

IVU Online News – March 2012

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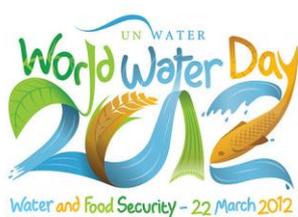
California Congress

The 2012 IVU world event harkens back to the 1950s when we had a congress that made stops in a few different Indian cities. This year, we'll be in the two most famous cities in California, San Francisco and Los Angeles: www.ivu.org/congress/2012. We begin in San Francisco on 5 Oct and then ease on down to LA on 12 Oct, finishing there on the 16th.

Note - this is very much a 'mix & match' event. The permutations are endless, so you'll have to decide your own itinerary and book/pay for each part as required.

More information is available here:

www.vegsources.com/john-davis/ivu-and-vegsources---together-at-last.html



More on World Water Day

The United Nations' World Water Day 2012 will be held on 22 March. The theme is Water and Food Security, and as the event's website makes clear, eating meat is wasting water: www.unwater.org/worldwaterday.

Here are more resources for understanding the issue and helping people see the flood of hidden water (also known as embedded water or virtual water or the water footprint) in meat:

environment.nationalgeographic.com/environment/freshwater/embedded-water
www.waterfootprint.org
doc.utwente.nl/77211/1/Hoekstra09WaterFootprintManual.pdf

Video on the Meat-Climate Change Link

The new video – 'Climate Change 2.0: Chomped if we want it!' – designed especially for young people, outlines what we can do to help limit greenhouse gas emissions and reduce the dangerous levels of carbon already in the atmosphere.



The 3-minute animation explains that by replacing a quarter of our intake of meat, eggs and dairy products with better alternatives, we could almost fully meet UN targets for cutting harmful greenhouse gas emissions.

The film reflects work by the environmentalists Robert Goodland and Jeff Anhang and is based on their report "Livestock and Climate Change" for the Worldwatch Institute (www.worldwatch.org/node/6294). The report concluded that the livestock industry is responsible for slightly more than half of all global greenhouse gas emissions.

While still a work in progress, the video is available to watch on the Chomping Climate Change website (www.chompingclimatechange.org).

Goodland and Anhang's 51% figure (for the percentage of human produced greenhouse gases from livestock) seems less popular than the more conservative 18% UN FAO figure. However, Goodland and Anhang have recently defended their analysis in the Journal of Animal Feed Science and Technology: www.sciencedirect.com/science/article/pii/S0377840111005177



The Vegan Culinary Experience

The Vegan Culinary Experience (VCE), written by Chef Jason Wyrick, is the first and only vegan culinary magazine in the world. It's also a free PDF (click on the magazine cover image on the VCE home page to download).

The present issue is titled Healthy Eats. www.veganculinaryexperience.com
Each issue includes fully detailed, photographed recipes, 35-40 new recipes every month from professional vegan catering and restaurant kitchens, instructional articles, healthy eating articles, reviews of restaurants, products, books, and websites, interviews with vegan chefs, a learning community to discuss all aspects of vegan cuisine with the chefs and other subscribers, podcasts and webcast classes.

'Fresh Meat' Video

This 5-minute video from Brazilian tv is meant to be humorous, but it exposes the sad way that people can disconnect the meat they eat from the cruelty needed to produce that meat.

Although the video is in Portuguese, it is easily understood by people who speak any language:

www.youtube.com/watch?v=oUoCZOOxqv8&feature=youtu.be





Book News

#1: *World Veganism – Past, Present and Future*

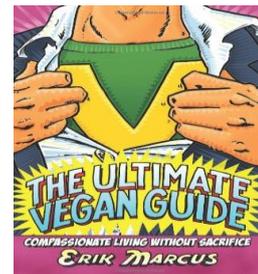
For the past two years, IVU Manager and Historian, John Davis, has been posting a weekly blog on the VegSource website: www.vegsource.com/john-davis. Many of John's post report gems from his ongoing findings in vegetarian history.

Of particular interest has been what John has learned about the early roots of veganism, going back to the early 1800s and beyond.

John is marking the second anniversary of his blog by promoting a collection of about half of his blog posts as a FREE e-book: *World Veganism - Past, present and future*. It's already online, filled with lots of great photos at: www.ivu.org/history/Vegan_History.pdf (7mb)

#2: *The Ultimate Vegan Guide*

The Ultimate Vegan Guide, 2nd edition, 2011, by Erik Marcus. Erik Marcus is a long time vegan advocate via his books, his website (www.vegan.com), etc. *The Ultimate Vegan Guide* is mostly about how to be a vegan (24 chapters), with two chapters on why to be vegan and one chapter and an appendix on vegan activism. The book's advice on how to be vegan is eminently practical, although a bit US centric (not surprising since that's where Erik lives). While the advice is aimed mostly at people trying to become vegan, people who are already vegan will also find lots of useful ideas.



Erik has made the book easy to read electronically for only US\$0.99, and the first edition is free online. See www.vegan.com for details. Our Feb 2012 issue contained summaries of three chapters from the book. Here are summaries of three more chapters.

Ch 6 – Eat More Produce : One of the best things about vegan diets is that by eliminating animal foods from our diets, we now have space to add a greater variety of plant foods. However, some people are not yet comfortable with certain vegetables, particularly leafy greens, which are great sources of calcium, iron and other important nutrients. To expand our horizons, Erik recommends that we set a goal of including at least 10 different fruits and veggies each week.

Ch 7 – Should vs. Must : The point here is that we all have many things that we know we *should* do for our health, but sadly many of these *shoulds* are seldom if ever fulfilled. If we are going to be healthy vegans, we need to elevate some of these *shoulds* to *must* status. For instance, the book recommends we have a daily source of B12, and we must include some leafy greens in our diet, along with getting some exercise.

Ch 8 – The Mental Game : Most of us live in cultures in which animal foods are the norm. This chapter addresses the fears that we almost inevitably face when we move away from this norm, such as concerns about our health and vitality. Erik advises that we acknowledge these fears. He counsels that being vegan is a skill, and as with any skill, such as playing a guitar, time and effort are needed. We need to be patient with ourselves. Another tip offered is to appreciate what we are already doing, such as not eating animal foods at home, and what we are ready to do, such as not eating ice cream. Then, we need to narrow the challenges ahead. For instance, rather than saying that we are not ready to give up shoes that come from animals, we can narrow our list down to not being ready to go without cheese pizza. Once we have added many new vegan foods to our diets, we can then revisit the issue of pizza.



The Compassion Instinct

We are often told that it is 'human nature' to be selfish and that compassion is for the weak hearted and the fuzzy minded. However, a growing body of research suggests that compassion has a biological basis in the human mind and that being kind is good for our health.

greatergood.berkeley.edu/article/item/the_compassionate_instinct and www.webmd.com/balance/features/science-good-deeds

Of course, most vegetarians already know this. When we eschew the cruelty of meat, we feel good, because we know that with every meal, we are doing our part to help our fellow animals.



- **Southern Africa Veg Festival** – May 26/27, 2012, Cape Town, South Africa
- **40th IVU World VegFest/Congress** – 5-16 October, 2012, San Francisco and Los Angeles (USA) - www.ivu.org/congress/2012
- **3rd West Africa Vegetarian Festival** – December 2012 – Lome, Togo
- **6th Asian Vegetarian Congress and 41st IVU World Vegfest** – 2013, Kuala Lumpur, Malaysia - vegetariansocietymalaysia.org

Recently Registered with IVU

SOUTH AFRICA: Vervet Monkey Foundation - www.vervet.za.org - The Foundation also promotes a vegetarian / vegan lifestyle

Other Online Sources of Veg News

In addition to *IVU Online News*, there are many other places to go online for general veg-related news, rather than news mostly about one country or one organisation. Here are some.



1. European Vegetarian Union www.evana.org
2. Meatout Mondays www.meatoutmondays.org
3. Vegan Outreach www.veganoutreach.org/enewsletter
4. VegE-News www.vege-news.com
5. VegNews www.vegnews.com
6. VegSource www.vegsource.com/cgi-bin/dada/mail.cgi
7. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at www.animalconcerns.org/categories.html?do=shownews
8. Vegan.com www.vegan.com
9. IVU-Veg-News E-Mail List www.ivu.org/news/veg-news
10. Vegetarianism in the News www.vegsoc.org/page.aspx?pid=928

Please Send News to IVU Online News

Dear Veg Activist - Please use this newsletter as a way to share your knowledge, ideas and experiences with fellow veg activists.

Thx. --[george](mailto:george@vegetarian-society.org) jacobs – george@vegetarian-society.org



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