



# The Vegan Newsletter

for East Riding Vegans

No30 September 2005

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

## Welcome ...

to the September newsletter and an extra special congratulations to the other Mark & Carol for opening up a vegan B&B right here on our doorstep. Make sure you let as many people as possible know of its existence to help them on their way to running what we hope will be a successful business.

We have had several extra good meals at Hitchcock's recently. I am thinking in particular of the Lebanese and Cornish nights which I thoroughly enjoyed and many of you have said how much you liked them too. It is a great credit to Bruce and Jane plus everyone else at Hitchcock's that they can keep turning out great food no matter what the wacky theme we choose is!

Quite a few times in recent months I have noticed how much more the word vegan is being used in our society. I am seeing the word on ever more products, when I ask at places if they can cater for me they know what a vegan is, vegans are appearing in the media and no longer as a stereotyped character put in for a bit of comic relief. We are almost becoming acceptable in polite company! This is a result of many years of hard work by both the big and organised groups such as the vegan society but also by the small cogs such as ourselves who partake in society and show the world that we are normal people who still enjoy life but we just don't eat our fellow beings. So well done to all of you for helping the cause and making the world a bit more caring.

It is important to keep up the momentum of course which is why we need to ask for the vegan options rather than just keeping quiet in the background. We cannot expect most businesses to share our aims but when we have to spend money letting someone know you chose them because their product was vegan is an excellent way of promoting the cause and showing them that there are lots of vegans out there.

## ERVegans Events

Here is a list of our forthcoming events. You do not have to be a strict vegan to attend but you must agree to behave as a vegan at the event. Please book all events with Mark on Hull 471119 or email: [ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk). If you do email ensure that you are emailed back as confirmation of receipt of your booking.

### October

#### Cuban Night - Tuesday 11<sup>th</sup> October, 8pm at Hitchcock's

Another new theme for ERVegans but I am sure Hitchcock's will provide another fantastic feast for us.

### November

#### International Vegan Day - Tuesday 1<sup>st</sup> November, 8pm at Hitchcock's

Be a part of International Vegan Day by coming to Hitchcock's and sampling all of Bruce's favourite dishes from around our planet. Don't forget to invite your non-vegan friends and colleagues.

### December

#### ERVegans Christmas party - Thursday 22<sup>nd</sup> December, 8 pm at Hitchcock's

Our traditional end of year celebration and this year we have picked a Lancashire theme so expect lots of delicious winter warmers to fill your bellies without harming your conscience.

This event is particularly well attended and we also share the night with other like minded groups in Hull so \*\*\* Please book early for this one so we can guarantee you a place! \*\*\*

"Animals are such agreeable friends - they ask no questions, they pass no criticisms." - George Elliot

## News

### Fiona is doing another marathon

Please think about sponsoring Fiona - the UK's best Vegan Athlete - in the Amsterdam marathon on 16th October - Fiona is trying to raise funds for the rescued animals at Tower Hill Stables and runs in the "elite" race - see more details at [www.towerhillstables.com](http://www.towerhillstables.com)

### Do you know of a school or nursery offering soya milk?

If so, Animal Aid would like to hear from you. They are currently collecting a database of schools and nurseries who offer soya milk as an alternative to cow's milk. If you can help with this, please contact Kelly on 01732 364546 ext 27 or email [Kelly@animalaid.co.uk](mailto:Kelly@animalaid.co.uk)

### Vegan Views tsunami appeal update

I thought you might appreciate an update on the tsunami appeal started by Vegfam last 29th December after the terrible tragedy that occurred in Asia. Vegfam donated £3,000 towards food packets for plant based foods - vegetables, pulses and rice - towards the relief effort following the tsunami in Asia.

It is hoped that further monies can be raised to set up longer term vegetable growing projects (eg in Sri Lanka and Indonesia), which will be placed with on-the-spot (in-country) charities/organisations with whom Vegfam has worked over a number of years. No deductions for administration will be made from these donations.

If you would like to donate to the appeal, or help to publicise it (leaflets available), contact Vegfam at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL (tel: 01822-820203, also 01550-721197 in Wales, website <http://www.veganvillage.co.uk/vegfam>). Donations can also be made directly to the Vegfam Indian Ocean Earthquake Appeal special account at the Co-op Bank (Customer Services, PO Box 250, Skelmersdale, Lancs WN8 6WT). The sort code is 08-92-99 and a/c number 65158447 (if outside UK, bank identification code CPBK GB22, international bank a/c number GB57 CPBK 0892 9965 1584 47). UK tax payers can increase the value of their donations by completing a Gift Aid form.

### Vegan beer lists

I often get asked about vegan beers and other alcoholic drinks suitable for us. Well I have discovered an excellent website that not only gives you the lists but also the research behind the classification. It is actually a list of vegetarian beers and other drinks but it clearly identifies which are vegan.

The website is [http://homepage.ntlworld.com/geraint.bevan/Vegetarian\\_beers.html](http://homepage.ntlworld.com/geraint.bevan/Vegetarian_beers.html) and congratulations to Geraint for such a comprehensive list.

### Job at Vegan Society - Trademark assistant

The Vegan Society is looking for an enthusiastic, well-organized individual to work as part of their small team, helping promote the Society and veganism by dealing with the administration of the Society's trademark.

The post is initially based in the offices in St Leonards on Sea, East Sussex, with a possible move to Birmingham planned sometime during 2006.

Closing date for applications: **Friday 11 November.**

For an application pack please contact Janet Pender on 01424 448836 or via email: [ceo@vegansociety.com](mailto:ceo@vegansociety.com).

### Vegan Baby or Vegan Teenager?

Are you a vegan teenager or do you have a vegan child? Well I stumbled across two excellent websites that may be of use to you. They are USA based and are actually vegetarian but have lots of vegan information in there too including appropriate recipes, advice and discussion of relevant issues. The sites are <http://www.vegetarianbaby.com> and <http://www.vegetarianteen.com>.

### Parents of vegan / lactose intolerant children wanted

and on the subject of younger vegans... Animal Aid is currently putting together a dossier to support the scientific case for the nutritional benefits of soya milk. They need some case histories of children who have either been brought up on soya or have been switched to soya. No

personal details will be published, only a name and the city you live in is required. Please send all information to Kelly at Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW or email [Kelly@animalaid.co.uk](mailto:Kelly@animalaid.co.uk).

## Local Supplier News

### Vegan B&B right here in East Yorkshire



After much effort the other Carol and Mark have completed the work on their lovely home which is now open as Ellerby Croft B&B and they welcome all to come and stay in their friendly, relaxing home. Just think if you are having a tough time and you would like to get away from it for a day or two but don't fancy a long drive we now have a vegan oasis on our doorstep where you can be well and truly pampered, fed fantastic vegan food and even have some restorative therapies so that you can return to the rigours of life in tip-top shape.

"Our aim is to give you the chance to rest and refresh your mind, body and spirit. Ellerby B&B, is a beautifully renovated Victorian house, surrounded by

peaceful countryside. Sample our wonderful home-made vegan breakfasts and evening meals, made only from natural and mostly organic ingredients. Visit the nearby east coast resorts, the historic city of Kingston upon Hull or the bustling market town of Beverley. We are able to offer a range of natural therapies; reflexology, massage and reiki healing. Sorry no smoking."

I am sure you will join me in wishing them all the best in their endeavours. This is a really a great vegan addition for the people of East Riding and for those visiting the area. Ellerby B&B is at The Croft, Main Road, New Ellerby, HU11 5AP. Tel 01964 562676 or e-mail:

[carol.spencer@tiscali.co.uk](mailto:carol.spencer@tiscali.co.uk). For more details visit their website <http://www.ellerbycroft.co.uk> and if you do stay there ERVegans would appreciate a report for inclusion in a future newsletter.

### JD Wetherspoon vegan options

The JD Wetherspoon pub chain have added a nifty feature to their website – you can request a list of all vegan meal options (also soya free, wheat free etc). Since there are several JD Wetherspoon pubs in Hull this is a good addition to the food choices for us. The website is <http://www.jdwetherspoon.co.uk/food> and select the food facts option. Here is the list I got...

To Start	Curry Club	Side Orders
Battered Onion Rings Bowl of Chips	Mango Chutney Onion Bhajis Peshwari Naan Bread Spicy Poppadums Vegetable Samosas Yellow Basmati Rice	Battered Onion Rings Fresh Seasonal Vegetables Mini Corn Cobs
Pastas & Salads	Wetherburgers	Being Good?
Side Salad without Dressing	Vegetable Burger with Chips	Jacket Potato with Baked Beans and a Side Salad (no dressing)

## National Supplier News

### New edition of animal free shopper

A brand new edition of the Vegan bible is now available – contact the vegan society, your local bookshop or ERVegans to get your copy.

For those of you who are unfamiliar with the animal free shopper it is a book produced by the Vegan Society that lists almost everything you can buy in the UK that is vegan. It is well organised, small enough to fit in your pocket and a bargain at £5 – don't leave home without it!

### New Dr Hadwen Catalogue out

There is a new Dr Hadwen catalogue out full of great vegan gifts to say thank you to someone or

just as a treat for yourself. As well as the fantastic chocolate regulars it has great seasonal cards and gifts (ie Christmas stuff – sorry for mentioning it so early!). Some of the cards are particularly sweet. Contact details are Dr Hadwen Trust for Humane Research, 84a Tilehouse Street, Hitchin, Herts. SG5 2DY, UK

Tel: 01462 436819. Fax 01462 436844. email: [info@drhadwentrust.org.uk](mailto:info@drhadwentrust.org.uk)

Note there is an on-line store but this only sells a small number of goods – we have a catalogue if you want to look.

### Little Bohemia

I spotted a good bit of entrepreneurial selling by a website called Little Bohemia. It is an ebay hosted site which means you bid for items which are mainly bodycare products and clothing a mixture of used and new. Not all is vegan but a good deal of it is plus many items are organic and/or environmentally friendly. In addition the sale of used goods promotes the best form of recycling – reuse! The website is at <http://stores.ebay.co.uk/litte-bohemiap> please let me know if you purchase anything and how you get on.

### Healthy vegan drinks

You may have seen advertisements extolling the virtues of little pots of wonder drinks such as Actimel. Well not to be outdone there is a vegan equivalent for those of you that want such items. Its made by Simply Organic is called fruitality and comes in a strawberry, raspberry & cranberry flavour – it should be available in lots of places but has been spotted at Waitrose. The label states it is “a deliciously fruity organic drink made with berries, smooth-ground oats and flaxseeds” and unlike the non-vegan version it doesn’t claim to have you roller-skating around at high speed everywhere! The website is <http://www.simplyorganic.co.uk> and it contains lots of information about this and their other products.

### Recipe – Bruce's famous peanut soup

At the recent Cameroon night at Hitchcock’s the starter was Bruce’s peanut soup recipe. This always provokes comments of how nice it is and is it hard to make. Well here is the recipe for you to try at home – its actually rather simple which somehow makes it taste even better.

For 6 servings you will need...

- ➔ 10 cups vegetable broth
- ➔ ½ cup fresh peanuts, peeled and blended
- ➔ ¼ cup of rice
- ➔ ½ tablespoon yellow chilli powder
- ➔ 2 tablespoon chopped coriander

Method...

- 1. Heat the broth**
- 2. Add rice, peanuts, chilli powder and season to taste**
- 3. Boil on a low heat for around 30 minutes**
- 4. Serve in bowls and sprinkle on the coriander**

Can you find 15 types of bean?

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

### East Riding Vegans (ERVegans)

a local group organising events and providing support for vegans and supporters in Hull and the surrounding area.

Run by Mark Evans

140 Victoria Avenue, Hull, HU5 3DT.

Tel 01482 471119

e-mail: [ervegans@merrydowncontrolware.co.uk](mailto: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](mailto:info@vegansociety.com)

web: <http://www.vegansociety.com>