

## IVU Online News – August 2010

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### 8 Questions for a Keynote at IVU WVC – Oct, 2010

Prof. Dr. Kusharisupeni will be a keynote speaker at this October's IVU World Vegetarian Congress in Jakarta: [www.wvc2010.org](http://www.wvc2010.org) She heads the Nutrition Department at the University of Indonesia, in Jakarta and edited the nutrition book published by Indonesia Vegetarian Society, the host for the 2010 WVC. Prof. Dr. Kusharisupeni kindly agreed to answer some questions for *IVU Online News*.



*1. Hi. Please tell us a bit about the diet of the typical Indonesia? Has it changed much in the past 50 years?*

Generally, Indonesian people eat boiled rice, vegetables and a fried dish such as tofu, tempe, and fish. I don't think that has changed much in the recent years.

*2. Do many people in Indonesia know about vegetarianism? If so, what do they think about it?*

No, not many Indonesians know about vegetarianism. They may think this is a diet that is associated with religion. Let's hope that the IVU World Vegetarian Congress, along with the ongoing efforts of Indonesia Vegetarian Society and others, can raise awareness and understanding. So, we hope that many people will attend the Congress.

*3. What about most nutritionists and other health professionals? Do they know about vegetarianism? What do they tell people about eating less meat and more plant based foods?*

Yes, Indonesian nutritionists know quite well about vegetarianism. They inform the public that eating less meat and more plant based foods reduces the risk of degenerative diseases such as heart disease, hypertension, diabetes, and osteoporosis.

4. *What about your own diet?*

For breakfast, I usually have bread, milk and egg. On most days, I eat rice two times a day with vegetables, a fried dish, and fruits. I drink a lot of water during the day. [Editor's note: In case readers are wondering, all the food at the IVU WVC will be plant based. At the same time, vegetarians of all types, as well as non-vegetarians, are most welcome at the Congress.]

5. *In the Department of Nutrition at the University of Indonesia are any studies conducted that relate to vegetarianism? If so, please tell us about one or two of them.*

Yes. Studies carried out by our students sometimes relate to vegetarian diets, such as studies on anemia and vegetarian diet, and dementia in old age (vegetarian & non-vegetarian diets).

6. *Please tell us what you plan to talk about in your keynote address at the IVU World Vegetarian Congress.*

In my talk, I will report on some of the vegetarian-related research conducted by graduate students in our department. I think that the audience will find these studies to be of great interest. We are very proud of the work our graduate students are doing and believe that it augers well for the future of Nutrition science in Indonesia. We want people to understand the importance of prevention via proper eating, rather than relying solely on cures after diseases arise.

7. *What are two healthy, tasty Indonesian dishes that visitors should be sure to sample while in Indonesia?*

Two very popular Indonesian dishes that will be available to try at the Congress are Gado-Gado (Indonesian salad) and Nasi Goreng (fried rice)

8. *Please tell us a nutrition joke.*

This is a sad joke, unfortunately: It is easy for us (lecturers in Nutrition) to show examples of various categories of nutritional status (obese, normal, undernourished) to our students because among our department staff are obese, normal, and undernourished people.

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**Party for the Animals Launched in Switzerland**

On 24 July, a press release informed us about the launch of the Animal Party Switzerland and its priority of introducing the question of animal welfare into politics, economics and society. Here, from our friends at EVANA, is an interview with one of the party's leaders, Renato Pichler (on the left in the photo), who is also Co-Founder and President of the Swiss Union for Vegetarianism.

[www.evana.org/index.php?id=57963](http://www.evana.org/index.php?id=57963)



## **New Evidence on 19<sup>th</sup> Century Definitions of Vegetarian**

*In a recent entry in his weekly blog on the VegSource website, IVU honorary historian, John Davis, shares about recently unearthed works that shed light on 19<sup>th</sup> terms used to describe various forms of vegetarianism.*



The first people who called themselves 'vegetarian' were in fact vegan. This has now been established conclusively with resources not previously available.

We have now shown that until 1847 \*all\* uses the word 'vegetarian' came from people associated with Alcott House School, on Ham Common, south west of London.

And they used it to mean a 100% plant food diet - a 'vegetarian' was simply someone who lived on vegetation. There were, of course, many other people following variations of the 'vegetable diet', most of them adding eggs/dairy products. But we can find no indication of any of them using the word 'vegetarian' before 1847.

Read the entire entry at: [www.vegsource.com/john-davis/vegetarian-equals-vegan.html](http://www.vegsource.com/john-davis/vegetarian-equals-vegan.html)



### **Are You a Positive or a Negative Vegetarian?**

*This opinion piece by IVU Manager, John Davis, discusses how vegetarians define themselves. John argues that instead of defining ourselves by what we don't – we don't eat meat – we should define ourselves by what we do – we eat plant based foods.*

[www.vegsource.com/john-davis/are-you-a-positive-or-a-negative-vegn.html](http://www.vegsource.com/john-davis/are-you-a-positive-or-a-negative-vegn.html)

*An interesting comment on John's piece came from Steve Billig, Director of the Vegetarian Nutrition Center of Colorado, USA. Here it is in slightly edited form (You can read Steve's entire comment by*

*scrolling below what John wrote on the VegSource website.).*

Some people believe that vegetarians are defined by what they shun — meat? It seems pretty obvious that vegetarians are defined by what they do eat — a plant-centered diet. It is true that many people do not adopt a vegetarian or vegan diet because both are perceived as diets of rejection and denial. Who wants to live a life of denial, especially regarding something as rewarding as eating delicious food? Not many people, including vegetarians. The reason so many people, about 6 percent of people in the U.S., can sustain as longtime vegetarians is not because they are disciplined and willing to suffer for the animals, for the environment or for good health. They endure as vegetarians because, in addition to benefitting the animals, the environment and their own health, they understand that a plant-centered diet is a diet of abundance, of variety and of deliciousness.

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### Interview with Raw Food Guru

Cherie Soria, [www.RawFoodChef.com](http://www.RawFoodChef.com), well-known raw foods teacher, is the founder and director of Living Light Culinary Arts Institute and author of such publications as *The Raw Revolution Diet*, with Brenda Davis and Vesanto Melina. She kindly agreed to an interview with *IVU Online News*. You can find the entire interview here:

[www.vegsource.com/news/2010/07/raw-food-chef-cherie-soria-at-ivu-congress-interview-plus-recipe.html](http://www.vegsource.com/news/2010/07/raw-food-chef-cherie-soria-at-ivu-congress-interview-plus-recipe.html)

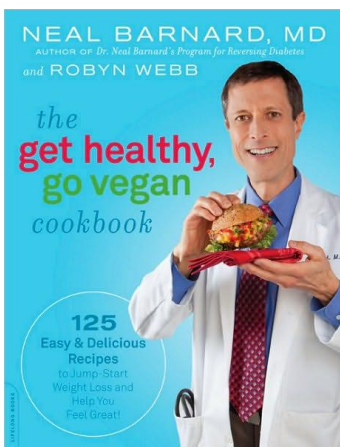
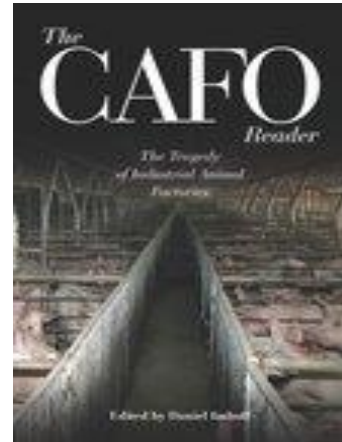
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### Worth a Look Books

#### The CAFO Reader: The Tragedy of Industrial Animal Factories. Edited by Daniel Imhoff

[www.ucpress.edu/book.php?isbn=9780970950055](http://www.ucpress.edu/book.php?isbn=9780970950055)

*The CAFO Reader* is a collection of essays by over 30 of today's leading thinkers on one of the most important environmental and ethical issues of our time: the rise of Concentrated Animal Feeding Operations, or CAFOs, where increasing amounts of the world's meat, dairy, eggs, fish, and seafood are produced. Contributors include Erik Marcus, Wendell Berry, Fred Kirschenmann, Anna Lappé, Matthew Scully, Eric Schlosser, Andrew Kimbrell, and Wenonah Hauter. These essays analyze and vividly depict the devastating impacts and current conditions in and around factory farms. The collection also provides a compelling vision of "putting the CAFO out to pasture," in which food systems become more healthy, humane, and sustainable. *The CAFO Reader* will quickly become an invaluable educational resource in the battle to reform the tragic state of industrial livestock production. It will also inform and influence the growing public movement of activists, farmers, policy makers, and consumers who are aiming to make our food healthier for ourselves and the planet.



#### 'The Get Healthy, Go Vegan Cookbook' by Neal Barnard, MD, and Robyn Webb

[www.pcrm.org/shop/neal/index.html](http://www.pcrm.org/shop/neal/index.html)

Dr Neal Barnard is well-known as president of PCRM (Physicians Committee for Responsible Medicine) [www.pcrm.org](http://www.pcrm.org). Here, from the Amazon website, is a brief review of his latest book:

This book helps make the vegan diet less confusing to the average American and presents a lovely collection of simple recipes. The ones I've tried have been delicious - Edamame & Quinoa Salad is my favorite so far. Best of all, I can make all these recipes with ingredients I can find in my small town! I highly recommend this book to new vegans, but the recipes make it a worthwhile addition to anyone's collection.

## Another Group of Vegetarian Mountaineers

In our July 2010 issue, we shared news about a group of plant fuelled mountaineers who were off to climb seven peaks, one on each of the seven continents. In this issue, we share news of another group of plant powered folks who have accomplished another highly impressive feat: climbing all 15 Welsh mountains above 3,000 feet, in the same day.



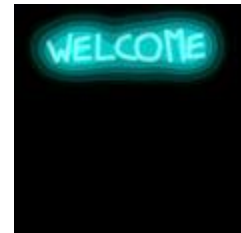
On 5 Jun, at the ungodly hour of 4 am, this all-vegan team donned head-torches and weaved their way through the pre-dawn mist to an infamous knife-edge ridge, rising out of the gloom. They would have to climb thousands of feet up its sheer edge to reach the summit of Wales' highest peak, Mt Snowdon. And that was only the start point. Fortunately, however, they were fueled by a range of scrumptious gourmet vegan goodies. They also had the added motivation of fund-raising for 1/2 dozen worthy animal charities.

For further information and pictures see [www.vegan15peaks.info](http://www.vegan15peaks.info). The event was organised by the Extreme Vegan Sporting Association, [www.extremevegansports.org](http://www.extremevegansports.org), who aim to showcase vegan fitness, and led by Lupine Adventure Co-operative [www.lupineadventure.co.uk](http://www.lupineadventure.co.uk), who provide expert mountain guides and publicity. Five of the participants are undertaking a further challenge in August and a regular vegan hill walking group is being set up in Wales: for further details, contact [info@vegansociety.com](mailto:info@vegansociety.com)

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## Welcome to New IVU Members and Supporters

Lancrigg Vegetarian Country House Hotel - [www.lancrigg.co.uk](http://www.lancrigg.co.uk) - Grasmere, Cumbria, in the English Lake District. 3 Star Hotel Est.25 years. Historic & romantic peaceful mountain setting. Wide use of organics. Special diets welcome An escape into vegetarian paradise.





- ✓ **Vegetarian Velo-Tour 16-28 Aug, 2010** – Kazanlak, Bulgaria –  
Contact Greta Georgieva, [vegevelopohod@abv.bg](mailto:vegevelopohod@abv.bg)  
Suitable for beginning bicycle riders in good physical condition. Open to all who are interested in vegetarianism. All food will be veg. Bring your own bike, tent and sleeping bag.
  
  - ✓ **Raw Spirit Festival – 24-26 Sep, 2010, West Lake Park, Arizona, USA** -  
[www.RawSpirit.com](http://www.RawSpirit.com)  
Music, food, research summaries, food demos and tastings, playshops, children's programmes, dancing, bicycling and more.
  
  - ✓ **IVU World Vegetarian Congress – 1-9 Oct, 2010, Jakarta and Bali**  
[www.wvc2010.org](http://www.wvc2010.org)  
The 39<sup>th</sup> IVU World Vegetarian Congress will be held in Indonesia in two places, Jakarta, the capital (and the economic centre of the country) and Bali, the country's most famous tourist destination. An outline of the programme is available at the congress website.
  
  - ✓ **IVU ISWAVEg** - The Indian Vegan Society will be organising the IVU India, South & West Asia Vegetarian Congress (a vegan event) from 30 Oct to 2 Nov at E-Inn - [www.e-inn.in](http://www.e-inn.in) - a vegetarian, non-alcoholic, non-smoking, business class hotel in Bangalore, India. Dr. Will Tuttle, author of 'The World Peace Diet', will be a keynote speaker. The theme is 'Practicing Ahimsa: The Core of Our Values'. Among the other confirmed speakers are Dr. B.M. Hegde - [www.bmhegde.com](http://www.bmhegde.com) - a renowned cardiologist and a votary of vegetarianism and Mr. John Davis (UK), a historian of vegetarianism. PETA founder, Ingrid Newkirk, has agreed to send a representative on her behalf. Vegan Mohan Santanam will present a carnatic vocal music concert on 30 Oct evening. For further information, contact Shankar Narayan at [indianvegansociety@rediffmail.com](mailto:indianvegansociety@rediffmail.com)
  
  - ✓ **East Africa Vegetarian Congress – 3-5 Dec, 2010, Nairobi, Kenya.** Contact the IVU Regional Coordinator for Africa, Emmanuel Eyoh - [nigveganimal@yahoo.com](mailto:nigveganimal@yahoo.com)
  
  - ✓ **Middle East Vegetarian Congress, 6-7 Dec - Dubai, UAE.** Contact IVU International Council member, Sandhya Prakash - [sandhya@meveg.info](mailto:sandhya@meveg.info) The Congress will take place during the 8<sup>th</sup> Middle East Natural & Organic Foods Expo 2010, 6-8 Dec - [www.naturalproductme.com](http://www.naturalproductme.com) - which will include 16 booths in a dedicated MEVEG Pavilion.
  
  - ✓ **2<sup>nd</sup> Latin American Vegetarian Congress in Bolivia – Jan, 2011** – exact place and date to be announced - [marly.winckler@gmail.com](mailto:marly.winckler@gmail.com)
  
  - ✓ **13th International Vegan Festival – June 4-12, 2011 - Malaga, Spain**
  
  - ✓ **5th Asian Vegetarian Congress – Oct, 2011, Hangzhou, China**
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## Welcome to Organisations That Have Recently Registered with IVU

### BARBADOS

Vegan Cottage - [www.happycow.net/reviews.php?id=22258](http://www.happycow.net/reviews.php?id=22258)

### BULGARIA

Bulgarian Vegetarian Society - [www.vegebg.org](http://www.vegebg.org)

### FRANCE

Vegaia - [www.vegaia.com](http://www.vegaia.com)

### ISRAEL

11:11 Organic T-Shirts - [www.1111now.com](http://www.1111now.com)

### ITALY

Nonsoloncologia - [www.nonsoloncologia.it](http://www.nonsoloncologia.it)

### GERMANY

NOAH-shop - [www.NOAH-shop.com](http://www.NOAH-shop.com)

### MEXICO

Tiempo Animal - [www.tiempoanimal.mex.tl](http://www.tiempoanimal.mex.tl)

### USA

Chef Rama - [www.cheframa.com](http://www.cheframa.com)

La Cucina Fresca - [www.lacucinafresca.com](http://www.lacucinafresca.com)

SWS Vegetarian Products - [www.swsvegetarian.com](http://www.swsvegetarian.com)

Totally Vegetarian - [www.totallyvegetarian.org](http://www.totallyvegetarian.org)

Veggie Fest Chicago - [www.veggiefestchicago.org](http://www.veggiefestchicago.org)

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



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