

Activities – Non ER Vegans

Calling all Vegans–What's your story???

At last - an exciting opportunity to share with the the world what's great about being vegan!

Vegan Stories is the working title of a new book, authorised by The Vegan Society, which is to be a fascinating collection of true-life experiences about veganism: whether uplifting, amusing, happy, inspiring, touching or poignant. The purpose of the book is to increase awareness of veganism, raise money for The Vegan Society and above all to be a celebration of veganism and all things vegan!

The project is looking for all types of submissions; stories, anecdotes, illustrations, cartoons, poems, jokes, songs etc and can be on any subject relating to veganism. The items can be true life or fictional.

If you would like more information please contact Carol or Mark who can give you the full details.

Note if anybody wants to write an article for the ER Vegans newsletter then please let us know--we always welcome items from our membership. Again it can be a point of view you want to make or a review or just to publicise a vegan related event.

Vegfam

Vegfam feeds the hungry people of the world without exploiting animals. The fragile environment of developing countries cannot support TWO populations - humans and their food animals. For nearly 30 years Vegfam has provided short and long-term relief to people who have been victims of drought, flood, cyclone or war in 30 countries. For more details, or to make a donation, write to: Vegfam, The Sanctuary, Nr. Lydford, Okehampton, Devon, EX20 4AL or Telephone: 01822 820203

Vegan Guide to Broadland

The vegan and vegetarian guide to Broadland is now available. With essential information on places to stay, eat, shop and visit in the Broadland area of Norfolk. The guide is available in paperback for £2 + 50p P&P. For more details email vegerose@hotmail.com (if you are interested ER Vegans can e-mail for you--contact Carol or Mark).

Local Vegan Suppliers

Arthur Street Trading 23 Arthur Street. Tel 212871

Home or work delivery of organic produce and collection of your separated recyclable goods.

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

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

Grain Whole Foods Newland Avenue

Veggie and Vegan foods, supplements and remedies.

Zebra Shop Princes Avenue, Hull and 87 Paragon Street, Hull

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

**Paul at Zebras now offers a gardening service -- enquire within the shop **

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 and 11am to 4pm on Sunday. Great to pop into after browsing the shops!

ER Vegans Contact Information

Mark Evans and Carol Nicholson

140 Victoria Avenue, Hull, HU5 3DT. Tel 471119

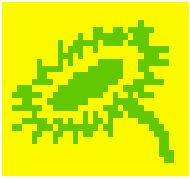
ER Vegans membership, the news letter, Vegan Society info, Animal Rights info etc

Maggie Tel 444435

Bookings, Anything to do with gardening.

Vegan Society Donald Watson House,

7 Battle Road, St Leonards-on-Sea, East Sussex, TN37 7AA. Tel 01424 427393



Vegan News

for East Riding Vegans

Letter



<http://www.merrydowncontrolware.co.uk/ervegans.html> e-mail:
ervegans@merrydowncontrolware.co.uk

Issue 11 - July 2000

Welcome

to the first summer issue (it is summer because it says so on my calendar!). We were planning lots of outdoor activities for this part of the year such as picnics in the park and barbecues but with the weather so unreliable this has been difficult. We will be giving it a try in the near future but it might be at short notice (eg a week or so) and we will let you know by contacting you directly. If you are definitely interested perhaps you can give us a call.

It has also been suggested that we have a group visit to see Chicken Run at the cinema--well it is about chickens escaping a farm so there is a tenuous link there! We haven't arranged an actual date but if you would like to see it with us in the next two to three weeks perhaps you could call us and we will fix up a convenient date.

Forthcoming Events

July

Red Hot Fiesta Day – Saturday 22nd

A festival organised by Hull Council and featuring salsa, carnival, music, dance, theatre and stalls including ER Vegans. The events and stalls are staged in Queens Gardens in the centre of Hull from 11am through to 5pm and its all free!

Music starts on The Red Hot Stage at 12 noon and look out for Mango Stomp in the street theatre area at 3pm (Mango Stomp features Bev and Dev from ER Vegans).

Anybody with any bric-a-brac they want to donate please contact Carol or Mark soon!

August

Percy Bysshe Shelley Night – Thursday 3rd

To celebrate the birthday of the famous poet and vegetarian (actually it is the 4th August but that date is not suitable for us!) ER Vegans will be having a meal at Hitchcocks. The theme will be English but with a strong Italian influence (learn more about why there is an influence on the night).

As usual it will be an 8pm start. If interested please book your place with Carol or Mark.

Vegan Summer Gathering 26th August – 2nd September, Exmouth, Devon.

Self-catering accommodation for 30-40 people plus day visitors. All ages welcome. Discussions, talks communal evening meals and trips. For full details and booking form send SAE to Malcolm Horne, 10b Windsor Square, Exmouth, Devon EX8 1JU (phone 01395 270280 evenings).

Note ER Vegans have some leaflets for those interested. Please contact Carol or Mark.

In the Distance...

We will organise another picnic in the park when the weather becomes a bit more like it should be in summer!

September

Another meal at Hitchcocks-date and theme to be confirmed.

November

Wednesday 1st World Vegan Day - a meal at Hitchcocks will be arranged as is customary on this day

Iceland to bring organic food to mass market

LONDON (Reuters) - Supermarket group Iceland says it is investing nine million pounds in an initiative to bring organic produce to customers at similar prices to other food.

Iceland, the first supermarket chain to ban GM food, said it had secured nearly 40 percent of the world's organic produce and set up long-term contracts with suppliers.

"This is the biggest move in the organic industry so far," said Chairman Malcolm Walker. "It is our aim to stop organics being a niche market and make it accessible to all income groups. This means the company will be able to sell organics at the same price as ordinary supermarket own-label food, while ensuring customers and farmers get the best deal," it said.

Iceland said that because only three percent of British land is organic, demand for organic food would quickly grow to outstrip supply. But it will also invest one million pounds in the National Trust's farming programme to increase organic acreage in the UK, it said.

Vegan Diet May Cut Risk of Prostate Cancer

LONDON (Reuters) - Men who eat a vegan diet have lower levels of a protein associated with prostate cancer :Researchers at the Imperial Cancer Research Fund in Oxford said that while further investigation was needed, their findings suggested that a diet without meat or dairy products could reduce the risk of contracting the disease.

Earlier studies have suggested that high levels of IGF-I -- an insulin-like growth factor -- could play a key role in causing prostate cancer. The Oxford study of 696 British men found IGF-I levels were nine percent lower in vegans than in meat-eaters and seven percent lower than in vegetarians. Meat-eaters were defined as men who ate meat on most days of the week. The study, published in the British Journal of Cancer, also said previous research had found prostate cancer rates were generally lower in countries with low consumption of meat and dairy products.

Prostate cancer is the second most common cancer in British men. Each year, the disease kills about 9,500 men and about 21,000 new cases are diagnosed.

Huntingdon Life Sciences are losing investors

Guardian 10th June - The Royal Bank of Scotland has confirmed that it will not renew the £20m overdraft facility of Huntingdon Life Sciences (HLS) when it expires in August. This follows a similar withdrawal by a German banking group.

HLS are an animal testing laboratory that conduct tests on behalf of others, normally pharmaceutical companies, and have been exposed on numerous occasions for their cruel treatment of animals.

Amazingly the Labour Party (as reported by the Vegan Magazine) also had a financial interest in HLS but have now withdrawn. Sadly the Cooperative Group have decided to still maintain their investment in HLS via their insurance division.

Benjamin Zephaniah in Who's Who

Benjamin is the Vegan Society patron and is the first vegan to appear in Who's Who. Ever busy Benjamin is featured once again on the latest CD from local band Back to Base, entitled "Heading for the Door".

Vegan Families Information Resource

A new online resource for vegan families--including pages on parenting, products, people, travel and links--can be found at www.vegfamily.com. For those without access to the internet please contact Carol or Mark who will try to obtain the information you require.

Vegans Beware of Linda McCartney Products

The Vegan Magazine (Spring 2000) has highlighted that many items in the Linda McCartney range are no longer vegan. However the company that produces the range are receiving lots of complaints and they say they are listening and will review the situation. There is a freephone number if you want to air your views, telephone 0800 626 697 (Monday - Friday, 9am-6:30pm).

Animal Free Shopper is almost here!

The Vegan Society have assured us that the Animal Free Shopper 2000 edition will be available very shortly.

Reviews

Ranworth Vegetarian Guesthouse

This guesthouse is one of those places where you are not sure whether to tell friends or keep it a closely guarded secret. Situated on the clifftops at Ravenscar at the south end of Robin Hoods Bay it is ideal for a relaxing get away. The owners, Karen and Kevin, provide a relaxed and friendly welcome - and as over 90% of the visitors are vegan you can be sure of being well catered for. Karen does all her own cooking using home grown and organic produce and we (that is Carol and Mark) can certainly vouch for her presentation of some fabulous, wholesome food - they also have a supply of organic wines and beers or you can sample one of the homemade cordials. Packed lunches are available - recommended if you are going to set off along the clifftops to Robin Hoods Bay or perhaps cycle to Whitby.

We felt the prices were very reasonable for the facilities and the quality of the meals - B and B £18, three course evening meal £8 and packed lunches £4. Children are welcome being able to use the family playroom at the top of the house and are charged reduced rates.

Telephone Karen on 01723 870366.

Event Reports

Soiree at the Zoo

A few of us met in July for an evening meal at the Zoo, enjoying a delicious summer meal, despite the weather. Many had problems deciding from the menu - there was a lot of tasting of neighbours food and voices of appreciation during the night. It was a chance to talk and share and laugh together - we hope to have other meals there in the future and can recommend that you join us.

Bob Marley Night

Back by popular demand we had another wonderful meal on a Jamaican theme to celebrate Bob Marley Day- it was good to see Hitchcocks yet again full to capacity and to know that others had the chance to experience and enjoy a vegan meal. These meals are an excellent opportunity to introduce sceptical friends and family to the culinary delights on offer - we should not hide the fact that as vegans we can enjoy good (great?) food and that, despite peoples views, we do not miss out.

Garlic Night

I was so disappointed to miss out on this meal being a great fan of garlic, as my work colleagues can testify - but from reports I understand that it was another success and I did get to taste some of the food as Bruce very kindly sent a doggy bag home for me. A whole bulb of roasted garlic to myself!!

Recipes

In anticipation of at least a few more summer days and balmy evenings here are some barbecue ideas, drawn from our experiments!

Freezing tofu changes the texture and it will, when defrosted, then readily absorb a marinade - we make a marinade from olive and sesame oils, garlic, cider vinegar, tamari, chilli sauce, tomato puree and anything else that may be handy on the shelves. Marinade the defrosted tofu in this for several hours, if you have time, and then grill on the barbecue - even Maggie was converted to tofu done in this way.

Other vegetables that do well on a barbecue are aubergine, courgette, mushrooms, corn on the cob and sweet potato.

I find that the following salad goes well with a barbecue - grate some carrot and courgette into a bowl. Add some toasted red skin peanuts (omit if children are partaking), toasted pumpkin seeds, sesame seeds and poppy seeds. Pour over French dressing and mix well.

A favourite dessert is to wrap bananas topped with maple syrup, something alcoholic (optional!), sultanas and pine nuts in tin foil and heat well through on the barbecue. Serve on their own or with some vegan cream or vegan ice cream.

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 / Carol (see contact information) or Maggie.

Look forward to seeing you soon.