

Printed: Monday, October 19, 2009 22:52:17

Welcome to issue number 1!

Welcome to the very first Vegan News Letter for the Hull and District Vegans (well the first one we have produced). Its purpose is to inform Vegans in the area about Vegan related events and to promote debate on issues of the day. For example this edition has an article about Genetically Modified Organisms (compiled by Maggie), which is a worrying brave new world type debate.

We hope you like this news letter and that it informs and encourages you to come along to our events.

If you have any ideas for the news letter then please speak up, especially if you want to contribute to an article. Don't worry about typing it up as this can be done for you as well as getting pictures, diagrams etc. Its the ideas we want.

Comments about the news letter, both good and bad, are also appreciated.

*Forthcoming Events

*April

Thursday, 30th Japanese Food at Hitchcocks meet at 8.15pm

*May

Monday, 4th Bluebells and Orchids Walk

Starts 11am. Car share / cycle, call Maggie for details (with the Veggies).

Saturday, 23rd Food and Game Bringalong

Mark will be hosting a house party, starting at 7pm. All are welcome. You need to bring some party type food and a simple, traditional game to play. Call Mark to arrange food and games so that we don't get 20 lots of pecan pie and 20 Masterminds!

*June

Tuesday, 30th Moroccan Food at Hitchcocks

*In the distance

July Rainbow Festival

We will have a Vegan stall there.

*July Blackberry Picking and Picnic at Maggies allotment

Can you think of any good events (Bringalongs, restaurants, barbecue, wine tastings, party nights, visits to Vegan(ish) places, public promotion)? Then let us know. We always need new events and it is easier if we share the

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organising. So if you think it would be good to do something then get in touch!

*Look out for ...

*Quiggins Finest Almond Marzipan Bar (coated in rich dark chocolate)

Available at Hull Foods. Expensive (£1.10 gulp!) but absolutely delicious.

*Environmental Transport Association--ETA

A green alternative to the RAC, AA etc. ETA do not support the Road Lobby (the others do) plus they have some clever services such as cycle cover (they will recover you if your cycle is inoperative or stolen). Ask Mark for details.

*Vegan wines at Sainsbury's

There is a good selection of wines from Å#2.99 but you need a list to identify them. You can get the latest one by calling 0800 63 62 62 or ask Mark for a copy of his (a bit old). A good red one is Sainsbury's Tempranillo Cabernet Sauvignon (a Spanish Red).

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*Contact Information

*Mark Evans□ □

6 Hymers Avenue, Hull. Tel 444158

The news letter, Vegan Society info, Animal Rights (loan of magazines, books, video's etc)

*Maggie

Tel 444435□

*Hitchcocks

1 Bishops Lane, Hull. Tel 320233

Great Vegetarian restaurant but with a strong Vegan offering.

*Hull Foods (aka Mike's Shop)

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Lots of Veggie and Vegan supplies. Princes Avenue (Near the Jet garage)

Soil Association

86 Colston Street, Bristol, BS1 5BB.

Tel 0117 929 0661

*Vegan Society

Donald Watson House, 7 Battle Road, St Leonardsharon-Sea, East Sussex, TN37 7AA.

Tel 01424 427393

Vegan Village

(for any Vegan requirement)

14 Wynford Grove, Leeds, LS16 6JL.

Tel 0113 293 9385

info@veganvillage.co.uk

<http://www.veganvillage.co.uk> On the Internet

http://homepages.nildram.co.uk/~mevans/veg_hull.html

e-mail: veg_hull@merrydown.nildram.co.uk

*Event Reports

*Bringalong at Brian and June's House

On March 26th we had an excellent evening at Brian and June's house. Everyone brought along something Vegan to eat and drink which was laid out on a (very!) big table and we then all dived in.

The variety of food was fantastic with lots of colours, flavours and textures. Everyone had been very inventive and Brian and June had organised the food so that there was a good variety with plenty to choose for starters, main courses and (of course) dessert.

Thank you Brian and June for the use of your facilities. The next similar event will be at Mark's Flat.

If you would like to host a bringalong at your place it would be most appreciated.

*Genetically Modified Organisms

"Last year we had one million acres of soya worldwide, this year 8-10 million. The acreage is only limited by the seed availability."

The above statement was made by a leading agrochemical company, Monsanto.

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Their spokesman was not talking about ordinary soya however. She was boasting about their sales of genetically modified soya seed.

The agrochemical companies are putting the same sales development effort into genetically modified strains of maize, wheat, rice and oil seed rape - the basic staples of the world food chain. Not far behind are genetically modified versions of fresh fruit and vegetables, such as tomatoes and apples.

And this isn't something which may or may not happen sometime in the distant future. MAFF (Ministry of Agriculture, Fisheries and Food) has already sanctioned the first UK crop plantings which could go ahead in the next few months. Once this trend gathers pace it will become very difficult to stop.

There is now no doubt whatever that the major agrochemical companies are determined to control as many stages of crop production as possible - research and development, sale of seeds, sale of fertilisers, pesticides and herbicides, in fact the total process from laboratory to harvest.

They are now literally planning exactly what choice you and I will have over what we eat.

The plan is that there will be no choice. They will engineer and control the sale of the seeds of all foods which form our basic diet. Even organic agriculture may not remain untainted. For instance, through cross pollination from say, a field of genetically modified rape, the altered genes could spread to organic plants anywhere in the vicinity.

The risk to organic growers from genetic pollution is just one of the many serious threats posed by the drive for market control and domination by the genetically modified seed producers.

Action is now needed. The Soil Association is mounting a campaign to prevent genetic engineering taking a foothold in this country, as one of their top priorities in 1998. Join them, write to MP's, MAFF and all major supermarkets.

Iceland has already announced that its own label products will cease to contain GMO's. The rest do not seem to be taking the problem seriously. They need to be made to realise that we care, and wish food to be clearly labeled and give us a choice.

(information reproduced from an article by the Soil Association)

*Editors Comment

It is difficult to be a closet Vegan. Unlike other people with strange habits we show the world what we are every time we eat. These days being a Vegetarian is quite common and almost accepted without another look, but being a Vegan is still perceived as being a bit weird.

However, even if we are weird we should wear our Veganism on our sleeve and let people know. Not in a sneering or condescending way but in a positive way. Think about the following points:

Always ask for Vegan alternatives

. By asking, you are letting the suppliers know that there is a market for Vegan products.

Support Vegan suppliers.

Try to buy as much as you can of your normal shop at a Vegan friendly supplier.

Get non-Vegans to buy Vegan alternatives.

This will show them that Vegan food is just like normal food and will help boost the Vegan market.

Look happy and content.

Projecting a positive image is a great way of showing everyone how healthy our lifestyle is.

Learn and quote the names of a few famous Vegans.

Sally Eastall (Marathon Runner), Bryan Adams, Heather Small, Lindsey Wagner, Martin Shaw, Wendy Turner for starters.