



# The Vegan Newsletter

for East Riding Vegans

No32 June 2006

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

## Welcome ...

At last here is the second newsletter of 2006. Apologies for the delay in getting it out but as most of you will now know Carol and I were recently married and although it was a very small event compared to a lot of weddings it took up quite a lot of our time to organise it and ERVegans had to be put on the back-burner for a while. The wedding was exclusively vegan and was enjoyed by all. Actually there were many comments about how good the food was. So even your special day can be vegan for all and be a pleasure without compromise.

On the 3<sup>rd</sup> of June we went to the Viva "Incredible Veggie Roadshow" event at York (it tours around the country – see [www.viva.org.uk](http://www.viva.org.uk) for details) and what a good day out it was. Several ERVegans were spotted there mostly tasting the free samples offered by Redwoods, Fry's and the various other companies. Although smaller than we expected it was actually a very well run event and, benefiting from its excellent location in the centre of York, attracted a really good crowd. We picked up lots of good information from Viva and the other companies at the event and we were very impressed with the Viva publications (their website is also very good and well worth a visit). As well as good information it identified several vegan products to us which were either new or ones we had not been aware of previously.

The Vegan Society magazine has been having an interesting debate on raising children as vegans. The star letting in the Summer edition made several excellent points about the attitude against a vegan diet for babies and small children including this particular gem...

"Since having my first baby I have come to realise just how misinformed many people are about veganism. I have come across more concern about my child's diet than mothers who regularly feed their children junk food and fizzy drinks. Apparently that is not of most people's business!" - Hana Hall, Ireland.

## 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.

### June

#### Picnic in the Park – Saturday 24<sup>th</sup> 1pm in Pearson Park

Please bring your favourite vegan things to eat and drink and share with others. We will meet near the Victoria monument. **Note there is an alcohol ban in Pearson Park** – so we might have to pop along to a pub afterwards for a proper drink!

### July

#### Syrian night – Thursday 13<sup>th</sup> 8 pm at Hitchcock's

One of my favourite cuisine styles is Persian, its very subtle with a great variety of ingredients and the dishes always look fantastic.

### August

#### Singapore night – Thursday 3<sup>rd</sup> 8 pm at Hitchcock's

Another new one for us (not sure if Bruce has done this one before either) but I am looking forward to a very colourful plate with unusual tastes from the East.

"My perspective of veganism was most affected by learning that the veal calf is a by-product of dairying, and that in essence there is a slice of veal in every glass of what I had thought was an innocuous white liquid - milk." ~Rynn Berry (<http://www.vegsource.com/berry>)

## News & Events

### 26<sup>th</sup> Vegan Camp – Burrowhead, Scotland (South West coast)

This years vegan camp will be from 5<sup>th</sup> - 19<sup>th</sup> August and will be based in Burrowhead, Scotland. Burrowhead is in 100 acres of parkland around the peninsula of the Isle of Whithorn on the South West coast of Scotland. It sounds like a great place and as usual will be a mix of vegans and vegan supporters of all ages and backgrounds.

For 2006 information call 01822 820203 / 0845 330 3918 or send sae to Vegan Camp, c/o 245 Gladstone Street, Nottingham, NG7 6HX or email: [vegancamp@hotmail.com](mailto:vegancamp@hotmail.com). Website with full details is at <http://www.veggies.org.uk/vegancamp>.

### London Vegan Festival - Sunday 10th September 2006

This years London Vegan festival will be on the 10th September at Kensington Town Hall, Hornton Street, London W8, England (nearest tube High St. Kensington). Admission costs £1.50. Under 16's free! Open from 10am through to 10pm.

The festival is dedicated to the memory of the man who invented veganism Donald Watson.

The festival is quite big and well worth a visit as it has many vegan friendly companies and organisations including Vegan Store, Honesty Cosmetics, SPEAK, Bourgeois Boheme, Animal Aid Plamil Foods and of course the Vegan Society to name just a few. See <http://www.londonveganfestival.org.uk> for full details.

## 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 June 28<sup>th</sup> Middle Eastern, Thurs July 27<sup>th</sup> Thai & Chinese, Tues Aug 29<sup>th</sup> African, Wed Sept 27<sup>th</sup> Eastern European, Thurs Oct 26<sup>th</sup> South American.

To book call Jeffery on Hull 8762222.

### Leeds Veggies and Vegans

As per usual Leeds Veg\*ns have a busy and varied list of events.

Thurs June 29<sup>th</sup> a talk on naturopathy (be your own doctor!) by Atul Shah, Thurs July 13<sup>th</sup> – Games night, Sat 15<sup>th</sup> July Opera in the park picnic, Sat August 12<sup>th</sup> Picnic and walk in Ripponden.

To book or for more information call Natalie on 0113 2484044 or email: [natalie@tharraleos.freeserve.co.uk](mailto:natalie@tharraleos.freeserve.co.uk)

## National Supplier News

### Redwoods introduce “Vegideli Cheatin’ Vegetarian Mince”

As part of their Vegideli range Redwoods have introduced a fortified vegan ‘mince’ (all Redwoods products are vegan). It is fortified with omega 3 & 6 plus vitamins B6 & B12. It also contains a pre-biotic called inulin which is supposed to help your intestinal bacteria. It costs around £2.75 for a 300g box and is available at Holland and Barret plus I am sure Grain Whole Foods (Newland Avenue) would try to get it for you if you asked them nicely! See [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk) for details.

### Idiots guide to vegan living

You may have seen the idiots guide series of books for many subjects. Well now there is one for us! The idiots guide to vegan living. Written by “proper vegans” it guides you through all aspects of a vegan life. I have used other idiots guides and generally they are quite a good reference work. It will cost you around £10 and should be available (probably on order) from most bookshops. 368 pages - ISBN 1592574173.

### Veggiestuff.com – online vegetarian supermarket

I spotted a new (to me anyway) veggie delivery company in a copy of Viva magazine. They have a varied range of goods suitable for us (not exclusively vegan but clearly identified what is OK) in the food, supplements, baby stuff, toiletries, household and books categories. Delivery is

nationwide for £5 per order. They do frozen and chilled stuff too but unfortunately we are not close enough (they are based in Hampshire). Order via <http://www.veggiestuff.com> or phone 0800 542 9707.

## Questions

This is a new section where ERVegans provide the answers to questions we have been asked or overheard either at our events or by our members. Don't be shy if you have a question ask away!

## Veganism versus anti-vivisection

We often get complemented by several of our members because ERVegans concentrates on the lifestyle aspects of veganism (food, drink, clothes, products) rather than getting involved in the animal rights protesting issues. One of the main reasons for this is that there are several well run groups in the area that concentrate on animal rights issues and we don't want to "steal their ground" as it were. We are happy to refer people to these groups and if anybody wants any information please ask.

Of course being a vegan is by far the best way that most people can help animals and this was brought home by a question from an ERVegan member as to the number of animals experimented on and the number of animals eaten each year in Britain.

In 2004 there were 2,778,692 animals experimented on (British Home Office figures). There are no exact figures for the number of animals eaten in the UK each year but it is estimated at almost 850 million (Viva website – <http://www.viva.org.uk>). This means that more than 305 times as many animals suffer for food as those that suffer in vivisection experiments.

850 million animals averages out at over 15 animals per person per year. So each one of us that does not participate in eating animals effectively liberates 15 animals from suffering every year. Think about it. ERVegans has well over 50 members so we alone are helping over 750 animals per year. Being a vegan helps lots of animals very directly.

Most vegans are obviously against vivisection (for the record I am against it on scientific as well as ethical grounds) but strangely enough I met quite a few anti-vivisectionists who are not vegan (or even vegetarian) which seems a strange position to take if you are against experimenting on animals for anti-cruelty issues.

## Vegan sun tan lotion

Some one recently asked about obtaining vegan sun tan lotions. We have used a couple of them and all offered the protection specified on the product when used as instructed. The ones we know of are;

### Yaoh

Yaoh make a range of products from hemp including sun tan lotions. Their sun blocks come in SPF 15, 30 and 50 and they have a sun cream which has a low SPF rating. All are around £10 for a 240ml bottle. I have used these and they seemed to work well.

You can buy their products from their website (<http://www.yaoh.co.uk>) plus they are obtainable at several "alternative" type shops although I have not been able to find any in this area. Alternatively find them at many vegan events of which they are great supporters.

### Honesty Cosmetics

Produce a SPF15 protection product – not sure of price. I have used this product previously and it gave good protection.

You can buy their products from their website (<http://www.honestycosmetics.co.uk>) or contact them at Lumford Mill, Bakewell, Derbyshire, DE45 1GS. Tel. 01629 814 888.

### Green People

Make several sun care products ranging from SPF 8 to SPF22 priced at around £16 for 200ml. I have not used their sun cream but I have heard good reports about the quality and effectiveness of their other products.

You can buy their products from their website (<http://www.greenpeople-organic-health.co.uk>) or contact them at Green People Company Limited, Pondtail Farm, Coolham Road, West Grinstead, West Sussex, RH13 8LN. Customer Care Line: 01403 740 350. Email: [organic@greenpeople.co.uk](mailto:organic@greenpeople.co.uk). Most of their products are registered with the Vegan Society.

## Weleda

Weleda have several skin care products and the Weleda range is often in “normal” shops as well as vegan friendly establishments. I have not used their skin care items but their other products worked well for me.

Most Weleda products are vegan (their only non vegan ingredients being lanolin and beeswax). However they label their products very well so you can easily tell if they are OK.

## Reviews and Comments

### Vanilla Black Restaurant, York

While we were in York recently we took the opportunity to eat lunch at Vanilla Black, a vegetarian restaurant on Swinegate and a very delightful time was had. Although only 2 options were vegan what we had was delicious and was presented excellently without any pretentiousness that you sometimes get with good restaurants. They have an excellent selection of wines and beers to accompany your meal with the vegan choices clearly labelled.

Vanilla Black have a separate lunch and evening menu (which always has 2 vegan options) which changes every 3 months. Lunch is described as lighter meals in an informal setting with evening meals being more formal but with a relaxed attitude. For a description of the restaurant I think their website sums it up exactly right...

“Vanilla Black is a thirty seat restaurant which oozes an elegant 1930s feel. The furniture, which consists of dark wood tables and a variety of antique dining chairs, has been sourced from auction houses to create character and nostalgia. The tables are scattered thoughtfully to allow a feeling of space and privacy for customers, and the look is completed with a palette of crisp white walls and soft greens.

Antique mirrors provide an air of spaciousness, and thoughtful and unusual pieces are scattered throughout the restaurant. Fresh flowers adorn the furniture for that finishing touch.

The ‘feel’ of Vanilla is relaxing yet formal, and often said to be reminiscent of an afternoon at Grandma’s House.”

Booking is advisable and reservations can be made by telephoning: 01904 676750.

### Opening Times & Days

Lunch: Wednesday - Saturday 12-2pm (last food orders taken at 2pm)

Evenings: Tuesday - Saturday 6pm onwards (last food orders taken at 9.15pm)

Vanilla Black , 26 Swinegate, York, YO1 8AZ. <http://vanillablack.co.uk> .

### Parsley Soup - Cherry's vegan recipes

I came across this excellent website for recipes recently <http://www.parsleysoup.co.uk> . It is very comprehensive and well organised with lots of good ideas, pictures, tips and advice. It is one of the best recipe websites I have seen. There is even some vegan poetry while you are waiting for things to cook! Well worth a look.

### 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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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>

### SPEED BUMP

