approach to farm and human antibiotic use, as well as the very obvious way in which the decision has been influenced by industry lobbying instead of sound scientific judgement."

Philip Lymbery, Chief Executive of Compassion in World Farming said:

# COMPASSION IN WORLD FARMING

“Vital medicines such as antibiotics should be used to treat the sick, be they human or animal. Their overuse in farm animals has contributed to the serious problem of resistance to antibiotics in the human population and has also acted as a prop to factory farms where hundreds of pigs or thousands of chickens may be kept in unhealthy, overcrowded conditions and their vulnerability to infection masked by inappropriate use of important, life-saving drugs.”

Jeanette Longfield, Co-ordinator of Sustain, added: “As long ago as 1969, the highly influential report from the government-appointed Swann Committee recommended a ban on advertising to farmers of prescription-only antibiotics. Since then the problem of antibiotic resistance in human medicine has got worse and worse – we are already at “last resort” antibiotics for some illnesses. How much longer will it take for government to heed these warnings?”

\* The term ‘antimicrobials’ includes antibiotics and synthetic drugs which are effective against some micro-organisms, especially bacteria.

1. Increasing resistance to antimicrobials is a serious global problem. In recent years, bodies such as the World Health Organisation (WHO) and the European Food Safety Authority (EFSA) have become concerned about the rise of antibiotic resistance in farm animals, and the extent of the transmission of resistant bacteria to humans.
2. Around half of the world’s antibiotic production is used in food animals (Nathan, 2004). But commonly these are used in pig, poultry and dairy production not to cure disease (therapeutic use) but to suppress infections that are likely to arise in factory farm conditions (non-therapeutic or preventive use).
3. John FitzGerald, operations director of the VMD has said, ‘It is considered that advertising these drugs to professional keepers of animals is leading to pressure on vets to prescribe new products that are being promoted as offering commercial benefits, when established older products may be a better therapeutic choice for treatment and for the control of antimicrobial resistance.
4. In a survey of 10 European countries, the UK was found to be the third-largest user of antibiotics per kg of slaughtered pigs, poultry and cattle and of live dairy cows (Grave et al. 2010). Moreover, the use of fluoroquinolones and the modern cephalosporins, classed by WHO as ‘critically important in human medicine’ was shown in 2008 to be at its highest level in the UK for a decade,. This could be partly linked to the amount of advertising of these products: there has been a noticeably

# COMPASSION IN WORLD FARMING

- higher level of advertising for the modern cephalosporins in the farming press than for the fluoroquinolones, and there has been a correspondingly greater increase in their sales.
5. The VMD has said that “the use of antimicrobials in animals is an important factor in the development of resistance in some organisms, particularly those organisms associated with food poisoning in man” (VMD 2010). Antimicrobial-resistant Salmonella and Campylobacter are two such important organisms. The European Food Safety Authority says that: ‘food-associated MRSA may be an emerging problem’ (EFSA 2008) and farm-animal antibiotic consumption is also being linked by many scientists to the current epidemic of extended-spectrum beta-lactamase (ESBL) enterobacteria infections in humans.
  6. The UK is now the only country in the EU which has failed to implement an EU directive banning the advertising of antibiotics directly aimed at farmers.
  7. Compassion in World Farming, The Soil Association and Sustain. The Alliance for Better Food and Farming and the Food Ethics Council submitted a joint response to the VMD Consultation on the Draft Veterinary Medicines Regulations 2010, which is available on request.



## NOTICE

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

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# WILD ANIMALS IN UK CIRCUSES



## **‘WHEN WILL THE GOVERNMENT BAN WILD ANIMALS IN UK CIRCUSES?’**

***Following Bolivia’s animal circus ban, a rescued circus baboon has started a new life in a UK rescue centre. But if he was with a British circus he’d still be living in a cage on the back of a lorry.***

The United Kingdom recently welcomed Tilin the Hamadryas baboon from Bolivia who was successfully rescued by Animal Defenders International (ADI) from a circus. After undercover investigations, campaigning and lobbying of the Bolivian Government by ADI brought about a ban on both wild and domestic animals in circuses there.

Tilin’s amazing rescue symbolises how far the UK is starting to slip behind other countries on animal protection measures despite overwhelming public support here for strong animal protection. ADI has therefore started a major drive at the political party conferences to end the use of wild animals in circuses.

Jan Creamer, Chief Executive of Animal Defenders International said: “When Bolivia banned animal circuses we brought Tilin the baboon here because we have wonderful sanctuaries supported by a generous public. We will give him a wonderful new life and hope to introduce him once again to his own kind. The irony is that if he had been with a travelling circus in the UK he would still be living in a small cage on the back of a lorry.”

It is now approaching five years since the previous Government promised to ban wild animals in circuses. Last year an investigation by ADI revealed horrific abuse of elephants at the Great British Circus. In March 2010, a staggering 94.5% of respondents to the Defra public consultation on animal circuses backed a ban on wild animal acts. The change of government has meant that circus animals are in limbo again, with no protection.

“Over the last four years Defra – the Government department responsible – have conducted public consultations, feasibility studies, and even founded expert committees to look at the issue, but no decisive action has been taken to put an end to the suffering of animals in UK circuses,” Jan said

“Last year at the Great British Circus, we filmed frightened, stressed

# WILD ANIMALS IN UK CIRCUSES

elephants being brutally hit in the face with elephant metal hooks, brooms and pitchforks, and these highly intelligent, complex creatures spent most of their time in a small pen, every night chained by a front and a back leg, barely able to take one step back and forward.”

The new Minister responsible at Defra, Lord Henley, has promised to review the issue and the Coalition Government have promised an announcement this autumn. A ban on wild animal acts was also backed by the now Deputy Prime Minister Nick Clegg, prior to the election. 130 MPs have already signed an EDM, tabled by the former Defra Minister, Jim Fitzpatrick MP, calling for the wild animal ban to finally be implemented.

Jan Creamer said: “This issue has highlighted the very best of the British public who in every poll or consultation have expressed their compassion and desire to end the cruelty. But it has highlighted the worst of our political system with indecision and procrastination whilst animals suffer. We will be at all of the party conferences, and started with the Liberal Democrats in Liverpool last Saturday. Ending the deadlock on animal circuses will be our top priority. I think party activists will be stunned that their politicians have allowed the UK to fall behind Bolivia, Austria, Portugal, and Costa Rica on this, and if we don't act soon we will be behind Brazil and Peru who are preparing to pass bans. The rescue of Tilin the baboon shows that this is still a nation of animal lovers, our politicians need to reflect that.”

**Animal Defenders International (ADI)** With offices in London and San Francisco, is a major international campaigning group, lobbying to protect animals on issues such as animals in entertainment and their use in experiments; worldwide traffic in endangered species; vegetarianism; factory farming; pollution and conservation. ADI involves itself in international animal rescues as well as educational work on animals, conservation and environment. Founded in 1990, ADI has become a major force for animal protection and has succeeded through its undercover investigations in securing legal protection for animals. ADI opposes violence or intimidation whether directed at humans or other animals.

National measures to prohibit or limit the use of animals in circuses have been adopted in: Austria, Czech Republic, Denmark, Malta, Slovakia, Sweden, Portugal, Taiwan, Singapore, Bolivia, Costa Rica, India and Israel. Similar laws are being discussed in: United Kingdom, Netherlands, Brazil, Chile, Colombia, Norway, and Peru. Due to public concerns, local town and city bans are in place in the US, UK Brazil and many other countries.

# WILD ANIMALS IN UK CIRCUSES

130 MPs have signed EDM 403, Wild Animals In Circuses, since July 2010. ADI's education campaign has resulted in over 200 local authorities in the UK, banning the use of some or all animals in travelling circuses. ADI is leading the campaign to end the suffering of animals in entertainment and currently has major campaigns running in Europe, South America, and now in the USA.

***Lions seized from circuses all over Bolivia as the country shuts down the animal circus industry for good in historic world first.***

***Seven-week old lion cubs born into misery, will grow up free.***



In a series of dramatic seizures all over Bolivia, London based Animal Defenders International (ADI), working with the Bolivian authorities including the DGB and Santa Cruz Governor's Office, has removed the animals from eight different circuses spread across Bolivia. The moves were to enforce Bolivia's Law 4040 which bans the use of animals in circuses and has effectively shut down the country's animal circus industry at a stroke – the first time such a thing has happened in the world.

ADI now have in their care 24 lions including three cubs and are nursing the animals, some of which were extremely malnourished, back to full health. In addition the team rescued 6 monkeys, a coati mundi, a deer and horse. These animals have been relocated in Bolivia or returned to the wild by the authorities.

# WILD ANIMALS IN UK CIRCUSES

The lions are being held in a temporary ADI compound near Santa Cruz on land generously donated to the project by Santa Cruz Mayor Percy Fernández, and are being cared for by an ADI team including a full time vet.

Jan Creamer, ADI President, who is overseeing the rescue operation in Bolivia said: "We must commend the Bolivian authorities for the decisive way that they have enforced the ban on animal circuses. Too often worthy animal protection and conservation measures are passed but simply not enforced. That is not the case here. Bolivia has set a shining example to the world."

"ADI fought long and hard to secure the ban on animal circuses and we said we would be there to help enforce it. We are grateful for the work of the DGB, police, Mayor's office, Governor's office, and of course Congress, which passed this unique and ground-breaking law."

The ADI and DGB team travelled thousands of miles across Bolivia to the different circuses. Despite being met by a hostile reception and attempts to conceal animals at some circuses all of the animals were safely removed.

In the final operation in December, seven lions including three tiny seven-week-old cubs were removed from a circus in Monteaugudo. A week prior to the rescue, ADI filmed the cubs being used in the circus show and taken to local parks for photographs.

Jan said: "They were born into misery, but they will grow up free. They will be the last animals to appear in a Bolivian circus show."

In the summer of 2010 ADI relocated the first Bolivian circus animals to be voluntarily handed over, 4 lions and a baboon, but now face the huge task of caring for the 24 lions and relocating them to a sanctuary in the USA. In January, it is expected that one more lion will be collected, making the total for the Operation Lion Ark airlift, to 25.

Called 'Operation Lion Ark', this will be the biggest rescue and airlift of lions ever seen. ADI has launched a special "Save the Lions Appeal" to raise funds for the rescue mission and to care for the animals.

***To make a donation to help with the rescue effort, visit [www.savethelionsappeal.com](http://www.savethelionsappeal.com), or call 020 7630 3340.***

## COOKERY CORNER



### **MOROCCAN CHICKPEA SOUP**

*The story of Purim is about the Sephardi community, so I thought a soup from a Sephardi country would be most appropriate. A few months ago I was in Marrakech I tried a traditional Moroccan version of minestrone soup. This is my adaptation of that recipe made with spices bought from the souk and still full of flavour. It made me realize that the supermarket spices are far inferior to those obtained in the outside markets of exotic countries – where the air is so aromatic and pungent! They cost next*

*to nothing, so bring lots home but always remember to wrap them well as turmeric does stain!*

*This chick pea soup is a warming thick vegetable soup, most comforting during the cold winter months. To make it authentic, enjoy with warm flat bread or pita bread.*

**Preparation Time: 15 minutes**

**Cooking Time: 20 minutes**

**Serves: 8**

#### **Ingredients**

- 2 tablespoons olive oil
- 2 onions – peeled and chopped
- 4 sticks of celery
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 1.2 litres hot vegetable stock
- 2 400g tin of chopped plum tomatoes with herbs
- 2 400g tin chickpeas, rinsed and drained
- 200g frozen broad beans
- Juice of 1 lemon
- Salt and freshly ground black pepper – to taste

#### **Garnish:**

- Large bunch of flat leaf parsley or fresh coriander
- Zest of 1 lemon



# COOKERY CORNER

## **Method**

- 1) Heat the oil in a large deep saucepan. Sauté the onions and celery gently for 5 minutes.
- 2) Stir in the ground cumin and cinnamon. Fry for a further minute for the spices to release their flavour.
- 3) Turn up the heat and add the stock, tomatoes, chickpeas and season well.
- 4) Place the broad beans in a saucepan of simmering water. Cook for 3 minutes. Drain. Remove the skins and set aside.
- 5) Simmer the soup for a final 10 minutes. Stir in the broad beans and lemon juice.

**To serve the stylish way: Pour the hot soup into individual bowls, garnish with a sprinkling of lemon zest and chopped herbs.**

## **CREAMY MUSHROOM AND CHESTNUT PIE WITH FILO PASTRY TOP**

***This recipe is perfect for an impressive Purim seudah or as part of buffet table vegetarian option. A good selection of assorted mushrooms provides both flavour and appearance to the pie. I love the layers of crunchy pastry seasoned with fresh thyme.***

***For individual portions, serve in ramekin dishes. Will Freeze.***

***Preparation Time: 30 minutes Cooking Time: 40 – 45 minutes.***

***Serves: 6 people***

## **Ingredients**

- 2 tablespoons olive oil – for frying
- 150g butter- melted
- 2 leeks – trimmed, washed and sliced
- 2 garlic cloves – peeled and finely crushed
- 750g mixed mushrooms (i.e girolle, chestnut and oyster) – thickly sliced
- 150ml dry white wine
- 200g pack cooked chestnuts – roughly chopped
- 142ml carton double cream or soya cream
- Juice of half small lemon
- Handful of fresh thyme leaves – roughly chopped
- 8 fresh filo pastry sheets



## COOKERY CORNER

### **Method**

1. Heat the olive oil in a deep frying pan over a medium heat. Add the leeks and garlic and cook for 3-4 minutes, stirring occasionally, until soft
2. Add the mushrooms and continue to cook for 2-3 minutes, until just wilted.
3. Pour in the wine, bring to the boil and simmer until nearly all of it has evaporated. Reduce the heat to medium-low and stir in the chestnuts, cream, lemon juice and half the thyme leaves. Simmer gently until the sauce has reduced.
4. Season to taste.
5. Transfer to a deep, 1.5-litre freezer and ovenproof dish. Leave to cool completely.
6. Brush half the filo pastry sheets with some of the melted butter, scatter over some thyme leaves. Then lay 1 unbuttered filo sheet on top of 1 buttered filo sheet, and then brush again with butter, followed by the thyme leaves. Halve each filo pile through the middle, so you have 8 smaller squares.
7. Scrunch each square, and lay side by side on top of the filling, to give a ruffled filo topping. At this point, freeze or continue cooking to eat immediately.
8. To freeze: Cover with cling film, label and freeze for up to 1 month
9. To eat: Defrost at room temperature for 8 hours, or in the fridge for 24 hours. Bring up to room temperature.
10. Cook at 200°C/fan 180°C/gas 6 for 25 minutes or until the filling is piping hot and the filo pastry is golden. Serve with steamed spring greens.

### **FARFALLE WITH FRESH TOMATO SAUCE**

***Pasta must be on the menu for nearly every family at least once a week ~ it is quick, economical and loved by all. However fusing different flavours together is the art of its success. I love to buy on-the vine tomatoes to make this sauce ~ or maybe you are lucky enough to grown your own. My mother has the most amazing crop every year and I like to take a basket full to make this recipe. Smell the tomatoes before you start cooking them and you will discover their true scent even before cooking! This recipe is a typical example of simple Italian ingredients at their best!***

***Keep the sauce for meatballs, pour over chicken, jacket potatoes or whatever takes your fancy!***

# COOKERY CORNER

**Farfalle pasta is the shape of a bow tie ~ in fact, some producers call their farfalle "bow tie pasta" to make it seem friendlier to non-Italian speaking consumers. The shape is versatile, and can be used in a range of dishes.**

**Preparation Time: 10 minutes Cooking Time: 25 minutes**

**Serves: 4 people**

## **Ingredients**

300g Farfalle dried pasta

## **For the Sauce**

450g cherry tomatoes – cut in half

3 tablespoons sun-dried tomatoes

2 cloves garlic – peeled and finely chopped

2 tablespoons red wine

1 onion – peeled and finely chopped

1 red pepper – de seeded and finely chopped

Large bunch of basil – roughly chopped

1 teaspoon sugar

2 tablespoons extra virgin olive oil

Salt and freshly ground black pepper – to taste

Garnish: sprigs of basil

Grated Parmesan cheese



## **Method**

- 1) In a medium sized frying pan heat the olive oil and sauté the onions, garlic and pepper.
- 2) Add the cherry tomatoes, sugar, wine and basil. Cover and cook over a low light for 15 minutes or until all the ingredients have softened and blended.
- 3) In a separate saucepan cook the pasta according to the packet instructions.
- 4) Drain the pasta keeping a little of the water and mix in the tomato sauce.
- 5) Stir in the sun dried tomatoes. Taste and season.
- 6) Transfer to an individual pasta dishes.

**To serve the stylish way: Garnish with sprigs of basil and a dusting of Parmesan cheese.**

# COOKERY CORNER

## CHEVINGTONS LANCASHIRE CHEESE AND GREEN BEAN SALAD

*This tasty creamy cheese works well with green beans and toasted almonds. I like to serve this salad as an accompaniment as part of a buffet selection. The secret of an excellent salad is the blending of the dressing with the vegetables. Toss and combine well and check seasoning.*

**Preparation Time: 15 minutes Cooking Time: 10 minutes**  
**Serves : 6-8 people**

### **Ingredients:**

400g Fresh Green Beans, topped and tailed  
 250g Mint Frozen peas  
 100g Flaked Almonds – toasted  
 100g Chevington Lancashire cheese  
 – cubed/crumbled

### **For the Dressing**

1 garlic clove – peeled and roughly chopped  
 2 spring onions – trimmed and roughly chopped  
 3 tablespoons cider vinegar  
 1 tablespoon honey – or to taste  
 120ml olive oil  
 1 tablespoon fresh mint  
 Salt and black pepper – to taste



### **Method**

1. Bring a saucepan of lightly salted water to the boil, add the beans and cook for 5-8 minutes, until just tender. Drain and place them in cold water to keep them fresh.
2. Cook the peas until just tender. Drain and set aside.
3. Pre-heat the oven to 200°C/ 400°F. Place the almonds on an oven tray. Toast the almonds until golden. This will take about 10 minutes but keep an eye on them as they can burn quickly.
4. For the dressing, place the spring onions, garlic, vinegar, honey, mint and olive oil in a food processor and whiz together. Taste and season to taste.

**To serve:** Transfer the beans and peas to a salad bowl. Stir in the almonds and **Chevingtons Lancashire cheese**. Pour over the dressing and toss well.

# COOKERY CORNER

**One of the mitzvahs of Purim is to give to charity and another is to give small gifts of food called MisloachManot. I have recently launched my new mobile Jewish recipe collection which offers you 300 recipes including colour photos. It is only £2.99 and £1 goes to Jewish Care. Here you can combine these two mitzvahs just by going to [www.jewishcookery.com](http://www.jewishcookery.com) . Download from the website register on line and then pay via paypal – just a click away.**



## **LEARN TO COOK – THE STYLISH WAY**



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# NEWS FROM NEAR AND FAR

**The following articles were taken from the *Australian Natural Health and Vegetarian Life Magazine Summer 2010/11* originating from various sources.**

## **OLIVE OIL PROTECTS AGAINST BREAST CANCER**

Research shows that olive oil mounts a multi-pronged attack on tumours, stunting their growth, driving their cells to implode and protecting against potentially-cancerous damage to DNA. Spanish scientists, from the Universitat Autònoma de Barcelona, set out to find why previous studies had linked an olive oil-rich diet to lower odds of various cancers.

The oil, a cornerstone of the Mediterranean diet, switched off proteins that cancer cells rely on to stay alive and protects DNA from damage that can lead to cancer, the journal *Carcinogenesis* reports. Researcher, Dr Eduard Escrich, recommends that we all consume 50ml (about 10 teaspoons) of high-quality, extra-virgin olive oil a day. Only long-term use will give results.

A second Spanish study found that olive oil 'turns down' genes linked to hardening of the arteries and heart disease. Dr. Gerald Weissmann, editor-in-chief on the Federation of American Societies for Experimental Biology (FASEB) journal, which published the finding, said "this study is groundbreaking because it shows that olive oil and a Mediterranean diet affect our bodies in a far more significant way than previously believed". ***Daily Mail (UK) July 2010***

## **EARLY HUMAN DIET PROBABLY LOW IN MEAT**

A study supports the hypothesis that the diet of Homo sapiens' East African ancestors was predominantly base-producing, and therefore that it contained a low proportion of animal foods. ***American Journal of Clinical Nutrition. August 2010.***

## **HEARING LOSS HALTED BY FOLATE**

While hearing loss is blamed mostly on getting older, new evidence is accumulating that the real culprit could be a lack of B vitamins, especially folate. A new study headed by scientists at the University of Sydney has revealed yet another important link between folate and hearing.

The researchers found that when people have low levels of the B vitamin

# NEWS FROM NEAR AND FAR

in their blood, they have a significantly increased risk of hearing loss. This research was recently published in *The Journal of Nutrition*. The study, which involved researchers from several Australian universities looked at 2,956 people age 50 and over. Blood levels of vitamin B 12, folate and homocysteine were measured and then compared to the amount of hearing loss in the research subjects.

The results? People with low levels of folate (below 11 nanomoles per litre) had a 34% increased risk of hearing loss. Also, elevated levels of the amino acid homocysteine (over 20 micromoles per litre) were linked to a 64% increase in the risk of hearing loss. Excess levels of homocysteine have previously been associated with increased risk of heart disease and memory problems. Too much homocysteine is also believed to disrupt normal blood flow to the inner ear which could possibly explain the homocysteine and hearing loss connection. **Natural News September 2010**

## **MORE IS LESS IN PREVENTING HEART DISEASE**

The cost of a dietary pattern that may prevent cardiovascular disease among American women has been investigated by the US Department of Agriculture, using food-cost data.

Although spending more money was associated with a healthier diet, large improvements in diet may be achieved without increased spending. The purchase of plant-based foods may offer the best investment **American Journal of Clinical Nutrition September 2010.**

## **JUNK FOOD-ADDICTED RATS PREFER TO STARVE THAN EAT HEALTHY FOOD**

A diet including unlimited amounts of junk food can cause rats to become so addicted to the unhealthy diet, that they will starve themselves rather than go back to eating healthy food, researchers have discovered.

In a series of studies conducted over the course of three years and published in the journal *Nature Neuroscience*, Scripps Florida scientists, Paul Johnson and Paul Kenny have shown that rats' response to unlimited junk food closely parallels well-known patterns of drug addiction – even down to the changes in brain chemistry.

In their first study, the researchers fed rats either a balanced diet, or the

# NEWS FROM NEAR AND FAR

same diet plus unlimited access to junk foods purchased from a local supermarket (including processed meats and cakes). Within a short period of time, the rats on the junk-food diet began to eat compulsively and quickly became overweight. The researchers hypothesised that the rats were eating compulsively because, like drug addicts, they had become desensitised to smaller amounts and needed more and more for the same rush of pleasure.

Perhaps the most shocking finding came when the researchers took away the addicted rats' access to junk food and began feeding them only healthy food again. When junk food was no longer available, the rats refused to eat for two weeks. **Natural News August 2010**



**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.**

## **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.

## **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.

# HRH OPENS JEWISH MUSEUM

## **HRH THE PRINCE OF WALES OFFICIALLY OPENS JEWISH MUSEUM LONDON**

**HRH views Torah decorations made by George III's silversmith.  
The UK's only Museum dedicated to a minority.  
Issues around immigration, heritage and identity explored.**



His Royal Highness The Prince of Wales officially opened the Jewish Museum in London. HRH The Prince of Wales became a Patron of the Jewish Museum in 2008, his first patronage of a Jewish community organisation with a remit in the United Kingdom, reflecting his interest in building interfaith dialogue and understanding

The landmark museum celebrates Jewish life and cultural diversity, telling the story of Jewish history, culture and religion in an innovative and compelling way to engage people of all backgrounds and faiths to explore Jewish heritage and identity as part of the wider story of Britain. The Jewish Museum opened in March 2010, following a £10m transformation to create a world-class cultural venue.

Displayed across four permanent galleries, the huge variety of objects including the Museum's world class collection of ceremonial art, films, photography and hands-on exhibits provide a rich picture of British Jewish life and religion as well as exploring contemporary social issues around immigration and settlement. Since opening the Museum has been visited by over 43,000 people including 5,500 school children.

Year 6 pupils from Richard Cobden School in Camden greeted HRH The Prince of Wales at the Museum. The school children from all faiths have taken part in the Museum's education programme and greeted HRH with a traditional Jewish welcome song called *Shalom Chaverim*, which means welcome/peace friends.

HRH toured the Museum with experts including Simon Schama and Simon Sebag Montefiore providing insight on the exhibits. Highlights included:

# HRH OPENS JEWISH MUSEUM

- Rare and beautiful ceremonial objects including silver Torah scrolls made by King George III's silversmith and a 300 year old Hanukah lamp, one of the oldest and most important treasures of British Jewish heritage.
- British historian Simon Schama showed HRH a display of the Jewish Naturalisation Act of 1753 which allowed foreign Jews to become naturalised by application to Parliament. The bill was passed and received the royal assent by King George II. It caused a huge public outcry reflected in many cartoons of the period, leading to its repeal the following year. Naturalisation was eventually permitted in 1835.
- Acclaimed author Simon Sebag Montefiore pointed out a petition honouring his great-great uncle, Sir Moses Montefiore who travelled to Damascus, Syria to plea the case of several Jews accused in a blood libel case and secured their release without charge.
- Poignant personal items of Auschwitz survivor Leon Greenman OBE who HRH met in 2006 prior to his death. In the Holocaust Gallery which tells Greenman's story, HRH met Holocaust survivors Mrs Vera Schaufeld and Mrs Mala Tribich.
- Displays about Lionel de Rothschild, the first Jewish Member of Parliament. He won an election to be an MP in 1847 but stood four more times before he could take his seat in 1858 due to the requirement to take a Christian oath. Lionel's great grandson Leopold de Rothschild talked to the Prince about this.

During the tour HRH also viewed some exhibits from the Museum's current temporary exhibition '*Morocco: Photographs by Elias Harrus and Pauline Prior*' which reveals the almost forgotten Jewish community of southern Morocco. Exhibits included a traditional bridal outfit, known as el-keswa el-kbira worn by urban Jewish women. HRH met representatives from Morocco including the Ambassador, Her Excellency H.H. Princess Lalla Joumala Alaoui.

**Speaking at the opening HRH The Prince of Wales said:** "Having come here three years ago with my wife, it's been a great joy to return to see what you've managed to do. It is a wonderful way of discovering just what an enormous contribution the Jewish community has made to this country right back to 1066 and the fact that the contribution is still made in such a remarkable effective and constructive way is something that deserves enormous celebration as well as immense gratitude."

# HRH OPENS JEWISH MUSEUM

**Lady Wendy Levene, Chair of Development Committee, Jewish Museum London said:** "We are delighted that our Royal Patron HRH The Prince of Wales has taken time out of his very busy schedule to officiate at the formal opening of the Jewish Museum, following its substantial redevelopment and expansion.

In the past months, we have welcomed over 40.000 people of different faiths and backgrounds through the door, which is a mark of the success of the exhibitions and issues being explored."

"His Royal Highness has been hugely supportive throughout the development process, he has helped us to realise our ambition. We are indebted to him, not only for his active support, but also for his enthusiasm and interest in building interfaith dialogue and understanding – the core aims of the new Museum."

**Rickie Burman, Director, Jewish Museum London said:** "It is tremendous to have the support of The Prince of Wales as our Patron and we are thrilled he has opened the Museum. The Jewish Museum is a place where people of all ages, faiths and backgrounds can explore Jewish heritage and identity as part of the wider story of Britain. The Jewish community is one of the oldest minorities in the UK and our unique collections and interactive displays build understanding and connections, highlighting what it means to be British today."

"The first months of opening have been very exciting with wonderful feedback from our visitors, which is a testament to the quality and approach of our exhibitions, as well as our dynamic programme of educational activities and events. We are delighted with the progress so far and look forward to building on this success with a new and varied range of exhibitions coming in 2011."



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# GARDENER'S CORNER

**Gardener's  
Corner  
SPRING 2011**



Spring is here at last. As winter releases its icy grip we look back on a second really harsh winter season. Temperatures of -20°

Celsius were not uncommon in the run up to the end of the year and we have learned lessons from this. The famous Abbotsbury Sub Tropical Gardens near Chesil Beach lost many of its tender plants sadly as they had flourished here for a generation without harm.



*Mimosa tree*

Last year we realised that to preserve our semi hardy plants, those that will stand a few degrees of frost, we would have to take special measures. We replaced the fine mimosa tree which had so enjoyed the summer and autumn in a sheltered spot but did not make it through to the previous spring. We realised that such a plant would have to be in a

fairly large pot and come into the greenhouse or conservatory for the cold months. The result can be seen here as we have been blessed with a mass of delicately scented yellow blossom to cheer the darkest days. Once the main danger of hard frosts has passed, it will resume life on the patio.

Our Tree Ferns which originate from the Antipodes were also given special care. They were wrapped in straw and covered in fleece bags but it remains to be seen if this will have got them through a second cold time.



*Tree ferns protected*

Fuschias and geraniums, orange and lemon trees were also taken inside.

# GARDENER'S CORNER

Some subjects thrive in the full blast of winter. Our Witch Hazel which we planted 33 years ago has been in full bloom throughout January, as are the Christmas Hellebores which we brought with us from our garden in Northumberland in 1977. They have never failed to cheer in the darkest days and remind us that spring is approaching. What pleasure they have provided for so many years and how little they demand in return.



*Witchhazel*



*Potatoes – chitted*

After the turn of the year, we purchased the seeds which will transform our flower and vegetable beds in the months ahead. The seed potatoes were in stock and we purchased a number of varieties, old favourites such as Arran Pilot (first early), Anya (a second early) and Picasso (a main crop). We also are trying a row or two of types new to us so that we hope to have a succession of varieties to

experience from the end of June and enjoy the various distinctive tastes and textures. These are all chitted (stored in boxes in the light) now in the greenhouse, ready for planting in March and April.

It seems incredible how the bare newly dug kitchen garden will burst into a copious provender of so many vegetables to keep us fed with delicious compost grown organic produce of perfect freshness and flavour.

As the solstice of spring, March 21<sup>st</sup>, arrives this is when the longer days and March winds turn muddy beds into perfect conditions for outdoor seed sowing. Seed beds raked and drilled are prepared for sowing – onions, carrots, beetroot, radish, greens and beans are all ready to go in.



*Orange tree*

We wish our readers a happy and successful year ahead.

# CONSUMER CORNER

## **DON'T TOLERATE INTOLERANCE!**

### **RICE DREAM IS THE PERFECT SOLUTION FOR SUFFERERS OF LACTOSE INTOLERANCE.**



Too often, sufferers of food allergies and intolerances are dismissed as fussy eaters. The simplest of food choices is a complicated decision – allergy and intolerance sufferers are obliged to make constant adjustments to their diets to avoid becoming uncomfortable or ill.

If you are lactose intolerant, **Rice Dream** is the ideal alternative. You can use **Rice Dream** just like milk, enjoy it on your favourite breakfast cereals, in tea, coffee and smoothies, as a refreshing cold drink or in cooking and baking.

Worried about the lack of calcium in dairy free diets? Don't be ... one 200ml glass of **Rice Dream + Calcium** provides 30% of the daily recommended allowance, which is as much as full-fat milk.

**Rice Dream** is available in five flavours: Original Organic, Calcium-enriched, Vanilla, Chocolate and Hazelnut & Almond. Whatever one you chose, it is the naturally good alternative. For more information go to [www.ricedream.co.uk](http://www.ricedream.co.uk)

## **WHO NEEDS MEAT WHEN YOU'VE GOT TIDEFORD ORGANICS?**

Whether as a lifestyle choice or just for a short period to revitalise your body, eating a meat-free diet is one of the simplest ways to increase your vitamin intake, boost your immune system and improve your overall health. Research has shown that avoiding meat is one of the best ways to cut down the level of fat in your diet and reduce your cholesterol, whilst increasing your intake of fibre, antioxidants and much more.

But it's time-consuming cooking everything from scratch and many ready-made options are loaded with fat, salt or sugar to make them taste good, which is bad news for your health.



However, there is a simple solution that ticks all the boxes. Devon-based organic food company Tideford Organics produces a

# CONSUMER CORNER

range of wholesome, award-winning soups and pasta sauces made from organic vegetables, with no additives or preservatives. Salt, fat and sugar levels are kept to an absolute minimum and, thanks to the purity of the ingredients, many of these soups and sauces are gluten free and wheat free too.

There is no compromise on flavour either. Tideford Organics' authentic homemade recipes ensure that you can create a meal in minutes that tastes like you've done all the hard work yourself and that you know is full of goodness – and nothing else. This range of good, honest convenience food makes it truly easy to eat a meat-free diet and the rich, delicious flavours mean you won't feel like you're missing out at all.

From convenient single serve microwaveable pots of soup to the larger family sized portions, Tideford Organics makes good, healthy eating a realistic option for busy people.

Tideford Organics' commitment to producing top quality products with the best organic ingredients has won them over 40 major food awards in the past twelve years. Their range of products is available in an ever-increasing number of supermarkets and independent stores nationwide, including selected branches of Waitrose, Sainsbury's, Tesco and through online retailer Ocado.

**For more information about the full Tideford Organics range, visit [www.tidefordorganics.com](http://www.tidefordorganics.com)**



## **ESSENTIAL VEGAN PESTO HIGHLY COMMENDED IN THE VEGGIE AWARDS 2011**

***The Essential Vegan Pesto has been awarded a Highly Commended certificate in the Best Vegan Product category of The Veggie Awards 2011 – the second annual awards run by Cook Vegetarian! magazine.***



The pure pesto comprises just four ingredients: aromatic pine nuts, extra virgin olive oil, fresh, fragrant basil and sea salt. It is a concentrated pesto to which you add extra virgin olive oil to suit your taste and the recipe.

## CONSUMER CORNER

The Essential Vegan Pesto is sourced from an organic co-operative in Italy that brings together the four fresh ingredients locally to produce this authentic sauce. It comes in a 175g jar – which when thinned with extra virgin olive oil is enough for 1.5kg of pasta. It costs £3.99 from [www.ethicallyessential.coop](http://www.ethicallyessential.coop), other online retailers and selected independent health food stores.

**The Veggie Awards 2011** celebrate flavour, versatility and innovation in the world of meat-free foods. Inviting entries from the biggest supermarket to the smallest producer, the *Cook Vegetarian!* team of vegetarian foodies tasted a huge number of products and scoured the web to find the best sites for vegetarians. In each category, one Winner was selected with five other top-performing products or services each being awarded a Highly Commended accolade.

**For more information about Cook Vegetarian! or the Veggie Awards 2011, Email [fae@cookveg.co.uk](mailto:fae@cookveg.co.uk)**



## JUDAISM, VEGETARIANISM AND SUSTAINABILITY

### **JUDAISM, VEGETARIANISM AND SUSTAINABILITY**

**By Hellena Gallant**

I am going to talk about the environment, sustainability and vegetarianism and show that the Bible has views on all these issues and can provide guidelines as to how we should live in an increasingly crowded and polluted world. Judaism mandates us to take care of our health, treat animals with compassion, help the hungry, protect the environment and conserve it for future generations. We understand this from sources in the Torah, Psalms, Prophets and Mishnah.

In Genesis, after Hashem created living creatures except for man and then created Adam and Eve verses 29-30 read – behold I have given to you all herbage yielding seed that is on the surface of the entire earth and every tree that has seed-yielding fruit, it shall be yours for food...and to every beast on the earth and to every fowl of the air and to everything that creeps upon the earth, wherein there is a living soul, I have given every green herb for their

# JUDAISM, VEGETARIANISM AND SUSTAINABILITY

food. Immediately after giving these dietary laws, Hashem saw everything that he had made and Tov M'od (it was very good)'.

The great 13<sup>th</sup> Century commentator Nachmanides indicates that one reason behind this initial human diet is the kinship between all sentient beings. The term nefesh chaya (living soul) was applied in Genesis (1.21. 1.24) to animals as well as people. They have a certain spiritual superiority (to non-living creation) which in this respect makes them similar to humans and they have the power of affecting their own welfare and they flee from pain and death.

These verses are grouped together and indicate that man and beast both shared a vegetarian diet. At this time man was forbidden to kill animals for food and only after the Flood was permission granted to Noah to eat meat. Verses 9.3. Every moving thing that lives shall be food for you. Why was this mandate withdrawn during the Noachite era? By this time humanity had deteriorated greatly.

And Hashem saw the earth and behold it was corrupt for all flesh had corrupted their way upon the earth (Genesis 6.12). People had sunk so low that they would eat a limb torn from a living animal. According to Rabbi Abraham Kook, the first Chief Rabbi of pre-state Israel, a vegetarian and a spiritual commentator of note, people had sunk to such a low level of spirituality that it was necessary that they be given an elevated image of themselves as compared to animals and thus be allowed to eat animals. Rabbi Joseph Abbo, another commentator indicated that before the flood people developed the mistaken belief that the reason they were not permitted to eat meat was that humans were no more responsible for their actions than animals. He took the view that this led to moral degeneration and ultimately the flood.

After the flood the prohibition was lifted so that humans could realise they were on a higher plane than animals and have a greater degree of responsibility. Just prior to granting Noah and his family permission to eat meat, Hashem states.

*And the fear of you shall be upon every beast of the earth and upon every fowl of the air and upon all wherewith the ground teemeth and upon your hand are they delivered. (Gen 9.2).* No longer is there harmony between people and animals but living creatures fear and dread human beings.

# JUDAISM, VEGETARIANISM AND SUSTAINABILITY

The permission given to Noah to eat meat was not unconditional. There was an immediate prohibition against eating blood. Only flesh with the life thereof which is the blood thereof shall ye not eat. (Gen. 9.4)

The Torah identifies blood with life and life must have departed from the animal before it can be eaten. A modern Rabbi, Samuel Dresner commented that the removal of blood in the Kashrus laws is a means of making us constantly aware of the concession and compromise which the whole act of eating meat is. It teaches us reverence for life.

Manna, a vegetarian food, was provided by Hashem for the Israelites in the wilderness. When the people cried out that they wanted the fish and meat that they had had in Egypt, Hashem was displeased. Finally he provided quail, which were brought by a wind from the sea. While the flesh was in their mouths but before it could be chewed, the anger of Hashem was kindled against the people and he struck them with a plague. (Numbers 11.4.) The place where this occurred was called 'The Graves of Lust' to indicate that the lust after flesh led to many deaths. (Numbers 11.34).

Rabbi Kook believed that the high moral level involved in the vegetarianism of the generations before Noah is a virtue of such value that it cannot be lost forever and in the future, just as in the initial period, people and animals will not eat flesh and no one shall hurt or destroy another living creature. Isaiah links the harmonious world of redemption at the end of days with vegetarianism.

*The wolf shall dwell with the lamb,  
The leopard lie down with the kid,  
The calf, the beast of prey and the fatling together  
With a little boy to herd them.  
The cow and the bear shall graze  
The young shall lie down together,  
And the lion like the ox shall eat straw.*  
Isaiah 11.6.7

Animals which would normally prey on each other will dwell peacefully together under the shepherding of a mere child (the Messiah who is still to come). Hashem's original plan for creation will be renewed.

Jewish sages, including Maimonides thought that meat was necessary for health but that the animals should be killed as humanely a possible and thus

# JUDAISM, VEGETARIANISM AND SUSTAINABILITY

the laws of shechitah were given. Hashem permitted people to eat meat *after all the desire of thy soul* (Deut. 12.20). This permitted meat was called b'sar ta'avah 'meat of lust' because meat is not considered necessary for life but is permitted as a concession to lust. So says Rabbi Kook.

The Code of Jewish Law (Shulchon Oruch) states that it is forbidden to inflict pain on any living creature. There is a prohibition against muzzling an animal so that it cannot eat (Chapter 186) and laws about loading and unloading animals in Chapter 189. Other references are in Psalms 145.9 '*Hashem's tender mercies are over all his creatures*' and '*The righteous person regards the life of their animal*' (Proverbs 12.10)

Maimonides, in Guide for the Perplexed,3:48 writes...*it is prohibited to kill an animal with its young on the same day, in order that people should be prevented from killing the two together in such a manner that the young is slain in the sight of the mother; for the pain of animals under such circumstances is very great. He goes on to say... the love of the mother for her young ones is not produced by reasoning but by feeling and this faculty exists not only in people but in most living creatures.*

Moses was deemed suitable for leadership because of his compassionate treatment of sheep in his care. He picked up a lamb that was running away from him to drink at a stream and carried it back to the flock. Rebecca was judged suitable to be Isaac's wife because of her kindness in watering the camels of Eliezer, Abraham's servant (Gen 24.46). Rabbi Judah the Prince was stricken with pain by the hand of Heaven for many years because of his callous treatment of a calf on the way to slaughter, which tried to hide under his cloak. According to the Ten Commandments, animals as well as people are to rest on Shabbat (Exodus 20.8.10) Deuteronomy 5.12-14). According to Rashi this means animals should be able to roam on the Sabbath day and graze freely. In the Shacharis prayer it is said '*blessed is the One who has compassion on all His creatures*'. Judaism teaches that people are to emulate the Divine compassion.

Contrast the conditions in which animals are reared for food today in industrial scale farming. I will not go into details about how battery chickens are reared and the inhumane treatment of calves reared for veal or how live animals are transported great distances for slaughter without adequate food water or rest. If anyone is interested I can supply publications detailing this.

# JUDAISM, VEGETARIANISM AND SUSTAINABILITY

Judaism mandates that people should be careful about their health. *V'nishmartem meod l'nafshatechem.* (Deuteronomy 4.9) It is now accepted that animal centred diets have been linked to heart disease, stroke and several forms of cancer, so for health reason alone meat intake should be limited.

Judaism stresses that we should help the poor but the production of grain for animal feed is environmentally wasteful and an inefficient use of land which could be used to grow food for human consumption. Similarly marine catch processed for animal feed is a cause of over-fishing in the world's oceans.

Judaism teaches us that *'the earth is the Lord's and the fullness thereof.* ('Psalm 24.1)

We are Hashem's partners in repairing and preserving the world (Tikkun Olam). However modern agriculture contributes to soil erosion and depletion, and air and water pollution as a result of misuse of chemicals in fertilizers and pesticides.

Sustainability is defined in the OED as *'involving the use of natural processes and energy in a way that does not harm the environment.'*

Adam and Eve, representing mankind have been put on Earth to *'fill the earth and subdue it.'* Gen.1:28. 'Subdue' here has been interpreted not as having dominion over nature but as being a benevolent ruler or guardian. We are meant to conserve nature not to exploit it. A guardian is entrusted with property that does not belong to him. His task is to take charge of it and eventually return it to its owner intact. (Sachs 1995).

There is no absolute ownership of the land. Jewish laws which teach us environmental ethics include the 3 commandments of periodic rest –1. Shabbat – our selves and our animals rest every seventh day. 2. Sabbatical year – every 7<sup>th</sup> year when the land must lie fallow and 3. Jubilee year slaves go free and land returns to its original owner. As Maimonides pointed out in his explanation of the laws of *Yishuv ha'aretz*, (settlement of the land), this means conserving its resources and not pursuing short term gain at the cost of long term desolation.

The *chukkim*, (statutes), grouping together prohibitions against cross-breeding livestock, planting a field with mixed seeds and wearing a garment of wool and linen, were understood by the Biblical commentators, Nahmanides and Samson Raphael Hirsch to say these laws respected the integrity of nature. Hirsch said they embedded the principle that *'the same regard you show to man*

# JUDAISM, VEGETARIANISM AND SUSTAINABILITY

*you must also demonstrate to every lower creature – to the earth which sustains us all – to the world of plants and animals’. He believed there should be justice towards nature and the world cannot be subordinated to the interests of man. It was a view shared by the great mystic, Rabbi Abraham Kook, ‘All creation sings a song’, he said. These men were ‘deep ecologists’ before their time.*

Biblical law balances our mandate to use nature for human benefit and our duty to conserve it.

Deuteronomy 20:19-20 tells us that during times of war, only trees that do not yield fruit may be destroyed. The rabbis extrapolated from this precise veto to a universal rule against pointless destruction – *bal taschit*, the prohibition against waste.

The market economy with its goal of ever increasing GNP, has resulted in a polluted, overpopulated world, heading for the sixth major extinction of species, which scientists say is the first one directly attributable to humans. We are causing anthropogenic, i.e. man made climate change, as a result of our ever increasing carbon dioxide emissions trapping heat in the atmosphere, consumption of fossil fuels and our destruction of habitats such as the Amazonian rain forest (which acts as a carbon sink or reservoir) and also results in increasing loss of bio-diversity.

Recolonisation of the earth has occurred in the past following previous extinctions, but this time, though the earth will probably continue, mankind will not if we continue down the road we are on now.

I will finish with a quote from Jonathan Sachs in his ‘Faith in the Future (1995). The Rabbis said: when Hashem made the first man, He took him to see all the trees in the Garden of Eden. He said to him: ‘See how beautiful are My works. All that I have created I have made for you. But be careful that you do not ruin My world, for if you do there is no one else to put right what you have destroyed.’



## **BEQUEST TO THE SOCIETY**

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**Tel: 020 8455 0692**

# 'TAKE VEGAN PLEDGE'

## **CAMPAIGN GROUP URGES LONDONERS TO TAKE VEGAN PLEDGE**

Vegan campaigns, a grassroots London group which aims to encourage and support people who want to be vegan, is encouraging Londoners to pledge to go vegan – eliminating all animal foods from their diets for a month from 5th March to 2nd April 2011.

Participants pledging to be vegan for a month will be invited to two free events in central London, one at the start and one at the end of their vegan month: on Saturday 5th March and Saturday 2nd April 2011 from 10am to 4pm. These informative days will include a basic health check with a vegan GP and a registered dietician, cookery demonstrations, talks on nutrition, an information pack and some delicious vegan food samples.

This is the fourth event of its kind that the campaign group has run. At the beginning of 2010 forty-three Londoners took the Vegan Pledge. Just over fifty per cent of the pledgers ate either meat or fish and the rest were already vegetarian.

Participants took part in the project for a variety of reasons, including reducing animal suffering or their impact on the environment, improving their health or simply as a challenge. One participant, who took the pledge to improve his health and find a solution to raised blood pressure and cholesterol, was delighted to see his cholesterol level drop in just one month.

Sixty per cent of the participants found the vegan diet so rewarding that they decided to remain vegan. The remaining forty per cent are now almost vegan or cutting down on animal products. Comments from past participants have included, "It is a decision which I have thought about for years. The Vegan Pledge was the motivation I needed and I feel great being vegan. I don't intend to go back".

One of the pledge organisers, Chrissy Leyland, commented:

"The Vegan Pledge is a fun and fulfilling experience for anyone who has been thinking about going vegan or would like to find out more about eating ethically. For some, it provides that extra motivation that they have been looking for in a relaxed and friendly atmosphere with all the support that they need."

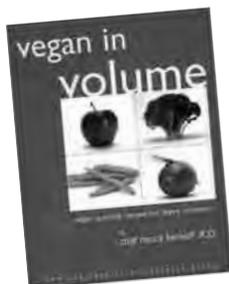
**Members of the public who would like to register for the Vegan Pledge or find out more information can visit [www.vegancampaigns.org.uk](http://www.vegancampaigns.org.uk), email [info@vegancampaigns.org.uk](mailto:info@vegancampaigns.org.uk) or call 07890 136663.**

# BOOK REVIEWS

## **VEGAN IN VOLUME**

***Vegan Quantity Recipes for Every Occasion***

***By Nancy Berkoff***



An excellent resource for anyone planning to cook vegan food for large parties and the perfect teaching tool for restaurants, canteens, hospitals, summer camps and any other places where food is served in quantity.

The book includes 125 recipes with each recipe serving 25 people. Of course each recipe can be adapted to suit the number one is cooking for.

A Fast Course in Vegan Nutrition, Simple Vegan Meal Plans, Soy 101, Useful Equipment, Food Safety, Description and Uses of Vegan Ingredients, Converting Total Yields of Quantity Recipes, Breakfast Buffets, One Dish Wonders, Beyond Eggs, Senior Menu Ideas, and Cooking for Kids.

Chef Nancy Berkoff is not only a registered dietician, but has over 20 years of experience working in the food industry.

***Published by The Vegetarian Resource Group, and Distributed by Turnaround, London. N22 6TZ Paperback Price £13. 99. Plus P&P £3. 00. Available from JVS.***

## **APPETITE FOR REDUCTION**

***125 Fast & Filling Low Fat Vegan Recipes***

***By Isa Chandra Moskowitz***



Is vegan food healthy (because it is free of animal products) or is it unhealthy (are you missing out on some vitamins)? Can you really lose weight on a vegan diet? These are just a few of the many questions vegans are often being asked.

Finally, in *Appetite for Reduction* there is a cookbook that dispenses of all the myths about veganism, diets, and staying healthy. Isa Chandra Moskowitz is known for making groundbreaking strides in vegan cooking proving that

## BOOK REVIEWS

going vegan does not mean sacrificing flavour. After years of perfecting cupcake and cookie recipes she found herself with a health predicament – and wanting to lose weight.

In *Appetite for Reduction* she teams up with a top nutritionist to create 100 delicious, big-portion recipes, from Spinach Lasagna to Manhattan Glam Chowder – there are fewer than 400 calories per serving, low in fat and sugar and high in fibre. The book also includes a run-down of basic nutritional requirements and how a vegan diet can provide the protein, calcium, iron and other vitamins and minerals that we need to stay healthy.

**Published by The Perseus Books Group, Paperback Price £12. 99. Plus P & P £3.00. Available from JVS.**

### **THE FALAFEL KING IS DEAD**

**By Sara Shilo**



**This book was voted one of the Top Ten Israeli Books of the Decade by leading Israeli newspaper Yediot Aharanot. Multi-award-winner including the Sapir Prize, the Ministry of Culture Prize and the Wiener Prize.**

Told by four protagonists, the book recounts the life of the Dadon family, who live in a small town in northern Israel. The town has lost its famed “falafel king”, but the Dadon family has also lost a father and husband.

Living with the daily threat of missile attacks from neighbouring Lebanon and struggling to survive amid the rubble of their lives, Simona and her six children all find their own ways of coping with their grief, their fear and their dreams.

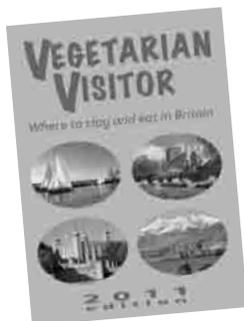
Raw, lyrical, hopeful and moving, Sara Shilo’s powerful debut novel recounts the life of an Israeli family in a remote village over the course of a single extraordinary day. This is a vital and courageous work of literature unlike any to come out of Israel in recent times.

**Published by Portobello Books, London. Paperback. Price £12. 99 plus P&P £12.50. Available from JVS.**

# BOOK REVIEWS

## **VEGETARIAN VISITOR 2011 WHERE TO STAY AND EAT IN BRITAIN**

*Edited by Annemarie Weitzel.*



New updated edition of the *only annual guide* to private homes, guest houses and hotels in England, Wales and Scotland which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

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

There are more than 300 entries which have been fully checked just before publication, as well as over 250 cafes, restaurants and pubs that know how to cater properly for vegetarians and vegans.

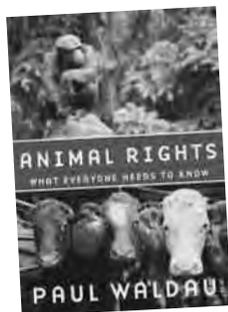
Illustrated with photos and line drawings, the book contains all the information that vegetarians and vegans will need, on where to stay and where to find a good meal.

**Price £3. 00. Paperback. Available from bookshops, or post free (in the UK) from the publisher – Jon Carpenter Publishing, Direct Sales. 2. Home Farm Cottages, Sandy Lane, St Paul’s Cray, Kent, BR5 3HZ. Tel: 01689 870437. Mastercard/Visa credit cards accepted.**

## **ANIMAL RIGHTS**

**What Everyone Needs to Know**

**By Paul Waldau Former Director, Centre for Animal and Public Policy, Tufts University**



Animal protection is both old and new – it has existed in every culture and religion. In this compelling volume, Paul Waldau expertly navigates, in an even-handed survey, the many heated debates surrounding the complex and controversial animal rights movement.

The book covers the full spectrum of issues, beginning with a clear, highly instructive definition of animal rights.

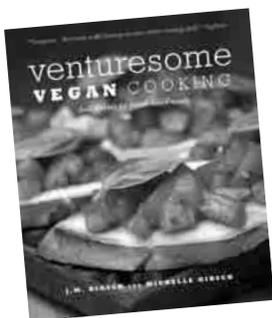
## BOOK REVIEWS

He looks at the many key figures and organisations responsible for moving the animal rights movement forward, as well as legislation and public policy.

With its multidisciplinary, non-ideological focus and all-inclusive coverage, *Animal Rights* represents the definitive survey of the animal right movement—one that will engage every reader and student of animal rights, animal law, and environmental ethics.

- Well rounded, non-ideological introduction to the animal rights movement, its philosophy, law, public policy, scientific and religious views, and major thinkers
- Chronology of major events in animal rights movement
- Ends with consideration of the role of individuals, corporations, non-profits and government in deciding the future of the animal rights
- Considers the different concerns surrounding companion animals, wild animals, research animals, work animals, and animals used for food.
- Provides a no-nonsense assessment of the treatments of animals
- Looks at movements, public policy and legislation in the United States, Europe and Asia

**Published by The Oxford University Press. Paperback. Price £10.99. Plus P&P £2.50. Available from JVS.**



### **VENTURESOME VEGAN COOKING**

***Bold Flavours for Plant-Based Meals***

***By J.M. Hirsch and Michelle Hirsch  
Photography by Larry Crowe***

With stunning photography, *Venturesome Vegan Cooking* features a wide variety of delicious, healthy, plant-based recipes from around the globe.

*Venturesome Vegan Cooking* includes over 100 delicious, easy to follow recipes that will challenge and excite your palate. Introducing unusual ingredients, it incorporates them into otherwise familiar dishes creating bold, fresh flavours with a comfortable dash of tradition.

Enjoy making healthy starters, sides, mains, desserts and beverages inspired by flavours from around the world including: Fresh Spring Rolls, Spicy Creamy

# BOOK REVIEWS

Hummus, Roasted Eggplant and Mushroom Pate, Roasted Rosemary and Honey Potato Salad, Sweet Winter Squash with Fresh Thyme, Angel Hair Pasta with Lemon Sauce, Sticky Cinnamon Nut Rolls and many more.

*Venturesome Vegan Cooking* is guaranteed to inspire great vegan cuisine for vegans and non-vegans alike and introduce interesting mouth-watering flavours into everyday meals. It is written in clear, straightforward style and is packed with advice to make vegan dishes that are creative, simple to prepare and adventurous.

**Published by The Perseus Book Group. Paperback. Price £12.99 Plus P&P £3.50. Available from JVS.**



## **VEGAN DINER**

***Classic Comfort Food for the Body and Soul***

**By Julie Hasson**

Finally, a collection of scrumptious, heart warming recipes that provide guilt-free indulgence for foodies everywhere! *Vegan Diner* introduces, delicious, healthy plant-based vegan versions of classic diner options for breakfast, lunch and dinner, to enjoy as part of a vegan diet or as a meat free healthier substitute.

From Pumpkin Spice Pancakes, Crispy Banana-Cinnamon Malted Waffles, luscious Blueberry-Nutmeg Muffins, Smoky Potato Scramble, Homemade Breakfast Sausage Patties, Pot Roast with Roasted Vegetable, Old Fashioned Tomato Soup, Diner House Salad, Mushroom Burgers, to delicious desserts ranging from Oatmeal Raisin Cookies, Banana Pudding Pie, and Lemon Diner Cheesecake and much more.

**Published by The Perseus Books Group, Paperback. Price £12.99 plus P&P £3.50. Available from JVS.**



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**BATES** method for natural vision improvement and relaxation.

**ALEXANDER TECHNIQUE**

Details of lessons and courses

Golders Green & Old Street

**David Glassman**  
**020 8455 1317**

**VEGAN LADY.** Orthodox. Living in London. Would like to meet Orthodox Vegetarian/Vegan Life Partner 55+. Please reply with phone number to **Box No. 100, JVS, 855 Finchley Road, London NW11 8LX**



*The advocacy charity for older vegetarians and vegans*

Can we help you with our:

- Catering Guide
- Healthy-living Handbook
- UK List of care homes
- 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](http://www.vegetarianforlife.org.uk)  
Or phone: 01683 220888  
Registered charity no 1120687

**VEGAN COMMUNITY**

New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792 442.

# ADVERTS

## CLARIDGE HOUSE

Lingfield, Surrey

### Healing Centre for Rest, Retreat and Renewal

Offers midweek breaks throughout the year Mon-Fri  
From £170 to £225 Full Board

- Delicious vegetarian food
- Warm, peaceful welcome
- Peaceful stays
- Convenient for Surrey/Sussex and Kent countryside

We also run weekend and midweek courses with a creative, spiritual or healing focus.

**Please call Alison or David for details on 01342 832150  
or email: [welcome@claridgehousequaker.org.uk](mailto:welcome@claridgehousequaker.org.uk)  
or visit: [www.claridgehousequaker.org.uk](http://www.claridgehousequaker.org.uk)**

Registered Charity No: 228102



## 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)**

## 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.**