

IVU Online News – May 2010

for the plain text version by email go to www.ivu.org/onlinenews.php

Table of Contents

Youngest 2010 World Veg Congress Delegate Born
San Francisco Declares a Weekly Veg Day
Nearly 100,000 Vegan Meals Served to Haitian Quake Victims
Update on Jailing of Veg Activists in Austria
Cooperating with Restaurants
IVU at Animal Welfare Conference in Cairo
Veg Apps
Book on Veganism Launched
Revamped Website for Veg Soc in Mumbai
IVU on the Internet
Meat's Impact on Water: A Mathematics Activity
Upcoming Events
Welcome to Organisations That Have Recently Registered with IVU
Other Online Sources of Veg News
Please Send News to IVU Online News

Youngest 2010 IVU WVC Delegate Born

IVU Regional Coordinator for East/Southeast Asia and Oceania, Susianto Tseng, is the proud father of a baby girl, Vegania Paramita, born 8 Apr of this year. The busy Susianto is also COO of the Indonesia Vegetarian Society, host of the IVU World Vegetarian Congress to be held 1-6 Oct in Jakarta (Indonesia's capital) with an optional gathering 7-9 October in Bali:

www.wvc2010.org

A chance to meet Vegania is just one more reason to attend the WVC. Till October, you'll have to be satisfied with the above photo.



San Francisco Declares a Weekly Veg Day

On 6 Apr, the San Francisco Board of Supervisors unanimously adopted a resolution declaring Mondays as "Vegetarian Day" to urge all San Francisco restaurants, grocery stores, and schools to offer a variety of plant based options to improve the health of San Francisco residents:

www.nytimes.com/2010/04/07/us/07brfs-IFITSMONDAYI_BRF.html



Dixie Mahy and Hope Bohanec, Campaigns Director from In Defense of Animals, worked on the resolution with Supervisor Sophie Maxwell, a vegetarian of 35 years. They are now working on strategy to inform the various restaurants, grocery stores, and schools on how to implement Veg Day. The San Francisco Vegetarian Society (SFVS) an IVU member, will be offering recipes, menu suggestions and even some special classes on vegan cooking. SFVS has a discount program that includes various mixed restaurants that offer a variety of vegan options. With this resolution, Mahy now hopes to expand the program with a special list recognizing various participants with as an extra advertising incentive.

Those interested in helping with the project should contact Dixie via www.sfvs.org

Meanwhile, on Thursday, 6 May, starting at 11am the city of Ghent (Belgium), will celebrate the first anniversary of the Thursday Veggie Day-campaign on the Groentenmarkt ('Vegetable Square'). Everyone who commits to participate in a weekly veggie day will receive Ghent's tastiest sandwich, which is to be revealed on this day. In addition, they will be introducing the brand new Thursday Veggie Day Cookbook and TV-celebrity Evy Guyaert will present her new 'Start To Veggie' book: www.vegetarisme.be

Nearly 100,000 Vegan Meals to Haiti Quake Victims

Following the devastating earthquake in Haiti, Food for Life Global, the world's largest vegan food relief, served almost 100,000 meals. Project Manager, Bruce Webster said, "The Haitians were so appreciative of our hot vegan meals". For more info, www.ffl.org



Update on Jailing of Veg Activists in Austria

On 21 May 2008, Austrian police arrested leading campaigners from the country's successful animal protection movement. The activists spent many months in prison before being released, but the Austrian government continues to take legal action against them. During the IVU World Vegetarian Congress in Dresden, Germany in 2008, Congress delegates protested outside the Austrian consulate on behalf of our imprisoned colleagues.



Here is a recent message from one of them, Felix Hnat.

There is a brand new protest website for the Austrian court case. With just one mouse click, you can ask Austrian politicians to adapt the anti-Mafia law to the needs of the civil society! This law threatens the Austrian 13 and the future of AR-activism in Austria! Also, two members of the board of the Austrian Vegan Society are threatened with up to five years in prison.

Please visit the website www.shameonaustria.org or go to the direct link to the e-mail-appeal: <http://www.shameonaustria.org/en/protest.php>

Please help us and spread this website. It is translated into 20 languages. There are also different domains in different countries. You can find them by clicking to the language translation.

Please circulate this widely over your national and international lists!
We have to generate thousands of mails!

Thanks, Felix

Cooperating with Restaurants

Sune Borkfelt, president of the Danish Vegetarian Society, sent the following question to ivu-life, an email group for leaders of vegetarian organisations:



"We are currently planning a campaign to get more restaurants, cafés, canteens etc. to offer vegetarian and vegan options on their menus. Do any of you have experience with campaigns like that, which we might benefit from?"

Here are some responses, starting with one from Dr Ruth E. Heidrich:

1. The Vegetarian Society of Hawaii publishes a Dining Guide which lists either vegan or veg-friendly restaurants in Hawaii. We've used this as a form to support restaurants in offering vegan options and it has seemed to help as they all want as much publicity as they can get. It's also available on our website, www.vsh.org
2. In San Francisco, San Francisco Vegetarian Society and In Defense of Animals were instrumental in getting the San Francisco Board of Supervisors to pass a Veg Day Monday Resolution (see first article in this issue of *IVU Online News*). The two organisations will list participating restaurants on the organisations' websites with links to the restaurants' websites.
3. In Singapore, a page on Vegetarian Society (Singapore)'s website lists veg outlets, including restaurants and food stalls: www.vegetarian-society.org/?q=fdl. Currently, we are investigating making this list into an application for mobile phones and other handheld devices. (However, it's not cheap.) Also, we share the list with like-minded organizations.
4. A hard copy food guide listing restaurants, including some non-veg with veg options in areas with few veg restaurants: www.vegetarian-society.org/?q=node/1047#
5. Selling advertisements on our website, in our eNewsletter and in other publications to veg eateries or stores with veg products
6. Providing discount vouchers to veg restaurants for people who join our society: www.vegetarian-society.org/Join
7. Publicizing and hosting cooking classes at veg restaurants
8. Using our eNewsletter to advise the public about openings, closings and changes of veg eateries
9. Via the local Vegetarian Meetup group, we help to organize get-togethers at veg restaurants: www.meetup.com/singapore-vegetarian
10. One non-veg restaurant started Meatless Mondays (subsequently Tuesdays as well), in which the restaurant becomes 100% veg on that day. We publicized that.

IVU at Animal Welfare Conference in Cairo

The Middle East Animal Welfare Conference (MENAW) was held 1-3 Mar in Cairo. MENAW is a network of all the animal welfare groups from across Egypt, [Lebanon](#), Sudan, Jordan, Qatar, Kuwait, UAE, Iran, Palestine and others.

Invited to speak from the Farm Animal perspective, Sandhya Prakash, founder of Meveg (Middle East Vegetarian Group - www.meveg.info) and a member of IVU's International Council, spoke on "Livestock Impact on the Environment". The session was well attended and brought to the fore "Livestock" one of the most significant contributors to today's most serious environmental problems. In a sign of a great shift in thinking, the conference unanimously passed a resolution encouraging vegetarian diets.



Veg Apps

With mobile phones now being used for so many purposes – at least by people who can afford it – we are now seeing veg-friendly applications ('apps' for short) developed for phones. An example is VegOut - vegoutapp.com - a worldwide directory of vegan, vegetarian and veg-friendly dining places which can be found nearest to your present or programmed location.



Another app is called Eco Chef (available from www.TheAppCompany.com), and it works on ones and computers. Developed by Chef Bryan Au - www.EcoChefTV.com - this app offers vegetarian raw organic recipes.

Book on Veganism Launched

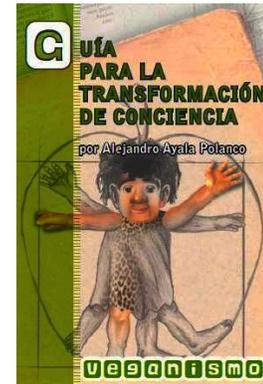
'Veganismo: una guía para la transformación de conciencia' (Veganism: a guide for conscience transformation) is the title of a new book in Spanish authored by Alejandro Ayala Polanco, founder of Homo Vegetus, an IVU member organisation.

Content: Introduction, 7 chapters, 2 annexes.

Format: full color pdf archive. Length: 76 pages.

Abstract: This is a guide that includes reflections for the general public and vegan activists. It is a reflection route from basic moral standards to their application in a life of respect for all sentient beings. The book can be downloaded from the Homo Vegetus web:

www.homovegetus.cl



Revamped Website for Veg Soc in Mumbai

The website for The Vegetarian Society (Reverence for Life), an IVU member society based in Mumbai, has now been completely updated: www.vegsocmumbai.com



IVU on the Internet

In a recent post on his blog, IVU manager and webmaster, John Davis, explains about IVU's web presence and how we use email groups to make access to veg information accessible to people without high speed internet connections.

www.vegsource.com/john-davis/lo-tech-solutions.html



Meat's Impact on Water: A Mathematics Activity

Vegetarian Resource Group prepared the following activity that teachers and students might enjoy. The activity integrates mathematics with the harm meat causes to our water supply.

www.vrg.org/environment/water_usage_math_worksheet1.php



- ✓ IVU World Vegetarian Congress – 1-9 Oct, 2010, Jakarta and Bali
www.wvc2010.org - The 39th 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.
- ✓ The Indian Vegan Society will be organising the IVU India, South & West Asia Vegetarian Congress - ISWAVEG- (a vegan event) from 30 Oct to 2 Nov at E-Inn - 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. Among the other confirmed speakers are Dr. B.M. Hegde - www.bmhedge.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
- ✓ East Africa Vegetarian Congress – 3-5 Dec, 2010, Nairobi, Kenya. Contact the IVU Regional Coordinator for Africa, Emmanuel Eyoh - nigveganimal@yahoo.com
- ✓ Middle East Vegetarian Congress, 6-7 Dec - Dubai, UAE. Contact IVU International Council member, Sandhya Prakash - sandhya@meveg.info The Congress will take place during the 8th Middle East Natural & Organic Foods Expo 2010, 6-8 Dec - www.naturalproductme.com – which will include 16 booths in a dedicated MEVEG Pavilion.
- ✓ 2nd Latin American Vegetarian Congress in Bolivia – January 2011 – exact place and date to be announced - marly.winckler@gmail.com
- ✓ 13th International Vegan Festival – 2011 (exact dates to be announced) - Turin, Italy
- ✓ 5th Asian Vegetarian Congress – Oct, 2011, Hangzhou, China

Welcome to Organisations That Have Recently Registered with IVU

ARGENTINA

Carina Felice Photography - Art, Yoga and Veggie Life - lenteluz@gmail.com

EGYPT

Arts Residency Cairo - Vegan vegetarian self catering - www.artsresidencycairo.bl

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
2. European Vegetarian Union - www.evana.org
3. Farmed Animal Net - www.farmedanimal.net
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. IVU-Veg-News E-Mail List - 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



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 as others may wish to subscribe to this free publication.