

# IVU Online News – April 2012

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### **2012 IVU World Vegfest in California**

This year's IVU World Vegfest takes place in the USA and combines well established events in the California cities of San Francisco and Los Angeles: [www.ivu.org/congress/2012](http://www.ivu.org/congress/2012). We begin in San Francisco on 5 Oct and then travel south to LA on 12 Oct, finishing there on the 16<sup>th</sup>.



Previous issues of IVU Online News have described the San Francisco event. Here, from the event organisers (our friends at VegSource), is something on the LA event, the 11<sup>th</sup> Healthy Lifestyle Expo. Held during two and a half days at the Warner Center Marriott in Woodland Hills, California (near LA), the Healthy Lifestyle Expo will help you change your life! Featuring eye-opening presentations from leading health experts, learn how to prevent and reverse heart disease, achieve permanent weight loss, protect yourself against breast, prostate and colon cancer, and make the changes in your life you've always dreamed of.

Members of the International Vegetarian Union (IVU) will be joining with us at this year's Expo, promising to make it an even more memorable weekend. IVU is the oldest running international vegetarian organization. It has members from around the world, and many distinguished leaders from Asia, Africa, Australia, Europe, South American will be attending. This is a chance to meet interesting people from many different countries who share the same interests.

The core Expo will be the same as always, but there will just be an additional day, beyond the normal 2.5 days, added to the program, which everyone is welcome to attend, and which will center on IVU issues. There will also be additional activities during the weekend and after the Expo, for anyone wishing to join in. We will be announcing the additional program and events shortly, and Expo attendees can then sign up for them as they wish.



## Malaysia Prepares for 2013 IVU World Vegfest

Momentum is gathering for the 2013 IVU World Vegfest in Kuala Lumpur, the capital of Malaysia. For example, in one veg initiative, the city council of the nearby city of Petaling Jaya is encouraging city employees and others to go vegetarian every Monday.

“We are honoured to be the first local council to start this campaign in Selangor to encourage our staff and civil servants in the state to eat healthily

and create awareness about the benefits of a vegetarian diet,” said Petaling Jaya mayor Datuk Mohamad Roslan Sakiman.

[thestar.com.my/metro/story.asp?file=/2012/3/2/central/10772227&sec=central](http://thestar.com.my/metro/story.asp?file=/2012/3/2/central/10772227&sec=central)

## Giving School Talks

Veg organisations are frequently invited to do talks for students at all levels of education. This is an important audience for us, but speaking to students requires careful preparation.



Fortunately, IVU Liaison Officer for Europe, Shabari Monica Saha, has provided suggestions on how to do effective school talks. [www.euroveg.eu/lang/en/news/brochures/schooltalks.php](http://www.euroveg.eu/lang/en/news/brochures/schooltalks.php)

For example, when a request is made for a speaker to visit the school, it would be useful to find out the following:

- Availability of dates and times
- What the school subject is, and what topic the teacher would like to cover
- How many students are in the class
- Whether it is mixed/single sex group
- What the age group is
- How long the session is for, and what teaching methods would be acceptable
- Students' level of knowledge on the topic
- If it is okay to show a video/DVD



## What Are Your Favourite Vegan Blogs?

The blogosphere is increasingly well stocked with vegan blogs. The person behind one of those blogs, dietician Ginny Messina, offers her own list of favourite vegan blogs.

[www.theveganrd.com/2012/02/vegan-diets-critical-thinking-and-9-blogs-you-need-to-read.html](http://www.theveganrd.com/2012/02/vegan-diets-critical-thinking-and-9-blogs-you-need-to-read.html)

To keep up with IVU events, as well as discoveries from the history of vegetarianism, you'll want a

free subscription to IVU Manager/Historian, John Davis' blog:

[www.vegsource.com/john-davis](http://www.vegsource.com/john-davis). Other suggestions?

## The Latest Video from Dr Greger

Dr Michael Greger, Director, Public Health and Animal Agriculture Humane Society of the United States, has released this year's edition of his Latest in Nutrition series. For a listing of the topics he covers and to order:

[www.DrGreger.org/DVDs](http://www.DrGreger.org/DVDs). As always, all the proceeds received from the sale of the DVDs go to charity. As before, Dr Greger is happy to send a copy of his new DVD free of charge to IVU member organizations--just email him your mailing address: [nutritionDVD@gmail.com](mailto:nutritionDVD@gmail.com))



You may also want to be a regular visitor to Michael's [nutritionfacts.org](http://nutritionfacts.org) website. He regularly scours the world of nutrition-related research, as published in scientific journals, and brings that information to us in short, easy to understand video segments. He also provides links to the original journal articles whenever possible so that you can source the information directly, if you so desire.



## What To Do When You Move To a New Country

A blogger from Singapore, whose blog is called 'Vegan in Singapore', had a recent blog post about a veg activist from the Philippines who moved to Singapore. The post describes the person's pro-animal activities in her home country and her adjustment to her new country.

[sqvegan.wordpress.com/2012/02/17/confessions-of-a-filipino-vegan-in-singapore](http://sqvegan.wordpress.com/2012/02/17/confessions-of-a-filipino-vegan-in-singapore)

If you do move to a new country, the search function on the IVU website can help you locate veg organisations in your new location. Many countries also have vegetarian and/or vegan meetups, which you can locate via Google or other search engines. You are likely to meet with a warm welcome from veg activists, and working with a veg organisation is a great way to sink roots in a new place.

## Get Your Free Baloney Detector

Two common meanings of the word 'baloney' are: (1) a form of processed meat, often used in sandwiches and (2) untruths. When trying to understand the effects of meat and of vegetarian foods, we need to wade through a great deal of baloney, the second definition. Unfortunately, sometimes even vegetarians can be dispensing baloney.



Fortunately, our friends at Vegan Chicago have developed a Baloney Detector which helps us think critically about not only what we hear and read but also about what we say and write.

[www.veganchicago.com/pages/Baloney\\_Detection/?name=Baloney\\_Detection](http://www.veganchicago.com/pages/Baloney_Detection/?name=Baloney_Detection)



## Humane Research Council

The Humane Research Council provides information to animal advocates:

[www.humaneresearch.org](http://www.humaneresearch.org). Although their research is focused on the U.S., activists in other countries may discover ideas for the types of research they might do in their own context as well as ideas for conducting that research.

Among the types of research that HRC does is an annual survey of U.S. adults regarding key issues related to animals and animal advocates. Their Humane Trends is a barometer of the status of animal protection in the United States. It brings together a collection of 25 diverse indicators to assess the status and progress of animal well-being, providing a comprehensive view of animal use and abuse in the United States.

The Council's research database consists of animal-related opinion and behaviour studies. Their research "primers" are short summaries of all available public opinion data by topic.

## Yet Another Sign of Change

Change is happening. For example, most fast food restaurants are still selling meat, but the way the animals are treated is improving at least slightly. An example is given in the following article:

[www.chicagotribune.com/news/columnists/ct-oped-0216-chapman-20120216,0,6711034.column](http://www.chicagotribune.com/news/columnists/ct-oped-0216-chapman-20120216,0,6711034.column)

Here's an excerpt:

Factory farming and its abuses were once the province of an eccentric minority that invited ridicule and scorn. Agribusiness corporations could afford to ignore them. In the real America, nobody wasted time worrying about the well-being of livestock.

But the real America has changed. On Monday, the biggest restaurant chain on the planet, McDonald's, lined up on the same side as the Humane Society of the United States on a major issue of animal welfare. It informed its pork suppliers that they will have to stop confining pregnant sows in "gestation crates" that are too small to let the animals turn around.



## Veg Diets and Puberty

Recent research suggests that "higher intakes of vegetable protein and isoflavones and lower intakes of animal protein (during childhood) may contribute to a lower risk of breast cancer or a lower total mortality" by virtue of the later onset of puberty associated with such diets.

Beyond overweight: nutrition as an important lifestyle factor influencing timing of puberty. Cheng G, Buyken AE, Shi L, Karaolis-Danckert N, Kroke A, Wudy SA, Degen GH, Remer T. Nutr Rev. 2012 Mar;70(3):133-52. doi: 10.1111/j.1753-4887.2011.00461.x. Epub 2012 Feb 15. Abstract

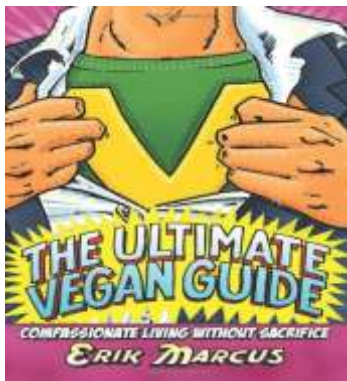
## Book News

### #1: *Vegans Are Cool*

Vegans Are Cool: A delicious collection of essays, interviews and articles by cool vegans from around the planet by Kathy Devine [vegansarecool.com](http://vegansarecool.com)

Vegans Are Cool covers the following topics:

- \* What does being "vegan" actually mean?
- \* From Carnivore to Vegan – a how-to guide
- \* Questions about iron, B12, protein and vegan nutrition answered
- \* Being a Vegan Man
- \* Interviews with vegan veterinarians
- \* Articles by vegan naturopaths
- \* Cruelty Free Fashion – Vegan Fashion Essentials
- \* Interviews with vegan children and vegan teenagers and vegan parents
- \* Vegan athletes give their top fitness tips
- \* Vegan scientists talk about the connection between the environment and our food choices
- \* Weight loss and the vegan diet
- \* Vegan recipes



### #2: *The Ultimate Vegan Guide*

*The Ultimate Vegan Guide*, 2<sup>nd</sup> edition, 2011, by Erik Marcus

Erik Marcus is a long time vegan advocate via his books, his website ([www.vegan.com](http://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](http://www.vegan.com) for details. Our Feb 2012 issue contained summaries of three chapters from the book. Here are summaries of more chapters.

#### Ch 9 – Celebrating Your Progress

Every week or so, we should take a few moments to appreciate ourselves for all the great steps forward we've taken and to set some new goals. "Things get progressively easier as you discover new foods and learn more about being vegan. ... you will ultimately reach the point where being vegan becomes second nature".

#### Ch 10 – The Counterculture

Erik urges that we go beyond eating vegan food and also strive to maximise the amount of local, organic and whole food we eat. For example, as we approach the checkout counter at our local food store, we should look down at our basket/cart to see what percentage of our soon-to-be purchases are unprocessed or minimally processed foods.

Chs 11-14

These chapters offer more on shopping. Erik recommends health food stores, open air markets and fair trade products, and declares that online shopping is becoming an increasing viable option. Finally, he advises that supermarket shopping requires careful attention to label reading in order to avoid animal ingredients such as gelatine.

Ch 15 – Non-veg Restaurants

Some good meals can be had at non-vegan eateries. Erik highlights sandwich shops and the following ethnic foods: Chinese (but ask about chicken stock), Ethiopian, Mexican and Middle Eastern. It pays to ask the staff at the eatery and to patiently and clearly explain our requirements. Look at it as an opportunity to educate these very important people.

## Welcome to New IVU Members

CHINA: Shanghai Veggie Club - [www.shanghaivegetarians.com](http://www.shanghaivegetarians.com)



**2012 IVU World Vegetarian Congress** – 5-16 October, 2012, San Francisco and Los Angeles (USA) - [www.ivu.org/congress/2012](http://www.ivu.org/congress/2012)

**4th China Xiamen Vegetarian Food Fair** – 19-22 October, 2012 – Xiamen, China - [www.whatsonxiamen.com](http://www.whatsonxiamen.com)

**5<sup>th</sup> Southeast Asian Congress** – 23-25 November, Chiang Mai, Thailand - [www.thai-tva.org](http://www.thai-tva.org)

**2012 West Africa Vegetarian Festival** – December 2012 (dates to be announced) – Lome, Togo

**6<sup>th</sup> Asian Vegetarian Congress and 41<sup>st</sup> IVU World Vegfest** – 2013, Kuala Lumpur, Malaysia - [vegetariansocietymalaysia.org](http://vegetariansocietymalaysia.org)

## Welcome to Organisations That Have Recently Registered with IVU

CANADA

AVÉGÉ - Association végétarienne et végétalienne de l'Université laval – [avege-ulaval.blogspot.com](http://avege-ulaval.blogspot.com)

PAKISTAN

Pakistan Vegetarian Society - [vegevoice@gmail.com](mailto:vegevoice@gmail.com)

USA

Legacy International – [www.globalyouthvillage.org](http://www.globalyouthvillage.org)

## 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](http://www.evana.org)
2. Meatout Mondays - [www.meatoutmondays.org](http://www.meatoutmondays.org)
3. Vegan Outreach - [www.veganoutreach.org/enewsletter](http://www.veganoutreach.org/enewsletter)
4. VegE-News - [www.vege-news.com](http://www.vege-news.com)
5. VegNews - [www.vegnews.com](http://www.vegnews.com)
6. VegSource - [www.vegsource.com/cgi-bin/dada/mail.cgi](http://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](http://www.animalconcerns.org/categories.html?do=shownews)
8. Vegan.com - [www.vegan.com](http://www.vegan.com)
9. IVU-Veg-News E-Mail List - [www.ivu.org/news/veg-news](http://www.ivu.org/news/veg-news)
10. Vegetarianism in the News - [www.vegsoc.org/page.aspx?pid=928](http://www.vegsoc.org/page.aspx?pid=928)

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

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