

WELCOME TO THE AUTUMN 2016 ISSUE OF THE JEWISH VEGETARIAN

This issue is all about celebrating - exactly 50 years ago the first edition of the Jewish Vegetarian Quarterly went to print. Our centrefold is dedicated to marking this momentous occasion. We have contributions from far and wide as we remember how it all began, with tributes to our founder Philip Pick, a true pioneer (pictured below, right). Turn to page 13 for a trip down memory lane.

We are also delighted to announce that after five weeks of online fundraising - we reached our target of £25,000, which will go towards the transformation of our current premises in Golders Green, north west London, into a purpose-built, wheelchair accessible community space complete with professional kitchen and growing garden. Thanks to a very generous philanthropist, who has chosen to remain anonymous, the sum has been doubled to £50,000.

Our new venue will be dedicated to promoting animal welfare, and the many benefits of following a veggie diet.

We will run a calendar of events, as well as offering affordable rental to like-minded groups who wish to hire the space. We also

plan to have monthly, hands-on communal gardening sessions.

I would like to extend a very heartfelt thank you to each and every donor, without whom we would not have been able to make this dream a reality.

Keep an eye on our website jvs.org.uk for updates on the building project, and please do get in touch with any ideas you have for the new space.

Part of the plans include welcoming two charities to our building. You can meet our newest resident over on page 7.

In this issue, we also feature our largest ever pop-up event on page 8 and as always, there's a round-up of what's new in the campaigning world as well as a selection of new seasonal recipes, which I hope you enjoy making.

From all of us at JVS, we wish you *Shana Tovah U'Metukah*, a very happy new year and sweet new year.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society





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NEWS FROM JVS HQ & UPCOMING EVENTS

JVS AT LIMMUD IN THE WOODS

We recently returned from a wonderful weekend of camping in Banbury at the annual Limmud in the Woods event. JVS participated in three panel discussions.

JVS member and volunteer Luke Berman, who has been a vegan for nine years, spoke on our behalf during a panel entitled, 'Ethical Eating, what does it mean for us?' alongside two local Muslim farmers Ruby Radwan and Lufti Radwan, Leon Pein from Biblical Foods, and forager Michael Green. Half of the one hour session centred on the question, 'Can eating meat ever be ethical?' Luke explained: 'In a world where we have so much food to choose from that does not cause pain and suffering to animals, result in their deaths, use vast resources or compromise our health, it is crystal clear that moving towards a plant-based diet is the ethical way to go, and as an increasing number of rabbis are advocating, a vegan diet is the one most synonymous with Jewish ideals'.

The second session offered a chance for people to find out more about vegetarianism and veganism with tasters of new products as well as nutritional information to take home.

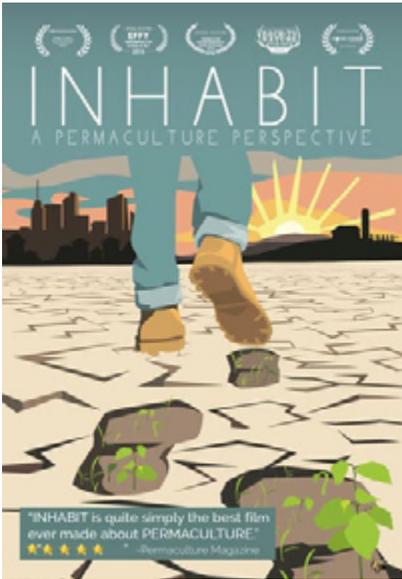
The third panel discussion was chaired by Clive Lawton OBE, founder of Limmud, in which one of our Trustees, Dan Jacobs, spoke about the importance of a strong Jewish climate movement, and invited audience members to reflect on how their dietary choices impact on the planet.

COMMUNITY GARDENING

Back by popular demand after a fantastic first gardening day in August, we held a second communal gardening day in mid-September.

A group of lovely volunteers removed weeds, hung containers of seeds to attract wildlife, planted climbing plants, as well as a selection of flowers and created a herb garden (pictured below), with rosemary, chard, chives, Moroccan mint, dill, sage and curly parsley, as well as salad leaves.





FILM SCREENING - 'INHABIT: A PERMACULTURE PERSPECTIVE WITH POTLUCK SUPPER'

Date: Thursday 27 October, evening

Venue & time: 6.30pm, Willesden Green

Booking essential, see jvs.org.uk for more details

Our much-loved Film Club returns for a screening of Inhabit (watch the trailer here: vimeo.com/ondemand/inhabit), together with The Sadeh, a brand new UK Jewish farm community at Skeet Hill House in Kent. We will have a potluck dinner together before the film, please bring a savoury or sweet veggie/vegan dish that feeds five to share - home-made food much appreciated.



SOUPS THAT WILL BOWL YOU OVER : COOKERY DEMONSTRATION AT JW3

Date: Thursday 15 December at 7:15pm

Venue: JW3, 341-351 Finchley Road, London, NW3 6ET

Tickets: £25.00

Booking: Visit jw3.org.uk

*Please note that this event is 100% vegan and suitable for coeliacs.

Join us on a culinary adventure. We'll show you how to prepare soups from all four corners of the globe, including Polynesian and Brazilian recipes. All recipes will be suitable for a small kitchen, with no specialist equipment required. You will get to taste each dish during the class, which will be taught by Lara Smallman. There is a range of vegetarian and vegan classes at JW3, look out for the JVS logo on their website.



INDO-ORIENTAL FUSION COOKERY DEMONSTRATION WITH SHAMBHU'S

Date: Thursday 1st November, 7.30pm

Venue: JW3

Tickets: £40

To book, visit jw3.org.uk

Indian and Oriental cookery techniques can often be harmoniously combined to produce some delicious, nutritious and attractive-looking dishes.

On World Vegan Day, Nishma Shah, a JVS member and chef of Shambhu's, a London-based vegan catering company, will demonstrate how to prepare an array of stunning Indo-Oriental meals, all of which happen to be meat-free, eggfree, dairy-free and gluten-free, and contain no added sugar.



MITZVAH DAY: ACTIVITIES TAKING PLACE NATIONWIDE

Date: Sunday 27th November, all day

To sign up for activities in your local area, visit mitzvahday.org.uk

JVS is delighted to help promote this wonderful community initiative. Mitzvah Day encourages people to give their time, not their money, to make a difference to their local communities. They introduce people to social action, to their neighbours and to local charities, setting up projects which address real needs.

Jewish led, they bring people of other faiths, and none to volunteer side by side, with fun and laughter, with our community, to get to know each other. Please visit Mitzvah Day's website to find out more about their work and how you can get involved.

WELCOMING OUR NEWEST RESIDENT:

René Cassin is the first of two charities moving in to the JVS this year. Their Director Mia Hasenson-Gross tells us more about their work...



René Cassin, ‘The Jewish voice for human rights’, is a human rights organisation that uses Jewish experience and values to advocate for universal human rights, particularly on issues that strongly resonate with Jewish history.

Named after the French-Jewish jurist and Nobel Laureate who co-drafted the Universal Declaration of Human Rights, we are conscious that the international legal framework for protecting human rights was developed in response to the horrors of the Holocaust. As survivors of intolerance, slavery and genocide, we believe that a ‘Jewish voice for human rights’ carries an authoritative weight of experience that adds force to advocacy and awareness raising efforts.

Our activities include policy analysis, advocacy, public campaigning and

education, and building the capacity of activists to promote and protect human rights. We currently run four active campaigns in the UK:

- Indefinite detention of asylum seekers
- Discrimination against Gypsy, Roma and Traveller communities.
- Modern day slavery and human trafficking.
- Protecting human rights safeguards in the UK.

We also run several educational programmes, most notably the René Cassin Fellowship Programme – a year-long initiative aimed at creating a cohort of motivated human rights activists amongst Jewish professionals.

On the July 1st René Cassin moved into our new office at the Jewish Vegetarian Society and are thrilled about the prospect of sharing a space with a likeminded organisation focused on engaging the Jewish community in social action. For the months ahead we have a number of exciting events that will take place at the JVS community space including a joint workshop with Right to Remain about the UK asylum process and how members of the community can get involved with supporting people going through it, and a series of talks for the René Cassin alumni connecting human rights issues and Judaism.

JVS looks forward to collaborating with René Cassin in the future to highlight the all too often neglected human rights abuses within the meat industry.



OUR BIGGEST POP-UP EVENT IS JUST AROUND THE CORNER...

Grassroots Jews is a north west London based high holy day celebration founded by communities based in Belsize Park, Willesden Green, West Hampstead and Kilburn. One of this year's co-ordinators, Dan Freedman, reveals why they chose the JVS as their new home....

“Having started in a back garden seven years ago by a group of Jews who felt traditional services weren't attuned to their changing religious and spiritual needs, Grassroots Jews has flourished into a 350 strong volunteer movement of committed co-creators, whose community is entirely self sufficient and who celebrate Rosh Hashana and Yom Kippur with each other every year.

For the past few years this has taken place at the Moishe house in Willesden Green in a large tent in the back garden, but the numbers have swelled so much that the space can no longer accommodate those numbers.

We needed to find a new venue - and as regular grassroots attendees, JVS Director Lara Smallman and Trustee Dan Jacobs were obvious people to speak to as word spread that a brand new community space was being planned at JVS.

I remember touring the site last year and immediately envisioning that this would be the place that could help Grassroots

Jews continue to grow and evolve. The location is perfect, the spaces are flexible and large enough to host a main prayer space in the garden plus separate spaces for simultaneous parallel programming such as yoga, meditation or services for children.

What really sealed it for me was that both Dan and Lara are part of the Grassroots community - they immediately understood what we'd need to make our event happen and have gone out of their way to help us achieve our vision for this year's GRJ, one I hope will be the first of many in this exciting new community destination. If you'd like to join us for this year's High Holy Days - head to grassrootsjews.org and register to attend. *Pictured below, Grassroots Jews volunteers creating a herb garden at JVS.*



LATEST NEWS...

- British supermarket Sainsbury's recently trialled a 'vegetable butcher'. Food artist Amber Locke (pictured, right) spent three days in branch, encouraging people to get creative with their veg.
- New campaign 'Mark It Vegan' launched by Animal Aid encouraging supermarket labelling of vegan products.
- China's announces plans to cut meat consumption by 50% by 2030.
- A new Israeli startup, Supermeat, is crowdfunding to raise money so that it can develop cultured chicken meat and mass produce it to 'save animals' lives, protect the environment and improve public health'.
- More than 1,000 dairy farms in the UK have closed in the last three years, yet the numbers of cows in this period has risen by 113,000.
- Free app Olio is connecting neighbours with each other and with local shops so surplus food can be shared, not thrown away. You can also use OLIO to share other household items.
- There are growing calls for the National Health Service in Britain to stop serving meat to patients because of health concerns.
- Islington's The Gate vegetarian restaurant is the first UK restaurant to receive the prestigious Autism Friendly Award.



THE FUTURE IS GREEN FOR VEGGIE PRET...

From an online poll to a pop-up site to a permanent home: Veggie Pret to settle in Soho with hopes to expand.

Pret A Manger CEO, Clive Schlee, announced on his blog recently that the company's vegetarian pop-up (pictured below) will remain a permanent fixture on Broadwick Street in Soho.

Due to the overwhelming success of 'Veggie Pret', the company has also announced it could open further vegetarian-only shops in the future.

Schlee wrote on his blog: 'Twelve weeks ago, we opened Veggie Pret as a month-long pop up in Soho. We were so overwhelmed by the public response that we kept it open for the Summer. I can now tell you that we've taken the decision to keep it open for ever(!) And, if we can, to open more Veggie Pret shops in the future.'

What is it about the shop that has struck

such a chord? Clearly, the move towards a plant-based diet is gathering momentum, especially among millennials. Vegetarians and vegans are an articulate and social media-savvy group. 'Many of you have been advocating eating less meat for years and have been thrilled to see a major UK business take up the cause,' writes Pret.

'We are now debating where to open the second Veggie Pret. The odds are that it will be a visible corner in the City of London, where we can convert an existing shop to a pop up and see if it resonates with city workers before deciding whether or not to make it permanent. I hope we can bring Veggie Pret to more cities in due course.'

Veggie Pret in numbers:

- Nearly 10,000 customers voted in a poll last year to shape Pret's veggie offering
- Over 45 brand new vegetarian and vegan recipes were developed for Veggie Pret
- The shop's sales were expected to drop 30% when it became veggie...they actually grew!
- The top 8 best-selling products have been vegan-friendly.



EAT MORE PLANTS TO LIVE LONGER - SAY HARVARD SCIENTISTS



Replacing meat with plant-based sources of protein significantly increases life expectancy, a major new study has found.

The report, which examined the health effects of different sources of protein, found that exchanging just a small amount of processed red meat for plant protein reduces the risk of early death by 34 per cent.

The Vegan Society's spokesperson, Jimmy Pierson, said: "Here is yet another major piece of quality independent research condemning animal proteins in the strongest possible terms. If you want

the best chance of living a long, healthy life then meat has to be off the menu altogether.

"Plant proteins like beans, lentils, nuts, grains and seeds, on the other hand, are packed full of wide ranging benefits. They don't just keep us healthier for longer, they are far more sustainable than meat and fish and, of course, they don't harm animals.

This the basis of our Grow Green campaign, which encourages plant protein agriculture in the UK," added Pierson.

Researchers at Harvard Medical School and Massachusetts General Hospital followed more than 130,000 people for 36 years, monitoring their diet, lifestyle, illness and mortality.

They found that switching between 15g and 19g of animal protein – the equivalent of a single sausage – for nuts, pulses or legumes significantly cuts the risk of early death. Substituting eggs for plant protein also leads to a 19 per cent reduction in death risk. The research also found a 10 per cent higher intake of meat was associated with a two per cent higher mortality rate and an eight per cent higher chance of cardiovascular death.

With at least 542,000 people in Britain now following a vegan diet – up from 150,000 in 2006 – and another 521,000 vegetarians wanting to reduce their consumption of animal products, veganism has become one of the fastest growing lifestyle choices.

Written by The Vegan Society, a registered educational charity (no. 279228) that campaigns for change and provides information and guidance on all aspects of veganism.

CHECK YOUR PULSE

The United Nations has nominated 2016 as the Year of the Pulse with the tagline ‘Nutritious Seeds for a Sustainable Future’. Pulses have been chosen because they are highly nutritious, economically accessible and contribute to food security at all levels. They have important health benefits. They foster sustainable agriculture and contribute to climate change mitigation and adaptation. Pulses also promote biodiversity.

EVENTS

* Sept 18th, Bradford: World Curry Festival, with the focus on “Falling back in love with Pulses”

* Nov 23rd, London: Food Matters Live exhibition at Excel - “Jenny Chandler gets Pulses racing” cooking demonstration

BOOKS

* “Pulses” by Jenny Chandler, published by Pavilion

* “Pulses: Nutritious Seeds for a Sustainable Future”, tinyurl.com/faopulse

ARTICLES

* International Year of Pulses - FAO newsletter online: bit.ly/2c9U4SU

RECIPES

400 recipes now on line at pulses.org with video instruction.



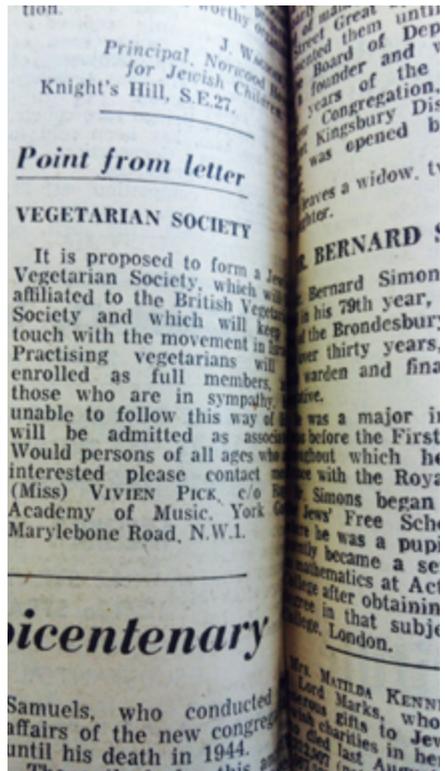
GREAT OAKS FROM LITTLE ACORNS GROW



In 1964, Vivien Pick, (pictured above), sent the following letter to the Jewish Chronicle newspaper asking if there were like-minded vegetarians who wanted to meet:

It is proposed to form a Jewish Vegetarian Society, which will be affiliated to the British Vegetarian Society and which will keep in touch with the movement in Israel. Practising vegetarians will be enrolled as full members, and those who are in sympathy or who are unable to follow this way of life will be admitted as associates. Would persons of all ages who are interested please contact Miss Vivien Pick.

This was printed on 30th October of the same year. The letter led to JVS being founded by Vivien's father Philip. He had always wished for a kinder society, free of pain and cruelty to other sentient creatures. Philip soon became the President of the Society. Vivien now lives in Rome.



THE ROAD BACK

From the editor's chair, 1966. Written by JVS
Founder Philip Pick, pictured below

Not without a modicum of pride do we set sail on our outward journey. The tide is flowing, the winds are set fair and we fear not the storms or perils that lie ahead. Certain is that we shall not veer from our predetermined course of truth and honesty of purpose. May G-d speed our venture and may we ne'er be becalmed in the vast sea of apathy and ignorance with which we are surrounded.

This journal will at all times carry the message of the Jewish Vegetarian Society, but within this sphere, divergencies of opinion and the widest expression of views will be encouraged.

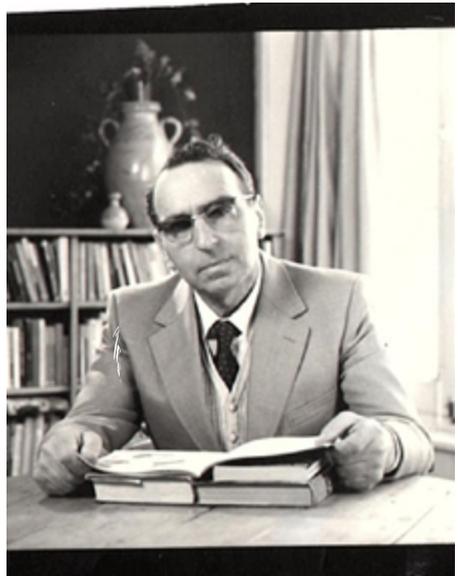
Some have queried the necessity for the Society, but the enthusiasm and interest which it has aroused has proved the need.

Jewish people have many special traditions and problems that can be of no interest to a general society. Dietary peculiarities in cooking and the aspects of the Torah call for specialised discussion and examination. We also work in close co-operation with the Israel Vegetarian Union, our joint plans for vegetarian tourism, the assistance we have been able to give the International Vegetarian Union for a World Congress in Israel, and other key factors, could hardly be undertaken by a general society.

It should not be forgotten that the first laws giving rights and protection to animals were contained in the Mosaic code. These

enactments (along with many others) set the path for world humanitarianism, the force of which is not yet spent. Even today few remember that in the Ten Commandments itself the Sabbath Day belongs to the ox and that ass as well as to their masters. "To man and to all creatures I have given a living soul." Here then is the basis of our idealism and the guide to our relationship with our fellow creatures. There is no doubt that it has a profound effect.

Hunting and other forms of cruelty are unknown among Jewish people and it is inspiring to know that there are more than 90,000 vegetarians in Israel with settlements, fine guest-houses and animal welfare societies in the main centres.



Indeed it is a sad thought that Israel is the only country in the whole of the Middle East where any such movements exist.

Science, technology and mathematics have brought with them undeniable material benefits, but whether we are being led along the road to fulfilment or annihilation is another matter. Spiritual and material progress do not seem to go hand in hand, on the contrary, the greater the efficiency and refinements are applied to cruelty and applied to cruelty and enmity.

Modern knowledge has revealed that there is absolutely no need to continue our predatory habits. In Britain alone six hundred million highly developed sentient creatures are brutally slaughtered, in addition to an even larger number of birds.

The screams of terror from 4,000 slaughterhouses in these islands rend the peaceful countryside day and night, year in and year out. Concealed in remote places where the eyes of the population cannot see the terror, and where their ears cannot hear the cries for pity. To what avail? The camouflage of respectability will not hide the shame.

The remoteness of the abattoirs or the arrival in the supermarkets of these drug-laden remains neatly packaged in cellophane will not absolve the participants. The full penalty must be paid; the product of the batteries and machine farms must be bought with ever-increasing degenerative diseases, whilst thrombosis strikes ever speedier, and younger grow the victims year by year.

Obviously we are progressing in the wrong direction. Bounteous natures

provides her abundant variety of delicious and health-sustaining products to cleanse the body and mind, physical and mental power and prolonging life and youth: the joy of unlimited adventure in food and thought; the freedom to travel the world over, untrammelled by the unfit and danger of a flesh diet, and the co-operation and friendship of similar-minded people everywhere.

Peace and harmony of spirit will enable one's children to fondle their pets without the conflict of the thought that they will be shortly eating of its kind.

To reach this promised land, we must take the road back, back to the garden existence when 'the green herb of the field and the fruit of the tree' were ordained as man's natural food, and where he was able to comprehend his Maker undivided by violence and bloodshed.

The road back may be a long one but it is the only one which leads to complete harmony and peace among all creatures and the regaining of the spiritual force which man originally enjoyed. This way and this way only shall we regain our Eden, the fiery swords shall be removed, the finite and the infinite shall be reunited.

All over the world Jewish people will assemble for the inauguration of the year 5727 to acknowledge their Creator and to seek compassion for them and their families in the year ahead. 'When you cry unto me I shall not hear, your hands are full of blood.'

May we not expect our prayers for compassion to be answered, if we too have show compassion to our younger brothers and sisters on the lower rungs of the ladder of life.

50 YEARS YOUNG

JVS Trustee Michael Freedman reflects on the last half decade...



The first issue of the Jewish Vegetarian, from September 1966

The Society was formed in 1964, principally through the drive and dedication of the late Philip Pick. As a founder member, this meant so much to me. Becoming a vegetarian in 1952 was no light matter, as the nation had come through the war time with food rationing and shortages as the norm, while variety was limited to the few basic foodstuffs on which the populace survived during the years of deprivation. Then there was another dimension, which was the Jewish food tradition, summed up with chicken

soup and gefilte fish, without which, it was though no boy could grow up strong and healthy. So becoming part of our Society, changed all that for me. Instead of being seen as a crank in most get togethers, I was able to be one of many Jewish vegetarians, at meetings, and in discussion with a focal point for my strongly held convictions. Philip with his charismatic oratory spoken with his gentle Welsh intonation was able to put into words, what I had believed in and practiced for the last 14 years. Up until that time, I had not met another Jewish vegetarian and so wondered at times if perhaps I might have been the only one, or at least something of an oddity.

Suddenly, there were hundreds of us in England and countries around the world. Many like me were waiting for the leadership to bring us together and to pick up the baton. Branch Societies sprung up all over the world on just about every continent.

The publication of Society news began very soon after the formation of the JVS with a roneoed broadsheet, then in September 1966, the first issue of the JVS magazine was published and immediately gained a worldwide distribution.

Vegetarianism and respect for animal creation, and linking this with the tenets of the Torah had a voice and influence, which it had previously been denied.

I was impressed by the number of Rabbis who quickly affiliated themselves with us, adding an important dimension and strength to our credibility.

The acquisition of the Society's headquarters in the late 60s was indeed a high point in our history. Philip envisioned

these to be a hub for our activity as well as a source of future income for the long term funding of our work.

With the amazingly able Philip at the helm, I was happy to be one of his acolytes, following his leadership. During his latter days, his health prevented him from leading as he was once able to do. When he died in 1992, it was rumoured that the society would have to wind down. In fact many thought that it would be wound up.

The Society then faced many problems. The founding of the Israel JVS and the acquisition of its premises was at a delicate stage. The JVS was effectively left leaderless with a dwindling membership and potential financial problems. Against this backdrop of difficulties, Shirley Labelda who had long assisted Philip as his secretary, and who had been helping him to put the magazine together felt that she could take over the editorship of this important title if I (as treasurer for many years) would provide the practical leadership which we would need i.e. where the buck would stop.

To me it was an honour and privilege to do this and to the surprise of many, the Society and its voice, the JVS magazine continued. The work which Philip had begun was carried out entirely by volunteers. Search as we may, there were no longer people of conviction and the ability to devote enough time to the cause. Many of our original trustees had also died or moved abroad so I was left as the sole trustee in the UK to hold things together. After quite a few false starts with well meaning individuals offering to play a role in the running of activities, (to whom we are grateful), I realised that if we could not find leadership as

we had of old, we needed to be in a position to appoint a full time director.

The pre-requisites for this were firstly to get the finances on to a solid footing and then to seek out such a person, who could take day to day charge of the running of the Society and to again begin to raise our profile and what we represent in a world where ever greater pressure is placed on its resources and where the evils of factory farming reduce animals to a mere commodity.

The first director, Suzanne Barnard was appointed in 2011 and passionately began the task of bringing the Society into the 21st century. Suzanne strove hard to launch the website and began to modernise some of our antiquated methods. She began again to raise our voice in the media and initiate thought-provoking meetings.

After two years at the helm, the baton was passed to our present incumbent Lara who took over three years ago and hit the ground running, where Suzanne had left off.

I was joined by new and welcome trustees, firstly Dan Jacobs and later Ben Rose, who both look to be able to provide active leadership well into the future.

So at this point in our history, I see the Society as 50 years young, with a great future ahead of it and a structure which will be ready for present day challenges. May it continue as a beacon of light to humanity, and Judaism and a voice of reason in this present day of extreme and sometimes unholy ideas about exploiting the environment and what we see as the "Creation".

THE EARLY DAYS

Some forty years ago as a very young rabbi of an enormous congregation (probably the largest orthodox Jewish congregation in the world at the time) in Cape Town, I had the pleasure of receiving Philip and Minna Pick who were on a visit.

I invited them to share our *Shabbat* table on the Friday night and proudly told him that we no longer ate meat, only chicken and fish! He replied to me, “how can you celebrate the Shabbat over the dead carcass of a chicken?” I was rather taken aback, but as I reflected I realised that he was correct. I had been galvanized into what I always thought was the correct thing to do - giving up meat - by having been on the Bet Din in Cape town and having had to visit the abattoirs and check on the *shochtim*. What I saw there I found pretty horrific and I realised that it was rather hypocritical of me to indulge on the basis of others doing for me what I wouldn't want to do. Health factors played their part and later on I became much more conscious of the ethical issues involved not only concerning animal life but also the environment as a whole. It became increasingly clear to me that

in today's world in particular the only way to keep kosher is through a plant-based dietary lifestyle. Indeed so-called “traditional” diets have become a human and global threat.

I have Philip and Minna and the JVS as a whole to thank for helping guide me along this blessed path of truth and compassion.

Philip quickly realised that he had converted me and used to get me to write pieces for the Jewish Vegetarian especially when I became Chief Rabbi of Ireland and I used to come over to London from time to time *inter alia* to speak at the JVS. Philip then persuaded me to give my name as a Patron to the Society and shortly after we went on *aliyah* to Israel it was my pleasure to become one of the Trustees of Ginger, the centre he established in Jerusalem.

Today my global interfaith work (that keeps me travelling almost half the time) prevents me from doing more locally for the vegan cause. However it gives me the privilege of being an ambassador for the cause, speaking often in many parts of the world on Judaism and its dietary ideals that must direct us towards a plant based lifestyle.

Rabbi David Rosen KSG CBE is the Jerusalem based International Director of Interreligious Affairs of the American Jewish Committee. From left to right below; Stanley Rubens, Philip Pick, Rabbi David Rosen, 1980.

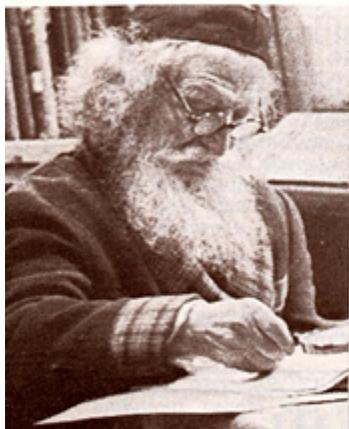


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SHOULD NOT
ALL
 RELIGIOUS
 LEADERS BE
 VEGETARIAN
 ?

VEGETARIAN
 CHIEF
 RABBIS



▶ *The Nazeer of Jerusalem. The late Rabbi David Hacohen.*

▼ *Chief Rabbi of Haifa Shear Yashuv Cohen.*

◀ *The late Rev. Hacohen-Kook. First Chief Rabbi of Israel.*

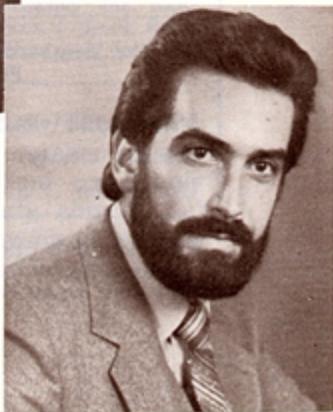


▲ *Rav Shlomo Guren The Chief Rabbi of Israel.*

▼ *Chief Rabbi of Ireland David Rösen.*



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



THE

Jewish Vegetarian

“... they shall not hurt nor destroy in all my holy mountain” (Isaiah)

THIS YEAR IN JERUSALEM!

The fulfilment of a long-standing dream



**AT THIS HISTORIC MOMENT
WILL YOU PARTICIPATE?** – Please turn to page 6

Adar 1 5752-March 1992

NUMBER
100

£1.25 Quarterly

A centre for our movement was established in 1992 at 8 Balfour Street (adjacent to the French Square) in the heart of Jerusalem. This was the fulfillment of Philip Pick's dream over a quarter of a century and many years of hard work.

There was a "Housewarming Ceremony" at the Centre on 2nd April, 1992. Rabbi Shear Yashuv Cohen, Ashkenazic Chief Rabbi of Haifa and a Patron of the JVS, was out of the country but sent a message of congratulations and good wishes. Mark Weintraub, then chairman of the Israel Jewish Vegetarian Society, opened the proceedings and welcomed eighty-five people at the historic event. In his address to the gathering, Rabbi David Rosen, President of the Israel Jewish Vegetarian Society and former Chief Rabbi of Ireland told the assembly that "the sublimest of our Jewish teachings are expressed through authentic Jewish vegetarianism and will be a source of redemptive light in keeping with prophetic vision that will shine forth from Jerusalem."

Philip Pick, said that the Society had made impact in all parts of the world and expressed his dream that the historic

occasion would "be the forerunner to the days when the movement shall encompass all the people of Israel in their adherence to the divine will of compassion for all creation, when the war against nature will cease." *Excerpt taken from the book 'Judaism and Vegetarianism' by Richard Schwartz.*

In 1984 the JVS also began supporting the Orr Shalom children's home, a vegetarian centre which provided a haven for children and youth at risk..

Today Orr Shalom has a network across Israel helping 1,300 children removed from their families.

The children are cared for through a variety of ways including foster programmes, therapeutic family group homes, adolescent girls' homes, intensive care facilities and emergency foster homes.

Below is a photograph of a plaque outside Orr Shalom Children's Village which reads, "Friendship House, established 1984 through the generosity of Minna and Philip Pick, The Jewish Vegetarian Society."



THE

Jewish Vegetarian

"... they shall not hurt nor destroy in all my holy mountain"

No. 16

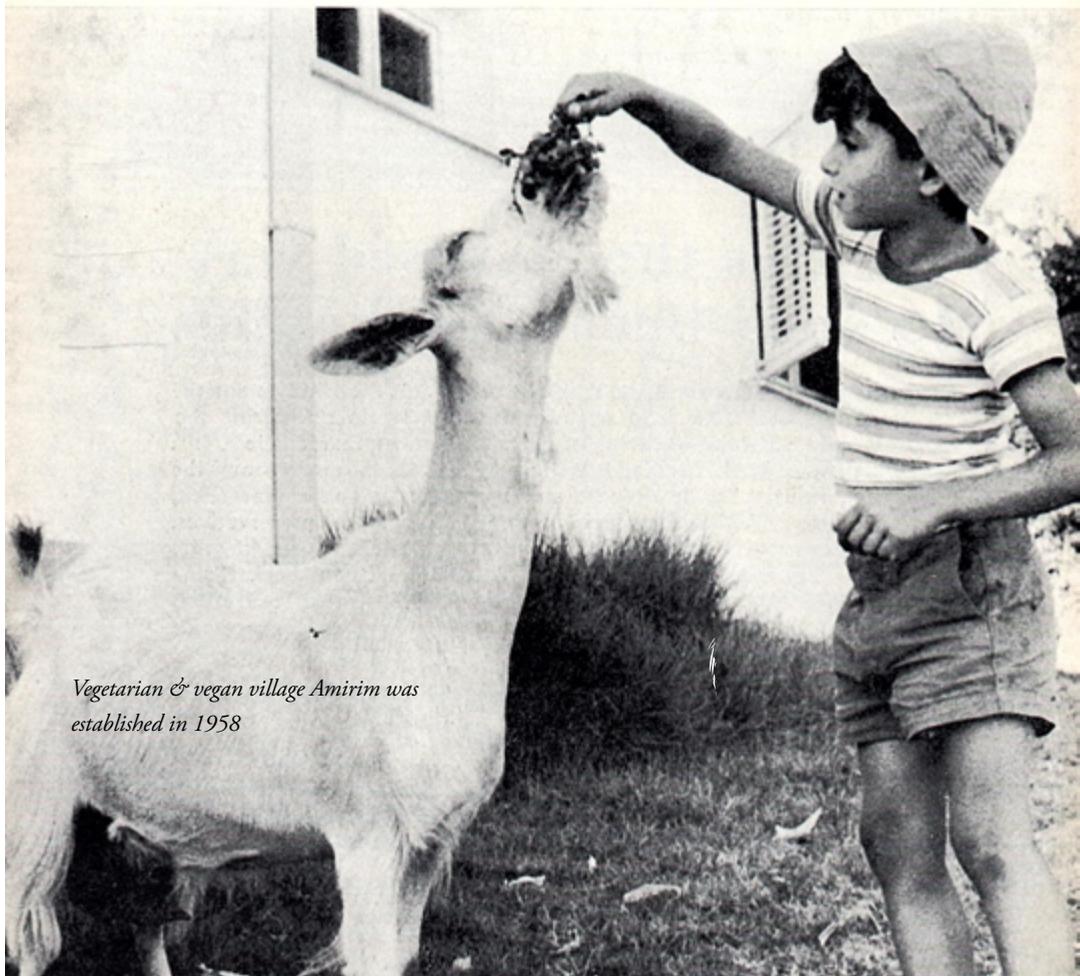
SUMMER 1970

1/6 Quarterly

אביב 5730

A BOY IN AMIRIM

"—OF BLESSED MEMORY"
(Editorial)



Vegetarian & vegan village Amirim was established in 1958

THE VEG MOVEMENT IN ISRAEL



Yossi Wolfson is a long-time vegan and animal liberation activist, born in Jerusalem. He was one of the founders of Anonymous for Animal Rights. He works as a lawyer and co-ordinator for animals in agriculture at Let the Animals Live.

The 50 year anniversary of the Jewish Vegetarian Quarterly calls for a historical account of the vegetarian and vegan movement.

As the JVS co-ordinator in Jerusalem I was invited to write an account about Israel.

While approaching this job it occurred to me that the history that should really be written is the history of meat-eating - its rise and fall. After all, meat eating is the phenomenon that needs explanation, and more than that: diets based on consuming a lot of meat are the exception in human history. Our ancestors in the Land of Israel were not ideologically vegan nor pure vegans. They ate some meat

or dairy once in a while. The gluttonous might have eaten a little meat once a week. In any survey today they might have identified as vegan or at least "semi-vegetarian". This biblical Mediterranean diet persisted among the Jewish and Arab inhabitants of the land well into the 20th century. It was only then that newcomers from Europe (Zionist Jews, Templer Germans and British imperial functionaries) brought with them a taste for animal-based food and an emphasis on animal agriculture. Some of them, however, also brought vegetarian ideals.

When talking about today's "vegan revolution" in Israel, it is important to remember that we did not light the fire. Romantic and utopist versions of vegetarianism flourished in Europe of the 19th and early 20th century. It is no surprise, therefore, that these were part of the world view of idealists that formed the early Zionist ethos, people like the pioneer and spiritual leader A.D. Gordon, the religious icon Rabbi Abraham Isaac HaCohen Kook, the Nobel-prize winning writer Shmuel Yosef Agnon and many others. In 1937 Yehoshua Halevy Horvitz published a two volume book titled "The Book of Veganism", evidence of the social interest in plant-based diets at the time.

The idealist vegetarian movement never stopped from being present in Israeli society, combining ideas on health and vigor with ideals of moral and spiritual advancement of humanity.

The Movement of Vegetarians and Vegans (based in Tel Aviv) and the JVS (based in Jerusalem) were the main carriers of this message.

The 1980's and 1990's saw a new influx of vegan ideology into Israeli society. At this point of time, meat has become staple food in Israeli diet, and the consumption of animal based foods was already skyrocketing. Animal agriculture itself has changed – adopting the industrial patterns of today, which reduce the cruelty of previous centuries to pastoral memories. The animal liberation activists of the 80's and 90's were influenced by Peter Singer's book *Animal Liberation*. Meat eating was now viewed not just as immoral, but also as physically and spiritually damaging. It was a manifestation of speciesism - the assumption of human superiority leading to the exploitation of animals - a close relative of racism and sexism.

This generation of activists took inspiration from PETA in the US and from anti-hunt campaigners in the UK. They made copies of "Truth or Dairy" – a film by the UK's Vegan Society, presented by Benjamin Zephaniah. Many of them listened to Punk bands such as Conflict or Crass. A repetitive message in their slogans, literature, events, logos, shirts and buttons was "Animal rights, human rights – one struggle, one fight".

It is too early, I think, to analyse or evaluate how the idealist veganism of the past or the radical veganism of the late 20th century developed to form the vegan revolution occurring in Israeli society today.

Veganism today is for everyone. You do not have to adopt an ascetic spiritual life to be vegan: you can gorge on vegan junk food or hedonistically enjoy expensive vegan delicacies in high end restaurants. You do not have to reject speciesism (or engage in any social criticism) to be vegan. It is enough that you feel disgust when faced

with graphic images of animal cruelty in factory farms. Maybe this is the most important revelation of the movement in the last few years: Veganism does not need a deep or complex basis. It should be the natural, instinctive reaction of any person to the extreme distortions and evils of the animal-based food industry.

Veganism is becoming part of the mainstream Israeli society not only because it is less demanding ideologically but also because it has become so much easier and more accessible. You can find soya milk in any café. Many restaurants have become vegan friendly, featuring vegan options in each category of their menu. In other restaurants vegan food (or food that can be served vegan) is well marked on the menu, so that choosing becomes easy, and one doesn't have to ask lots of questions. With so many vegans around, being vegan is not such a big deal at social events, as it once was.

The fears that if one becomes vegan he or she will be seen as a weirdo, lose friends, starve at social events, be a burden at family meals, have to give up the small joys of life and so on, are now evaporating.

Every week brings with it new indications of the ongoing vegan revolution; a new vegan product, another restaurant becoming vegan-friendly, another celebrity adopting veganism, new statistics on the reduced consumption of animal-based foods. Yet, per-capita supply of animal based foods in Israel is still one of the world's highest. The story of the rise and fall of meat consumption is still a long way from being finished.



The largest ever animal rights march in Israeli history attracted 10,000 activists

A TRIP DOWN MEMORY LANE

Our first Director
Suzanne Barnard shares
her memories...

Alongside the aim of increasing awareness of how the consumption of animal products is at variance with *ts'ar ba'alei chaim* (the Jewish obligation not to cause pain to animals), an important initial goal was to raise the profile of the Society. To this end we created a new website, issued press releases about our actions and responded to as many relevant media items as possible through letters to the editor and radio interviews. Highlights were getting the famous American actress Mayim Bialik on board for our 2013 Rosh

Hashanah campaign and having our very own vegan gefilte fish featured in the Jewish Chronicle newspaper. Other exciting developments included the design of a new logo, digitisation of the office and building a presence on social media.

We also started having events again – from talks and leafleting to workshops and socials, and attended external debates and exhibitions.

Particularly memorable for me were a screening of 'A Sacred Duty' with a talk by the film's director Lionel Friedberg, and a

talk by Rabbi Apple about the 'ethics of eating'. I was also honoured to be able to spend an afternoon with Minna Pick, discussing her 'life as a vegetarian' and memories of the JVS' early days.

It's really good to see the Society growing with new members and staff and the brand new community centre underway. Onwards and upwards, and

here's to a kinder, greener, healthier world!
Suzanne left the JVS in late 2013, and is now the Campaign Manager at Meat Free Monday (meatfreemondays.com).



Pictured, Suzanne Barnard (right) together with a volunteer, promoting JVS at Gefiltefest London Jewish Food Festival in 2013



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

No. 39 AUGUST 1976 20p Quarterly תמוז תשמ"ו 5736

EDITORIAL: Vegans in the Vanguard

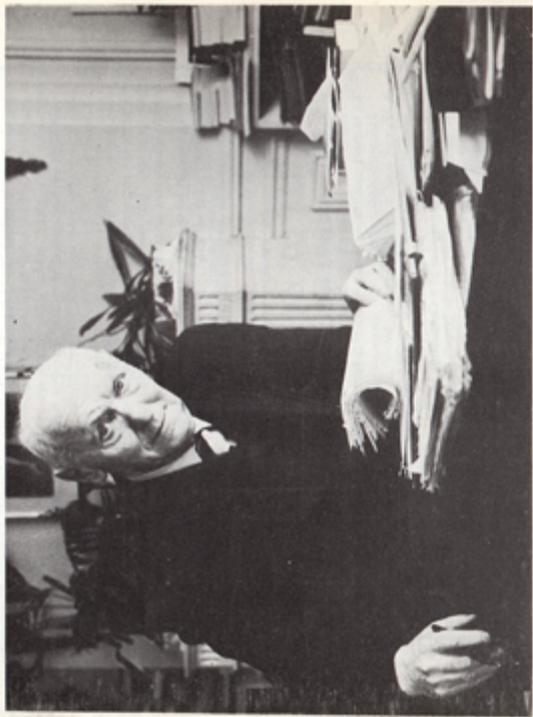
NEW PATRONS: Chief Rabbi Shear-Yashuv Cohen—Author, Isaac Bashevis Singer



No. 47 WINTER 1978 Quarterly 20p אביב תשמ"ח 5739

Events — News — Travel — Nutrition — Recipes etc.

"... they shall not hurt nor destroy in all my holy mountain."



CONGRATULATIONS!

ISAAC BASHEVIS SINGER
Patron of the Jewish Vegetarian Society

Awarded the

Nobel Peace Prize 1978



ACROSS THE POND

Jewish Veg's Director Jeffrey Cohan outlines the great strides made by the movement in America.

The Jewish Veg Movement in the United States traces its history back to 1975, but has never been as influential as it is today, and it is getting stronger every day.

The nonprofit organization Jewish Veg, as it has been known since October of last year, came into being in 1975 as Jewish Vegetarians of North America (JVNA).

Its first president, Jonathan Wolf, had just attended the World Vegetarian Conference in Maine. He realised that the Jewish ideal, in 1975 terms, was a vegetarian diet. Today, we would say it's a vegan diet.

The initial planning meeting was held in the home of Richard Schwartz, who even today is still among the leaders of the organisation as its President Emeritus.

With help from Wolf, Schwartz went on to write the book "Judaism and Vegetarianism," in 1982. More than 30 years and three editions later, it remains the most complete and authoritative book ever written on the subject.

Charles Stahler and Debra Wasserman, who would go on to create the highly

respected Vegetarian Resource Group, were instrumental in planning JVNA conferences and in distributing literature in the late 1970s and early 1980s.

In the mid-1980s, Israel and Eva Mossman assumed the mantle of the organisation and published the JVNA Newsletter, which kept people informed about Jewish vegetarian events and included book reviews and recipes, much like the UK's Jewish Vegetarian Quarterly magazine.

Schwartz ultimately rose to the presidency in 2002. A tireless advocate and educator, he has written 150 articles and created 25 podcasts about the intersection of Judaism and vegetarianism, and given countless interviews and lectures as well. He has been inducted into the North American Vegetarian Society's Hall of Fame.

The most impressive achievement of Schwartz's tenure was the production of "A Sacred Duty," an hour long documentary, in 2007. JVNA and its successor, Jewish Veg, have distributed 35,000 copies of "A Sacred Duty" on DVD. More than 30,000 people have watched it on YouTube. Directed by Lionel Friedberg, the film is still watched today.

Amazingly, all of these accomplishments occurred while JVNA was functioning as a 100% volunteer organization.

In 2012, the organization took a leap forward with the hiring of its first professional, yours truly.

We built a new website, created a formal Board of Directors, and assembled impressive Advisory and Rabbinic councils.

Among the members of the first Board of Directors was Alex Hershaft, a Holocaust survivor and legendary figure in the animal

rights movement. He is one of the most popular presenters in the organisation's Speakers Bureau.

JVNA forged an exciting partnership with Hillel International, the organization that provides for Jewish life on more than 500 college campuses. Through Hillel, JVNA has brought Israeli vegan leader Ori Shavit to the United States for two national speaking tours, reaching thousands of Jewish college students.

We also created a Veg Pledge program, in which enrollees receive online resources and even a mentor to help in transitioning toward a vegan diet.

In October 2015, at JVNA's 40th Anniversary Celebration in New York, the organization announced that it was changing its name to Jewish Veg.

Changing the name was a reflection of the transformation of the organisation, from one that was confined to the margins of the American Jewish community to one that is now embraced by major Jewish organizations like Hillel.

The name change also reflected a redefinition of the organization's mission, which is to describe veganism as the Jewish

ideal and the ultimate personal objective, while espousing conscious reductions in the consumption of all animal products.

In recent years, two other Jewish organisations have arrived on the US scene, both of which attempt to find a balance between advocating veganism and promoting higher-welfare meat. Shamayim V'Aretz, founded by well-known modern Orthodox Rabbi Shmuly Yanklowitz, has convened small conferences on both coasts to bring together Jewish activists. The even-newer Jewish Initiative for Animals is led by kosher-meat scholar Dr. Aaron Gross.

Jewish Veg does not endorse so-called humane meat as a viable alternative for Jewish consumers, but does collaborate with the other two organisations to some degree.

With three full-time employees, who are strategically positioned on each coast and in a Midwestern state, one part-time employee and a consultant, Jewish Veg is poised to create fundamental and desperately needed change in the American Jewish community in the years to come.



Professor Richard Schwartz speaking at a special event to celebrate his 80th birthday in 2015



CREAMY MUSHROOM SOUP
WITHOUT CREAM

You don't need butter or cream to make a heavenly, velvety, rich soup. This recipe transforms a handful of basic ingredients in to a gloriously comforting and flavourful autumn dish. Recipe by Lara Smallman.

PREP TIME: 5 MINUTES
COOKING TIME: 25 MINUTES
SERVES: 3 - 4

INGREDIENTS

Handful of dried mushrooms, soaked for 15-20 minutes in boiling water
2 tbsp herb infused good quality olive oil
1/2 large white onion, finely chopped
3 large cloves of garlic, peeled and finely sliced
320 g fresh chestnut mushrooms, cleaned and sliced
4 tsp vegetable bouillon (I use Marigold's Vegan stock)
600 ml cold water
A few tbsp pesto
Handful of fresh basil leaves
Freshly ground black pepper

METHOD

Start by placing the dried mushrooms in mug full of boiling water.

Leave them to soften up whilst preparing all of the vegetables; finely dice the onion, finely slice the garlic, and slice the mushrooms.

I clean mushrooms with a vegetable brush. Avoid immersing them in water as they

absorb it all.

Add the olive oil (I have a few bottles on the go infused with different homegrown herbs) to a medium-sized saucepan and gently heat.

Add the onions and garlic immediately.

Cook on a gentle heat for 5-7 minutes or until the onion becomes translucent.

Next, add the chestnut mushrooms and bouillon powder. Keep stirring every so often.

Once the mushrooms have become tender, add the pre-soaked dried mushrooms, stir, add water, bring to the boil, cover with a lid and cook for a further 15 minutes.

Allow the soup to cool slightly before pouring in to a blender.

The key to getting a creamy soup is blending it for a long time.

Remember to give your blender a short break every 40-60 seconds.

In total blend for 2.5 minutes.

Transfer the soup back to the saucepan, warm through, and season as desired.

To serve: drizzle a little pesto and add some fresh basil.



TAHINI & LIME GREENS
WITH CINNAMON SWEET POTATO MASH



Tahini and fresh lime juice take basic greens to a new level, creating a stunning dish, with minimal effort. Enjoy with a bowl of cinnamon speckled sweet potato mash. Recipe by Lara Smallman.

SERVES: 4 AS A LIGHT MEAL

INGREDIENTS

For the greens:

3 tbsp sesame oil
1 medium white onion, sliced in half moons
5 garlic cloves, peeled and crushed
1.5 inch of fresh ginger, peeled and sliced in to thin strips
500 g fresh greens, sliced 2 - 3 cm wide on the diagonal
3 heaped tablespoon of good quality tahini
5 level tablespoons of tamari (use soy sauce if you don't need it to be gluten free)
Juice of 1 lime
Fresh red chilli and sesame seeds for garnish

For the mash:

3 large sweet potatoes, steamed until soft
1/2 tsp cinnamon
Pinch of sea salt
Freshly ground black pepper
Drizzle of olive oil

METHOD

Start by preparing all of your ingredients. Heat a large wok on a medium heat and add the sesame oil. After 20 seconds add the onion, ginger and garlic and stir to combine. Cook until the onion is translucent. Add the fresh greens and stir well. Cook for a further five minutes on a medium to high heat, stirring occasionally. They will shrink during cooking so don't worry about the wok being overly full. Add a couple of tablespoons of tahini and mix well, followed by a couple of tablespoons of tamari / soy sauce. Taste and add more for a richer flavour.

Just before serving, squeeze in the juice of a fresh lime. Roll it along the worktop using the palm of your hand to release more juice. To serve, top with sliced red chilli and sesame seeds. To make the sweet potato accompaniment: Use a fork or potato masher to mash the potatoes until smooth (or leave a bit chunky if you prefer, sprinkle in some cinnamon (a little at a time) and crushed sea salt and black pepper, mix well and taste. To serve: drizzle with olive oil and add a final pinch of cinnamon.



Border of mesembryanthemums

Gardener's Corner

OUR REGULAR DESPATCH FROM OUR
GREEN-FINGERED COLUMNIST

With the wet and cold early spring and the wet summer days, the planting of the garden was later than usual. Somehow everything has caught up and now, in early August, there is a magnificent display of bedding plants and herbaceous subjects. Watering has not been a problem as the heavens have provided copiously. This has also encouraged weeds to flourish, but that is all part of gardening. A good healthy soil will grow good healthy plants and weeds too. Weeds are best kept under control as they appear and for this, the hoe is the best tool. It disturbs the topsoil, catching the weeds before they can fully establish, it also serves to open up the soil surface, which can become compacted after much rain.

When this happens, the rain or watering does little good as the water just runs off rather than permeating down to the roots. Some experienced gardeners say that the hoe is the most important implement and if kept moving will sort out the weeds and keep a good environment for the flowers or vegetables.

Last year, as the season wore on we were more and more troubled with pests. Although the marigolds helped to reduce

the numbers of whitefly in the greenhouse, eventually the whitefly got the upper hand and spoilt the plants in the Autumn when they would otherwise have continued cropping. Another problem was with greenfly, which severely affected our aubergines and then spread to the melons, cucumbers and tomatoes. So this year I was determined to take appropriate action early, before these harmful insects took hold.

The easy answer was to use beneficial insects to combat the harmful ones and in this way be completely ecologically friendly. The important thing was to commence this programme at the right time, so the defenders were ready to deal with the enemy before things got out of hand.

At the end of May we bought the parasitic wasp, *Encarsia Formosa*. It is an almost invisible little creature and does not sting as many would fear. A course of these were introduced as larvae which were hung on the tomato and aubergine plants and as the developed insects emerged, they laid their eggs on the whitefly progeny and prevented them from developing further. This has been completely effective.

The greenfly are another problem as they multiply at an alarming rate and a few on the aubergine plants turned into

thousands in a couple of weeks. Here we turned to our dear friend the ladybird, who absolutely love greenfly. In the garden generally there is a good balance of predators which do the job perfectly. Not only ladybirds, but also lacewing flies and hover flies which all like a juicy greenfly. To assist them are the small insectivorous birds, such as blue tits, great tits and their cousins. We do not spray insecticides in the garden, as these are indiscriminate and kill the good with the bad. Then the bad reproduce without the good which take longer to re-establish. We have many of the good insects and birds working away for us, but in the greenhouse, as it is an enclosed space we need to take special measures.

So for our huge greenfly population, we bought some ladybirds. They arrived as a family, with some adults already able to fly and a larger number at the larval stage, which are little black elongated creatures which need to feed avidly in order to grow and then form a chrysalis before emerging as the familiar much beloved ladybird.

These all got stuck in immediately and the adults which might have flown away, tucked in as did the juveniles eating their way through our infestation. Slowly but surely they got the upper hand and our plants are healthy and producing beautiful fruit.

Another pest which affects outside plants (in pots especially) is the Vine Weevil. These were not present in our country, but came in on imported plants and have become a countrywide problem. The adult weevil cannot fly but lays its eggs on the soil surface and the hatching grubs burrow into the soil and eat way at the roots, silently and unseen. The first time your notice them is when the plant collapses. They love strawberries and

primulas as well as fuchsias and begonias, as well as many more.

Poisons are never good to control pests as they get into the food chain. Our Green Gardener supplier posted us some Nematodes. These are a small organism which live in the soil. They are watered onto the soil and busy themselves devouring the weevil grubs until they are all gone. Nothing harmful to other plants or creatures is necessary.

There is a lot of satisfaction in green gardening helping the ecological cycle and encouraging our insect friends, including our bees.

Present jobs in the garden include, harvesting the summer produce and storing the potato crop and onions which will keep us fed throughout the winter with organically produced veg. Also keep dead heading flowers, which will prolong their show for many more weeks until the first frosts come in late autumn.

Apart from this it is a time to sit and enjoy what I hope will have been another pleasurable and fruitful garden year and muse on plans for another to come.



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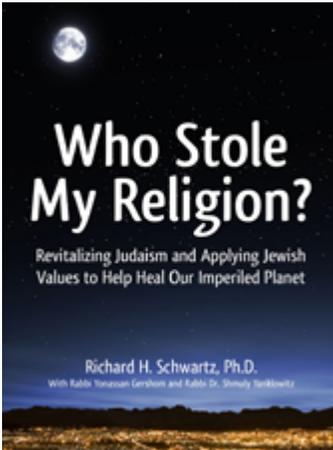
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HEALING THE PLANET...



Professor Richard Schwartz tells us about his new book...

This was recently published as a hardcover book by Ktav/Urjm Publishers [290 pages, RRP: £22.00]. The book, which was written in co-operation with Breslov Hasid Rabbi Yonassan Gershom and Rabbi Dr. Shmuly Yanklowitz, is meant, among other things, to be a wake-up call to Jews and others to apply Jewish values to help avert an impending climate catastrophe, food, energy, and water scarcities, and other environmental threats. It makes a very strong case that Jews should be vegans, animal rights activists and environmental activists. The book also has challenging ideas that can help reduce terrorism, anti-Semitism, global conflicts, and the Israeli/Palestinian conflict.

Who is the book for?

While written from a very positive Jewish perspective, "Who Stole My Religion?" has a universal message, and an earlier self-published edition received praise from Christians, Muslims, and secular people. The book discusses many controversial topics so I do not expect you to agree with every position in it.

However, it is very positive about Jewish teachings and aims to start respectful dialogues that will help to, among other things, reduce conflicts and prejudices, further peace efforts in the Israeli / Palestinian conflict, and help shift our imperiled, conflict-filled world to a more compassionate, humane, just, peaceful, and environmentally sustainable path.

What makes it special?

Among the main arguments in the book, in addition to the need to avert climate and other environmental catastrophes are the following:

- Judaism is a radical religion, in the best sense of 'radical,' with strong, challenging teachings on peace, justice, compassion, and environmental sustainability that can help shift our imperiled world to a sustainable path.

- The following will be of particular interest to readers of this magazine:

Chapter 11: Should Jews be Environmental Activists?

Chapter 12: Judaism & Animal Rights.

Chapter 13: Should Jews be Vegetarians – or even Vegans?



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VEGETARIAN CHIEF RABBI

RABBI S. GOREN



INSIDE
BRING BACK THE SABBATHICAL (Editorial)
LOOK TO YOUR HEALTH
WHY I AM A VEGETARIAN
COOKERY BOOK
SPEECHES TO WORLD CONGRESS
THE PASSING OF OR KALENY
A LA CARTE
ABOUT FOOD BOOKS

The photograph of Rabbi S. Goren is by Yehoshua Kuperman.

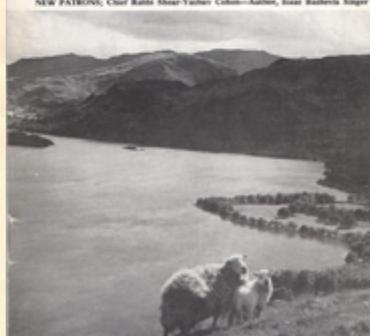


... they shall not hurt nor destroy in all my holy mountains." (Isaiah)
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... they shall not hurt nor destroy in all my holy mountains." (Isaiah)
No. 39 AUGUST 1976 2hp Quarterly \$6.50 \$7.94

EDITORIAL: Vegans in the Vanguard
NEW PATRONS: Chief Rabbi Shear-Yashuv Cohen—Author, Isaac Barabitsky Singer



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A BOY IN AMIRIM

"...OF BLESSED MEMORY" (Editorial)



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For a new world.



I'm changing mine.

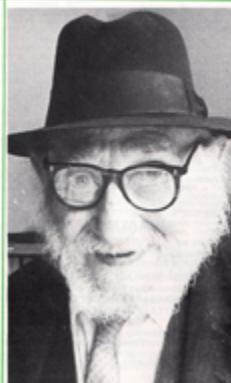


"For behold I create new heavens and the new earth and the former shall not be remembered - and they shall plant the vineyards and eat the fruit of them - the wolf and lamb shall feed together and the lion shall eat straw like the bullock. They shall not hurt nor destroy in all my holy mountains." (Isaiah 65:17-25)



HARRY SHOERATZ
(our oldest member)
GOING STRONG AT 110

Vegetarianism for Health and Longevity



No. 39 JUNE 1989 (3749) 2hp Quarterly

INTERNATIONAL VEGETARIAN UNION
WORLD CONGRESS ISRAEL
SPRING 1990



"For every beast of the forest is mine, and so are the cattle upon a thousand hills." (Psalm 50:10)



No. 38 APRIL 1976 2hp Quarterly \$7.51 \$7.54

"DISGUSTING!" A Child's first taste of meat A True Picture See Page 37



THIS YEAR IN JERUSALEM!
The fulfillment of a long-standing dream



AT THIS HISTORIC MOMENT
WILL YOU PARTICIPATE? - Please turn to page 10