



# 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 7 May 1999

## Welcome to another issue

Spring is here so it is time to eat alfresco as much as possible. Two such events are on this issue and there will be more. Obviously they are subject to the vagaries of the weather but hopefully some of them will happen.

One of the reasons for organising such events is to make them child friendly. Children are of course welcome to all events but events such as Picnic in the Park are particularly suitable, especially for younger children.

## GM Food Update

I have been sent quite a bit of literature by the Government on [GM foods](#) and their current position. I will issue a full report on the contents when I have thoroughly read them but so far the Government stance seems to be "*we are going to conduct thorough tests, listen to everyone, take no risks and then approve them anyway!*"

[Panorama](#) had a programme recently which talked to those involved and showed you how the approval process works. What was apparent was that the Government committees stick rigorously to their brief (which is good) but any issues outside this brief are assumed to be picked up by another committee. This often resulted in everyone thought about it but nobody mentioned it scenarios". Hence the toxicology committee did not consider the effect on the environment because that was the job of the environment committee. The environment committee did not consider the impact on the environment due to toxic releases because that was the job of the toxicology committee. Nobody decides and thus nobody can be blamed.

Please consider [writing to your MP](#) about GM foods. You can use the postcards we have given out but you get more impact by writing a letter.

## Writing to your MP

To send something to your MP address it as:

**"Name" MP,**

**House of Commons, London, SW1A 0AA**

MP names are: **John Prescott** - East Hull, **Alan Johnson** - West Hull and Hessle, **James Cran** - Beverley

Note that Mark now has a database of all MPs outside interests if you want to know who is paying an MP.

## Forthcoming Events

### May

#### Saturday 29th - 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 **organic** to barbecue and drink and to share with others (if its not organic you will need to negotiate admission with Maggie!). Starting late afternoon (3:30pm) and going on until the last charcoal brick is cold.

Please call Maggie to say if you're coming so that we get some idea of numbers. Also if anybody has any extra barbecue equipment we can use please mention it to Maggie if a lot of people turn up we may need extra equipment!

### June

#### Saturday 5th - World Environment Day

Sadly we are not able to do anything special for this event but we will be producing literature which we will place in strategic places.

#### Saturday 12th - Picnic in Pearson Park

This will be a bring-along-and-share event. There is no need to book as such but if you want to phone Maggie or Mark then we will look out for you.

We will meet somewhere near the Victoria monument, but if somebody is already there you may need to look around. We will hoist the Vegan Society emblem somehow, so look out!

### July

#### Tuesday, 13th - Feast of Theano

Theano is the Patron of Vegetarianism / Veganism and we will be holding a Mediterranean Feast at Hitchcocks to celebrate the day.

Now the scholars amongst you will instantly spot that I have the wrong date. It should be on the 11th but this is the closest we could get, since I know you all want to celebrate our Patron I have used "organisers licence"! We could have had Indian Independence day but the Veggies are having an Indian meal at Hitchcocks that same month!.

Just in case you don't know your Ancient Greek scholars that well Theano was the wife of Pythagoras but she is notable in her own right. She was the first woman known to have been given the title Mathematician. But more about this clever Greek at Hitchcocks.

## Event Reports

### Soiree at the Zoo

The Zoo is a small, bustling vegetarian café normally serving food during the day but by special request agreed to open just for us on the evening of 1<sup>st</sup> April. The event marked a complete change from our normal eating establishment (Hitchcocks) with a fixed menu, table service and the place to ourselves.

A delicious menu was conjured up by Heather allowing each to select a starter, main course and desert from a choice of 3 of each. All the plates were clear of food which I guess is the best demonstration as to how nice the food was.

What I certainly appreciated was the very relaxed atmosphere they had created for us allowing lots of talking between mouthfuls and courses. We were never hurried and I think everyone enjoyed it.

Although it won't be a frequent venue I am sure a second evening will be organised there later on in the year.

### Bob Marley Day

11<sup>th</sup> May was the day Bob Marley died in 1981 and to celebrate the life of a good man who was also a vegetarian we held a Jamaican evening at Hitchcocks. ER Vegans had a good attendance (17 I think I counted) plus the rest of Hitchcocks was very busy, which is unusual but good to see on a Tuesday night (see *covert advertising*).

The food was great and Bruce concocted lots of Jamaican colours, tastes and textures for the event. In fact the night offered one of the best menus I think we have had there. Supplemented with reggae background music the evening was a tremendous success.

## Triodos Bank

Triodos Bank is a truly ethical bank with lots of innovative schemes. One such is a partnership savings account. This works like a normal savings account but is run as a partnership between you and a designated cause (you save they borrow). You choose the cause from their list which include Just Housing, Quaker Housing, Organic Food and Earth Saver.

Triodos bank can be contacted free on 0500 008 720 or ask Mark for info

## Membership of our group

In case you haven't guessed our group is very informal and there are no fees (we make a bit of money from the festivals which pays for the odd bits and pieces).

If you would like to receive a news letter just get in touch with Mark (see contact information) or Maggie.

Look forward to seeing you soon.

## Covert Advertising

One of the reasons there were more people at Hitchcocks for the Bob Marley night was a bit of "*covert advertising*" by ER Vegans. Several posters were put up around around Hull advertising the night at Hitchcocks but no mention of ER Vegans was made. The idea being to open up the night to as many as possible.

If we had made reference to ER Vegans then there may have been a "put off" factor, ie thinking you had to be a member to come, would be hard sold veganism if you did go etc.

This is obviously good business for Hitchcocks but it is also good for us since it allows more variety of food to be offered, it makes the place a bit more lively and of course it promotes our lifestyle as being an inclusive rather than exclusive one. By this I mean everyone can be a vegan even if it is only for one meal and we should encourage people to try even if they are not or have no intention of joining us.

By giving people a taster and demonstrating that we are an inclusive organisation will encourage non-vegans to come again and maybe even try out vegan food at home for the odd occasion.

If we could get everyone in the UK to eat a vegan meal once a month it would effectively mean there being almost **one million extra vegans**. This would have a great impact on food industry economics by reducing the price of vegan items and making the animal industry less profitable which can only be good.

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## Contact Information

### Mark Evans and Carol Nicholson

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

ER Vegans membership, the news letter, Vegan Society info, Animal Rights info 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. Cost 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

**Zebra Shop** Princes Avenue, Hull

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

**The Zoo** 80b Newland Avenue. Hull

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!