

IVU Online News – January 2012

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New Chair for IVU Council

Marly Winckler, president of one of IVU's most dynamic member organisations, the Brazilian Vegetarian Society (SVB) - www.svb.org.br/vegetarianismo - has been elected chair of the IVU International Council. Marly is pictured here with outgoing chair, George Jacobs.



Marly Winckler attended her first IVU World Vegetarian Congress back in 1994 and joined the IVU International Council in 2000. Among SVB's most recent accomplishments with Marly as president is their Meatless Monday (Segunda Sem Carne) campaign, which has achieved especially impressive progress in schools around the country.

Marly's efforts are not confined to Brazil, as she has promoted vegetarianism in other Latin American countries as well as globally. For instance, in Nov, 2011, Marly participated in the Asian Vegetarian Congress in Hangzhou, China, the first veg congress ever held in that country. For more on Marly:

www.vegsource.com/john-davis/latin-america-leads-the-veg-world.html

For more on IVU's structure and governance, please see

ivu.org/members/memorandum_articles.html



2ND Mid-East Regional Veg Congress

"We are intricately linked to Mother Earth and hence what we eat and how we source our food are factors we must consider," said Sandhya Prakash (centre in the photo), founder of the Middle East Vegetarian Group (MeVeg) at the recently held Middle East regional veg congress: mevegcongress.com

Learn more about this memorable event, which included government representatives from Dubai and a fruitarian from Singapore, at www.vegsource.com/news/2011/12/middle-east-veg-congress-spotlights-diet-crisis.html

What Goes Well with Veg Food?

Yes, there is scientific research suggesting that appropriately planned vegetarian diets can promote good health, e.g., www.eatright.org/about/content.aspx?id=8357

Despite such statistical evidence that vegetarians can be healthy, non-vegetarians continue to look at us vegetarians for living, flesh and blood proof. Thus, we need to look after our own health and that of our fellow vegetarians.



And, everyone knows that along with food, exercise constitutes another vital aspect of healthy lifestyles. As a result, veg organisations globally sponsor activities to encourage members and others to include regular exercise in the schedules. For example, Vegetarian Society (Singapore) has organised hikes, bicycling excursions and dance classes.

What about your organisation? Please share your experiences via *IVU Online News* by writing up what you do and what you've learned about how to do it well, and sending it to the editor at george@vss.sg



Veg Quotes

Some VSS members are very fond of collecting and sharing relevant quotations. Below are two of these quotations. The first was found on the Tumblr site mentioned in last month's issue of *IVU Online News*: veganash.tumblr.com

Quote #1: Many of your friends and family are confused, thinking people are omnivores, needing both meat and plants in their diet. We only appear to be omnivorous because we have the ability to "doctor up" meat with salt and sauces (barbecue, sweet and sour, marinara, etc.) sufficiently enough to make it palatable. Prove this for yourself. The next person you meet head-on who claims meat is "tasty," stop him in his tracks and insist that he eat a large plate of plain, unseasoned, boiled beef or boiled chicken in front of you; note their displeasure. Then offer that same meal to the dog or cat and note how eagerly this critter devours the meat. You would be hard-pressed to find a person who did not enjoy a bowl of perfect, ripe bananas, but try to get your cat to eat this sweet food. I have a Rottweiler dog named Bodega who is a true omnivore and enjoys bananas as much as meat. A careful observer notices that an animal's taste buds are no mistake of nature—they clearly define the proper diet that the animal should eat.

— John A. McDougall, M.D., www.drmcDougall.com

Quote #2: It is easier to build strong children than to repair broken adults.

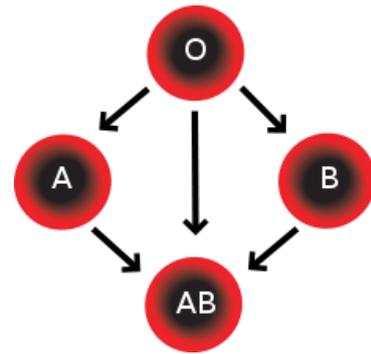
—Edgar W. Howe

What about two of your own favourite veg quotes?

Debunking the Blood Type Diet

You've probably heard about the blood type diet, which claims that certain blood types, especially Type O, need to eat meat. Although the diet was formulated by a doctor, it lacks scientific support, as is explained in the following article.

www.chicagotribune.com/health/sc-health-1026-type-o-vegetarian-20111026,0,4134478.story



Do you want further evidence? One of the world's top ultramarathoners, Scott Jurek, is Type O and a vegan: www.scottjurek.com/#/home Scott has won the Western States 100 Mile (not km) Endurance Run a record seven straight times and in 2010, he set the US record in the 24 Hour Run: 165.7 miles?



For MTV

These three very short videos were prepared for MTV by an organisation named Mercy for Animals: www.mercyforanimals.org One nice characteristic of the videos is that little language is needed to understand them. The images do the talking. Mercy for Animals also produces many other worthwhile materials.

www.youtube.com/watch?v=IHdLRrUocOA

Do you have other short videos to recommend? If so, please send the urls to [george@vegetarian-](mailto:george@vegetarian-society.org)

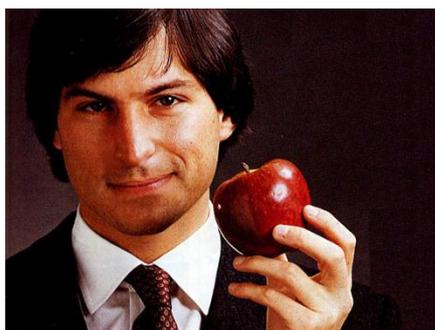
society.org for sharing via IVU Online News. Thanks.

Bad News: Global Meat Consumption Rises

According to a recent report from the Worldwatch Institute, "Worldwide, per capita meat consumption increased from 41.3 kilograms in 2009 to 41.9 kilograms in 2010. People in the developing world eat 32 kilograms of meat a year on average, compared to 80 kilograms per person in the industrial world": www.worldwatch.org/global-meat-production-and-consumption-continue-rise-1

BAD NEWS

This is bad news for human health, for the environment and, especially for the animals who, in increasingly large numbers, live short lives full of suffering. These statistics make our vegetarian activism even more urgent.



Why Did Steve Jobs, A Vegan, Die?

Steve Jobs was very famous for all his Apple devices. What many people do not know is that Jobs was also very keen on non-electronic apples and other plant foods, as it seems that for a significant part of his adult life, he was a vegan.

But vegans aren't supposed to get cancer, right? Noted vegan physician John McDougall provides analysis at www.drmcDougall.com/misc/2011nl/nov/jobs.htm

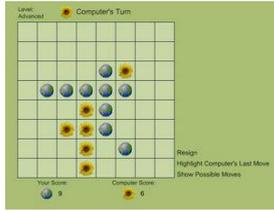
Eating More Fruit/Veg Can Reduce Cancer Risk

The BBC reports that a UK research review found that 40% of cancers diagnosed each year - over 130,000 in total in the UK - are caused by avoidable life choices including smoking, drinking and eating the wrong things, specifically, not eating enough fruit and veg: www.bbc.co.uk/news/health-16031149



One of the study's authors stated, "Many people believe cancer is down to fate or 'in the genes' and that it is the luck of the draw whether they get it. Looking at all the evidence, it's clear that around 40% of all cancers are caused by things we mostly have the power to change". Please remember this study the next time a meat eater tells you that cancer is out of our hands.

Interview w/ the Founder of VeganPeace



Wanda Ember is the founder of the VeganPeace website: www.veganpeace.com, a site loaded with useful features, including some online games. Recently, the Eco Walk The Talk blog (which advocates vegetarianism) interviewed Wanda. Below is an excerpt. You can read the entire interview at:

[www.ecowalkthetalk.com/blog/2011/12/08/wanda-embar-](http://www.ecowalkthetalk.com/blog/2011/12/08/wanda-embar-veganpeace/)

veganpeace/

Do you believe a humane way to raise animals for meat is possible?

Embar: No. I really don't believe that it is possible to commercially raise animals in a humane way. Any commercial institution has to make economic decisions, to be able to both exist and thrive. I believe that it is impossible to put animals' lives in this equation, without it negatively affecting their quality of life. It is simply impossible to meet the demand for animal products, while treating animals compassionately.

A few years ago I contacted this small Dutch farm where they raise chickens for eggs. This farm allowed you to 'adopt' chickens and to see them on a webcam. I asked them about common issues in the egg industry. A woman, one of the owners of the farm, answered me in an admirable honest way. She told me that they indeed have to dispose of male chicks (which are useless in the egg industry). She also mentioned that when the chickens are about 2 years old, they are slaughtered, because their eggs become too fragile to transport. She mentioned that as long as people demand animal products, they have to make economic decisions like that. And this is of course true for all animal industries, not just the egg industry.



Book News

Forks Over Knives - www.forksoverknives.com - is the name of a documentary film that advocates plant based diets. The film features two leading scientific proponents of vegan diets, Dr Caldwell B Esselstyn, Jr and Prof T. Colin Campbell, as well as other promotes of vegan eating. The film has attracted many viewers, both at theatres and on DVD. For example, Roger Ebert, a leading US film critic, called it, "A film that can save your life".

Even better, the film's companion book, *The Plant Based Way to Health*, continues to sell well, taking up long term residence on the New York Times bestseller list. Included in the book are 125 plant based recipes. There is even an FOK diet.

Argument #7: Animals Don't Have Feelings

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](http://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 seventh argument with an abridged version of Care2's response. Please send additional or alternative responses to george@vss.sg for publication in our next issue. Thanks.

It is true that we cannot be absolutely sure that what we perceive to be happiness, sadness, love and pain in other species is the same as it is for our own. But any person who has ever spent even a very short period of time with a dog can attest to their ability to feel emotions.

Denying that other animals have emotions much like ours is a great justification for allowing the most unspeakable violence to be committed against them.

Professor Jeffrey Moussaieff Masson said in [an article](#) about research done for his book, [The Pig Who Sang To The Moon.](#), "A pig could be as devoted, as affectionate, as good a companion, as a dog, given half a chance. Chickens, like many birds, could form close bonds with a human who took the time to get to know these fascinating animals. Sheep, who had been dismissed as stupid animals, turned out to have remarkable discriminating powers, allowing them to recognize, know and have feelings about two hundred other sheep. Goats were as individualistic and as mysterious and complex as cats, and when permitted could live in delightful harmony with humans."

Welcome to New IVU Members & Supporters



Wellolistic--Vegan Social Network -

www.wellolistic.com - a Vegan Social Network where you can share, educate, learn and connect with like minded people.



1st Southern Africa Veg Congress - planned for Cape Town, South Africa, March, 2012 - more details soon

2012 IVU World Vegetarian Congress - 5-11 October, 2012, San Francisco (USA) - www.ivu.org/congress/2012

6th Asian Vegetarian Congress - 2013, Kuala Lumpur, Malaysia - vegetariansocietymalaysia.org

Welcome to Organisations That Have Recently Registered with IVU

AUSTRALIA

The Vegetarian Society of Australasia - naturalhealthelwood.com

INDIA

Eicher school - www.sandeepbaxi.webs.com

MALAYSIA

Lews.info - www.lews.info

PARAGUAY

Live Isle Paraguay - liveisle.tk

PHILIPPINES

Ra Kendra Wellbeing Institute - www.rakendra.com.ph

USA

Native Touch - www.nativetouch.us

Corvallis Veg Education Group - corvallisveg.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. 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/enewsletter
5. VegE-News - www.vege-news.com
6. VegNews - www.vegnews.com
7. VegSource - www.vegsource.com
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](mailto:george@vegetarian-society.org) jacobs - george@vegetarian-society.org



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