



No 41 February 2009

# The Vegan Newsletter

## for East Riding Vegans

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

## Welcome to our Newsletter

Our first of 2009. A belated Happy New year to you all.

I have booked up the first part of the year with events at Hitchcock's. My idea was to move around the world with several meal themes from each continent. We are starting off in Europe but someone had already booked the March date as Brazilian and Portuguese which sounded so intriguing I booked that one too. After Europe we are onto the America's with our traditional Bob Marley night. Later on we will be sampling the continents of Asia, Africa and Australia. Hopefully, there are some themes to entice you but if you have a favourite please let me know.

I have started a series of articles on inspirational vegans. First off is Fiona Oakes whom I have written about before - but she is such an inspiration. Some others that I am considering for future newsletters are Chrissie Hynde, Carl Lewis, Gill Langley, John Peel and Peter Singer. However, if you would like to contribute with your own choice please get in touch.

And Grain has now re-opened - they have done a lot of work on providing us with a great place to buy vegan items so please try to use it as much as possible.

## 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 e-mailed back as confirmation of your booking.

### February

#### Wednesday, 25th February - Russian Night

A good hearty meal theme to beat those winter blues. We have had several eastern European themes in recent years and they have all been full of surprises for our taste buds as well as our eyes.

### March

#### Thursday, 26th March - Brazilian & Portuguese Night

Sounds intriguing.

### April

#### Thursday, 9th April - Greek Night

A feast of colour for your eyes and intriguing tastes for your palettes. Greek food is full of inspiration and inventiveness. No smashing plates though!

### May

#### Thursday, 14th May - Bob Marley Night

Our traditional May theme meal is a celebration of all things Caribbean - lots of colour, spices and fun. **As always this is very popular so please book early.**

## Local suppliers

### Grain Whole Foods is Open Again (and is even better)!

The renovations at Grain have been completed (with a small delay) and it is now open again full of even more vegan goodies for you. If you haven't been for a while why not call in and then pop to The Zoo Vegetarian Café or Dazzle for a coffee.

Grain is at 25 Newlands Avenue, Hull, HU5 3BE. Tel: 01482 448680.

### Mana Tree Stocks Figs & Rouge Products

The Mana Tree is now stocking Figs and Rouge products, many of which are suitable for us. Figs and Rouge manufacture luxurious but natural skin care products presented in a vintage style. See [www.figsandrouge.co.uk](http://www.figsandrouge.co.uk) for details or call in and talk to the very helpful staff at Mana Tree.

Mana Tree is at 89 Newland Avenue, Hull HU5 2AA. Tel: 01482 448529 .

## National suppliers

### New Products at Feel Good Handbags

New vegan wallets, purses and bags. Colourful bags and accessories created from recycled fair trade juice packets. And just arrived in the last few days - fashionable women's shoes and boots from animal friendly materials. [www.feelgoodhandbags.co.uk](http://www.feelgoodhandbags.co.uk)

## News

### Brighton Vegan Fayre, England, 21 March 2009

Saturday 11am to 6pm at the Brighton Centre. Stalls, shopping, food tasting, entertainment, eco boutique, cocktail bar, kids area, entertainers, activists, talks and demos, art gallery, vegan cafe, snack bars, juice bars, licensed bars, vegan restaurant at the top of the building overlooking the beach. Organised by Yaoh, <http://www.veganfayre.co.uk> .

Why not make a weekend of it in one of the three best cities for veggies in Britain (Brighton, Edinburgh, London) and spend Sunday wandering the veggie cafes and cute shops in the Lanes. For lots of veggie-friendly accommodation in Brighton see Vegetarian Brighton guidebook

### North East Vegan Gathering, 3rd April 2009

3rd-10th April, at Morpeth, Northumberland. There is a group of comfortable self catering holiday homes set in 75 acres of parkland, you can either take a whole house or share, all food is vegan for the week, many events will be organised, [www.vegne.co.uk/vegan-gathering](http://www.vegne.co.uk/vegan-gathering)

### The Incredible Veggie Show, London, England, 18 April 2009

Saturday 10am - 6pm. Lawrence Hall and Conference Centre, Royal Horticultural Halls, Greycoat Street, London SW1P 2PE. Europe's largest vegetarian event comes to London in April 2009, featuring everything you ever wanted to know about being or going veggie or vegan – or simply cutting down on meat. Hosted by leading vegetarian campaigning group Viva! As with previous shows, the 2009 extravaganza will provide inspiration and information for all – and everything at the show will be suitable for all – 100 per cent vegan and 100 per cent cruelty-free. It promises to be a fun day out for people looking to improve their health, save animals and protect the environment. 100+ stalls, a wide range of free food tastings, cookery demos, lots of talks, nutritional help and advice, recipes, information, campaigns, Admission £4, under 18 free, save 25 per cent by pre-booking your tickets by visiting [www.viva.org.uk](http://www.viva.org.uk) or calling Viva! on 0117-944 1000.

## Bristol Vegan Fayre, Bristol, England, 30-31 May 2009

The big one, organised by Yaoh. [www.yaoh.co.uk](http://www.yaoh.co.uk) See [Vegetarian Bristol and Bath guidebook](#) - more in our next newsletter.

## Protecting Animals in Democracy

Visit [www.vote4animals.org.uk](http://www.vote4animals.org.uk) to find out if your MP has voted for Early Day Motions (EDMs) number 4 "Use of Animals to Test Food Additives", 74 "Ombudsman and Suffering in Animal Experiments", 480 "Animal Protection Policy", 1215 "Household Products" and 1279 "Animal Testing of Cosmetics". If they have not, please email them to ask they do so.

Uncaged's ambitious Protecting Animals in Democracy (PAD) project was launched in the run up to the 2005 election with the aim of translating public concern for animals into political pressure for real changes. PAD is now building political momentum in pursuit of 6 crucial policy areas they highlighted in their 2005 Manifesto for Animals as well as intervening for animals when urgent issues arise. The foundation stone of this work is a unique campaigning website which makes it really easy for the public to lobby their MPs. See also [www.uncaged.co.uk](http://www.uncaged.co.uk).

## An inspirational vegan -

I have decided in these times of world woe we need a bit of inspiration. And what better way than a series of articles on vegans that have inspired us.

True a vegan lifestyle normally is associated with the pursuit of things other than money, greed and possessions and it could be a good time for veganism and other "alternatives" as people try to find a lifestyle that brings them genuine happiness and contentment. If you know anyone down in the dumps then hopefully this will inspire them as much as me.

I have written about Fiona Oakes previously but she continues to be an inspiration to many vegans and others with her lifestyle.

Fiona was an Olympic Standard cyclist and competed in the Barcelona games in 1992. Even then she was a vegan although she had to keep it quiet from the coaches as they would not have approved of such a thing. Although Fiona didn't win a medal it was her competitiveness that got her to the games and undoubtedly what drove her to even greater things.

In 1993 she set-up Tower Hill Stables with her partner. Over the years they have cared for many animals, ensuring that they live out their lives and are thoroughly cared for. Now they care for over 260 animals including horses, pigs and cows. As you can imagine this is a full time job without a day off. The animals need feeding, watering and cleaning-out whatever the weather. This of course would be enough for us basic mortals but Fiona does more. A lot more.

Just after taking over the sanctuary she wanted an activity to maintain her fitness. As she could not put in enough miles to maintain her standard as a cyclist and because she didn't want to be a "recreational" cyclist she took up running and found she was quite good at that. Very good in fact. The first serious race she entered was a half-marathon, which she won. She has gone on to enter many marathons, using them as a vehicle for the sanctuary generating both publicity and much needed funds. She is now considered an elite runner when she enters the various marathon events around the world. As is the nature of marathons the times between courses vary greatly but Fiona can consistently do times around 2 hours 50 minutes. Her best time is 2 hours 38 minutes (Paula Radcliffe's world record is 2 hours 15 minutes).

Somehow she also manages to be a retained fire-fighter while running the sanctuary and competing in marathons. How, I have no idea!

So what is a typical day for Fiona? Well when you look after so many animals there isn't one. Normally it starts at 3:30am and hopefully finishes at around 9pm with an evening meal but can be later. When in training for a marathon she tries to fit in 80-100 miles per week of running too and it takes around 3 months of training to be "marathon fit". Lets summarise it by saying its very tough.



Obviously Fiona is someone amazing but what makes her inspirational to me is the fact that she doesn't seek fame or fortune for what she does, she just keeps on looking after the animals and keeps on running. She has found her niche in life and just puts her head down and gives it her all. She wears her vegan credentials on her chest (literally too!) and shows what a vegan is capable of if they set their mind to it.

Next time you are watching a marathon look out for Fiona and say to your non-vegan friends "see what a vegan is capable of". She will be running in the London Marathon on 26th April - look out for her and why not sponsor her. She is running for Captive Animals' Protection Society - see

<https://www.bmycharity.com/V2/fionacaptiveanimals> for details.

Tower Hill Stables is run entirely on donations, please consider giving them something. See <http://towerhillstables.com> for details of the many ways you can help. Or send cheques payable to: "Towerhill Stables Animal Sanctuary" at Tower Hill Stables Animal Sanctuary, Asheldham, Essex, CM0 7DZ. Note Tower Hill Stables is not a place to visit - it is Fiona's home!

If you are interested in running look at <http://www.veganrunners.makesense.co.uk> - they do some cool looking Vegan Runners shirts.

### Recipe - Welsh Vegan Rice Pudding

A recipe I veganised myself. Makes 5 small-ish portions (but it is very rich). I have reduced the amount of marmalade from the original. I suspect you could omit the egg replacer which would result in a slightly less thick pudding but would still taste good. Although pudding rice is specified it works well with ordinary rice, Thai jasmine rice is especially good.

- 300ml soya milk
- 300ml soya cream (or use more soya milk)
- ½ vanilla pod
- 50g pudding rice
- 25g sugar
- 2 "lots" of egg replacer
- 2 tablespoons whisky (Welsh is better!)
- 50g coarse-cut marmalade
- "some" margarine

1. Preheat oven to gas mark 4, 180°C.
2. In a saucepan bring the soya milk, soya cream and vanilla pod to a boil.
3. Add the rice and simmer for 20 minutes.
4. Use some of the margarine to grease a 1.2 litre bowl or pie dish.
5. Add the egg replacer, whisky and marmalade to the rice mixture and stir well.
6. Pour rice mixture into bowl and dot with a few small bits of margarine.
7. Bake for 30 minutes.
8. Either serve hot or leave to cool and then serve as rice Brulée.

### 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 Society

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