



# The Vegan Newsletter

for East Riding Vegans

No31 January 2006

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

## Welcome ...

A very happy new year to one and all of you. Thank you very much for your support and the kind words of encouragement last year and I look forward to making 2006 an even better vegan year for you all.

Unfortunately the year ended on an unhappy note for vegans. It was with great sadness that I heard of the death of Donald Watson on 16<sup>th</sup> November. Donald founded the Vegan Society way back in 1944 by inventing the term “vegan” and ever since has been the spirit of the organisation. He was very active both physically and in pursuing a better world for people, animals and the environment. There were many tributes written about him but I thought the best way to mark this occasion was to include a copy of the very first Vegan Society newsletter that Donald produced with our newsletter. Donald lived for 95 years. 80 of them as a vegetarian and 60 as a vegan. Thank you Donald for everything you did for us.

As you may know The Vegan Society has started a “typical vegan” campaign to show that there is no such thing and that we come from all walks of life with all the differences that brings. Its main aim (I think) is to show that anyone can be a vegan. **I would like ERVegans to do a bit to promote this during the year so I have come up with a first idea that we produce eating diaries to cover a week.** The diary would list everything you eat and drink (including sweets and chocolate!) but there is no need to record quantities as we are just interested in the variety of foods. I have done this previously just for personal interest. It is not that time consuming and was quite enlightening when I looked back at it. The results would be published on our website and I would like to include a first name but if you preferred to be anonymous that would be fine. If you would like to participate please choose a suitably typical week for you and, starting on a Monday, record everything you eat and drink noting the day and general time eg “Monday breakfast – Muesli, soya milk, orange juice, coffee,apple; mid-morning snack – chocolate bar...”. I would prefer if you emailed me your food diary (saves my typing!) but hand written would be just as appreciated. I would urge all of you to try this even if you decide not to submit the diary at the end and please ask if you want help or guidance.

## 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 and eat only the vegan options. 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.

The theme for the 2006 Hitchcock's meals will be countries beginning with “S” and I have tried to get the date near a notable date associated with that country. Our first couple have been booked and here they are;

### February

**Sri Lankan night – Tuesday 7<sup>th</sup> 8 pm at Hitchcock's**

As a special request from an ERVegan member a Sri Lankan night has been organised for February. This should be a very colourful occasion.

### March

**Slovakian night – Wednesday 15<sup>th</sup> 8 pm at Hitchcock's**

### April

**South African night – Tuesday 11<sup>th</sup> 8 pm at Hitchcock's**

“Our task must be to free ourselves...by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” Albert Einstein

## News

### Vegan society elections

Elections for the board of directors and trustees of the vegan society were held towards the end of last year – results are on the right.

Some of you may notice that Patricia Tricker is no longer our Local Contacts

Co-ordinator having decided to stand down. Patricia has worked really hard and greatly increased the number of local groups around the country which means that people taking their first steps towards veganism should now be near others who can support, encourage and organise fun events for them. I know from comments from members of ERVegans that this support is really important to you and I am sure it is true around the rest of the country.

### Vegan passport new addition

For anybody thinking of travelling abroad, especially to non-English speaking countries, the vegan passport is a great help. It contains a description of what a vegan is and what their requirements are in 56 languages and is available for around £4 from the Vegan Society.

### New veggie/vegan guide to Yorkshire

The Doncaster Vegetarian trust has just finished its veg\*n guide to Yorkshire. It costs just £2 plus 35p P&P.

The guide contains listings for all the areas in Yorkshire including our very own Hull. It lists restaurants, cafés, B&Bs, health food shops, organic box schemes and other establishments of interest to us. All profits go to ending animal suffering.

You can get the guide from David Brown by phoning 01302 535643 or email:[davidwbrown@onetel.com](mailto:davidwbrown@onetel.com). Alternatively via Animal Aid (<http://www.animalaid.org.uk>) and Viva (<http://www.viva.org.uk>).

### Vegan Society awards

The Vegan Society awards for 2005 were presented at the recent gala dinner held on World Vegan day. Vegan Society members nominated **Jungle Passion Chocolate Nibs**, fruity chocolate direct from the Amazon, as the best fairly traded vegan product, while high street cosmetic chain **Lush** took home the award for best cruelty-free non-food product for their **Veganese** hair conditioner.

The best animal-free drink accolade went to **Samuel Smiths** for their **Organic Best Ale** and **Yaoh's hemp milk maker** won the gong for the best environmentally friendly vegan product. The best food product award was won by **Redwood Wholefood Company's** tasty **Thai Fish Style Cakes**.

In the retail and catering stakes, Glasgow's 100% vegan restaurant, **Mono**, was awarded the best vegan catering award and Bristol-based **Wild Oats Natural Foods** was voted best retailer for animal-free shopping.

The **Vegan Achievement Award** was given as a posthumous tribute to **Arthur Ling**, long time vegan campaigner and founder of **Plamil Foods** who died earlier this year, and campaign group **Realfoods** won the award for best project or campaign for <http://www.VeganBuddies.org.uk> – a web-based mentoring scheme for new vegans.

### There's something fishy about this Guinness!

The inaugural **Vegan Raspberry Award** - for products that could and should be vegan but aren't - went to Guinness for their fishy production techniques. Isinglass, a type of gelatine made from the swim bladders of fish, is used to remove the yeast from the stout. Vegan-friendly companies, such as Samuel Smiths and Pitfield Brewery, have shown that fish-free vegan stout is not only possible to make but tastes delicious. Hopefully the award will encourage Guinness to change their ways and prove that good things really do come to those who wait.

### Anti-vivisection movie short

While surfing the net I found a really good short anti-vivisection animation that is part of a

Election results;

Chair - **George Rodger**

Vice Chair - **Alex Bourke**

Joint Treasurer - **Laurence Klein**

Joint Treasurer - **Stephen Walsh**

Local Contacts Co-ordinator - **Sophie Fenwick-Paul**

campaign by BUAV. Although only a few minutes it gets all the main points against vivisection across in a snappy delivery style in a humorous way without resorting to horrific images. After watching there are very useful resource items available. See <http://www.testingtoday.info> for details.

## © winter sun retreats ©

Winter sun retreats is an opportunity to embrace a week in the beautiful setting of northern Ibiza. They offer an inspiring weeks break, the finest food (vegan except for use of honey in some dishes but this is clearly marked), and small-group tuition from friendly educators in fields ranging from meditation through to peak performance training.

To find out more see <http://www.wintersunretreats.com>.

### Other groups

#### Hull Veggies

Hull Veggies have set up their meals for the next few months. All are at Hitchcock's starting at 8pm as follows and so there will be plenty of vegan options;

Wed Jan 25<sup>th</sup> Russian, Tues Feb 28<sup>th</sup> Italian, Wed March 22<sup>nd</sup> Mexican, Thurs Apr 27<sup>th</sup> Hawaiian  
To book call Jeffery on Hull 8762222.

#### Leeds Veggies and Vegans

Leeds V&Vs have lots of exciting events planned for 2006 plus they produce a great newsletter. See <http://www.leedsveg.co.uk> for details or ask Natalie Tharraleos at the next meal.

One event that should really increase their awareness is that they have been asked to help run a healthy living stall in Leeds City market on Fridays for a couple of months. If you can help Natalie would be very pleased to hear from you - it would mean chatting to the public about veggie/vegan issues, handing out leaflets and/or possibly making some healthy snacks for which you would be reimbursed. You wouldn't be on your own and I am sure it would be great fun in addition to being a great way to support veganism.

#### Hull One World Shop

Are organising a FairTrade night at Hitchcock's on March 10<sup>th</sup> featuring an international theme. Why not go and support this very worthwhile cause. Note that this event is by ticket contact Peter Church on Hull 346862, or e-mail [peter@fairtradehull.org.uk](mailto:peter@fairtradehull.org.uk) to book a place.

See <http://www.fairtradehull.org.uk> for more details or see <http://www.oneworldhull.co.uk> for information on Hull One World shop - in case you don't know it the One World shop is on King Edward Street which is the smaller street by the side of BHS in Hull City centre.

Did you know that Hitchcock's is the only FairTrade restaurant in Hull. Yet another reason to support Hitchcock's?

### Local Supplier News

#### Planet Coffee now has soya milk

You can now get a fancy coffee or chocolate drink at Planet Coffee done the vegan way as they now have soya milk on tap (well in cartons!). So now we have two good places on Newland Avenue for fancy coffees; The Zoo Café and Planet Coffee.

#### Fruit Boost juice bar open in Hull

A new juice bar has opened in Hull as a stall in the bottom of the Princes Quay shopping centre. They sell lots of juice/vegetable mixtures - ones to perk you up, calm you down or just to enjoy. They even have wheatgrass as well as ginseng, borage, kelp and many other "boosts". I have not had a chance to try it yet but I will be in the near future. If you try it out why not let ERVegans know what you think.

They are part of a chain see <http://www.fruitboost.co.uk> for details (info should be there soon).



## Good Life now do hot vegan snacks

The Good Life on Princess Avenue are increasing their offerings by selling a selection of hot take-away items. If you are in the vicinity during these cold winter months it could be the place to go.

## AMT Coffee - 100% FairTrade coffee and soya milk

AMT coffee are a chain of coffee stalls located at various railway stations around the country. All their coffee is FairTrade and of special interest to us is that the York one has soya milk to make cappuccinos, lattes etc. If anybody knows of other AMT coffee places in the area that also serve soya milk please let me know. Their website is <http://www.amtcoffee.co.uk>.

## National Supplier News

### Plamil introduce "no added sugar" vegan chocolate bars

Just in time for Christmas Plamil have introduced two "no added sugar" bars. There is a plain chocolate and a chocolate with shelled hemp. They should be available from all the normal local suppliers of Plamil goods but look carefully as they have redesigned the labels.

### Whipping cream and squirty cream at the Vegan Store

Yes those clever vegan boffins have done it again! Not only have they developed a vegan cream that can be whipped up to a thick cream consistency but they have also a vegan cream in a squirty can. Both are available from <http://www.veganstore.co.uk> £1.49 for 300ml of the whipping cream and £1.59 for 250g of the spray cream.

### Veg 1 capsules - the vegan multivitamin!

A new multivitamin formulated by the Vegan Society in conjunction with HealthPlus. Designed specifically for vegans, but suitable for everyone, this supplement provides EU recommended daily allowances (RDAs) of ; Vitamin B2, Vitamin B6, Vitamin B12, Vitamin D, Folic Acid, Iodine, Selenium.

The supplement comes in bottles of 90 tablets which is a three month supply for adults and costs £4.99 from the Vegan Society.

### The Juiceator is here!

The Juiceator is a fantastic gadget that allows you to drink "real" pure fruit juice straight from any citrus fruit. All you have to do is simply place Juiceator into a citrus fruit and its unique patented design will do all the magic! It was originally designed for children so is very easy to use but adults too are snapping them up after they have appeared on numerous day time TV programmes.

Its very environmentally friendly as the plastic Juiceator is reusable and will last a very long time and the bit you don't consume from each drink is just the bio-degradable skin from the fruit.

A Juiceator costs £3.00 + 50p p&p and is available from <http://www.juiceator.org.uk>.

### 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

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### Vegan Facts

All the following are bad E-numbers for us vegans - they are always animal derived.

- ➔ E120 aka Cochineal, Carminic acid, Carmine, Natural Red 4
- ➔ E441 aka Gelatine
- ➔ E542 aka Bone phosphate
- ➔ E901 aka Beeswax, white and yellow
- ➔ E904 aka Shellac
- ➔ E910 aka L-cysteine
- ➔ E913 aka Lanolin, sheep wool grease
- ➔ E920 aka L-cysteine hydrochloride
- ➔ E921 aka L-cysteine hydrochloride monohydrate
- ➔ E966 aka Lactitol

### Vegan Society

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