

Local Supplier Update

Price rise at Hitchcock's

Hitchcock's will be increasing their charges for Friday and Saturday nights from April. The full price will then be £15 but there will be concessions for unwaged and for members of the Vegan Society. Prices on midweek nights will remain at £12 full price. While nobody welcomes a price rise this is the first one that I can remember since coming to Hull in 1997 and it still represents the best value for money at any restaurant I have been to in this country.

ERVegans will still organise the odd night at Hitchcock's on Friday / Saturday as we believe people in employment welcome not having to get up for work the next day. However if you think different please let us know - its your group.

Vegan Easter Eggs

Vegan Easter Eggs have been spotted in Grain Whole Food, Newland Avenue, Hull, the One World Shop, Waltham Street, Hull (Town Centre) and the Oxfam shops. Look out for Green & Blacks Maya Gold.

National Supplier Update

Non-vegan fruit juice at the Co-Op!

Believe it or not some of the Co-Op fruit juices are not suitable for vegans as they contain residual shellac used on the fruit surfaces. Thanks to the Co-Ops clear labeling this is easy to spot - just look for the juices that specify "OK for Vegans" to be sure of animal product free juice. Note it could be the case that the Co-Op are being more honest than others in their labeling policy.

Non-vegan fizzy stuff from Coca-Cola

Via the vegan society we have just received information from Coca-Cola that some of their beverages contain fish extracts. Apparently these animal bits "stabilise it". I wonder why they need stabilising? Anyway the warning was for the following drinks;

Fanta Orange (and light), Lilt Pineapple & Grapefruit (and light), Alive Orange Cascade, Kia-Oran Orange & Pineapple (and no added sugar)

Vegan creme eggs will be out there soon!

Some clever bods have managed to create vegan creme eggs and they should be on the shop shelves soon, but probably not for long. They are not a copy of the more common variety but a more luxurious version as you can see from the flavours available; peppermint creme, a coffee creme, an orange creme and a blackcurrant creme. The orange and blackcurrant flavours even have pieces of real fruit in the fondant icing.

When we see one we will try it and give you a fuller report. For more information see <http://www.realfood.org.uk/creemeggalert.htm>

Applications for CEO post at Vegan Society - up to £25K pa

The Vegan Society is now looking for an experienced and dynamic vegan to build on the successes of recent years. Passionate about veganism and a drive to push forward the work of the Society. Professional in managing staff/volunteers and in planning, organising, setting and achieving targets. Persuasive in communicating inside and outside the organisation.

For an Application Pack, or an informal discussion, please contact Alex Bourke, Chair of Vegan Society Council, PO Box 2284, London W1A 5UH. Tel. 07956 169214 Fax. 0870 121 4721 or email alexbourne@aol.com Closing date is Friday 14th May.

ER Vegans Contact Information

ERVegans

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Vegan News Letter

for East Riding Vegans

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Issue 24 - April 2004

Welcome

Spring is coming at last and with the clocks going forward everything seems much brighter now. Suddenly the idea of picnics sounds quite appealing. We will have to wait a few more months though before the first one but weather permitting we will try and organise quite a few this year. We have tended to use Pearson Park for our picnics mainly because it is close to where we and many of our other members live. However if there are other parks or similarly suitable areas you can think of let us know. It is always nice to have a variety of venues.

Recently we went to a Leeds Vegetarians and Vegans event. It was a pot lunch at one of their members houses in Shipley, just north west of Bradford. We had an excellent time and there are certainly some talented and creative cooks in their group. We will try to do more activities with our friends from Leeds this year and hopefully get our camp set up with them. You might also want to consider subscribing to their excellent newsletter "A Taste of Leeds". Its only 50p per quarterly issue and contains a wealth of information about veganism and all aspects of the "alternative lifestyles". If you are interested ask Natalie the next time she visits us.

This being their diamond jubilee the Vegan Society has reissued their booklet "Why Vegan?". It is an excellent publication and clearly and concisely addresses the subject by looking at the benefits for people, animals and the environment. They are planning to distribute 100,000 copies in the first quarter of this year and would like to do more. If you would like to make a donation or would like to help distribute them please get in touch with them - see the contact information for more details.

ERVegans Events

Please book all events with Mark or Carol on Hull 471119. Note that the Friday and Saturday events are very popular so please book early.

April

Native American Night- Tuesday 13th, at Hitchcock's

As a special request from Ray we have come up with a real challenge for Bruce, a native American night. I think I can safely say this will be a new one for all of us.

Soiree at the Zoo - Saturday 24th, 7:30 for 8pm at The Zoo Vegetarian Café

As many of you will know the Zoo is now under the management of Chloe. As well as keeping the Zoo vegetarian she is also keeping up the tradition of doing vegan nights for us. This will be her first one but her standards at the Zoo so far have been excellent so we are expecting a great culinary feast. Please register your interest for this night as we are limited by numbers and it fills up quickly. Menu choices now available; call if you have not received a copy. Note that your choices have to be in by Friday 16th April.

May

Bob Marley Night- Tuesday 11th, 8pm at Hitchcock's

Excluding Christmas our annual homage to Bob Marley is our most popular night at Hitchcocks. Full of fantastic tastes from the Caribbean and Bob's music playing gently in the background it is a night all ERVegan members look forward to.

June

Aztec Adventure - Saturday 19th, 8pm at Hitchcock's

To celebrate the long days we have organised a meal from one of the sun worshipping peoples of the world.

On the cards

Picnics in the Park

Visit to Bean There at Bridlington

Linkup with Leeds Vegetarians and Vegans

News

Animal Free Shopper available free online

The Vegan Society has made the Animal Free Shopper available for free for online access. The site is <http://www.animalfreeshopper.com>. You will need to register the first time you use it.

The site allows you to search for all the vegan products that are in the Animal Free Shopper. You can also get lists of all the vegan products a particular company supplies.

The Woodland Project at Scarborough

We have mentioned the Woodland Project before and thought you might like an update.

Louisa, who owns this 29-acre site near Scarborough, has had problems with theft of tools and equipment. She is therefore hoping to get planning permission to put up a building on the site to store things. Following the successful volunteer week last September, she hopes to have volunteer weekends (rather than full weeks) this Spring/Summer. ERVegans will try to find out details and publish them in our next issue. If you are interested you can contact her as below.

Louisa still hasn't had any volunteers to help improve the website at <http://www.woodlandproject.org.uk>. She needs someone to gather this useful information on woodlands (e.g. on sustainable forestry, hedge-laying, coppicing, permaculture, bio-dynamics, forest gardening, tree-planting, green woodworking and organic gardening) so that it attracts more visitors to the website, and might help her to get funding and volunteers in the future. Perhaps two different people could do this - someone finding the information, from for example Plants for a Future, who doesn't need to know about website design, and someone else to put this information on the website. You also don't need to live in the Scarborough area. If you can help with this, please contact Louisa on 07748 101117. Email: Ancientwoodlands@aol.com. Web: <http://www.woodlandproject.org.uk>

Other Vegan Events

Vegan Festival - Manchester Saturday 8th May



This will be the first such festival that we have heard about in the north so we would encourage all to go. Most of the major vegan suppliers will be there, plus plenty of vegan food and entertainment.

Sachas Hotel, Tib Street, Manchester. 10.30 a.m. - 5 p.m. Admission FREE. Food, drink, clothing, chocolate, etc. Organised by Realfood. Web : <http://www.veganfestivals.org.uk> Email: info@veganfestivals.org.uk Tel: 0845 458 0146.

Vegan Summer Gathering (Swansea) 5 - 12 June

The 11th Vegan Summer Gathering will be at Mumbles on Swansea Bay, at the gateway to the beautiful Gower Peninsula. Accommodation will be in self-catering houses (single/twin/double rooms). Approximate cost per adult £85 for the week (excluding food), or £95 if booked after 24th April. One third or more off if unwaged or low income. Discussions, talks, trips out (to coast and countryside), communal evening meals and very good company! About 80 people of all ages usually take part. Day visitors welcome. Details: <http://www.veganviews.org.uk/vsg> or SAE to Malcolm Home at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792-792442).

Fancy riding in the London - Brighton Run

If you are interested Vernon has access to 10 x-butchers "meat is murder" trade bicycles available for anyone who would like to join him and his lads (4th generation veggie, 20yrs. vegan). It's an excellent opportunity to promote our cause in what is primarily a British Heart Foundation (a charity that supports vivisection) event with 25,000 entrants & a similar number of spectators. It's also a great chance to leaflet en route as well as at the many burger bar refreshment stops (would you believe). The event is on Sunday June 20th. Please reply to Vernon at allovandlib@onetel.net.uk

National Vegan Festival (London) 4 July

Kensington Town Hall, Hornton Street, London W8 (underground: High Street Kensington). 10am - 7pm, £1 entry (under 16 free). Stalls selling vegan products, campaigning groups, speakers, vegan food & drink, bar, music, children's workshops and more. Sponsored by: The Vegan Society, Veganstore.co.uk, Redwood Foods, Plamil Foods, Veggies, London Animal Action and Total Liberation (non-leather footwear). Web : <http://www.veganfestival.freeserve.co.uk> Email: calf@alrob.freeserve.co.uk. Organised by Campaign Against Leather & Fur (CALF).



Article -- Stand out in the Crowd (Carol)

I'm sure I'm not alone in sometimes thinking that some time as a hermit is an appealing option. In such an environment being a vegan would probably be easy. But realistically we are faced with a society full of noise, information overload, choices and challenges - being a vegan then has to become a conscious decision.

And if we are to promote veganism as a lifestyle choice we have to be willing to question ourselves and be questioned by others, to be willing to be the one standing out in a crowd, to continue to acquire and pass on information. Each of us will do this differently - some will be more outward and active, others will talk with friends and colleagues as individuals. All are valid - what we need to ensure is that we are not hiding what we believe in under a bushel.

I read a thought provoking article in Vegan Outreach recently - to summarise it was saying that if we promote veganism purely on health grounds we may come unstuck. That is not to say that vegans cannot be healthy and enjoy their creative cooking - but if someone has tried being a vegan, does not ensure adequate nutrition, reverts back to a "normal" diet and then tells friends they feel much better again, it is a hard argument to counteract. It becomes a his-word-against-mine situation based on subjective observations. And unfortunately we are all still prone to catching the variety of bugs and colds around us.

Being able to tell people about our choice of begin a vegan because of animal experimentation and suffering, can be backed by evidence as available through many of the animal organisations. People may want to try and ignore the evidence available, to not act on it, but they cannot deny it.

Our challenge is to be able to provide the facts and figures, to give clear information which bites through all the other daily stimuli presented to people. We owe it to not only ourselves but also to those we are speaking to, to also eat a vegan diet that provides adequate nutrition, to be able to show that as an added benefit, vegans can be healthy and full of energy and life.

Report - Hillside Animal Sanctuary

Recently Carol and myself were lucky enough to spend a week at Hillside Animal Sanctuary which is just north of Norwich in Norfolk. Blessed by good weather, surrounded by beautiful countryside and in the company of people who deeply care and act for animals we had a great time.

For those not familiar with Hillside it is a place that saves animals from either a miserable life or certain death. At Hillside the animals can spend the rest of their life being pampered and looked after by humans and surrounded by other animal friends. Hillside has almost 700 animals ranging in size from rabbits through to work horses and camels. As you can imagine this takes a lot of hard work by the 40+ people that work there.

In addition to animal care Hillside investigate abuse of animals and their work has uncovered numerous cases of cruelty and neglect with many resulting in prosecutions.

Don't think you have to rope in with the work though. Hillside is very professionally run and all the looking after is done by the staff. You are just there to enjoy yourself - the cost of your accommodation helps pay for the running. During April through September-ish Hillside has open days on Sundays and bank holidays. If you are staying during this period that is when you get a tour around. Because there were no open days when we stayed we were given a private tour round on the Monday. We got to see some bits you don't normally see but there were parts that were not ready for the open days.

The other days we spent on either long walks around Hillside or drove to one of the many beautiful areas that were further away. Particularly good were Cley-next-the-Sea and Ranworth. Even Norwich was pretty and a delight to spend a day at.

Vegan dining was not really a problem. Mostly we ate self-catering using the well equipped kitchen in the bungalow. There was a Co-Op in walking distance so most supplies were readily available. We also tried both veg*n cafés in Norwich; the Green Room and the Tree House which also has an excellent shop. Unfortunately we didn't manage to eat at the very nice looking vegetarian restaurant at Cley. Maybe next time. If you are going to Norfolk we found the website of the local vegetarian & vegan society very useful <http://www.vegfolk.co.uk/>.

I can thoroughly recommend a stay at Hillside although you will have to book up well in advance as their accommodation is very popular. It should not be confused with other "animal places" though. You are not allowed to feed the animals and you are certainly not permitted to "play" with them. It is their home and you are just paying guests. However the tour we had was really interesting and if you have never been nose to nose with a happy pig it's a good opportunity!

For more information on Hillside either visit their website at <http://www.hillside.org.uk> or borrow one of their excellent newsletters from ERVegans.

