

VEGETARIAN SUMMERFEST 2012 PROGRAM

*Celebrating 38 Years of Advocating Healthy,
Compassionate and Ecological Living*



June 27 – July 1 ★ Johnstown, PA

VEGETARIAN ²⁰₁₂ SUMMERFEST

38th Annual Conference of the North American Vegetarian Society

navs

GENERAL INFORMATION

ANNOUNCEMENTS

Such as class changes, will be posted on bulletin boards in the Student Union Building and Living Learning Center. Please consult them daily.

NAVS' INFORMATION DESK

1st floor lobby of the Student Union Building.

SUMMERFEST BADGES

Must be worn for admission to all sessions.

SUMMERFEST SESSIONS WILL BE HELD IN THE FOLLOWING LOCATIONS:

Classes, Lectures, Workshops

Living Learning Center: Heritage Hall A and B, University Room, Campus Room, Scholars Room, President's Room, Board Room, College Room, Engineering and Science Building – Auditorium, Room 200

Plenary Presentations

Pasquerilla Performing Arts Center

Food Demonstrations

Heritage Hall C, Living Learning Center

Morning Yoga

Heritage Hall A, Living Learning Center

Exercise Classes

Terrace Room, Living Learning Center
Studio Theatre, Pasquerilla Performing Arts Center, Outside as designated

Children's Center

Laurel Hall Lower Lounge

Youth Activities

Laurel Hall Lounge, Outside as designated
See separate Children/Youth Program for activities

Evening Social Activities

Heritage Hall, Living Learning Center

Film Screenings

Engineering & Science Building – Auditorium,
Blackington Hall, Room 138

THE NAVS BOOKSTORE

Located in the Cambria Room, Student Union.
Exhibits will be in the Student Union Main Lobby.

MEALS

Meals will be served Wednesday lunch through Sunday lunch in the cafeteria on the Student Union 2nd floor. Meals will be served at the following times:

Breakfast:	7:30 – 8:30 AM
Lunch:	12:30 – 1:30 PM
Dinner:	5:30 – 6:30 PM
Farewell Dinner:	5:30 – 7:00 PM

We're sorry, food and beverages may NOT be taken out of the dining hall.

Meals are prepared by the Food Service of the University of Pittsburgh at Johnstown, under the direction of award-winning Chef Mark Reinfield of Vegan Fusion and assisted by Chef Chris Jolly of Live Jolly Foods and Chef Kevin Archer with guidance from NAVS. All food and meal related questions should be directed to the NAVS staff members at the (signed) NAVS table, and not to the University's food service personnel.

MEAL TICKETS

Are required to enter the cafeteria. Treat them as you would cash. There is a charge to replace lost tickets.

SINGLES

There are designated tables at meals for those who are interested in meeting other singles. Also, see singles bulletin board in Student Union. Singles activities/events are open to ALL adult singles, regardless of age, sexual orientation, ableness, ethnic or religious persuasion.

SWIMMING & FITNESS

Zamias Aquatic Center pool hours:

Wednesday	12:00 PM – 2:00 PM 3:00 PM – 7:00 PM
Thursday	12:00 PM – 2:00 PM 3:00 PM – 6:00 PM
Friday	12:30 PM – 2:00 PM 3:00 PM – 6:00 PM
Saturday & Sunday	Times To Be Announced

(Times may vary, always check in advance for any changes – dial hotline: 2002)

Adults: Living Learning Fitness Center offers 24-hour-a-day use of weight training machines and cardiovascular equipment.

SPEAKERS

MARIBETH ABRAMS (CT) Certified Nutritional Consultant, Holistic Health Practitioner, Lifestyle Educator; author, *The 4-Ingredient Vegan* and *Tofu 1-2-3*; NAVS board member; Associate Editor *Vegetarian Voice* magazine; vegan for 19 years; mother of two teens, vegan since birth

CHEF AJ (CA) Chef and culinary instructor, creator and co-producer of HealthyTasteofLA.com; author of the popular book, *UNPROCESSED: How to Achieve Vibrant Health and Your Ideal Weight*

DINA ARONSON, MS, RD (NJ) Internationally-recognized nutritionist specializing in plant-based nutrition and community health; President of Welltech Solutions, a health and wellness consulting company, co-author of three nutrition books and is the recipient of numerous awards

JONATHAN BALCOMBE, PHD (MD) Author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, *Second Nature: The Inner Lives of Animals* and scientific papers and lay-articles on animal behavior, humane education and animal research

CHIP BALLEW (MO) Leader Veg. Club Ozarks; entertains/teaches juggling, flip stix, top & bubble tricks & other toys/games; longtime vegan animal advocate

CAROLE BARAL, MS (NY) Certified Integral Yoga instructor for over 25 years; NAVS board member

NEAL BARNARD, MD (DC) President and Founder of Physicians Committee for Responsible Medicine (PCRM); author of *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* and *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health*

CAROL H. BARNETT, PhD, JD (NY) Co-coordinator, Rochester Area Veg. Soc.; mother of three vegan children

TED D. BARNETT, MD (NY) Board certified interventional and diagnostic radiologist; co-coordinator, Rochester Area Veg. Soc.; father of three vegan children

RYNN BERRY (NY) NAVS historical advisor; author, *Food for The Gods: Vegetarianism and the World's Religions*, *Famous Vegetarians and Their Favorite Recipes*, and *Hitler: Neither Vegetarian Nor Animal Lover* and others

JOHN BOLUS (FL) America's sole instructor, Chinese Wand Exercise; ranked 1st in his state's 5K races for 65–69 age group, 5th in Nat'l Sr. Olympics; professional keyboard musician

PATTI BREITMAN (CA) Co-author of *How to Eat Like a Vegetarian, Even If You Never Want To Be One* and *How to Say No Without Feeling Guilty*; Founder and Director of the Marin Vegetarian Education Group

HAROLD BROWN (NY) President, Farm Kind, Ltd.; raised on a cattle farm in Michigan and spent half of his life in agriculture; appears in the film, *Peaceable Kingdom: The Journey Home*, where he tells the powerful story of his transformation from "beef" farmer to vegan farm animal advocate

JENNY BROWN (NY) Co-Founder and Director of the Woodstock Farm Animal Sanctuary, a farm animal shelter; went undercover in Texas to film farmed animal abuse; author of the forthcoming book, *The Lucky Ones: My Passionate Fight for Farm Animals*

KAREN BUDKIE (OH) An avid freecycling, recycling, reusing, composting vegan animal rights activist for over three decades; co-founder (1996) and operations manager of Stop Animal Exploitation NOW! (SAEN)

MICHAEL BUDKIE, AHT (OH) Co-Founder & Executive Director of Stop Animal Exploitation NOW! (SAEN), which has been successful in terminating animal research projects

DREENA BURTON (CANADA) Author of 4 vegan cookbooks charting her journey as a cook and at-home mother of three, including her newest, *Let Them Eat Vegan: 200 Deliciously Satisfying Plant-Powered Recipes for the Whole Family*

SPEAKERS (con't)

PAULETTE CHANDLER, MD (MA) Graduate Princeton University, Duke Medical School & Harvard School of Public Health; practices internal medicine at Brigham & Women's Hosp.; Harvard Med. School faculty; Dir., Natural Healing Pathways, Inc., providing holistic approaches to helping people with chronic diseases

TINA CHIU, MPH, RD (TAIWAN) Registered dietitian; Secretary General for Taiwan Vegetarian Nutrition Society; researcher with the Tzu Chi Health study – a prospective cohort looking into health outcomes of vegetarians in Taiwan; co-author of the cookbook, *Vegetarians from the Heart*

MARY CLIFTON, MD (MI) Practices internal medicine in Northern Michigan where she teaches her patients about the importance of following a plant-based diet; Nutrition Consultant for Cancer Survivor's Group; conducting a study researching the effects of plant-based diets on arthritis and fibromyalgia

JOSEPH CONNELLY (CA) Serial entrepreneur and cereal eater who ran a successful music collectibles business for 15 years before turning his talent to veganism; founder *VegNews*; in 2010 *VegNews* began leading vegan tours, and to date he has traveled to India, Thailand and Bali

FRAN COSTIGAN (NY) Internationally recognized culinary instructor, teaches at the Institute of Culinary Education and the Natural Gourmet Institute; author of *More Great Good Dairy-Free Desserts Naturally*

EILEEN WIEDER CRONE, MS, RD, RYT (PA) Registered dietitian with master's degree in nutrition; registered yoga teacher; ACSM-certified health/fitness specialist and raw food educator

MARTY DAVEY, RD, MS (PA) Dietitian at Wordsworth Academy, a residential treatment facility for older youths and teens with behavioral issues, and The Lodge at Woodloch (a top 10 destination spa); writer for *VegFamily.com* and *Vegan Culinary Experience*

BRENDA DAVIS, RD (CANADA) Registered dietitian, co-author of: *Becoming Raw, Becoming Vegan, Becoming Vegetarian, The New Becoming Vegetarian, The Raw Food Revolution Diet, Defeating Diabetes* and *Dairy-free and Delicious*, lead dietitian in a diabetes intervention project in Majuro, Marshall Islands

ANNE DINSHAH (NY) Lifetime vegan and third generation vegetarian; author of *Healthy Hearty Helpings* and the just released *Dating Vegans: Recipes for Relationships*; co-author of *The 4-Ingredient Vegan*

FREYA DINSHAH (NJ) President, The American Vegan Society; editor, *American Vegan* magazine; author, *The Vegan Kitchen, Vegetarian Cooking for 100*; lecturer & teacher; lifetime vegetarian (53 years vegan)

GEORGE EISMAN, RD (NY) Nutrition Director of The Coalition for Cancer Prevention Through Plant-Based Eating; Co-Founder Vegetarian Nutrition Practice Group of the American Dietetic Association; author of *The Most Noble Diet, A Basic Course in Vegetarian and Vegan Nutrition* and *Don't Let Your Diet Add to Your Cancer Risk*

STEPHAN ESSER, USPTA, MD (MA) Clinical Fellow at Harvard Medical School; resident physician at Spaulding Rehabilitation Hospital; member of the Institute of Lifestyle Medicine in Boston, educating, empowering and motivating individuals to achieve their best health; a lifelong vegetarian/vegan

JOANN FARB (KS) Author, *Compassionate Souls – Raising the Next Generation to Change the World* and *Get Off Gluten*; mother of two daughters, vegan since birth

ALLISON MEMMO GEIGER (PA) Board member of Peace Advocacy Network, where she educates about the benefits of a vegan lifestyle; mother of 2 vegan children

REBECCA GILBERT (PA) A former competitive figure skater who healed her body by switching to a plant-based diet; founder of *Yummy Plants*, an online community to help connect and support others who are exploring a plant-based lifestyle

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

SHARON GREENSPAN, CHHP, HTP, MED (VA) Author, *Eating Your Way To Health Workbook, Wildly Successful Fermenting, Raw and Living Food Basics*, and *Warming Winter Recipes*; board certified as a Holistic Health Practitioner and raw food chef

MICHAEL GREGER, MD (MD) Director, Public Health & Animal Agriculture, Humane Society of the U.S.; graduate Cornell's College of Agriculture & Tuft's Univ. of Medicine; nationally known speaker on public health & social justice issues; author, *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu: A Virus of Our Own Hatching*

LEE HALL, JD (PA) Vice President of legal affairs for Friends of Animals; author, *On Their Own Terms: Bringing Animal-Rights Philosophy Down to Earth* and *Capers in the Churchyard: Animal Rights Advocacy in the Age of Terror*; co-author, *Dining With Friends: The Art of North American Vegan Cuisine*

AMIE HAMLIN (NY) Executive Director of New York Coalition for Healthy School Food; wrote NYS Legislative Resolution which requested vegan entrees each day and nutrition education that includes information on multi-cultural and vegetarian/vegan eating styles

LARA HEIMANN MS, PT, RYT (NJ) Registered Yoga Teacher, with over 15 years of yoga teaching experience; her teaching style, *YogaStream*, is a fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind

ALEX HERSHAFT, Ph.D (DC) Founded *FARM* (Farm Animal Rights Movement); launched *World Farm Animals Day*; the *Great American Meatout* and other programs

JULIEANNA HEVER, MS, RD, CPT (CA) Best-selling author, *The Complete Idiot's Guide to Plant-Based Nutrition* and co-author, *The Complete Idiot's Guide to Gluten-Free Vegan Cooking*; Executive Director of *EarthSave, Intl*; recently featured on *The Doctor Oz Show*

CHRIS HIRSCHLER, Ph.D, CHES (NJ) Assistant professor of Health Studies at Monmouth University; author of *What Pushed Me Over the Edge Was A Deer Hunter*.

MELANIE JOY, PHD (MA) Professor of Psychology and Sociology, UMass-Boston; author, *Strategic Action for Animals* and *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism*

MICHAEL KLAPER, MD (CA) Staff physician at the True North Health Center, a nutritionally-based medical clinic specializing in health improvement through therapeutic fasting and a whole-foods, plant-based diet

DAN LADERMAN (CA) Co-Director of Living Light Culinary Institute and President of the Institute for Vibrant Living, which produces educational health events worldwide; certified Hippocrates Health Educator

JAMES LAVECK (NY) Co-founder of *Tribe of Heart*, a non-profit organization that creates award-winning, life-changing films; producer of *The Witness and Peaceable Kingdom: The Journey Home* and co-creator of *HumaneMyth.org*

VANCE LEHMKUHL (PA) Vegan columnist ("V for Veg") for the *Philadelphia Daily News*; cartoonist; founding member of vegetarian pop band *Green Beings*; creator of "Edgy Veggies" cartoon for *VegNews*; author, *Joy of Soy*; feature writer for *Vegetarian Voice* magazine

BOB LEROY, RD, MS, EDM (NY/NC) NAVS Nutrition Advisor; vegan since 1976; public health nutritionist, researcher and fitness instructor

ISABEL MARMOLEJO, MAT (NJ) Certified Zumba Fitness instructor, Gold's Gym instructor, creator of instructional dance videos

PARAS MEHTA, MD (NC) Physician, acupuncturist, musician, presenter, meditator; his special interests include food as medicine, pain management and nutrition; blends a knowledge of traditional Chinese medicine, ayurvedic and allopathic approaches

SPEAKERS (con't)

MILTON MILLS, MD (VA) Associate Director of Preventive Medicine, Physician's Committee for Responsible Medicine; co-author of PCRM's report on Racial and Ethnic Bias in the U.S. Dietary Guidelines

DAWN MONCRIEFFE, MA (DC) Founding director of a Well-Fed World, a food justice and animal protection organization; educates people about the impact of increasing livestock production on global hunger, climate change and oil scarcity

VICTORIA MORAN (NY) Motivational speaker and metaphysical life coach; author of eleven books, including: *The Love-Powered Diet: Eating for Freedom, Health & Joy*, and *Living a Charmed Life* sequel to her best-selling *Creating a Charmed Life* and the just released *Main Street Vegan*

JILL NUSSINOW, MS, RD (CA) Nutrition specialist and culinary educator, author of 2 award-winning cookbooks, *The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less than 30 Minutes* and *The Veggie Queen: Vegetables Get the Royal Treatment*; teacher at the McDougall program

MYRIAM PARHAM, RD, CDE, CLC (FL) Clinical dietitian & certified diabetes educator at the Florida Hospital Zephyrhills, Seventh Day Adventist Hospital; certified lactation consultant; mother of a vegan child

COLLEEN PATRICK-GOUDREAU (CA) Inspiring public speaker on the spiritual, social, and practical aspects of a vegan lifestyle; author, *The Joy of Vegan Baking*, *The Vegan Table*, *Color Me Vegan*, and *The 30-Day Vegan Challenge*; host of the podcast *Vegetarian Food for Thought*; columnist for *VegNews* magazine

DORON PETERSAN (DC) Founder Sticky Fingers bakery; vegan baker extraordinaire; author of *Sticky Fingers' Sweets: 100 Super-Secret Vegan Recipes*; winner of the *Food Network's Cupcake Wars All-Stars*; holds a degree in dietetics

KRISTIN STAR PICUN (NJ) Long-time Vegetarian/Vegan and Animal Rights Activist, as well as a singer, writer, college radio show host and aspiring actor; recently started the North Jersey Animal Rights Coalition

JOHN PIERRE (IL/CA) Personal trainer for Ellen DeGeneres; vegan nutrition and fitness consultant who lectures throughout the US sharing the principles of compassionate living to people of all ages; best known for his innovative work helping older adults enhance cognitive functioning, and his fun, yet effective approach to functional fitness

KATHY POLLARD, MCN Candidate (PA) Instructor for eCornell's T. Colin Campbel Plant-Based Nutrition Certification Course and owner of the Wellness Forum in State College, teaching health through a plant-based diet and lifestyle

STEPHANIE REDCROSS (CA) Founder and Managing Director of Vegan Mainstream (VM) – a marketing company that strives to bring vegan and veg companies and their services into the mainstream

ALLISON RIVERS SAMSON (CA) Since 1997, she has been pleasing palates with her award-winning vegan bakery, confectionary & chocolaterie, Allison's Gourmet; writes the award-winning recipe column, "Veganize It!" for *VegNews* magazine

KERRIE SAUNDERS, MS, LLP, PHD (MI) Author, *The Vegan Diet as Chronic Disease Prevention*; *VegNews* magazine's "Dear Dr. Kerrie;" Master's level psychologist; Functional Food Consultant; certified FLT health care provider

ROBERTA SCHIFF, MS (NY) Vice president, Mid-Hudson Veg. Soc.; health educator; nutrition counselor

RAE SIKORA (NM) Co-Founder of Plant Peace Daily, Vegfund and the Institute for Humane Education; she leads compassionate living and ethical consumerism programs for diverse audiences ranging from schools and prisons to businesses and universities

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CHERIE SORIA (CA) Founder and Director of Living Light Culinary Institute; internationally known chef teaching gourmet raw vegan cuisine for over 30 years; author of classic *Angel Foods: Healthy Recipes for Heavenly Bodies* and *Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger*

JENNY STEIN (NY) Co-founder of Tribe of Heart, a non-profit organization that creates award-winning, life-changing films; producer of *The Witness*, and *Peaceable Kingdom: The Journey Home* and co-creator of HumaneMyth.org

KATHY STEVENS (NY) Founder and Director of the Catskill Animal Sanctuary, a shelter for horses and farmed animals, author of *Where the Blind Horse Sings* and *Animal Camp*

WILL TUTTLE, PHD (CA) Author of the best-selling book, *The World Peace Diet*, award-winning writer; pianist and composer

ROBERT VICTOR (CA) Former staff astronomer, Abrams Planetarium, Michigan State University

CHRISTINE WALTERMEYER (NJ) Founder and Director of The Natural Kitchen Cooking School; chef and teacher, specializing in macrobiotic, vegan and raw foods cuisines; author, *Natural Vegan Kitchen*

MICHAEL WEBER (DC) Program director of Farm Animal Rights Movement (FARM)

ENTERTAINMENT

ELIZABETH BARNETT (NY) plays piano, cello and sings; lifetime vegan

REBECCA BARNETT (NY) plays piano, violin, guitar and sings; lifetime vegan

JOHN BOLUS (FL) professional keyboard player

SAMMI FARB (KS) (age 14) Suzuki violinist, lifetime vegan

SARINA FARB (KS) pianist 9 years, lifetime vegan

DJ JOHNNY V (OH) vegan dee-jay

SKYLER LEHMKUHL (PA) actor, singer, fiddle player and computer programmer

VANCE LEHMKUHL (PA) cartoonist, songwriter and pianist

SARAH SCHLUETER EISMAN (NY) (age 17) vocalist; lifetime vegan

WILL TUTTLE, PHD (CA) award-winning writer, pianist and composer

SANDY YAGENDORF (MA) classic pianist, has played all over the world performing everything from Bach to Jazz

WEDNESDAY, JUNE 27

10:00 AM – 10:00 PM – REGISTRATION
Living Learning Center Lobby

2:00 – 2:35 PM – ORIENTATION
Heritage Hall A

Guidance for all Vegetarian Summerfest “first-timers” and attendees who are new to vegetarianism – Led by Maribeth Abrams

2:45 - 3:45 PM
Heritage Hall A

Dissolving Your Sugar Habit (Constantly craving sweets? Uncover what drives your unhealthy food cravings and learn about food choices to increase your energy, health and joy) – Sharon Greenspan, CHHP, HTP, M.ED

Heritage Hall B

Identifying and Using Wild Edibles to Supplement Your Diet (includes a slow walk around building) – George Eisman, RD

University Room

The Interconnectedness of Life (Sometimes we take for granted the amazing and wonderful dynamic that binds all life together. Let's explore the meanings of truly being interconnected to each other, non-humans, and the planet. The more we deepen our understanding and connection the more full and peaceful our lives become) - Harold Brown

Campus Room

Raw Vegan Career Choices – Chef Cherie Soria

Scholars Room

Traveling Vegan: Business or Pleasure (including road trips and how to eat well) - Amie Hamlin

President's Room

Spreading Our Message: Getting News Coverage for Animal Rights/Vegetarian Issues – Michael Budkie

College Room

The Four Most Famous Vegetarians of the Last Three Millennia: Pythagoras, the Buddha, Jesus and Leonardo da Vinci. (Learn how these four gigantic cultural figures have left a lasting ethical vegetarian stamp on the history of human culture) – Rynn Berry

3:00 – 3:30 PM – EXERCISE

Terrace Room / Living Learning Center

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) – John Bolus

4:00 – 5:00 PM
Heritage Hall A

Junk Food Vegan Diet (Many ethical vegans end up stuck in a health rut because the emphasis on their diet is what to exclude, instead of how to eat for health. Learn how to become an exemplary role model for the cause) – Julieanna Hever, MS, RD, CPT

Heritage Hall B

Why Raw Foods? – Dan Ladermann

University Room

Secrets to Creating Fabulous Condiments, Dressings and Sauces – Christine Waltermeyer

Campus Room

Communicating with Locavores, Carnists, Friends and Family – Rae Sikora

Scholars Room

Creating A New Culture Of Peace (Our culture's relentless killing of animals for food causes damage to our outer world and to our psychological, spiritual, and cultural health. Learn about the hidden ramifications of our food choices and how we can heal this and create a new culture of freedom, abundance, and peace) – Dr. Will Tuttle

President's Room

Founding and Running a Small Non-Profit Organization for Animals as a Family (How to be a national player without starting a bureaucracy) – Karen & Michael Budkie

EXERCISE

Meet in front of Living Learning Center

Hiking - All levels. Explore the trails that surround the area (please bring water and appropriate footwear) – John Pierre

4:00 – 5:00 PM

WELCOME SUMMERFEST SINGLES!

Board Room / Living Learning Center

Come meet and get to know other veggie friendly singles at Vegetarian Summerfest 2012. (Have no fear – the singles program is not about matchmaking, it is simply a venue for meeting other attendees who are experiencing some of the same issues, living single as a vegan/vegetarian/veggie-curious in today's society) – Led by Karen Schiltz

5:00 TO 5:30 – SINGLES WALK

Meet in front of the Living Learning Center for a walk around the beautiful campus with fellow singles before going to dinner. – Led by Karen Schiltz

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5:10 PM – GUIDED TOUR

Meet outside front door Living Learning Center

Here's your chance to find out how to get to all the buildings you'll be using during the conference – Sue Speck (Tour Guide)

7:15 PM – OPENING PLENARY SESSION

Pasquerilla Performing Arts Center
Piano Prelude

– Performed by Sarina & Sammi Farb

Emcee – Maribeth Abrams

The North American Vegetarian Society Welcomes You

Guide to Summerfest, Announcements – Carole Baral

Love Stories from the Animal World: True Accounts of Animals Loving Within and Beyond Their Own Species – Rae Sikora (30 min)

Plant-Based Diets and Disease: An Update – Brenda Davis, RD (30 min)

Mindful Eating: The Mind-Body Connection between Nutrition and Mood – Paras Mehta, MD (40 min)

9:20 PM – GET ACQUAINTED PARTY

Heritage Hall - Living Learning Center

Time to have fun, meet other attendees and dance to music provided by vegan DJ Johnny V. Light refreshments available.

9:45 – 11:00 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

The Moon and Saturn with its rings will be quite impressive (Mars and Mercury will also be visible) – Led by Robert Victor

THURSDAY, JUNE 28

3:00 – 4:00 AM – PREDAWN SKY WATCHING

Meet at the Front Entrance to Living Learning Center

See good views of the Milky Way in a dark moonless sky – Led by Robert Victor

4:30 – 5:00 AM – PREDAWN SKY WATCHING

Meet at the flagpole near Blackington Hall

Venus will show an impressive crescent phase, and Jupiter its four bright moons – Led by Robert Victor

6:00 – 6:40 AM – EXERCISE

Meet in front of Living Learning Center

Exerstriding (Use synergistic resistance to build strength, stamina and endurance) – John Bolus

6:00 – 7:15 AM – BIRD WALK

Meet in front of the Living Learning Center Emphasis will be on identifying birds by their calls (Binoculars optional, but desirable) – Ted Barnett

6:15 – 7:15 AM – EXERCISE

Volleyball Net (South side of Engineering & Science Building)

Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear) – John Pierre & Anne Dinshah

6:30 – 7:30 AM – YOGA

Heritage Hall A

(You may want to bring a blanket or towel) – Eileen Wieder Crone, MS, RD, RYT-500

6:50 – 7:20 AM – EXERCISE

Lobby Living Learning Center

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) – John Bolus

8:40 AM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Sue Speck

The Exciting Growth of Vegetarianism in Taiwan – Tina Chiu, MPH, RD (20 min)

Vegan Dining at the Academy of Culinary Arts – Freya Dinshah (20 min)

Ethical Food Selection and Noble Eating
- George Eisman, RD (15 min.)

10:00 – 11:00 AM
Engineering & Science Building – Auditorium
The Energetic Case for a Plant-based Lifestyle
(from an Acupuncture perspective)
- Paras Mehta, MD

Heritage Hall A
Raw Foods for Health, Beauty and Longevity
- Chef Cherie Soria

Heritage Hall B
Toward Justice for Animals (How to recognize and participate in authentic forms of justice activism that lay the foundations for revolutionizing our society's relationship to animals)
- James LaVeck

University Room
Are Humans Designed to Eat Meat: Part 1
- Milton Mills, MD

Campus Room
I'm Not Dead, Yet: Nutrition for the Over 50 Crowd
- Marty Davey, MS, RD

Scholars Room
Advocacy, Social Media, and the Promotion of Plant-based Diets (Learn how to utilize Facebook, YouTube, Xtranormal, and other technologies to expand your reach and take advantage of cost effective, Internet-based methods of advancing the promotion of plant-based diets) - Chris Hirschler, PhD, MCHES

10:00 – 12 NOON – FOOD DEMONSTRATION
Heritage Hall C
Are You Ready to go UNPROCESSED: Whole Food Plant-based Recipes with No Sugar, Oil or Salt - Chef AJ

11:15 – 12:15 PM
Engineering & Science Building – Auditorium
Diet and Cancer: Exploring the Links Between Diet and the Promotion of Cancer Growth
- Mary Clifton, MD

Heritage Hall A
Plant-Based Losers: Winning at Weight Loss with a Plant-Based Diet
- Julieanna Hever, MS, RD, CPT

Heritage Hall B
Brilliant Birds, Einstein Elephants (Intelligence, creativity and caring in the non-human world. We are part of a big extended family we know very little about. Our language and actions often reflect this lack of knowledge. While intelligence is not a measure of worth, our lack of understanding about non-human intelligence is often how we justify treating animals as non-feeling, non-thinking objects. Come hear incredible and moving true accounts of our amazing animal relatives) - Rae Sikora

University Room
Changing Food in Schools (A presentation and discussion session)
- Amie Hamlin

Campus Room
The Water Cure Physicians (The pivotal role they played in promulgating vegetarianism, hydrotherapy, and rawfoodism in 19th century America) - Rynn Berry

Scholars Room
So You Want to Write A Book (A former literary agent (Patti) and author of 11 books (Victoria) share what they know about creating a book that publishers want and readers will buy. Explore self publishing vs. big publishers. Small publishers vs. the dream of big name success and what it takes to get a contract)
- Patti Breitman and Victoria Moran

President's Room
Lifelong Animal Activism: Staying in the Fight (Learn from a 25+ year activist how to handle frustrations and avoid burnout, to continue making a difference for animals)
- Michael Budkie

Terrace Room / Living Learning Center
YogaStream (A fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind - Please bring a mat) - Lara Heimann

1:45 – 2:45 PM
Engineering & Science Building – Auditorium
Maximizing the Protective Capacity of a Plant-based Diet (Learn about the pros and cons of a variety of eating patterns and how to construct a diet that will provide the greatest protective capacity. This session will focus on practical ways to minimize harmful dietary components and maximize those which have proven to be most effective for optimal health and disease risk reduction) - Brenda Davis, RD

Heritage Hall A
The Power of Fermented Foods and How to Use Them (Probiotics are hot right now and getting them from foods, not supplements might be the best and easiest way for you. A variety of fermented foods will be reviewed, including what they are and how to eat and use them daily. The benefits and drawbacks of food versus supplements will also be discussed. Learn how to make your own fermented vegetables. No actual preparation will be done in this class.)
- Jill Nussinow, MS, RD

Heritage Hall B
A Cultural Phenomena: The Water Repentance Performance – The Story of 30,000 People Collectively Becoming Vegetarian (The Water Repentance Sutra, a story in Buddhist text was re-written into a musical play that creatively incorporated the renowned Taiwanese Cloud-Gate dance group, modern dance, Taiwanese opera, soft opera style acting, and sign-language choir. All performers, both professionals and community members needed to observe a vegetarian diet for at least 108 days lasting until the end of performance - with many vowing afterward to be life long vegetarians. Learn about all the other changes this extraordinary performance created and how it transformed a country) - Tina Chiu, MPH, RD

University Room
Can Desserts Have A Place In A Healthy Whole Foods Based Vegan Diet? (Are vegan desserts forbidden, or is it possible to be eating a whole foods plant based vegan diet and have a birthday or wedding cake, a holiday dessert or a cupcake too? Learn all about this hot button topic) - Chef Fran Costigan

Campus Room
Animal People, Vegetable People: What Can Animal Advocates and Vegetarians Learn From Each Other? - Lee Hall, JD

Scholars Room
Living in Balance – Yoga and Ayurveda to Nourish the Body and Mind
- Eileen Weider-Crone, RD, DS, ERYT-500

2:00 – 4:00 PM - FOOD DEMONSTRATION
Heritage Hall C
Plant-Powered Dinners and Desserts
- Dreena Burton

3:00 – 4:00 PM
Engineering & Science Building – Auditorium
Sun Power: Explore the Benefits of Vitamin D in Improving Overall Health and Preventing Disease (Vitamin D deficiency is related to the onset and progression of various chronic diseases. Review strategies to get the most benefit from the sun in the safest manner)
- Paulette Chandler, MD

Heritage Hall A
The Biggest Winners: Lessons Learned from Food & Fitness Consultation Clients (Clients share their success stories - diet, fitness, emotions and mind set are all addressed)
- John Pierre

Heritage Hall B
Transitioning to A New Way of Eating: The Art of Living as a Vegetarian/Vegan/Raw Foodist (Learn how to negotiate work parties, family gatherings, eating out. Common questions such as: Does organic make a difference? How long will it take to change? will be addressed with particular emphasis on emotional and social issues) - Sharon Greenspan, CHHP, HTP, M.ED

University Room
Meat Eating and The Biology of Disgust
- Milton Mills, MD

Campus Room
The Metaphysics of Food (This presentation will explore the healing power of food and the importance of our attitudes while preparing and eating food, focusing on the metaphysical dimensions of food, eating, agriculture, and food production) - Will Tuttle, PhD

Scholars Room
Prenatal and Breastfeeding Nutrition
- Myriam Parham, RD, CDE, CLC

Studio Theatre
Pasquerilla Performing Arts Center
ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels. For ages 12 and up - Sneakers required) - Isabel Marmolejo

4:15 – 5:15 PM
Engineering & Science Building – Auditorium
Does Spinach Help a Backache: Plant-Based Nutrition and Pain Management
- Paras Mehta, MD

THURSDAY, JUNE 28 (con't)

Heritage Hall A

Basic Nutrition for Vegetarians, Vegans, and Everyone Else

– George Eisman, RD

Heritage Hall B

Stocking Your Vegan Pantry

– Christine Waltermeyer

University Room

Feast, Lose Weight, Gain Energy with Raw Foods

– Dan Lademann

Campus Room

Future Trends: Meat, Hunger, and Population

(Find out why global meat consumption is predicted to double over the next 50 years due to increasing population and increasing per person consumption. Find out how meat consumption and the scarcity it creates undermines hunger-alleviation efforts. Examine also how reversing America's "overconsumption" is a powerful tool for change) – Dawn Moncrieffe, MA

Scholars Room

Public Speaking for Educators & Activists

– Victoria Moran

President's Room

How to Live on an Activist's Salary: Eating like a King While Earning like a Pauper

(Everyone who works on behalf of the earth and animals has to learn how to live as economically as possible. Whether working for a non-profit, or fitting activism into your free time, we all need to economize drastically. Learn from an expert) – Karen Budkie

Terrace Room / Living Learning Center

Gentle Chair Yoga (A multilevel class will include adaptive positions, with or without the use of a chair, for breathing and deep relaxation)

– Carole Baral

5:00 – 5:30 PM – SINGLES VOLLEYBALL GAME

Volleyball Net (South side of Engineering & Science Building)

Let's have some fun while getting our metabolism revved before dinner! Inexperienced players are welcome! – Coordinator Karen Schiltz

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Musical Prelude – Rebecca Barnett

Emcee – Vance Lehmkuhl

The Most Perfect Diet – Julieanna Hever, MS, RD, CPT (20 min)

Does Meat Mess With Your Head? –

Draw-a-long – Vance Lehmkuhl (20 min)

Think or Swim: The Mental Lives of Fishes (This

richly illustrated presentation will outline the remarkable capacities of fishes, an enormously diverse group of vertebrates that have been utterly misunderstood by humankind)

– Jonathan Balcombe, PhD (30 min)

If I Wasn't Meant to Fly I Wouldn't Have These

Wings (dedicated to chickens in cages)

– Sarah Schlueter Eisman

Dollars and Salad: The Economics of Personal

Choice! (How do personal choices contribute to healthcare spending in America? How much

do preventable diseases contribute to cost?

Can plant based nutrition reduce healthcare expenditures? Explore the science, review the stats, be prepared to engage in the national dialogue) – Stephan Esser, MD (30 min)

Intermission (5 min)

9:30 PM

(or immediately after the plenary session)

Piano Passion: Concert For A New World

– Performed by Will Tuttle

Enjoy a delightful musical concert for world peace and for celebrating the beauty of the Earth. Rooted in ancient sacred traditions that see music as a vehicle of consciousness, this concert of uplifting original piano music generates a field of healing and insight. Combined with visionary art by Madeleine Tuttle, a vegan nature artist, this event will be inspiring and uplifting!

Heritage Hall

Get Together

Light refreshments available.

9:45 – 11:00 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

The Moon and Saturn with its rings will be quite impressive

(Mars and Mercury will also visible)

– Led by Robert Victor

FRIDAY, JUNE 29

6:00 – 6:40 AM – EXERCISE

Meet in front of the Living Learning Center

Exerstriding (Use synergistic resistance to build strength, stamina and endurance) – John Bolus

6:00 – 7:15 AM – BIRD WALK

Meet in front of the Living Learning Center

Emphasis will be on identifying birds by their calls (Binoculars optional, but desirable)

– Ted Barnett & Jonathan Balcombe

6:15 – 7:15 AM – EXERCISE

Volleyball Net (South side of Engineering & Science Building)

Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring

water and appropriate footwear)

– John Pierre & Anne Dinshah

6:30 - 7:30 AM – YOGASTREAM

Heritage Hall A

A fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind (You may want to bring a mat, blanket or towel) – Lara Heimann

6:50 – 7:20 AM – EXERCISE

Lobby Living Learning Center

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) – John Bolus

8:45 AM – 9:45 AM

Heritage Hall A

Vegan Fashion, Beauty, and Style – Victoria Moran

Heritage Hall B

Prostate Cancer and Plant-Based Nutrition

(The big C-word! Come learn the basic science about prostate cancer and why plant-based nutrition may just be a must-do preventive tool for every man) – Stephan Esser, MD

University Room

Ask the Kids: Growing Up Vegan (Learn about

what it is like to be raised vegan. Bring your questions to ask them directly what worked, and what didn't. How did they handle specific challenges?) – JoAnn Farb (moderator) Aidan DeRicco, Sammi Farb, Meara Hamlin, Keegan Ostler, Meena Potter and Sarah Schleuter Eisman

Campus Room

Chemistry for Understanding Nutrition – Antioxidants & Phytochemicals

– Milton Mills, MD

Scholars Room

Grief of Animal Activism: Dealing with the Challenging Personal Issues Caused by Caring

About Animals (Whether you work on factory farming, animal experimentation, circuses, or some other form of exploitation, they all are depressing and stressful issues that can take a heavy toll on us personally. Learn how to survive) – Michael Budkie

President's Room

How do we Vegetarians Look, as Portrayed in Corporate and Online Media? – Lee Hall, JD

10:00 – 11:00 AM

Engineering & Science Building – Auditorium

Latest in Nutrition 2011: Review of the Most Important Research Published in Peer-Reviewed Scientific Nutrition Journals from Summer 2010 to Summer 2011 – Michael Greger, MD

Heritage Hall A

Fermented Foods: What You Need to Know

and How to Make Them (Learn how fermented foods aid digestion and build immunity, and why we're hearing more about them in today's society. The different kinds of fermented foods – and why some are better than others – will be addressed) – Sharon Greenspan, CHHP, HTP, MEd

Heritage Hall B

To Buy or Not to Buy (Should vegans support new vegan products from big conglomerates – or save their dollars for true-blue vegan businesses? What choices can we make as consumers to limit the ill effects of consumerism, and/or drive positive product trends? Come and discuss these issues and get some new ideas on putting your money where your mouth – and your heart – are) – Vance Lehmkuhl (moderator), Lee Hall, Amie Hamlin & Rae Sikora

University Room

Who They Are, and Why They Matter (The lives of the cows, pigs, chickens, horses and turkeys fortunate enough to live in the protection of a sanctuary are compared and contrasted with the lives of those grown to feed human beings. This session will inspire vegheads to stay on the path, and encourage the veg-curious to join us!) – Kathy Stevens

Campus Room

Food is No Joke, But Laughter is Medicine

(With humor and humility, we will share stories of triumph and failure around our food choices. Jokes about food will set the mood for a light-hearted look at people who don't understand us and food policies that give us heartburn. We will explore how to use humor to keep our balance in this crazy world) – Patti Breitman

Scholars Room

Let Them Eat Greens! (How to incorporate greens in your daily fare, including with smoothies) – Dreena Burton

College Room

Relationship Issues Workshop: Tips on improving your dating – Anne Dinshah

10:00 – 12 NOON – FOOD DEMONSTRATION

Heritage Hall C

Spectacular Raw Summer Soups
– Chef Cherie Soria

11:15 – 12:15 PM

Engineering & Science Building – Auditorium

Health Effects of Vegetarian Diets: Evidences from the Tzu Chi Health Study (Plant based diets had been shown to be beneficial in prevention of many devastating chronic diseases. Much of the current evidence on effects of vegetarian diet comes from large cohort studies, such as the EPIC-Oxford, and the Adventist Health Studies. These two major studies are based on American and European populations, which have very different diets from Asians. The Tzu Chi Health study is the first cohort study looking into health of vegetarians versus omnivores in Taiwan) – Tina Chiu, MPH, RD

Heritage Hall A

Strong Bones for Life (Review of latest strategies to build bone) – Paulette Chandler, MD

Heritage Hall B

The Latest on the Organic Standards (Things are changing and not for the better. Learn about these latest developments and how we can take control of our food and possibly steer government policy) – Harold Brown

Campus Room

Compelling, Yet Little Known Reasons for Adopting a Plant-Based Diet

– Chris Hirschler, PhD, MCHES

Scholars Room

Vegan Menu Planning 101 – Christine Waltermeyer

11:15 – 12:30 PM

University Room

Breaking Down, or Breaking Through? How Disillusionment and Disempowerment can be Transformed into Breakthrough Opportunities for Personal Growth – James LaVeck

COMMUNITY OUTREACH: MAKING A DIFFERENCE

President's Room

Local Vegetarian Groups: Starting One & Keeping it Alive (Discussion)

– Ted Barnett (moderator) Carol Barnett, Amie Hamlin, Kristin Star Picun & Roberta Schiff

1:45 – 2:45 PM

Engineering & Science Building – Auditorium

Inflammation as Health Enemy #1: How to prevent it, Measure it and Reverse it

– Dina Aronson, MS, RD

Heritage Hall A

Why Don't You Understand Me? Understanding Personality Styles to Improve Your Communication (Whether we're discussing serious issues or making casual conversation, so often, we can feel like we're talking to someone from another planet. One of the main reasons for miscommunication is because people have fundamentally different personality styles which shape the way they express and interpret information—and most of us are unaware of these styles. By understanding our own and others' personality styles, we can significantly improve the quality of our conversations)

– Melanie Joy, PhD, EdM

Heritage Hall B

The C Vegetables: Everything that You Wanted to Know About Cruciferous Vegetables (Which vegetables are cruciferous and why you might want to eat them daily – and why certain people might want to avoid them. Covers research and practical ideas for eating more crucifers)

– Jill Nussinow, MS, RD

University Room

Heifer International Uncovered & Happy Meat: Labels, Lies & Loopholes (This presentation will examine two separate but similarly alarming issues regarding the raising of animals for food. The dark side of Heifer International will be examined and alternate animal-friendly options will be provided. The second area of discussion will be the rising popularity of “happy meat” with examples of the labels, loopholes and lies to be wary of and easy rebuttals to proponents)

– Dawn Moncrieffe, MA

Campus Room

Navigating Nutrition Labels on Food Products: How to Read Between the Lines (and which lines to ignore) – George Eisman, RD

Scholars Room

Act with a Famous Vegetarian (Class volunteers will get to perform supporting roles in 5 one act plays about Leonardo da Vinci, Dr John Harvey Kellogg, Jesus, the Buddha, Leo Tolstoy, Pythagoras, and Sir Paul McCartney)
– Playwright Rynn Berry

CIRCUS TRICKS PLAYSHOP

Meet in front of Owen Library

Learn to balance on a rola-bola, spin a diabolo, juggle (those who can juggle could learn rings and/or clubs), do juggling stix and spin poi (Teens & Adults) – Led by Chip Ballew

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

Power Packed Nutrition for the Busy Person (Delicious dishes designed for maximum health and performance!)

– Kerrie Saunders, MS, LLP, PhD & John Pierre

3:00 – 4:00 PM

Engineering & Science Building – Auditorium

Let the Myths Stop Here: Debunking The Most Commonly Held Nutrition Misconceptions with Current Nutritional and Medical Science

(Topics will include protein, bone health, soy consumption and when to choose organic)
– Julieanna Hever, MS, RD, CPT

Heritage Hall A

Vegan Diet and Pain in Arthritis (New research information on how diet affects arthritis and fibromyalgia symptoms) – Mary Clifton, MD

Heritage Hall B

How to Thrive on a Whole Foods, Plant-Based Diet (Tips and advice on ingredients, preparation, etc) – Chef AJ

University Room

How NOT to Prevent Disease: A Brief History of Official Dietary Recommendations (The history of official dietary advice in the U.S. will be traced, including the evolution of the food groups, the Food Pyramid, MyPyramid, and MyPlate. Because of the influence of lobbyists on various governmental and non-governmental bodies, we need to regard their recommendations with a grain of salt and balance them with other reliable, and unbiased, sources of information. Learn useful information that will help you in discussions with skeptical non-vegans)
– Ted Barnett, MD

Campus Room

Obesity and Weight Loss: Question & Answer Session (Get your unresolved questions answered) – Bob LeRoy, RD, MS, EDM

Scholars Room

Teach Your Kids to Cook: A Lesson for Parents (Kids may attend)
– Freya Dinshah and Anne Dinshah

President's Room

Gross Things That Happen When You Eat Bad Food (For young people: teens and college age)
– Kathy Pollard, MCN Candidate

Studio Theatre

Pasquerilla Performing Arts Center

ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels. For ages 12 and up – Sneakers required) – Isabel Marmolejo

3:00 – 5:00 PM – DOCUMENTARY SCREENING

Blackington Hall – Room 138

BETHANY'S STORY: A Journey of Miraculous Healing. This compelling documentary about a 13-year-old girl suffering from a mystery ailment, that baffled doctors, who recovered from her paralysis and got out of her wheelchair after adopting a raw plant-based diet. The film chronicles the girl's illness from its onset to her recovery and includes interviews with five prominent doctors: Neal Barnard, Brian Clement, Gabriel Cousens, Michael Greger and Lewis Mel-Madrona. This is a very powerful film about the healing powers of vegan and raw food diets. (Introduced by Kaymen Bonev, Producer and Janet McKee, Executive Director, and followed by a question and answer session.

4:15 – 5:15 PM

Engineering & Science Building – Auditorium

Myths and Misconceptions about Exercise (We've all heard them! Pregnant women shouldn't exercise, running is bad for your joints and so many other myths and misconceptions about exercise and health. We will break down the myths, explore the benefits and identify our own personal motivations to embrace a more active life) – Stephan Esser, MD

FRIDAY, JUNE 29 (con't)

Heritage Hall A

Raw Food Diet: Separating Fact from Fiction
(Can we survive--and thrive--on a raw food diet? This session will address the many questions that arise about eating raw, such as: Should we be eating buckwheat greens, sprouted legumes, raw mushrooms, and seaweeds? Learn what the major scientific studies show about the health benefits of a diet composed entirely, or mainly of raw plant foods. What does a nutritionally adequate raw food diet look like?)
- Brenda Davis, RD

Heritage Hall B

Remaining a Joyful Vegan in a Non-Vegan World (How to cultivate healthy relationships between vegan and non-vegans, speak up for yourself, and cope with the stress and sorrow that comes with the awareness of animal suffering) - Colleen Patrick-Goudreau

University Room

Put Your Colon to Work for You (How the human colon affects our health and physiology) - Milton Mills, MD (with Roberta Schiff)

Campus Room

Creating Vegan Cooking Classes That Sell
(How to develop and market a vegan cooking class that will be irresistible to omnivores too)
- Chef Fran Costigan

Scholars Room

Issues in Raising Vegan Children (Panel)
Maribeth Abrams, MS, CNC (moderator) Dina Aronson, MS, RD; Marty Davey, MS, RD; Vance Lehmkuhl & Myriam Parham, RD, CDE, CLC

Terrace Room / Living Learning Center

Gentle Chair Yoga (A multilevel class will include adaptive positions, with or without the use of a chair, for breathing and deep relaxation)
- Carole Baral

OUTDOOR COOPERATIVE GAMES:

EVERYBODY IS A WINNER

Meet in front of Laurel Hall

(For all who are old enough to do balance and coordination activities) - Rae Sikora

5:00 - 5:30 PM - SINGLES VOLLEYBALL GAME

Volleyball Net (South side of Engineering & Science Building)

Let's have some fun while getting our metabolism revved before dinner! Inexperienced players are welcome!
- Coordinator Karen Schiltz

5:00 - 11:00 PM

WEEKEND PACKAGE REGISTRATION **Living Learning Center Lobby**

7:15 PM - PLENARY

Pasquerilla Performing Arts Center **Piano Prelude - Elizabeth Barnett**

Emcee - Maribeth Abrams

Voices for the Voiceless: If We are to Progress as a Peaceful, Moral Society and as a Sustainable Planet, We Need to Take a Serious Look at Animal Farming - Jenny Brown (30 min)

Leftovers - Original Song performed by Vance and Skyler Lehmkuhl (The new improved 21st-century version)

Vegan Empowerment: How to Live an Inspired, Fulfilling, and Empowering Life in a Non-Vegan World - Melanie Joy, PhD, EdM (20 min)

Memory: How Foods and Lifestyle Choices Can Strengthen the Brain and Protect Against Everyday Memory Lapses, "Senior Moments", And Even Reduce Your Risk of Alzheimer's Disease and Stroke - Neal Barnard, MD (60 min)

9:30 PM - EVENING SOCIAL

Heritage Hall / Living Learning Center

Time to meet and socialize with other attendees. Refreshments available.

9:30 TO 10:15 PM

SINGLES ICE-BREAKER GAMES

Meet at the Campus Room in the Living Learning Center. Reveal your true nature with some fun ice-breaker games! Afterwards we'll keep the party going at the evening social!
- Led by Karen Schiltz

9:45 - 11:00 PM - EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

The Moon and Saturn with its rings will be quite impressive (Mars and Mercury will also be visible) - Led by Robert Victor

10:00 PM - TWEETUP

University Room / Living Learning Center
Meet the people you've friended on Facebook and/or followed on Twitter, or come to meet folks face-to-face whom you may want to keep in touch with throughout the year on social networks - Led by Stephanie Redcross and Vance Lehmkuhl

SATURDAY, JUNE 30

3:00 - 4:00 AM - PREDAWN SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

See good views of the Milky Way in a dark moonless sky

4:30 - 5:00 AM - PREDAWN SKY WATCHING

Meet at the flagpole near Blackington Hall

Venus will show an impressive crescent phase, and Jupiter its four bright moons
- Led by Robert Victor

6:00 - 6:40 AM - EXERCISE

Meet in front of Living Learning Center

Exerstriding (Use synergistic resistance to build strength, stamina and endurance) - John Bolus

6:00 - 7:15 AM - BIRD WALK

Meet in front of the Living Learning Center

Emphasis will be on identifying birds by their calls (Binoculars optional, but desirable)
- Ted Barnett and Jonathan Balcombe

6:00 - 7:30 AM - YOGA

Heritage Hall A

(You may want to bring a mat, blanket or towel)
- Carole Baral

6:15 - 7:15 AM - EXERCISE

Volleyball Net (South side of Engineering & Science Building)

Boot Camp: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear)
- John Pierre & Anne Dinshah

6:50 - 7:20 AM - EXERCISE

Lobby Living Learning Center

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) - John Bolus

8:40 PM - PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

The Latest in Nutrition 2012

- Michael Greger, MD
Always a crowd pleaser, Dr. Greger's "Latest in Nutrition" sessions are engaging, humorous and entertaining - making serious nutrition studies - enjoyable and fun. He scours the world's scholarly literature on clinical nutrition every year and develops a brand-new talk based on the latest in cutting-edge research and world premiere's it at Summerfest. Dr. Greger offers practical advice on how best to feed ourselves

and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format. You won't want to miss this one. (60 min)

10:00 - 11:00 AM

Heritage Hall A

Slowing Aging with Your Fork

- Julieanna Hever, MS, RD, CPT

University Room

Vegan Empowerment: How to Have a Sustainable and Empowered Life as a Vegan in a Dominant, Meat-Eating Culture (Includes a brief discussion about the mentality of meat, ways to relate to meat eaters in one's life, communication strategies, ways to take care of yourself as a vegan/vegetarian, and how to maintain hope and inspiration in the face of animal suffering and the meat-eating majority. Participants are invited to share their experiences in this workshop. Vegans around the world say that this is the kind of support they need most) - Melanie Joy, PhD, EdM

Heritage Hall B

Exercise and Alzheimers: Exploring Connections, Setting Goals (The US population is widening and graying at an unprecedented rate. With this shift has come an explosion in neuro-cognitive impairments. Can exercise alter your risk of Alzheimer's?) - Stephan Esser, MD

Engineering & Science Building - Room 200

Hospitals Serving Only Vegetarian Meals

(Enter a whole new world where vegetarianism becomes mainstream in healthcare. Learn about the 6 hospitals in Taiwan, including four large teaching hospitals founded by the Tzu Chi foundation, that serve only a vegetarian diet - 2,543,669 meals in 2011 - to patients, employees, and visitors. Many doctors, nurses and other health care professionals are actively involved in promoting vegetarian diets to patients) - Tina Chiu, MPH, RD

Campus Room

M is for Mushrooms: Meat Substitute and More (Mushrooms taste great, there's no doubt about that, if you are a mushroom lover but did you know that mushrooms have incredible medicinal and nutritional properties? A variety of mushrooms will be reviewed, along with their nutritional, medicinal and culinary uses)
- Jill Nussinow, MS, RD

Scholars Room

Promoting Veganism to a Captive Audience (Learn how to address a roomful of non-vegans, without watering down your message by tapping into values already held by the vast majority. An interactive presentation with audience participation can nudge a whole roomful of people towards the animal rights perspective and end with most of the room promising at least a reduction in animal consumption)
– Alex Hershaf, PhD & Michael A. Weber

10:00 – 12 NOON – FOOD DEMONSTRATION Heritage Hall C

Coconut: The Functional Fashionista (Learn how to create exciting and exceptional vegan baked goods) – Doron Petersan

10:00 AM – 12:00 PM DOCUMENTARY SCREENING

Engineering & Science Building – Auditorium PEACEABLE KINGDOM: The Journey Home

(The film tells the story of five farmers, an animal rescuer, and a humane police officer, each struggling to follow the voice of their conscience, and to challenge the commonly held belief that animals exist in order to fulfill human wants and needs. Strikingly honest interviews reveal the web of complex social, psychological and economic forces at play, while seldom-seen footage documents the beauty, emotional lives, and family bonds of farm animals. PG 13 due to some brief scenes depicting animal cruelty) Introduced by filmmakers Jenny Stein and James LaVeck and followed by a Question and Answer session

11:15 – 12:15 PM

Heritage Hall A
Digestion Made Easy – A Journey Through Your Amazing Digestive System
– Michael Klaper, MD

Heritage Hall B

Great Tips for Starting a Healthy Diet
– Mary Clifton, MD

Engineering & Science Building – Room 200
Compassionate Communication: Choosing Language that Reflects Kindness (A fun, etymology- and idiom-driven lecture that provides compassionate versions of many familiar idioms and that urges vegetarians and vegans to stop saying “fake,” “faux” and “substitute” meat)
– Colleen Patrick-Goudreau

Campus Room

Changing Food in Schools (A presentation and discussion session)
– Amie Hamlin

COMMUNITY OUTREACH: MAKING A DIFFERENCE

Scholars Room
Successful Vegetarian Programs and Campaigns: Reaching Out In Your Local Community
– Maribeth Abrams, MS, CNC (moderator) Allison Memmo Geiger & Michael A. Weber

President's Room

Raw and Live Food Diets: Question & Answer Session (Get your unresolved questions answered) – Bob LeRoy, RD, MS, EDM

Terrace Room / Living Learning Center

YogaStream (A fun-filled sweatfest that combines precise alignment with playful and creative sequencing to elevate the heart rate and calm the mind – Please bring a mat)
– Lara Heimann

11:15 – 12:30 PM

University Room
What the Bible/Torah Teaches About a Plant-based Diet and Animal Rights (The importance and impact of a vegetarian/vegan diet on our spirituality from a biblical perspective. Come prepared to share important/favorite Bible/Torah verses and engage in discussion)
– Milton Mills, MD, Roberta Schiff & Michael Budkie

1:45 – 2:45 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Lorene Cox

“What Do You Say When Someone Says...” Strategies for Good Communication: Advocating Humor, Intention, and Joy (Practical and effective responses to the typical excuses people make from “I used to be vegan, but my acupuncturist told me to eat meat” to “eating vegan is more expensive”)
– Colleen Patrick-Goudreau (25 min)

A Dating Vegan's Story – Anne Dinshah (10 min)

Diet and Cancer: The Latest Information that Links Animal Products, Especially High-Protein Ones, With Increased Cancer Risk
– George Eisman, RD (20 min)

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C
Comfort Foods: Veganized Versions of Your All Time Favorites
– Allison Rivers Samson

3:00 – 4:00 PM

Engineering & Science Building – Auditorium
Defeating Diabetes: Lessons from the Marshall Islands (The Marshallese experience among the highest rates of type 2 diabetes in the world, with close to 50% of adults over 35 years being affected. The Diabetes Wellness Project is a research study testing the efficacy of aggressive lifestyle intervention in this population. Our research results are both exciting and inspiring. The people there have overcome enormous cultural, economic and environmental barriers to succeed in making effective lifestyle changes. This experience provides hope to people with diabetes around the world)
– Brenda Davis, RD

Heritage Hall A

Sense and Nonsense in Nutrition: Gallbladder Flushes and Colonic Irrigations
– Michael Klaper, MD

Heritage Hall B

Why Be Ordinary When You Can Be Extraordinary
– Chef Cherie Soria

University Room

What Animals Teach Us: Life-Altering Lessons from Farm Animals (This session presents intimate portraits of sanctuary cows, sheep, goats, and a larger-than-life car-riding, lunch-stealing “lap rooster” named Paulie, and the life-altering lessons they've offered to humans lucky enough to know them) – Kathy Stevens

Engineering & Science Building – Room 200

Kitchen Shortcuts (Discover how to save hours of food preparation with planning, shopping and cooking methods that create a week of ready to eat meals in just a few hours. Learn how to work less and enjoy food more) – Patti Breitman

Campus Room

Weight Loss Wow! Food Friends and Foes (Common but little known sources of cholesterol; natural and botanical remedies for symptoms associated with menopause; fitness tips; the importance of correcting nutritional deficiencies to help curb cravings)
– Kerrie Saunders, MS, LLP, PhD

Scholars Room

Pictorial Essay: Vegan Travel is Easy, Fun, and Educational! (This lecture / slide show will dispel any fears you may have about finding vegan food in exotic destinations such as India, Thailand and elsewhere. Learn from an experienced tour leader why worldwide vegan travel has never been easier) – Joseph Connelly

Studio Theatre

Pasquerilla Performing Arts Center
ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels. For ages 12 and up – Sneakers required) – Isabel Marmolejo

3:30 PM TO 4:00 PM SINGLES OUTDOOR GAMES

Meet in front of the Pasquerilla Performance Arts Center.
Fun outdoor games to continue getting to know each other.

4:15 – 5:15 PM

Engineering & Science Building – Auditorium
Paradigm Shift: From a Whole Lot of Nutrients to a “Wholeistic” Diet – Dina Aronson, MS, RD

Heritage Hall A

Superfoods for Women's Health & Beauty
– Christine Waltermeyer

Heritage Hall B

Beastly Bliss: Animal Pleasure and Its Significance (This lavishly illustrated presentation debunks the popular perception that life for animals is a continuous, grim struggle for survival. As pleasure-seekers, animals' lust for play, sex, touch and food holds important lessons about how we ought to lead our own lives)
– Jonathan Balcombe, PhD

University Room

The 30-Day Unprocessed Challenge
– Chef AJ and John Pierre

Engineering & Science Building – Room 200

Be The Change (In this interactive workshop farmer Brown will share the ways that he has found to remain centered in a world that doesn't always make a lot of sense. We will look at ways of nurturing inner peace so that we can be effective agents of compassion, empathy, and love for the world) – Harold Brown

SATURDAY, JUNE 30 (con't)

Campus Room

Why the Subject of Gluten Sensitivities is so Important to the Promotion of Veganism
– JoAnn Farb

Scholars Room

How to Plan and Conduct an Excellent Food Demo or Hands-On Cooking Class

(This session, based on over 20 years of experience, examines the cooking demo from the inside out, sharing her process: how she chooses recipes to demo, preps, travels, set ups and juggling cooking while engaging the audience) – Chef Fran Costigan

President's Room

Vegan Entrepreneurs: Twitter and Facebook Marketing in 15 Minutes a Day
– Stephanie Redcross

5:30 PM – SINGLES WALK

Meet in front of the Pasquerilla Performance Arts Center for a walk around the beautiful campus with fellow singles before going to dinner. – Led by Karen Schiltz

5:30 – 7:45 PM – FAREWELL DINNER

(Serving until 7:00 PM)
MUSIC by John Bolus

8:00 PM – SPECIAL PRESENTATION

Pasquerilla Performing Arts Center
Piano Prelude – Vance Lehmkuhl

Emcee – Maribeth Abrams

Performance by the Summerfest Children

Creating a Vegetarian Future

– Maribeth Abrams & Victoria Moran

Vegetarian Hall of Fame – Induction Ceremony

Main Street Vegan

– Victoria Moran (30 min)

Reasons for Hope for 21st Century

Vegetarians – Michael Klaper, MD (40 min)

Immediately following the Special Presentation

– until 1:00 AM

EVENING SOCIAL / DANCING / SUMMERFEST DRAWING

Heritage Hall / Living Learning Center

It's our last night together, so you won't want miss this chance to mingle, dance and see the new friends you've made this week. Music provided by vegan DJ Johnny V. Light refreshments available.

DRAWING: Would you like to attend Vegetarian

Summerfest 2013 for free? – At tonight's drawing during the evening social, we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free – but – you must be present to win.

10:00 – 11:00 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

The Moon and Saturn with its rings will be quite impressive (Mars and Mercury will also visible)
– Led by Robert Victor

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

Heritage Hall A

Vegan and Raw Nutrition: Getting it Right

(Keep yourself in superb health on a vegan or raw vegan diet. Get an update on protein power from plant foods, bone building without a drop of dairy, getting reliable sources of vitamin B12, balancing essential fatty acids. Gather numerous practical tips to help you put together an eating pattern that is both delicious and nutritious) – Brenda Davis, RD

Heritage Hall B

Boost Your Brain Power: Lifestyle Strategies to Boost Mental Performance

– Paulette Chandler, MD

Engineering & Science Building – Room 200

Diet & Cancer: Learn Which Plant-Based Foods do the Most to Reduce Cancer Risk

– George Eisman, RD

University Room

Working Towards Abolition of a Meat-Eating Society Through Compassion – Jenny Brown

Campus Room

Pot Lucks, Meet Ups, and Local Veg Groups

(Tired of being the only vegan you know? It is easier than ever to find like-minded people in our own community. This uplifting workshop will help people learn how to join with other vegetarians for shared meals, events and actions. Learn what works and how to get started) – Patti Breitman

Scholars Room

Compassionate Souls (Bring your questions about vegan parenting, healthy lifestyle choices, teaching your children to swim against the tide, or any other challenges) – JoAnn Farb

President's Room

Vegan Entrepreneurs: Creating a 6 Month

Marketing Plan (How to integrate different marketing strategies) – Stephanie Redcross

9:45 – 10:45 AM

Engineering & Science Building – Auditorium

Sense and Nonsense in Nutrition: Probiotics, Dairy, Olive Oil, Chocolate, Red Wine, Coffee, etc – Michael Klaper, MD

Heritage Hall A

Sugar: Is It Really as Toxic as Some Say?

– Dina Aronson, MS, RD

Heritage Hall B

Bulletproof: How Micronutrients Protect You from Harm – Mary Clifton, MD

University Room

Are Humans Designed to Eat Meat: Part 2

(Can also be attended by those who didn't attend Part 1) – Milton Mills, MD

Campus Room

The Meat Crisis, Gas Prices, and Global Warming

(A beyond-the-basics examination of how animal-based foods are top contributors to global warming and how they inflate gas prices. The session concludes with talking points and easy-to-use handouts to improve the quality and expand the reach of our advocacy)
– Dawn Moncrieffe, MA

Scholars Room

Bringing Peaceable Kingdom to Your Community

(10 effective ways you can use this film to awaken hearts and minds, transform lives, and create lasting change)
– James LaVeck and Jenny Stein

President's Room

Activism Through "Social Networking"

(Lecture/Discussion: using social media, such as Twitter and Facebook, to spread important animal rights and vegetarian messages)
– Kristin Star Picun

11:00 – 12:10 – PLENARY

Pasquerilla Performing Arts Center

Piano Prelude – Sandy Yagendorf

Emcee – Maribeth Abrams

Planting the Seed for Healthy School Food –

in New York and Across the Country

– Amie Hamlin (15 min)

Veganism: The Hidden Key to Wellness and Transformation – Will Tuttle (15 min)

Under One Roof: Living and Working Peacefully

Together with Co-workers, Family and Friends – Even When Values and Lifestyle Choices Differ – Rae Sikora (15 min)

Think Good Thoughts – Do Good Deeds

– John Pierre (15 min)

Closing Remarks

– Maribeth Abrams

SUNDAY, JULY 1

6:00 – 6:40 AM – EXERCISE

Meet in front of Living Learning Center

Exerstriding (Use synergistic resistance to build strength, stamina and endurance) – John Bolus

6:30 – 7:30 AM – YOGA

Heritage Hall A

(You may want to bring a blanket or towel)
– Eileen Wieder Crone, MS, RD, RYT-500

6:50 – 7:20 AM – EXERCISE

Lobby Living Learning Center

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) – John Bolus

6:30 AM – MEMORIAL SERVICE FOR

THE ANIMALS

Whalley Memorial Chapel

(Inter-religious / Non-denominational)
– Dr. Will Tuttle

Music by Ted, Elizabeth and Rebecca Barnett

8:30 – 9:30 AM

Engineering & Science Building – Auditorium

Growing Older Better – Victoria Moran

SUNDAY, JULY 1 (con't)

2:00 – 3:00 PM

Heritage Hall A

Raw and Living Food: Another Look (Learn the differences between a recreational raw diet, real health diet and medicinal raw diet. The different approaches leading raw chefs, doctors and advocates take will be discussed, along with the benefits and pitfalls of each. Strategies for implementing changes and telltale signs indicating that a professional should be consulted will be addressed)

– Sharon Greenspan, CHHP, HTP, M.ED

Heritage Hall B

Discovering Sea Vegetables: How to Select, Store and Prepare these Nutrition Powerhouses

– Christine Waltermeyer

University Room

Get the Yummy Plants® 101: Easy Transition

Tips for a Vegan Diet (Learn how easy – and yummy – it can be to transition to a vegan diet with these strategies to use at home, at work and at parties with friends. You'll learn tips for creating and/or buying super yummy vegan substitutions. This talk is also helpful for people who want to support loved ones with their new dietary choices) – Rebecca Gilbert

Campus Room

Running Grassroots Public Education Campaigns

(This workshop will offer grassroots organizations and solo activists the tools needed to increase their effectiveness by running strategic campaigns and pairing their efforts with others doing similar work)

– Alex Hershaft, PhD & Michael Weber

Scholars Room

Activists and Care-Givers: Self-Care-Renewal Workshop

(We often need to be reminded to care for ourselves so we can be there for others. Learn a few simple tools for your daily renewal. You'll leave this experiential session feeling recharged) – Rae Sikora

President's Room

A History of Veganism in the US (Learn “how it all began” – to coin a phrase – from Donald Watson's invention of the term in 1944 to its becoming one of today's trendiest lifestyles)

– Rynn Berry

Please take a moment to fill out our questionnaires. All attendees must be checked out of their rooms by 4:00 PM.

Thank you for joining us! Have a safe trip home.

navs WEARABLES

Stop by and check out NAVS' T-shirts at our Summerfest Bookstore and Information Desk. The Bookstore is located in the Cambria Room of the Student Union. The NAVS Information Desk is located on the first floor of the Student Union.



NAVS LOGO SHIRT

Show off your support for the North American Vegetarian Society. T-shirts are 100% cotton and available in adult (regular or women's cut) S, M, L, XL, XXL, XXXL and children's sizes.

\$20



STOP GLOBAL WARMING: GO VEGAN!

Awaken people to the environmental impact of meat production. T-shirts are 100% cotton and available in adult (regular or women's cut) S, M, L, XL, XXL, XXXL and children's sizes.

\$20

NAVS members receive a 10% discount on all T-shirt and book purchases

★ PLEASE VISIT OUR EXHIBITORS & THE NAVS BOOKSTORE ★

navs MEMBERSHIP

Subscribe to Vegetarian Voice!

When you become a member of the North American Vegetarian Society, you'll receive a subscription to our quarterly magazine, which will keep you up-to-date on current medical and nutrition studies. Vegetarian Voice also explores compelling consumer, environmental and animal rights issues. Plus delicious vegan recipes are always featured. Members also receive a 10% discount on all NAVS merchandise & a discount on the Vegetarian Summerfest Conference!

JOIN NOW AND RECEIVE A FREE GIFT: Our incredible 40 card recipe set!

New members will receive our 40 recipe card set featuring favorite recipes from 8 popular cookbook authors. This collection (not available for purchase) includes entrées, salads, soups, side dishes, desserts, and more. Plus you'll receive Vegetarianism: Answers to the Most Commonly Asked Questions. This handy 16-page booklet provides answers to those difficult questions and includes recipes. One year membership is \$22.



Members receive a 10% discount on all NAVS merchandise, including purchases at the Vegetarian Summerfest Bookstore and Information Desk.

YES!

I would like to subscribe to Vegetarian Voice and receive the free 40 card recipe set.

REGULAR MEMBER With voting privileges.
(Vegetarian – no meat, fish or fowl)

ASSOCIATE MEMBER
(Not yet a vegetarian)

One Year Membership

\$22 Individual

\$28 Family

CONTRIBUTION _____

Two Year Membership

\$37 Individual

\$43 Family

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

EMAIL _____

Return with payment to (U.S. dollars only): NAVS, Box 72, Dolgeville NY 13329