

# The Jewish Vegetarian



**No. 161 June 2007 Sivan 5767 £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.  
£5 Mr. B.R.C. Moseley, Birmingham.

## DONATIONS RECEIVED

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

£10 Mr. P.C.B. Dorchester, Dorset. £10 Mr. L.G.A.B. Leicester.  
£10 Mr & Mrs D.S. London NW11. £10 Mr. & Mrs. W.S. Jerusalem, Israel. £5 Mr. B.R.C. Moseley, Birmingham. £5 Mrs. B.J. London NW11.  
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£18 Ms C.H. Goteborg, Sweden. £5 Mr. B.R.C. Moseley, Birmingham.  
\$20 Mr. A.G. NJ. 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 Beit Nekofa. POB 80.

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

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

## DONATIONS RECEIVED:

£50 Dr. & Mrs Schwartz. Redbridge IG4 5EA  
£8 Mr. P.C.B. Dorchester, Dorset. £8 Mrs. B.G. London N10.  
£5 Mr & Mrs J.C.B. Peeblesshire. £5 Mrs. B.J. London NW11.

# SOCIETY NEWS

## THE PHILIP L. PICK MEMORIAL LECTURE HELD ON SUNDAY 18TH MARCH 2007

**Guest Speaker: Rosalind Berzon BA(Hons), Cert Ed(FE), MRIPH,  
Cert Nutrition & Health, ITEC Dip Anatomy & Physiology.**

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



At the time she was teaching Art and Art Therapy, but began to show a keen interest in Nutrition and Health. Her interest in healthy eating inspired her to teach Vegetarian Cookery for two years at the Redbridge Institute in the early 90's. **In 1996**, Rosalind studied at Epping Forest College for her RIPH Certificate in Nutrition and Health. In April 2005 she was elected as a Member of the Royal Institute of Public Health and in July of the same year she passed (with credit), the ITEC Dip in Anatomy and Physiology.

Rosalind currently is the Nutritional Adviser at the Wessex Healthy Living Centre, Southbourne, Bournemouth. (The Centre was founded nearly 30years ago by Bee Klug MBE, who is a member of the JVS.)

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

**The following is an extract from Rosalind's talk entitled:**

### **'YOUR HEALTH IS YOUR WEALTH'**

#### **Reflecting on Past Times and Looking Forward Towards the Future**

I have been a member of the Jewish Vegetarian Society for over 35 years and can remember going to committee meetings before 855, Finchley Road was purchased as our headquarters.

Philip L. Pick, our founder member, gave many talks with such great passion and eventually he edited a book called Tree of Life, which was an Anthology of Articles that had appeared in the Jewish Vegetarian, being mostly his own. Available from J.V.S office. Price £4.00 including P&P.

Philip warned many years ago about the dangers of injecting animals with

## SOCIETY NEWS

female hormones and anti biotics, as he felt this would be a danger to human health....as we can see in recent times people desire natural foods again, so there is now a rising demand for Organic foods. People are now realising that **YOU ARE WHAT YOU EAT.**

My grandmother Esther always used to say to me, “**your health is your wealth**”. She grew up in a generation that appreciated unprocessed foods without ‘E’ numbers, preservatives, added colours, without high levels of salt and sugar.

My husband’s grandfather Abraham was active well into his nineties. I asked him the secret of keeping so fit and active; his answer was, “**take care of yourself!**” He did not tell me how, but I did reflect on his diet and lifestyle: home-grown vegetables, home cooking and being very active. He was still cycling well into his eighties!

**‘Food for Thought’** Patrick Holford, the nutritionist, writes in his book ‘Optimum Nutrition for the Mind’ ‘How you think and feel is directly affected by what you eat...eating the right food has proven to boost your IQ improve your mood and emotional stability, sharpen your memory and keep your mind young.

He also writes in his book that the best brain foods are **COMPLEX CARBOHYDRATES.** (This means we are talking about vegan and vegetarian foods!) ‘The most important nutrient of all for the brain and nervous system is glucose, the fuel they run on. We humans are solar powered. The plants absorb hydrogen and oxygen (H<sub>2</sub>O – water) from the soil and carbon + oxygen (CO<sub>2</sub>-carbon dioxide) from the air and combine these atoms together using the sun’s energy to make carbohydrate, (COH).

We then digest the (COH) down into glucose and deliver this into our brain and body cells. The glucose is then ‘burnt’ within our cells, liberating the sun’s energy, which is what keeps us alive. Your brain consumes more glucose than any other organ. In a sedentary day your brain can consume up to 40% of all COH you eat.

These are slow releasing COH to the brain:

- **EAT WHOLEFOODS** – wholegrain, lentils, beans, seeds, fresh fruit and vegetables, avoid refined, white and overcooked foods.
- **EAT 5** or more servings of fruit and vegetables a day. Choose dark leafy and root vegetables: watercress, carrots, sweet potatoes, broccoli, brussels

# SOCIETY NEWS

sprouts, spinach, green beans or peppers, raw or lightly cooked. Apples, pears, berries, melon or citrus fruit. Bananas in moderation. Dilute fruit juices, dried fruit in small quantities, preferably soaked.

- **EAT 4** or more servings of wholegrain such as rice, millet, rye, oats, whole wheat, con or quinoa in cereal, breads and pasta.
- **AVOID** any form of sugar and foods with added sugar.
- **COMBINE** protein foods with COH foods by eating cereals and fruits with nuts and seeds, eat starch foods (potatoes, bread, pasta, or rice), lentils, beans or tofu.

(Refined foods and sugars do give you a quick lift in mood and energy, but quickly let you down. Whole foods give you a long term sustained energy run).

## 'THE ULTIMATE ANTI-AGEING DIET'

**Dr Roger Henderson writes in his book '100 ways to live to 100' ...** that 'People living on the Japanese island of Okinawa have more centenarians that in any other part of the world. The average life expectancy is around 85. Most of the elderly people are fitter than their younger counterparts.

- There is 5 times less heart disease
- Half the rate of cancer
- Cholesterol levels are some of lowest in the world
- A simple lifestyle, near perfect diet and mental approach to life
- Calorie intake is 30% less than ours, therefore less obesity
- Eat an average of 7 servings of fruit and vegetables a day, along with high quality grains.
- Minimal intake of meat and dairy products, along with tiny amounts of salt ...they also include, garlic, ginger, onions, tomato, soya beans, foods rich in anti oxidants.
- Exercise of martial arts, meditation and stress relieving exercises such as stretching and deep breathing, but above all there is a strong social network, which brings all the benefits of being able to talk, laugh and cry with good friends.

### 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.

## SOCIETY NEWS

**'Professor Ian Philip, the government's tsar on ageing, says there are six keys to wellbeing in old age: (Daily Mail, Tuesday, August 29, 2006)**

### **How to enjoy your later years**

1. Having a purpose, feeling fulfilled and being held in esteem....improves your immune system
2. Managing stress...learn how to pace yourself
3. Social networks...more friends even 4 legged ones
4. Raising levels of activity...muscle and bone strength & flexibility
5. Nutrition...5 a day plus Coh: bananas, porridge
6. Alcohol...moderation

**In conclusion Rosalind finished with a questions and answer session, which was followed by refreshments. A vote of thanks was extended to Rosalind for a most interesting and informative afternoon.**

### **THE D.A.F. CLINIC**

**Mr. David Fairclough who is a member of the Society and runs the above clinic, is happy to offer the following discounts to any of our members on production of their Membership Card, which of course we would have to verify.**

**Chiropody/Podiatry/Auricular Therapy/Reflexology:** A 25% discount on clinic or domiciliary visits within the practice service area (parts of Merseyside, Cheshire, Lancashire and Greater Manchester) please contact for more details.

**Vegetarian And Vegan Nutritional Therapy And Profiling:** A 50% discount on national and international members (operates via post, E-mail and fax)

**Continuing Professional Development (CPD).** This is open to any member who is a practicing therapist in a complementary therapy, profession supplementary to medicine i.e. chiropodist, physiotherapist etc., a 50% discount will apply, though any therapist who is new to their practice and on a low initial income may possibly receive free CPD training, (Though this will be without verification) and must be delivered via E-mail to be viable and free. Please make contact to discuss possibility of free training.

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**If any of the above should be of any interest, David Fairclough would be happy to offer the above discounts if they would be of value to any of our members.**

**Address:**

17, Inglewood Road  
Rainford  
St Helens, Lancs WA11 7QL

**Contact Numbers:**

**Tel:** 01744 884173/07050 396611  
**Email:** dafclinic@hotmail.co.uk

## **WESSEX JEWISH VEGETARIAN GROUP**

**(Affiliated to Jewish Vegetarian Society, Golders Green, NW11)**

Rabbi Neil Amswych kindly gave a talk to the Wessex Jewish Vegetarian Group on Sunday 25.03.07 entitled, Thought for Food, and recounted experiences of his journey into vegetarianism.



Rabbi Neil offered four reasons he considered important in his conversion from meat eater to vegetarian: health, environment, ethical and religious. He also added a fifth reason – spirituality and elaborated on these topics and included amusing incidences.

About a dozen people attended the talk and all agreed it was an interesting and enjoyable afternoon.

**We were very grateful to Hilda who offered her flat for the event and provided the tea and delicious cakes for refreshment after the talk. - Annette**

**If you are interested in our group, phone Rosalind 01202 295895**



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

**WHY I BECAME A VEGETARIAN****By Maureen Peaston – Life Member.**

I have been vegetarian now for approximately 20 years. It actually started when money was very tight and I could not afford the price of kosher meat. I only ever bought kosher, so I found myself eating less and less meat and one day, I was given a copy of the Vegan Magazine to read and it all started from that point.

Initially I was not very interested, but when I read the magazine again some months later, I became more and more interested about what I was reading. I headed off to the local health shop and all I purchased was a packet of sunflower seeds which I found absolutely delicious. I quickly demolished the contents of the packet and returned to the health food store again the following week to purchase some more. I then read a book by Gaylord Hauser which really inspired me and from that point, it just gradually progressed and I found delicious recipes for vegetarian meals.

I then started reading about the cruelty to animals which I was not aware of before. I was only semi-vegetarian at that time because I still consumed fish. I actually enjoyed fish much more than I did meat or poultry. One time when I was eating a piece of chicken there was a program on television showing the killing of chickens, and suffice to say, I never finished that chicken. Eventually I stopped eating fish although I found this very difficult at first, and even now, I sometimes have a slight desire for fish but it soon passes and I tuck into some delicious vegetarian food. In actual fact it was my son who became completely vegetarian before I did, and he was so proud of the fact that he had also given up fish and that I had not, that this inspired me to do so.

Unfortunately however, my son has reverted back to eating meat and fish again, partly because he found it easier when he was living by himself and when travelling the world. Maybe one day he will become vegetarian again!

I joined the Vegetarian Society and read many informative articles about the suffering of animals as well as the beneficial effects of consuming a vegetarian diet. I later joined the International Jewish Vegetarian Society. Unfortunately the local groups which I joined, Jewish and non-Jewish have folded.

Being a whole food vegetarian and very concerned about the toxins in both food and products used on our skin and in our homes, I have found it difficult to be part of 'the group' when people are not into these things. I also prefer

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to eat in a restaurant which is completely vegetarian because of the food which would have been on the plate previously as well as the pans it was cooked in. All this does single me out so I prefer to meet people who are similar to me or who understand and do not think me too fussy.

I can see now that there is no need for humans to eat meat and I feel it is wrong to rear animals as a commodity.

As I have already said, I only eat at strictly vegetarian establishments because there is a misunderstanding of what vegetarians eat and I wish this was regulated so that unless an establishment was registered with The Vegetarian Society and therefore met all the criteria, they could not be allowed to say that the meals they provide are vegetarian. An example of this is when I went to a friend's birthday 'bash' at her local pub. She told me that a vegetarian meal had been provided for me. When I went over to the table and saw the plate which was covered in cling-film, it did nothing for my taste buds. There were some dreary lettuce leaves and few pieces of tomato and cucumber and something that I did not recognize until somebody said to me "do you know there are prawns on that plate?" Needless to say I did not eat anything. I didn't have any appetite after this in any case. This does however show that there is ignorance about what vegetarians can and cannot eat.

Somebody at work calls herself a vegetarian, but she eats fish. I said to her so you are not actually a vegetarian and she replied she is, but she does eat some fish. It has also been shown that even if the meal itself contains vegetarian food it may have been cross contaminated in the kitchen so I cannot trust any of these places. Even when I was not vegetarian I didn't eat any un-kosher food.

It has proved quite difficult when going abroad on holiday and also when travelling in this country because although there are vegetarian restaurants and guest houses they are very limited so it usually means choosing the accommodation first and then the destination. Luckily my husband is very understanding because although he doesn't eat any meat or poultry at home and virtually no fish he has never claimed to be vegetarian, but accommodates me even though he finds it difficult when holidaying.

**Being vegetarian is just so normal and natural now that I actually find it bizarre that people eat animals!**

# SOCIETY NEWS

## *Invitation*

*Readers of the Jewish Vegetarian and members of the International Jewish Vegetarian Society are very cordially invited to two forthcoming interfaith animal welfare events.*

The first is the inaugural conference of the **Interreligious Fellowship for Animals (IRFA)** on **Saturday 16 June 2007 from 1.30 to 5 pm at Friends' House** (Quaker Headquarters), Euston Road (opposite Euston Station). The conference will be on the theme of *Living Adventurously: Spiritual Perspectives on Our Kinship with All Sentient Beings*. Representatives speaking from the perspectives of all the major world religions, including Judaism, will be participating.

On **Sunday 16 September 2007 at 3pm at Golders Green Unitarian Church**, Hoop Lane, Golders Green, North London (nearest Underground Golders Green), the Interreligious Fellowship for Animals will be co-sponsoring the fourth **World Congress of Faiths Interfaith Celebration of Animals**, at which faith representatives from the various world religions and animal welfare organisations, including the Director General of the RSPCA, will be participating. We have invited the world famous Jewish scholar and author Rabbi Dan Cohn-Sherbok to give the main address and we anticipate once again welcoming many Jewish friends to this interreligious event dedicated to animal welfare. We hope to see you there.

*Further details from either Marian Hussenbux, Secretary of the IRFA and Clerk of Quaker Concern for Animals, at [mhussenbux@btinternet.com](mailto:mhussenbux@btinternet.com)*

## **WESSEX JEWISH VEGETARIAN GROUP**

Dear Readers

We welcome those interested living in our area to join the 'Wessex Jewish Vegetarian Group', affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green. London NW11 8LX

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

We invite all ages to join us. If you are interested, telephone:  
**Rosalind Berzon – 07715 419 193**  
 Leaving your name and telephone number.

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

# POEM



## TEMPUS FUGIT —NOW AND THEN

by Dr David Ryde

Our present is rapidly receding  
And is already becoming our past,  
And though our future is upon us  
Barely a moment will it last.

Life is like the prick of a pin  
Gone before it is felt,  
And where our children plan to dwell  
There they've already dwelt.

With our present well behind us  
And our future vanishing fast  
We must quickly make our plans  
Lest they become our last.

In life there is barely time to introspect  
You must do your own thing on your own,  
Though some may need their brother as keeper  
You must tackle your own tasks along.

So let's make the most of our brief lives  
And be as creative as we can,  
For what we do not do today  
We won't do in life's brief span.

## NEWS FROM NEAR AND FAR

The following short pieces were taken from the **Australian New Vegetarian and Natural Health Magazine** which were compiled by **Mark Berriman and Robert Fraser**.

### **VEGETABLES MAY KEEP BRAINS YOUNG.**

New research on vegetables and ageing has found that eating vegetables appears to help keep the brain young and may slow the mental decline sometimes associated with growing old. On measures of mental sharpness, older people who ate more than two servings of vegetables daily appeared about five years younger at the end of the six-year study than those who ate few or no vegetables. The research in almost 2,000 Chicago area men and women doesn't prove that vegetables reduce mental decline, but adds to mounting evidence pointing in that direction. The findings also echo previous research in women only. Green leafy vegetables including spinach, kale and collards appeared to be the most beneficial.

The fats from healthy oils can help keep arteries clear, which contributes to brain health. The study was published in the journal **Neurology**.

### **LOW PROTEIN BEST?**

Researchers from Washington University School of Medicine looked at three groups of people – lean people who ate a low-protein, low-calorie raw-food vegetarian diet, a group of lean endurance runners averaging about 80 km per week who ate a standard Western diet that had more calories and protein than the first group, and a group of sedentary people who also had the standard Western diet that is higher in sugars, processed refined grains and animal products.

Results reveal much lower blood levels of plasma insulin-like growth factor 1 (IGF-1) in the low-protein diet group than in the equally lean runners or the sedentary group on the standard Western diet. Previous research has linked high levels of IGF-1 to pre-menopausal breast cancer, prostate cancer and certain types of colon cancer. **American Journal of Clinical Nutrition**.

### **BLAIR SEES WIDER CLIMATE DEAL AFTER KYOTO.**

Germany's presidency of the GB (Group of Eight) countries could lay the foundation for a radical climate deal embracing emerging powers and the US, according to Prime Minister, Tony Blair. The Kyoto Protocol on climate

# NEWS FROM NEAR AND FAR

change, which runs to 2012 aims to slash greenhouse gases but does not include countries like India, China and the US responsible for a quarter of the world's industrial greenhouse gas emissions.

Mr Blair used his closing speech at the World Economic Forum (WEF) to highlight a changing mood in the US where President George W. Bush recognised climate change as a challenge and told Americans to cut gasoline use. He said Germany's presidency of the GB group of industrialised nations would provide the opportunity for world partners to agree on "at least the principles of a new, binding international agreement to replace Kyoto...but one which is more radical than Kyoto and a more comprehensive one which this time includes all the major countries of the world" he said. **Reuters. January 2007.**

## DEAR SIR

**We received the following from our good friend and regular contributor, Ian Rodin, who has been a member of our Society for many years.**

### CLIMATE CHANGE

Dear Friends.

May I, with respect, place before you the following point of view.

I have been vegetarian for the last 43 years, and from my perspective, I can see the urgency of climate change from the way we feed ourselves.

From the Jewish perspective, we are taught to put into practice Tikkun Olam, and the most important way is the way we feed ourselves. The criteria is the way we feed ourselves, and that is, **NOT** to eat any flesh foods. Apart from the health benefits we as humans get, if instead of the grains and other vegetation that goes to feed the cramped up animals and poultry, would be to bypass this process and feed us humans.

In vegetarianism we are helping the under nourished people in many parts of the world. You will also find that the Hindus in India are mainly non-flesh eating and consequently are a very peaceful people.

## DEAR SIR

Returning to our own faith, we are told in Genesis that all the food we require is already there to have a very healthy and happy life.

If people would visit an abattoir and smell the stench and rivers of blood of dead carcasses in large quantities, they would think twice about eating dead bodies. The same applies to the living creatures that are fed to people that come from the waterways of this planet.

Economically there is also a great advantage because the weekly budget can be 75% less than flesh goods.

My personal regret however, is not knowing about vegetarianism before the 43 years of my 94 years.



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

### **THIS TURKEY HAS A LOT TO GIVE THANKS FOR!**

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

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

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

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

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

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

# BETTY JAMES HAS A GREAT STORY

## BETTY JAMES HAS A GREAT STORY, HER STORY!

- **Cost Effectively Created Her Own Book**
- **“When I Was 84 I Began To Write My Memoir”**
- **Extremely Delighted With the Final Result**

Betty is the last surviving child of a family of three children who grew up in the twenties and thirties. Their family life reflected the changes in society from the economic depression of the thirties to the Second World War and its aftermath.

She had a war-time university education followed by a long and varied academic career; before and after she retired, she lectured at university summer schools in Ghana and counselled for Relate in Britain. “When I was eighty four, I began to write my memoir” commented Betty, “this was in response to requests from younger family members and my hope is that by creating my memoir I will have helped them to keep our family tree green when I drop off!”

Documenting her life proved to be a very gratifying and rewarding experience for Betty, but actually physically producing the book was a challenge.

To solve this problem Betty was introduced to Celebration Books by her nephew Peter.

Celebration Books provide a very straightforward and cost effective means for anyone to produce an individual, traditionally bound high quality book.

Betty James’s Memoir was produced in a traditional book format but using web based systems that ensure a cost effective and very simple production method that allows individual books to be produced from £49.

Celebration Books system’s allowed Betty to check and proof read the book throughout the process and the end result is a beautiful 63 page high quality life story.

The last word goes to Betty’s nephew Peter “Many thanks to everyone concerned. The wait was well worth it and my Aunt is delighted with the final result!”

**Go to:** [www.celebration-books.com](http://www.celebration-books.com) and see the book production method.

**Contact:** Garry Broadbent: 01253 361 950 or 07921 577 671

**Email:** [garry@milestonepublishing.co.uk](mailto:garry@milestonepublishing.co.uk)

# MUM ON A MISSION

## NEW MOVE FOR MUM ON A MISSION

Following increased demand, a business that started five years ago by a mum in a family kitchen has moved to new purpose built production premises which officially opened on Thursday March 22<sup>nd</sup> 2007.

Yorkshire businesswoman Angela Russell set up her company – **“It’s Nut Free”** in 2002 after years struggling to find tasty wholesome bakery and confectionery products for her daughter Kirsty who was diagnosed with a severe nut allergy aged two.

Angela moved the business from her kitchen and used her baking expertise to develop a range of cakes, confectionery, flapjacks and biscuits which are sold under the distinctive **“It’s Nut Free”** brand. But as orders flooded in, the decision was made to move again.

Nut allergy, which can be a life threatening condition, now affects around one in 50 young people in the UK, and the figure is expected to double in the next five years.

Mother of four Angela said “This move is a big step for us – and it allows us the capacity for future growth. Instances of nut allergy are increasing, especially amongst children, and I want to make sure that everyone can choose tasty, safe snacks made to traditional recipes using the best quality ingredients – exactly what I want for my own family”

**“It’s Nut Free”** products, which are also free from eggs and gluten, and suitable for vegetarians, are available from Sainsbury’s, Morrisons and Independent retailers, as well as online at [www.itsnutfree.com](http://www.itsnutfree.com)

**Note: Nut allergy or intolerance affects approximately 1 in 24 people in the UK. And according to research, this figure is rising year by year. It can cause mild or severe symptoms, including anaphylaxis, in sufferers.**

**Anaphylaxis is a severe allergic reaction, where the whole body is affected, often within minutes of exposure but sometimes after hours. It occurs because the body’s immune system reacts inappropriately to the presence of a substance that is wrongly perceives as a threat. This condition can be life threatening if not treated very quickly with adrenaline. (Anaphylaxis Campaign: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk))**

# WHATEVER HAPPENED TO THOSE LIMEY LASSIES?

**WHATEVER HAPPENED TO THOSE LIMEY LASSIES?  
'Golfers Widows Take 2' – The Search for Identity Continues!**  
BY: DERRICK COHEN.

## The Past

Remember Bluma and Bella? (J.V Issue No. 159 Dec. 2006) Those two fat ladies who became skeletons, hoping to win their hubbies back into their lives. Well, the last we heard of them they were in Mid-air on the flight from that health farm in Key West, Florida giggling to each other about their colossal loss of weight and the fantasy experiences with those two beefcake masseuses. They were dreaming of weekends at the newly opened Grand Alicia Gardens Hotel, Bourmansville, enjoying 5 Star Glatt Kosher Cuisine, cut price shopping and inviting massages at the hands of the lanky blond Swede and his sidekick the Ivory Coast Muscle bound Negro.

What then did happen to our determined ladies in search of recognition? Well after a short delay circulating Heathrow Airport in dense fog before being given permission to land, their plane finally touched down to the relief of all its passengers. Bluma and Bella just couldn't wait to show off their chocolate coloured suntans and model sized figures. Surely those husbands of theirs would now remember the two women whom they had married! Like Hell! They did not even turn up to meet them! After waiting ages and ages in utter frustration a voice could faintly be heard over the tannoy saying "Would Bella and Bluma just off Flight No. 245 from Key West, Florida go to check-out Counter No. 23. There is an urgent message awaiting them. Thinking the worst, they rushed to Counter 23 to be handed a note which read "Sorry we can't be there to meet you, unfortunately we are in Portugal playing for the team in a tournament, in the Algarve, come and join us we miss you terribly." Signed your loving hubbies. "A bloody cheek!" screamed Bella "What a chutzpah" growled Bluma "All they know is golf, golf, golf, we just don't exist. Just give them their toys to play with, put their food on the table and nothing else matters, this is the last straw. The camels back is broken. From now onwards it is separate bedrooms!" "And me" said Bella "not that it will make any difference. Mine Hymie is always so exhausted from that golf he would be fast asleep before a word is said." "I'll be damned if you will catch me in Portugal" said Bluma "It will be Bourmansville for me." "Count me in" quipped Bella dreaming of the lanky Swede." I wouldn't even tell them where we are."

## WHATEVER HAPPENED TO THOSE LIMEY LASSIES?

They quickly nabbed a taxi home and the next morning were off to the Grand Alicia Hotel, fressing and shopping, showing off their magnificent tans and little slim figures and with the massages exuding exotic fantasies they were back in heaven, their husbands well out of their minds. Then when they finally did meet up with their spouses it was just frosty stares which stated "If that's what you want just get on with your golf and leave us alone." "It is us or golf – the choice is yours." Those dopey selfish husbands just shrugged their shoulders and carried on aimlessly, thinking to themselves "They will come round eventually." **Golf was even thicker than blood!**

So that became the status quo "but with all the scoffing and eating it wasn't long before Bluma and Bella were again two fat ladies with unsatiated appetites and their weight ballooning out of proportion, There was only one solution "Key West, Florida!" But now it was for 3 monthly periods, the two limey lassies became either overweight bubbly shopoholics or skeleton looking clothes dangling broomsticks! And their husbands still wore blinkers!

### **The Present (On one of those Health Farm visits soaking in the hot-tub)**

Said Bluma "This is the life, glorious sunshine, breathtaking massages, I could live here forever" "Me too" replied Bella "Think of all that food, those big American portions, those wonderful shopping malls, it is a shopoholics paradise and the U.S.A. – there is so much to see, then if we do put on a little weight, the health farm is on our doorstep. I could even stomach a round of golf." "You know what Bella" said Bluma "Maybe we should try a few lessons whilst we are here, then we can show our men-folk that they are not the only ones who can weld a golf club." "Well" said Bluma on the plane going home after their 3 month stint relaxing and golfing back to their slim size.

"Wasn't it smashing?" "Wonderful" answered Bella "Am I pleased we took up golf, I really feel good, slim, fit and healthy and my golf swing is coming on a ton." "You know what" said Bluma "How about persuading our spouses to move to Florida, with their guilt consciences they must agree. There would be no more slushing out in all weathers, 365 days golf in sunshine, it will be a constant pleasure, we can even join them. We wouldn't need the health farm, we would be slim and fit all the time eating whatever we liked, and think of all that shopping." "A toast to the good life" said Bella!

**Fast track thirty years forward to the future!!**

# WHATEVER HAPPENED TO THOSE LIMEY LASSIES?

Two old ladies leaning on their zimmer frames having tea in the communal gardens of a retirement condo overlooking a magnificent golf course in the heart of America's Green Belt on the edge of the Florida Coastline!

"Well" said Bluma as they watched the golfers trundling past with their trolleys "It certainly was worth it in the end, look at this marvellous view." "A fabulous life in our old age, am I pleased we moved here" answered Bella "the golf, the weather, the shopping, loads of luscious food, this country. Good old Uncle Sam and our husbands" said Bluma. "You know the moment we took up the game they actually knew who we were especially when we whipped them in the foursomes." "We finally found our identity, no longer were we "The two fat ladies with unsatiated appetites, .we beat them at their own game". "Good on you mate" replied Bella "But although we were miserable at the time we did enjoy our whims and fantasies." "Come on now quipped Bluma "let's finish our tea and wake the old fogies from their afternoon shloff, one walk round the block and they are knocked out for the day. Huh, yesterday's champion golfers, all they are interested in now is the daily game of Scrabble." "Oh, by the way" said Bella "the box is showing coverage of the British Open Golf Championship from Royal Birkdale, Scotland later this evening so pop up with Shmeully and we can unwind some memories whilst they are glued to the screen" "That will be fine" said Bluma "but tell Hymie to keep his hearing aid on full blast. I develop a sore throat shouting at him all the time". "You should only know what I go through" said Bella. "Then it's a date after the Scrabble. The boys will be in ecstasy, it might even bring them back to life" said Bluma dreaming of that Negro from the Ivory Coast.

**The moral of the issue is "If you can't beat them then join them!  
At least our girls did both!**



## PETITION

**Should you agree that all caterers ought to be meeting the needs of their veggie and vegan customers please access the petition in the following website:  
<http://petitions.pm.gov.uk/VegFriendly/>**

# COOKERY CORNER



*Denise Phillips*

## DELICIOUS SUMMER RECIPES FROM DENISE

### HOT TOMATO SALAD

During the months when tomatoes are in abundance this is the ideal starter to make... choose firm tomatoes that are bright red – if they are slightly green leave them on the window sill to ripen before using them. Cherry tomatoes that are on the vine are the sweetest tomatoes with the best flavours you can

buy. Sometimes you can even buy yellow ones, which give the recipe that little extra colour! The essence of this simple dish is ingredients at their finest – so buy the best you can find.

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Serves:** 6 people



### Ingredients

900g cherry tomatoes – red and yellow (on the vine) – if possible!; 3 tablespoons capers; pinch of sugar; 3 tablespoons extra virgin olive oil; 3 cloves garlic – peeled and very finely chopped; large bunch of basil – roughly chopped; salt and freshly ground black pepper; 12 slices of ciabatta bread

### Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Cut the tomatoes in half.
- 3) Place the tomatoes on an oven tray. Drizzle over the olive oil, capers, pinch of sugar, garlic, salt and freshly ground black pepper.
- 4) Roast the tomatoes for 10 minutes or until just soft.
- 5) At the same time place the ciabatta bread in the oven.
- 6) Spoon the cooked tomatoes and capers over the toasted bread.

**To serve the stylish way: Sprinkle over the chopped basil, dust with some black pepper and serve immediately.**

# COOKERY CORNER

## POTATO AND MUSHROOM BOREKAS

These are popular little puff pastry parcels that are filled with potatoes, mushrooms or spinach and cheese. I like to decorate the pastry by sprinkling sesame seeds on top. They are eaten as a snack with drinks or Kiddush or in the Succah during Succot or as part of your summer picnic. Borekas are also known to some as "pastelles,". They are a genuine Sephardic-Jewish creation, copied by others throughout the Eastern Mediterranean.



**They make a great hot appetizer or a light lunch. You also can prepare them in advance and freeze, unbaked; pop into the oven when needed.**

**Preparation Time:** 25 minutes **Cooking Time:** 35 minutes

**Makes:** 20 borekas

### For the Filling

450g (approx 3 potatoes) – peeled and roughly chopped; 2 tablespoons vegetable oil; 1 onion – peeled and finely chopped; 225g fresh mushrooms – finely chopped; 1 egg; salt and freshly ground black pepper; 900g puff pastry – ready rolled if possible; 2 egg yolks – beaten – to glaze; 3 tablespoons sesame seeds

### Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Boil the potatoes in salted water until soft. Mash with a fork or masher. Season with salt and freshly ground black pepper.
- 3) In a large frying pan, sauté the onions and mushrooms until soft and all the liquid has evaporated. Remove from the heat.
- 4) Stir in the mashed potato and egg. Check seasoning and adjust accordingly.
- 5) Lightly dust the work surface with flour. Cut the pastry in half. Roll out the pastry if not ready rolled into a 23cm/9 inch x 23cm/9 inch square. Do this twice.
- 6) Cut the pastry into a total of 20 squares of 8cm/3 inch each.
- 7) Transfer the squares on to a baking sheet lined with baking parchment paper.
- 8) Place a tablespoon of the potato mixture in the centre of each pastry

# COOKERY CORNER

- square. Fold the pastry diagonally over the filling.  
 9) Press or crimp edges to seal. Glaze with egg yolk and sprinkle with sesame seeds.  
 10) Bake for 25 minutes or until golden brown.

## SPINACH BOREKAS As a Variation

### Filling

225g frozen spinach, thawed and drained well; 110g feta cheese crumbled; 200g ricotta or cream cheese; 1 tablespoon fresh oregano; 1 garlic clove – peeled and finely chopped; salt and freshly black pepper – to taste; 2 egg yolks – to glaze

**Garnish:** 2 teaspoons za’atar ( Middle Eastern spice mixture) – optional

### Method

- 1) Combine all the filling ingredients together.
- 2) Form the borekas as in the potato and mushroom recipe.
- 3) Glaze with egg yolk and dust with some za’atar. This helps people to distinguish between the two fillings.

## SESAME BREAD

**This tasty round bread is delicious with soup, stews, tagines, and dips or as a snack with your favourite spread. Originating from the Middle East, it is similar to pita bread but with a sesame seed topping. Cumin seeds, poppy seeds and black sesame seeds make excellent alternatives. The puffy round loaves freeze well; make double the quantity and keep the extra for another time.**

**Did you know? Sesame is an annual plant grown in hot countries for its seeds from which odourless light-coloured oil is extracted. Sesame seeds have a more pronounced flavoured when toasted.**



**Preparation Time:** 15 minutes plus 1 hour for rising

**Cooking Time:** 30 minutes **Makes:** 4 loaves

# COOKERY CORNER

## Ingredients

500g strong white flour; 100ml warm water; 1 tablespoon salt; 7g dried yeast (1 sachet); 1 teaspoon sugar; 2 egg yolks – for glazing; 4 tablespoons sesame seeds

## Method

- 1) Dilute the yeast in the warm water. Stir in the sugar and leave for 5 minutes.
- 2) Place the flour and salt in a large mixing bowl. Add the diluted yeast and mix the dough adding more water so that it forms a round ball. Add more flour if it is too sticky.
- 3) Divide the dough into 4 equal parts and shape into 4 rounds.
- 4) Glaze with egg yolk and sprinkle with sesame seeds.
- 5) Line an oven tray with baking parchment paper. Place the round loaves on the baking tray and cover. Leave to rise for 1 hour.
- 6) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 7) Bake for 30 minutes or until golden.

## STRAWBERRY AND VANILLA TARTLETS

**Most fruits can be bought all year, but you can't beat the true English strawberry that is in season between June and September. The Elsanta is the variety that takes up most shelf space in the supermarkets but of course the best of British**

**strawberries can be picked yourself at numerous pick your own farms all over the countryside. It makes a fun family outing and provides an excellent way to encourage children to eat more fruit.**

**Strawberries have been a popular fruit since the time of the ancient Romans. They believed that strawberries alleviated symptoms of melancholy, fainting, all inflammations, fevers, throat infections, kidney stones, bad breath, attacks of gout, and diseases of the blood, liver and spleen. To enjoy strawberries at their best add a little black pepper or good quality balsamic vinegar and eat at room temperature. This magically brings out their superior flavour.**



# COOKERY CORNER

**This tart is made with vanilla shortcrust pastry that is filled with cream cheese and Greek yoghurt and is topped with fresh strawberries. For a short cut buy ready rolled shortcrust pastry.**

**Preparation Time:** 25 minutes plus 20 minutes for pastry to chill

**Cooking Time:** 20 minutes **Serves:** 10 individual tartlets

## Ingredients for the Pastry

600g plain flour; 1 teaspoon vanilla essence; 300g unsalted butter; 3 tablespoons brown sugar; 1 egg; 2 egg yolks – to glaze pastry

## For the Filling

350g cream cheese; 100g Greek yogurt or thick natural yoghurt; 1 teaspoon vanilla essence; 250g strawberries – hulled and halved; 3 tablespoons icing sugar; 6 tablespoons strawberry jam – to glaze

## Method

- 1) Combine all the pastry ingredients together in the food processor until it forms a dough. Wrap the dough in cling film, flatten slightly and put in the refrigerator for 20 minutes.
- 2) Pre-heat the oven to 200°C/ 400°F/ Gas mark 6.
- 3) Lightly flour the work surface and roll out the pastry. Cut out 10 rounds using a 10cm / 6 inch plain cutter. Press the pastry into the section of a deep muffin tin or loose base tartlet case. Tear ten pieces of kitchen foil into 10 cm/ 6 inch squares and press one into each pastry shell. Fill with baking beans or rice to ensure a perfect pastry shell.
- 4) Bake blind for 15 minutes, then remove the foil. Glaze the inside of the pastry with egg yolk. Return to the oven for a further 3-4 minutes or until golden.
- 5) Remove from the muffin tins as soon as they are cool enough to handle and leave on a wire rack.
- 6) Stir in the icing sugar and vanilla essence into the cream cheese or Greek yoghurt. Spoon into the pastry cases. Halve the strawberries and arrange on top.
- 7) Melt the strawberry jam in a small saucepan or microwave with 1 tablespoon of cold water. Brush the strawberries until generously coated.

**To serve the stylish way: Dust with a little icing sugar.**



# COOKERY CORNER

## LEARN TO COOK – THE STYLISH WAY

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

Wednesday	6 June 2007	Pastry Galore
Thursday	7 June 2007	Pastry Galore
Wednesday	27 June 2007	Hot and Cold Salads
Thursday	28 June 2007	Hot and Cold Salads
Thursday	6 September 2007	Yom Tov Favourites

**Venue:** 2 The Broadwalk, Northwood, Middlesex  
**Time:** 10.00 am – 1.30 pm  
**Cost:** £55 per class. All materials provided  
**Booking:** Call Denise Phillips on 01923 836 456



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

## 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.

# DAUGHTER NEEDS HELP

## IS THERE ANYBODY ELSE OUT THERE WHO IS IN THE SAME SITUATION AS I AM!

BY MAUREEN PEASTON

I have a daughter who is approaching her 30<sup>th</sup> birthday. She is a lovely person, attractive, kind and thoughtful with many hobbies. She would like to meet the right person and marry and, hopefully, have children. However, there is a big problem because my daughter has learning difficulties and is proving impossible for her to meet people who might be a suitable match.

Does anybody know of places where my daughter could go to meet Jewish people similar to her? Is anybody else in this situation? If so, please contact me. My daughter is living in her own flat in Manchester and receives some support. She comes down to London to see her family once or twice a year (I would like her to move back to London, but that is another story!) It is hard enough for anybody to meet that special person these days but when there is another issue to take into account it makes it virtually impossible, unless there is an introduction.

Where do people who have learning difficulties go? Where are Jewish vegetarian people who have mild/moderate learning difficulties hanging out? My daughter does attend a group but the people who attend are much worse than my daughter and, not Jewish or vegetarian. I believe a lot of these people just do not get the opportunity to meet others.

I must mention that my daughter is not completely vegetarian because she does eat fish and because she has a dislike of most vegetables, other than salad, if she did not eat fish, she just would not be eating.

If there is any Jewish veggie or almost veggie young males who have mild to moderate learning difficulties looking for that special someone in their life, please get in touch. Any ideas/suggestions etc., would be much appreciated.

**My e-mail address is:** [maureenpeaston@yahoo.co.uk](mailto:maureenpeaston@yahoo.co.uk).

HALF PRICE BOOK SALE  
 Jewish Vegetarian Cooking by Rose Friedman  
 - First Edition -  
 £2.50 including P&P

# ISRAEL REPORTING

## ORR SHALOM CHILDREN'S' HOMES

**300,000 Israel children are at risk in 2007 8,000 are removed from their home by the Ministry of Welfare 1,200 of these children are cared for by Orr Shalom.**

These children represent Israel's most vulnerable population, subjected to physical, sexual and emotional abuse; innocent victims of drug or alcohol abuse; unloved, alone, ignored and afraid.

**ORR SHALOM** is a non-profit organization caring for Israeli children ages 0-18+ in a wide range of multifaceted programs from Haifa to Eilat such as 25 therapeutic family group homes – that includes 7 adolescent girls' homes. In addition, they operate Friendship Home and school for extremely troubled boys, Goldschmidt Home and school for young girls with especially severe behaviour problems, A Therapeutic Foster Family Program, Graduate Program, an After School Care Centre, two Parent-Child centres and 756 children living in 501 foster family homes catering to the central region of Israel. The children were removed from their biological parent's home by the Ministry of Welfare due to severe abuse or neglect.

### ORR SHALOM WISH LIST

<b>New School Bag</b>	<b>£18</b>
<b>Summer Clothes (Sandals/bathing suits)</b>	<b>£36</b>
<b>Enrichment Activity (one child)</b>	<b>£72</b>
<b>Three months support for Foster child's basic requirements</b>	<b>£120</b>
<b>New Computer for Family Group Home</b>	<b>£180</b>
<b>End-of-Year Trip for 10 children in Therapeutic Family Group Home</b>	<b>£360</b>

While government funding provides some financial assistance for clothing, it does not fully meet the needs of the children. Moreover, the funding is inadequate to allow Orr Shalom to maintain its high standards and commitment to providing the children with a sense of normalcy and peer compatibility. **ORR SHALOM** believes this is a key factor to the child's future success.

**ORR SHALOM** has a staff of 359 employees and 89 volunteers who have been busy this year in meeting the immediate needs of the 1200 Israeli 'children-at-risk', already in their care, as well as making strategic plans for the future to insure that they can continue to meet the challenges of the upcoming generation.

# ISRAEL REPORTING

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**Website: [www.orr-shalom.org.il](http://www.orr-shalom.org.il)**

## NATURAL COLOUR COTTON LTD

### **NATURAL COLOUR COTTON LTD TRANSFORMS THE TEXTILE INDUSTRY**

The International Agricultural Commission predicts that in this next generation, 30% of total global cotton production will become organic and naturally coloured. Redefining what is acceptable fabric to wear next to your skin, **Natural Colour Cotton** is naturally grown in shades of green, brown and beige. It leaves no environmental footprint and does not contain any dyes or harmful chemicals. **Natural** Colour Cotton Ltd. is the sole distributor of this natural fabric in Europe.

Over the last 20 years, the Chinese government has invested heavily to develop Natural Colour Cotton into a specification suitable for the 21<sup>st</sup> Century. After working with China Coloured Cotton Company (CNCC) on a natural process of cross breeding and selection that has taken years to complete, Natural Colour Cotton Ltd. is now ready to supply the large demand of the textile industry due to a shortage of certified organic cotton. Increasingly available in high volume and at an affordable price, this innovative fabric is predicted to be the solution to the public's heightened awareness of, and demand for, a fabric that is environmentally and socially sustainable.

Not only is Natural Colour Cotton Ltd. the exclusive producer and provider of this material to leading brands and high street names in the UK, it also has its own clothing and product lines including Bamboo Yoga, The Perfect Start gift sets and baby basics, and Loved By Nature, a recent collaboration with Disney creating a range of natural baby clothing and nursery bedding.

Some key benefits to Natural Colour Cotton include:

- No dyes, chlorine, or bleaching means the fabric will not irritate sensitive or young skin.

# NATURAL COLOUR COTTON LTD

- Natural Colour cotton is more durable and more resistant to abrasion
- Naturally soft, anti-static and non-pilling due to a lack of harsh chemical treatments
- Grown without harmful fertilizers or chemical pesticides, ensuring environmentally sustainable production
- Softer, smoother and more comfortable than regular cotton.
- Natural Colour Cotton I.P. logo is the bench mark of Quality Assurance and also ensures an ethical labour policy.

## **About Natural Colour Cotton Ltd.**

Natural Colour Cotton is a natural pigmented fibre that grows in shades of green, brown and beige. **BUREAU VERTITAS** the world's leading specialist in textile testing confirmed in the January 2006 Childrenswear Buyer that **Natural Coloured Cotton** is cotton that isn't dyed but is actually coloured as it grows. "One thing we have found is that this organic cotton is stronger in terms of tearing and strength and it is more resistant to abrasion. This is probably due to the lack of processing that it goes through. There are distinct advantages in terms of the environment and for the child wearing it".

In the past, cotton plants naturally produced a wide range of coloured fibres used by man without bleaching, dyes or chemicals.

**China Natural Colour Cotton Group** have spent over 20 years honing these ancient plants from around the world by a process of natural cross breeding to produce today's useable plants. With **Natural Colour Cotton Ltd** in Europe they jointly control the entire manufacturing process for this fabric, from soil to shop.

Natural Colour Cotton garments have been available for some time inside mainland China with distribution through over 700 outlets in a simple design form of woven, knitted, pique and jersey fabrics. In 2002, the growers obtained certificates of distinction for innovation at international trade events in Europe and the material was then developed further for the exacting requirements of the export cotton market.

**Natural Colour Cotton Ltd offer mixed fibre weaving to specification with finely spun silk, hemp and bamboo to create ultra smooth fabrics. As the only supplier in Europe to offer this service, Natural Colour Cotton Ltd. is in the unique position to have complete control of the process from soil to shop.**

# HEALTH COLUMN

The following article appeared in the Spring 2007 issue of Veggiehealth the magazine published by the Vegetarian & Vegan Foundation.

## 12 STEPS TO A HEALTHIER HEART

### 1. Ditch the bad fat

You don't need saturated – mainly animal – fat but you do need healthier, unsaturated fats (essential fatty acids). Saturated fat, and to a lesser degree cholesterol, drive up cholesterol levels and increase the risk of obesity. Swap meat, eggs and dairy foods for healthier plant foods, including wholegrains, pulses (peas, beans and lentils), nuts and seeds.

### 2. Switch to healthy fat

Omega 3 essential fatty acids are thought to protect the heart. Flaxseeds (linseeds) and their oil are an excellent source. Others are walnuts, soya beans and rapeseed oils and green leafy vegetables. Flax oil should be stored in the fridge and added to dressings, sauces and cooked food only as heating it destroys any benefits. In oily fish – that much vaunted source of omega 3 – the mercury, PCBs (polychlorinated biphenyls) and dioxins it contains outweigh any benefits.

### 3. Fill up on fibre

Fibre is found in fruits, vegetables, pulses and wholegrains and lowers blood pressure and cholesterol. It's said that eating 10 grams of fibre a day reduced the risk of heart attack by 14 per cent and the chances of dying from heart disease by 27 per cent. A medium-sized apple contains around 3 grams of fibre, a slice of wholemeal bread contains 1.5 grams and a small portion of broccoli about 2.7 grams.

### 4. Get your 5-a-day

Eat at least five portions of fruit and veg a day – not just for the fibre but for their disease-busting antioxidant vitamins A, C & E. These can shield your heart by protecting it from free radicals that damage your arteries. Choose brightly coloured varieties to boost your antioxidant intake – sweet potato, purple sprouting broccoli, asparagus, curly kale, blueberries, raspberries, avocados... as wide a range as possible.

### 5. Include soya foods

The Joint Health Claims Initiative announced in 2002 that "the inclusion of at least 25 grams of soya protein per day, as part of a diet low in saturated fat, can help reduce blood cholesterol levels". A 250ml glass of Alpro soya milk (blue carton) contains 9.3 grams of protein and 100 grams of Cauldron

# HEALTH COLUMN

organic tofu contains 12 grams.

## **6. Maintain a healthy weight**

Obesity has trebled since the 1980s and well over half of UK adults are either overweight or obese. A waist measurement of more than 88cm (35 inches) in women and 102cm (40 inches) in men increases the risk of heart disease and diabetes. A vegetarian diet can help weight loss and losing just a few centimeters from your waist can significantly lower your risk of heart disease. See the VVF's new **V-Plan Diet** guide, available from [www.vegetarian.org.uk/shop/globesity-shtml](http://www.vegetarian.org.uk/shop/globesity-shtml).

## **7. Take regular exercise**

Lack of physical activity raises the risk of heart disease. A well-balanced vegetarian diet, coupled with regular exercise, can help shed those excess pounds! Set yourself a daily target of 10,000 steps and walk your way to health and fitness with the new VVF pedometer (available from our webshop at [www.vegetarian.org.uk/shop](http://www.vegetarian.org.uk/shop) or by telephoning 0017 970 5190).

## **8. Cut out the salt**

A high salt intake can increase blood pressure. The government recommends no more than 6g a day for adults. Use fresh herbs and spices to flavor your food and get rid of the salt-cellar – your taste buds adapt.

## **9. Watch out, homocysteine's about**

The amino acid helps to build protein, is produced in the body but can cause real heart problems at excess levels. Folate (folic acid) and vitamins B6 and B12 reduce levels. Folate and B6 are found in yeast extract, green leafy vegetables, pulses, wholegrains, nuts and fortified breakfast cereals. B12 is in fortified foods, including yeast extract, soya milk, breakfast cereals and margarines.

## **10. Chill out**

Take time out just for yourself with a gentle activity such as yoga, Tai Chi, or just making time to relax

## **11. Don't smoke**

Smoking is a major risk factor and stopping can halve your risk after just one year.

## **12. Cut back the booze**

Too much alcohol increases the risk of heart disease. Avoid binge drinking.

For a healthier, longer and fitter life, the message is loud and clear... Go Veggie!

## HEMP IS THE WORD

### **STAMP OUT CO2 WITH NEW HEMPATHY SHOES!**

The challenge to reduce our growing carbon footprints is the current topic of discussion in parliament, as well as on the news, and the welfare of the planet has never been more important. From Prince Charles' bungled environmental attempts to an array of famous faces telling us to 'Decarbonise' – how can we reduce our CO2 footprints? With our feet of course ... Take a step towards helping the environment with the greenest shoe available on the market – Hemptathy. Liberate your sole!



British born Hemptathy is a fantastic new footwear range, comprised of 100% Hemp uppers and is exclusive to online and mail order retailer Love Those Shoes. Completely organic, and proudly boasting the lowest carbon footprint of any shoe in the U.K, these homegrown shoes are a must for anyone who cares about the environment without sacrificing style.

In addition to Hemp uppers and inner soles, the Hemptathy range is fully Vegan, using absolutely no animal products during the manufacturing process. Featuring a wide toe bed and support rests for extreme comfort, that allow the toes to spread naturally, Hemptathy's ergonomic design encourages a natural walking action. The arch support inside the shoe prevents the feet from pronating and lengthens leg muscles.

There are two different styles available within the Hemptathy range. Sustain, a sandal version with a customised buckle fit, and Nurture, a full shoe with a secure one-touch fastening. Both Hemptathy Sustain and Nurture feature a shock absorbing exercise chassis, resulting in footwear that feels extremely comfy, whilst minimizing the potential damage of shock waves through the legs and back, so not only are these revolutionary shoes good for the planet – they are good for you too!

Hemptathy are made in the U.K by the last remaining shoe manufacturer and are extremely proud to resurrect the shoe industry in Britain. Created by the finest footwear producers – rescued from the final team at Clarks and Kays – results in a style, quality of fabric and workmanship that is second to none. With all shoes finished to an exceptional standard, with stylish natural edging, the Hemptathy range is a step in the right direction to reducing climate change.

**For further information on the Hemptathy range visit [www.lovethoseshoes.com](http://www.lovethoseshoes.com) or call 0161 975 5380.**

# HEMP IS THE WORD

## **HEMP SPECIALIST SATIVABAGS.COM HAS A HANDLE ON ECO-FRIENDLY SHOPPING**

**Hemp goods specialist Sativabags.com ([www.sativabags.com](http://www.sativabags.com)) is launching a range of bags and accessories designed to make shopping more environmentally trendy. The online retailer believes its 'Fashion by Nature' selection of hemp bags removes the need to choose between buying a fashionable item or an eco-friendly one.**

Hemp is three times stronger than cotton, and is a more environmentally friendly material as farmers do not need to use herbicides and pesticides which can poison both the land and the water supply.

The organically grown Sativa range capitalises on the durability and versatility of hemp to offer beautiful and practical handbags, rucksacks, shopping bags, large A4 size bags, waist bags, shoulder bags, luggage containers, briefcases, wallets and purses. "Many people are unaware of the many benefits of using hemp as a material, and of the drastic repercussions the demand for cotton has on the environment," says Alf Vora, managing director of Sativabags, which also supplies hemp clothing and shoes.

"We consider ourselves to be a socially responsible company, and we wanted to prove that stylish-looking products don't have to cost the earth either literally or financially. 'Fashion by Nature' should encourage all kinds of shoppers to cut out cotton containers and pooh-poo plastic bags."

The new Sativa range comprises many attractive designs, available in seven colours – black, grey, khaki, off-white ice, aqua, dusky pink, and brown.

The hemp bags are eye-catching, strong and durable. The fabric dyes well, retaining its colour over time, and the porous nature of the fibres allows the bag to breathe so that the product actually gets better with age.

Nowadays, hemp is widely viewed as the new cotton, and has enjoyed some high-profile endorsements. The New York Times recently stated that: "Hemp is now the height of fashion." Fashion designer Calvin Klein is also a big fan, saying: "I believe hemp is going to be the fibre of choice in both home furnishings and fashion industries."

Hemp has many other uses, as its seeds produce oil that can be used for cooking, lubrication and fuel. It is also a source of protein, can relieve various medical conditions and, as a renewable resource, can reduce society's over-

## HEMP IS THE WORD

reliance on cotton, soya beans, timber and petroleum.

"Hemp is a friend of the earth because it does away with the mass use of chemical fertilisers, herbicides and pesticides which are necessary to keep down the price of cotton, and of other fibre and oilseed crops," says Mr Vora.

"Consumers need to realise that every time they buy a cotton shirt or bag they are condoning the damage that cultivating this material does to the environment. By wearing hemp products, they can contribute towards changing the way we nurture and make use of the earth's resources, so safeguarding the planet's future."

**Sativabags.com is an online company that specialises in environmentally friendly bags and accessories made from a mix of organically grown hemp and cotton. The business is run by London-based Alf Vora, and has been established for 20 years. Clients include Amnesty International and the WWF.**



## NEWS FROM BUAV

### **BUAV SET TO TAKE HOME OFFICE TO COURT IN JULY Judicial Review Will Bring Unprecedented Legal Scrutiny of Animal 'Protection' Laws**

Evidence that the Government fails to protect animals from suffering in UK labs by misinterpreting the laws which are designed to protect them is set to be considered by the High Court on 23<sup>rd</sup> July 2007.

The **BUAV's** case points out Government failure to protect animals in UK labs from substantial suffering due to its misinterpretation and ineffective enforcement of the Animal (Scientific Procedures) Act 1986.

The Judge will consider the **BUAV's** case against the Home Office, which is based on extensive video and documentary evidence it collected during a ten month undercover investigation in a Cambridge University neuroscience primate lab during 2000/2001.

# NEWS FROM BUAV

The undercover investigation revealed that marmoset monkeys were left unattended for 15 hours or more after undergoing highly invasive brain surgery. This is in direct contravention of the Home Office requirement that the animals have 24 hour veterinary assistance on hand to ensure post operative suffering is kept to a minimum.

The **BUAV** is also questioning the Home Office license approval system as it allowed severe procedures (including the removal of the top of marmoset's heads to induce strokes) to be categorised as 'moderate' rather than 'substantial.' The guidelines state that any procedure which 'may lead to a major departure from the animals' usual state of health and of well-being' must be categorised as 'substantial', which is designed to give additional protection to the animals.

The **BUAV** was awarded a rare costs protection order by Mr Justice Bean last year to enable it to bring its case in the public interest after the Home Office projected its defence costs would amount to up to £150,000.

"We believe the evidence uncovered by the **BUAV** investigators at Cambridge makes a mockery of Government assurances that its 'strict' protection laws mean animals don't suffer in UK labs," said BUAV chief executive Michelle Thew.

**The BUAV has been campaigning for over 100 years to achieve a world where nobody wants or believes the need to experiment on animals. BUAV are committed to achieving their aims through reliable and reasoned evidence-based debate. BUAV are proudly non-violent and respect the quality of life for all – animals and people.**



## 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.

# STOP LAB ANIMALS SUFFERING

## **STOP LAB ANIMALS SUFFERING FOR POINTLESS OBESITY TESTS – GO VEGGIE TO BEAT THE BULGE!**

**Says Rose Elliot MBE**

Vegetarian cookery guru Rose Elliot MBE has joined animal campaigners in calling for an end to painful and pointless animal experiments for human obesity.

More than half of all UK adults are obese or overweight – it's a worrying and growing global epidemic. What most people don't know, however, is that every year around the world thousands of animals such as monkeys and mice are subjected to painful and misleading laboratory experiments for obesity. Mice are genetically modified to become obese and monkeys can have painful electrodes inserted into their brain to test their reaction to different foods.

It is time for animal suffering for human obesity to stop, says Rose who is backing a new report 'Hard To Swallow' by non-animal medical research charity, the Dr Hadwen Trust. The report reveals how animals are continuing to suffer in tests despite them being irrelevant to the human condition. Human-based research plus a vegetarian and exercise-filled lifestyle is the key to beating obesity, says Rose and the Dr Hadwen Trust.

### **Says Rose Elliot MBE:**

"I believe that going vegetarian is one of the most effective ways to be kind to yourself, as well as to animals and the planet. Vegetarians are far less likely to suffer from obesity, coronary heart disease, high blood pressure and cancers. We don't need painful animal experiments to tell us that following a balanced, healthy diet low in saturated fat, cholesterol and animal protein, coupled with banishing the sedentary lifestyle, is the key to tackling obesity."

"Central to adopting a compassionate lifestyle, is thinking about the impact of our actions on others and taking responsibility for them. I believe that animals should not suffer so that we can eat them, particularly when doing so can be so harmful to us. I also believe that animals should not suffer in laboratories so that we can seek answers to human problems for which we already have the solutions."

The Dr Hadwen Trust is the UK's leading non-animal medical research charity. It is calling on the government to end obesity animal research and promote instead more relevant and ethical approaches such as human volunteer

# STOP LAB ANIMALS SUFFERING

studies and brain imaging, as well as education about going vegetarian.

**Says Wendy Higgins of the Dr Hadwen Trust:**

“It’s time we stopped making animals in laboratories suffer for health problems we largely inflict on ourselves. Modern, non-animal research techniques are far more relevant to human obesity, and an active, compassionate lifestyle packed full of veggie nutrition is a far more effective way of beating obesity. Obesity is a killer, but killing animals – for the laboratory or for the dinner table – will not help people to lead healthier lives.”

**The Dr Hadwen Trust is the UK’s leading medical research charity that funds and promotes exclusively non-animal techniques to replace animal experiments. Their vital work benefits humans with the development of more relevant and reliable science whilst also benefiting laboratory animals. They believe that excellence in medical research can and should be pursued without animal experiments. [www.drhadwentrust.org](http://www.drhadwentrust.org)**



The League Against Cruel Sports wants to bring an end to the extreme suffering that snares cause to animals.

To help us highlight the problem in the media, we are looking for cases of animals who have been injured by a snare.

If your pet has been caught in a snare or if you know of an animal that has been harmed by these horrific devices, and you want to help us campaign for a ban on all snares, please contact:

**Una Farrell at the League Against Cruel Sports on 020 7089 5210  
or at [OonaghFarrell@league.org.uk](mailto:OonaghFarrell@league.org.uk)**

## CONSUMER CORNER

### 3 IN ONE – THE WHOLESOME THREESOME

You won't find a more wholesome threesome than **3 in one**. This mouth watering mixture of multigrain flakes, oat clusters and fruit ensures every bite is a healthy treat.

A good breakfast is vital, and now you can fill up without being weighed down. Containing three simple ingredients, **Jordans 3 in one** is the deliciously healthy solution.

Multigrain flakes full of fibre are complemented with oat and honey clusters for lasting energy plus fruit for natural sweetness.

It is a known fact that fibre is important for digestive health, but it can also help regulate cholesterol and protect the heart. What is more, fibre fills you up without weighing you down, making **Jordans 3 in one** essential when you have a busy day ahead. Wholegrain oat goodness means **3 in one** provides slow release energy, helping you feel satisfied for longer and meaning you are less likely to crave sugary snacks.

There are two flavours to try: Strawberry contains chunks of real freeze dried strawberries, while Raisin and Apple is packed with plump juicy vine fruit and the freshness of apple.

**A 375g box of 3 in one is priced at £2. 49 and is available from leading supermarkets. Like all Jordans products, 3 in one contains no artificial colouring, flavouring or preservatives. Only Genetically Modified ingredients are used and all products are made with minimal processing so that one benefits from all the goodness of natural ingredients.**

### COCO-NUTS ABOUT MILK

A smooth, rich and creamy sauce is essential when cooking a mouth-watering curry or when mixing a cocktail. Blue Dragon's 165ml cans of Coconut Milk mean you no longer need to purchase large and cumbersome tins.

This handy container allows for quick and easy serving of delicious coconut milk without needing to fuss over storage or wastage.

Mini Coconut Milk has been specially developed by the Oriental food experts Blue Dragon. Its authentic high-quality taste will transport the rich essence of a far-eastern restaurant to your kitchen. Whether you are a seasoned chef or a novice cook, you're guaranteed to impress.

# CONSUMER CORNER

Blue Dragon Coconut Milk is made from carefully selected ripe coconuts. Once the husk, water and shell have been removed, the kernel is pressed to extract a fine, creamy liquid. Coconut milk is the mainstay of Thai, Indian and Caribbean cooking and can also be used to add a mild coconut flavour to soups, curries, deserts and cocktails.

**For the weight-conscious, Blue Dragon's Coconut Milk Light will not disappoint. At less than 6g of fat per serving, it is the perfect culinary addition to the palette of the healthy-minded eater.**

**With summer fast approaching, why not mix this thirst quenching colada?**

## IVORY BANANA COLADA

### Ingredients:

1 ripe banana, ½ tin of pineapple pieces, 100ml of coconut milk, dash of lemon juice

- 1) Place the ripe banana and tin of pineapple pieces including juice, the coconut milk, a splash of lemon juice and a glass of crushed ice into a blender and mix until smooth. Pour into a glass and serve.
- 2) Decorating tip (optional) – dip the rim of glasses in water with a little sugar dissolved in it and then into desiccated coconut to frost the glass.

**The new Coconut Milk is the healthy choice that can be used as part of a holistic lifestyle for overall wellbeing. Mini Coconut Milk and Mini Coconut Milk Light is available nationwide priced rrp £0.45**

## SALAD LIGHT

**Caesar Dressing** Summer is coming. Fresh salads are on the menu – especially if you are trying to shed a bit of extra weight! But all too often, salads are drowned with fat laden dressings.

From the makers of the popular FryLight® spray cooking oils comes Salad Light®, a quick, convenient and tasty answer to light, low fat **Balsamic Dressing** salad dressings.



Salad Light® is a new concept in salad dressings; as its name suggests, this new product is a low fat dressing which, like FryLight® boasts a patented system delivers a measured one Calorie per spray at the touch of a button.

## CONSUMER CORNER

Versatile, with-all-year-round convenience, Salad Light® makes a welcome addition to the kitchen cupboard. If you are following a healthy eating plan or you simply haven't got the time to prepare your own dressings, Salad Light® makes light of your cooking, especially in the summer. And, when winter comes and you want a refreshing salad to accompany your main meal, Salad Light® is immediately to hand.

**Salad Light is available in two delicious varieties, Caesar Dressing and Balsamic Dressing, each at a very affordable £1.99 (250ml). Initially, Salad Light® is available through branches of Tesco stores.**

## NIVEA CREAM

### NIVEA CREME

**NIVEA Creme is celebrating being the World's best selling moisturiser, after selling a staggering over 80 MILLION pots over the last 18 months.**

### THE STORY

The **NIVEA** Story begins with the ground-breaking discovery of Eucerit, the first water-in-oil emulsifier. This made it possible to create for the first time a stable emulsion of this type. In 1911 Beiersdorf's owner Oskar Troplowitz initiated development of a skin cream based on such an emulsion in close cooperation with chemist Isaac Lifschütz and dermatologist Paul Unna. In December of that year the world's first long-lasting skin cream came onto the market. Troplowitz named it **NIVEA**, from the Latin word "nivius" meaning "snow-white". The first tin featured a whimsical art nouveau design, in keeping with the taste of the time. It also fit the prevailing image of women – fragile, ethereal, delicate. Yet great change was just over the horizon.

Isolated by after decades of intensive research, this emulsifier was based on wool fat and enabled oil and water to be mixed and stay mixed. Prior to this discovery, cosmetics were based on animal and vegetable fats and decomposed readily as the fats became rancid. Recognizing the great cosmetic potential of his development, Lifschütz called it Eucerit, "beautiful wax", he purchased the Beiersdorf company in Hamburg, Germany from founder Carl Beiersdorf a leading international manufacturer of cosmetics, health care and adhesive products. in 1890. An astute businessman, by 1911, Dr. Isaac Lifschütz was successfully marketing a range of body care products as well as developing and manufacturing the first adhesive tape and the first adhesive bandages.

# NIVEA CREAM

Since the creme first went on sale 95 years ago, more than **11 BILLION pots** have been produced, which is the equivalent to every single person that has ever lived using one pot of **NIVEA** Crème. The iconic brand is now sold across 150 countries and outsells the nearest competitor by more than 10 million pots every year.

**NIVEA** has been selling for 95 years after Oskar Troplowitz discovered Eucerit, the first water-in-oil emulsifier back in 1911. The first packaging of the new product was a tin featuring a whimsical art nouveau design, in keeping with the taste of the time.

During the First World War perceptions of feminine beauty changed dramatically after women were forced to find work, and economic conditions meant that tins of **NIVEA** were costing over 100 billion Marks.

But by the early 1920s, radio and films came into their own and the **NIVEA** pre-war image was becoming increasingly outdated. So, in 1924 the brand announced a revamp of their old image – marking the first re-launch of a brand in the history of marketing – with the arrival of the blue pot.

The tin design became more radical and **NIVEA** Creme advertisements featured boys for the first time – proving the brand could be popular with all family members.

Designs and advertisements changed several times across the next few years – but 1959 saw the introduction of the pot with the logo which still appears on shelves today, and which is considered to be one of the world's most successful packaging creations.

By 1974 **NIVEA** Creme was available in 94 countries around the world, and by the eighties the brand took the decision to introduce new products to keep up with consumers changing needs.

By the early 1990's **NIVEA** Creme was available to consumers across the world – and today there are 11 **NIVEA** product lines, including **NIVEA Crème**, selling in a staggering 150 countries. Today, nearly every household in Britain owns a pot of **NIVEA Crème**, the product has proved to be timeless across the decades and is Europe's most trusted brand.

**Beiersdorf UK Managing Director, Thomas Flothmann comments, "NIVEA Crème is the jewel in the Beiersdorf crown, a classic and timeless product that has clearly stood the test of time, a true beauty classic."**

# GARDENERS' CORNER

## MADEIRA AND ITS GARDENS

Summer 2007

Set in the Atlantic Ocean about 400 miles from North Africa, these undiscovered islands lay and uninhabited for until 1420, when by sheer accident Portuguese Navigators chanced upon them when looking for shelter from a storm.



*Madeira Harbour*

Although just 50 miles long and 9 miles wide and of volcanic origin, the land rises almost sheer in places to over 6000 feet with many idyllic green valleys naturally clad in Bay Trees reaching up to 100 feet and Mediterranean Pines with climates from sub tropical rain forest to icy mountain tops with everything in between in this demi Paradise for horticulturalists.



*The Blandy family home*

There are three main gardens open to the public. Firstly, The Botanic Gardens overlooking the capital Funchal. These cascade down the hillside with an array of orchids which are endemic to Madeira. There are several sections each with a type of plant – cacti here grow to 30 feet in

height and remind one of the Wild West. There is a display of herbs and useful food plants such as Papaya, Mangos and Avocado Pears which here are as common as Apples. From the entrance a cable car whisks you up to the Monte Palace Gardens abound with Tree Ferns of great stature. Quiet descents take one through Japanese traditional gardens and Koi Carp ponds. Although these are well worth visiting, the finest garden on the island is privately owned and maintained by the Blandy family – originally English who have prospered here in the wine trade for over 300 years. The Palheiro Gardens are one of the most



*Orchids*

# GARDENERS' CORNER

beautiful in the world – set on the hills above Funchal Harbour at about 1700 feet, these gardens have been lovingly created and maintained over hundreds of years. Sweeping lawns sport a pink Oxalis which really do make you see as if through 'rose coloured spectacles'.

Camellias grow to 30 to 40 feet and are smothered in blossom. A formal walk divides areas with White Jasmine, Clematis and Climbing Roses forming arches over the way.



*The sunken garden*

The sunken garden is set off by lovingly topiarised box bushes which represent birds and animals and in beds with exotic specimen plants from around the world as well as varieties of Primula, Echeveria, Fuschia and Aloes.

Two long formal ponds contain Lillies and abound with little frogs which were introduced about 200 years ago and which have spread across the island.

Low box and Fuschia hedges meander along the pathway kept to a few inches high. Majestic Plain and Walnut trees form local points across the sweeping lawns.

Essentially this is a garden long started but still developing. The present Mrs Blandy was fulfilling her dream to have an English Rose Garden and was directing three of the gardens with the planting out of a traditional Old English Rose Garden with about 40 varieties of roses propagated here while also with others bought from the David Austin Nurseries in England. It will be a fine spectacle in a few years time.



*Terraced plots*

Growing wild along the roadside is the native Echium with its long purple flower spike, known here as the 'Pride of Madeira'. While the Agaves throw up spectacular spears of flowers which curve over with the weight of blossom and which are smothered with honey bees.

Before tourism became the most important industry, for Madeira has so much

## GARDENERS' CORNER

to offer, the inhabitants lived in villages clinging to the hillsides accessible only by steep paths and stairways. As there is no flat plain, plots were terraced into the hills and seem to defy gravity. The fertile volcanic soil is a rich brown or even red in places. It is possible to grow all vegetables throughout the year so up to 3 crops of potatoes can be taken without fear of frost. In many plots vines are cultivated to provide grapes for the sweet Madeira wines and many of these are under planted with vegetables. Madeira also has much cultivation of bananas which are extremely flavoursome with an aromatic hint. Unfortunately they are not exported except to Portugal because they do not conform to EEC regulations of shape.

The whole of the island gets its water from an intricate and ingenious method of Levadas which channel water along over 2000 miles of small canals which cling to the contours of the mountains, criss-crossing the terrain so that every part is blessed with water for irrigation and drinking. These have been constructed over hundreds of years and form the basis of spectacular walks along the narrow paths which follow these courses. These are unique to Madeira and cost many lives in their original construction as almost impossibly near vertical slopes are conquered by them.



*Levadas*

**No visitor here could come away disappointed but will be inspired and refreshed in spirit.**



### 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.**

# BOOK REVIEWS

## **VEGETARIAN GUIDE TO THE LAKE DISTRICT 2007/2008 EDITION.**

This small comprehensive guide published and available direct from Viva! 8 York Court, Wilder Street, Bristol. BS2 8QH ( Tel: 0117 944 1000) is full of interesting information, such as Places to Stay, Places to Eat, Shops, Holistic Therapies and local Tourist Attractions



The **Vegetarian Guide to the Lake District** also highlights the 25 businesses in the region that are signed up to Viva!'s fantastic discount scheme. This initiative enables supports of the veggie campaigning group to save £££s when shopping, eating out or booking accommodations. It is not just exclusive to the Lake District – the scheme has over 230 participating businesses nationwide and overseas.

Copies of the **Vegetarian Guide to the Lake District** are available from local tourist information centres and businesses in the region or directly from Viva! as above at a cost of just £1.00 including p&p. This handy size guide will fit into a pocket or handbag, so if you are thinking of visiting the Lake District this summer, why not take a copy with you.

e, ingredients and ideas, but most of all, it is about having fun in the kitchen and creating exciting flavours that you will want to try again and again.

**Published by New Holland Publishers. Paperback. Price £9. 99. Plus P&P £1. 50. Available from JVS**

## **ORGANIC GARDENING THE NATURAL NO-DIG WAY**

**BY CHARLES DOWDING.**

In **Organic Gardening** Charles Dowding shares the philosophy, tips and techniques which have enabled him to run a successful organic garden supplying local restaurants and shops for over 25 years.

- (1) Respect and encourage life as much as you can, chiefly by spreading good compost or manure.
- (2) Forget the rules: 'received wisdom' about gardening is surprisingly inaccurate. Understand better what is going on in the soil and with

## BOOK REVIEWS

your plants, in your own garden and climate, and work out your own methods instead.

- (3) There is no need to dig in compost and manure – just spread it on top and let worms take it in. Digging can harm soil structure and is not helpful to plants.
- (4) You can reduce weeding to a little hand-weeding or hoeing every ten days.

Based on his experience of a system of permanent slightly-raised beds, Charles takes you through a delicious variety of fruit and vegetables: what to choose, when to plant and harvest and how best to avoid pests and diseases. The book includes recipes to inspire you to culinary heights with your fresh-picked produce.

**Published by Green Books. Paperback. Price £10.95. Plus P&P £1.50. Available from JVS.**

### WHAT DO ZIONISTS BELIEVE?

BY COLIN SHINDLER

**To quote David Ben-Gurion “All other revolts, both past and future, were uprising against a system, against a political social or economic structure. Our revolution is directed not only against a system but against destiny, against the unique destiny of a unique people.”**

Zionism was a movement of national liberation. It sought to establish a permanent home for the Jewish people where they could attain political independence and instigate a national renaissance.

The tragedy of Zionism was that it arose during the same period of history as Arab nationalism – and in the same land. Our perception of what it stood for and how it came about has been shaped and distorted by the conflict between Israelis and Palestinians.

Colin Shindler is expert on Zionism – its roots, history, changing faces and its present-day incarnations. What we believe defines who we are, in our own eyes and the eyes of others. In **What Do Zionists Believe?** Shindler describes the unique ideology of Zionism and provides a clear and perceptive analysis of its ideas. He explains the different streams of Zionism, its evolution and success and sets out to explain what Zionists really believe.

# BOOK REVIEWS

Published by Granta Books. Paperback. Price £6. 99. plus P&P £1.00. Available from JVS.

## THE ORGANIC DIRECTORY 2007-2008

COMPILED & EDITED BY CLIVE LITCHFIELD.

**A county-by-county guide to buying organic – from bed linen to bean sprouts, with over 2,000 entries.**

**The Organic Directory** is the only UK directory of organic goods with over 2,000 listings of retailers, producers, wholesalers and manufacturers. This new edition is divided into three main sections: **local retail outlets**, organised by county within region; **national mail order suppliers** in one alphabetical list, showing product category (such as textiles, household products or baby foods); and **business-to-business**, organised by county within region.

Each entry combines factual details (name, address, website, email, phone and fax) with clear symbols showing the kinds of products sold. In addition, there will be a range of articles on many aspects of organic living and current topics of debate, such as whether you should buy local or buy organic.

**From Carrots to cosmetics The Organic Directory is the definitive sourcebook. Published by Green Books with The Soil Association. Paperback. Price £8 95 plus P&P £1.50. Available from JVS**

### BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from  
the Society's Honorary Solicitors Communications  
to Headquarters "Bet Teva", 855 Finchley Road  
London NW11 8LX.  
Tel: 020 8455 0692

**We have a number of Badges and Rubber Stamps with the**



**sign – available at £1 for the pair, which includes postage.**

**Contact the office regarding payment.**

# Viva! INCREDIBLE ROAD SHOW

## VIVA! THE INCREDIBLE VEGGIE SHOW

Due to the huge success of the previous show in 2005, the Veggie Road shows are coming to a town near you!

Everything you ever wanted to know about being or staying veggie/vegan, or simply cutting down on meat and dairy – at Europe’s largest veggie event! It’s a must, with over 100 stalls, masses of food samples, wines, competitions, celebrity auction, free health advice, campaign news, veggie food products, beauty products, a kids’ play area and a vegan café plus much, much more! Plus cookery demos by Heather Mills and Rose Elliot and talks by Michael Mansfield QC, Juliet Gellatley and top health experts.

**Viva!** (Vegetarians International Voice for Animals) is an international animal campaigning group with its HQ in the UK and offices in the USA and Poland. It carries out undercover investigations to expose animal abuse, and successes include ending the sale of ‘exotic’ meats such as kangaroo and crocodile by all big supermarkets, stopping the debeaking of ducks in the UK, slashing the export of Polish ‘meat’ horses to the EU and persuading a US supermarket chain to entirely rewrite its animal welfare codes.

### THE INCREDIBLE VEGGIE ROAD SHOW ITINERARY.

**Sat 30<sup>th</sup> June 2007**  
London

**Venue: The Royal Horticultural Halls.**  
**Greycoat Street. London. SW1**

**Sat 28<sup>th</sup> July 2007**  
Chepstow

**Venue: The Beaufort Hotel. Beaufort Square**  
**(Mini-roadshow – admission free!)**

**Sat 29<sup>th</sup> Sept 2007**  
Glasgow

**Venue: The Glasgow Royal Concert Hall.**  
**Sauchiehall Street.**

**Sat 24<sup>th</sup> Nov 2007**  
Leeds

**Venue: Leeds Marriott Hotel**  
**Trevelyan Square.**

**For further details/ticket bookings etc., log on to [www.viva.org.uk/London](http://www.viva.org.uk/London) or telephone 0117 944 1000.**



## SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

**PLEASE MENTION "THE JEWISH VEGETARIAN" when replying to adverts**

Pre-payment only.

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

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

### HOLIDAYS

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

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

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

#### **ALEXANDER TECHNIQUE.**

Details of lessons and courses.  
Golders Green & Old Street.

**David Glassman, 020 8455 1317.**

**The world's best Aloe Vera by Forever Living Products**

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**TAILOR-MADE ORGANIC PRODUCTS.** Workshops in cosmetics making. Call Herbs from Eden 0870 165 0920 to get info pack, Mobile: 07854 587137 (Petra Polakova), Email: [herbsfromeden@yahoo.co.uk](mailto:herbsfromeden@yahoo.co.uk) Tuition all across United Kingdom. 10% of our profits go to charity.

# DISPLAY ADVERTISEMENTS

## 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)

## PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet. Please go to [www.JewishVeg.com/jewishvegleaflet3.pdf](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.

## CLARIDGE HOUSE

Quaker Centre for Healing,  
Rest and Renewal

Registered Charity No. 228102

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

Midweek Breaks (Full Board)  
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Mon-Fri £110-£180 (depending on season)

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Lingfield, Surrey RH7 6QH  
Telephone: 01342 832150  
Fax: 01342 836730

Email: [welcome@ClaridgeHouse.quaker.eu.org](mailto:welcome@ClaridgeHouse.quaker.eu.org)  
Website: [www.ClaridgeHouse.quaker.eu.org](http://www.ClaridgeHouse.quaker.eu.org)



## NOTICE

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

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

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

**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.