

Welcome ...

to our December newsletter and seasons greetings and best wishes for the New Year to you all. 2006 has been a very busy year for me personally but I hope I have managed to organise enough events with enough variety for you (let me know if there is anything extra you fancy doing). The plan is to do more in 2007. Weather permitting there will be picnics, maybe camping and wine tasting along with a special project I would like to do.

2006 was a big year for the Vegan Society too; there was the election event and the move to Birmingham on / off saga. The elections brought about several changes in personnel which should take the society in a new direction. Whether for the better or worse will start to come clear in 2007. My information is that the society will be moving to Birmingham soon.

I am keen to embark on a project next year to increase the choice for vegans in Hull. I would really appreciate help with this project as I think a couple of us working together for a few hours a month can really make an impact. Why not make it a new years resolution – help ERVegans! See inside this newsletter for full details.

The theme for the meals in 2007 will be islands and we are starting off with general Scottish Islands for our Burns Night get-together on 25th January, with a Hawaii night in February (I thought it would brighten up the long winter days). Other Hitchcock's themes to be organised soon but if you have a favourite island cuisine you'd like Bruce to try let us know and we will see if we can arrange it during the year.

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.

January 2007

Thursday 25th January – Burns night / Scottish Islands theme

A Sottish Islands theme to celebrate Burns night this year. This is one of the meals that always gets asked for so get yourself to Hitchcock's for vegan haggis and neeps. Maybe someone would like to read some poetry too.

February

Wednesday 21st February – Hawaii night

A colourful night to banish away the long winter days and start looking forward to spring. Wear something colourful and lets see if anyone can “out-loud” Ray's shirt.

Brandy 'Butter' → 100g vegan margarine → 100g icing sugar, sieved → Approximately 2 tbsp brandy (or more!)	Cream the margarine and icing sugar until smooth. Add the brandy until blended. Chill overnight. This can served with the mince slices or Christmas pudding. Thanks to the Vegan Society for this one.	Eggless Nog! → 450g pack silken tofu → 240ml soy vanilla soy milk → 60ml sweetener (such as agave syrup) → 1 teaspoon vanilla → 1/4 teaspoon nutmeg → Pinch of cinnamon → Rum to taste (optional)	Blend all in a blender until smooth - Chill and serve. Thank you to http://www.vegfamily.com for the recipe.
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News & Events

Vegan Society MySpace launched

The Vegan Society have launched a MySpace presence where you can read about the very latest vegan news and events and also post messages <http://www.myspace.com/thevegansociety> .

Help needed

(see on Vegan Village notice board – <http://www.veganvillage.co.uk/notices.htm>) Busy vegan family are looking for reliable, capable person who likes the outdoors to help feeding/looking after our rescued hens, sheep and ponies. Vegan food, caravan accommodation and small wage offered in exchange for part time help in our quiet woodland near Scarborough, North Yorkshire. Initially for 2-3 months, could possibly be longer by arrangement. emailto: mudhutlou@aol.com .

Ethical Junction Relunched

Their website has been re-launched and is now sponsored by Cooperative Bank. It acts as a meeting place for ethical business to promote themselves and for people to locate ethical business. Check it out at <http://www.ethical-junction.org> .

Support and advocacy for people in institutions

The Vegan Society has plans to grow its existing support of vegans in institutions, and to help educate the caterers and their governing bodies on what's needed. However they need help both financial and practical.

If you think you can help go to the ActiVeg site at <http://www.activeg.org/articles/470.html> – which includes contact details of the organisations involved and details of organisations that can help people in institutions such as schools, elderly care or prison.

Student bursaries for stock-free agriculture course

The Vegan Organic Network has created a bursary fund to help vegan and veggie students follow a course on stock-free agriculture which is run by the Welsh College of Agriculture. You will have to undertake to practise stock-free (vegan organic) agriculture. Please contact David Graham, Anandavan, 58 High Land, Chorlton-cum-Hardy, Manchester, M21 9DZ. Tel 0161 860 4869, email: veganorganic@supernet.com .



Christmas Vegan Recipes

Our Vegetarian colleagues have a Saints and Sinners Festive Menu on their website for this years festivities. All the saints options are vegan apart from one that can easily be adapted and some of the sinners options are vegan or can be veganised – there are some very nice ideas at this site. Go to <http://www.vegsoc.org/christmas/2006/index.html> for details or see the ERVegans website.

New political party – Animals Count

The Animals Count political party has just been launched (see <http://www.animalscount.org>). Its aim is to campaign for a better world for animals and people. Still just being set-up it is hoping to match the success of a similar Dutch party that won 2 seats. Visit their website to find out how you can help.

National Supplier News

Sainsbury's now identify vegan wine

Just noticed that an OK for vegans mark is appearing on suitable wines at Sainsbury's making selection a lot easier.

Canned Vegan Dog & Cat Food

VeggiePets have announced the launch of Benevo Duo a canned, moist food for dogs AND cats. Vegan recipe with vegan taurine, vitamin A and arachidonic acid. See <http://www.veggiepets.com> for details.

Hemp seed oil deodorants

Yaoh have launched 3 new organic hemp seed oil deodorants which contain essential oils with

anti bacterial properties as well as aerobic oxygen, providing powerful protection night and day. Should be available at your local Yaoh supplier soon or can be ordered direct from Yaoh <http://www.yaoh.co.uk> or telephone: 0117 9239053 to request a mail order catalog.

The ERVegans 2007 Project

ERVegans would like more places to eat at and in 2007 we will be trying to persuade local establishments to increase their vegan offering or for some establishments get them to start offering some vegan choices. Help would be needed for this project so please volunteer away.

I am not exactly sure of the best way of achieving progress although I have quite a few ideas. I would like to get together with interested ERVegan members and discuss these ideas and get their feedback with a view of setting up a small group of people to run the project. I am not envisaging massive commitment here – just a couple of hours per month. However I think a small group of 4-6 people gently pushing can achieve good results.

Initially I think a survey of local establishments should be conducted. I have the basic survey drafted and I need people to check it. Then we can distribute it and collect it back again. I can collate the responses and present them on the website. While distributing the survey we can offer advice and get extra information if requested. The Vegan Society have a great catering pack we can use for this (if you are interested its available at <http://www.vegansociety.com/phpws/files/phatfile/caterpack.pdf>) .

After the survey we can then concentrate on individual establishments that we think we can have success with. Maybe we can organise an ERVegans meal there, supply them with information, or get them to start offering or increase their vegan choices and give them some publicity to help them along.

One aspect I am conscious of is that we don't want to reduce trade for the places that have looked after us so well so far; Hitchcock's Vegetarian Restaurant, The Zoo Café, Grain Whole Food. These already offer a great service for vegans and we must continue to support them. This project is about increasing the vegan offering in general as I think there is a great growth opportunity for establishments offering food not just for us but for people on restricted diets. When you look at these diets many of them could be catered for by having a vegan offering. We need to get this message across and I think this project would be the best way of achieving that.

At this point I would like to make it clear that this is a positive and engaging project. It is not about admonishing establishments that are not interested or criticising places that don't have a big enough vegan offering. Its about identifying establishments that would like to help us and then giving them any help they need plus of course the financial support by publicising and using their services.

A great improvement to the whole culture of dining out will take place next year – the smoking ban! Hooray. This will make many places much nicer to eat plus there is sure to be an initial fall in income for these establishments so I think they will be very responsive to any extra revenue especially when we can get over the facts that vegan food is quite simple to make, involves minimum wastage and when given an opportunity to try it most people actually like it.

Well that's my sales pitch. Please could anyone interested in helping get in touch – I do need help with this one. I am looking for people who are willing to visit establishments with surveys and feedback, people who would like to dine out and write reports (we want to encourage the good and guide the not-so-good) and people who can just proof read and check documents for us.

As noted early I don't think it would be more than a few hours per month and I think once we get going we can use phones to communicate. I can do all the typing and document producing so you don't need a computer just an engaging manner and a willingness to help the vegan cause.

Vegan Blogs

Bloggs are everywhere these days (a blog is short for a weblog and is a journal or newsletter that is frequently updated and intended for general public consumption) so it should be no surprise that there are lots of vegan themed ones. Some are OK but fortunately some are really good and are well worth visiting for inspiration and entertainment. I have listed my favourites below. So the next time you are surfing the net at home or at the library why not check some of them out. You might even want to start one of your own.

Vegan Lunch Box

See <http://veganlunchbox.blogspot.com>

I have mentioned this blog before but its worth repeating. This is a great blog. It is basically just a list of vegan lunch box menus primarily aimed at children (but men would like them too!). However this is not just a recipe list. It is packed with ideas and invention everywhere and the presentation is fantastic. The blog is fast becoming an institution and has even lead to a book written by the blogs author Jennifer McCann.

Live it up vegan

See <http://www.liveitupvegan.blogspot.com> (also French version – Canadian French though!)

This is the blog of a family and their vegan experiments and discoveries. It contains many original ideas for recipes and is presented in a fun and entertaining way.

The Vegan Diet

See <http://thevegandiet.blogspot.com>

This is the blog of Jackie Ford who lives in South Africa. She writes some very interesting articles about veganism. Currently there is an article on limes followed by some delicious sounding recipes. There is also an article on Benjamin Zephaniah together with some of his poetry. Jackie's blog also has lots of great links to other vegan websites.

Grumpy old vegan

See <http://www.tonywardle.co.uk>

This is the blog of Tony Wardle. Tony is a journalist and writer and was a TV producer before becoming the associate director of animal campaign group Viva! and the health charity Vegetarian & Vegan Foundation – both of which he helped found. He edits their magazines, Viva!Life and Veggiehealth.

This blog is a great read. It has loads of articles on many aspects of veganism or subjects of interest to vegans. Obviously Tony can write well and together with his style, general interest and passion behind the blogs he produces many great articles that are a pleasure to read.

What do you want in 2007 from ERVegans?

Hopefully several of you will help out with my project for 2007 but I am also interested to know what you want from ERVegans in 2007. More meals / less meals, different venues, get-together, presentations, guest speakers, campaigns, visits etc. Let me know because I don't mind organising things but I need the support from you to make them actually happen so it makes sense to do what you want. Remember it is your local group and so should reflect what you want.

So the next time you have got 5 minutes to spare why not jot down a few thoughts and send it to me either by email or just hand me the piece of paper. All comments will be very appreciated.

“May all that have life be delivered from suffering.”, Buddha

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>

Christmas Recipes

The web is a great resource for Christmas recipes but if you visit our website I have added a special section pointing out the ones that I have either tried and liked or ones that look good.

If you need paper copies of recipes get in touch but soon!



Vegan Society

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