



# Vegan News Letter

## for East Riding Vegans



[http://homepages.nildram.co.uk/~mevans/veg\\_hull.htm](http://homepages.nildram.co.uk/~mevans/veg_hull.htm) e-mail: [veg\\_hull@merrydown.nildram.co.uk](mailto:veg_hull@merrydown.nildram.co.uk)

Issue 6 March 1999

## Welcome to another issue

Well spring is at last starting to show signs of appearing which means hopefully lots more vegan type activities to attend. Good weather makes it easier to attend so watch your newsletter for what is happening.

We have a new venue (well new for us as a group) in the next few weeks so I hope we will get a good attendance at The Zoo. And just to remind you before you even read it the first time(!) we need your menu selections as soon as possible please.

The last few weeks have been very encouraging food issue wise. With Monsanto (and others) trying to force their genetically modified food onto us it was gratifying to see the general public say no. It shows that people are caring more about what they eat and how it is produced.

True the supermarkets too have taken a stand but it is sometimes difficult to decide if it is from the heart or from the marketing department. Still it is welcome and if you find yourself with a few minutes spare why not write a letter to them asking about their GM food policy and expressing your concerns.

We have included with this newsletter a list of common questions and answers about GM food production which we hope you will find useful. This is courtesy of Friends of the Earth. Additionally if you would like a list of GM Free companies then ask Mark for a list.

While on the subject of lists we also have the latest update to the Animal Free Shopper for those of you that use The Book. There are quite a few changes (worst of all Sainsbury Doughnuts, Scrumpy Jack cider and 1727 cider are not now classified as Vegan).

## Did you know?...

90% of soya crops grown in the USA are consumed by livestock. And if you couple this with the fact that animals are net protein consumers (you are typically feed an animal 8kg of protein for it to generate 1kg of protein) you begin to see how inefficient the farming industry is.

So when pro-GM people tell you they want to end the world food shortage you can now tell them the problem is not a lack of food it is food that is not distributed properly to those that need it.

## Forthcoming Events

### April

7.30pm Thursday 1<sup>st</sup> (Honest!)

### Meal at The Zoo

The Zoo is a great café on Newland Avenue. Normally it is not open during the evening but for us they are doing a special event. However they have asked that:

- We have a minimum of 10
- We select meals from a choice of 3 starters, 3 main courses and 3 desserts in advance

We think that this is fair so if you're interested call Carol with your selection(if you didn't get a menu with this newsletter, call and we will get one to you or tell you what the choices are).

We have to inform The Zoo on the 29<sup>th</sup> March so please call soon.

### May

8pm Tuesday 11<sup>th</sup> Bob Marley Day

To celebrate the life of a good and talented vegetarian we will be having a Jamaican meal at Hitchcocks. This should be a very colourful event! If you are interested please call Maggie.

### Saturday 29<sup>th</sup> - BBQ at Maggie's Allotment

Providing the weather is OK we will be hosting a barbecue at Maggie's Allotment (Clough Road). It will be a bring something to barbecue and something to drink to share with others. Starting during late afternoon and going on until the last charcoal brick has gone cold.

Full details in the next newsletter but if you have any BBQ type equipment we could add to ours please let us know.

### In the distance...

### June

Saturday 5<sup>th</sup> - 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.

# Event Reports

## Burns Night

Burns night was a great success for us and for Bruce too. We got to eat great food and Bruce got lots of customers. Even a vegan Haggis was made which was delicious.

## Brian and Junes Bring-a-long

Brian and June kindly let us take over their home for an evening of incredible food variety. Everyone made something and brought it along to share with all.

There were starters, main courses and deserts of every kind with lots of different influences. One very popular dish was the Chocolate xxx created by Dev.

Thanks once again to Brian and June and if you would like an event at your place it would be much appreciated.

## Saint Davids Day

Carrying on with the themes the next event was a St Davids Day meal with a Patagonian influence (lots of Welsh emigrated to Patagonia) held at Hitchcocks.

Bruce conjured up lots of delights for us and the meal was absolutely delicious with lots of colour and taste variety. This was possibly surprising to some.

And for those of you that doubted my note in the event leaflet I can confirm that St David was a vegetarian!

## Financial Report!

It doesn't cost a penny to join the ER Vegans so how do we pay for things? Well we sell things during the year at several fairs around Hull.

Since we are a very informal lot without a structure we won't be having an AGM. However we thought it a good idea to tell you what's in the "bank".

**Currently we have £28.60 in cash and £1.46 in stamps.**

This money is used to pay for postage, phone calls and up front payments for stalls.

Obviously this is not a great deal of money and we don't think we should do anything particular with it, for example buy something for the ER Vegans.

Hopefully we will have another successful selling year and will be able to boost funds further and if we have an obvious surplus maybe we can do something then.

Please note that when the organisers (Maggie, Carol and Mark) decided to do the job then it was agreed between everyone present to run ER Vegans as a very informal group hence the method of reporting the financial situation. If you disagree with this or have any financial related comments then let us know.

## Green Issues - Electricity

Did you know that Yorkshire Electricity can supply you with Green Electricity? Available now you can ask to be put on the green tariff. This uses electricity generated from wind farms and combustion of waste materials.

You are possibly thinking how you get green electricity and your neighbour gets the ordinary stuff. Well obviously it is not possible to separate but Yorkshire Electricity will buy one unit of energy from renewable sources for every one you buy. This is probably the closest you can get without actually having a wind turbine in your garden.

Due to the small quantities presently produced the cost will be slightly higher, 8% above a normal unit price. Therefore people have to make a conscious decision whether to support the project.

Switching to the green tariff costs nothing. Just phone up and register. You will then receive an energy efficient lightbulb (worth about £5) and information on how to save energy.

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## 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.

**The Zoo** 80b Newland Avenue

A café offering a great range of vegetarian and vegan food. Open from 10am to 6pm Mon to Sat, 11am to 4pm on Sundays. Great to pop into after browsing the shops!