



Welcome

Some of you may have seen a recent article in the Guardian newspaper attacking vegans. Entitled "Why I hate Vegetarians" it really lays into our veggie colleagues and includes particularly aggressive comments against us vegans. It attacks our food ("*bland, tasteless and expensive*"), our demeanour ("*we are all smug and self-satisfied*"..*"humourless and judgemental*"), our health (it cites a couple in USA who have been prosecuted for child-abuse and links veganism to eating disorders and brain damage), accuses us of mind control (because some teenagers were taken to a slaughterhouse to learn where meat comes from) and, most amazingly of all, intonates that we would rather help animals than rape victims.

Alex Bourke replied for the Vegan Society with a very well written letter that addressed each of the issues raised in the article by Julie Bindel and, I think, counteracted her arguments in every case. The full article is at <http://www.guardian.co.uk/comment/story/0,3604,1505127,00.html> and Alex's response is on the Vegan Society web site.

Now I am not quite sure what spurred Julie into writing such an attack but I find the kind of arguments noted above typical of the current trend to use minor frequency examples to attack or demean the vast majority. By this I mean that I think we are people who are vegans and not vegan people. Let me clarify further. Yes I have tasted bland, tasteless and expensive vegan food, I have met smug / self-satisfied / humourless / judgemental vegans, I have met vegans who have a poor diet. Fortunately I have yet to meet any mind controlling vegans but I would not argue that they don't exist. The reason is simple. Veganism is not an indication of greatness or goodness, it is just a way of life that excludes animals and their products. Nor are vegans a separate species, we are humans who have adapted our lifestyle in one aspect. True that aspect does impact in many of our interactions with society but it is only one aspect of us.

So lets show the world that veganism can be for everyone by demonstrating our full gamut of personalities and attributes. If non-vegans see that they are many kinds of people who become vegan it will help dispel many of the myths that Julie and her like try to perpetuate.

And to dispel the humourless myth a quick self-deprecating joke: How many vegans does it take to change a light bulb? Six. One to change it and 5 to sit around in the hot tub discussing the environmental impact!

ERVegans Events

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

July

Cornish Night - Tuesday 12th, 8pm at Hitchcock's

Another in our line of classic British cuisine with a vegan twist. I have absolutely no idea what Bruce will conjure up for us but I am sure he appreciates our weird and wonderful requests.

Picnic in the park - Saturday 30th, 2pm Pearson Park

Fingers crossed for good weather for our first alfresco event of 2005. 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 otherwise somewhere near by.

August

Mexican Night - Wednesday 10th, 8pm at Hitchcock's

Hot weather / hot flavours! Mexican is one of the classic Hitchcock's themes that Bruce does really well so book your place now.

A human can be healthy without killing animals for food. Therefore if he eats meat he participates in taking animal life merely for the sake of his appetite. - Leo Tolstoy

News

London Marathon - Vegan Fiona Oakes comes in 30th place

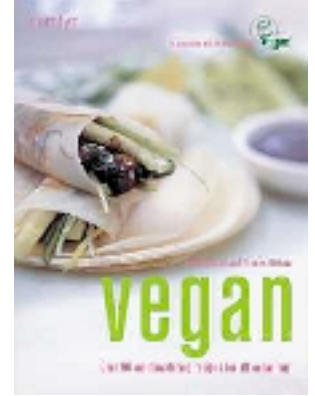
For all of those that commented on what an inspiration Fiona Oakes was from the items in previous issues I thought you would like to know how she did in the London Marathon. Well she finished 30th in the elite women's race in 2 hours 49 mins.

Please help to keep Fiona running & promoting Veganism by sponsoring a small furry animal at her sanctuary (or even a big one!) - See <http://www.towerhillstables.com> for details

New vegan recipe book with examples at the BBC web site

Recipes from The Hamlyn Cookbook "Vegan" by Tony and Yvonne Bishop-Weston have been chosen to enhance the new Vegan Recipe web site on BBC FOOD.

http://www.bbc.co.uk/food/vegetarian_and_vegan/springveganmenus.shtml



Information wanted for new veg*an guide to Yorkshire

David Brown is putting together a veg*an guide to Yorkshire and would be grateful if anyone with vegan or veggie info on cafes, restaurants, shops, Bed and Breakfasts etc., from the Yorkshire area, could contact him (advertising space available) e-mail: davidwbrown@onetel.com.

Going to Rutland?

Rutland may be the UK's smallest county but it certainly isn't the UK's biggest nightmare as far as vegetarian and vegan catering goes! The first edition of Vegetarian Rutland and Surrounding Areas is an indispensable guide to cafés, restaurants, pubs, accommodation, health food shops and miscellaneous businesses in and around Rutland that cater for vegetarians and vegans. The guide has been thoroughly researched and compiled by Sam McCreesh, a 15 year old vegan and Vegetarian Society youth contact for the region. It's available online at <http://www.vegetarianrutland.co.uk> and also in print by post.

Vegan Forum

For those of you that miss the World Vegan Day forum to discuss vegan issues there is now a new forum that looks reasonably good and hopefully will continue were WVD left off. It is well organised and has many sections including "is it vegan?", food, health, projects and animals. Its at <http://veganforum.com>.

Interview with Joan Dunayer on Speciesism and Animal Equality

Joan Dunayer is an America, a leading author whose books "Speciesism" and "Animal Equality: Language and Liberation" are major contributions to the philosophy of animal rights. She is in the UK to promote her work and give lectures at various events.

In an extract from an interview she defines a new term "new-speciests" as follows;

In contrast to old-speciests, a growing number of people believe that moral and legal rights should extend beyond our species. However, most of these people are not egalitarian; they display a brand of speciesism that I term 'new speciesism'. New-speciesists favour rights for only some non humans, those who seem most human-like. Believing that most humans are superior to all non humans, new-speciesists see animal kind as a hierarchy with humans at the top. Typically they regard chimpanzees, dolphins, and other select non human mammals as more important than other non humans. They also rank mammals above birds; birds above reptiles, amphibians, and fishes; and vertebrates above invertebrates.

Non speciesists advocate basic rights for all sentient beings. Also, they don't regard any animals as lesser than others.

It's speciesist to deny any non human being equal consideration and respect either because they aren't human or because they aren't human-like.

To read the full interview go to <http://www.veganfestivals.org.uk/joaninterview.htm> It is certainly thought provoking.

Vegan Wrist Bands

Many people are wearing wrist bands to support particular causes and now there is a band to show your support for veganism. They are available from <http://www.veggiewristbands.com> at a cost of £3 each.

Note however there is no indication that the vegan cause will benefit from your purchase and the Vegan Society (also the Vegetarian Society) do not know the company or any of the people from the company. These don't appear to be charity based as the original ones were so please only buy one if you want to wear your veganism on your wrist .

The Fishconceptions Campaign



Our colleagues in the Vegetarian Society are continuing to push the fact that vegetarians don't eat fish. The main aim is to make caterers realise that if somebody says they are a vegetarian they don't eat fish (I still get asked do vegans eat fish sometimes at eating places!).

It is a really well organised campaign with a simple message that is well delivered by their campaign literature. Why not get yourself some of the cards to hand out.

Note that I fairly recently saw a TV programme about food called "Full on Food". Its not vegetarian or vegan based but one of the presenters who runs a gastro pub commented on the fact she gets a lot of people saying they are vegetarian but asking for the fish. Even she said they are not proper vegetarians and she has coined the term fishatarians for such people. Maybe we should continue the trend!

Go Vegan Radio



"GO VEGAN with BOB LINDEN"...The Planet's First and Only Commercial Vegan Radio Show!

You can listen to Go Vegan via the internet either live or download a previous show. The files are quite large but he certainly has some interesting guests on his shows.

See <http://www.goveganradio.com>

Vegan Podcasts

Because vegans are happening dudes there are now also vegan podcasts available. For those of you who have not come across these things they are a sound broadcast recorded on a computer which you can then download and listen to on your computer or on your iPod or equivalent. They are updated daily, weekly or what ever. Basically think radio via the internet but you choose when to listen. If you need some technical knowledge about this drop us an email and we will see if we can help.

The easiest way to locate them is to go to <http://www.podcast.net> and type "vegan" as the search criteria. Currently there are 3 programmes.

One is a cookery programme called the "Vegan Cookery School". This weekly podcast is by a lady called Tracy Jorg who runs the White Pig vegan B&B in Central Virginia, USA. The web site is at <http://www.thewhitepig.com>. Her podcasts are very good (she is a fine presenter) plus the content is great. Lots of interesting recipes with good tips. Well recommended and I normally have a quick listen each week to see what's cooking.

Another is Eric Marcus' podcast via Vegan.com. This is more like a conventional radio broadcast and is broadcast 3 times a week. It covers all sorts of subjects of interest to vegans with lots of interviews and news. Although some of the content is primarily of interest to the USA he does have bits for the UK too.

The third one there is "Lets get baked". It is broadcast once a week and is basically a cookery programme which includes chatting with guests while doing the recipes and music in between. Not really listened to this one too much. Bit too much music that I don't understand - I must be getting old now!

The Green Gym

Want to get fit this summer but don't want to go to a normal gym and pay high fees? Well the Green Gym maybe what you are looking for. You get to build your muscles or shed those pounds by doing work to create a better environment for others.

Activities include creating and maintaining wildlife gardens, tree and hedge planting, managing woodlands and grasslands, building ponds and planting bog gardens. (This is just a sample).

All sessions are free and bus fares can be reimbursed for travel within the city boundaries. All sessions are run by a friendly and experienced leader who will provide training in practical skills. Activities range from gentle to strenuous, you are encouraged to work at your own pace.

To get involved in this exciting new project or for a current programme contact Caroline Wilcock, The Hull Green Gym Project Officer at the office on 01482 784156, or alternatively email C.wilcock@btcv.org.uk or write to Caroline Wilcock, BTCV, Bilton Grange Community Centre, Grange Road, Hull, HU9 4LQ.

Local Supplier News

Jacksons on Beverley road is now a Sainsbury's

Actually all of Jacksons are now owned by Sainsburys but this one is the first I have seen to have all its signage changed to the new Sainsburys style. This should mean an improved range of vegan products nearby or at least the opportunity to easily identify vegan items since Sainsburys clearly label their own produce if its OK for us to eat. The other Jacksons stores will be converted soon.

Natural Healing Centre have a special promotion on

John Andrews of the Natural Healing Centre has sent me an email detail a special price promotion they are having this summer. Also he reminds us that due to market forces his prices for consultations will have to increase in September so if you have been thinking of visiting a very well respected herbalist who understands us vegans make an appointment today!

Address - Tel 01482 222089 - email: johnherbal@hotmail.com

National Supplier News

Stylish Vegan fashion accessories

A new online vegan fashion supplier has just launched its web site. Its called Bourgeois Boheme at <http://www.bboheme.com> and although I haven't purchased anything yet the site certainly looks a welcome addition to any fashion conscious vegans out there. What is good is that they are not just reselling other vegan offerings from Ethical Wares or Vegan Store but have their own unique line-up.

The store has shoes, bags, purses, belts, jewellery, cosmetics and skin care products. They look reasonably priced and you will certainly be noticed in their products

If anybody uses them before I do can you let me know what you think.

Contact Information

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Vegan Society

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<http://www.vegansociety.com>

Can you find 15 grains?

Z	K	R	Q	U	I	N	O	A	H
A	S	U	O	C	S	U	O	C	R
C	B	A	R	L	E	Y	O	R	U
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