

IVU Online News –August 2011

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Updates on Veg Congresses in USA & China

The web page for the 40th IVU World Veg Congress, San Francisco, October 2012, has now been updated with an outline schedule - and a link to the Green Lifestyle Film Festival (usually in LA in March) which will be joining the Congress in SF, see: www.ivu.org/congress/2012/index.html



Meanwhile, the 5th Asian Veg Union Congress will be in Hangzhou, China, November 8-9, 2011. For some background on Veg*ism in China, and a link to full details of the first ever veg congress to be held in that country, see: www.vegsource.com/john-davis/vegism-in-china-2.html

RESPÉTAME

No más discriminación por especie, raza o género.



Por ellos
VEGANISMO
www.homovegetus.cl

Thought Provoking Poster

This poster was created by Alejandro Ayala Polanco of Homo Vegetus, in Chile. One translation to English of the poster's text might be:

Respect Me
No more discrimination based on species, race or gender.

For them VEGANISM

Alejandro has many other veg inspired creations for children and adults. You can contact him at alejandro.steve@gmail.com or [es-la.facebook.com/alejandro.vegetus](https://www.facebook.com/alejandro.vegetus)

Vegetarian Week Contest

October is a busy month on the vegetarian calendar. Among the events scheduled is Vegetarian Week – www.vegetarianweek.org – an array of internationally coordinated events. The 2011 motto is "A Sustainable Future Depends on Our Food Choices". For more info:



Call for Action:

www.vegetarianweek.org/Article-36-Call%2Bfor%2BAction.html

Posters and Flyers

www.vegetarianweek.org/Article-37-Posters%2Band%2Bflyers.html

Images, Videos and Texts

www.vegetarianweek.org/Article-38-Images%252C%2Bvideos%2Band%2Btexts.html

This year, Vegetarian Week is also organising a contest to highlight the benefits of the vegetarian lifestyle. The total value of awards is more than 200 euros, and anyone can submit one or more contributions (essays, posters, cartoons, slogans, etc.). All contributions are welcome, and the best will win prizes.

The deadline for entries is 10 September. Read the contest Guidelines:

www.vegetarianweek.org/Page-25-Vegetarian+Week+contest+Guidelines.html

Login to submit contributions: www.vegetarianweek.org/index.php?destin=user

Animal Activists Arrested in Spain

On 22 June, twelve animal activists from the organisations Igualdad Animal/Animal Equality and Equanimal were arrested by the Spanish police and accused of offences against the environment, public disorder and conspiracy.



The origins of the arrests appear to be centred on the seemingly intentional release of 20,000 minks from the farm Visones Bermúdez, located in Santiago de Compostela, Spain in November 2007.

Both organisations deny having any involvement in the action.

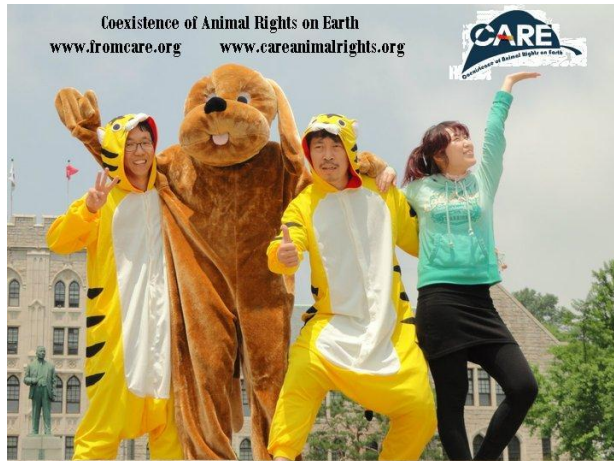
Since the arrests, a series of international protests have taken place in support of the twelve and more are being planned. For the latest: thespanish12.wordpress.com

Korean Animal Protection Law Passed

June 29th, 2011, became a landmark day in Korea due to passage of an Animal Protection law. The bill's provisions include:

The 5 freedoms

- Freedom from thirst and hunger
- Freedom from discomfort
- Freedom from pain, injury, and disease
- Freedom to express normal behavior
- Freedom from fear and distress



A national animal welfare committee shall be set up under the Ministry for Food, Agriculture, Forestry and Fisheries (MIFAFF).

Humane methods shall be employed for the transportation of animals.

Animal testing shall go through deliberations of ethic committees.

Punishment stipulations are reinforced including "up to one year in prison or fines of 10 million KRW".

Learn more at www.careanimalrights.org/?p=143#comment-5

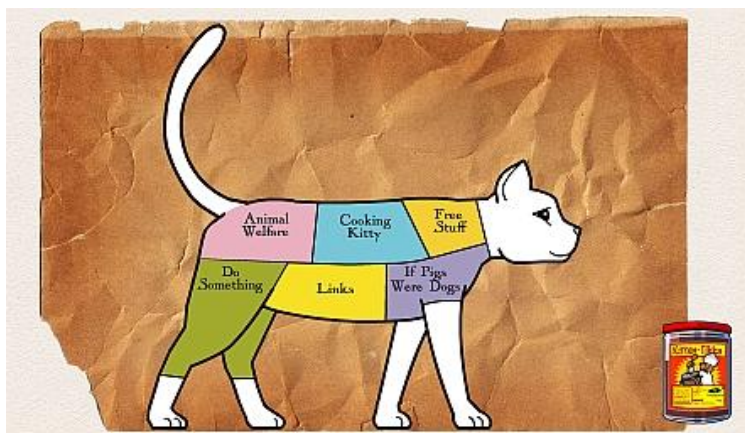
Of Pandas and Cats

Our July 2011 issue – www.ivu.org/news/online - included news of a campaign that seeks to awaken compassion for farmed animals by sparking people to compare eating pandas with eating those nonhuman animals who have the misfortune to be the animals of choice for consumption by humans: panda-meat.com

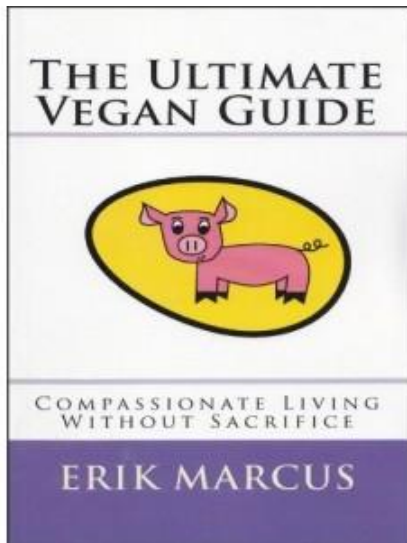
IVU member society, the UK Vegetarian Society - www.vegsoc.org – has a similar campaign, one which asks people to think about eating cats: www.butcherscat.com

BTW, VSUK also has a campaign aimed at educating humans about why we shouldn't eat fishes:

www.vegsoc.org/page.aspx?pid=723&utm_source=homescroll&utm_medium=website&utm_campaign=FishCampaign



Book News 1: *The Ultimate Vegan Guide*



The Ultimate Vegan Guide: Compassionate Living Without Sacrifice by Erik Marcus is available free online: vegan.com/ultimate-vegan-guide. Hard copies are available at Amazon, etc.

The book's three main parts discuss Why, How (the part with by far the most chapters) and Activism. Erik is also the author of Meat Market: Animals, Ethics, and Money. Plus, Erik does a daily blog, an email list and podcasts: vegan.com

Here is an excerpt from a review: www.exploreveg.org/news/book-review-the-ultimate-vegan-guide

The Ultimate Vegan Guide was suggested to me when I first decided to become vegan. The book gave me information on how to become mentally prepared for the transition, get the proper nutrition, and prepare core, healthy, vegan foods. Marcus also provided helpful advice on finding good cookbooks and surviving in supermarkets.

Not only did I learn to shop smartly, but I also learned of internet resources which have helped me survive at non-vegan social dine-outs and restaurants. Because of the advice in *The Ultimate Vegan Guide*, I've found my transition to veganism to be quite easy.

Book News 2: *Vegan for Life*

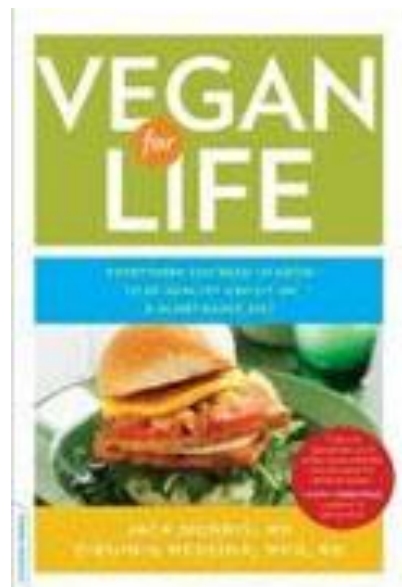
Vegan for Life: Everything You Need to Know to Be Health and Fit on a Plant-Based Diet by Jack Norris and Virginia Messina, published by Da Capo Lifelong Books, ISBN-13: 9780738214931

Jack Norris and Virginia Messina are well-known for their work in popularising research relevant to nutrition for vegans. You can read their regular writings online at jacknorrisrd.com and www.theveganrd.com, respectively.

Here's an excerpt from a review: www.curledup.com/vegan_for_life.htm

There are all sorts of reasons for choosing a vegan lifestyle – to support animal rights, concern for the environment, to achieve better health— but it's a tricky business, and almost everyone who considers it will need to research the facts before diving into a plate of carrots and spinach.

Jack Norris and Virginia Messina have made it a lot easier. Their collaborative work, *Vegan for Life*, pulls up the myths and debunks them soundly, then goes on to provide fact-based advice for vegans about the nutritional requirements and how to meet them without animal products.



Why People Stop Being Veg

Our main purpose as vegetarian organisations is to help people reduce or eliminate their consumption of animal based foods. At the same time, we also need to help those who are already vegetarian to feel good about staying on a vegetarian path. According to a study recently published in *Psychology Today* -

www.psychologytoday.com/blog/animals-and-us/201106/why-do-most-vegetarians-go-back-eating-meat - (the sample size was only 77 people), four main reasons why people return to eating meat are



1. Health issues
2. Logistical problems
3. Cravings for animal products.
4. Social concerns



Diabetes Doubles

A new study reports that worldwide approximately 350 million people suffer from diabetes - www.guardian.co.uk/society/2011/jun/25/diabetes-epidemic-western-fast-food - the large majority with Type 2 diabetes, the kind linked to diet.

There seems to be a near consensus in the medical community that meat reduction should be part of any diet designed to reduce diabetes risk and to treat the disease. A growing body of evidence suggests that a plant based diet can even reverse diabetes:

"Diabetes is not necessarily a one-way street. Early studies suggest that persons with type 2 diabetes can improve and, in some cases, even reverse the disease by switching to an unrefined, vegan diet. Unfortunately, none of these studies included a comparison group" www.pcrm.org/health/clinres/diabetes.html

Latest on Nutrition from Dr Michael 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 new topics he covers and to order:

www.DrGreger.org/DVDs

As always, all the proceeds receive 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 organisations--just email your mailing address to mhg1@cornell.edu



Here's more from Michael on the topic of pandemics:

www.huffingtonpost.com/kathy-freston/flu-season-factory-farmin_b_410941.html
and h2opodcast.com/vsse.html#fsff

Plus, Dr. Greger has a new website, NutritionFacts.org. It is still being beta tested and won't officially launch until sometime in late July, 2011. Once officially launched, it will have daily video uploads, a blog, and more.

Argument #5: Carnivorous Fellow Animals



Last year, we started a series based on an article from the Care2 website - www.care2.com/causes/animal-welfare/blog/10_Arguments_Against_A_Vegan_Lifestyle - that lists responses to frequently heard arguments against being vegetarian.

Below is the fifth argument with Care2's response. Please send additional or alternative responses for publication in our next issue.

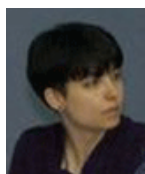
If it's wrong to kill animals, should tigers and other predators stop eating other animals too?

Humans have the ability to kill and consume other animals, somewhat like other predators such as tigers, lions and wolves. The obvious difference between humans and true predators is that we lack the ability to kill most animals without the use of a tool of some kind.

Without a gun, trap, knife, club or large rock, humans have a tremendously difficult time killing and eating other animals. Unlike a tiger, which kills with her claws and teeth and can immediately begin eating, humans must fashion a killing and butchering tool first. Even for animals whom we can kill with our bare hands such as rodents and birds, we would struggle eating their bodies without a cutting utensil.

The other obvious difference is that carnivorous animals have no choice but to eat other animals. Humans have the ability to live remarkably well without eating the flesh of other creatures. There are of course human communities who have little or no other choice but to kill and eat animals to survive, but this tends to be limited to indigenous communities living a traditional way of life.

Welcome to New IVU Members & Supporters



A Well-Fed World / Dawn Moncrief - www.AFWF.org - A Well-Fed World (AWFW) feeds hungry people and saves animals while highlighting the connection between the immense and unnecessary suffering of both. (USA)



Madeleine Howard - www.rawblimey.weebly.com - rawblimey - raw food to swear by! (UK)



Prof. Massimo Nespolo - www.crystallography.fr/crm2/en/labo/staff/Nespolo - Delegate of the French Vegetarian Association (Association Végétarienne de France).

Responsible Eating And Living (REAL) - responsibleeatingandliving.com - delivers info, services inspiration to nourish, protect and support ourselves, families and Earth with plant-based foods and planet-friendly products. (USA)





Animal Rights 2011 Conference – 21-25 July, 2011, Los Angeles, USA - www.arconference.org

Animal Freedom Day - 23 & 24 July, 2011 – Events to be organised locally - animalfreedomday.com

International Vegetarian Week – 1-7 October, 2011, or around those days - www.vegetarianweek.org



VegSource Healthy Lifestyle Expo 2011 - 14-16 October, 2011, Los Angeles, USA - www.HealthyLifestyleExpo.com

3rd China Xiamen Veg Food Fair and International Forum – 20-23 October, 2011 – www.vffair.com

1st Southern Africa Veg Congress - 27-30 October, 2011, Capetown, South Africa – contact IVU Regional Coordinator for Africa, Emanuel Eyoh, nigveganimal@yahoo.com / www.facebook.com/event.php?eid=172409156147920

5th Asian Veg Congress – 8-9 November, 2011, Hangzhou, China - www.5avu.com

2012 IVU World Veg Congress – 28 September-4 October, 2012, San Francisco (USA) - www.ivu.org/congress/2012



Welcome to Organisations That Have Recently Registered with IVU

CHINA

for-vegan.com - Rishon Biochem Co., Ltd - www.for-vegan.com
vegshop.net - The first vegan online shop in Beijing - vegshop.net

INDIA

Snacks at Home - Indian Recipes – recipe.snacksathome.com

ITALY

B&B Il Melograno Nano - Vegan & Organic Breakfast - www.ilmelogranonano.com

UKRAINE

Vegedemia - www.vegedemian.co.cc

USA

Kama Indian Bistro, La Grange, IL – Veg*n options - kamabistro.com

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. Dawn Watch www.dawnwatch.com/alerts.htm
2. European Vegetarian Union www.evana.org
3. Farmed Animal Net www.farmedanimal.net
4. Vegan Outreach www.veganoutreach.org/eneewsletter
5. VegE-News www.vege-news.com
6. VegNews www.vegnews.com
7. VegSource www.vegsource.com/cgi-bin/dada/mail.cgi
8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at www.animalconcerns.org/categories.html?do=shownews
9. Vegan.com www.vegan.com
10. IVU-Veg-News E-Mail List www.ivu.org/news/veg-news
11. Care2 www.care2.com
12. 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 jacobs - george@vegetarian-society.org



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