

EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



www.jainvegans.org

DATE	EVENT, VENUE & ADMISSION	FURTHER INFORMATION
August 2010	World Peace Diet talks by Dr Will Tuttle around the USA.	See schedule of talks at: http://willtuttle.com/schedule.htm
August 2010	SHARAN - Health Seminars & Workshops, (including a 21-day "Reversing Diabetes" program), by Dr Nandita Shah. Various locations in India. Website: www.sharan-india.org	Organisers: SHARAN (www.sharan-india.org) Visit the above website for further details of events, or email Dr Nandita Shah: nandita@sharan-india.org
August 2010	Jain Vishwa Bharati London, UK. Oxgate Lane, Cricklewood NW2 7JN. UK Tel: 020 8452 0913 website: www.jvbl.org	Various Jain, spiritual, meditation and other practical life-enhancing workshops run by the Samanjis of Jain Vishwa Bharati London. For a schedule of their excellent events, please email: info@jvblondon.org
1 – 22 August	FRUKTIFEST 2010: PARADISE International Fructivore/Fruitarian Festival Paimpont, Brittany, France. Entrance: Free	"Fructivory is the practice of eating only fruits, so neither roots, tubers, stalks, leaves and nor, obviously, animal products. Fruitarianism is fructivory and the respect philosophy associated with it". Full details (Fresh & English): www.fruktifest.org
5 – 8 August (Thurs to Sun)	Jainism for Non-violence, Peace and Harmony 10th Anniversary of the Jain Bhawan Pratishta (Northern California) 722 South Main Street, Milpitas, California. CA 95035. USA. Keynote speakers include Dr Will Tuttle and Prof Gary Francione.	Organisers: Jain Center of Northern California (www.jcnc.org) "We are extremely pleased to share with you the preview schedule of the upcoming 10th Anniversary of the Jain Bhawan celebrations. In addition to 5 days of religious and spiritual programs, we have a line-up of influential keynote speakers, and fun filled cultural events. We will also celebrate peace and harmony with our inter faith programs and activities." (Dr Will Tuttle and Prof Gary Francione are among the keynote speakers.) Full details: www.jcnc.org/10th
7th August (Saturday)	Vegan Organic Farm visit: Oakcroft Organic Gardens Malpas, Cheshire, UK. Start: 1.30pm Entrance: Donations invited to cover costs Farm website: www.oakcroft.org.uk To book your place, contact: Tim Carey: 07726 266501 info@stockfreeorganic.net	Organisers: Vegan Organic Network (www.veganorganic.net) "If you're curious about how farmers and growers around the UK are producing 'organic plus' food, now's your chance to find out more." "Stockfree organic is the term used to describe vegan-organic methods for commercial growing purposes. Commercial stockfree farms have been feeding people for many years and have often found that, along with the environmental and ethical benefits, these methods provide a better financial return for growers than conventional farming." "The Vegan-Organic Network (VON) is organizing a series of unmissable opportunities to visit commercial growers, enjoy a farm walk, ask questions and discuss with others the ins and outs of growing stockfree organic food. Advance booking is essential." For further information, please contact VON: www.veganorganic.net/contact
7 – 8 August	Veggie Fest Science of Spirituality Center, 4S175 Naperville Rd. Naperville, Illinois, 60563. (Chicago) USA. Entrance: free	Organisers: various "...now considered the largest vegetarian food festival in all of Midwestern United States." Details will become available here: http://veggiefestchicagoland.org
7 – 21 August	Vegan Camp 2010 DIGLEA Caravan Park, Snettisham, nr Hunstanton, Norfolk, UK. Cost: Adult £5 pn / Child (6-17) £3 pn	Organisers: committee of individuals "Vegan Camp is a friendly and enjoyable annual social gathering for singles, couples and families." "Each year we choose a new location (this year, it's Norfolk) with people coming to stay from day visits to the full two weeks. Most stay at the site itself but some stay in luxury holiday caravans on site or in nearby accommodation such as hotels, guesthouses or hostels and visit during the day." "We have many children attending each year and it is an ideal time for them to meet other vegan children and to see that they are not the odd one out. Children and adults form many friendships at the camp." Full details: www.vegancamp.co.uk

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11 August (Wednesday)	<p>Global Ethics For Our Future A public talk by Zen Master Thich Nhat Hanh Hammersmith Apollo, 45 Queen Caroline Street, London. W6 9QH. UK.</p> <p>Doors open: 6pm, event starts: 7.30pm</p> <p>Ticket prices: (All seats have an unrestricted view of the stage) Front Stalls: £30-35 Rear Stalls and Front Circle: £20 Rear Circle: £12.50</p> <p>For details on purchase advance tickets, please visit website – see opposite – or book via Ticketmaster at this link: www.ticketmaster.co.uk/event/17004445A6A2656D</p>	<p>Organisers: Community of Interbeing UK (www.mindfulnessretreats.org.uk)</p> <p><i>"We have the power to decide the destiny of our planet. If we awaken to our true situation, there will be a change in our collective consciousness"</i></p> <p>"This talk is a unique opportunity for people of all faiths and backgrounds to hear Zen master Thich Nhat Hanh offer his wisdom and guidance on the global issues and dilemmas that we are currently facing."</p> <p>"Thich Nhat Hanh (known as Thây to his students) is a world renowned Zen master, scholar and human rights activist. His experiences during the 1960s Vietnam War led him to develop the path of Engaged Buddhism - a practice that invites and empowers us to bring together spiritual values and practical action. This combination of dharma and real world understanding is almost unparalleled in the Buddhist world."</p> <p>"His recent books include The World We Have – A Buddhist Approach to Peace and Ecology and Calming the Fearful Mind – a Zen Response to Terrorism."</p> <p><i>"It is time to stop. Let us pause. It is time to seek true strength and security... it is possible to look at each other again with the eyes of trust, camaraderie, and love."</i></p> <p>Full details: www.mindfulnessretreats.org.uk/about-london-talk.php</p>
14 & 15 August	<p>"Christianity and Vegetarianism Nature, Creation and the Peaceable Kingdom" Leeds Humanities Research Institute, Clarendon House, 29-31 Clarendon Place, Leeds. LS2 9JT. UK</p> <p>Advance registration required. Fees (includes a Veggie/Vegan buffet lunch): £15 per day (waged) / £8 per day (students and unwaged) Registration form can be downloaded from website – see opposite.</p>	<p>Organisers: Christian Vegetarian Association UK (www.christianvegetarian.co.uk)</p> <p>"This two-day conference will unite Christian Vegetarians and academics working in the field of religion and diet to reflect on the relationship between Christianity and vegetarianism and consider how the call to a diet of meat-abstention might manifest in Christian life, belief and practice. The exploration of these issues will be facilitated by ample discussion time, with the added opportunity to engage in discussion groups to enable those not speaking to get 'hands-on' with what is often (regrettably) a controversial issue within the churches."</p> <p>Full details: www.caninestyle.co.uk/leeds</p>
20th August (Friday)	<p>Vegan Organic Farm visit: Tolhurst Organic Produce Hardwick, Whitchurch-on-Thames, Pangbourne, Berks. UK.</p> <p>Start: 10.30am</p> <p>Entrance: £10</p> <p>Farm website: www.tolhurstorganic.co.uk</p> <p>To book your place, contact: Graham Cole, Coach House, Holywell, Swanmore, Southampton, SO32 2QE. UK. Tel: 01489 896471 veganrainbows@tiscali.co.uk</p>	<p>Organisers: Vegan Organic Network (www.veganorganic.net)</p> <p>"If you're curious about how farmers and growers around the UK are producing 'organic plus' food, now's your chance to find out more."</p> <p>"Stockfree organic is the term used to describe vegan-organic methods for commercial growing purposes. Commercial stockfree farms have been feeding people for many years and have often found that, along with the environmental and ethical benefits, these methods provide a better financial return for growers than conventional farming."</p> <p>"Tolly, as he's known by everyone in the organic trade, is widely acknowledged as the master of stockfree organic growing and an inspiration to all. Don't miss this opportunity to explore his wonderful farm."</p> <p>For further information, please contact VON: www.veganorganic.net/contact</p>
21st August (Saturday)	<p>Conventry Green Fayre War Memorial Park, Kenilworth Road, CV3 6PT. UK.</p> <p>Entrance: Free</p> <p>For further information, please visit website (see next column), or contact Cathy: tel: 07812 180 146 email: cathy@greengardencafe.co.uk</p>	<p>Organisers: various volunteers</p> <p>"Are you into recycling? Want to know more what is happening locally concerning sustainable and compassionate living? The Coventry Green Fayre promotes all this and lots more!"</p> <p>"The Coventry Green Fayre aims to show how we can make the world a better place. It's a chance for anyone concerned about the environment to learn how to lead a greener, more sustainable and compassionate lifestyle. We can all make a real difference to the future of the planet by making simple changes to our daily lives."</p> <p>Catering is all vegan.</p> <p>Full details: www.coventrygreenfayre.org.uk</p>

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25th August (Wednesday)	Talk by World Society for the Protection of Animals (WSPA), hosted by London Vegans. Community Rooms, Millman Street (entrance next to 38a), Bloomsbury, London WC1N 3EW. UK. Admission £2 (£1 concs.)	Organisers: London Vegans (www.londonvegans.org.uk) Monthly guest-speaker evening. "Free hot drinks and biscuits provided. Newcomers welcome. No alcohol or smoking allowed. Hot Food can be pre-ordered from Shambhu's: www.shambhus.co.uk/lv " Further information: www.londonvegans.org.uk (click on "events")
27 – 29 August (Fri – Sun)	8th Young Jains International Convention: Voyage to Freedom: Crossing the Ocean (+ Kids convention + Little Jains) Canons High School, Shaldon Road, Edgware, HA8 6AN. UK. - Registration required. - Group discounts available. - Fees start from just £35 - Kids convention is free for under 12s - Little Jains is free for under 5s website: www.youngjains.org.uk/convention	Organisers: Young Jains UK (www.youngjains.org.uk) "As the ship of your life fills with water, we will show you how to empty it so you can safely cross the ocean. As your spiritual home fills with the dust of karma, we will show you how to close the windows and doors that invite karma in. In your journey through the sands of time, your feet attract this sand, sticking to you for ages, delaying your journey - we will show how to ensure that less sticks and it sticks for less time." "You are invited to take time out and immerse yourself in the fun learning of Jain ideas and philosophy." "The weekend is also a real opportunity for you to meet like-minded people." Full details: www.youngjains.org.uk/convention
27 – 29 August (Fri – Mon)	National Animal Rights Spring Gathering Near Northampton, East Midlands, UK. Website: http://argathering.org.uk	"This year's National Animal Rights gathering will take place over the Summer Bank Holiday Weekend, near Northampton, east Midlands." "More details to come but keep the date free, keep an eye on the website for developments, or contact us with your email address if you want to kept updated." Website: http://argathering.org.uk
28 – 29 August (Sat & Sun)	Ludlow Green Festival Castle Park, Ludlow, Shropshire. UK. Includes: The Green Fair on 29th August, from 10am to 4pm Entrance: Free, but donations welcome.	Organisers: Ludlow 21 (http://ludlow21.org.uk) "We aim to raise awareness of the massive environmental challenges facing us all and, at the same time, demonstrate how you can enrich your lives by treading more lightly on the earth." "The Green Festival has events and activities for all ages to help you along." Full details: www.greenfestival.co.uk
30th August (UK bank hol Monday) All day	Carshalton Environmental Fair Carshalton Park, Ruskin Road, London, UK. 10:30am - 8pm Entrance: Under 12's – Free, Adults - £4, Under 16 and Concs. £2	Organisers: Ecolocal (www.ecolocal.org.uk) + team of volunteers. "The Environmental Fair is one of the best events in South West London showcasing local sustainability initiatives. On average around 10,000 people attend and enjoy a range of entertainment, food and stalls. The event is organised by EcoLocal with a team of volunteers." Only vegetarian/vegan food will be sold at this event. Full details: www.ecolocal.org.uk/event-detail.php?id=28
11th September (Saturday)	D.C. Vegfest University Yard, George Washington University, 2000 block of H St., NW Washington, D.C. 20052. USA. 12pm to 6pm Entrance: Free	Organisers: Compassion Over Killing (www.cok.net) and the Vegetarian Society of D.C. (www.vsdco.org) "The DC VegFest is a FREE outdoor festival celebrating the very best of everything vegetarian in and around the nation's capital. There are so many reasons to choose a vegetarian diet—for our health, the planet, and animals—and Washington, D.C. offers wonderful opportunities to explore meatless cuisine. The DC VegFest has something for everyone to enjoy, so be sure to bring along your friends and family!" Full details: http://dcvegfest.com
11th September (Saturday)	Secondary School Speakers' Workshop London, UK. 10am-4:30pm Tickets: Free but £5 deposit required on booking, which will be returned upon attendance. To book your place or find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White: tel: 01732 364546 ext. 230 email mark@animalaid.co.uk	Organisers: Animal Aid (www.animalaid.org.uk) "Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers." "We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding." To find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)

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11th September (Saturday)	School Speaker Training Day Resource Centre, 356 Holloway Road, London N7 6PA. UK Tickets: £10 waged, £5 unwaged (fee includes materials and a catered lunch) For more information and to buy tickets: phone 0117 970 5190 (9am-6pm Mon-Fri) or email Kat Himmel on kat@viva.org.uk	Organisers: Viva! (www.viva.org.uk) and Vegetarian & Vegan Foundation (www.vegetarian.org.uk) "If you are looking for a truly effective way to reach the youth of today, consider coming along to our School Speaker Training Day" "You'll learn how to engage younger people and show them the benefits of a plant-based diet to the environment, human health and animal welfare. You'll even learn to cook in front of an audience!" Full details: www.viva.org.uk/schoolspeaker.htm
18th September (Saturday)	The Incredible Veggie Roadshow Brighton Dome (foyer and bar area), Church St, Brighton, BN1 1UG. UK 10.30am-4pm Entrance: Free	Organisers: Viva! (www.viva.org.uk) "...a fantastic day out. You can: * Taste a whole range of veggie foods from international dishes you can whiz up at home to ready-to-go convenience foods * Receive one-to-one nutritional advice * Pick up free recipes and helpful factsheets * Sit in on cookery demos and informative talks * Browse and buy lots of veggie goodies – from chocolate to cruelty- free cosmetics, bags to books, convenience foods to clothing, wallets to wallcharts and cuddly toys to T-shirts and more! * Find out how you can get active * Take a break with a cuppa and veggie snack!" Full details: www.viva.org.uk/roadshows2010/brighton.html
20 – 26 Sept	Animal Aid's National Anti-Shooting Week (UK) To receive further information, please contact Fiona: fiona@animalaid.co.uk	Organisers: Animal Aid (www.animalaid.org.uk) "National Anti-Shooting Week takes place just before the start of the pheasant shooting season. More details to follow." Contact Fiona for an update and to get involved: fiona@animalaid.co.uk
25th September (Saturday)	Festival of Life Conway Hall, 25 Red Lion Square, Holborn, London WC1R 4RL. UK. 10.30am to 11.30pm (party from 7pm) Ticket price for full event: 10.30am-11.30pm: £10 /£8 (concs) at the door. Late ticket price - from 4pm onwards: £7 /£5 (concs) at the door. Accompanied under 16's free. If you do not wish to stay for the whole event, you may request a £4 refund if you leave before 7pm.	Organisers: committee of individuals "The Festival is a unique one-day event with over 50 free talks and workshops and over 60 stalls covering: Self-healing and Self- empowerment • Natural Parenting and Nature Cures • Healthy Vegan Organic Meals and Whole-foods • Permaculture and Environmentalism • Musical, Poetic and Artistic Expression • Simple and Non-consumerist Living • Creating Community and Networks • Celebration and Connection" Full details: www.festivaloflife.net
25th September (Saturday)	Annual demonstration against Wickham animal testing laboratory Meeting at Midday in Mill Lane Car Park, Wickham, Hampshire, PO17 5HY. UK.	Organisers: Stop Wickham Animal Testing (SWAT) "March through the village of Wickham to the laboratories to lay flowers for the animals tortured and killed in LD50 tests for Botox." "There will be speakers and food on the day. Contact 02392 588516 for more details or send an email through this form: www.veggies.org.uk/directory/detail-177-.htm
29th September (Wednesday)	Talk by Triodos Bank, hosted by London Vegans. Community Rooms, Millman Street (entrance next to 38a), Bloomsbury, London WC1N 3EW. UK. Admission £2 (£1 concs.)	Organisers: London Vegans (www.londonvegans.org.uk) Monthly guest-speaker evening. "Free hot drinks and biscuits provided. Newcomers welcome. No alcohol or smoking allowed. Hot Food can be pre-ordered from Shambhu's: www.shambhus.co.uk/lv " Further information: www.londonvegans.org.uk (click on "events")
1 – 6 Oct (Jakarta) & 7 – 9 Oct (Bali)	39th IVU World Vegetarian Congress SAVE OUR LIFE, SAVE OUR PLANET Jakarta & Bali, Indonesia. Registration required, and fees apply.	Organisers: International Vegetarian Union (IVU) (www.ivu.org) Full details: www.wvc2010.org

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2nd October (Saturday)	National March for Farmed Animals Cavendish Square, London. UK. For further information, contact Viva! - contact details on website: www.viva.org.uk	Organisers: Viva! (www.viva.org.uk) "On 2nd October, we are going to march in London to make it clear that it is not acceptable to farm animals, and hope you can join us." "This is the first time that we have held a march for farmed animals in London, and we hope that together we can make it a lively day, in solidarity of the millions of animals killed for meat, dairy and eggs, every day."
15 – 17 October (Fri to Sun)	Healthy Lifestyle Expo Warner Center Marriott Hotel, 21850 Oxnard Street, Woodland Hills, California 91367. USA. Tickets (via online registration): Full weekend ticket: \$200 (includes gourmet vegan dinner and Keynote presentation on Friday 15 th October) To find out more, visit: http://healthylifestyleexpo.com	Organisers: Vegsource (www.vegsource.com) "You don't want a heart attack. You don't want cancer. You don't want to be fat. What you DO want is to have a great life, a good income, lasting friendships and control of your future. And all of that starts with control of your health. We have been producing this event for eight years now and, to be blunt: There is no other event anywhere – anywhere – that brings together this particular group of top-level experts. People like health legends John McDougall, MD, and Joel Fuhrman, MD. Bestselling authors like the ENGINE 2 DIET's Rip Esselstyn, SKINNY BITCH's Rory Freedman. Health myth-buster Jeff Novick MS, RD. Top vegan chefs, mental health experts – and much more." Full details: http://healthylifestyleexpo.com
21 – 24 October (Wed to Sun)	World Peace & Yoga Jubilee Grailville, 932 O'Bannonville Road, Loveland, Ohio 45140. USA. Conference fees: starts from \$175 for 1-day pass, to \$1025 all- inclusive 5-day pass. See website for detailed information.	Organisers: www.worldpeaceinc.com "Find Your Voice ~Satya~ Speak Your Truth" "An international gathering of peacemakers coming from all over the globe!" (Featuring talks and sessions by Dr Will Tuttle & Madeleine Tuttle.) Full details: www.worldpeaceinc.com
23rd October (Saturday)	Primary School Speakers' Workshop London, UK. 10am-4:30pm Tickets: Free but £5 deposit required on booking, which will be returned upon attendance. To find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White: tel: 01732 364546 ext. 230 email mark@animalaid.co.uk	Organisers: Animal Aid (www.animalaid.org.uk) "Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers." "We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding." To find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)
30th October (Saturday)	West Midlands Vegan Festival Wolverhampton Civic Hall, North Street, Wolverhampton. WV1 1RQ. UK. 11am – 5pm Entrance: £1 payable at the door	Organisers: Midlands Vegan Campaigns (www.veganmidlands.org.uk) "The West Midlands Vegan Festival will offer all you need for healthy, cruelty-free, eco-friendly living. You don't have to be vegan to attend, everyone is welcome! Come and see why people are increasingly adopting a vegan lifestyle. The festival will feature all the following attractions: * A feast of delicious vegan food * Cruelty-free cosmetics, toiletries & healthcare products * Campaign & info stalls * Ethical clothing & footwear stalls * Free recipes, health factsheets & nutrition advice * Several varied & mouth watering cookery demos * 3 talk areas, each with a full programme of speakers, films, workshops etc * A wide variety of live music * A large cafe & bar area * Kids activities * And so much more...! Full details: www.midlandsveganfestival.org.uk

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30th October (Saturday)	To be a Pilgrim or Tourist? Loyola Hall, Heythrop College, 23 Kensington Square, London W8 5HN 11am – 5pm Tickets: £25.00, Concessions £15.00 from: Resurgence magazine, Ford House, Hartland, Devon EX39 6EE. Tel: 01237 441293 Contact for information about the event: Peter Lang (Resurgence Events Director): peterlang@resurgence.org or Tel: 020 8809 2391	Organisers: Resurgence (www.resurgence.org) "Satish Kumar hosts a day of talks, music and & poetry with: * Peter Owen Jones, presenter of BBC 2's Around the World in 80 Faiths and How to Live a Simple Life * Rupert Sheldrake, Biologist & Author of Dogs That Know When Their Masters are Coming Home and A New Science of Life * Prof Ursula King, Author of The Search for Spirituality – Our Global Quest for Meaning and Fulfilment * Caroline Lucas MP, Leader of the Green Party * Satish Kumar, Editor, Resurgence magazine * Misha Norland, founder and Principal of The School of Homeopathy, Devon. Music by Annemarie Borg and Gabriel Keen, poetry by Deborah Harrison. Restaurant facilities available."
30 – 31 Oct	The 15th Annual Boston Vegetarian Food Festival Reggie Lewis Athletic Center 1350 Tremont Street, Boston, Massachusetts. USA. Saturday 30 Oct: 10 AM - 6 PM and Sunday 31 Oct: 10 AM - 4 PM Entrance: Free	Organisers: The Boston Vegetarian Society (www.bostonveg.org) "This Festival brings together an amazing array of vegetarian natural food providers, top national speakers and chefs, and educational exhibitors in a fun and welcoming environment. It is a chance to talk directly to food producers, learn the newest items in the marketplace, taste free food samples, shop at show special discounts, or simply learn what vegetarian foods are available and where you can find them!" "Whether you are a longtime vegetarian or vegan, or someone simply wanting to add more healthy and delicious foods to your meal repertoire, or if you are just curious what it's all about, you are welcome here!" Full details: www.bostonveg.org/foodfest
30 Oct – 2 Nov (Sat – Tue)	South & West Asia Regional Vegetarian Congress E-INN "(A Vegetarian, Non-Alcoholic, Non-Smoking Luxury Business Class Hotel)", 144-C/1, Kirloskar Road, Bommasandra Industrial Estate, Hebbagodi, Bangalore – 560 099, Karnataka, India. Ph: +91-80-40 400 400 Email: sales@e-inn.in Website: www.e-inn.in Advance registration required for congress, and fees & accommodation costs apply: Congress: 1 day, Rs.600 / 2 days, Rs.1000 Accommodation: various options & tariffs – see website opposite and contact organisers for favourable tariffs.	Organisers: Indian Vegan Society (www.indianvegansociety.com) Sponsors: International Vegetarian Union (www.ivu.org) "While vegetarianism has longstanding and deep roots here, with recent ongoing changes in ideas and lifestyle, food habits are changing for the worse. A satvik lifestyle with a satvik plant based food can provide a solid platform to combat many ills of our own making and leave a better world for our next generations." "With the aim of spreading the message of ahimsa in practical life and bringing together all likeminded people, this event is being organized in the global city of Bangalore, nerve centre of the region. The venue, Hotel E-Inn, is chosen specifically for its excellent service and for the fact that, due to its commitment to ahimsa, it serves only vegetarian food." "The Indian Vegan Society welcomes you to the Garden City of Bangalore for this 4-day IVU-India, South-West Asian Vegetarian Congress from Saturday, October 30 to Tuesday, November 2, 2010." Full details: www.vegansociety.in/ivu-iswaveg_congress
4th November (Thursday)	Talk: Why You Don't Need Dairy by Juliet Gellatley, Founder and Director, Viva! The Friends Meeting Room, 16 Queen's Road, Leicester. UK. "Everyone welcome to come along, no need to book!"	Organisers: Leicestershire Vegetarian/Vegan Group www.leicesterveggies.org.uk and www.facebook.com/pages/Leicester-Vegetarian-and-Vegan-Group/116155351745862 "Juliet's compelling talks ask: ...is it natural to consume milk after weaning? Indeed, is it safe to consume cow's milk at all? She looks at many health issues and new research showing why dairy is linked to cancers; how natural growth hormones in milk affect us and what are the dangers of milk protein and saturated fats? She exposes the way that major studies have revealed that dairy causes heart disease, diabetes and obesity. Importantly, she also examines the calcium myth. Do we - and especially our children - need milk for calcium? If not, where should we obtain it and how do we ensure our kids have strong bones? The we have a fun quiz on eating healthily and Juliet covers: What is the perfect diet for a human? Are we designed to eat meat? Plants? Both? Raw food? Cooked? Is sugar all bad? The myths and realities!" Details: www.viva.org.uk/events.php

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6th November (Saturday)	Lincoln Vegan Food Fayre Unity Trinity Reformed Church, Garmston Street, Lincoln. UK. 10am – 4pm For further information, email: lincoln-animal-friends@hotmail.co.uk	Organisers: Vegan Lincs (www.veganlincs.co.uk) and Lincoln Animal Friends "- Food Hall with stalls providing free food samples and various local and national businesses - Veggies of Nottingham (www.veggies.org.uk) providing Catering (hot foods for sale and a small cafe area for cakes and drinks) - Cookery Demonstration Area - Also many non-food stalls/information/veggie books and merchandise stalls - Speakers" Details: www.viva.org.uk/events.php
7th November (Sunday)	Kensington Animal Charities Fair Kensington Town Hall, Hornton Street, London. W8 7NX. UK. 10am – 4pm Entrance: £2.00, Pensioners £1.50, Accompanied Children (under 10) Free	Organisers: volunteers "Enjoy a lovely day out doing some Christmas shopping and helping Animal Charities at the same time. 70+ stalls representing lots of wonderful organisations helping animals in the UK and Worldwide" "Lots of great items for sale including: Christmas gifts and cards, calendars, books, collectables and bric-a- brac, items for your pets" Full details: www.animalcharitiesfair.org.uk
12 – 14 Nov (Fri – Sun)	Sudha and Pravin Mody International Conference on Nonviolence: Ahimsa and Sustainability Ahimsa Center, Cal Poly Pomona, Bronco Student Center, Ursa Major (LA area). USA. For more information, visit the website, or contact: Professor Tara Sethia, Director, Ahimsa Center tel: (909) 869-3868 or email: tsethia@csupomona.edu	Organisers: Ahimsa Center (www.csupomona.edu/~ahimsacenter) "Ahimsa or nonviolence is the experience of oneness with others and nature. It connotes reverence for all life. This interdisciplinary conference will explore the significance of nonviolence for sustainability by focusing on issues and topics such as: <ul style="list-style-type: none"> o Ahimsa and ecological worldview o Ecological interdependence o Good life as sustainable life (sustainability and quality of life) o Gandhi's ecology, and the environmental movements o The make-up and making of sustainable communities o Sustainability in business and professions o Innovation and design for sustainability o Education for sustainability o Waging sustainability through nonviolence: Action plans" Full details: www.csupomona.edu/~ahimsacenter/conference/conference_10.shtml
13th November (Saturday)	West Lancashire Vegan & Fairtrade Fair St Chads Church Hall in the centre of Poulton-le-Fylde, W. Lancashire. UK. 11am-5pm	Organisers: volunteers "Fair with over 30 stalls, speakers, film, cooking demos, and catering trailers. Suitable for wheelchair users as it's on the ground floor." Source of information: www.animalaid.org.uk/h/n/ACTIVE/events_diary/ALL///
13th November	Secondary School Speakers' Workshop Bristol, UK. 10am-4:30pm Tickets: Free but £5 deposit required on booking, which will be returned upon attendance. To find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White: tel: 01732 364546 ext. 230 email mark@animalaid.co.uk	Organisers: Animal Aid (www.animalaid.org.uk) "Informing and empowering young people is one of the best ways to create a cruelty-free future. You can help by joining Animal Aid's school speaker network. We are asked to provide speakers by Religious Education, English, Food Technology, PSE, Citizenship and General Studies teachers." "We will provide free training and information to help you get up to speed and then provide videos to show and free resources to give to the students so they can find out more. You can fit in as many or as few talks as you wish and we're sure that you'll find the experience rewarding." To find out more, visit: http://animalaid.org.uk/h/n/ACTIVE/school_speaker/ALL/// or contact Mark White (tel: 01732 364546 ext. 230, email mark@animalaid.co.uk)

EVENTS HELPING US REDUCE OUR HINSA FOOTPRINTS



www.jainvegans.org

DATE	EVENT, VENUE & ADMISSION	FURTHER INFORMATION
20th November (Saturday)	Vegetarian Cookery Demonstration Workshop London, UK. 10am-4:30pm Tickets: Free but £5 deposit required on booking, which will be returned upon attendance. To register, please email Karin (karin@animalaid.co.uk) or phone 01732 364546 ext 223	Organisers: Animal Aid (www.animalaid.org.uk) "Vegetarian cookery is now an important part of the Food Technology curriculum and Animal Aid receives many requests for vegetarian cookery demonstrations. If you think that you might enjoy giving cookery demonstrations in schools, please come along to this workshop. Cookery demos are a great way to reach pupils, as they get to try tasty veggie food and they really enjoy it. 10am-4:30pm. London city centre location." "To register, please email Karin (karin@animalaid.co.uk) or phone 01732 364546 ext 223"
21st November (Sunday)	National Sewa Day, UK Various events being organised by many participating organisations all over the UK. Visit: www.nationalsewaday.org	Organisers: Sewa International (UK) (www.sewauk.org) "The aim of National Sewa Day is to provide people a chance give back to the community through volunteering on a single day to make a difference. Each event that is being organised is based on at least one of the guiding principles below: 1. To relieve hardship and poverty 2. To bring a little joy where none exists 3. To help the environment "All the events organised will take place on the same day (21st November 2010) and will not have any fundraising as this is an opportunity to give back to the community by giving up something just as valuable – our time. From Infants through to Pensioners anyone can get involved and make a difference." "National Sewa Day is an unprecedented collaboration between organisations and individuals in the community to come together on one day and make a difference in their local communities, the organisation and committee is made up of participating organisations." Full details: www.nationalsewaday.org
28th November	South-West Christmas Without Cruelty Fayre Exeter Corn Exchange (formerly St George's Hall), St George Street, Exeter, EX1 1BU. UK. 10am-4.30pm Entrance: Free (donations welcome)	Organisers: Animal Aid (www.animalaid.org.uk) More details will emerge at this link: www.animalaid.org.uk/h/n/ACTIVE/demo_organiser//2260// To book a stall or for information, send an email to info@animalaid.org.uk or phone 01732 364546
3 – 5 December	East Africa Vegetarian Congress Nairobi, Kenya.	For information, contact the IVU Regional Coordinator for Africa, Emmanuel Eyoh: nigveganimal@yahoo.com Otherwise, details should become available here: www.ivu.org
5th December (Sunday)	Animal Aid's Christmas Fayre Kensington Town Hall, Hornton Street, London, W8. UK To book a stall or for more information, send an email to info@animalaid.org.uk or call 01732 364546.	Organisers: Animal Aid (www.animalaid.org.uk) "Come and join in the fun at Animal Aid's 18th Annual Christmas Fayre at Kensington Town Hall, Hornton Street, London, W8 on Sunday 5th December, from 10am until 5pm. Stalls from charities, campaign groups and ethical traders. Have a wonderful shopping spree safe in the knowledge that no products have been tested on animals or include any animal ingredients. Help animals, the environment, and reduce your carbon footprint, by purchasing goods which have made the least impact on our planet in their production." More details will emerge at this link: www.animalaid.org.uk/h/n/ACTIVE/demo_organiser//2260//
6 – 8 December	Middle East Vegetarian Congress taking place during "Middle East Natural & Organic Product Expo 2010" Dubai World Trade Centre, Dubai, United Arab Emirates.	For information, contact IVU International Council member, Sandya Prakash: sandhya@meveg.info Otherwise, details should become available here: www.ivu.org
10th December	International Animal Rights Day (IARD) Events will take place all over the world. Details will emerge on websites.	The annual International Animal Rights Day (IARD) - 10th December - aims to remember the animal victims of human tyranny and call for the recognition of our Universal Declaration of Animal Rights (UDAR). The goal of this historic campaign is to build on the recognition of human rights, and persuade humanity that kindness and respect is due to all sentient creatures. Website: www.uncaged.co.uk/iard.htm
Weekend of 4th July 2011	JAINA Convention Houston, USA.	Organisers: Federation of Jain Associations in North America (www.jaina.org) Details of convention will emerge on the above website.

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DATE	EVENT, VENUE & ADMISSION	FURTHER INFORMATION
October 2011	5th Asian Vegetarian Congress Hangzhou, China	Details will become available here: www.ivu.org
2011	13th International Vegan Festival Spain	This will be held in Spain. Details will become available here: www.ivu.org