



The Vegan Newsletter

for East Riding Vegans

No40 September 2008

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

Welcome

to the long awaited next edition of our newsletter.

I have listed the events to the end of the year so you can organise your diaries. I would like to organise some events at other places for a bit of variety. I have several ideas but can you let me know what sort of events you would like to have arranged. We can discuss this at the next meal or give me a call or drop me an email.

Don't forget our Christmas meal date – you can't book too early for this one. Its obviously going to be very busy both in Hull and at Hitchcock's but it is always a good festive night and Bruce does an excellent British Christmas theme.

Veganism / vegetarianism has been debated a lot in the media recently. There have been comments from several about the impact on the environment of eating meat including Dr Rajendra Pachauri, chair of the United Nations Intergovernmental Panel on Climate Change. This is an interesting and important lever in furthering our cause. Even though I am vegan for animal welfare reasons I can see that this would attract many to at least reducing their meat consumption. This should both alter the financial balance and increase the availability of non-animal products. The result should be that it will be even easier to be vegan and it will be more accepted. And so hopefully the momentum will build.

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 e-mailed back as confirmation of your booking.

October

Wednesday 15th - Lebanese night at Hitchcock's

A touch of the Middle East is our October date at Hitchcock's.

November

Saturday 1st - International night at Hitchcock's

To celebrate International World Vegan day in style with a selection of all Bruce's favourites from around the world.

Tuesday 25th - Cajun night at Hitchcock's

An extra night full of Cajun delights to banish those winter blues.

December

Saturday 20th - British Christmas part at Hitchcock's

Our ever popular Christmas themed meal to round off the year. Please book very early if you would like to come to this one and remember Hull will be very busy so if you are coming by car please ensure extra time for traffic and finding a parking spot.

News

Super Vegans!

Are you a super vegan? Are you looking for a super vegan? Well <http://www.supervegan.org> is the website for you. It lists super vegans in various categories (athletes, artists, chefs, rescuers etc.), a super vegan being someone who exemplifies veganism and gives out a great positive message. You can join too if you are a super vegan.

The Brighton Vegan Fayre March 21st 2009

The date has been confirmed for the first ever Brighton Vegan Fayre at The Brighton Centre overlooking Brighton Beach for Saturday March 21st. The show will be a flamboyant mix of all things vegan with the emphasis on fun and family entertainment as well as shopping and education. More details including a website will follow shortly, and stalls will be available from September 7th 08. More info available soon from the Yaoh website. Meanwhile the dates for next year's Bristol Vegan Fayre have also been announced for May 30th and 31st 2009.

West Midlands Vegan Festival 1st November 2008

The West Midlands Vegan Festival will offer all you need for healthy, cruelty-free, eco-friendly living. You don't have to be vegan to attend, everyone is welcome! Come and see why people are increasingly adopting a vegan lifestyle. The festival will feature all the following attractions:

- A feast of delicious vegan food, including free samples!
- Vegan cosmetics, toiletries & healthcare products
- Ethical clothing & footwear stalls
- Campaign & info stalls
- Free recipes, health factsheets & nutrition advice
- 3 separate cookery demos
- 3 talk areas, each with a full programme of speakers, films, workshops etc
- A large cafe & bar area
- Our Grand Raffle & tombola
- Presentation of the Vegan Society Awards on the main stage
- A speed meeting session
- Many stalls will have special offers available
- And so much more...!

The festival is being held in the Wulfrun Hall, at the Wolverhampton Civic Hall in the city centre, 10 minutes walk from the train/bus stations.

The festival will be open from 11am - 5pm. Admission is just £1, payable at the door.

Full details at <http://www.veganmidlands.org.uk/festival/home.html>

Human physiology article

I have been forwarded a link to an excellent article on why humans are designed to be herbivores. You have probably read similar articles previously but this one is very well written, clear and contains references for the facts contained. The introduction is...

"Although many modern humans eat a wide variety of plant and animal foods, earning us the honorary title of "omnivore," we are anatomically herbivorous. Biologists have established that animals who share physical characteristics also share a common diet. Comparing the anatomy of carnivores with our own clearly illustrates that we were not designed to eat meat."

To read the full article go to http://www.goveg.com/naturalhumandiet_physiology.asp.

Vegan Society website make-over

The Vegan Society have changed the style of their website. To me it now looks better organised and easier to find information. Why not have a look if you haven't visited for a while?

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

Austrian campaigners freed

You may have seen items in the last few months about a group of Austrian animal campaigners being arrested and detained without charge by the Austrian authorities. I am pleased to say have now been released. To read in detail about what happened see their website at http://www.vgt.at/index_en.php.

New vegan magazine - Off the hoof

A new vegan magazine will be available from the 1st November. Called "Off the hoof" the magazine covers all areas of the vegan lifestyle including the latest campaigns news, fashion, beauty, nutrition, research, events, sports, celebrities, businesses, products, people, shops, jokes, travel, the living raw lifestyle, competitions, special offers and specialised features including, for the launch issue out November 1st.

- A report on the Climate Change Camp
- An interview with vegan legend Benjamin Zephaniah
- Overland to India 2008 – eating vegan on the way
- A vegan guide to Glasgow and Leeds
- Interviews with Adrian from Plamil & Robin from Vegetarian Shoes
- Robbie Hazeley – vegan Bodybuilder
- How to make the perfect vegan Christmas dinner
- + loads loads more.....

It will cost £3.95 and I am not yet sure how you will be able to get your hoofs on it (get it!) but look out for it.

New Vegan resource - Vegatopia

I stumbled upon what could potentially be a very useful resource to us. It is called Vegatopia and in its own words...

"Vegatopia is dedicated to providing a comprehensive academic resource on all things vegan. If you are a student, researcher or teacher interested in any aspect of veganism this is the site for you. We aim to provide you with access to as wide a range of academic resources on veganism as possible and hope that through the inter- and multi- disciplinary sharing of ideas, this site will facilitate new areas of research into vegan-related issues. We want Vegatopia to be an interactive forum for dialogue, informing individual and collaborative research and teaching, as well as making a contribution to vegan activism and having a positive impact on veganism in a wider sense."

Its at <http://www.vegatopia.org> and already has quite a few thought provoking articles. It is well worth an extended browse.

Local Supplier News

Sabrini's – a new café bar on Princes Avenue

A new café has opened on Princes Avenue in recent months. Sabrini's have taken over the establishment previously known as Nest Café (which was previously Hull Foods for you old timers!). It serves both Mexican based and middle eastern type cuisine and many of the items are vegan. The owners are knowledgeable and very keen to help. It is a great place to drop in for a drink, a snack or something more substantial. They even have vegan baklava! If you can't stop they have a great take-away service too.

Sabrini's 63 Princes Avenue, Hull, HU5 3QX. Tel 449893

There is a good review at http://www.thisisull.com/food/289588466_michellesabrinis.html with a praising quote from Bruce Hitchcock.

New shop - Kyi-po, York

A new vegan shop has opened in York. It is located just to the North East of the main centre near Monk Bar. I have not had chance to visit yet but will do the next time I am in the area. If anyone else beats me to it please let me know about it.

Kyi-po (pronounced Key po) sells a variety of food & drinks for all to enjoy, everything is vegan. They also sell organic and fair-trade products along with vegan friendly toiletries, eco friendly cleaning products, books, magazines & much more. Kyi-po has not forgotten your pets too, who have their own special section.

Kyi-po, 9 Goodramgate, York, YO1 7LW. <http://www.kyi-po.com/index.html>.

"Posh" crisps at Lidl

While investigating what Lidl had on offer this week I spotted some crisps on sale that looked very nice. The brand is called Knights which I think is a Lidl own brand. I picked up a packet of sea salt and balsamic vinegar and lots of labels proclaiming lack of "bad things" so I read the ingredients list. They looked vegan. I turned back to the front of the packet and sure enough there was big Vegan mark on it that I had failed to see. Some of the other flavours were OK for us too so well done to Lidl for supply and clearly marking (when I looked!) a vegan treat.

By the way Lidl and Aldi are great places to buy good quality vegan chocolate at low prices.

National Supplier News

Jerky strips new flavour

My favourite lunch box snack now comes in a new flavour. Primal Snacks now sell a hot and spicy mushroom version of their delicious meatless jerky strips. Unfortunately I haven't seen them in any local shops yet but you can buy them from several on-line sellers including the companies own website – <http://www.primalsnacks.com>.

Majestic Wine's vegan marker

Majestic Wine's have now added a vegan marker to their wines at their on line store (not sure about their actual shops). If you go to their website and look for the vegetarian wines link it lists both vegetarian and vegan wines. Wines which are just veggie have a "V" symbol, ones which are vegan too have an additional "Ve" symbol. There are 240 vegetarian wines available and although I did not look through the full list out of the first 20, 12 were vegan.

Majestic Wine website is at <http://www.majestic.co.uk> and they have a shop in Beverley (16 Norwood, Beverley, HU17 9EY. Tel 01482 868050).

Vegan Make-Up now in stock at VeganHealthandBeauty.com

Vegan Health and Beauty have now added a selection of vegan make-up to their range. Check out the latest additions at <http://www.veganhealthandbeauty.com>.

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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"Whatever my own practice may be, I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other when they came in contact with the more civilised."

Henry David Thoreau

Vegan Society

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