

# Vegan Values

The following is an interesting (and well written) article that we thought would be particularly apt at this time of year when people traditionally think about their passage through life.

The term philosophy is often used to mean a set of basic values and attitudes toward life, nature and society. In this sense, Veganism is a "Philosophy of Life," guided by what I envision as an essential core of values and principles:

- Vegans see life as a phenomenon to be treasured, revered and respected. We do not see animals as either "The Enemy" to be subdued, or the Materials for Food, Fabric or Fun that were put on Earth for human use. Vegans see themselves as a part of the natural world, rather than its owners or its masters.
- Veganism finds no expendable or superfluous species that humans are justified in hurting or killing. Species of life forms need not justify their existence, nor plead for protection from extinction on the grounds of their potential usefulness as food or medicine for humans. We continue to be burdened and misguided by adages such as "A weed is a plant we have not yet found a use for."
- Veganism acknowledges the intrinsic legitimacy of all life. It recognises no hierarchy of acceptable suffering among sentient creatures. It is no more acceptable to torment or kill creatures with "primitive nervous systems" than those with "highly developed nervous systems." The value of life to its possessor is the same, whether it be the life of a clam, a crayfish, a carp, a cow, a chicken, or a child.
- Veganism understands that gentleness cannot be a product of violence, harmony cannot be a product of strife, and peace cannot be a product of contention and conflict.
- If Veganism has a hierarchy of values, it would simply be that life respecting compassion overrides individual issues of custom, convenience, comfort or cuisine.
- If there is a single article of faith, it would be that commitment to Vegan values will bring us closer to a world in which the fate and fortune of a planet and all its life forms will not hang on the judgement or the generosity of the human species.
- John Muir, talking about the natural environment, once observed "Every time I bend down to pick something up, I find it is connected to something else." There is an equivalent "ecology" to our behaviour. Everything we do connects to something else; every action touches on the world around us close at hand and noticeable, or far away and unperceived, immediate in its effect or distant in time.
- If there is one single concept that both generates and sustains the meaning and the power of the Vegan world view, it is found in the word mindfulness. As Vegans, we strive to be thoughtful, aware and concerned about the impact of our choices, our actions and our decisions.

Re-printed from the website of Dr Stanley Sapon (<http://www.veganvalues.org>).

## 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

\*\* Temporarily Closed - Watch this space for details of the grand re-opening \*\*

**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

Anything to do with gardening.

**Vegan Society** Donald Watson House,

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



## Welcome

To last issue of the millennium year, or will that be next year! This issue has been a while coming so apologies (again!) for that. New year resolution number 1 is to make this newsletter a bit more regular!

One thing we would like you to think of doing is to support the vegan society by joining them. Membership cost £17 (waged), £11 (unwaged), £23 (waged family) and £15 (unwaged family). In return you get an informative magazine 4 times a year and a membership card that entitles you to discount at many outlets (for example 20% off at normal price at Hitchcocks plus discounts at many guest-houses, restaurants and shops around the country). If you would like to borrow a past copy of the vegan magazine please get in touch.



There are two levels of membership; full and supporter. To be a full member you have to adhere to the vegan ethic. A supporter does not have to be a vegan and gets the same benefits of membership but does not have any voting rights.

Incase you didn't know the definition of veganism as used by the vegan society it is:

*A philosophy and way of living which seeks to exclude--as far as is possible and practical--all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment.*

Another way of supporting the vegan society is to partake in their monthly lottery, the Sunflower Lottery. Winning the sunflower lottery won't change your life as the first prize is typically £80 (second is around £45 and third around £30). However the money raised (half the lottery is returned as prize money, the other half is used by the vegan society) will be going to an excellent cause and you don't have to watch that stupid programme on the TV!

If you would like to partake in the Sunflower Lottery then please ask ERVegans for a form or contact the vegan society directly.

## Forthcoming Events

### December

#### ER Vegans Festive Feast - Thursday, 21<sup>st</sup> 8pm

December is the time for the East Riding Vegans festive feast, our traditional get together to sample delights from all over the world at Hitchcocks restaurant. Booking is essential for this very popular event. Please contact Carol or Mark.

#### Thai Night - January / Early February

By popular request (well by Andy) we will be having a Thai meal at Hitchcocks at the end of January or beginning of February.

### In the Distance...

#### Meal at the Zoo - February / March

### Really in the Distance...

# News

## Vegan Society Fact Sheets

The vegan society have just updated their list of fact sheets. The fact sheets are available on line at their website [www.vegansociety.com](http://www.vegansociety.com) or from ER Vegans.

### Nutrition

Calcium  
Cooking Without Eggs  
Vegan Cookery Courses  
Essential Fatty Acids  
Iron  
Living Without Dairy  
Protein  
Recipes from "soundbites" video  
Supplements  
Vitamin B12  
Vitamin D

### Other Issues

Animal Food  
Bees & Honey  
Genetic Engineering  
Glossary of Animal Substances  
How to Start a Vegan Group  
Humane 'Pest' Control  
International Vegan Contacts  
Leather & Fur  
Shellac  
Silk  
The Dairy Cow  
Useful Addresses  
Vegan Caterers  
Vivisection  
Wool

### Lifestyle

Alcohol  
Bodybuilding & Athletics  
Cake Recipes for Special Occasions  
Contraceptives  
Discounts Available to Vegan Society Members  
Footwear & Clothing  
Goats  
Making Soya Milk & Tofu  
Pregnancy & Childhood  
Raw Food & Fruitarianism  
Recipes for Babies and Toddlers  
Sunflower Cake Recipes  
Teen Vegans  
Travel Guides  
Vegan Cats & Kittens  
Vegan Celebrities  
Vegan Communities & Projects  
Vegan Families

### Health

Additives  
Aluminium & Soya Milk  
BSE  
Diabetes  
Being a Gluten Free Vegan  
Osteoporosis  
Phytoestrogens  
Vaccinations  
Veganism for the Over 60s  
Weight Loss on a Vegan Diet

To celebrate World Vegan Day 2000 the Vegan Society produced a recipe booklet with vegan recipes from all over the world. The theme this year was World Vegan Food to promote the fact that vegan dishes have traditionally formed a large part of the diet in countries all over the world and they have proved to be both delicious and nutritious. If you would like to purchase a copy of the booklet it costs £1.99. Contact the vegan society or ER Vegans.

## Baby Booklet

Plamil has published a 24 page booklet entitled 'Vegan Infants Case Histories'. It includes a midwife's advisory comments, feeding guidelines, nutritional data, case histories and photographs. The booklet is available for £2 from Plamil by sending an A5 size SAE to Plamil Foods Limited, Folkestone, CT19 6PQ together with payment. Mention that you want the vegan infants case histories. You can also telephone on 01303 850588 (24 hours)

Note if you send just an SAE to Plamil they will send you free informative literature.

## ...and a quick plug for a new type of Plamil Chocolate

This new bar expresses the pioneering developments of Plamil, in using an original combination of organic cocoa beans and organic sweet lupin flour to produce a distinctly new organic Expression.

Like all Plamil products, Expressions is gluten free, dairy free, and has no genetically engineered ingredients.



# Reviews

## Bean There Vegetarian Café

### An ERVegans report by June and family

Not to be missed if you're in the area and worth a special trip if you fancy lunch out!

We have been several times and always come away happy and full. All the food is vegetarian and mostly organic. Vegans are well catered for. When we last visited (a Saturday lunchtime) there were 5 savoury vegan choices and 4 vegan sweets. Brian had the provencale bean casserole served with an interesting salad and home-made organic olive bread followed by chocolate crunch. (I had a non-vegan meal). Two and a half of us ate for around £13....not bad for 2 main courses, 2 sweets, an ice-cream and 3 organic drinks.

The surroundings are pleasant and relaxing and there's an open fire on cold days. The proprietor and staff are friendly and helpful. If you have small children you'll appreciate the extras they provide (books, special cutlery, potty etc!). They open 12-3 Tuesdays to Saturday (takeaways available) and Saturday evenings (booking advised). No licence but you can take your own wine.

Bean There Vegetarian Café is at 10 Wellington Street, Bridlington. Telephone 01262 679800.

*If you have any vegan experiences, good or bad, that you would like to share with ER Vegans please get in touch.*

# Recipes

A delicious alternative to the usual Christmas pudding and this one can be prepared the day before.

200g (7oz) chopped dates	1/2 teaspoon mixed spice
200g (7oz) raisins	175g (6oz) wholewheat breadcrumbs
200g (7oz) currants	50g (2oz) chopped almonds
200g (7oz) sultanas	225g (8oz) vegetable suet
100g (4oz) prunes, chopped	50g (2oz) wholewheat flour
100g (4oz) mixed peel	285ml (9 1/2 fl oz) orange juice
225g (8oz) Barbados sugar	1/2 teaspoon grated nutmeg

1. Wash the dried fruit and place it in a large mixing bowl. Stir in all the dry ingredients and then the orange juice. Cover and leave to stand overnight.
2. The next day, stir the mixture-- the consistency should be soft and firm, not runny. Add more orange juice if necessary. Press the mixture into a greased 1.2 litre (2 pint) pudding basin. Cover the top with two layers of greaseproof paper or a pudding cloth and secure with kitchen string.
3. Stand the pudding basin in a large pan with 7.5-10cm (3-4 in) of boiling water in the bottom. Cover the pan tightly and steam the pudding over a low heat for about 2 hours, checking from time to time and adding more water to prevent it from boiling dry. Turn out and serve with your choice of topping (soya ice-cream recommended).

If anybody would like us to find a particular recipe then please let us know and we will see what we can find.

# What do you think?

Over the past couple of years we have made a bit of money from the fairs we have attended such that we now have a surplus of funds over what we need for postage and other bits and pieces. Since it is the time for giving we would like to make a donation to the vegan society to assist them in their work and to say thank you for helping us.

We are thinking of donating £40 which will leave us with about £25.

Please let us know what you think at the next Hitchcocks event.

## 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.