

IVU Online News – July 2010

for the plain text version by email go to www.ivu.org/onlinenews.php

Table of Contents

Questions for a Key Organiser of IVU WVC – Oct, 2010
Veggie Pride Parade Comes to Toronto
Interview with Serbian Activist
Free to IVU Member Organisations: Latest on Nutrition
Veg Travel Opportunities
Women’s Seven Summits Climbers Go Plant Based
Book on Being Flexitarian
The Ever Changing Definition of ‘Vegetarian’
Welcome to New IVU Members
Upcoming Events
Welcome to Organisations That Have Recently Registered with IVU
Other Online Sources of Veg News
Please Send News to IVU Online News

Questions for a Key Organiser of IVU WVC – Oct, 2010

Roeddy Zeng (pictured above with his son) is one of the main organisers of the 2010 IVU World Vegetarian Congress to be held in Jakarta from 1-6 October, with an excursion to Bali from 7-9 Oct. Roeddy kindly agreed to answer some questions. Please see the Congress website for further details: www.wvc2010.org



Please tell us a little about the Indonesia Vegetarian Society (IVS), the host organization for the Congress.

Officially listed as a member of the International Vegetarian Union just a couple of months after its birth on 8 Aug, 1998, the Indonesia Vegetarian Society has ever since shown its strong commitment to promoting vegetarianism both locally and internationally for the reasons of health, environment, animal welfare and nature’s harmony. Now, it is estimated that there are 80,000 members in IVS’s 51 branches across the country.

The main Congress, from 1-6 Oct, will be held in Jakarta, Indonesia’s capital city. Why did you choose Jakarta?

Because IVS’s headquarters is located in Jakarta. Also, as the nation’s capital and largest city, Jakarta is a meeting point for representatives from throughout the Indonesian archipelago that is easily accessible from others cities in Indonesia and from other countries.

From 7-9 Oct, the Congress shifts to Bali. What is the purpose of going there?

The purpose of shifting to the island of Bali is to allow our speakers and participants, both local and international, to relax, sightsee and enjoy the artistic and natural splendour that is Bali. Indeed, this tropical paradise’s unique mix of tourist facilities offers something for everyone.

During the Congress, how do you hope to reach out to the Indonesian public?

IVS has invited a wide range of societies, organizations, universities and formal and informal schools to participate in the Congress. Plus, we will distribute brochures, flyers, posters and banners through our partner restaurants and our 51 branches.

Additionally, Gramedia (the largest and most famous bookstore chain in Indonesia) is allowing IVS to use its stores all over Indonesia (about 100 outlets) to promote the Congress and the Meat Free Monday programme that IVS has been carrying out nationwide. Plus, IVS is already working with many schools and universities on Meat Free Mondays. For instance, IVS, with support from the Nutrition Dept of University of Indonesia is conducting a vegan scientific paper competition for high school and university students.

What about reaching out to the government and the media?

We are working to approach local governments, as well as the national government's Departments of Health, Environment, and Culture and Tourism. For example, the Department of Culture and Tourism has put our Congress in their 2010 agenda, which means they are promoting the Congress domestically and internationally.

As to the media, we are working with our contacts in tv, radio and newspapers to spread the news about the Congress before, during and after. For instance, IVS has appeared on a Metro TV (the most famous news TV in Indonesia) live morning talk show for 1 hour (8-9am) to promote the Congress. A big turnout from overseas will boost the event's chances for media attention.

Indonesian is the main language of your country. How will you make the Congress sessions accessible to those who do not speak Indonesian well and to those who speak Indonesian well but whose English is not yet ready for conference sessions?

We will mainly use only two languages: Indonesian and English. Every speaker will be helped by our translation team in panel and parallel sessions.

What are some Indonesia dishes that Congress participants can look forward to?

We will provide such fabulous Indonesia dishes as Gado-Gado (mixed steamed vegetables with sauce and milled peanuts and monkey nut), Karedok (mixed raw vegetables with toppings), Ketoprak (mixed steamed vegetables, rice noodles and various toppings). Plus, Congress delegates will enjoy tempeh, one of our country's best known foods, as well as a variety of unique desserts.

Where on the internet can people go for further information on the Congress?

For further information, people can access our official Congress website at www.wvc2010.org. One further piece of news is that we just added another Congress hotel in Jakarta: The Best Western.

Veggie Pride Parade Comes to Toronto

Following the successes of Veggie Pride Parades in New York, Paris, LA, etc., Toronto hosted its own Veggie Pride Parade on Sat, 5 Jun. They even had their own Veggie Pride Parade YouTube channel:

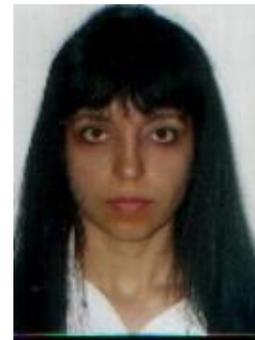
veggieprideparade.ca/2010/videos



Veggie Pride Parades provide opportunities “to celebrate and be proud of our Veggie Lifestyles in a positive, joyous, and loving way, where we are completely inclusive to all who want to participate.” If you’d like to learn more about the Toronto Parade and how it was organised, contact Jenny of the Toronto Vegetarian Association www.veg.ca

Interview with Serbian Activist

Katica Spasic is vice president of the IVU affiliated Serbian organisation Freedom for Animals. Additionally, she is a veterinarian who also trained as a nurse. Her hobby is writing, including writing for the "Healthy life" ("Zdrav život") magazine in Serbia - about veganism, natural healing methods, spirituality and natural life and art. Katica kindly agreed to be interviewed for *IVU Online News*.



What made you decide to become a vegetarian? When did that happen? How old were you at the time?

I liked animals from my early childhood. At 15-16 years old, I decided to stop eating them. Nobody told me about ethical reasons at that time – it was a result of pure love and empathy for animals. I did not want any animal to be killed for my appetite.

I did not have support for my vegetarianism from anybody at that time. I was considered a weird person in a meat-eating society. Many years later, I was so happy knowing that I am not alone in this style of life.

What made you decide to become active in promoting vegetarianism?

It was my desire to make this planet to be a better place for living. It is the best way for people, as well as for animals and nature in general. And this is also very important for ethical movement for protecting animals.

What sustains your desire to be active?

My activism is sustained by my wish to do something for a better life, for nature and future – not to be just a silent watcher.

*What is an obstacle that you face in remaining active in promoting vegetarianism?
How do you overcome this obstacle?*

In the "Freedom for animals" organization ("Sloboda za životinje", Serbia, www.sloboda-za-zivotinje.org), all the members are volunteers, and there is never enough time and money for promoting vegetarianism and all the other activities. But, we are big enthusiasts; our enthusiasm helps us to do more in these circumstances.

What is one of your organisation's accomplishments that makes you especially proud?

There are many accomplishments. For instance, in last few months "Freedom for Animals" has become the representative for V label in Serbia. It is a label for vegetarian and vegan food products, catering and restaurants.

This label makes it easier for vegetarians to know which food products may be safe to eat, and saves vegetarians the trouble of deciphering ingredient lists which may be opaque, incomplete and written in very small print.

The idea about the small print is captured in the following joke:

Meat-eater: Did you hear about the new study saying vegans are more likely to go blind? I guess it's because you don't get the proper nutrition.

Vegan: Nah, it's just from reading all of those tiny ingredients lists.

How do you try to maintain good relations and enthusiasm amongst your organisation's members?

We try to keep positive emotions... and we do not press anybody for anything. Maybe it is not good in some ways, but this way, people are free to decide if they can and want to do something for our goals.

What is one way that your organisation cooperates with other veg organisations?

There are different ways. One of them is attending veggie summits organized by EVU (European Vegetarian Union), if one of us is able to come there.

How does your organisation reach out to people who are trying to become veg or who are newly veg?

Promoting vegetarianism is one of our main goals, so, we are realizing it in a few ways: organizing public promotions, veggie festivals and picnics, by our website (educational texts), by media, publishing educational booklets, videos for internet and TV stations, etc.

Please share another vegetarian joke with us.

- Q. What's the best way to keep milk fresh?
A. Leave it in the cow.



Free to IVU Member Organisations: Latest on Nutrition

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. This 2 DVD set, contains 3 hours of brand-new material covering 99 different topics. Here's just a small sampling of the issues addressed this year:

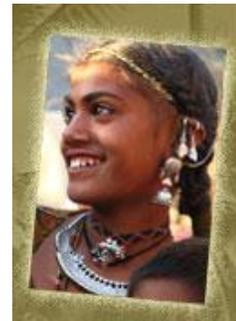
Dangers of folic acid supplementation; Dietary theory of Alzheimer's disease; Dietary treatments for rheumatoid and osteoarthritis; Does soy milk block tea's benefits? How to improve memory through diet and reverse cognitive decline; Is homeopathy good, bad, or useless? Which vegetables are healthier cooked? Which common vitamin supplement significantly shortens our lifespan?

For a complete listing of topics 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 set of his new DVDs free of charge to IVU member organizations--just send email him your mailing address.

Veg Travel Opportunities

VegVoyages - www.vegvoyages.com - a travel company that specializes in vegan and vegetarian travel, announced new trips in honour of its fifth anniversary. Besides adventure tours through India, Malaysia and Laos, the company (an IVU sponsor) now hosts veggie-centric tours in Thailand and has added a 15-day volunteer vacation at an animal sanctuary in India.



Women's Seven Summits Climbers Go Plant Based



In July, 2010 a team of nine Nepali women will begin the first international leg of a tour that will see them climb seven of the highest peaks on each of the seven continents. On successfully climbing all seven summits, they will be setting a world record for being the largest team to do so. The team will be using their expedition to highlight the urgent issue of climate

change, and as part of this focus the whole team has now adopted a vegan diet for the entire tour: www.sevensummitwomen.org

Book on Being Flexitarian

'Flexitarian' is a fairly new word. It means someone who is usually vegetarian but occasionally eats meat. Flexitarian diets fit an overall trend, especially in developed countries, towards eating less meat, for reasons of health, environment and/or compassion.



Here's a book, available for sale or via NLB, which explains flexitarianism:

The Flexitarian Diet - The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life" -

www.medicalnewstoday.com/articles/125789.php The author, Dawn Jackson Blatner, RD, LDN, is a registered and licensed dietitian and a national spokesperson for the American Dietetic Association. She is the online nutritionist for Lifetime Television's MyLifetime.com; writes a food and nutrition blog for USA Today; teaches cooking classes; and appears regularly in print and television outlets such as CNN and RED magazine.

The Ever Changing Definition of 'Vegetarian'

One of the most fascinating branches of linguistics (the study of language) is semantics, which looks at the ways that language expresses meaning. These meanings vary, in English and in every other living language, across time, across distances, as well as between age groups, occupations, ethnic groups, etc.

Furthermore, different words can be used to mean the same, and new words, such as 'flexitarian' are coined.



Examples of variation in word meaning can be seen in the varying meaning of one of IVU's favourite words: 'vegetarian'. This word has had many different meanings attached to it, and other words such as 'Pythagorean', have been used to mean 'vegetarian'.

For instance, IVU historian, John Davis, found variation in the meaning of vegetarian in documents from the 1840s:

www.ivu.org/history/england19a/early_vegetarian.html In those documents, some writers advocated what today would be termed plant based or vegan diets, while others defined vegetarian as including animal based foods not derived from animal flesh.

Today, a change in the meaning of 'vegetarian' may be occurring, as more vegetarian organisations advocate diets than are in fact vegan. For example, the section of the IVU website devoted to recipes has, since it began 13 years ago, been composed completely of plant based recipes, and, for the last ten years, all IVU World Vegetarian Congresses have exclusively served plant food. Similar changes have taken place at many IVU member organisations. At the same time, IVU and many of its member organisation welcome lacto-ovo vegetarians as full participants, including leaders.

Language change reflects changes in society. What is at the root of this language change in the definition of 'vegetarian'? Perhaps, in part, the change is due to the continuing spread of factory farming of meat, eggs and dairy, and the growing awareness of the damage that factory farming and increased consumption of animal based foods do to human health, the environment and the non-human animals trapped in the factory farming system.

Here are two examples of the kinds of news which are leading to growing awareness of the detrimental effects of the production of animal based foods. First, this video - www.mercyforanimals.org/hatchery - from a large egg hatchery, shows male chicks thrown, dropped, mutilated, and ground-up alive. Second, a 2010 FAO report attributes four percent of all global human greenhouse gas emissions (GHG) to the dairy sector www.fao.org/news/story/pt/item/41348/icode/en

Who knows what the future holds for 'vegetarian' and related terms, but we can be sure that more changes are on the way.

Welcome to New IVU Members

Spirit meets Motion - www.spiritmeetsmotion.com - Yoga, Trance Dance, Contact Dance and Vegan Turkish Cuisine in Cappadocia and Bodrum, Turkey





- ✓ 1st Mercosurl Region Seminar – Vegetarianism & Health - 3 Jul, 2010, Asuncion, Paraguay www.uvla.org
- ✓ Vegetarian Summerfest Annual Conference – 7 Jul, 2010 University of Pittsburgh, Johnstown, Pennsylvania, USA www.vegetariansummerfest.org
- ✓ Animal Freedom Day – 24 Jul, 2010 <http://www.animalfreedomday.com>
- ✓ Raw Spirit Festival – 24-26 Sep, 2010, West Lake Park, Arizona, USA - www.RawSpirit.com - Music, food, research summaries, food demos and tastings, playshops, children's programmes, dancing, bicycling and more.
- ✓ IVU World Vegetarian Congress – 1-9 Oct, 2010, Jakarta and Bali www.wvc2010.org - The 39th IVU World Vegetarian Congress will be held in Indonesia in two places, Jakarta, the capital (and the economic centre of the country) and Bali, the country's most famous tourist destination. An outline of the programme is available at the congress website.
- ✓ The Indian Vegan Society will be organising the IVU India, South & West Asia Vegetarian Congress - ISWAVEG- (a vegan event) from 30 Oct to 2 Nov at E-Inn - www.e-inn.in - a vegetarian, non-alcoholic, non-smoking, business class hotel in Bangalore, India. Dr. Will Tuttle, author of 'The World Peace Diet', will be a keynote speaker. Among the other confirmed speakers are Dr. B.M. Hegde- www.bmhegde.com - a renowned cardiologist and a votary of vegetarianism and Mr. John Davis (UK), a historian of vegetarianism. PETA founder, Ingrid Newkirk, has agreed to send a representative on her behalf. Vegan Mohan Santanam will present a carnatic vocal music concert on 30 Oct evening. Further info, Shankar Narayan indianvegansociety@rediffmail.com
- ✓ East Africa Vegetarian Congress – 3-5 Dec, 2010, Nairobi, Kenya. Contact IVU Regional Coordinator for Africa, Emmanuel Eyoh - nigveganimal@yahoo.com
- ✓ Middle East Vegetarian Congress, 6-7 Dec - Dubai, UAE. Contact IVU International Council member, Sandhya Prakash - sandhya@meveg.info The Congress will take place during the 8th Middle East Natural & Organic Foods Expo 2010, 6-8 Dec - www.naturalproductme.com – which will include 16 booths in a dedicated MEVEG Pavilion.
- ✓ 2nd Latin American Vegetarian Congress in Bolivia – Jan, 2011 – exact place and date to be announced - marly.winckler@gmail.com
- ✓ 13th International Vegan Festival – Jun, 2011 (exact dates to be announced) - Malaga, Spain
- ✓ 5th Asian Vegetarian Congress – Oct, 2011, Hangzhou, China

Welcome to Organisations That Have Recently Registered with IVU

MEXICO

Tiempo Animal - www.tiempoanimal.mex.tl

USA

SWS Vegetarian Products - www.swsvegetarian.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.

Dawn Watch www.dawnwatch.com/alerts.htm

European Vegetarian Union - www.evana.org

Farmed Animal Net www.farmedanimal.net

Vegan Outreach www.veganoutreach.org/enewsletter

VegE-News www.vege-news.com

VegNews www.vegnews.com

VegSource www.vegsource.com/cgi-bin/dada/mail.cgi

AnimalConcerns.org doesn't have a newsletter, but they post stories daily at www.animalconcerns.org/categories.html?do=shownews

IVU-Veg-News E-Mail List www.ivu.org/news/veg-news

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

IVU Online News is non-copyright. Readers are encouraged to share the contents elsewhere. If you do so, please consider including a link to www.ivu.org/news as others may wish to subscribe to this free publication.

