

Local Supplier Update

More wines at the Co-Op

For all wine fans out there the Co-Op have increased their range of vegan wines. There are now wines available in most styles starting from £2.99.

Sainsbury's now mark vegan goods

Where the Co-Op took a lead one of the other supermarkets is now following. Sainsbury's are now starting to mark up all their own brand vegan goods clearly as suitable for vegans.

Suitable goods are now a doddle to identify. Just look for the logo as shown on the right and you know its OK



Superdrug vegan list in production

Superdrug is compiling a list of their products suitable for vegans. We will let you know when it is ready. There are several Superdrug shops in Hull including Princess Key Shopping Centre. Look at our website for a full list.

In the meantime they stock a range of toiletries from Original Source that have the vegan society logo (note not all their products are OK so look for the vegan society mark). These include several shampoos and conditioners. They have names such as "Original Orange Source", "Original Mint Source" etc. depending on the ingredients.

New menu at Pavé

Pavé (the trendy new wine bar on Princess Avenue) has recently changed its menu and unfortunately there are not so many vegan choices now. There are still a few to make it worth a trip and some of the items maybe incorrectly marked as veggie when they are vegan.

Other Suppliers

Soya milk pots available at Vegan Store

The vegan store now has on sale soya milk pots which contain enough milk for a cup of tea or coffee. Although not particularly environmentally friendly with all the packaging, they can be a real help to people who are out and about and who cannot drink tea and coffee sans soya milk.

<http://www.veganstore.co.uk>

Vegan store is 3 years old --> Lots of special offers to celebrate

During May Vegan store is offering good discounts on a variety of goods to celebrate its third birthday

<http://www.veganstore.co.uk>

New Contact Information

Doncaster and Goole Vegans

Vivien, who has been to some of our events, has set up a vegetarian and vegan group for the Doncaster area. She is currently trying to ascertain what people want from the group and has produced a questionnaire. If you are interested please contact Vivien Dean at 11 Cumberland Close, Goole, DN14 6UP. Tel: 01405 769730 e-mail: kesterdean@supanet.com.

ER Vegans Contact Information

ERVegans

run by Mark Evans and Carol Nicholson

140 Victoria Avenue, Hull, HU5 3DT. Tel 4711119

e-mail: ervegans@merrydowncontrolware.co.uk

web: <http://www.merrydowncontrolware.co.uk/ervegans>

Vegan Society

Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex, TN37 7AA. Tel 0845 4588244 (local rate number), e-mail: info@vegansociety.com, web: <http://www.vegansociety.com>

Welcome

Doesn't a bit of sunshine make a difference! We have enjoyed glorious weather so far and hopefully this year it will continue so we can organize several outdoor events including picnics, BBQs and campouts. We particularly enjoy these type of events and we know you do too, especially those with children. So sun make sure you keep smiling on us.

We have booked up Hitchcocks right through the year now because it is getting even more popular with the people of Hull (you need to book at least a month in advance for Fridays and Saturdays). Our theme selection is just what we fancy so we hope you enjoy it.

We have recently overhauled our website and added lots more content so why not visit the next time you are on-line and check it out. Just point your browser to

<http://www.merrydowncontrolware.co.uk/ervegans>. There are lots of resources there including a vegan guide to Hull (any more contributions gratefully received) and Mike's list of places to eat and stay in the UK. Plus you can download most of the previous newsletters.

ERVegan Events

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

June

Bring-a-long at Brian and June's - Sunday 8th, 2pm onwards

Brian and June have kindly offered to host a bring-a-long at their house (Avenues area of Hull). If you are interested please contact them on Hull 343070 before hand so that they can coordinate what people are bringing. Kids are very welcome at this event, outside if fine.

Picnic in the Park - Saturday 14th, from 1pm at Pearson Park

Weather permitting we will be having an alfresco eating experience (aka a picnic!) at Pearson Park. Please bring along something to eat and drink to share with others. We will provisionally meet near the Victoria Monument if that area is free.

Trinidad & Tobago Night - Wednesday 18th, 8pm at Hitchcocks.

Should be a truly colourful meal.

July

Persian Night - Wednesday 16th, 8 pm at Hitchcocks

An exotic night out at our favourite eating place.

August

Costa Rica night - Tuesday 19th, 8pm at Hichcocks

Another new food theme for us and Hitchcocks. Costa Rican promises to be completely different to what you have had before.

On the cards...

Soiree at the Zoo

We will organize another soiree at the Zoo sometime in in the summer. Let us know if there any good / bad dates.

Fancy going to a Leeds Vegans do?

Our friends in Leeds organize lots of great events. If anyone fancies going along let us know and we will see if we can organize a group to travel. Here is a brief summary of their up and coming events; May-Japanese meal, June-walk along the Leeds country way, July-BBQ.

ERVegan Camp

Back by popular demand we will organize an ERVegans camp this year sometime in July / August. If anyone would like to come but has some dates when they can't make it please let us know asap and we will try to accommodate.

News

New style Vegan magazine

The Vegan has undergone a facelift and it is now brighter and with even more articles than before. The current issue (Spring 2003) contains an interview with Moby, a look at how practical vegan organic farming is, a diary from a vegan arctic expedition, a look at the wider issues of veganism, reviews, plus a kids section and all the news of interest to vegans.

The Vegan is sent out to all members of the Vegan Society. Membership costs £21 per year (£14 concessions) but remember you get discount at lots of establishments if you are a member. For example Hitchcocks gives 10% discount to vegan society members.

For more information contact us or The Vegan Society directly.

Vegetarian Mediterranean Cruise

The Vegetarian Society have organized a vegetarian cruise during August for people who like their holidays afloat. This is a 7 day luxurious holiday with all the usual trappings such as pools, jacuzzis, theatres, live entertainment but with a separate dining area for vegetarians and vegans. For more information contact Grosvenor Travel on 01492 593674,

e-mail: grosvenortravel@grosvenortravel.co.uk, web: <http://www.grosvenortravel.co.uk>

Vegan buddies

The Realfood organization have started a "Vegan Buddy" scheme which is designed to help all those aspiring vegans to make the change. If you want to be vegan but are finding it hard going they will put you in touch with one of their vegan mentors who will help keep you on the right track - advising you what foods are available, where to shop, and what recipes to try.

If you are already a vegan, and want to help others make the change, let Realfood know. Drop them an e-mail, saying what area you are in, and whether you'll help as an 'e' buddy or if you'll be willing to meet new vegans. e-mail: info@realfood.org.uk, web: <http://www.realfood.org.uk>

Other Events

August - Vegan Camp 2003

This years vegan camp will be at Lyme Regis in Dorset from 2nd August through to 16th.

For information tel: 0845 330 3918 or e-mail: info@vegancamp.org

August - Vegan Summer Gathering 2003

The annual vegan summer gathering will be at the Gower Peninsula near Swansea.

For more information tel: 01792 792442, web: <http://www.veganviews.org.uk/vsg>

Other Organization Watch

If you are looking for a vegan charity to help here is one I recently found.

Vegfam

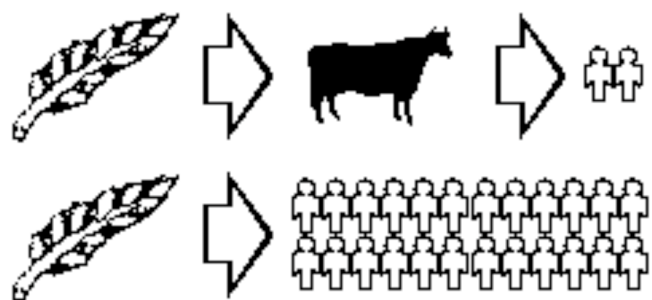
Vegfam is a vegan charity that was established in 1963 to provide relief to victims of drought, flood, war and other emergencies. Vegfam promotes the advantages of a vegan diet and lifestyle for feeding the world in an environmentally friendly way.

They have some good information on their website about why veganism can help the worlds hungry...

Plants can feed the world!

Some 40% of the world's cereal harvest is fed to livestock. In Europe we import vast amounts, much from Third World countries to feed to animals to produce more dairy foods and meat than we can use, thus creating the infamous EEC surpluses. Slowly the realization is dawning that to feed plants to animals and then feed on the animals or their products is grossly inefficient.

On average only 15% of the protein in plants is made available in the final carcass, and whilst 10 acres growing soya beans can provide protein for 60 people, 10 acres supporting grazing cattle can provide for only 2. It would be quite impossible for everyone in the world to eat the average Western diet, since there is simply not enough land.



This leads us to a vegan solution to the immense problem .While funds are certainly needed to ease immediate crises, and for long-term projects to green the deserts again, sending money for famine relief whilst consuming animal products is shortsighted and ignores the underlying causes. Good intentions are not enough; if we cannot make the changes that would benefit us all, things will stay as they are. A vegan Britain could be self-sufficient in food on only 25% of the agricultural land presently available, and could demonstrate that human and animal rights are indeed compatible. Globally, veganism can point a way to the end of both mass starvation and animal exploitation.

Vegfam is a fully registered charity (British Registered Charity 232208).

Vegfam, The Sanctuary .Nr Lydford .Okehampton .Devon .EX20 4AL

Tel: 01822 820 203 <http://www.veganvillage.co.uk/vegfam> e-mail:vegfam@veganvillage.co.uk

Variety is the key (why the Atkins diet is not such a good choice)!

Recently Dr. Atkins, the man behind the Atkins diet, died as a result of a freak (and unconnected with his diet) accident. Many articles have appeared on the merits or not of the Atkins diet and we thought we would take this opportunity to reflect on our vegan diets.

One of the more interesting articles we read made this point...

When I [www.Realfood.org.uk] spoke to The British Nutritional Foundation the lady who answered me assured me that she would recommend a balanced and varied vegan diet as being more than capable of meeting an individual's needs. She would not however recommend the Atkins diet, or any high protein weight loss diet, since she felt the benefits were minimal as much of the weight loss was water, calcium loss was inevitable and the diet placed too great a strain on the kidneys. She was particularly concerned that the side-effects might not show up for several years in young individuals, and that when they did they could be attributed to other life-style factors, thus masking the seriousness of the problem.

The bottom line is this. A healthy diet should be a life time commitment, and it should be undertaken for the right reasons - for example to maintain life long good health, not just as a means to a short term end, ie losing weight. Weight should normalize on a healthy diet as the individual loses their addictive relationship to food. Weight loss in itself is not a bad thing if the dieter is in fact over weight, but it is not in itself an indicator of health - after all, pure starvation would have the same end result. Food should provide the fuel to give a person energy to enjoy their life to the fullest, it should help to keep the body and brain strong and active, and it should not contribute to diseases, or trigger off underlying conditions. Most of us have chosen a vegan diet because of our animal welfare beliefs rather than a short term desire to achieve the "perfect body". However a vegan diet can be a very good diet to follow to help you achieve the shape and size you want. Notice the emphasis on "can be" as their are good and bad vegan diets, as with all other eating regimes.

As with all diets the key is variety. Humans require food from several food groups and you should ideally have food from each group every day.

- Carbohydrates for energy,
- Proteins for muscles
- A healthy balance of fats for nerve and brain functioning
- Vitamins for day to day bodily functions.

This doesn't mean to say that each plate needs to be a perfect balance of the food groups, just that over a day you should try to eat a balanced diet. Even if you can't achieve balance on a day that is OK too, just try to balance it up over the week.

If you do want to loose weight you need to adopt a diet that you can stick to for the rest of your life and not one of the highly restrictive diets such as the Atkins diet. Most people who opt for the restrictive diets lose weight very quickly but when they return to a more normal diet (because it is very difficult to keep to such a restricted diet) the weight goes back on. This yo-yoing weight effect is not just bad physically for you it can have a detrimental effect on your mental well being too (not to say your wallet with all the clothes you need to keep changing!).

Also remember that diet is a balance; you take energy in (food) to replace energy usage (exercise). If you are over weight then there are two things you can adjust, your food intake or the amount of amount of exercise. Actually the best way is a bit of both. Eat a bit less and do a bit more.

If you don't think you are eating a balanced diet get in touch with ERVegans, we have plenty of recipes and ideas.