



Welcome

...to a packed 1st edition of 2005 and let me start off by wishing you all a very happy new year. Let us hope that 2005 brings a better world for all people, the animals and the environment.

We will try to do some new things this year and hopefully get involved a bit more in raising the awareness of veganism in Hull and the area. Hopefully we will have lots of support from you as we have for the past 6½ years. I really believe we are getting at least near a day when veganism is as mainstream as vegetarianism. We just need to keep pushing a little bit more and to get involved in the world and the way it is run.

The Tsunami that occurred on Boxing Day was a terrible disaster the likes of which I have never witnessed and I think has touched almost all on the planet, either through loss of a loved one or feeling for those that lost their lives, homes and/or livelihood. In a great show of unity the public have raised vital funds which are needed to support people suffering now and to hopefully build a future for them. I was recently sent details about a veg*n charity that you may want to consider and have included details in this newsletter. I use the term veg*n because I cannot guarantee it is 100% vegan for those of you that want to follow your ethics all the way but it is definitely vegetarian and very hard working.

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.

Polite Reminder! Everyone who comes to an ERVegans event must only eat vegan food whether they are full members or guests. You need to be careful at Hitchcock's because as it is open to the general public it often has some dairy based items on nights we visit. These are normally clearly indicated or in the case of desserts please ask for the vegan options.

January

Hawaiian Night - Thursday 20th, 8pm at Hitchcock's

To kick off the year I thought we would try a bit of Hawaiian sunshine which will hopefully tempt our weather to give us a good and early spring.

February

Wine Tasting - Friday 4th, 7:30pm at our House

Several people have said they would be interested in a vegan wine tasting night so here it is. It will be a not too series event but will involve tasting various vegan wines and commenting on what you think of each, culminating in our nomination of the ERVegans favourite.

The cost will depend on the number of people who want to come but I will target it at £3 to £5 each. I will get all the wine for the night so we have a good and varied selection. Please let me know ASAP if you are interested and note that numbers will be limited due to space.

Australian Night - Wednesday 16th, 8pm at Hitchcock's

A strange choice you may think and definitely one we have not had before but I have heard that Bruce does a fair dinkum Australian night that will certainly keep us limies happy!

March

Cumbrian Night - Tuesday 22nd, 8pm at Hitchcock's

I have received so many favourable comments about the Yorkshire Christmas meal that I thought we should try out another UK region. I first thought of Lancashire but then remembering what you Yorkshire people think of your neighbours I thought I would play safe and go for some good Cumbrian Cuisine.

News

The Tsunami Disaster - A veg*n charity to support

Food For Life - is directly involved and was very quick to respond last week, setting up emergency food kitchens to help where they could. FFL has an impressive record but always needs more support to continue their work. The hardest time for any aid agency is when the headlines begin to fade and the world's media moves on, as they soon will, but help will be needed long after the rest of the world has forgotten.

Food for Life says: "We are currently serving more than 10,000 freshly cooked vegetarian meals per day, consisting of rice, dhal and vegetables, directly to the victims. We plan to increase as we get more resources and travel to different affected areas. Food for Life guarantees that 100% of the donations will be given to the tsunami victims, and also supply medical items, sleeping mats, bed sheets, etc, as needed. The refugees have taken shelter in hospitals, schools and temples. Hospitals have been washed out along with the patients and doctors. In such a situation with millions of displaced people suffering in need of food and clothing it seems an impossible task, but we should not let this discourage us. Let every one of us help in whatever little way we can."

Please visit the FFL website at <http://www.ffl.org> and give them whatever support you can, there are possibilities for practical help as well as financial.

Vegetarian Society endorses McDonalds meat free range

Here is an interesting dilemma I read about on the BBC website. McDonalds have recently brought out a vegetarian range and the Vegetarian Society has endorsed it by allowing McDonalds to use their mark. Unlike McDonalds previous attempts at veggie food this one seems OK and has been thoroughly checked by the Vegetarian Society (in case you don't know McDonalds in the past have had to pay millions out in compensation to vegetarian and religious organisations after admitting that their vegetarian options are not actually vegetarian!).

The Vegan Society have only given this a luke warm reception stating that it is good that money is being spent on promoting non-animal diets but most veggies and vegans wouldn't go near McDonalds anyway because of the other issues.

What do you think? I would be interested to know your comments. I have no idea if there is anything OK for us at McDonalds. I looked at their website (for research purposes you understand!) and they only indicate "Veggie OK". Don't even mention us but I guess after the McLibel campaign (<http://www.mclibel.com>) they don't like us Vegans too much!

Play 'Spot the Vegan'

The Vegan society have setup a website where you can play a game which uses your skill and judgment to spot which of the pictures are of vegans. I won't give you any clues but next time you have 5 minutes to spare check out <http://www.spotthevegan.co.uk>. Don't forget to forward it to your non-vegan friends too -- see how many they get right!

Vegan Peace Website

While searching the web for some information I came across the Vegan Peace Website. Unlike most of the stuff on the internet it contains great information and is beautifully put together. The site is at <http://www.veganpeace.com/index.htm>.

Fancy a holiday on a Canal Boat?

There was an interesting interview in Vegan Views this month with Nathan who runs a holiday narrow boat company offering vegan adventures on the waterways of Britain. There are many routes and options. For more information go to <http://www.friendships.co.uk> or call Nathan on 0845 166 26287 or email nathan@friendships.co.uk.

As noted there is a full article in this months Vegan Views magazine along with many other interesting bits including a special on Manchester. Vegan Views is at <http://www.veganviews.org.uk>

Vegan Business Connection

would like to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX <http://www.veggies.org.uk/vbc.htm>

Who serves the best latté in our area?

In each newsletter from now on I will now ask for nominations for the best vegan product of a very specific type that is available in Hull or the surrounding area. This time it is coffee lattés. Let me know which establishment you think serves the best one and I will let the winner know how much their service is appreciated with a letter from ER Vegans. There is no prize for anyone, just a thank you to show its appreciated.

My favourite is at **Dukes Cafe** bar on Princes Avenue. Only drawback is you have to take your own soya milk.

Other places selling coffee lattés which have soya milk are **The Zoo**-Newland Avenue, **McCoy's Coffee House**- Colonial Chambers, Princes Dock St (McCoy's is very good too), **Starbucks**-The Pod at St Andrews Quay, **Café Nero**-Saturday Market Beverley.

Other places selling coffee lattés where you have to supply the soya milk are **Planet Coffee**-Newland Avenue, **Lattitude**-Newland Avenue, **PAVE**-Princess Avenue, **Peabery's**-Ferens Way

Waitrose in Hull is open

The old Safeway store at Willerby has now been converted into a Waitrose store and is open for business. It stocks many vegan items although you will probably need the Animal Free Shopper as they don't mark foods "OK for Vegans" like the Co-Op or Sainsbury's do. However they do clearly indicate goods that have dairy or eggs in them. Here are some of the items we saw that we have not seen elsewhere;

Cherry Bakewell Tarts

Yes its true you can now buy vegan cherry bakewell tarts that taste really good. Unfortunately I don't have the manufacturers name (the box has gone!) but they are available in boxes of 4 at a cost of £1.29. You may be able to buy them at other locations, why not ask if they can be stocked.

Trufree Tinned Sponge Puddings

Yes its true, you can now get a vegan sponge pudding (chocolate or treacle) in a tin just like the Heinz ones we can't eat. Trufree are just about to release them but they are already available at Waitrose along with other Trufree delights such as pot snacks, biscuits, breads and cakes. See <http://www.trufree.co.uk> for their product list (puds are not on the website yet). Anyone who tastes one let me know what they are like.

Other Local Group News

Hull Veggies - Dates for your diary

Hull Veggies have organised meals at Hitchcocks for the next couple of months to which you are very welcome to attend. Their dates are **25th Jan** - Middle Eastern, **24th Feb** - Scandinavian and Eastern European, **30th March** - Japanese, **26th April** - Indian. Contact Jeffery on Hull 876222.

National Events

March 2005 is Veggie Month - Animal Aid

Animal Aid is organising a veggie month where they are encouraging people to go veggie or vegan for a week during the month. There are some good resources at their website so if you know of someone who could do with a bit of encouragement why not point them in the direction of <http://www.animalaid.org.uk/veggie/month/index.htm>

WOMAD festival - Thames Valley Veg*ns need you! (July 2005)

This years WOMAD festival (World of Music and Dance) is on the 28th July until the 31st and will be as usual held at the Rivermead in Reading. Thames Valley Vegans and Veggies have been asked back again to run a stall and they need help either for just a few hours or more if you are keen. You will need to get your own WOMAD ticket but if you want to help out please contact Sophie Fenwick-Paul, Stephen Fenwick-Paul or Ginny Watts on 0118 9464 858 or email: tvvvs@makesense.co.uk.

What an incredible person!

I recently read about a British vegan woman who achieved a fifth place in the Florence Marathon beating 21 professional athletes in the process. This is quite an achievement as the Florence Marathon attracts some very good athletes and she had to start with the "normal" runners behind the elite entries. I was impressed and thought good on you Fiona. I went on to read more about Fiona and gradually become amazed at what one person can achieve.

Fiona has just been awarded the very prestigious Outstanding Vegan Achievement Award which is a fantastic honour. Fiona beat off stiff competition from Benjamin Zephaniah the poet and Arthur Ling founder of Plamil Foods. But she didn't get it just because she is a good marathon runner. Somehow Fiona also fits in with her training the managing of the Tower Hills Stables Animal Sanctuary which is currently looking after over 250 animals. This requires her to wake at 3:30am and to start the daily process of cleaning out, tending, feeding and watering the animals she is caring for. There are no staff and it is entirely a single woman operation. Currently her stable house in Asheldam, Essex now houses 21 horses, 26 pigs, 50 cats, 10 dogs, and dozens of rabbits, guinea pigs, chinchillas & hamsters - all of which live side-by-side in relative peace.

Any of you that care for animals will know the size of the task of looking after a single dog, cat or horse can be. There is no day off as they need attention every day so looking after over 250 animals is a monumental task. Now people going on holiday might be able to get a friend to look after little Fido but you'd have to be a superb friend to offer to look after Fiona's tribe which probably explains why she hasn't had a proper holiday in eight years.

But I found out that Fiona has yet another role in life too. Believe it or not she is also a retained fire fighter on call to help the public in Asheldam and the surrounding area at a moments notice when she is on call. I think you'll agree that just one of these roles is very worthy but to accommodate all three is amazing. No wonder she won the title.

Not including vets bills or maintenance, it costs over £2000 per month - every month to run the Sanctuary. All of this has to be funded by Fiona's partners salary (who works for a Bank), Fiona's salary as a retained firefighter, her Mum and a loyal membership of 65 who sponsor animals. So if you can help out Fiona please try. The sanctuary needs donations both financial and items such as horse blankets, feeding buckets, cat and dog beds, nuts and bolts and anything you can think of that is required such an operation. She also takes part in a recycling scheme for office supplies which generate money for a good cause from things that most companies throw away. Please look at her website to find out more at <http://www.towerhillstables.com> or ask me for ways of getting money and donations to her.

One of the quotes I thought was particularly important. Fiona runs to promote veganism "Because I can't go out and do protests or anything like that because I have the animals to take care of here, I do it to show people that you can be a vegan and do this. When I win at local races, people are truly shocked. They don't expect someone [who is vegan] to do well. They think that you're weak because you're not getting any meat protein and will be pale and unhealthy-looking."

I thought it was an important quote because it highlights an issue that several people have raised. They want to help the cause of veganism and animal rights but don't want to or cannot get involved in protests or major campaigns or any of the conventional ways that people think. But Fiona has shown that one of the best ways of promoting veganism is to be out there in the public eye doing something you enjoy and to be happy. Mix with the meat eaters and show them that being vegan doesn't stop you achieving anything you want.

Contact Information

East Riding Vegans (ERVegans)

run by Mark Evans

140 Victoria Avenue, Hull, HU5 3DT.

Tel 01482 471119

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>

Can you find 15 veg?

Y	P	F	F	O	T	A	M	O	T
B	P	I	N	R	U	T	D	D	Q
E	E	N	I	G	R	E	B	U	A
C	O	U	R	G	E	T	T	E	W
U	A	I	L	O	C	C	O	R	B
T	P	B	S	K	A	S	T	N	L
T	E	Y	B	R	T	W	A	O	E
E	A	H	R	A	C	E	T	I	E
L	U	O	Z	I	G	D	O	N	K
Q	T	R	E	P	P	E	P	O	S

"Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages." Thomas Edison, inventor