

## 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

### January

**25th/26th The Soil Association National Conference, Harrogate**

For more information call Sue Flook on 0117 914 2448.

### July

**8th - 14th World Vegetarian Congress, Edinburgh**

This year the World Vegetarian Congress is a bit closer to home and we are told that all the food will be vegan! To find out more call on 0161 925 2000, email via [congress@vegsoc.com](mailto:congress@vegsoc.com) or go to their website at <http://www.vegsoc.com/congress>

## 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](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 £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](mailto: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 and landscaping 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. 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 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

and a very happy new year to all. Lots to squeeze in this issue so here goes...

Carol has written a thought-provoking article on change in the context of a forward thinking vegan. We would be interested in your comments and views on this and any ideas on ways of progressing veganism. Alternatively if you have an idea for an article then please get in touch. We always appreciate help with editorial content.

This year our Hitchcocks restaurant nights will be based on a journey around the world. We will be starting off in Europe and then we will move around each continent picking one country or region which we have not previously sampled. Then we will go round again hopefully ending up back in the UK for a traditional Christmas meal. This makes 11 meals which is a bit up on previous years but we feel our group is now of such a size that we can support this number. Why not 12 I

hear you ask? Well Bruce and Jane who run Hitchcocks may be taking a very deserved break for a few weeks and our favourite restaurant may be closed for a short period. We will keep you posted on that one. We will also attempt to spread the dates out during the week so that people with other regular activities can at least come to some of them.

We will also try to arrange a couple of soirees at The Zoo since the feedback from previous events has been good and they provide a good contrast to our events at Hitchcocks. Last year we ventured out of Hull for the first time by visiting Bridlington. You seemed to like this so we will canvas opinion over the next few months and organise another trip there or maybe somewhere else.

Will there be picnics in the park this year I also imagine you asking. Well we have tried the previous two years to have them but unfortunately the Hull climate has scuppered each attempt. Rest assured though we are not giving up and will organise some of these when the temperature climbs a bit.

Our bring-a-longs at peoples homes are popular too and we hope to have one at our house. If anybody else would like to play host please let us know.

And don't forget that as affiliated members of the Vegan Society we can offer information and guidance on any vegan related issue you have. If you have a question please ask!

## ERVegan Events

Please book all events with Mark or Carol on Hull 471119. Note that we don't mind squeezing the odd one or two in at the last minute but **Hitchcocks is now very popular** so please book as early as possible because we don't like to disappoint you.

### January

#### Mediterranean Night at Hitchcocks - Thursday 31<sup>st</sup> 8pm

To put some sunshine in your life we thought we'd start off the year with a Mediterranean offering as our first European stop--bring your own sangria!

### February

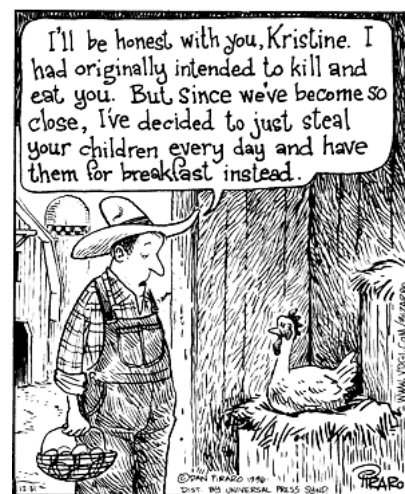
#### Lebanese Night at Hitchcocks - Wednesday 26<sup>th</sup> pm

Asia is the next continent on our round the world tour and rather than the usual Indian or Chinese stop off we thought we'd try the delights of Lebanese cuisine.

### March

#### Cajun Night at Hitchcocks - Tuesday 19<sup>th</sup> pm

Northern America is famous for its fast food (I use the term food loosely!). Well fortunately down south they do it slower and a lot better. So March is Cajun night.



# The Forward Thinking Vegan

Being faced with change is a part of everyday life, but we always have a choice of how we deal with it and whether we accept it. In the autumn edition of The Vegan we were asked as members to provide “input in to the review of our achievements to help us make improvements over time” and encouraged with the words that “collectively we have the potential to achieve.” Together we can bring about change not only within our group but also in society as a whole.

But as well as our part in the Vegan Society, I believe there is a challenge there to each of us as individuals to embrace change and continue to move on and develop in our lives as vegans. The societies founder, Donald Watson, stated that in their work to expose the cruelties of the dairy industry

*“no movement before had challenged so much tradition and vested interest”,<sup>1</sup>*

A report in the winter edition of the Vegan stated,

*“...however hard we work and strive to bring the vegan way of life to the attention of all, ‘big business’ with its terrific economic power, introduces ever new forms of cruelty.”<sup>1</sup>*

Unfortunately all that sounds very familiar in 2001/2 too. But to bring about change we have to keep moving forward, even to stand still at our present position will see us stagnate, as individuals and as a society.

Being an active vegan is more than the food we have chosen to eat, or not to eat - it is about our ethical choices, the impact we have on our environment, on others, on animals. We all come to veganism for differing reasons initially :

*“Abhorrence of the cruel practices inherent in an agricultural system based on the ab/use of animals is probably the single most common reason for the adoption of veganism, but many people are drawn to it C for health, ecological, resource, spiritual and other reasons.”<sup>2</sup>*

Why we first came to be vegan is one thing but where we are now is another - have we continued to make changes, move on in our lives, adopted other ethical practices to support the vegan way? Or have we been content to sit in the safe zone , to not challenge or be challenged?

Change means looking at the options available and making a choice - to do this means giving ourselves time to gather the necessary information and to then take time to consider this in order to make a decision. This doesn't always have to be the awesome task it would appear - information is often already collated. The Vegan Society has numerous leaflets and their publications are invaluable (for this read the Vegan Shopper and the Vegan Travel Guide), talk to friends, get in touch with your local vegan contact, use the internet. Maybe consider some of the following :

- invite friends from work or neighbours to a vegan meal with your local group or at home - it invariably provides the opportunity for a very lively conversation.
- support local shops - this is not only more personal and enjoyable but develops a sense of community.
- support charities which adhere to a vegan ethical stance - I find I am learning in this area all the time, particularly in regard to those to avoid. See adverts in the magazine for the Hippo and Dr. Hadwen Trust for example.
- support vegan businesses whether this be a holiday, shoes, internet store or local cafe / restaurant.
- who do you bank with? Find out about their lending policies, look for ethical alternatives - this can be a bit of a minefield but the Ethical Consumer has some good information.<sup>3</sup>
- the transport you use - can you walk or use a bike rather than a car? Can your household manage with one car? (be creative here or willing to make some comfort sacrifices)
- recycle as much as possible - our council in Hull provide blue bins for paper recycling which are collected every month. But also consider clothes, re-using envelopes, the blank back of ‘junk’ letters for notes, yogurt pots make good pen holders, give brown cardboard boxes to friends with allotments... the list is endless.
- look behind the label of vegan foodstuffs, what are the ethics of the company who produce the goods? eg. Seeds of Change has joined up with Mars, who buy 75% of its chocolate from the Ivory Coast which has thousands of slave children, Heinz has been criticised for its milk marketing, make various meat products and have a poor record for workers health and safety in the USA.<sup>3</sup>

- don't leave others to do the work - contact companies when previously vegan goods are no longer so, fill in Vegan Society questionnaires, submit entries for the new Travel Guide.

Change begins with each of us, in whatever small way we are able to make it - but together these changes begin to have a larger impact. Only then will we see the potential of the Vegan society grow and develop. We each have a responsibility to be a part of this exciting process.

#### References / Further Information

1. The Vegan Magazine 50th Anniversary Special
2. The Vegan Society
3. The Ethical Consumer Magazine,  
ECRA Publishing Ltd., Unit 21, Old Birley Street, Manchester, M15 5RF  
[www.ethicalconsumer.org](http://www.ethicalconsumer.org)

The above article was written by Carol Nicholson of ERVegans. If you would like to submit a vegan related article please get in touch.

## News

### New Product--Swedish Soft Cheese

A new vegan soft cheese equivalent to full fat soft cheese and produced by Fayrefield Foods (the company that makes Swedish Glace vegan ice-cream) is now available (and was in stock at Hull Foods priced at £1.50 for a 250g tub). Our panel of testers (ie Carol) tried it on corn and rice crackers and gave it a lip-smacking seal of approval.



### Vegans and the Employment Service

The Vegan Society has made representations to the Employment Service on behalf of vegan jobseekers refusing unacceptable work, eg butchery. The response received made it clear that while the employment service recognised people held strong beliefs it would normally refer refusals on the grounds of ethics to an independent adjudication officer

## Recipe -- Vegan Haggis

A few years ago we had a Burns night and several people have since asked how to make a vegan haggis. Since its nearing that time of year again (25th January) we thought we'd print this recipe:

- |   |                                 |
|---|---------------------------------|
| ◇ 100g/4oz onion, peeled & finely chopped | ◇ 30ml/2tbsp shoyu ( soy sauce) |
| ◇ 15ml/1tbsp sunflower oil                | ◇ 15ml/1tbsp lemon juice        |
| ◇ 50g/2oz carrots, very finely chopped    | ◇ 7.5ml/1 1/2tsp dried thyme    |
| ◇ 35g/1 1/2 oz mushrooms, finely chopped  | ◇ 5ml/1tsp dried rosemary       |
| ◇ 50g/2oz red lentils                     | ◇ generous pinch cayenne pepper |
| ◇ 600ml/1pint vegetable stock             | ◇ 7.5ml/1 1/2 tsp mixed spice   |
| ◇ 25g/1oz mashed, tinned red kidney beans | ◇ 200g/8oz fine oatmeal         |
| ◇ 35g/1 1/2 oz ground peanuts             | ◇ Freshly ground black pepper   |
| ◇ 25g/1oz ground hazelnuts                |                                 |

1. Pre-heat the oven to 190°C, 375°F or Gas Mark 5
2. Sauté the onion in the oil for 5 minutes, then add the carrot and mushrooms and cook for a further 5 minutes.
3. Now add the lentils and three quarters of the stock.
4. Blend the mashed red kidney beans in the remaining stock, add these to the pan with the nuts, shoyu, lemon juice and seasonings.
5. Cook everything, well mixed together, for a further 10 to 15 minutes.
6. Then add the oatmeal, reduce the heat and simmer gently for 15 to 20 minutes, adding a little extra liquid if necessary.
7. Turn the mixture into a lightly oiled 1lb loaf tin and bake for 30 minutes.
8. Serve with mashed neeps and tatties.

*Vegan Haggis recipe is courtesy of our friends at the Vegetarian Society.*