



Vegan News Letter

for East Riding Vegans



http://homepages.nildram.co.uk/~mevans/veg_hull.htm e-mail: veg_hull@merrydown.nildram.co.uk

Issue 5 January 1999

Happy New Year

Welcome to another issue

Welcome one and all to the first news letter of the last year this millennium. I get the feeling that we will all be so fed up with the coming of the next millennium that we will all be glad when it is over. Still it is an historic occasion and we will be celebrating it in some way. Any ideas please let us know.

In this issue we have our usual forthcoming events and a very good article written by Anne Ford on the visit last November of Benjamin Zephaniah.

While on the subject of events, this year we are going to try to hold our gatherings at Hitchcocks based on a theme. Hence our first meeting, Burns Night. Hopefully these will be appealing to you and as always please let us know your feelings good or bad. Watch future issues for news of other events.

Another thing we will try to do this year is to inform the people of Hull more about Veganism and what we do. Hopefully this will get a few new people along to our events. More news about this in future issues (and when the weather gets a little bit nicer for standing around and chatting!).

During the Christmas holidays I discovered the magazine Ethical Consumer. An excellent read although a note of caution is required before reading it - you may never buy anything again! I have cribbed an item on Nestlé in this issue (see below). It has certainly educated me and if anyone would like to see a copy please ask.

Why are they Bad? - Nestlé

In 1992, Pakistan limited the sale of breastmilk substitutes by adding them to a list of products that could only be sold at pharmacies. They were removed from the list three months later, following complaints from the baby food industries and a visit by a senior Nestlé executive.

Nestlé has now succeeded in having the draft law amended so that an industry representative is to sit on the National Infant Feeding Board, which will have responsibility for overseeing the law. Until recently the draft law barred from the board anyone with a vested interest in the infant formula / baby food industry.

Forthcoming Events

January 1999

Robert Burns Night, Monday 25th,
Hitchcocks

To kick-off 1999 we will be having a Scottish theme at Hitchcocks to celebrate Robert Burns night. Come along and try some Vegan haggis! (yes it really does exist).

February 1999

Bring-a-long, Friday 19th

June and Brian would like you to come to their house with some food for an informal party. Telephone beforehand to arrange what food to bring so that we get a good selection and no doubles!
Telephone 01482 212313.

March 1999

St Davids Day, Monday 1st Hitchcocks

To celebrate the patron saint of Wales we will be having a Welsh night (I knew I'd get one eventually!).. Well actually it will be a Welsh and Patagonian (ie Argentina) evening. Patagonia of course being a region where the Welsh settled in harmony with the locals.

In the distance...

Saturday June 5th - World Environment Day
We will be having a stall somewhere in Hull.

Possibly in the distance...

let us know if this is the kind of thing you want:

Wine tasting evening

Cruelty free cosmetics evening

Visit to a Vegan event at Leeds

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 organising. So if you think it would be good to do something then shout!

Event Reports

Benjamin Zephaniah

On 21st November Benjamin Zephaniah came to Hull Truck Theatre and Anne Ford was there.

Wrap Around

There you pounced
like a long streak of lightening
Dazzling everyone
with your hip hop wit

Words painting pictures
Words feeding emotions
Words sending laughter
Words tearing you to bits

You're a cool man
You're a hot man
A make you think
long after the event man.
Long may you reign man

Thank you Benjamin

For one and a half hours Benjamin entertained a packed house. He seemed relaxed, made use of all the 'stage' and communicated to the audience warmth and candour. He told us about his grandma in Jamaica and the bartering way of life there, which had inspired the work "Need" - a dig at the material world and a discourse on the death of Joy Gardner in police custody, led to "The Death of Joy Gardner" very moving and, as with all his pieces, thought provoking.

"How many vegans in the audience?" brought forth a resounding "Here!" from just one side of the stage, then "How many vegetarians in the audience?" brought forth scattered "Heres" - you vegans really stick together - it sounded impressive.

More audience participation was called for at one point and his well known "Be kind to your turkey this Christmas" poem/message will have, hopefully, got through to more than a few people that night.

I for one enjoyed every minute of the evening and prolonged applause brought Benjamin back for an encore.

By the way, hoping to aid my memory by confirming the titles of some of his pieces, I went to Hull Central Library - no help there! They have two books of his in stock - both in the Children's Library (they were out of the time), none in the main Lending Library and they do not keep any of his taped recordings. Perhaps if enough people ask for some of his work they will do something about this omission.

Anne Ford

Fiddleheads

Has anyone tried the new Vegetarian restaurant in Hull, Fiddleheads? If so a quick report would be welcome.

Books Available

After a ruthless sort through my cookery books, the following are looking for a good home. There is no price attached but if you wish to make a donation this would be appreciated (this will go towards the vegan group). 50p - £1 would be great. Books available are:

Vegetarian Feast (St Michael)
Vegetarian Dinner Parties
Vegetarian Meals (Sainsburys)
High Fibre Cooking
Vegetarian Cooking (The Kitchen Library)
Gourmet Vegetarian Cooking (Rose Elliot)
No Meat for Me Please
Vegetarian Cooking (Holland and Barret)

If anybody would like the above books please contact Carol Nicholson on 01482 886029.

VEGANIC PERMACULTURE WEEKEND

Learn how to plant, grow and use a large range of edible and medicinal plants with Ken Fern of Plants for a Future. Cost approx £20 (includes vegan food). Will be held in May in Leicestershire. Date t.b.c. For details, call Ronny on 01283 225055

Contact Information

Mark Evans 24 Chester Avenue, Beverley, HU17 8UQ.
Tel 886029

The news letter, Vegan Society info, Animal Rights (loan of magazines, books, video's etc)
Maggie Tel 444435

Bookings, Anything to do with gardening.

Hitchcocks 1 Bishops Lane, Hull. Tel 320233

Great Vegetarian restaurant but with a strong Vegan offering. The charge is £8 waged / £7 unwaged for our get togethers (£10 and £9 normally).

Hull Foods (aka Mike's Shop) Princes Avenue
(Near the Jet garage)

Lots of Veggie and Vegan supplies. Remember to ask Mike if there is something you want because he can get most items.

Vegan Society

Donald Watson House, 7 Battle Road, St Leonards-on-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

Zebra Shop

 Princes Avenue

Alternative gift shop selling lots of interesting items! If you're stuck for a pressie try Zebra's.