

IVU Online News – February 2012

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2012 IVU World Vegfest – Bigger & Better

Previously, the 2012 IVU World Vegfest/Congress had been scheduled for San Francisco, 6 & 7 October (Sat-Sun) followed by a program around the San Francisco Bay area. And, that is still definitely happening. (Here's a proclamation from San Francisco's mayor supporting the efforts of the San Francisco Vegetarian Society, the main organiser of the 2012 event in that city:

www.ivu.org/congress/2012/mayor.pdf)



The good news is IVU Regional Coordinator for North America, Dilip Barman, has finalised a plan to link the San Francisco event with a well-known annual event in Los Angeles, only a short plane trip further south in the state of California. That event is the Vegsource Healthy Lifestyle Expo. This webpage lists some of the speakers at the 2011 incarnation of the Expo:

www.vegsource.com/news/tags/healthy%20lifestyle%20expo

Dilip has arranged that this year, the Vegsource Healthy Lifestyle Expo will partner with the 2012 IVU World Vegfest/Congress and take place 12-14 Oct (Fri-Sun). Thus, people can attend one or, even better, both the SF and the LA events. Plus, visits will be arranged to other places in California of interest to vegetarians. For more of what promises to be a great week of events, stay tuned to *IVU Online News* and the IVU Facebook page:

www.facebook.com/InternationalVegUnion



And, Malaysia in 2013

IVU was founded in 1908, and for the first 50 years we usually held an IVU World Vegetarian Congress every three years. Then, in the second half of the 20th century, the IVU Congress went to an every two years format. In 2011, two major changes were approved by the IVU International Council.

First, our event is formally shifting from being solely a congress, consisting mainly of talks and workshops to a Vegfest. This will take place in a location readily accessible the public and reach out to a broader audience, by including more stalls selling of food and other veg related products, food preparation demos, activities for children and cultural performances.

The second change is to hold this Vegfest every year, instead of every two years, rotating through

the IVU regions. As above, the 2012 IVU World Vegfest is slated for the North America region. 2013 will be the turn of IVU's Asia-Pacific region.

IVU is proud to announce that our 2013 IVU World Vegfest will be hosted by our member, Malaysia Vegetarian Society, with help from IVU Regional Coordinator for East Asia and the Pacific, Susianto Tseng.

The current plan is for the event to take place in Oct, 2013, in Malaysia's capital city, Kuala Lumpur, with other optional extra activities in Penang (Malaysia), Phuket (Thailand) and Bali (Indonesia). Our Malaysian colleagues promise more surprises as we move closer to 2013. Given Malaysia's well deserved reputation for hospitality, we very much look forward to what our friends have in store.

Video of Toronto Subway Campaign

Our Dec 2011 issue carried news of a subway campaign involving IVU member organisation, Toronto Vegetarian Association -

www.beveg.ca/about-the-campaign.php -

with posters pairing an a species whom humans lovingly care for, such as dogs, with a species whom humans eat, such as pigs, and asking, "Why Love One, But Eat the Other?".



Here's a video on the campaign, including reactions from subway riders:

www.facebook.com/l.php?u=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DNfR7VNvCWzQ%26feature%3Dshare&h=NAQFE7TbQAQHMHxK3LANd6BZxwY6LBqnKxsqcsIiBrSmiNw

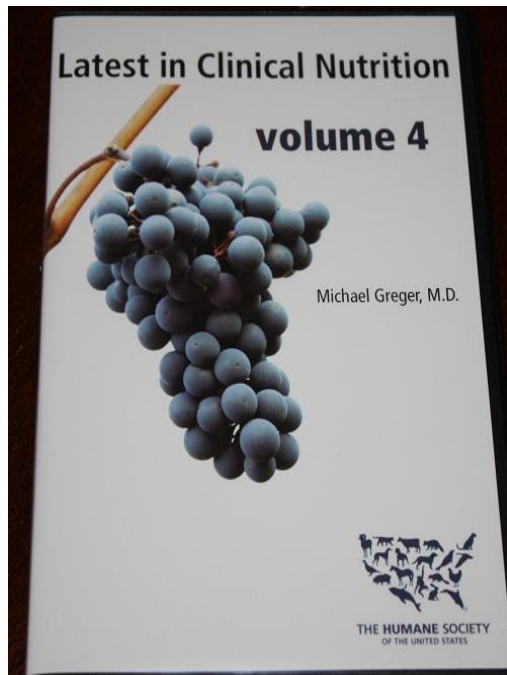


2011 in Review

for a summary of some of 2011's IVU related activities, including China's first congress of veg organisations (picture), please visit www.vegsource.com/john-davis/the-year-of-the-veg.html

Meals for Health

Meals For Health is a programme launched by EarthSave - www.earthsave.org – that has enabled low income residents of Sacramento USA to regain their health and stop taking medications by adopting a healthy, plant based diet. Learn more at www.youtube.com/watch?v=-b-8DpgQnxM&feature=player_embedded and watch testimonials from programme participants at www.earthsave.org/mfh_gift.htm



Free to IVU Member Orgs

Dr Michael Greger has, once again, done a thorough review of the scientific research related to veg nutrition, and once again, he is kindly offering to mail it free to IVU member organisation. Just send him your mailing address at nutritionDVD@gmail.com. And, don't miss Michael's new website: NutritionFacts.org – which, believe it or not, provides new videos daily, updating us on new research.

Here is a message from Michael:
Normally, I come out with just one volume a year, but to fulfill my promise of uploading a new video every day year-round to NutritionFacts.org I've had to step it up! As usual, I've scoured the world's scholarly literature on clinical nutrition for the most interesting, practical, and groundbreaking science published over the

last 12 months on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease.

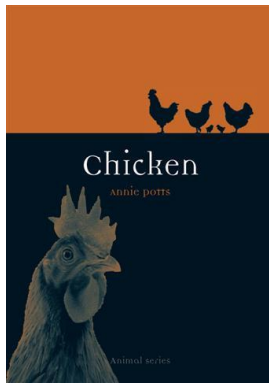
World Water Day

The United Nations' World Water Day 2012 will be held on 22 March. The theme is Water and Food Security, and as the website makes clear, eating meat is wasting water:

www.unwater.org/worldwaterday. Thus, World Water Day 2012 can be a great opportunity for vegetarian organisations to connect with government bodies and with environmental NGOs.



Materials are also provided on the UN website, such as an animation pointing out that it takes 10 times more water to produce a kg of beef than to produce a kg of grain: www.unwater.org/worldwaterday/animation_101.html Let's use the IVU Facebook page to share ideas: www.facebook.com/InternationalVegUnion



Book News #1: *Chicken*

Chicken by Annie Potts, 2011, Reaktion Books, 216 pp, pbk, 103 illustrations, 72 in colour; ISBN 978-1-86189-858-6, £9-99

"No creature has been subjected to such extremes of reverence and exploitation as the chicken". From a contemporary perspective it is hard to believe the first half of this claim, made on the back cover of *Chicken*, but there is no doubting the ruthless exploitation of a bird that seems to have been singled-out for the sustenance of the human race.

The statistics of global chicken farming are simply mind-boggling. Here are just a few taken from chapter 6 of *Chicken*: worldwide, more than 50 *billion* broiler chickens are killed for meat each year, including 8-10 billion in the US and over 860 million in the UK; today's broiler chicken averages 2.7 kg weight when killed at just 6 weeks of age (the natural lifespan of a chicken is anything up to 12 years); in 2007, 280 million US hens laid more than 77.3 billion eggs, an average of 275 eggs per hen (under natural conditions a hen will lay as few as 30 eggs per year); each year in the US alone more than 270 million male chicks, surplus to egg industry requirements, are destroyed by gassing, microwaving, suffocation or maceration. As if this wasn't bad enough, the complete genetic mapping of the chicken and the development of the genetically-modified featherless chicken (cynically dubbed 'environmentally-friendly' because no plucking is required) suggest that the broiler and egg industries are destined for ever greater intensification. Set against this, the rise of chicken advocacy groups, the creation of chicken sanctuaries and the growing popularity of backyard and companion chickens and animal-assisted therapy chickens such as the celebrated "Mr Joy", described in an epilogue, offers some hope for a better future for chickens.

Like other books in Reaktion's *Animal* series, *Chicken* also covers the natural history and cultural significance of chickens, including their many appearances in art, film, literature and folklore. A chapter entitled "Chicken Wisdom" describes the remarkable intelligence of chickens, proving that they are anything but 'bird-brained'. Given these insights into their lives, we must hope that chickens will eventually earn the respect and understanding they deserve and that the vast majority will be treated much more humanely than they are today. In this excellent book, Annie Potts, Co-Director of the New Zealand Centre for Human-Animal Studies, University of Canterbury, Christchurch, makes an eloquent and impassioned plea for the chicken that should help us to redress the balance.

Paul Appleby, December 2011

Book News #2: *Animals and World Religions*

Animals and World Religions, by Lisa Kemmerer, 2011, Oxford University Press, 360 pp, pbk; ISBN13: 9780199790685, US\$35

[from the publisher's website] Despite increasing public attention to animal suffering, little seems to have changed: Human beings continue to exploit billions of animals in factory farms, medical laboratories, and elsewhere. In this wide-ranging and perceptive study, Lisa Kemmerer shows how spiritual writings and teachings in seven major religious traditions can help people to consider their ethical obligations toward other creatures. Dr. Kemmerer examines the role of nonhuman animals in scripture and myth, in

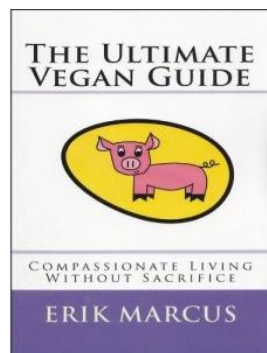


the lives of religious exemplars, and by drawing on foundational philosophical and moral teachings. She begins with a study of indigenous traditions around the world, then focuses on the religions of India (Hindu, Buddhist, and Jain) and China (Daoism and Confucianism), and finally, religions of the Middle East (Judaism, Christianity, and Islam). At the end of each chapter, Kemmerer explores the inspiring lives and work of contemporary animal advocates who are motivated by a personal religious commitment.

Animals and World Religions demonstrates that rethinking how we treat nonhuman animals is essential for anyone claiming one of the world's great religions.

[Review] "Kemmerer demonstrates many times over that the core, the fundamental teachings of the religions of the world are 'radically friendly' to other-than-human animals, demanding respect, justice, and compassion. With the publication of her book, the future of religion-and-animal-studies will be forever changed-for the better."

---Tom Regan author, *The Case for Animal Rights*



Book News #3: *The Ultimate Vegan Guide*

The Ultimate Vegan Guide, 2nd edition, 2011, by Erik Marcus

Erik Marcus is a long time vegan advocate via his books, his website (www.vegan.com), etc. *The Ultimate Vegan Guide* is mostly about how to be a vegan (24 chapters), with two chapters on why to be vegan and one chapter and an appendix on vegan activism. The book's advice on how to be vegan is eminently practical, although a bit US centric (not surprising since that's where Erik lives). While the advice is aimed mostly at people trying to become vegan, people who are already vegan will also find lots of useful ideas.

Erik has made the book easy to read electronically for only US\$0.99, and the first edition is free online. See www.vegan.com for details. Below is some of Erik's advice, with more to follow in future issues of *IVU Online News*.

Ch 3 – Crowding, Not Cutting

New vegans' most common mistake lies in believing that the switch to vegan is about discipline and suffering, about cutting out their favourite foods and then missing them horribly. Instead, we should *crowd out* non-veg foods by adding lots of great veg foods to our diet. We should experiment with new and varied veg foods and dishes. "Going vegan isn't about deprivation, it's about discovery".

Ch 4 – Cookbooks

Erik's advice here is to ignore most recipes we see on the web, even though they are free. Furthermore, he has even found some vegan cookbooks to be poor, with recipes that produce poor results. Instead, Erik suggests that we find a couple good cookbooks (he recommends a few, including *Quick-Fix Vegetarian* by Robin Robertson). "Every time you discover a new vegan food you love, you're another big step closer to becoming vegan".

Ch 5 – Nutrition

The main point in this chapter is that Yes, we vegans have left behind all the health negatives of animal based foods, but No, vegans cannot escape from paying attention to the nutrients in their diets. Here, Erik highlights B12, Omega 3, Vitamin D, Zinc, Calcium and others.

Is Vegetarianism a Continuum?



The editor of *IVU Online News*, which you are reading now, is George Jacobs. George lives in Singapore and is active with Vegetarian Society (Singapore), an IVU member. One of George's activities is writing to local media, both print and electronic. Here's a letter he published recently: www.todayonline.com/Voices/EDC120102-0000051/Its-not-our-parents-vegetarianism-any-more You might also enjoy the comments generated in response to the letter.

One potentially controversial part of the letter states, "people aren't vegetarian or not, meals are vegetarian or not". As with most things, vegetarianism is probably best seen not as either/or but as a continuum, perhaps with vegans at one end and people who eat animal foods every meal and hardly every eat veggies or fruits at the other end. A continuum gives room for lacto-ovos to move toward plant based, and a continuum appreciates flexitarians and meat reducers.

Another reason to see vegetarianism via a continuum view is that in many Asian countries, including in Singapore, vegetarianism and religion are linked for many people, and linking veg and religions fits an either/or view of veg, e.g., you wouldn't say someone is 75% Buddhist, regardless of how observant or not observant a person might be.

That's the synchronic continuum. Perhaps there is also a diachronic continuum. For instance, George has been vegetarian for 30+ years. If tomorrow, he starts eating meat, is he no longer a vegetarian, with no recognition of the past 30 years? Conversely, according to the either/or view, someone who has eaten meat every day of their life, but goes veg tomorrow is labelled a vegetarian.



Vegan Bodybuilding

Probably the #1 question that we vegetarians are asked is, "How do you get your protein?" and probably the #1 myth about vegetarians is that our diet renders us weak. The following *New York Times* article demonstrates that at least some vegetarians are not weak, thank you very much.

www.nytimes.com/2012/01/05/sports/vegan-s-muscle-their-way-into-bodybuilding.html?_r=1&src=me&ref=general

Here is a website of vegan bodybuilding - veganbodybuilding.com and a video - www.youtube.com/watch?v=-L-LKrfpevq

Is Going Vegan a Route to Weight Loss?

In a recent blog post - www.theveganrd.com/2012/01/should-you-go-vegan-to-get-skinny.html - vegan dietician, Virginia Messina, argues against seeing a vegan diet as a "weight loss diet". Instead, Ginny, author of *Vegan for Life*, states:

For many people, however—especially those who have dieted unsuccessfully numerous times—resolutions that focus on healthy lifestyle rather than on dropping pounds could be the best and smartest option. It's hard to believe that, though, when everyone is telling you that you should be trying to lose weight. And the promotion of vegan diets for weight loss is a part of that relentless and potentially damaging message.





1st Southern Africa Veg Congress - planned for Cape Town, South Africa, March, 2012

2012 IVU World Vegetarian Congress – 5-11 October, 2012, San Francisco and Los Angeles (USA) - www.ivu.org/congress/2012

6th Asian Vegetarian Congress – 2013, Kuala Lumpur, Malaysia - vegetariansocietymalaysia.org

Welcome to Organisations That Have Recently Registered with IVU ITALY

De Spin – despin67.blogspot.com – “I am a vegan blogger. I write in Italian and sometimes Dutch.”

SPAIN

Cat Bar – CatBar.es – “The CatBar is a Artisan Beer BAR which serves Vegan fast-ish food, Burgers, Pizza, Chips. ALL the Beer, Food, Wine and Spirits are Vegan

UK

Volentia – www.volentia.com – “Volentia is THE social networking site for vegetarians, vegans and raw foodists, etc. and anyone transitioning.”

Offmotorway Blog – www.offmotorway.wordpress – “A blog with recipes, travel and reviews”

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. European Vegetarian Union – www.evana.org
2. Farmed Animal Net – www.farmedanimal.net
3. Meatout Mondays – www.meatoutmondays.org
4. Vegan Outreach – www.veganoutreach.org/enewsletter
5. VegE-News – www.vege-news.com
6. VegNews – www.vegnews.com
7. VegSource 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
9. Vegan.com – www.vegan.com
10. IVU-Veg-News E-Mail List – www.ivu.org/news/veg-news
11. Vegetarianism in the News – www.vegsoc.org/page.aspx?pid=928



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

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