



# The Vegan Newsletter

## for East Riding Vegans

No 45 April 2011

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

It is with great sadness that I write of the sad news of the death of Amanda at the end of March. Amanda travelled from the South Bank to many of our meals with John and other members of the North Lincolnshire Area Veg\*ns Group. She was very caring for both animals and people and will be deeply missed by all those that knew her.

## Welcome

to our newsletter. This one is packed full of news including some of the festivals that are taking place around the country. Vegan festivals are now very popular and some are surprisingly large. A few years ago I went to the Bristol Vegan Fayre and it was very impressive. If you have never been to one I can recommend the Bristol one. There are some good places to stay too - let me know if you need help finding accommodation.

## 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 follow the vegan principles 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.

### April

#### Wednesday, 20th - Cuban Night

Get your best Cuban gear on for a very alternative theme. Anybody got one of those big cars that we can convert to a zero emission vehicle so we can be on message but still be cool when we arrive!

### May

#### Friday, 20th - Bob Marley Night

Our annual gathering to celebrate all things Bob and Caribbean. Its always a great night and for those of you who work during the week its a Friday this year so you can stay even later.

**Please book early for this event** and as its a Friday it will cost a little bit more - £15. Its still great value though.

### June

#### Saturday, 4th or Sunday, 5th Picnic in the Park (provisional)

I will confirm nearer the time - come on weather be kind to us!

Which park would people prefer? Queens Gardens might be a good choice.

#### Thursday, 23rd Singapore Night

Another popular theme choice so, hopefully, we will see lots of you at this night too

### July

#### Wednesday, 20th - Japanese Night

When I booked this no one could foretell the devastation and horror that was to come to this country.

## Local suppliers

### Seasalt and Passion Café Bridlington catering business

Seasalt and Passion is the vegetarian café (although they have fish items too) in Bridlington. They have several vegan main courses and always try to have a dessert for us vegans. I have heard good things about them although not managed a visit yet.

Well they now offer a catering service too which includes whole cakes. Not sure of the area they cover. In addition you can hire their café for your own event and they will provide the catering.

Café: 22 West Street, Bridlington. Tel: 01262 671117. www: [seasalt-passion.moonfruit.com](http://seasalt-passion.moonfruit.com)

Catering www [vegetarian-vegan-catering.moonfruit.com](http://vegetarian-vegan-catering.moonfruit.com) - other details the same.

### Vegan Easter Eggs

So far the only ones I have seen are at Grain Whole Foods (25 Newland Avenue, Hull) and they just have the one type - MooFree (see <http://www.moofreechocolates.com/> for details).

If anyone knows of anymore in and around Hull let me know.

Of course there is lots of stuff via the web - [veganstore.co.uk](http://veganstore.co.uk) is a good starting point.

## National suppliers

### Benevo converting more pet food to vegan versions

For our 4 legged friends you might be interested in placing an order on their behalf for Benevo which is now vegan. See [www.veggiepets.com/shop/benevo-vegetarian-dog-food-15kg.html](http://www.veggiepets.com/shop/benevo-vegetarian-dog-food-15kg.html) for details.

Lots of information on their website if you are thinking of including your dog in your vegan lifestyle.

## News

### Vegan Society revamp their website

The Vegan Society have revamped their website to make it more modern and easier to find things. See if you prefer it at [www.vegansociety.com](http://www.vegansociety.com).

### Vegan School Dinners

And the Vegan Society have been busy too working on a series of vegan recipes for schools. They have been nutritionally analysed and the next stage is to get them tested. If you are able to establish contact with schools or caterers that could test dishes to serve 30 people please get in touch with Rebecca Henderson: [advocacy@vegansociety.com](mailto:advocacy@vegansociety.com) The aim is for these recipes to become the vegetarian option in schools.

### Calling Older Vegans Using Care Services

The Vegan Society Advocacy Officer, Rebecca Henderson, is keen to find older vegans living in care homes as well as older vegans living in their own homes and using care services, this includes lunch clubs, day centres and home delivered meals. If you use one of these services yourself, or you know an older vegan who does, then please email Rebecca with details at: [advocacy@vegansociety.com](mailto:advocacy@vegansociety.com)

### Do you want to be a fit vegan?

A web forum I found may just be able to give you inspiration and support in achieving this. You will need to register but there is a lot there for you and they do seem to do quite a few events. See

[www.veganfitness.net](http://www.veganfitness.net)

## **This years vegan festivals**

There are many vegan festivals during the year now and I tend to use this link to keep track [www.vegetarianguides.co.uk/calendar/index.shtml](http://www.vegetarianguides.co.uk/calendar/index.shtml). Here is an extract;

### **VegfestUK, Bristol, England, 28-29 May 2011**

At the Amphitheatre, Waterfront Square and Millennium Square, Harbourside, Bristol BS1 5DB (just past the Watershed in the city centre). Free admission during the day 11am-5.30pm donations welcome on the door. Up to 100 stalls celebrating the vegan lifestyle including food, bodycare, fashion, campaigners, charities, therapists, caterers, juice bars, talks, cookery demos, live music, films, entertainment. It then becomes a pay event from 6pm 11pm with headline bands and DJ's. There is an evening event on Friday May 27th from 6pm-1am too. [www.bristol.vegfest.co.uk](http://www.bristol.vegfest.co.uk)

### **Vegan Camp 2011**

The 31st consecutive camp in 2011 will be held near Ashbourne in the Peak District National Park in Derbyshire on 6-20 August 2011.



Vegan Camp is a well-deserved break for vegans, or anyone willing to be vegan during their stay, including many active campaigners, for 2 weeks, or for a day or two.

All ages are welcome, many children attend, about 35% are under 18. Campers will be welcome for any period of stay within the fortnight.

### **13th London Vegan Festival, England, 21 August 2011**

Sunday 11am to 8pm. Kensington Town Hall, Hornton Street, London W8. Festival of vegan food and products, a great day out. 70 stalls include all kinds of vegantastic hot and cold food, juice bar, The Vegan Society, Vegetarian Guides, vegan clothing and shoes, plus speakers and music. Entrance £2. [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

## **The Cake Liberation Front**

The Cake Liberation Group is a social group based in Manchester, England, interested in making and sampling baked goods made without animal ingredients. They want to smash the stereotype of dry fruitcake and sugar free flapjacks. There are plenty of recipes out there that you would never know are animal free if you weren't told! Check out their website for more details of events and meetings.

[www.cakeliberationfront.com](http://www.cakeliberationfront.com)

## **3rd Worldwide Vegan Bake Sale**

Groups across the globe will be involved with the 3rd Worldwide Vegan Bake Sale. Participating groups can do whatever they want with the proceeds. Compassion for Animals, the sponsor of the event, will leverage the event and its semi-good media connections to get press coverage about the event and veganism in general. The Worldwide Vegan Bake Sale was named "Veg Event of the Year" by VegNews magazine.

Groups - including ad-hoc groups and non-vegan, non-animal groups - can hold the bake sale(s) anywhere and any time during 23 April to 1 May. Well, if you want to participate but cannot do during that specific period, that's ok, too. :) All goods sold must be vegan. Not required but we ask please to sign up at [www.veganbakesale.org/veganbakesale/vbs-signup.html](http://www.veganbakesale.org/veganbakesale/vbs-signup.html), so we can build our roster of where the bake sales are, and help promote them.

## **Unilever to end non-required animal tests on tea**

Only days before PETA was set to launch an international campaign against the world's largest tea company, London-based Unilever, maker of PG tips and Lipton teas, has announced an immediate worldwide end to **any non-required tests on animals for tea and tea ingredients, including for all health claims or any other reason.**

Its great news but who would have guessed that a company would perform animal tests on tea. I think if there was an issue people would have discovered it by now.

## Save a Scream

Save A Scream is a concept of Shari Black Velvet. Shari is the editor of Black Velvet (see [www.blackvelvetmagazine.com](http://www.blackvelvetmagazine.com)). Shari gave up eating meat 20 years ago when it was brought to her attention that we didn't need to eat meat to survive and that it was cruel to do so. Shari became vegan in October 2002 and has lived a cruelty-free life ever since. While writing and editing Black Velvet Shari was always happy to interview vegan and vegetarian musicians and decided that it would be good to branch out and thus Save A Scream has been born.

It's a great site with lots of interviews and features. See [www.saveascream.com](http://www.saveascream.com) for yourself.

## Another recipe site - VeganWIZ

VeganWIZ.com is a community of vegan chefs and people who enjoy cooking at every level - see [www.veganwiz.com/](http://www.veganwiz.com/) for lots of interesting recipes including a collection of raw recipes.

## Drimlabarra Herb Farm on the Isle of Arran

Drimlabarra is a herb farm on the Isle of Arran. It is situated at the southern end of one of Scotland's most beautiful but accessible islands, they offer practical herbal medicine courses, individual herbal well being consultations and workshops in sustainable living. Established in 2000 by world recognised Traditional Medical Herbalists, Maureen and Keith Robertson, the farm is run on Veganic/Stockfree lines combining vegan (100% vegetarian) and organic philosophy.

They are in effect, a Vegan sanctuary and retreat centre, dedicated to researching planetary health via herbal treatments, diet, cooking and raw food and practical hands-on green living.

Their interest lies in community building and co-operation. They offer many ways people can participate through interactive learning including attendance at workshops, individual consultations, volunteering in return for bed and board and open day visits.

See their website for full details [www.veganherbal.com](http://www.veganherbal.com).

## Ethical Community - a buying and selling market place

The Ethical Community is a place where you can buy ethical goods, many of which are vegan. This is typical of many sites out there. But you can also sell your own ethical goods there too (the site details the criteria). There is no charge for listings but they take 10% commission. This sounds a lot is probably typical and a lot cheaper than maintaining your own online selling system. See [www.ethicalcommunity.com](http://www.ethicalcommunity.com).

"A human being is a part of the whole, called by us the 'Universe', a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest - a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."

- Albert Einstein

## 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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## Vegan Society

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