

Events organised by others...

We don't have room for full details so if you would like more information please ask.

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 or go to their website at <http://www.vegsoc.com/congress>

August

3rd - 7th Vegan Camp, Cumbria

This year at Park Foot Caravan and Camping Park, Howtown Road, Pooley Bridge, Penrith, Cumbria.

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 Bishop 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.

The Natural Healing Centre 55 Beverley Road, Hull. Tel 222089

Run by John Andrews this centre offers herbal, iridology and natural health based consultations. John is fully qualified and a graduate of the College of Herbs and Natural Healing and since he is a vegan you know the treatment you get will be good for you and the animal world.

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

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

At our Hitchcocks night in February we were joined by a group of vegans from Leeds who came to sample the vegan delights of Hull. They were very impressed with Hitchcocks and at the size of our group (so well done there to you all). They are also interested in more exchanges between groups and are especially keen on organising events in this area. So if you have any ideas please get in touch and we will pass them on or put you in contact with them (we think a mini-vegan camp might be a good idea. Maybe just a weekend somewhere convenient where we can pitch up, chill out and enjoy the company of fellow vegans and delicious al fresco eating).

We will try and arrange a return visit to them in the near future. If you are interested in coming please let us know so that we can plan when its best and sort out car sharing etc.

We also received a very nice letter from Vivien who lives in Goole and recently attended a night at Hitchcocks (hint we like hearing from you all, both good and bad). Vivien talked about the article on forward thinking in our last newsletter and her experiences at the Vegan Gathering in Devon last year. She finishes her letter with a wonderful comment "One of the men at the gathering said he had grown up around some animal rights activists who at the time had been vegan but were not now. He said that this proved veganism is not the 'be all and end all', as these ex-vegans had reached that stage and turned back. Something was missing perhaps. The 'be all and end all', he decided, was something that makes us vegan in the first place - something we can feel in our hearts. I believe he was talking about love."

Do you still want a ERVegans Newsletter?

We currently send out over 50 newsletters which is great testament to the excellent group we have all built up over the years. However please can you confirm that you still want the newsletter to be sent as we don't want to waste our valuable resources.

ERVegan Events

Please book all events with Mark or Carol on Hull 471119.

March

Cajun Night at Hitchcocks - Tuesday 19th 8pm

North 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.

April

Soiree at the Zoo - Saturday 20th

Spring is well on its way now so we have organised one of our popular soiree evenings the Zoo Vegetarian Café in Newlands Avenue, Hull. The Zoo will be exclusively for ERVegans and the evening offers a very relaxed setting, with plenty of opportunity for good conversation.

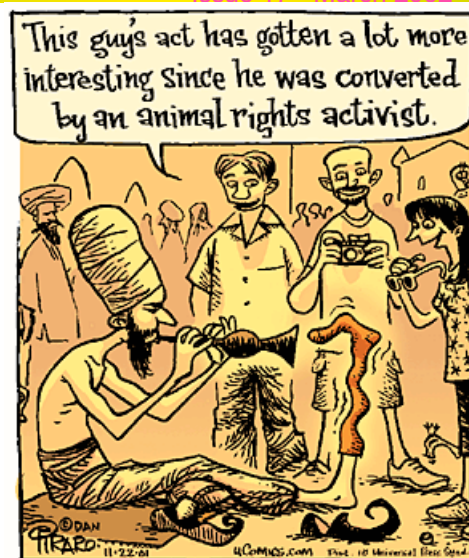
The cost will be £15 per person. There will be a set menu with a choice from 3 starters, 3 main course and 3 desserts which you will have to choose in advance. If you are interested please let us know **soon** and we will get a menu to you.

May

Bob Marley Night at Hitchcocks - Saturday 11th 8pm

Bob Marley has been our most popular Hitchcocks night in recent years and this year we hope it will be even better. So if fancy a Caribbean feast to celebrate the life of this great man come to Hitchcocks.

Note please book early as this event is always popular and this year is on a Saturday which is extra busy at Hitchcocks!



News

Feeling Fit?

20 enthusiastic people wanted to work hard for a week on an environmental urban eco-park project 20 - 27 July in Halifax, plus visits to natural & cultural attractions. Accommodation at Stones Environmental Centre, a self-catering hostel with dormitories. Work will earn cost of accommodation, food, visits & other leisure activities.

Also weekends 8 -10 March & 3- 5 May.

Info from Barbara on 01484 710113, or

b.k.s@btinternet.com or erich.schmidt@naturefriends.org.uk

Green Events has a website: www.cornerstone.ukf.net/crc/greenevents/, which may be of interest to those of you in W. Yorkshire.

Vegan Camp 2002 Announced

Vegan Camp has each summer been visiting different parts of the UK. This year's camp is from the 3rd to the 17th of August 2002 at Park Foot Caravan and Camping Park, Howtown Road, Pooley Bridge, Penrith, Cumbria, CA10 2NA.

Vegan Camp is made up of a diverse group with ages from babies up to those in their 70's, singles, couples, families, people who come every year and those who can only come when the camp is in their area. What is consistent is the friendly, helpful and fun atmosphere, which you will find at these camps. The only stipulation for entry is that you are vegan whilst at the camp.

The camp is run by unpaid volunteers and is non-profit making.

For further details or for a booking form either goto the web site <http://www.vegancamp.org> or contact them either; by phone on 0845 330 3918(local call rates) Between 6pm and 9pm preferably, but not after 9pm please, or Email info@vegancamp.org or by post: Vegan Camp, C/O 245 Gladstone St, Nottingham, NG7 6HX.

Free Samples

Have you tried the Vegan Coffee Creamer yet? Call The green Elephant on 01633 252060 or email mail@thegreenelephant.com for your **FREE SAMPLE**.

More Reasons Why the Vegan Diet is Good for You

Recently two articles have been brought to our attention regarding the benefits of vegan diets. The first is from a medical magazine and shows that even the establishment is beginning to take note about the benefits of our diet. The second is a letter written to the Vegan Magazine by a doctor about his observations of dairy consumption.

The Therapy Weekly Article--Remarkable Success of the Vegan Diet

Ten years of pain due to sacroiliitis yielded to a vegan diet after a few days, says a group at the University Hospital, Freiburg¹.

The patient, a 33-year-old male, had HLA B27-positive sacroiliitis (joint pain of the lower back), diagnosed by magnetic resonance tomography. Despite years of physiotherapy and drug treatment he still complained of pain and morning stiffness. He was advised to avoid animal fats and proteins completely by following a vegan diet. Within four days his condition significantly improved.

He remained almost free of symptoms for six weeks, when he again ate meat. After this his symptoms returned. He was therefore advised to resume the vegan diet, which again resulted in improvement. At three months follow up he was almost completely free of symptoms and had stopped taking tramadol and ibuprofen.

A vegan diet has also been successful in reducing symptoms in fibromyalgia² (musculoskeletal pain). A group at the University of Kupio, Finland, placed 18 fibromyalgia patients on to a strict, low-salt, uncooked vegan diet, rich in lactobacteria, for three months [ERVegans note: lactobacteria are "gut friendly" bacteria found naturally in your body and in many products however they were first identified in dairy products hence the name]. Fifteen control patients continued their omnivorous diet.

The results revealed significant improvements for the vegan group in pain, joint stiffness and quality of sleep. At the start of the study most of the patients were overweight, but the switch to vegan food reduced body mass index significantly. Total serum cholesterol and urine sodium levels also fell.

The vegan diet is also under scrutiny for Parkinson's disease as a method of promoting vascular

health and aiding blood-brain barrier transport of L-dopa. It may also reduce the risk of developing Parkinson's.

A San Diego researcher points out that people whose diets tend to be vegan or quassi-vegan (such as sub-Saharan Africans, the rural Chinese and the Japanese) appear to have substantially lower rates of Parkinson's than Europeans and Americans³. The possibility that vegan diets could slow the loss of surviving dopaminergic neurones (thus retarding progression of Parkinson's) merits examination, he says.

References:

1. Forsch Komplementarmed Klass Naturheilkd, 2001, 8[4] 228
2. Scan J Rheum, 200, 29 [5] 308.
3. Med Hypoth, 2001, 57 [3] 318.

Reprinted from an article in Therapy Weekly (February 28, 2002).

Vegan Diet and Growth Hormones

"Thank you for publishing Dr Stephen Walsh's short but important article. Being one of the 'old fashioned' GPs who delivered over 500 babies at home before 1972 when hospital deliveries becoming more fashionable, I naturally encouraged breast feeding. However, mothers often stopped this for a variety of reasons, one being that friends' babies on the bottle seemed to thrive better. Though puzzled, I had to agree with this.

Roughly 20 years ago serendipity intervened when I first read of research about growth hormone (IGF.1) being present in milk and by a fluke of nature human and bovine IGF.1 were identical. I knew that babies tripled their weight in the first year and calves more than a dozen times; so could it be that babies were imbibing excess hormone and growing excessively--rather than better? Of the 5000 species of mammal in the world, only the human conspicuously consumes dairy products after weaning. Milk was designed by nature to be consumed only until weaning--during the phase of rapid cell growth. By chance I then read that women over 5ft6ins had double the breast cancer rate of women less than 5ft3ins. Could there be a connection between the 'better' growth of bottle fed children and subsequent breast cancer? Though just speculation, the thought is worth pondering on. I went from vegetarian to vegan at that time."

Letter in Vegan Magazine from Dr David Ryde, Oxford.

[ERVegan note: The Japanese have always been considered a short race however in recent times their consumption of dairy products, particularly milk has increased and the average height of Japanese people has increased significantly--is this more evidence for Dr Ryde's theory?]

Recipe -- Coconut and veggie one-pot



We have recently bought the latest cook book from Linda Majzlik entitled "A Vegan Taste of the Caribbean". If you are not familiar with Linda's books they are themed, practical and easy to follow. There are no pictures or glossy pages just lots of great recipes that give you a real taste of the theme in question. To set your tastebuds alight (and get you in the mood for Bob Marley night in May!) here is her recipe for coconut and veggie one-pot. One-pot is so called because its all cooked in one pot and is meant to be just a "throw-what-you-have-in" type recipe so if you can't get the exact vegetables Linda suggests use the ones you have at the back of your vegetable drawer!

- ◇ 1lb/450g Squash, peeled
 - ◇ 12oz/350g yam, peeled
 - ◇ 12oz/350g sweet potato, peeled
 - ◇ 8oz/225g plantain, peeled and sliced
 - ◇ 8oz/225g carrot, peeled and sliced
 - ◇ 8oz/225g green beans, topped, tailed and cut into 1inch/2.5cm lengths
 - ◇ 1 onion, peeled and sliced
 - ◇ 20 floz/600ml vegetable stock
 - ◇ 4oz/100g creamed coconut, grated
 - ◇ 1 dessertspoon vegetable oil
 - ◇ 1 dessertspoon hot pepper sauce
 - ◇ 1/4 teaspoon ground allspice
 - ◇ black pepper
 - ◇ fresh thyme
1. Cut the squash, yam and sweet potato into even-sized chunks.
 2. Heat the oil in a large pan and fry the onion until soft.
 3. Add the vegetable and a little vegetable stock, bring to the boil, cover and lower the heat to allow the vegetables to steam for 5 minutes.
 4. Combine the coconut, pepper sauce and allspice with the remaining stock, season with black pepper and stir until the coconut dissolves.
 5. Mix into the vegetables, bring to the boil, cover and simmer very gently, stirring occasionally, for about 40 minutes until the vegetables are cooked.
 6. Garnish with fresh thyme and serve with rice and a salad.