

## IVU Online News –January 2011

for the plain text version by email go to [www.ivu.org/onlinenews.php](http://www.ivu.org/onlinenews.php)

### Table of Contents

#### Regional Veg Congresses

Penfriends from Around the World

13<sup>th</sup> International Vegan Fest

Cooperation Agreement with Hotel Chain in Spain

2<sup>nd</sup> Edition of Book on Milk (in Spanish)

More Responses to Last Month's Question

What To Say to Ex-Vegetarians?

Fake Leather Bags Show Real Sales

Eating Animals: Why Some, Why Any?

Upcoming Events

Welcome to Organisations That Have Recently Registered with IVU

Other Online Sources of Veg News

Please Send News to IVU Online News

#### Regional Veg Congresses

IVU has recently supported three regional veg congresses, all in places we've never held a veg congress before. All three were successful in bringing people from many countries together for the first time, in providing excellent speakers, and great veg food. Each had its distinct features:

- the Bangalore, India, event had a bonus of some great Indian musicians, and ended with a visit to an organic farm on World Vegan Day. India & SW Asia Veg Congress, October 20-31 - photos at:

[www.ivu.org/swasia/vegan/banaglore.html](http://www.ivu.org/swasia/vegan/banaglore.html)

- in Dubai, the congress was opened by the Minister of Health for the United Arab Emirates, and ended with a live link to the climate change conference in Mexico. Middle East Veg Congress, December 6-7 – more photos at:

[www.ivu.org/swasia/meveg/2010.html](http://www.ivu.org/swasia/meveg/2010.html)

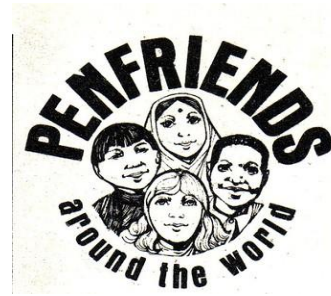
- and in Nairobi, Kenya, the congress featured a day of feeding hungry people in a slum on the edge of the city, followed by a march through the city streets to open the congress. East & Central Africa Veg Congress, December 17-18 - photos at:

[www.ivu.org/africa/nairobi/photos.html](http://www.ivu.org/africa/nairobi/photos.html)



### **Penfriends from Around the World**

Many people have found it very rewarding to correspond with fellow vegetarians and vegans in different parts of the world. You can exchange recipes, discuss issues, get some moral support or just learn about different lifestyles and cultures. To help you do this, the Vegetarian Society runs two penfriend lists for vegetarians: one for those who want to correspond by paper, and one for those who prefer email. [www.vegsoc.org/penfriends](http://www.vegsoc.org/penfriends)



### **13<sup>th</sup> International Vegan Fest**

The Spanish Vegan Society (AVE) is hosting the 13th International Vegan Festival, which will take place in Malaga (Spain) from 4th to 12th June, 2011, and invites everyone to come and share some days in this wonderful event.



The Festival motto is "A Whole World to Share", and the program will address all matters relating to vegan nutrition, its benefits and positive social and environmental impact, including the ethical, ecological, educational and scientific aspects of veganism, in stark contrast to the cruel unsustainable model of animal food production and the health and environmental problems caused by the consumption and exploitation of animals.

The hotel stay includes full board (breakfast, lunch and dinner), with a varied vegan menu (no animal products).

Reservations until the end of December 2010 have a reduction in the fee. For more details and registrations: [www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

### **Cooperation Agreement with Hotel Chain in Spain**

The Vegetarian Union of Spain has just signed a cooperation agreement with the hotel chain Citymar, a group of 17 hotels mainly located in the south of Spain.



The terms of the agreement include offering vegetarian options in the menu of all the hotels, discounts for members of our society and the celebration of future vegetarian events in their facilities.

With this agreement, we expect to enhance the social consideration of vegetarians in our country and to spread the message to other similar businesses, allowing vegetarians to get better chances of finding good catering options when travelling. For more details, visit [www.citymar-hoteles.com](http://www.citymar-hoteles.com)



## 2<sup>nd</sup> Edition of Book on Milk (in Spanish)

A new edition of the book "Leche que no has de beber" (Milk you won't drink) has just been released in Spain.

Extending the previous edition (from 2003), this new one is a comprehensive collection of the most recent research about the health aspects of milk consumption. With 681 references to scientific papers and books, it puts into question the advisability of dairy products in our diet, probably the most overrated foods.

In spite of the efforts to promote milk as a healthy food by the dairy industry, its proteins as well as its fats, sugars, hormones, microbes and pollutants have all been linked by research with an astonishingly wide range of health problems.

For more details, see [www.unionvegetariana.org/leche.html](http://www.unionvegetariana.org/leche.html)

## More Responses to Last Month's Question

In our last issue, we asked readers for responses to the claim made by some non-vegetarians that: If we didn't eat animals, they would overpopulate the planet. Here are some of those responses, edited slightly for politeness and conciseness.



1. I have found that there are certain questions posed by skeptics that give a clear message, that no matter what is said, they will not change their minds. The best you can do is given them a leaflet and leave them to it, but argument will only leave you frustrated, and them feeling superior.

However, some years ago, I met a vegetarian (mid-30s) while we were both on a canoeing course in Snowdonia, and he believed it would be bad if everyone were vegetarian as livestock are necessary to fertilize the land.

- *Brian Burnett, the Vegan Organic Network in Wales* [www.veganorganic.net](http://www.veganorganic.net)

2. The 'natural' populations could never be as high as how we breed them - I think it's physically impossible because many of the non-human animals who we raise for meat are so altered they're not capable of natural mating. Thus, after just one generation the number of these animals will come down dramatically.

A separate issue is how humans would explore other options if those populations ever started rising dramatically after several generations. Then, we're where we are today with other domesticated non-food animals, and we'd have to look at spay/neuter type programs, sterilization, etc. The ethics on those are also debatable...but a different issue.

- *Saurabh Dalal, Vegetarian Society of DC (USA)* [www.vsvc.org](http://www.vsvc.org)



### **What To Say to Ex-Vegetarians?**

What do you say when people tell you, "I used to be a vegetarian, but ..."? It probably does little good to become defensive and attack those people. So, please don't even think about doing, verbally or non-verbally, what happened to our little red friend on the left. What to say instead? Here is one way that Jack Norris of Vegan Outreach handled such a situation: [jacknorrisrd.com/?p=1656](http://jacknorrisrd.com/?p=1656)

And, here's an excerpt:

We should also not view ex-vegans who failed to thrive as our enemies. Who can blame someone for eating meat if they felt terrible as a vegan? I understand that we believe animals have a right

not to be killed, but there would be a very strong incentive to reshape such views if we felt miserable if we didn't eat animal flesh. It would be nice to be able to work with such people who still care about animals but cannot be vegan, rather than vilifying them; or their vilifying us for that matter.

Our message needs to become more nuanced if we want to minimize the problems we see with failure to thrive.

### **Fake Leather Bags Show Real Sales**

More vegetarians also pay attention to the origin of their clothing and accessories. Thus, it's no surprise that a Canadian manufacturer of faux leather bags, belts and wallets sells their products worldwide: [www.mattandnat.com/info/about/](http://www.mattandnat.com/info/about/)



Here's an interesting article about the firm including a complaint against them from a non-veg employee:

[www.montrealgazette.com/health/Vegan+compassion/3973168/story.html](http://www.montrealgazette.com/health/Vegan+compassion/3973168/story.html)



### **Eating Animals: Why Some, Why Any?**

A good way to start some meat eaters to rethink their diet is to ask them why they eat some non-human animals but not others. Here's one occasional meat eater's ruminations on the topic:

[www.chicagonow.com/blogs/clean-convenient-cuisine/2010/12/eating-animals-which-to-eat-which-to-pet-why.html](http://www.chicagonow.com/blogs/clean-convenient-cuisine/2010/12/eating-animals-which-to-eat-which-to-pet-why.html)



- ✓ **2<sup>nd</sup> Latin American Vegetarian Congress** in Bolivia – June, 2011 – exact place and date to be announced - [marly.winckler@gmail.com](mailto:marly.winckler@gmail.com)
- ✓ **13th International Vegan Festival** – 4-12 June, 2011 - Malaga, Spain - [www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)
- ✓ **7<sup>th</sup> Asia for Animals Conference** – June 10-14, Chengdu, China - [www.asiaforanimals.org](http://www.asiaforanimals.org)
- ✓ **3<sup>rd</sup> China Xiamen Veg Food Fair and International Forum** – October 20-23, 2011 – [www.vffair.com](http://www.vffair.com)
- ✓ **5th Asian Vegetarian Congress** – November 8-9, 2011, Hangzhou, China
- ✓ **40th IVU World Vegetarian Congress** – October 2012, San Francisco, USA

## **Welcome to Organisations That Have Recently Registered with IVU**

### **Australia**

Kathy Divine - author of Forever 21, interviews vegan experts- [www.kathydivine.com](http://www.kathydivine.com)

### **Ghana**

Legassi Gardens - vegetarian serviced apartments & cafe, Accra - [www.legassigardens.com](http://www.legassigardens.com)

### **India**

Karthika Plaza Tourist Resort - [www.karthikaplaaza.com](http://www.karthikaplaaza.com)

### **Malaysia**

Vegeleh.com - Malaysia's Premier Vegetarian Website - [www.vegeleh.com](http://www.vegeleh.com)

### **Mongolia**

Veggiehostel – Ulaanbaatar - [binom0604@yahoo.com](mailto:binom0604@yahoo.com)

### **Taiwan**

Forever Health Food Co. Ltd. - [www.foreverhealth.tw](http://www.foreverhealth.tw)

### **UK**

On the Menu: Animal Welfare - [www.onthemenue-animalwelfare.co.uk](http://www.onthemenue-animalwelfare.co.uk)

### **USA**

awarenesshelps.inf - for animal and environmental protection - [awarenesshelps.inf](http://awarenesshelps.inf)

Lyky Design - Recycled Jewelry - [www.lykydesign.com](http://www.lykydesign.com)

PDN Publishing & Health Products, Inc. - [www.newjumpswing.com](http://www.newjumpswing.com)

## 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)

## 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)



-----  
IVU Online News is non-copyright. Readers are encouraged to share the contents elsewhere. If you do so, please consider including a link to [www.ivu.org/news](http://www.ivu.org/news) as others may wish to subscribe to this free publication.