

IVU Online News –July 2011

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2012 IVU World Veg Congress Plans

It's still about more than a year away, but planning is already moving forward for the 2012 IVU World Veg Congress (WVC) to be held in San Francisco. Among the featured speakers will be John & Ocean Robbins (pictured here), Dr Michael Greger, Dr Don Forrester, Prof T. Colin Campbell, Dr Richard Oppenlander, Colleen Patrick-Goudreau and Cherie Soria.



Other not-to-be-missed elements of the WVC include a wide variety of international vegan cuisine, healthy food demos, vegan speed dating, children's corner, the Veghealth Awards ceremony and, last but not least, live entertainment. For updates, visit www.ivu.org/congress/2012

Some Nutrition Basics



Jack Norris is a registered dietician and president of Vegan Outreach – www.veganoutreach.org, as well as a participant in the ivu-science YahooGroup that IVU runs for people with scientific backgrounds to share scientific information with each other as well as with veg activists involved in public education.

Here's a piece by Jack which provides useful information for helping us understand nutrition claims that we read in the media or hear from friends, family, health professionals and people we meet in the course of our veg advocacy:

jacknorrisrd.com/?page_id=34

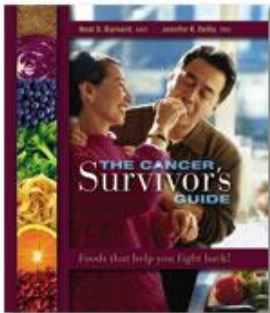
IVU N. America Coordinator Dons Guest Chef Hat

The Nasher Museum of Art at Duke University in North Carolina, USA has invited three guest chefs to their café this summer – nasher.duke.edu/summer_days.php - and among them is Dilip Barman, IVU Regional Coordinator for North America (pictured here at the 2002 IVU World Vegetarian Congress).



Here are just some of the dishes Dilip may prepare (please be careful not to salivate on your computer; it could cause costly damage): filo triangles with kale and potato; polenta rounds with kohlrabi-mint pomegranate reduction; kale rollups with polenta and artichoke hearts; pistachio nut butter with celery sticks; roasted corn-off-the-cob with margarine, fresh lime juice, and salt, accented with smoked poblano peppers and cumin; creamy carrot-ginger soup; cauliflower soup; raw vegetable plate; arugula salad with lightly toasted walnuts, served with cherry tomatoes and topped with lemon juice, salt, and pepper; limed jerked seitan over brown rice noodles; raw squash pasta with pesto and sprouted quinoa; roasted local vegetable risotto with caramelized fennel; orangey rice pudding; chocolate baklava; fresh icy cantaloupe juice; fresh watermelon juice; organic melon - berry smoothie; shade-grown coffee, herbal tea, and a grain drink like Café Roma or Cafix.

Book News 1: *The Cancer Survivor's Guide*



This review originally appeared in 'Vegetarian Journal', Issue 3, 2010: www.vrg.org/journal/vj2010issue3/index.php To subscribe to Vegetarian Journal, visit www.vrg.org/journal

The Cancer Survivor's Guide: Foods That Help You Fight Back! (ISBN 978-1-57067-225-5) by Neal D. Barnard, MD, and Jennifer K. Reilly, RD.

Reviewed by Reed Mangels, PhD, RD

The Cancer Survivor's Guide is a part of The Cancer Project's nutrition education program. It was written for people who have been diagnosed with cancer, but it can give everyone insights into food's role in health.

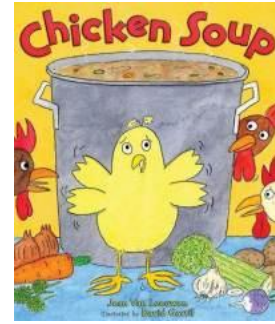
The first chapters cover food's role in cancer prevention and survival. Barnard and Reilly promote a low-fat, high-fiber, vegan diet that includes a generous variety of fruits and vegetables. Specific advice is given for people with breast or prostate cancer.

This volume provides detailed information about how to start eating a healthy vegan diet. Practical suggestions include breakfast, lunch, dinner, and snack ideas; shopping suggestions; and tips for revising conventional recipes. The second half of the book consists of more than 130 vegan recipes. A nutritional analysis is provided for each dish.

While this book would be an especially useful resource for anyone diagnosed with cancer, it could help anyone plan a healthier diet. Of course, as the authors state, all cancer treatments - including the dietary changes discussed in this book - must take into account individual needs and should be discussed with your doctor.

Book News 2: *Chicken Soup*

This review originally appeared in 'Vegetarian Journal', Issue 3, 2010: www.vrq.org/journal/vj2010issue3/index.php To subscribe to Vegetarian Journal, visit www.vrq.org/journal
Chicken Soup (ISBN 978-8109-8326-7) by Jean Van Leeuwen.
Reviewed by Debra Wasserman



Upon seeing the title 'Chicken Soup', one wouldn't think this children's book could be veggie-friendly. Nevertheless, this sweet tale of comic misunderstandings is suitable for kids ages 4 through 8.

The author creatively tells the story of Mrs. Farmer, who has taken out a huge soup pot and appears to be about to cook chicken soup. A cow proceeds to pass this startling message on to all the chickens via other animals on the farm. The chickens hide; however, Little Chickie has a cold and keeps on sneezing wherever she takes cover. Each time the young chick sneezes, all of the other chickens have to find a new hiding spot on the farm.

Eventually, Mr. Farmer is able to catch the young chicken and brings her to Mrs. Farmer. This is when the readers learn that, instead of preparing chicken soup, Mrs. Farmer has made some vegetable soup for Little Chickie to help her feel better.

Book News 3: *Costs and Benefits of Animal Experiments*

The Costs and Benefits of Animal Experiments by Andrew Knight,
Oxford Centre for Animal Ethics (ISBN: 9780230243927)
The following is excerpted from the publisher's blurb.



In *The Costs and Benefits of Animal Experiments*, bioethicist and veterinarian Andrew Knight presents more than a decade of ground-breaking scientific research, analysis and experience to provide evidence-based answers to a key question: is animal experimentation ethically justifiable?

By using meta-analyses of large numbers of animal experiments selected randomly - the 'gold standard' when assessing biomedical research - and analysing more than 500 scientific publications, Knight offers unprecedented insights into the contributions of animal experimentation to human healthcare and the extent to which laboratory animals suffer. He provides the most recent evidence-based estimates of laboratory-animal use globally and in major world regions and reviews the types of procedure animals are subjected to and their level of invasiveness.

"When considering costs and benefits overall," he states, "one cannot reasonably conclude that the benefits accruing to human patients or consumers, or to those motivated by scientific curiosity or profit, exceed the costs incurred by animals subjected to scientific procedures. On the contrary, the evidence indicates that actual human benefit is rarely, if ever, sufficient to justify such costs."

Knight concludes with an overview of key regulations governing animal experimentation in Europe and North America and proposes a set of policy reforms to make it easier to use alternative research and testing strategies. He concludes that, "rigorous implementation of policies such as these would restore to animal research the balance between human and animal interests expected by society, intended by legislation and demanded by detailed ethical review."

Interview about Animal Testing

While food production constitutes the main way that we humans abuse our fellow animals, as the film *Earthlings* (available for free view in a number of languages at www.earthlings.com) points out, we also impoverish the lives on non-human animals for other purposes, such as for entertainment. Another area of concern involves the use of non-human animals for medical testing.



Towards the goal of throwing some light on this topic, and not to raise divisions among vegetarians, 'IVU Online News' was fortunate to be able to interview Kathleen Conlee, Senior Director, Animal Research Issues at the Humane Society of the United States (HSUS).

What is The HSUS?

The Humane Society of the United States (HSUS) is the nation's largest animal protection organization—backed by 11 million Americans. Established in 1954, The HSUS seeks a humane and sustainable world for all animals—a world that will also benefit people.

The HSUS's mission statement is "Celebrating Animals, Confronting Cruelty." We work to reduce suffering and to create meaningful social change for animals by advocating for sensible public policies, investigating cruelty and working to enforce existing laws, educating the public about animal issues, joining with corporations on behalf of animal-friendly policies, and conducting hands-on programs that make a more humane world. To learn about all of our programs helping animals, visit: www.humanesociety.org/issues

What is HSUS's view on animal use in biomedical research and testing?

The HSUS advocates an end to the use of animals in research and testing that is harmful to the animals. We carry out our work on behalf of animals used and kept in laboratories primarily by promoting research methods that have the potential to replace or reduce animal use or refine animal use so that the animals experience less suffering or physical harm. Replacement, reduction, and refinement are known as the Three Rs or alternative methods. The Three Rs approach, rigorously applied, will benefit both animal welfare and biomedical progress.

Certain species, such as chimpanzees and other apes, cannot be kept humanely in laboratory caging and should not be used in harmful research given their highly evolved mental, emotional, and social features and their concomitant vulnerability to suffering from living in captivity in research settings. Consequently, we place high priority on these species being phased out of harmful research and being relocated to appropriate sanctuary facilities.

What are your current projects that aim at helping animals used in biomedical research and testing?

Here is a brief summary of some of our current projects:

Chimps Deserve Better is our campaign to phase out the invasive use of chimpanzees in biomedical research and testing and retire them to permanent sanctuary. One main component of this effort is federal legislation, known as the Great Ape Protection and Cost Savings Act (www.humanesociety.org/issues/chimpanzee_research)

Human Toxicology Project Consortium: The HSUS is a founding member of this consortium, which is working to move forward the National Research Council's 2007 "Toxicity Testing in the 21st Century: A Vision and a Strategy"—a vision of replacing

animals for assessing the adverse effects of chemicals on humans (<http://consortium.wordpress.com>)

Ending Animal Suffering in Experiments is an effort that seeks to end all suffering in animal research until the day when animals are no longer used. This includes a major effort to get universities to adopt their own policy prohibiting severe animal pain and distress (www.humanesociety.org/issues/pain_distress)

Pets in Experiments: Dogs and cats are collected from random sources, such as flea markets, auctions, shelters and other sources, by what are known as Class B dealers. These dogs and cats are then sold to animal research facilities. We are working to stop this source of animals for experimentation (www.humanesociety.org/issues/pets_experiments)

Cosmetic Testing: The HSUS is member of the Coalition for Consumer Information on Cosmetics (CCIC). The CCIC recruits cosmetic companies to adopt a strict cruelty-free standard, ensuring that no final products or ingredients are tested on animals, and we encourage consumers to choose these cruelty-free companies when shopping (www.humanesociety.org/issues/cosmetic_testing)

Our website has additional information about all of our current projects as well as what we are doing to move them forward
www.humanesociety.org/about/departments/animals_research.html

What are three facts about animal testing that most people, including most vegetarians, do not know?

There are animal research institutions in almost every state (www.humanesociety.org/AnimalResearchMap) and your alma mater likely conducts animal research--there are more than 500 colleges and universities in the US that use animals. About forty percent of the National Institutes of Health's budget funds animal research, equalling about \$12 billion--therefore every taxpayer is a stakeholder in this issue.

The Animal Welfare Act, the main law that provides minimal protection to animals in laboratories, specifically excludes 95% of the animals used for research, namely purpose-bred mice and rats. As a result, we do not know the total number of animals used for research in the United States each year. Many people are also surprised to learn that dogs and cats are among the animals used in harmful research and testing. The United States is the only developed country that still uses chimpanzees in invasive research and testing.

What is xenotransplantation?

The transplantation of organs, tissues and cells from one species into another is known as "xenotransplantation" (XT)—including from nonhumans into humans. XT can involve raising genetically engineered animals and killing them for transplantation of their organs into another species. If this practice ever becomes a routine clinical procedure, tens of thousands of animals would likely suffer this fate.

The Humane Society of the United States (HSUS) recognizes that the current demand for transplantable organs exceeds the available supply, that organs from animals are being considered as a means to help bridge this gap, and that humans already raise and kill many species of animals for food. However, we are concerned that XT represents a short-sighted "fix" that not only exploits animals, but ultimately may prove dangerous to human health.

The HSUS believes that XT should not be pursued as a solution to the problem of organ failure and alternatives should, instead, be given a high priority.

What is your experience interacting with vegetarians about the issue of animal testing?

My experience is that people who become vegetarian largely for ethical (rather than health) reasons are often more familiar with the issue than the general public. But the majority of people, vegetarian or not, believe that we should be embracing innovation and moving toward a day when animals are no longer used -not only for the benefit of the animals, but for the benefit of people. We can certainly do better.

Some advocates of vegetarianism on the grounds of health have been involved in research using nonhuman animals or cite such research. Do you work with such people?

I once worked in a primate research facility that bred and used monkeys for research, and my experience there led me to The HSUS to advocate for these animals. Some animal research has led to medical treatments and methods that have helped humans and other animals—but we should be seeking better ways. It is also important to remember that results from non-human animals do not necessarily mean that the same results will occur in humans. For example, many drugs that have been successful in animal studies have not been successful in humans—and have sometimes caused harm in humans.

The HSUS believes that more funding should be devoted to alternatives in order to make such advancements without the use of animals, with fewer animals, or without causing pain and distress to animals. A true commitment to alternatives by the research community has, thus far, been inadequate.

Some people say that it's impossible to avoid medicines and medical procedures that have been tested on animals. Is this true? What is your advice for someone who uses allopathic medicine and medical procedures but does not want to be linked with animal testing?

The US government's Food and Drug Administration currently requires that all drugs labelled safe for human use be tested on animals first. Therefore, under current regulation, as long as someone uses FDA-approved medications, then they will be using products tested on animals.

While, as just mentioned, testing the safety and efficacy of drugs and certain other products is required by current practice by some regulatory agencies, such as the U.S. Food and Drug Administration (FDA), the research community should be aggressively pursuing the development of alternatives and also working to get regulatory agencies to accept these alternatives. As one example, FDA required animal testing to test the safety of fluoride oral care products, but Tom's of Maine petitioned the agency to accept an alternative that didn't involve animal use. This petition was successful and Tom's of Maine uses non-animal alternatives to safety test these products. The result of such efforts would be better prediction of the effects of drugs and other products on humans.

Vegetarian and other animal welfare activists differ on many issues. How can we work together despite such differences?

The HSUS is a firm believer in dialogue and finding common ground with others to determine and work toward common goals that will benefit humans and animals alike. There's no shortage of animal protection issues to work on—and every little bit that you do counts. For more on how you can help animals in laboratories, please visit The HSUS website at www.humanesociety.org/animalresearch

Do you have a joke that you can share with us?

I saw a cartoon that had two people in white lab coats and one said something along the lines of "Now that we can't experiment on animals anymore, we'll need new subjects who have a controlled diet and are healthy." The second one said "What about vegans?"



Eating Pandas?

This website cleverly spurs people to consider why humans eat certain species of our fellow animals while simultaneously often showing compassion for other species: panda-meat.com

Something similar is the Love Us, Not Eat Us stickers that are available at no cost in a variety of languages: www.loveusnoteatus.com

Animal Rights Conference in Luxembourg

While the weather was warm and the sun shining outside, animal rights activists and academics gathered inside the Novotel Hotel in Luxembourg City for the first International Animal Rights Conference on 19-22 May: www.ar-conference.com

Participants listened to a wide range of presenters, including Felix Hnat of Vegan Society Austria (pictured here), with different positions on issues such as strategies for vegan outreach or direct action in activism, the psychology of meat eating and philosophical approaches to animal ethics, as well as reports on activist victories and the plight of non-human animals in different parts of the world.



Among the much-discussed highlights were talks given by Steven Best and Melanie Joy, who represented radically different approaches to how we regard those who subject other animals to violence. While Best argued in favour of direct action with his talk on the radical implications of viewing the world from the animals perspective, Joy's approach came closer to Vegan Outreach with her concept of Carnism (see carnism.com) and an attempt to understand the psychological processes of meat eaters.

Luckily, the conference also included a small animal rights art expo, concerts in the evenings, as well as delicious vegan snacks, which were welcome diversions in a weekend full of thought-provoking talks, discussions and activists networking.



More Terminology Needed?

One way to look at vegetarianism is as a continuum, all the way from people who eat almost nothing but animal products to people who eat only plant foods. Facebook co-founder, Mark Zuckerberg, recently highlighted one point along that continuum when he announced that he only eats animals whom he has personally slaughtered: eatocracy.cnn.com/2011/05/27/why-would-a-billionaire-slaughter-his-supper/?hpt=C2

Does anyone have a name for this? Too bad we can't know what the chicken (pictured here) would call it, although chances are that our feathered friend wouldn't use a very flattering term.



37th NAVS Summerfest – July 5-9, 2011, Johnstown, PA, USA -
www.vegetariansummerfest.org

Animal Rights 2011 Conference – 21-25 July, 2011, Los Angeles, USA -
www.arconference.org

Animal Freedom Day - 23 & 24 July, 2011 – Events to be organised locally -
animalfreedomday.com

VegSource Healthy Lifestyle Expo 2011 - 14-16 October, 2011, Los Angeles, USA - www.HealthyLifestyleExpo.com

3rd China Xiamen Veg Food Fair and International Forum – 20-23 October, 2011 – www.vffair.com

IVU Vegetarian Congress for Southern Africa Countries - 27-30 October, 2011, Capetown, South Africa – contact IVU Regional Coordinator for Africa, Emanuel Eyoh,
www.facebook.com/event.php?eid=172409156147920

5th Asian Vegetarian Congress – 8-9 November, 2011, Hangzhou, China -
www.5avu.com

2012 IVU World Vegetarian Congress – 28 September-4 October, 2012, San Francisco (USA) - www.ivu.org/congress/2012

Welcome to Organisations That Have Recently Registered with IVU

CAMBODIA

Chuska, Indian Vegetarian Restaurant - www.tastypoints.com

MALAYSIA

Wonderfood Industries(M) Sdn Bhd - vegewonders.blogspot.com

SINGAPORE

E-CI Vegetarian Enterprise – vegewonders.blogspot.com

THAILAND

Pooh's Kitchen Café and Vegetarian Restaurant - www.poohs-kitchen.com

USA

Sacramento Vegetarian Society – www.sacveggie.org

Total Vegan shop - www.totalveganshop.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
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
10. Care2 - www.care2.com
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 jacobs - george@vegetarian-society.org



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