

# IVU Online News – May 2011

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## Table of Contents

**Update on Trial of Austrian Activists**  
**2500 Meals and Still Going Plant Strong**  
**International Vegan Festival, June 2011, Spain**  
**Russia's First Vegan Restaurant Opens**  
**Interview with the Fondation Brigitte Bardot**  
**Interview with IVU Historian**  
**Launch of *Journal of Animal Ethics***  
**Argument #4: Humans Are Smarter**  
**Envisioning the Future**  
***Animalkind: What We Owe Animals***  
**More on Meat and Climate Change**  
**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**

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## Update on Trial of Austrian Activists

The persecution continues of Austrian activists for our fellow animals. We should stay informed and continue to raise our voices:

[www.vgt.at/presse/news/2011/news20110303m\\_1\\_en.php](http://www.vgt.at/presse/news/2011/news20110303m_1_en.php)

Sadly, this ongoing injustice has received far too little attention. Maybe we can try to do something about that.



## 2500 Meals and Still Going Plant Strong

*Here, courtesy of Vegan.com, is an update on a story about IVU Coordinator for North America, Dilip Barman, that first appeared in an interview with Dilip that appeared in the March 2009 issue of 'IVU Online News'.*

So much for thinking a vegan diet is monotonous. Dilip Barman has cooked dinner for his wife nearly every night for the past seven years, and hasn't prepared the same meal twice. If you think that sounds impossible, he provides complete evidence at [his blog](#).





## **International Vegan Festival, June 2011, Spain**

Francisco Martin is a well-known name among veg activists worldwide. He is also the organiser of the 13th International Vegan Festival, to be held from Saturday 4 June to Sunday 12 June 2011 at Hotel Elimar, Rincón de la Victoria (Málaga) Spain  
[www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

Francisco kindly took time to answer a few questions about the upcoming event.

### ***How often is the International Vegan Festival held? Where were the last two?***

The International Vegan Festival is held every two years. The 11<sup>th</sup> International Vegan Festival was held in Karnataka, India in 2007, and the last one or 12th International Vegan Festival was held in Rio de Janeiro, Brasil in 2009.

### ***Why did you choose Malaga as the location for the festival?***

In 2006, we held a regional vegetarian/vegan event at the same venue and liked the location. Furthermore, as an attractive tourist destination, Málaga itself justifies holding such an international event there. It is of particular interest to vegans who enjoy the juicy mangos and tasty avocados and fruits that grow in the region.

### ***Please tell us a bit about who will be speaking at the festival?***

Participants and representatives of international vegetarian/vegan societies will be attending and speaking at the Festival, such as Dr. Susianto Tseng, president of Vegan Society of Indonesia and IVU Coordinator for Asia-Pacific; Marly Winckler, IVU Coordinator for Latin America and organiser of the last IVF in Brasil; Stephen Walsh, author of *Plant Based Nutrition and Health*; John Davis, IVU Manager and Historian; David Roman, president Spanish Vegetarian Union; etc., as well as other activists and campaigners working for animal rights, education, ethics, nutrition and the law.

### ***Aside from the usual talks, workshops and panel discussions, what kind of fun events will there be?***

Besides addressing all relevant vegan issues, the Festival offers a varied entertainment programme ranging from a jazz quartet and flamenco guitar to circle dancing and singing, theatrical performance, walks on the seashore, local excursions as well as pre and post festival tours to Doñana National Park, Seville and other places of interest.

### ***Is it still possible to register and book a room for the Festival?***

Yes, the Festival is just one and a half months away, and participants are advised to register and book their single or double accommodation for their length of stay as soon as they possibly can.

### ***Last, but not least, what about the food at the festival?***

The food of course will be vegan and since our last vegan event at the hotel in 2006, the cooks made good use of the vegan books given to them, and they fully understand how to cater to vegan needs. We also have vegan food suppliers - Suryaenterprise S.L. - [www.laboutiquevegetariana.com](http://www.laboutiquevegetariana.com) - who will deliver food to our Festival; so, please come to the 13th International Vegan Festival to experience the warmth, charm, taste and feel of Southern Spain.

## Russia's First Vegan Restaurant Opens

The following news item comes from IVU member organisation VITA.

The 7<sup>th</sup> of April was "World Good Health Day", and it was marked in Moscow by VITA - [www.vita.org.ru](http://www.vita.org.ru) - with a celebration of the opening of Russia's first vegan restaurant, the Moscow franchise of the international brand "Loving Hut".



The ceremony consisted of a concert featuring Russian stars who are vegetarian, a "Vegan Lady" fashion show (exclusive gowns made of fruits and vegetables!), a master-class in the art of carving figures in fruit and vegetables, a performance by an Indian classical dance studio, a show of films about animal rights, and a festival of vegan cuisine. The event received wide media coverage.

In the course of the celebration, VITA presented its new books, *Vegan Cuisine* - 333 recipes of vegan dishes - and *The Unknown Tolstoy*, a collection of works by and letters from the renowned Russian writer and humanitarian Lev Tolstoy, thanks to whom vegetarianism gained unprecedented popularity in pre-revolutionary Russia.

This April event marked a new era in Russia, where the animal rights movement is accelerating by the day. However, despite the growing popularity of this ethical and health-giving way of life, Russian vegetarians still have great difficulty in finding the right food and mainly have to be content with cooking for themselves.

The assortment of vegetarian and vegan products is extremely limited; so various types of pâté and ready-made dishes, tofu and soya products are hard to find in the shops. They are rare in Russia generally and not easy to find even in Moscow. This is largely due to the myth which has been disseminated in this country in recent years about the harmful effects of GM soya.

The first Russian vegetarian restaurant was opened in central Moscow in 2001; there are also several vegetarian cafes. The opening of the first vegan restaurant is welcome news to Russian animal rights supporters and those seeking a healthy way of life.



## Interview with the Fondation Brigitte Bardot

The Brigitte Bardot Foundation [www.fondationbrigittebardot.fr](http://www.fondationbrigittebardot.fr) - works for animal welfare (domestic and wild animals) all over the world. The story began in 1962, when Brigitte Bardot, a famous young actress at the time, denounced the methods used to kill animals for slaughter.

The following is an interview, reprinted with permission from EVANA - [www.evana.org](http://www.evana.org) - with Foundation spokesperson Christophe Marie. The wide ranging interview touches on many areas in which the Foundation is working to end human exploitation of our fellow animals. One noteworthy line from the interview is "making meat the new tobacco". Read the entire interview at [www.evana.org/index.php?id=64406](http://www.evana.org/index.php?id=64406)



## **Interview with IVU Historian**

Supreme Master TV recently broadcast a three part mini-series on the "*International Vegetarian Union and the Venerable History of Vegetarianism*", based on interviews with John Davis, IVU Manager and Historian, during the 1st Mid-East Veg Congress in Dubai, December 2010. The recordings, about 16 mins each, are being made available as part of 'Our Noble Lineage' at: [www.suprememastertv.com/nl](http://www.suprememastertv.com/nl)  
*Below is an interview with John Davis.*

### ***Has history always been an interest of yours?***

It has always been a fascination. I've compiled a history of the ancient English village where my wife Hazel and I live, which I'm now taking on tour to local history groups. We have also traced our family histories back hundreds of years.

### ***When did you first start researching vegetarian history? What was the first topic/era that you looked at?***

There is one article on the IVU website that I compiled in 1992, which was probably where it began - I was reading a very large book on the social history of England from 1066 to 1945, and there was quite a lot about food in it, all referring to much earlier books. As the originals were out of copyright I put together a lot the interesting items. '*Food in England Since 1066 -- A Vegetarian Evolution?*' at: [www.ivu.org/history/renaissance/food-england.html](http://www.ivu.org/history/renaissance/food-england.html)

When I started the IVU website in 1995, I put in a section on 'History' and just started adding whatever came along that was non-copyright. We now have more than 10,000 files of historical info on there.

In 2002 we agreed to hold the IVU Centenary Congress in Dresden, in 2008; so during those six years I did a lot of research into the history of IVU itself, mainly from the Vegetarian Society UK library which has all the journals back to 1847.

### ***How has the internet changed the nature of historical research?***

Dramatically. The biggest difference for veg\*n history is having old books available - Google has about 10 million non-copyright books scanned, so now we can read them without needing direct access to the biggest libraries.

Crucially we can also search those 10 million books in a matter of seconds - so, for example, finding all uses of the word 'vegetarian' in old books would have been almost impossible in the past, now we've done it.

### ***How do you try for accuracy in your work?***

Mostly by encouraging others to double check it - known as 'peer reviewing' in research terms. We have a small ivu-history email group with some great people who soon pick up anything I get wrong, and they add more of their own research which the rest of us check too.

The other priority is to try to get back to original sources. In recent years there have been many books on various aspects of veg history, but many of them contain mistakes, some of them just referring to each other and perpetuating the errors.

Now so much more is online it does get much easier to find the original texts and check for ourselves exactly what people were writing hundreds of years ago. Putting all our research on the website also means it can be easily updated when new information is found, whereas once a book is printed there is no easy way of correcting it. Anyone with an interest in veg history is welcome to join us at: [groups.yahoo.com/group/ivu-history](http://groups.yahoo.com/group/ivu-history)

**What topics have caught your interest of late? And, what have you learned?**

Over the last few months the ivu-history group been looking at the history of 'veganism' before the word 'vegan' was invented in 1944. As they had no word to describe themselves, it takes a lot of detailed research to look at everything we can find about what people were eating, and their ethical views. There was no consistent meaning to phrases like 'strict vegetarian', so we have to examine every scrap of evidence available.

I'll be giving a presentation about this at the International Vegan Festival in Spain this June. The results, so far, are at: [www.ivu.org/history/vegan.html](http://www.ivu.org/history/vegan.html)

**What one article, book, etc. from 50 or more years ago would you strongly recommend to today's veg activists, and where can they find that?**

The most remarkable of the older books has to be 'The Ethics of Diet' compiled by Howard Williams, MA from 1878 onwards. This is effectively the first ever 'history of vegetarianism', with articles on almost 100 significant people who adopted the meatless diet. Williams not only had no internet - there were not even any previous printed histories to refer to.

The amount of research involved must have been staggering. Gandhi knew Williams and read his book; Tolstoy wrote an essay 'The First Step' as a preface for the Russian edition.

There were some changes in later editions, but we now have almost everything from all the editions online at: [www.ivu.org/history/williams](http://www.ivu.org/history/williams)

**If you had the power to go back and change one historical event, what event would that be and how would you change it?**

That would have to be to try to stop the awful confusion that has arisen around the word 'vegetarian'! Now we just have to try to resolve it as best we can.

For what it originally meant, and how it all got confused see:

[www.vegsource.com/john-davis/vegetarian-equals-vegan.html](http://www.vegsource.com/john-davis/vegetarian-equals-vegan.html)

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**Launch of *Journal of Animal Ethics***

A ground-breaking new journal covering the issue of animal ethics has been launched by a US and UK academic partnership with the goal of widening international debate about the moral status of animals. The University of Illinois Press will publish the pioneering new *Journal of Animal Ethics* (JAE) -

[www.press.uillinois.edu/journals/jane.html](http://www.press.uillinois.edu/journals/jane.html) - the result of years of collaboration between the Oxford Centre for Animal Ethics and the University Press.



*The Journal of Animal Ethics* is jointly edited by the internationally known theologian the Reverend Professor Andrew Linzey, Director of the Oxford Centre for Animal Ethics, and Professor Priscilla Cohn, Emeritus Professor of Philosophy at Penn State University and Associate Director of the Centre.

"For far too long, academics have been slow to contribute to the burgeoning public debate about animal ethics. This is an opportunity for them to make their contribution to a multidisciplinary journal that aims to put animal ethics on the academic map", said Professor Andrew Linzey. "We want to ensure that animals receive the academic attention they deserve".

## Argument #4: Humans Are Smarter

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 fourth argument with Care2's response. Please send additional or alternative responses for publication in our next issue. Thanks.

ARGUMENT #4: Humans are more intelligent than other animals and so we have the right to do what we want with them.

Human intelligence has long been cited as justification for any number of actions. It is true that humans display an amazing ability to manifest abstract thought into physical forms, but because measuring intelligence is not an exact science and due to cultural -- or in this case species -- differences, quantifying intelligence remains subjective.

Major problems exist with the theory that higher or greater intelligence grants us the right to dominate and consume others though because it provides us with the argument that it is all right to eat human babies and people with mental disabilities because they potentially lack the same intelligence we possess.

The argument of perceived higher intelligence has been used widely throughout history to justify unspeakable atrocities. It allowed for slave masters to dominate their slaves, for pioneers to murder American Indians, for denying woman the same rights as men, for the rape of Nanking and the Holocaust.

This higher intelligence argument is also linked to the argument of humans having larger brains than other species. Unfortunately, this again has a history of justifying extreme racism and sexism. This argument can also be stated as: "*Animals are stupid and deserve to be eaten.*"

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## Envisioning the Future

The following article was written by an omnivore who is sympathetic to vegetarian viewpoints. You may find it worth reading, although you're very likely to disagree with the author on many points. Among the topics discussed are:

- Would a veg world be healthier
- Would a veg world be less cruel
- Would a veg world be able to feed itself
- Would a veg world be more sustainable
- Can we all be veg



[www.treehugger.com/files/2011/03/what-does-vegan-world-look-like.php?campaign=th\\_rss&utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+treehuggersite+%28Treehugger%29](http://www.treehugger.com/files/2011/03/what-does-vegan-world-look-like.php?campaign=th_rss&utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+treehuggersite+%28Treehugger%29)

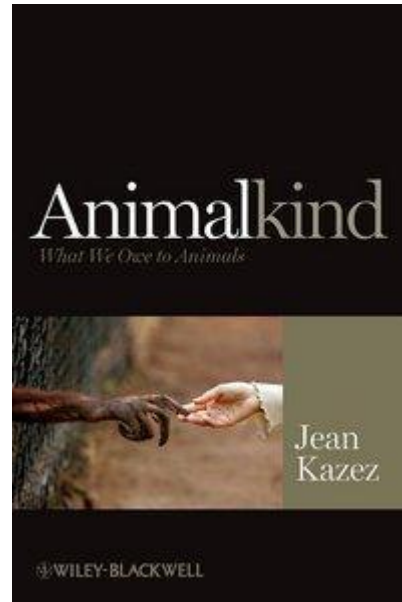
## **Animalkind: What We Owe to Animals**

Publisher: Wiley-Blackwell (an imprint of John Wiley & Sons Ltd) | ISBN: 1405199385 | edition 2010 | PDF | 216 pages | 1,25 mb

The following review is from [www.book123.net](http://www.book123.net) . For a review of the same book from *The Times Higher Education*:

[www.timeshighereducation.co.uk/story.asp?storycode=411248](http://www.timeshighereducation.co.uk/story.asp?storycode=411248)

In 'Animalkind: What We Owe to Animals', Jean Kazez argues for a drastic reduction in our consumption of animal products. Though certainly not an abolitionist, Kazez argues we owe all animals a "respect" which, though its exact boundaries are "fuzzy", is clearly incompatible with our current treatment of them. Kazez's writing style is at both accessible and engaging but what is most impressive is the book's breadth, as it moves elegantly through history, theology, anthropology, neuroscience and philosophy. Both the book's limited conclusion and Kazez's refusal to reduce her position to a set of simple moral prohibitions may frustrate some vegans. Vegans are, however, not Kazez's intended audience. Instead this book is addressed to omnivores who, after decades of consuming a large number of animal products, are open to considering whether their life choices are consistent with their moral commitments. Kazez's style is perfectly suited to this task, with the charming honesty of her brief autobiographical interludes (despite considerable changes to her lifestyle, Kazez is not yet vegan) making it clear that this is not the saint preaching to the sinners. If you are already a committed vegan, then this may not be the book for you but it is the perfect present for your omnivorous friends and family.



### **More on Meat and Climate Change**

Here are two links, one a talk and the other a video, on why moving to a plant based diet is one of the best – not to mention one of the easiest – things we can do for the environment.

1. The link below is to a talk by Robert Goodland, co-author of the November/December 2009 World Watch magazine cover article 'Livestock and Climate Change'.

[awellfedworld.org/sites/awellfedworld.org/files/pdf/GoodlandChinaSpeech2011.pdf](http://awellfedworld.org/sites/awellfedworld.org/files/pdf/GoodlandChinaSpeech2011.pdf)

2. A short slideshow style video on why a plant based diet is best for the environment. You may have heard most of this before. What may be new is the comparison between locally produced animal based foods and any plant based foods. The video claims that it's more eco-friendly to eat plants from afar than the flesh or other products of non-human animals who were our neighbours.

[www.youtube.com/watch?v=BGAKXYibgBk](http://www.youtube.com/watch?v=BGAKXYibgBk)

## Welcome to New IVU Members

Brotherhood of the Cross & Star (UK) - Deaconess Cecilia N-Ofo -  
[celiaof@yahoo.co.uk](mailto:celiaof@yahoo.co.uk)

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**13th International Vegan Festival** – 4-12 June, 2011 - Malaga, Spain  
[www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

**7th Asia for Animals Conference** – 10-14 June, 2011, Chengdu, China -  
[www.asiaforanimals.org](http://www.asiaforanimals.org)

**Animal Rights 2011 Conference** – 21-25 July, 2011, Los Angeles, USA -  
[www.arconference.org](http://www.arconference.org)

**VegSource Healthy Lifestyle Expo 2011** - 14-16 October, 2011, Los Angeles, USA - [www.HealthyLifestyleExpo.com](http://www.HealthyLifestyleExpo.com)

**3rd China Xiamen Veg Food Fair and International Forum** – 20-23 October, 2011 – [www.vffair.com](http://www.vffair.com)

**1<sup>ST</sup> Southern Africa Vegetarian Congres** - 27-30 October, 2011, Cape Town, South Africa – contact IVU Coordinator for Africa, Emanuel Eyoh, [nigveganimal@yahoo.com](mailto:nigveganimal@yahoo.com)

**5th Asian Vegetarian Congress** – 8-9 November, 2011, Hangzhou, China -  
[www.5avu.com/en\\_index.asp](http://www.5avu.com/en_index.asp)

**40<sup>th</sup> IVU World Vegetarian Congress** – October, 2012, San Francisco (USA) –  
[www.ivu.org/congress/2012](http://www.ivu.org/congress/2012)

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## Welcome to Organisations That Have Recently Registered with IVU

### CZECH REPUBLIC

Veggie Parade, Prague – May 2011 - [www.veggie-parade.cz/en](http://www.veggie-parade.cz/en)

### ITALY

Almora Bed & Breakfast - [www.almora.it](http://www.almora.it)

### USA

A-Beautiful-Life - [directory.ic.org/22301/A\\_Beautiful\\_Life\\_Missouri\\_Permanent](http://directory.ic.org/22301/A_Beautiful_Life_Missouri_Permanent)

Eugene Veg Education Network (EVEN) - [www.eugeneveg.org](http://www.eugeneveg.org)

The Oneness-Fountain-Heart - Vegetarian Restaurant, Flushing, NY  
- [www.oneness-fountain-heart.com](http://www.oneness-fountain-heart.com)

VegOnline - [www.vegonline.org](http://www.vegonline.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](http://www.dawnwatch.com/alerts.htm)
2. European Vegetarian Union - [www.evana.org](http://www.evana.org)
3. Farmed Animal Net - [www.farmedanimal.net](http://www.farmedanimal.net)
4. Vegan Outreach - [www.veganoutreach.org/enewsletter](http://www.veganoutreach.org/enewsletter)
5. VegE-News - [www.vege-news.com](http://www.vege-news.com)
6. VegNews - [www.vegnews.com](http://www.vegnews.com)
7. VegSource - [www.vegsource.com/cgi-bin/dada/mail.cgi](http://www.vegsource.com/cgi-bin/dada/mail.cgi)
8. AnimalConcerns.org doesn't have a newsletter, but they post stories daily at [www.animalconcerns.org/categories.html?do=shownews](http://www.animalconcerns.org/categories.html?do=shownews)
9. IVU-Veg-News E-Mail List - [www.ivu.org/news/veg-news](http://www.ivu.org/news/veg-news)
10. Care2 - [www.care2.com](http://www.care2.com)
11. Vegetarianism in the News - [www.vegsoc.org/page.aspx?pid=928](http://www.vegsoc.org/page.aspx?pid=928)

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### 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](mailto:george@vegetarian-society.org)



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