

IVU Online News –March 2011

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Interview: Organiser of 2012 IVU World Veg Congress

Dixie Mahy is a member of the IVU International Council and president of the San Francisco Vegetarian Society:

www.sfvs.org

Dixie and her SF colleagues have kindly taken on the task of organizing the 2012 IVU World Vegetarian Congress to be held in San Francisco. The following interview excerpts are reprinted with permission from Open Exchange Magazine, Jul-Sep 2010:

Dixie, how long have you been a vegetarian?

I've been vegetarian 52 years and vegan 32 years. I first wanted to be a vegetarian when at age 5 in 1938. I went fishing with my father and caught a fish, but all I wanted to do was put it back into the water. I saw it suffering and I couldn't eat it. I felt a oneness with the fish, almost a Zen thing.

Did your family support your decision to go vegetarian?

No, growing up I was told I couldn't live without meat, and the rest of my family remained meat eaters. I'm 76 now. I have no medical issues, no arthritis, no cancer, no knee replacements. I buried two of my younger sisters, one 10 years younger. It's sad when you see your own family ignoring you, not connecting the dots.

Why did you go from vegetarian to vegan?

I started learning about problems with raising calves, with milk production, the cruelty involved, and I became a vegan for compassionate reasons. After that I learned about the health reasons, too. Medical doctors such as Dr. McDougall find that milk is perhaps even more harmful than meat.

For the rest of the interview: www.openexchange.org/features/JAS10/mahy.html

Do you like IVU?

Now you can like us on facebook too... yes we know everyone else has been doing this for years but when you're 102 years old it takes a while... Here's the url:

www.facebook.com/InternationalVegUnion

Please come on board to communicate with old and new friends.



New Online Magazine

T.O.F.U. - www.ilovetofu.ca - is an online vegan magazine from Canada. Here's what they say about their latest issue:

Over 80 pages stuffed with recipes, art, city reviews, and other random things you have come to expect when you give a bunch of vegans from around the world

the chance to chip in their two cents. Topics include vegan parenting, organic farming, vegan accordion making, starting a vegan blog, and what life in a yurt is like.



COURTESY: HARPO INC.

Oprah and Her Staff Go Vegan for a Week

In Feb, talk show queen Oprah Winfrey and more than 300 members of her production company went vegan for a week, and now they do regular Meetout Mondays:

www.youtube.com/watch?v=I17xAI8RLog

www.oprah.com/showinfo/Oprah-and-378-Staffers-Go-Vegan-The-One-Week-Challenge

During the week, Oprah featured the book 'Veganist' and its author, Kathy Preston

www.amazon.com/Veganist-Weight-Healthy-Change-World/dp/1602861331

Here is a review of the book by Erik Marcus of the blog, vegan.com
vegan.com/blog/2011/02/11/book-review-kathy-frestons-veganist



Concentrated Gore

This 11 minute, 50 second video from Mercy for Animals shows scenes from factory farms and slaughterhouses. Only near that end does 'Farm to Fridge' show the vegetarian alternative.

If you're looking for something to shock people into reconsidering their food choices, this might be what you are searching for: www.meatvideo.com

Vegetarian for Life Moves North to Scotland

Vegetarian for Life (VfL), the charity which campaigns to improve the lot of older vegetarians, moved from England north to Scotland in December 2010 and is now the only vegetarian charity to have its headquarters in Scotland. Scotland has a much lower population than England, and due to its well known scenery, wildlife and history, Scotland is a very popular tourist destination, not to mention the fact that it was the venue for IVU's 2002 world congress.



Coinciding with the move to Scotland, VfL has been more active there and now has 70 care homes or sheltered schemes listed in Scotland, with more to follow and has recently given the first grant in Scotland for a bath aid.

Tina Fox, VfL company secretary, says, "It is great to work here as we have been welcomed with open arms by Dumfries and Galloway and already have had local press and a feature to follow in Dumfries and Galloway Life. We will obviously still continue with our work in England, Northern Ireland and Wales, but now we also have the opportunity to have more influence in Scotland where systems and organisations often operate in a very different way and to different rules."

VfL is currently very busy with catering courses for care homes, with four scheduled for this year and more to follow, and it is hopeful that the first Scottish catering course may take place later in the year. The organisation is also working on a new nutrition booklet for older vegetarians which will be available soon.

For further information on Vegetarian for Life or a copy of the nutrition booklet, see: www.vegetarianforlife.org.uk

A Worth a Look Website

Vegan Voice is a website that you might want to visit: theveganvoice.org
[BTW, the caption to the cartoon reads "Can we be seated under a vegan painting?"]

Here is how the website creators introduce their site:

The Vegan Voice was created to encourage vegans to spread the message of veganism with joy. We believe in social change through positive activism. Simple, small, daily actions can make an important difference. Large scale activism is great, but micro-activism matters too. All real societal shifts have relied upon both. That is what this website is about, encouraging positive change even in the most ordinary ways. Please share your ideas with us.



"Can we be seated under a vegan painting?"

Among the very nice stories on the site is this one:

theveganvoice.org/veganism-voices/the-best-decision-i-ever-made



Doubts about Dairy

This site offers video & more on dairy industry treatment of cows. Sure to put you in a bad mooood about milk.

www.animalsaustralia.org

Fortunately, there are healthier alternatives:

eatdrinkbetter.com/2010/02/02/eating-vegan-tasty-milk-alternatives/

Global Temperatures Rise at Record Rate

Here are excerpts from an article that is worth reading:

www.earth-policy.org/indicators/C51/temperature_2011

The moral of the story is that we need to convince our friends and family members to eat veg to slow global warming.

Topping off the warmest decade in history, 2010 experienced a global average temperature of 14.63 degrees Celsius (58.3 degrees Fahrenheit), tying 2005 as the hottest year in 131 years of recordkeeping.



This news will come as no surprise to residents of the 19 countries that experienced record heat in 2010. Belarus set a record of 38.7 degrees Celsius (101.7 degrees Fahrenheit) on August 6 and then broke it by 0.2 degrees Celsius just one day later. A 47.2-degree Celsius (117.0-degree Fahrenheit) spike in Burma set a record for Southeast Asia as a whole. And on May 26, 2010, the ancient city of Mohenjo-daro in Pakistan hit 53.5 degrees Celsius (128.3 degrees Fahrenheit)—a record not only for the country but for all of Asia. In fact, it was the fourth hottest temperature ever recorded anywhere.

The earth's temperature is not only rising, it is rising at an increasing rate. From 1880 through 1970, the global average temperature increased roughly 0.03 degrees Celsius each decade. Since 1970, that pace has increased dramatically, to 0.13 degrees Celsius per decade. Two thirds of the increase of nearly 0.8 degrees Celsius (1.4 degrees Fahrenheit) in the global temperature since the 1880s has occurred in the last 40 years. And 9 of the 10 warmest years happened in the last decade.



Letters to the Media

Many media outlets publish letters, etc. from their readers, listeners and viewers. This is a great way to share our views and information with the public. This is a letter published recently in a Singapore newspaper.

I refer to the column "A year of vegging out" by Stephanie Yap. Like Stephanie, I am concerned with animal welfare but I loved meat and hated vegetables too much. In the past years, I underwent a number of failed attempts to go on a vegetarian diet when I abruptly cut off meat consumption completely. Everything felt wrong then: I felt hungry after meals, I felt deprived of meal options, my brain tortured me. I felt like a drug addict undergoing rehab, but I now realise that these feelings were mainly psychological effects of a bodily change.

Last year, I took on a different approach, by cutting off different types of meat from my diet, one at a time and at a pace I could manage. I started with the tiny step of boycotting cruel and unsustainable dishes including foie gras, shark fin and blue-fin tuna. Next, consumption of beef and pork halted completely, and I started calling beef "cow flesh" and pork "pig flesh". It helps remind me these are flesh from animals and not "meat" which equates animals with food.

Chicken came next in the queue and was removed from my diet, as I went on a pescatarian diet for a few months before I totally embraced the vegetarian lifestyle.

The new diet changed me physically, emotionally and mentally. For an animal lover who had always been on meat-focused diet, it is a great achievement. I stopped feeling guilty about what I eat. My tummy deflated, bowel & menstrual systems regulated themselves, and my complexion took a turn for the better.

The growing attention surrounding factory farming and unsustainable seafood has brought more people on the route of responsible eating. As the Chinese New Year approaches, it would also be respectable if companies and individuals can also take into consideration the removal of controversial dishes such as foie gras and shark fin from their lohei (a Chinese New Year festive dish) menus. For evidence, watch www.facebook.com/video/video.php?v=186915044669269

Jennifer Lee

Welcome to New IVU Members

Société végétane (Vegan Society, France) - www.societevegane.fr

Viva! - Vegetarians International Voice for Animals - www.viva.org.uk





Meatout – On or around 20 March, 2011 (and every year) – Internationally (about 25 countries) - <http://www.meatout.org>

2nd Latin American Vegetarian Congress in Bolivia – June, 2011 – exact place and date to be announced - marly.winckler@gmail.com

13th International Vegan Festival – 4-12 June, 2011 - Malaga, Spain
www.ivu.org/veganfest/2011

7th Asia for Animals Conference – 10-14 June, 2011, Chengdu, China -
www.asiaforanimals.org

Animal Rights 2011 Conference – 21-25 July, 2011, Los Angeles, USA -
<http://www.arconference.org>

VegSource Healthy Lifestyle Expo 2011 - 14-16 October, 2011, Los Angeles, USA - <http://www.HealthyLifestyleExpo.com>

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

IVU Vegetarian Congress for Southern Africa Countries - 27-30 October, 2011 [tentative], South Africa – contact IVU Regional Coordinator for Africa, Emanuel Eyoh, nigveganimal@yahoo.com

5th Asian Vegetarian Congress – 8-9 November, 2011, Hangzhou, China -
<http://www.apcnsorg.com/avuc> <http://www.evy8.com/avuc>

2012 IVU World Vegetarian Congress – Oct, 2012, San Francisco (USA)

Welcome to Organisations That Have Recently Registered with IVU

GREECE

GlikiArmonia - All raw vegan food delivery service – glikiarmonia.wordpress.com

INDIA

Animal Rights International - www.vegin.org

The Nanee Suites, South Delhi, pure vegetarian - www.naneesuites.com

SPAIN

Veggie in Spain - www.veggieinspain.com

UK

Ophelia Organics - vegan beauty - www.opheliaorganics.co.uk

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

<http://www.dawnwatch.com/alerts.htm>

2. European Vegetarian Union

<http://www.evana.org>

3. Farmed Animal Net

<http://www.farmedanimal.net>

4. Vegan Outreach

<http://www.veganoutreach.org/enewsletter>

5. VegE-News

<http://www.vege-news.com>

6. VegNews

www.vegnews.com

7. VegSource

<http://www.vegsource.com/cgi-bin/dada/mail.cgi>

8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at

<http://www.animalconcerns.org/categories.html?do=shownews>

9. IVU-Veg-News E-Mail List

<http://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



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