



The Vegan Newsletter

for East Riding Vegans

No33 September 2006

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

Welcome ...

to our September newsletter.

Unfortunately the weather has let us down during August and we haven't been able to book a picnic date and the forecast for September doesn't look too good either. Look out though we might be able to organise one.

Some of you may have noticed that The Good Life on Princess Avenue has closed. It was a good place to get your bits and pieces and they kept good hours for people coming home from work so I am sure they will be missed. I know you will all want to say thank you for their efforts and wish them well in their next endeavour.

There was a bit of a gap between our August meal and our September one; this is because Jane and Bruce had a well earned rest and closed Hitchcock's for a few weeks. We are now back in the swing of things and our meals will once again be about every month. I have also included our Christmas meal date so you can pencil it in your diary. If you would like to come its never too early to book!

It would be good if like minded groups and organisations could join us at our Christmas meal so if you are also a member of such why not suggest 21st December at Hitchcock's for their celebration meal too – we try to tie up for this meal with Hull Veggies and it would be great to see other groups there too. Please note I am not offering to organise the meal for them, looking after ERVegans is enough of a job for me!

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. If you do email ensure that you are emailed back as confirmation of receipt of your booking.

September

Thursday Sept 14th - Suriname night

Suriname is a country on the north east part of South America and its cuisine has been influenced by many sources; Javanese, Creole, Chinese, Hindustan plus the Netherlands.

October

Thursday Oct 12th - Spanish night

A bit more of a normal theme for us and not one that we have had for quite a while. I have no doubt it will be full of Iberian colour and taste.

November

Wednesday Nov 1st - International vegan day

The day on which we celebrate veganism is rounded off by a great night at Hitchcock's where Bruce cooks all his favourite dishes from around the world. As per usual we would like you to bring a friend from work or your neighbourhood to swell our numbers for the night.

December

and early warning for Christmas meal - 21st December

Just so you can put an entry in your diary now for our most popular meal of the year.

“If a man aspires towards a righteous life, his first act of abstinence is from injury to animals.”

Albert Einstein

News & Events

New vegetarian café – Holmfirth, West Yorkshire

I have been passed on the details of a new vegetarian café (with vegan options) at Holmfirth. They do takeaways, catering, organic, fair trade, wheat free. It is 100% organic and they make everything on the premises. A menu downloadable from website.

WOW Café, 5 Victoria Square, Holmfirth, W Yorks, HD9 2DN. Tel: 01484 682112

Times: Mon 10am-5pm, Tues-Thurs 9am-5pm, Fri & Sat 9am-5.30pm, Sun 11am-4pm then from 6pm for the Veggie Sunday Roast. <http://www.wowfoods.co.uk>.

Volunteer call – Harrogate and York

The Vegetarian & Vegan Foundation - Viva!'s sister health charity needs volunteers to help on its stand at the following events:

Monday 25 September, The Natural Trade Show, Harrogate International Centre <http://www.naturaltradeshow.com> and

Tuesday 26 September, 50+ Day of Food & Drink, York Guildhall <http://www.yorkfestivaloffoodanddrink.com>

Amanda Woodvine, the Foundation's campaigner, will be at both events and actively promoting the health benefits of a veggie diet.

If you're free on the day to give her a hand, she'd love to hear from you!! Just drop her a quick email, stating which event and whether you can help for the morning, afternoon or whole day and Amanda will get in touch with details. Contact via Angie Greenaway, angie@viva.org.uk, Sales and Promotions Manager, Viva! and Vegetarian & Vegan Foundation. Tel: 0117 944 1000 and 0117 970 5190. <http://www.viva.org.uk> and <http://www.vvf.org.uk>.

Vegan Organic Network visits and workshops

VON have organised several events for vegans interested in growing their own food. See their website for details along with some excellent and free information - <http://www.veganorganic.net>

Unfortunately they are quite a long distance for people based in Hull but if you happen to be in Southampton, Wigan or Reading in the next few months why not incorporate some vegan gardening.

Are you a sporty vegan?

I came across the following two organisations that maybe of interest to you; The Vegetarian Cycling and Athletic Club and The Vegan Runners Group.

The Vegetarian Cycling and Athletic Club (VC&AC) welcomes vegans of any sporting ability. They are a national club including runners, cyclists, triathletes & walkers and have been existence for over 100 years. The Club, whose primary activities are competitive cycling and athletics, also welcomes vegetarians and vegans from other sports or physical activities.

For details contact Peter Simpson at 13 Peers Lane, Shenley, Church End, Milton Keynes, MK5 6BG. Tel 01908 530919, e-mail Psimpson@vegac-mkveg.fslife.co.uk. Their website is at <http://www.geocities.com/vegetariancac>.

Vegan Runners UK is a sister organisation of VC&AC. It was launched at the London Vegan Festival on 4 July 2004 for vegans of all running abilities to raise awareness of veganism throughout the UK and provide a focus group for current vegans with an interest in running. Members would participate in open events of their own choice as advertised in the athletics / running magazines. They too have a website at <http://www.veganrunners.makesense.co.uk> where you can order your Vegan Runners running kit.

Interesting Vegan Views articles

Vegan Views is a great quarterly magazine available in both electronic and printed version. It is really well put together with something for everyone. The current edition (VV108) has a number of great articles that I thought I would give a pointer too – they are well worth a read;

Milk is Not Necessary - A Nutritionist's Answer to the Vegan Debate in 'Natural Beauty and Health' magazine April 2006

Views on Vaccinations – a personal view

Bovine TB and Badgers – a view of the governments policy including the fact that it costs £90m a year to you and me!

Vegan Views magazine can be downloaded free at their website <http://www.veganviews.org.uk> or for a paper copy send £4 for four copies to Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK. Make cheques etc. payable to Vegan Views and state which edition you would like to start with (VV108 is the current).

Vegan mapping

Someone has set up a buddy mapping site for vegans. This allows vegans to show where they are based and allows you to contact other vegans near where you live or where you are visiting. Its mostly USA people so far but there are now UK people adding to it.

To add yourself or just to see if there is a vegan buddy near you go to <http://www.buddymapping.com/maps/Vegans>.

The fat vegan project

Chris is the organiser of the Gloucestershire Veggie Fayre and thinks its about time to loose some weight so he has created the

Fat Vegan Project. Over a year period Chris will attempt to lose weight to finally get down to his healthy weight (around 11 - 12 stone) which he was only 6 years ago. To follow Chris' antics you can read his blogg at <http://fatveganproject.blogspot.com> .

Veggie Vision

have a nominate your veggie visionary survey which could win you a box of Elizabeth Shaw chocolates, a competition to win a music DVD by MASK! Plus there are updated videos on cooking, roving reports and interviews. Go to <http://www.veggievision.co.uk> for more details.

Food standards agency

The FSA, as part of their eat well campaign, have set up a veggie and vegan page at <http://www.eatwell.gov.uk/healthydiet/vegaveg> . It is fairly basic in its information but it is good to see that the government now takes the line that you can be a perfectly healthy on a vegan diet. It may be good to visit the page just in case they are clocking up the number of visits!

National Supplier News

Mens vegan dance shoes

Ethical Wares have created a pair of shoes for all you wannabe ballroom dancers out there. Check them out at their website <http://ethicalwares.com>. They are priced at around £45.

Fun vegan clothing from Slink Clothing

A new company has a range of fun clothing items for vegans. The selection is small at the moment but they promise more – see <http://www.slinkyclothing.co.uk> for more details.

Honesty Website Updated

Honesty Cosmetics have updated their website (<http://www.honestycosmetics.co.uk>) . There is a whole new range of items and all their products are of course vegan.

Questions

What makes a wine non-vegan?

There are several animal-derived ingredients that can be used in the production of wine. Although these are normally filtered out before the wine is sold the use of animal ingredients in their production makes such wines unsuitable for vegans.

Typical animal ingredients used are isinglass (a very pure gelatine product derived from fish), gelatine, egg whites and caseins (a milk protein). Previously some wines even used blood as an additive although this is now rare as it is illegal to use blood in European wines since the outbreak of BSE.

These animal ingredients are typically used to assist fining the wine. This is a filtration type process and the animal ingredients help coagulate fine particles into larger ones that would otherwise pass through the filters.

Vegan wines either use an alternative coagulant (bentonite or kaolin which are both made from minerals) or they don't add anything to help the filtration process or they don't even filter them. Vegan wines don't actually taste any different to non-vegan wines but I am sure you will agree the pleasure is much better knowing you are drinking a vegan version.

If you need vegan wine information there is an ever increasing repository of lists on the internet. Our favourites are <http://vegans.frommars.org/wine> (which has an excellent printable pocket-sized guide), <http://www.isitvegan.info> , and http://homepage.ntlworld.com/geraint.bevan/Vegetarian_beers.html (which lists veg*n beers too!). The Co-op mark their vegan wines and Tesco have a great search facility on their website for locating vegan wines. In the Avenues area there is a new Oddbins off-licence which has several vegan wines for sale – we are in the process of producing a list.

Reviews and Comments

Brighton

We have just returned from a great long weekend in Brighton. We knew there were lots of vegan friendly places there but we were amazed at how good it was. Although we stayed in a conventional B&B it catered for veggies and vegans. Actually the term “catered for...” is a bit of an understatement. The breakfasts were fantastic and you could even enjoy a full vegan cooked breakfast with specially created items just for us vegan types. It is no wonder they have previously been nominated as the best vegetarian hotel in the UK (Paskins Town House – <http://www.paskins.co.uk>).

All the other places we dined at were great too; from the vegetarian pub (The George) through to what is widely regarded as the best vegetarian restaurant in the UK (terre á terre – <http://www.terreaterre.co.uk>). What was good too was that many of the establishments gave us discount for being members of the Vegan Society. It is well worth joining if you are visiting other towns and cities in the UK: 5% here, 10% there soon adds up.

As well as being well fed Brighton offers you a great place to spend your days. It is a Bohemian place and there is an atmosphere of people being at ease with each other. There are artists galleries, great book shops, lots of live music and a proper flea market where we spent several hours just wondering around looking at items from yesteryear.

If you fancy a trip to Brighton please get in touch and we will give you a full list of places to try and things to do.

PETA2.com

The article in the last issue concerning veganism and animal rights provoked comment from several of you – as always your comments are much appreciated. The point that veganism is a “quiet but major” part of animal rights was picked upon by several of you and I think it is right to remind others out there that veganism is the biggest impact that an individual can have on saving animal lives and reducing suffering. Of course we support legal animal rights campaigns too and if you would like some resources and information one of the best sites, particularly aimed at the younger vegans is the PETA2 site at <http://www.peta2.com>.



<http://www.bizarro.com>

East Riding Vegans (ERVegans)

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

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