

Events organised by others...

We don't have room for full details of these events so if you would like more information on any of the following please ask

November

Thursday 1st - National Vegan Day

Lots of activities all over the country and we are trying to organise some events and offerings in our area. We are also hoping to get some posters from the Vegan Society if you'd like some for work, clubs etc let us know.

Saturday 10th - Vegan Society AGM

Conway Hall, Red Lion Square, London. Noon onwards for food, stalls, good company - meeting starts at 2pm. Local contacts meeting before AGM. Please contact VS Office regarding stalls, Crèche places.

December

24 - 28 December Veg*an Xmas

Vegiventures Christmas House party, Exmoor, 24 - 28 December, 4 nights' full board from £199. Details from Nigel Walker: holidays@vegiventures.com; www.vegiventures.com.

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.

The Co-Op, several places including Chanterlands Avenue and Greenwich Avenue (Hull), Market Place (Hedon) High Street (North Ferriby).

The Co-Op now marks its vegan products as "suitable for vegans" so it is easy to find stuff. And its not only food items but cosmetics, toiletries and cleaning products. Convenient opening times for all those bits and pieces (eg chocolate bourbon biscuits!).

Hemp Union 24 Anlaby Road, Hull. Tel 225328

e-mail: 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 £10 waged / £9 unwaged for our get togethers (£12 and £11 normally).

Hull Foods (aka Mike's Shop) 79 Princes Avenue, Hull. Tel 446929

<http://freespace.virgin.net/hullfood.com/index.htm> e-mail: hullfood.com@virgin.net

Best place for your vegan food supplies in Hull and now with a website. Remember if you can't see it Mike can normally order it and its normally there the next week.

Grain Whole Foods Newland Avenue, Hull. Tel 448680

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 4711119 [e-mail: ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk)

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

Well we said we would get more regular issues to you this year but society has conspired to stop us (well that's our excuse anyway!). Don't forget that just because we are lapse at sending out newsletters it doesn't mean you can't contact us for information or advice on vegan issues. We are always happy to help and with the resources of the vegan society and the internet at our disposal we can normally find out most things you could possibly want to know fairly quickly.

Talking of the internet good vegan information is becoming more and more available but only via internet access. If we mention such items in our newsletters and you cannot get access yourself just ask and we will get the information to you.

Also you may notice the term "veg*an" being used as a replacement for vegetarian or vegan. So if you see something is OK for veg*ans then it should be OK (but always check!).

This issue we have decided to look at essential fatty acids (EFAs) since so many people have asked about this topic recently. Hopefully the information we give will help you understand why your balanced intake of EFAs is so important and how you can get them into your diet. This is especially important these days since we are constantly bombarded by products and information that stress we have to have a low fat diet and many people have come to the conclusion that fats are always bad for you.



Courtesy of www.vegetus.org

ERVegan Events

September

Indonesian Night at Hitchcocks - Wednesday 26th

As a special request from Andy we have organised an Indonesian night at Hitchcocks. So turn up for about 8pm-ish and give your taste-buds a sample of food from an exotic land out east.

October

Bring-a-long at Brian and Junes - Saturday 20th

Brian and June have kindly volunteered to have a bring-a-long at their house (Hull Avenues area) on Saturday 20th October from 6pm through to about 9pm.

Incase you haven't been to one of our bring-a-longs they work like this. You telephone Brian and June to let them know you are coming plus what food you would like to bring with you (this is so that we don't get 10 apple strudels and no main courses!). You then turn up with your food, put it on the table and share with the dishes everyone else has brought. You are also free to bring along drinks.

If you would like to come please contact Brian or June on 3434070.

November

World Vegan Day at Hitchcocks- Thursday 1st

To celebrate World Vegan Day we have organised a night at Hitchcocks. Usual time (8pm) and since its a world event there will be dishes from all over the world.

Note if we can we might organise something during the day too -- watch the next news letter for more information.

December

ERVegans Christmas Bash at Hitchcocks - Tuesday 18th

Its ERVegans traditional Christmas bash at Hitchcocks with vegan Christmas food from all over the world. The ERVegans Christmas bash is designed to put a contented smile on your face and a warm feeling in your belly.

Please book early for this one as it is very popular!

Essential Fatty Acids -- EFAs

Despite all the bad press that fats get we do need certain amounts of the healthy fats in our diet - and we don't need to eat oily fish to get them! We have had a few enquiries about this so thought it would be good to provide a summary in this newsletter.

Why we need them

Simply EFAs are not only required but are essential, to every cell and are needed to balance hormones, insulate nerve cells, keep the skin and arteries supple and to keep the body warm (see below for more detail). We could get considerably more complex at this stage regarding conversions within the body - if anyone wants to have this detail then I would refer you to the references at the end.

Signs / symptoms of EFA deficiency

Deficiency of EFAs could result in any one or more of these signs or symptoms

dry skin	irritability
cracked skin on heels or fingertips	soft or brittle nails
hair falling out	allergies
lifeless hair	dry eyes
poor wound healing	lack of motivation
dandruff	aching joints
depression	difficulty losing weight
fatigue	PMS

And that is quite a list!

The healthy fats

Monounsaturated fats

Not strictly speaking an EFA but they do (may?) have health benefits - includes olive, peanut and rapeseed oils, peanuts and avocados. It is thought that they may reduce the risk of heart disease due to lowering LDL ('bad' cholesterol) and raising HDL ('good' cholesterol).

Polyunsaturated fats - Omega 6 (Linoleic acid)

Found in nuts, seeds, grains, vegetables and fruit and safflower, sunflower, corn and evening primrose oils.

Uses - keep the blood thin and prevent blood clots, reduce inflammation and pain in joints.

Polyunsaturated fats - Omega 3 (Alpha - linolenic acid)

Found in flax, pumpkin and mustard seeds, in soya, walnut and rapeseed oils and in green leafy vegetables and grains, tofu and seaweeds.

Uses - can help to lower blood pressure, reduce the risk of heart disease, soften the skin, increase immune function, increase metabolic rate, improve energy, help with rheumatoid arthritis and alleviate eczema.

Recommended amounts

The total fat consumption recommended (UK Department of Health 1991) is 33% - 35% of energy intake and the good news is that of all the dietary groups only vegans approach this. The average intake is more in the region of 38% - 41%.

And a final word

Mahatma Gandhi once said,

"Where ever flaxseeds become a regular food item among the people, there will be better health".

The best source of alpha-linolenic acid is flaxseed oil (57% omega-3 and 17% omega-6 fatty acids).

Flax oil should never be exposed to direct heat, thus it should not be used in cooking. It works well as a salad dressing

base or as a tasty topping for pasta, potatoes, rice or vegetables (garlic/chilli flavoured flaxseed oil is a great choice). It can also be added to hot cereal, soup, sauces, dips or blender drinks. Mix flax oil with a non-hydrogenated vegan margarine for an omega-3-rich spread. The oil can also be taken as a supplement (1-2 tsp./day or in pill form for those who don't like the taste).

References

- i. Vegan nutrition by Gill Langley (we have an ER Vegans copy if anyone would like to borrow it).
- ii. The Natural Healthbook for Women by Marilyn Glenville
- iii. Essential Fatty Acids in Vegetarian Nutrition by Brenda Davis (internet article)

Reviews

Bean There

There were 18 of our vegan group who travelled up to Bridlington in August for an evening meal at the vegetarian cafe Bean There. The menu prepared for us was all vegan and although I felt the dishes offered as main courses were a bit heavy on the flan and pastry front, the general consensus was very much one of a good night. The red wine and nut pate definitely got a thumbs up from those who partook, and several people commented on the fact that they were served vegetables and potatoes with the main dishes which they enjoyed. And for those who had room for dessert, the choice was one to bring out the indecisiveness in people - the option being of course to share with a friend and have a platter with a selection of each. Definitely the way to go next time!

Those who had been during the day reported that there is much more of a bistro atmosphere and a wide choice of foods at reasonable prices. Regular opening hours are Tuesday - Saturday 11:30am to 3pm and on Saturday evenings from 6:30pm onwards, with last orders at 8:30pm.

News

Local Suppliers

For those of you that haven't yet checked out the Co-op on Chanterlands Avenue it is worth a visit - all their own brand of products suitable for vegans are labelled as such eg. wine, handwash (approved by BUAV), biscuits, bread products. Their own thick bleach is stated in the Vegan Shopper as ok too.

And a new product, if not onto the market, then certainly to Mikes freezer, is choc ices from Tofutti - vanilla ice-cream, a band of fudge sauce and covered in chocolate. Mmmmmm. We can recommend them - after trying them for research purposes you do understand.

Mike (Hull Foods) now has a freezer situated in his shop and is able to offer ice creams, sausages, burgers and Veg mince.

Linda McCartney Stuff No Longer Vegan!

The company that makes the Linda McCartney range have changed recipes and for some reason have decided to include non-vegan ingredients in all their product range. This means that non of the Linda McCartney products are suitable for vegans now (even though the ingredients list don't mention these ingredients). You can register your disappointment (free) by calling their customer services on **0800 626697**.



FairTrade Coffee at Costa Coffee

If your out and about in strange places and fancy a coffee then try and find a Costa Coffee bar. Although part of a big chain they have got together with the Fairtrade organisation and now offer Fairtraded coffee at all their establishments. Not sure on soya milk availability.

Nottingham Veggies

Veggies of Nottingham have recently completed purchase of a social club in Nottingham which, following refurbishment, will reopen with a vegan café and social club, a radical library and internet access for the local community. In the future we will seek grants to redevelop the outbuildings into workshop space, campaign offices and children's area. The large car park will also be partially transformed into a community permaculture garden. We are also setting up a housing co-operative to provide affordable accommodation for volunteers to and help pay the mortgage. There may be vacancies for vegans wishing to live in a housing co-op. Full details at www.veggies.org.uk/moving.

New Vegan Travel Guide

Do you know of vegan friendly places to stay and eat in Britain for inclusion in our travel guide? The next edition on the Vegan Travel Guide will be available at only £2.99 incl. p&p for those who participate in the survey. For further details email info@vegansociety.com or ask us to get you a form.

Green Dragon Energy

The new Green Dragon Energy website is up and running now at www.greendragonenergy.co.uk, for solar and wind systems which are user friendly, easy to install and operate, and are custom-made for your particular energy requirements.