

# WHERE CHANGE HAPPENS

International Vegetarian Union  
hosted in San Francisco and  
Los Angeles California

October 2012

In a departure from previous World Vegetarian Congress formats, this year the International Vegetarian Union piggy-backed Part I of its event on San Francisco Vegetarian Society's annual two-day World Veg Festival (celebrating World Vegetarian Day on or near October 1<sup>st</sup>)—now in its 13<sup>th</sup> year, and run on vegan lines. Dixie Mahy heads a wonderful team of SFVS volunteers to accomplish this.



Held in the County Fair Building at Golden Gate Park, the festival features a large exhibit area where food vendors sell meal platters, and food manufacturers give samples of their vegan products. Other exhibitors include nonprofit organizations. With a modest \$10 entry fee, the event draws a curious public, as well as local vegetarians, and this year visitors from six continents. On the educational side are lectures and classes by leading vegan and health advocates. Tribute was made to AVS' founder, IVU booster, and North American organizer H. Jay Dinshah.

A Saturday-night raw-food banquet was catered by Cherie Soria, and Chef Barry Horton catered the Sunday evening banquet. The four-day-package in San Francisco included a welcoming dinner at Millennium, noted gourmet vegan restaurant, on Friday evening, and a Monday afternoon visit to the offices of *VegNews* magazine

for a rooftop reception party catered by Miyoko Schinner, featuring her artisan vegan cheeses.

Part II was the following weekend in Los Angeles, with arrangements made by Jeff Nelson and family. A day of sightseeing included lunch at Native Foods and concluded with dinner catered by Follow Your Heart. The weekend sessions at the Warner Center Marriott in Woodland Hills began on Friday with an International Forum, and then the overseas contingent joined hundreds of others at VegSource's annual professional-grade Health Expo, a seminar with top-notch speakers.

In California we met up with educator and AVS council member, Dr. Andy Mars who said, "the biggest highlight was seeing vegan friends from around the world who I have not had the opportunity to see in too many years. It certainly inspired me to want to go to Malaysia next fall. On the

IVU's John Davis and wife Hazel on their way from San Francisco to Los Angeles.

program, the best highlights were hearing Dr Michael Klaper and Dr Neal Barnard. I was pleased to finally get to a San Francisco World Veg Festival too. Of course, personally for me there was the treat of getting old students, campers, etc. who now live in San Francisco to come by the Fest/Congress and get to catch up and visit a little. Then, there was the pleasure of getting to spend time with Freya, Anne, and Clint!"

View San Francisco sessions at [www.sfv.org](http://www.sfv.org). Get Los Angeles presentation DVDs from [www.vegsource.com](http://www.vegsource.com).

Our trip arrangements were made through [www.greenearthtravel.com](http://www.greenearthtravel.com). The International Vegetarian Union website is a treasure of information past and present, and announces the next world event. [www.ivu.org](http://www.ivu.org).

Reported by Freya Dinshah. Photo on this page, Millennium table and Marly photos next page, by John Davis. Remaining photos from [sfvs.org](http://sfvs.org) website.



Old friends Bill Harris, MD (Hawaii) and Freya Dinshah (New Jersey) met 50 years ago in San Diego California.



Marly Winckler from Brazil is Chair of IVU Council.



followed by  
IVU sessions & Health Expo  
in Los Angeles, California  
October 2012



Dilip Barman (IVU North American Representative) and daughter Anu, Dixie Mahy (President, San Francisco Vegetarian Society), behind her Bob Linden (Go Vegan Radio, California)



Artisan Vegan Cheese author Miyoko Schinner talks with her publisher Bob Holzapfel.



Enjoying Dinner at Millennium (one of many tables) —l to r: Jenny Li; Larry and Ann Wheat (Millennium owners); Chef AJ; Francis Janes; Miyoko Schinner; - end of table: Marly Winckler (Brazil, chair of IVU Council) - Michael Schinner; Vesanto Melina, RD (Canada); Brenda Davis, RD (Canada); Hazel & John Davis (UK, IVU manager, unrelated to Brenda); Joe Connelly (Veg/News co-founder, publisher); Mrs. & Dr. Robert Kradjian. Dixie Mahy was at head of table, but not in photo.

## INTERNATIONAL VEGETARIAN EVENTS

### INDIA

**Indian Vegan Festival** September 27 to 30 2013 at Sthitaprajna Vegan Centre, Near: Yeljit, Byndoor-576214, Udupi Dist., Karnataka, India. Sharing experiences on how to live a more healthy, happy and meaningful life. Excursion on last day. More: [www.indianvegansociety.com/vegan-festival.html](http://www.indianvegansociety.com/vegan-festival.html)

### MALAYSIA

#### 41st IVU World Vegfest & 6th Asian Vegetarian Congress

Thursday October 3 thru Sunday October 7 2013 in Kuala Lumpur, October 8 & 9 in Penang, Malaysia. Proudly sponsored by Malaysian Vegetarian Society which promises a colorful festival among warm and friendly people of many races and religions, in an inexpensive gastronomical paradise. See [www.worldvegfest.org](http://www.worldvegfest.org).

**Plus THAILAND** Post Vegfest trip to Southern Thailand starts October 10 to attend Thailand's 10<sup>th</sup> Vegetarian Festival.

# AHIMSA

## THE COMPASSIONATE WAY

AHIMSA is a Sanskrit term meaning non-killing, non-injuring, non-harming.

AVS defines it in daily life as Dynamic Harmlessness, spelled out at right.

THE AMERICAN VEGAN SOCIETY is a nonprofit, non-sectarian, non-political, tax-exempt educational membership organization teaching a compassionate way of living by Ahimsa (see above) and Reverence for Life.

VEGANS—pronounced VEE-guns—live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin and broths, as well as all other items of animal origin.

VEGANISM ALSO EXCLUDES animal products such as leather, wool, fur, and silk, in clothing, upholstery, etc. Vegans usually try to avoid the less-than-obvious animal oils, secretions, etc., in many soaps, cosmetics, toiletries, household goods and other common commodities.

AN EDUCATIONAL CONVENTION is held each year, at Malaga or elsewhere.

INDIVIDUAL MEDICAL ADVICE is not given; AVS educates on ethical, ecological, aesthetic, healthful, and economic aspects of vegan living in general.

KNOWLEDGE AND OPINIONS in articles (or books, tapes, etc., listed or reviewed in *American Vegan*) represent the views of the individual authors, not necessarily those of the society or *American Vegan*.

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ARTICLES or items may be submitted for possible publication.

### AMERICAN VEGAN SOCIETY Since 1960

#### Founder: H. Jay Dinshah AVS Council Members & Officers

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\*Anne Dinshah, Fredonia NY —Assistant Editor

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Daniel J. Dinshah, Malaga NJ —Assistant Treasurer

\*Gabriel Figueroa, Austin TX

\*Council

ABSTINENCE from Animal Products  
HARMLESSNESS with Reverence for Life  
INTEGRITY of Thought, Word, and Deed  
MASTERY over Oneself  
SERVICE to Humanity, Nature, and Creation  
ADVANCEMENT of Understanding and Truth

## American Vegan

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# Veg\*n Progress Around the World

The International Vegetarian Union (IVU) met in California in October 2012. In addition to a Vegetarian Festival in San Francisco and Health Expo in Los Angeles (p. 2), it was a forum for international delegates from six continents.

**BRAZIL: Marly Winckler**, founder of Brazil's Vegetarian Society (SVB) and Chair of IVU Council, finds we can be most persuasive with people by imparting factual information about the effects of meat-eating on health, and the environment. SVB has organized successful Meatless Monday (MM) campaigns with restaurants and schools. In Sao Paulo all 3,000 educational units have adopted MM. Other cities' participation is more limited, some are hard to get on board. Politicians and authorities are among those influenced and now participating and promoting MM, as are artists.

**GERMANY:** The 120 year-old German Vegetarian Union is growing rapidly under the leadership of **Sebastian Zösch** by offering members discounts with various restaurants and other businesses. By outsourcing society activities (sales of books and promotional items), they use the time gained to conduct campaigns that attract media attention, and to put on the large VeggieWorld fair. Funds from government sources have been utilized to get daily vegan meal options into universities. Their organization has developed a toothpaste fortified with vitamin B12 as an option to taking B12 supplements. It is on-track to market in the U.S. soon.

**INDONESIA: Dr. Susianto Tseng**, head of the Vegetarian and Vegan Societies of Indonesia, IVU coordinator for Asia Pacific, had hosted the 39<sup>th</sup> IVU World Congress in 2010. He said their best practices included educating through interactive scientific talks and workshops in schools and universities, with governmental bodies, and in shopping malls. Susianto had done his PhD study on the presence of B12 in tempeh. It is more likely found in Indonesian-made than western-made because of different water, methods, and time used for production. Note: Tempeh is not a reliable B12 source.

**AUSTRALIA: Bob Ratnarajah** of V Star Bliss believes that fitness and radiant personalities will win people over to a vegan lifestyle.

**UNITED KINGDOM (U.K.): Jasmijn de Boo**, CEO of The Vegan Society, spoke about the huge numbers of people reached through Facebook, and the popularity of The Vegan Pledge (50% of pledge takers are in N. America). The UK-based vegan sunflower trademark logo is used for products and services around the world, especially in Europe; it is a major source of funding for the society. Grassroots activities in Britain include festivals and "vegan cafés for a day." Society work with vegan politicians and public policy issues is expanding.

## **U.S.A.:**

According to **Michael A. Weber**, Farm Animal Rights Movement's approach to achieving the greatest reduction in animal suffering is to target young people. Youth have a better ability to change eating

and living habits, and many years of life ahead. Campaigns are strategically planned with realistic goals in set time periods; the successful outcomes maintain activist morale.

**Priscilla Feral**, Friends of Animals, said their society, which is concerned with wildlife conservation, promotes vegan dining as key to better conditions on earth. They have produced cookbooks, and dining guides to some major U.S. cities. They work to increase the visibility of vegan culinary shows on public television.

**Loren Ornelas**, Food is Power, combines vegan food advocacy with other social issues such as the rights of farm workers, and the needs of low-income communities that have difficulty getting basic fresh fruits and vegetables.

**Freya Dinshah**, American Vegan Society (AVS), emphasized the value of organizing events that are attractive and welcoming to the general public. AVS has success hosting gourmet vegan dinners at an Academy of Culinary Arts restaurant; students realize and learn how to meet the growing demand for vegan cuisine. Make use of opportunities that arise! Freya was asked to prepare healthful snacks for an after-school program, which in turn initiated AVS' children's cookbook project.

**Dilip Barman**, Triangle Vegetarian Society, skillfully chaired a panel session. Among other accomplishments, he is known for hosting the largest (about 900 people) vegan Thanksgiving in Durham and Chapel Hill North Carolina. —FD

\* in Veg\*n denotes Vegan and/or Vegetarian.