

## News

### ---Stop Press: Vegan Fast Food in Pearson Park ---

The Blue Giraffe Cafe now have a spot in Pearson Park and sell organic vegan and hemp burgers, along with organic lemonade, hot drinks and soya milk shakes. We visited last week and thoroughly enjoyed our meal sitting under the cherry blossom - they certainly seemed to be doing a great trade with a steady stream of customers while we were there.

We thought it would be good to show our support as local vegans - see events for details.

## Events organised by others...

Note if you would like more information on any of the following please ask

### Vegan Camp 2001 - 4<sup>th</sup> August to 18<sup>th</sup>

The details for Vegan Camp mentioned in the last issue have now been formalised. This years camp will be at :

The Vaenol Caravan Park, Tywyn, Gwynedd, Wales LL36 9AW

Details at <http://www.geocities.com/HotSprings/Oasis/3363/> or call 0161 755 3552

Vegan Camp is especially suitable for families.

### Vegan Summer Gathering - Devon Saturday 25<sup>th</sup> August to Saturday 1<sup>st</sup> September

Meet other vegans, share and develop ideas, make contacts and friends. All ages welcome. For more info contact Malcome Horne on 01395 270280.

Vegan Summer Gathering is intended for adults but kids have been taken previously.

## Local Vegan Suppliers

**Arthur Street Trading** 23 Arthur Street, Hull. Tel 212871

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

**Hemp Union** 24 Anlaby Road, Hull. Tel 225328

e-mail: [sales@hemp-union.karoo.co.uk](mailto:sales@hemp-union.karoo.co.uk) internet: <http://www.hemp-union.karoo.net>

The UK's biggest selection of ethically produced, environmental products, made from cannabis hemp the worlds most valuable & versatile crop.

**Hitchcocks Vegetarian Restaurant** 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, Hull

Best place for your vegan food supplies in Hull. Remember if you can't see it Mike can normally order it.

**Grain Whole Foods** Newland Avenue, Hull

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 Tel 494352

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

Welcome to the early summer edition of our newsletter - we are being optimistic in our plans for over the next few months and have set some dates for outdoor get togethers and picnics. They are always a lot of fun and the range of food is usually great - all we need now is the sun.

We have concentrated this time on the issue of vitamin B12 having had a lot of enquiries and discussions on this subject in recent weeks - included are two interesting articles and a list of foods from which vitamin B12 is available to vegans. I am sure the debate and discussions will continue.

We felt the Dr.Hadwen Trust was worthy of mention due to its promotion and support of the development of non animal experiments for medical research. We have some back copies of newsletters and reports if anyone would like to have a look at them - just contact Carol and Mark.

The plight of children being worked on cocoa plantations has very much been in the news recently and made me think very seriously about my purchase of chocolate - there are fair trade products available to us as vegans (Traidcraft and Green and Blacks are two examples that I know of) and I would encourage you, where possible, to support those companies who are certified under the fairtrade banner.

We look forward to seeing you at the forthcoming events - do contact us if there are any questions about vegan related issues and we will do our best to find out for you. And if you have anything for future newsletters such as articles, restaurant or book reviews do feel free to get them to us.



## ERVegan Events

### June

#### Picnic in Pearson Park - Sunday 17<sup>th</sup> about 2pm-ish

Weather permitting we shall be having a bring-a-long picnic in Pearson Park. For those of you who haven't been before this is a simple get together where everyone brings a bit of picnic type food to share with others plus a drink. It doesn't have to be home cooked or finest cuisine just something that you can easily eat and enjoy with like minded people.

We normally meet up opposite the Victoria monument providing someone hasn't already got that spot. And don't forget you can now get vegan fast food in Pearson Park too (see news).

#### Jean-Jacques Rousseau Night at Hitchcocks - Thursday 28<sup>th</sup>

Jean-Jacques is something of a rarity, a French vegetarian so we thought we should celebrate his birthday with a bash at Hitchcocks. Don't worry, we won't be delving too deeply into political philosophy, just glorious helpings of French food. For your interest JJRs most famous work starts "Man is born free and everywhere he is in chains."

### July

#### Red Hot Picnic - Queens Gardens Saturday 21<sup>st</sup>

The council are not having a Red Hot Fiesta this year where we normally have one of our stalls. However they are organising a Salsa Afternoon so we thought we would arrange to have one of our bring-a-long picnics there (see Picnic in Pearson Park for what this entails) so that we could sit and enjoy the music while we ate.

### In the future...

#### Bean There, Bridlington

Andy has suggested that we try to organise an evening meal at the "Bean There" vegetarian restaurant in Bridlington - see previous newsletter for a review by June. We were thinking that a Friday in August would be a possibility when we could walk off the meal with a stroll along the beach. If you would be interested please ring Carol and Mark and we would then arrange a date - we need ten people to make it viable. Transport will be shared so if you do not have a car don't let this put you off ringing.

# Vitamin B-12

Recently ERVegans have been asked on several occasions for information regarding vitamin B-12. We are not sure why there is the sudden interest but we thought that for the benefit of all we would print what we have found. Clearly there is some concern and lots of confusion out there and it is only after researching that we feel confident in our basic understanding of this subject.

Firstly here are some extracts from the book regarded as the vegan nutritionists bible; Vegan Nutrition by Gill Langley.

*B12 encompasses a group of related substance called cobalamins. Prolonged cooking of the vitamin destroys it.*

*To be absorbed effectively from food, B12 relies on a few things. Saliva during chewing, then a protein which is produced in the stomach. Then a protein takes it across the lining of the small intestine and into the bloodstream. There it hooks onto another protein which carries it to the tissues in the body.*

*B12 is needed, with folate, by rapidly dividing cells, such as those in the bone marrow which form the blood. B12 is also needed for a healthy nervous system.*

*The World Health Organisation's recommendations is 1 microgram daily for adults (1 microgram, not 1 milligram) The USA says 2 micrograms per day for adults. germany recommends 3 micrograms a day. 3 micrograms is the most that can absorbed at one time, so taking more than that will just be excreted the urine.*

*B12 is stored in the liver, which normally contains sufficient B12 (2-5milligrams) for 3-6 years, even if the total absence of a food source of B12. For this reason, a daily intake is not needed. A regular intake, at least, 3 days a week, is adequate. Furthermore, since the main route of B12 loss is in bile, our bodies recycle the B12 by reabsorbing it from the bile as it passes through the small intestine. The vitamin is also conserved in the kidneys.*

*Grains, nuts, pulses (beans) and vegetables do not contain B12, unless it is found on soil that is on the food.*

*For many years, it was thought that edible seaweeds (nori, wakame, kombu), fermented soya foods (tempeh, miso) and spirulina contained B12. However not all the resulting B12 is the type of B12 that the body can use (active B12). Spirulina does contain some useful B12, although of tests done, with the more recent, more accurate analysis, the tablets contained 15% to 2% of the total B12 the labels claimed.*

*Reliable sources for B12.14 out of 15 brands of American vitamin tablets contained 88%-328% of the B12 the labels claimed. Nutritional yeast has some useful B12, although the B12 actually comes from the B12 enriched molasses medium on which the yeast is grown. many fortified foods have B12, in them cereals, soy drinks, (EdenSoy has confirmed that their source for B12 is vegan), and other foods.*

*Some people have B12 producing bacteria in their colon, which is not absorbable. As well, as some people have the bacteria in their small intestine, where it can be absorbed. The incidence and contribution to B12 intake in not understood.*

*The first signs of B12 deficiency in adult vegans might be 'pins and needles' or coldness in the hands and feet, fatigue and weakness, poor concentration or even psychosis. Deficiency in infants causes lose of ability to sit up on their own, irritability, stopping smiling or socialising, and loss of appetite (how you differentiate this from normal child behaviour is anybody's guess!).*

*Lower than normal levels of B12 in the blood do not indicate a deficiency,in the majority of people. Even with no source of B12, most people's blood level stabilises out at 100 pictograms of B12. Vegans of 20-35 years, with no intake of B12 have very rarely been found to have deficiencies. Since the 1980's 15 cases of adult vegan B12 deficiency have been recorded in the medical press world wide. the fact that single reports of deficiency are still reported illustrates the rarity of deficiency.*

*Vegan breast feeding mother should be sure to have supplemented B12 sources. An adequate source can easily supply the needed amount of B12, but mothers should be sure they are getting sufficient amounts."*

EXAMPLES OF UK GOVERNMENT B <sub>12</sub> RECOMMENDED REFERENCE NUTRIENT INTAKES* (µg/day)		
Children	0-3 months	0.3
	10-12 months	0.4
	7-10 years	1.0
Males/Females	11-14 years	1.2
	15-50+ years	1.5
Pregnancy	no increase	
Lactation	0-4+ months	+0.5
* Recommended daily amounts for 97% (those without special needs) of the population		
SOME B <sub>12</sub> -FORTIFIED FOODS		
CPC Marmite — 15mg/100g		
Orchid Drinks Ame — 0.12mg/100ml; Purdey's Original & Gold — 0.1 mg/100ml; Vitonic — 0.33 mg/100ml		
Plamil Soya Non-Dairy Alternative to Milk — 1.6 mg/100ml		
Plamil White Sun Non-Dairy Alternative to Milk - 1.6 mg/100ml		
Provamel Soya Alternative to Milk with Calcium & Vits — 0.5 mg/100ml		
Weetabix Ready Brek Original — 0.9mg/100g		
Sanitarium So Good Low Fat Dairy-Free Soy Protein Beverage — 0.4mg/100ml		
Tesco Yeast Extract — 8.3mg/100g		
Kellogg's Rice Krispies — 0.85mg/100g		
SOME B <sub>12</sub> SUPPLEMENTS		
Higher Nature B <sub>12</sub> (sublingual powder)		
Medeva Pharma Ltd Neo-Cytamen; Cytamen (both injectable)		
Quest Vitamin B <sub>12</sub> 500µg		
Vega Nutritionals Vitamin B <sub>12</sub> 1000mg (veg caps)		

table courtesy of The Vegan Society

ER Vegans have a copy of this book if you would like to see the full text plus we have an article printed in the vegan magazine about this subject if anybody would like a copy.

Here is what Dr Michael Klaper says about vitamin B-12

*"One issue that we need to cover is vitamin B-12 and its roll in a vegan diet Vitamin B-12 is an essential nutrient that you need for healthy blood and healthy nerves. There is a prevailing feeling that only animal products contain vitamin B-12*

*Let me be very clear about this, cows do not make vitamin B-12. They never have, they never will. Pigs don't make vitamin B-12, chickens don't make vitamin B-12, no animal makes vitamin B-12. They never have, they never will.*

*Vitamin B-12 is synthesised by single celled microbes (bacteria) that live in the soils of the earth. And long ago when the earth and soils were healthy, before we put all sorts of chemicals on them, the surface of the earth was covered with vitamin B-12. There used to be lots of vitamin B-12 in our lives. Even if you were a pure vegetarian 300 years ago, you could open up the back door of your cottage and outside would be a beautiful organic garden. Every carrot you pulled out of the ground would have little particles of vitamin B-12 sticking to it. When it came time to get your water, you'd take a bucket of water out of the stream, and there too you would find vitamin B-12. There would be B-12 under your finger nails from working in the garden. There would be plenty of B-12 in your life, and since you needed so little of it, concerns about deficiency would not be an issue.*

*We've become very isolated from the earth and we've lost our natural sources of B-12. Cows have B-12 in their muscles because they're eating grass all day and their pulling up clumps of dirt that have B-12 producing organisms clinging to the root of the grass. They eat the B-12 producing organisms who produce the B-12, which gets absorbed into their bloodstream, goes out into the muscles, and is deposited into their muscles and livers. But that is bacterial B-12 in the cow's muscle. The cow did not make it, nor did the pig or chicken.*

*Those same organisms are now cultured in big vats, producing their B-12 that is eventually separated out. It is then added to breakfast cereals, soy milks soy burgers, nutritional yeast, and vitamin tablets. It's easy to get vitamin B-12 without consuming animal products and I suggest if you really want to lighten up your diet, find a non-animal source of B-12.*

*We are evolving as a species. What our caveman ancestors ate is of little import to us now. The question is what is the best diet for modern human beings? Medical literature is clearly showing that the less animal fat and animal protein you put in your system, the healthier you are going to be."*

Dr Klaper started off as a conventional medical graduate but as his career progressed he began to identify a link between poor health and peoples intake of high fat and processed foods. This led him to research the link between diet and disease. He has written many books on the subject, presented radio shows and has served as advisor to the NASA. project on nutrition for long-term space colonists on the moon and on mars.

## Reviews

For those of you who may not have heard of Dr.Hadwen Trust (Humanity in Research) we thought we would introduce you to their work.

*"The Dr.Hadwen Trust works to find alternatives to animal experiments. 2 1/2 million animals are used in experiments every year in the U.K. alone.....in contrast, our research into cancer, heart disease, diabetes, rheumatism, dementia and other illnesses doesn't cause a single animal to suffer...."*

Some examples of their work to date are :

- establishing a human tissue bank for medical research so diminishing the need to use animals
- hi-tech equipment provided by the Trust has been used to develop a method of identifying new drugs without animal experiments, including anti-malarial and anti-cancer drugs.
- research is being undertaken on mathematical explanations of human ageing, looking at the interplay between genes and lifestyle. The human population studies designed will replace large scale experiments with mice.

If you would like to support the Trust you can contact them at :

Dr.Hadwen Trust  
84A Tilehouse Street  
Hitchin  
Herts. SG5 2DY  
Telephone : (01462) 436819  
Website : <http://www.drhadwentrust.org.uk>



Membership costs £10 ; unwaged £7 and you will receive regular newsletters and reports. Or you can order goods from their mail order catalogue, including environment friendly stationary, toiletries and "luxurious vegan chocolates". (They come with our recommendation!)