



No46 January 2012

The Vegan Newsletter

for East Riding Vegans

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

Welcome

A very happy new year to one and all.

It has been a long time since the last newsletter for which I apologise for the wait but I will try to generate a few more newsletters this year. As always if anybody has something to say via the newsletter I would be very happy to receive your contribution be it a review of somewhere you have eaten, maybe a place you have stayed or visited or just your personal take on a vegan subject. Alternatively maybe there is a subject you would like more information on that I could use as an idea for an article. There are many areas of life that veganism impacts besides just eating. If there is one you would like to know more about let me know.

I would like to take this opportunity to thank Bruce, Jane and all the waiters and waitresses at Hitchcock's for continuing to give us a great venue for our monthly events. They really pull out the stops and give us a great feast even for our unusual themes.

I would like to organise some other events this year: hopefully, a picnic or two, maybe a visit to York, plus I haven't forgotten about the Lush Shop night! If there is anywhere else you would like please let me know. I don't mind other people organising events with maybe me coordinating them. However, for the ERVegans label they obviously have to stick to our principles.

I have the dates of the Hitchcock's for the first part of the year as shown below. I hope we get as good an attendance as we did last year (thanks to everyone that rallied around for the call for the Polish meal in November - it was a great turn out in the end). In case you had not picked up our vegetarian friends via Angela also book a table on the same night which helps us ensure the minimum number to allow make Hitchcock's to open.

ERVegans Events

Here is a list of our forthcoming events, all at Hitchcock's Vegetarian Restaurant. 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. If you do email ensure that you are e-mailed back as confirmation of your booking.

This year we are taking a cruise around the world in a westerly direction! We are starting off in England mainly because someone else had already booked that theme before I could get my dates in!

A straw poll of last years meals showed that the Indonesian one was the favourite. Even several meals later I was asked "when are we going to have Indonesian again?". Well don't worry I shall navigate the good ship ERVegans make a call, sometime in the summer I think would be best.

- ♦ **January 19th - Thursday: English Night**
- ♦ **February 24th - Friday: Moroccan Night** (£15 per head because its a Friday)
- ♦ **March 15th Thursday: Senegalese Night** (New theme for ERVegans!)
- ♦ **April 12th Thursday: Brazilian Night**
- ♦ **May 17th Thursday: Bob Marley Night** (11th year and still just as popular)

News

Vegan Views now available for free online

Vegan Views is a quarterly publication that has been going for ages. They have now decided to make their online version free, although they would still appreciate donations. To see just go to www.veganviews.org.uk.

Vegan Views is a great publication and I would encourage you all to have a look at least at one to see the scope of its articles. For example in the Winter 2011/12 issue there are articles on a vegan diet in South Africa, Vegan camp, human and animal domestication, vegan puppies, juicing and the ever interesting letters page.

Vegan Festival Dates

I know many of you have been to at least one vegan festival and many more of you ask about the dates so here they are. I can certainly recommend the Bristol one and it makes a great excuse for a weekend stay in a vegan friendly city.

Thank you to www.vegetarianguides.co.uk/calendar for providing these dates.

The Viva! Incredible Veggie Show, Cambridge, England, 4 February 2012

Saturday 10.30am-4.30pm at Cambridge Guildhall, 3 Parsons Court, Wheeler Street, Cambridge CB2 3QB. Free entry. Everything you ever wanted to know about going, being or staying veggie/vegan. A great family day out, there will be food tastings, cookery demonstrations, talks, free diet and health advice, stalls, beauty products, books, vegan food products, information and campaign news. www.viva.org.uk/vegetarian-vegan-roadshow-2011/cambridge.html

Brighton VegFest, England, 17-18 March 2012

Saturday and Sunday 11.00-18.00 at the Hove Centre, Norton Road, Hove, BN3 4AH. Admission free. brighton.vegfest.co.uk.

West Lancashire Vegan Fair, Lancaster, England, 12 May 2012

Saturday 11.00 at the Lancaster Quaker Meeting House, Meeting House Lane, next to the train station. 40+ stalls, talks, lots of vegan food, a children's area, an aftershow with bands and much more to be announced. Facebook: West Lancashire Vegan Fair 2012 in Lancaster
To book a stall, make queries or offer to help on the day, email: [westlancsveganfair\(at\)gmail.com](mailto:westlancsveganfair(at)gmail.com)

Bristol VegFest, England, 25-27 May 2012

Friday 14.00-20.00, Sat 11.00-20.00, Sun 11.00-20.00 at the Amphitheatre and Waterfront Square, central Bristol. Admission free. bristol.vegfest.co.uk.

2012: IVU World Vegetarian Congress, San Francisco, USA, 5-11 October

County Fair Building in the Golden Gate Park. Hosted by SF Vegetarian Society. Includes the huge annual VegFest in Golden Gate Park Sat 6 and Sun 7, this time with more international speakers. SFVS have been holding a VegFest at this time for many years. www.ivu.org/congress/2012 and www.sfvs.org.

VegiVentures 2012 holiday information available

VegiVentures have been going for 22 years and provides a great travel service for v*gans. Their holidays range from weekends in this country through to longer stays in Turkey, Peru and the Caribbean. They offer relaxing holidays, activity holidays and creative breaks. You can even help out to reduce the cost.

Their 2012 offerings are now available but act quickly if there is one you fancy as they are popular. Nigel Walker, VegiVentures, Castle Cottage, Castle Acre, Norfolk, PE32 2AJ.

Phone: +44 (0)1760 755888 , email: holidays@vegiventures.com , website: www.vegiventures.com ,

Animal Aid Go Vegan site updated

Animal Aid have some great resources to help you go vegan or maybe persuade others to try it. See www.govegan.org.uk.

Animals Count - A Political Party for People and Animals

I recently found this interesting organisation called Animals Count which may be of interest to those of you who want to drive the political agenda. They are not a vegan party but they do have some shared aims with us. Their website outlines their philosophy...

"Animals Count is a UK political party for people and animals, established in December 2006. In 2008, 2009 and 2010 Animals Count contested elections. We received 13,201 votes in the Eastern region of England during the June 2009 EU elections, and we received more national media coverage in 2010 than most other small political parties. While concern for animals is a mainstream priority, this is poorly reflected in the policies of most UK political parties. Often, animal protection ends up at the bottom of the political agenda, with politicians paying only lip service to animal welfare. Meanwhile, millions of animals continue to suffer in unacceptable conditions. Poor treatment of animals reflects badly on society and can also increase risks to human health e.g. BSE, E.coli and bird flu.

Supporting Animals Count will show politicians in other parties that the British public does care about animal issues. This will influence their policies and actions. Electing candidates from the main parties is a wasted opportunity for the animals, and people will not notice any real difference to their day to day lives, whichever main party wins. A vote for Animals Count is a vote for justice for everyone!"

They have a website at www.animalscount.org and are also on Facebook; just search for Animals Count.

Although a relatively small organisation at the moment with additional help and support I am sure they can make further inroads help both animals and people create a better, farer world.

Articles

Vegan MPs

You often hear complaints of the Houses of Parliament are not representative of the people: lack of women, ethnic minorities etc. I normally make the comment "well how many vegan MPs are there, are we represented?". I recently had cause to search the internet and now I have the answer: there are 3 vegan MPs (source: Wikipedia);

- Cathy Jameson (Labour) MP for Kilmarnock and Loudoun and Shadow Financial Secretary to the Treasury
- Kerry McCarthy (Labour) MP for Bristol East
- Chris Williamson (Labour) MP for Derby North and Shadow Minister for Communities and Local Government

This means 0.46% MPs are vegan.

But how many vegans are there in the UK? Recent reliable figures are difficult to come by but Imaner Consultants (<http://www.imaner.net/panel/statistics.htm>) estimate the number to be 162,000 or 0.3%. This is estimated from a Food Standards Agency survey. So we are over represented! Actually with such small numbers you can't do comparisons like this but it is good to know that there are 3 vegan MPs and hopefully this number will increase in the future.

So what have the vegan MPs been doing? [the following is an edited version from a Vegan Society article] Well Kerry McCarthy raised an issue during the World Vegan Day Adjournment Speech by asking "Why is food enough for 3.5 billion human beings still being wasted in the global animal farming industry?" During the World Vegan Day Adjournment Speech, Kerry McCarthy MP also

exposed the shocking fact that animal farming consumes seven times more grain than biofuels. In the Debate on Tuesday 1 November 2011, the question was put, "Would it not be better to use the food that we produce more efficiently by feeding it directly to human beings?"

Kerry McCarthy MP, who has been vegan for 20 years, said, "Meat consumption is an incredibly inefficient way to feed the planet. ... We hear a lot about biofuels and deforestation, but whereas in 2009 about 100 million tonnes of crops were being diverted to create biofuels, around 760 million tonnes were being used to feed animals.

James Paice (Minister of State [Agriculture and Food], Environment, Food and Rural Affairs) responded to Kerry McCarthy's speech, "There is no doubt that, as the Foresight report made clear, the current food system is consuming the world's natural resources at an unsustainable rate. I agree with the hon. Lady about that. At this rate we will continue to degrade our environment, compromise the world's capacity to produce food in the future, and contribute to climate change and further destruction of our biodiversity. The status quo is not an option, which is why we in DEFRA have put the importance of sustainable food and farming at the forefront of what we are doing."

Vegan Society CEO, Jasmijn de Boo said today, "It is timely that politicians are becoming increasingly interested in plant-based farming, and living, to tackle global hunger. I was delighted to meet around 15 MPs, as well as over 60 other Parliamentary Assistants and staff, at Westminster on World Vegan Day. We gave our Global Food Security report to them all, setting out ways in which crop farming can benefit farmers and consumers, both in rich countries like the UK and in the Global South. I am encouraged to see this growing political will to transition to more sustainable stock-free methods of farming."

The UK is a world-leader on 'stock-free' farming – producing sustainable, nutritious, delicious food by farming without animals. Stock-free farming is also a proven model for economically sustainable rural livelihoods, helping farmers to control their spending on farm inputs. Farmers in the Global South can also enjoy many benefits if they choose to adopt stock-free farming, such as increased resilience against drought.

-- end of vegan society article --

Actually it sounds as if Kerry had quite a torrid time from the Government benches with much heckling which is really unusual for adjournment day debates: normally the chamber is practically empty. As she notes on her blog

"What I don't understand is why people get so hostile at the idea of veganism/vegetarianism. It's not as if holding a half hour debate on the topic is suddenly going to put all the farmers out of business, and I steered clear, deliberately, of going overboard on criticising those who do eat meat. I tried to be factual, reasonable and moderate."

To read more of this and Kerry's other work and interests she produces quite a good blog at kerrymccarthy.wordpress.com

"The utopians feel that slaughtering our fellow creatures gradually destroys the sense of compassion, which is the finest sentiment of which our human nature is capable."

Sir Thomas More, 1478-1535

Vegan Society

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web: <http://www.vegansociety.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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