

VEGETARIAN SUMMERFEST 2013 PROGRAM

*Celebrating 39 Years of Advocating Healthy,
Compassionate and Ecological Living*



July 3 - 7 ★ Johnstown, PA

VEGETARIAN ²⁰₁₃ SUMMERFEST

39th 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

Blackington Hall, Room 138

THE NAVS BOOKSTORE

Located in the Cambria Room, Student Union. Exhibits will be on the 1st & 2nd floor corridors of the Student Union Lobby.

MEALS

Meals will be served Wednesday lunch through Sunday lunch in the cafeteria located on the 2nd floor of the Student Union. 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 Executive Chef Mark Reinfeld 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.

SWIMMING & FITNESS

Zamias Aquatic Center pool hours:

Wednesday	11:30 AM – 2:00 PM 3:00 PM – 7:00 PM
Thursday	Tentatively 3:00 PM – 5:00 PM
Friday	11:30 AM – 2:00 PM 3:00 PM – 6:00 PM
Saturday	Tentatively 1:00 PM – 3:00 PM

(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 20 years; mother of two teens, vegan since birth

CHEF AJ (CA) Author of the popular book *UNPROCESSED: How to Achieve Vibrant Health and Your Ideal Weight*; chef to many TV shows and celebrities

PHIL ALLAMONG, CMT CTN (PA) Certified Tai Chi Instructor; founder and facilitator of the Lancaster Vegetarian Society

WILL ANDERSON (WA) Founder, Greenpeace Alaska and Green Vegans; author of *This is Hope: Green Vegans* and *The New Human Ecology - How We Find Our Way to a Humane and Environmentally Sane Future*

NAVA ATLAS (NY) Author and illustrator of many cookbooks, most recently *Wild About Greens, Vegan Holiday Kitchen, Vegan Express*, and *Vegan Soups and Hearty Stews for All Seasons*

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) Co-founder Veg. Club Ozarks; entertains/teaches juggling stix, top & bubble tricks & other toys/games; longtime vegan animal advocate

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

TED D. BARNETT, MD (NY) Board certified interventional and diagnostic radiologist; co-coordinator, Rochester Area Vegetarian Society; 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

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

JOHN CALABRIA (MA) Ethical vegan, wellness educator, musician, instructor and long-time practitioner of meditation and yoga techniques

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

SPEAKERS (con't)

BRIAN CLEMENT, PhD, LN, NMD (FL) Director Hippocrates Health institute which advocates a live food vegan diet for health and healing; author, *Living Foods for Optimum Health, Longevity, Lifeforce, Supplements Exposed, Killer Fish* and the forthcoming three volume series, *Food is Medicine*

MARY CLIFTON, MD (MI) Clinical Associate Professor, Michigan State University's medical school, and private solo internal medicine specialist; co-author of *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life*

SHERRY F COLB, JD (NY) Professor of Law and Charles Evans Hughes Scholar at Cornell University where she teaches courses in animal rights; author of *Mind If I Order the Cheeseburger?*

JIM CORCORAN (NM) Co-Founder of Plant Peace Daily, Vegfund and VegMichigan; has a BS in Emergency Medicine, certification in the Living Foods Lifestyle and is a certified fitness instructor

FRAN COSTIGAN (NY) Pastry chef, culinary instructor & author is internationally renowned as the "Queen of Vegan Desserts;" 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, MS, RD, LDN (PA) Registered dietitian and alter-ego of international video star, LaDiva Dietitian; teaches nutrition for Victoria Moran's Main Street Vegan Lifecoach program and has done research with the PCRM; specializes in children and the over 50 crowd

BRENDA DAVIS, RD (CANADA) Registered dietitian, co-author: *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

KAREN DAVIS PhD (VA) President and founder of United Poultry Concerns; author of *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry*

HANS DIEHL, DrHSc, MPH, FACN (CA) Clinical director of the Lifestyle Medicine Institute in Loma Linda; Clinical Professor in the Dept. of Preventive Medicine at the School of Medicine of Loma Linda; co-author, *Health Power* and *Dynamic Health*

ANNE DINSHAH (NY) Lifetime vegan and third generation vegetarian; co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*; author of *Dating Vegans*

FREYA DINSHAH (NJ) President, the American Vegan Society; editor, *American Vegan* magazine; co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*; 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, MD (FL) Physician, author and motivational speaker specializing in sports medicine and lifestyle modification; He is dedicated to empowering individuals to achieve their best health and maximize fitness, fun and function

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

JOSEPH GONZALES, RD (DC) Staff dietician for PCRM's Cancer Project, which promotes cancer prevention and survival through a better understanding of cancer causes, particularly the link between nutrition and cancer

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 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

CHRIS HIRSCHLER, PhD, CHES (NJ) Assistant professor of Health Studies at Monmouth University; author of *What Pushed Me Over the Edge was a Deer Hunter*

HOWARD JACOBSON, PhD (NC) Contributing author to *Whole: Rethinking the Science of Nutrition*, by T. Colin Campbell, PhD; health educator, marketing consultant; ecological gardener; founded FitFam.com as a resource for busy parents trying to raise fit and healthy children

ALLYSON KRAMER (PA) Best selling cookbook author of *Great Gluten-Free Vegan Eats* and the newly released *Great Gluten-Free Eats from Around the World*; freelance recipe developer, food photographer

DAN LADERMANN (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

KRISTIN LAJEUNESSE (NY) Applies her background in marketing to the things she loves most: food, travel, and helping others discover ways in which they can do what they love for a living; made an epic, life-changing "Will Travel for Vegan Food" road trip across the country

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" cartoonist 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

VICTORIA MANGUS (MA) Co-founded the Vegan Metrowest (of Boston) Network, which launched on Meetup.com in 2008, and has grown to over 300 members; 17 year vegan

SPEAKERS (con't)

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

JOHN MCDOUGALL, MD (CA) Expert on weight loss and disease reversal through a low fat vegan diet; author of many best-selling books; his latest is *The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!*

JANET MCKEE (PA) Holistic health counselor; filmmaker, Executive Producer of the documentary *Bethany's Story: The Power from Within*, the account of a young woman's remarkable recovery from paralysis with a raw food diet

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 MONCRIEF, 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*, a sequel to her best-selling *Creating a Charmed Life* and *Main Street Vegan*

JOHN MORLINO (MD) Founder, The ETHIC (The Essence of True Humanity Is Compassion), to help foster a world where all beings live free from violence and oppression

LANI MUELRAETH, MA, CGFI, CPBN, FNS (CA) Plant-Based Fitness Expert, specializing in helping people who struggle with health, weight and energy issues; best-selling author of *Fit Quickies: 5 Minute Targeted Body Shaping Workouts* and *The Plant-Based Blueprint*

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; certified lactation consultant; mother of a vegan child

JOHN PIERRE (IL) Personal trainer to top celebrities and Fortune 500 CEOs, his client list has included Ellen DeGeneres and Emily Deschanel; vegan nutrition and fitness consultant; author of *The Pillars of Health*, available in Sept. 2013

MARK RIFKIN, MS, RD, LDN (MD) Registered Dietitian in private practice, who focuses on whole-food, plant-based diets to prevent and treat chronic conditions such as heart disease, diabetes, obesity, high blood pressure, and depression; MS in Health Education and has been conducting presentations on food-related topics since 1997

RICH ROLL (CA) World-renowned vegan ultra-endurance athlete and wellness advocate; after succumbing to the sedentary throes of overweight middle age he overhauled his life, adopting a plant-based whole food diet and reinvented himself as an ultra-distance endurance athlete; author, *Finding Ultra*

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

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

MIYOKO SCHINNER (CA) Vegan chef; former restaurateur (Now and Zen, San Francisco); author of *Artisan Vegan Cheese*; co-host of *Vegan Mashup*, a new cooking show on public television

RICHARD H. SCHWARTZ, PhD (NY) Author of *Judaism and Vegetarianism*; president of Jewish Vegetarians of North America (JVNA) and of the Society of Ethical and Religious Vegetarians (SERV)

JAMETH SHERIDAN, DHM (CA) President of Health Force Nutritionals which produces unique cleansing and healing programs; has conducted extensive research on raw vegan foods and healing; co-author, *Uncooking with Jameth & Kim* and author of the forthcoming *Raw Warrior*

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

CHERIE SORIA (CA) Founder and Director of Living Light Culinary Institute; author of *Angel Foods: Healthy Recipes for Heavenly Bodies* and *Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger* and the just released *Raw Food for Dummies*

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

JO STEPANIAK (PA) Involved with vegetarian and vegan-related issues for nearly five decades; author and co-author of seventeen books on compassionate living and vegan cuisine; Editorial Director for The Book Publishing Company

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

ENTERTAINMENT

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

NATHANIEL BARNETT (NY) Plays piano, violin and sings; lifetime vegan

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

JOHN BOLUS (FL) Professional keyboard player

SAMMI FARB (KS) Suzuki violinist, lifetime vegan

SARINA FARB (KS) Pianist, lifetime vegan

DJ JOHNNY V (OH) Vegan dee-jay

SKYLER LEHMKUHL (PA) Actor, singer, fiddle player, computer programmer

VANCE LEHMKUHL (PA) Cartoonist, songwriter and pianist

SARAH SCHLUETER EISMAN (NY) Vocalist; lifetime vegan

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

WEDNESDAY, JULY 3

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

The 30 Day Unprocessed Challenge
– Chef AJ & John Pierre

Heritage Hall B

Which Foods are Likely Allergens? Question & Answer Session (Get your unresolved questions answered) – Bob LeRoy, RD, MS, EDM

University Room

Use Your Weight Loss to Change the World!
(Hundreds of thousands of people looking for inspiration belong to weight-loss groups. These groups are often hidden treasures for your vegan outreach. Share your story (or a friend's) with eager listeners. All the how-to's provided) – Jim Corcoran

Campus Room

Going Raw: The Path to Success (What's raw and what's not? How much raw is right for you? What raw food is best to include in your diet. Tips for success with your friends and family and more)
– Dan Ladermann

Scholar's Room

A History of Veganism in the U.S. (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

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, AHT

3:00 – 3:30 PM – EXERCISE

Terrace Room / LLC

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

The Basics of Vegetarian and Vegan Nutrition
(How to convince others that “You know what you are doing?” How best to respond to questions like “Where do you get your protein?” to make that a teachable moment) – George Eisman, RD

Heritage Hall B

Raw Food for Smart Busy People (Learn why a high-raw, plant-based diet is the smart way to eat and how to make it fast, easy, and delicious)
– Cherie Soria

University Room

Trusting Our Hearts, Living With Joy (We are all confronted with people and situations that challenge us to remain centered and sometimes true to our values and principles. We can learn how to be true to ourselves, the planet and all life in a way that brings joy and peace.)
– Harold Brown

Campus Room

Weight Loss: Fun Tips
– Myriam Parham, RD, CDE, CLC

Scholar's Room

The Deed Shapes the Heart: Lessons from Big Pharma (A unique first hand account of how our personal food choices drive the pharmaceutical industry, and impact most of the problems facing humanity today) – JoAnn Farb

President's Room

Birding for a Small Planet (“Green Birding” is a new approach to birding that doesn't use fossil fuel, has minimal impact on the environment, and gets you exercising. Learn to be the eyes and ears of the planet as a citizen-scientist, by submitting your observations to the Cornell Laboratory of Ornithology) – Ted Barnett

4:10 – 5:10 PM – EXERCISE

Meet in front of Living Learning Center

Hiking – All fitness levels. Explore the trails that surround the area (Please bring water, appropriate footwear & because of the brush along the trail you may want to wear long pants)
– John Pierre

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

7:15 PM - OPENING PLENARY SESSION

Pasquerilla Performing Arts Center
Musical Prelude – Performed by Sarina & Sammi Farb (Begins 15 minutes before the plenary)

Emcee – Maribeth Abrams

The North American Vegetarian Society Welcomes You

Guide to Summerfest, Announcements

Clever Cows and Smarty Ants: Intelligence, Creativity and Caring in the Non-Human World
 – Rae Sikora (30 min)

I Stand

– Sung by Sarah Schlueter Eisman, accompanied by Marshall Pratt on piano

Paleo Diet Myths and Realities
 – Brenda Davis, RD (20 min)

Draw-a-long: FOOD 'TUDE What foods and eating patterns lead to vegetarianism and veganism? We explore this question with help from you – Vance Lehmkuhl (20 min)

Reversing Western Killer Diseases with a Fork and Knife – Hans Diehl, DrHSc, MPH, FACN (40 min)

9:40 PM – GET ACQUAINTED PARTY

(or immediately after the plenary session)
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 PM – EVENING SKY WATCHING

Meet at the Front Entrance to Living Learning Center
 After telescopic views of Saturn and a tour of bright stars, we depart at 10:45 PM for the baseball field to view the Milky Way and deep-sky objects – Led by Robert Victor

THURSDAY, JULY 4

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 sight and sound (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 – 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: Vance Lehmkuhl

Peering Into Our New Human Ecology
 – Will Anderson (20 min)

KINDred in Tooth and Claw: The Virtuous Face of Nature – Jonathan Balcombe, PhD (30 min)

PLANT- Based Eating and Cancer Risk Reduction – George Eisman, RD (10 min)

10:00 – 11:00 AM

Engineering & Science Bldg. - Auditorium
Discovering the WHOLE Truth (How are we supposed to make sense of all the conflicting advice we receive daily from government, scientists, the media, non-profits, and our friends and neighbors? It's time to reclaim our power from the hordes of so-called experts and authorities who profit from our confusion. This presentation explores the evidence for and against the whole-food plant-based diet, and shows how to become a critical and informed consumer of health information)
 – Howard Jacobson, PhD

THURSDAY, JULY 4 (con't)

Heritage Hall A

Raw Vegan Diet: Myths and Realities

– Brenda Davis, MD

Heritage Hall B

Integrating Vegan into Your Fabulous Lifestyle

(This presentation showcases great examples for preparing and storing food, going to restaurants, vacationing and having fun while still successfully maintaining compassionate vegan principles)

– Mary Clifton, MD

University Room

Are Humans Designed to Eat Meat: Part 1

– Milton Mills, MD

Campus Room

Spare an Animal: Eat a Vegetable

(Farm animals' lives are spared when we don't eat them; nothing could be more obvious. But do we think about how our eating habits impact the other animals—those who live in nature? Whether kept in high-volume holding areas or maintained as free-range, animal products pit the producers against free-living animals. Find out how in this interactive presentation) – Lee Hall, JD

Scholar's Room

The Real DaVinci Code: Can the DaVinci Code and History be Decoded to Show that Leonardo DaVinci was an Ethical Vegetarian? – Rynn Berry

10:00 – 12 NOON – FOOD DEMONSTRATION

Heritage Hall C

Wild About Greens – Nava Atlas

11:15 – 12:15 PM

Engineering & Science Bldg. - Auditorium

Reversing Heart Disease (This presentation will review in detail the coronary epidemic, its underlying risk factors largely effected by diet and the outcome of these concepts when rigorously applied and documented, as done by Ornish, Esselstyn, and others)

– Hans Diehl, DrHSc, MPH, FACN

Heritage Hall A

Pillars of Health: The 4 Solid Principles that Increase Long Term Vibrant Wellness (Learn the tools and techniques that will fortify your health “pillars,” leading to increased energy levels, better moods, enhanced cognitive abilities, and a renewed desire to explore more fun physical motion) – John Pierre

Heritage Hall B

COMMUNITY OUTREACH: MAKING A DIFFERENCE

Joyfully Vegucating Your Community (Simple outreach that doesn't take any particular skills, vast amounts of money or lots of time. Create lasting change using simple techniques that you can put to use right away!)

– Rae Sikora & Jim Corcoran

Campus Room

The Case of the Lapsed Vegetarian: What Happened, and What do We do About it?

(Learn how to prevent this from happening to you – and others you know. Find out how nutritional deficiencies can lead to unnecessary cravings, and what corrective steps can be taken)

– Mark Rifkin, RD

Scholar's Room

What About Plants? When Non-vegans Ask

Us Challenging Questions (A look at the provocative questions that non-vegans enjoy posing to us. Learn helpful hints in approaching, thinking about, and fielding these questions with confidence and grace) – Sherry Colb, JD

Terrace Room / LLC

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

A Movement We Can Believe In: Reclaiming the Integrity of Authenticity of Our Work for Justice

(Experienced activists in the US and around the world are troubled by the direction taken in recent years by organizations that dominate animal advocacy. How can we clarify the boundary between an authentic justice movement and the compromised, co-opted “McMovement” that has aligned itself with animal exploiters, increasingly becoming an unapologetic vehicle for promoting “humane” animal products? How can we become more clear about which forms of activism build the foundation of the society we want to help create, and which forms undermine it? Bring your questions and ideas to this structured dialogue)

– James LaVeck

1:45 – 2:45 PM

Engineering & Science Bldg. - Auditorium

Strong Bones for Life – Paulette Chandler, MD

Heritage Hall A

PLANT- Based Eating and Cancer Risk Reduction
 (How to address the public, the latest on why vegetarian diets lower cancer risk and how to get that message across) – George Eisman, RD

Heritage Hall B

Finding Our Way to a Humane and Environmentally Sane Future (An unflinching look into the documented condition of Earth's ecosystems, her people, and the individuals from other species who feel the impact of our activity on this planet. We will employ the concept of human ecology to understand why veganism is the leading edge and connected to other changes needed to reform human behavior essential to our survival) – Will Anderson

University Room

Fecal Contamination in Retail Poultry (From the hatchery to the processing plant chickens produce an enormous amount of feces. The USDA measures the level of fecal contamination by visual inspection and intermittent bacterial testing. Learn what tests at retail grocery stores have shown) – Joseph Gonzales, RD

Campus Room

Never Too Late To Go Vegan – Great News for Anyone Over 50 (This workshop will touch on nutrition, family expectations and dynamics, care-giving, legacy, friendship, and other issues. Whether you are just starting to move toward a vegan diet or have been a vegan for decades, come learn and share the unique perspective of the wise men and women who have lived and learned for at least half a century) – Patti Breitman

Scholar's Room

How to Set up Your Vegan Pantry
 – Chef Fran Costigan

President's Room

Plant-Based Diets: An In-Depth Review of Recent Peer-Reviewed Publications
 – Chris Hirschler, PhD, MCHES

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall C

The Best Of Unprocessed: Chef AJ's Favorite Plant Indulgent Recipes without Sugar, Oil or Salt

3:00 – 4:00 PM

Engineering & Science Bldg. - Auditorium
The Role of Diet in Preventing, Arresting, and Reversing the 15 Leading Causes of Death
 – Michael Greger, MD

Heritage Hall A

Gospel of Green Smoothies (What are green smoothies? How do you make them? Will they cause kidney stones? Learn how green smoothies have gone from “weird drink” to Oprah and how to make them so everyone will love them! Includes recipes, but is not a demo) – Sharon Greenspan, CHHP, HTP, MED

Heritage Hall B

The 5 Minute Fitness Solution (Food may form the foundation of your health, yet how you move - or don't move - your body holds just as much power for creating vibrant personal health. You know you should exercise, but where do you fit it in? The good news is that it needn't mean extensive grueling exercise sessions or having to find big chunks of time for getting your workouts done. That's the power of the 5 minute fitness break - combined with a whole-foods, plant-based diet - to deliver strength, shape, health, and vitality of body and mind) – Lani Muelrath, MA, CGFI, CPBN

University Room

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 - is) Panel: Vance Lehmkuhl (moderator), Lee Hall, Amie Hamlin & Rae Sikora

Campus Room

The Meat Crisis and Climate Change (An examination of why animal-based foods are top contributors to climate change and some of the real-life consequences for people and animals. While the connection encourages some to reduce meat consumption, others are using it to advocate intensifying production (factory farms) and livestock “rights.” We'll also look at how increases of greenhouse gases are reasons that counter the environmental claims of local and grass-fed cattle. The session concludes with talking points and easy-to-use handouts to improve the quality and expand the reach of our advocacy) – Dawn Moncrief, MS

Scholar's Room

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

THURSDAY, JULY 4 (con't)

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 – Adults only - Sneakers required) – Isabel Marmolejo

4:15 – 5:15 PM

Engineering & Science Bldg. – Auditorium
CHIP (Complete Health Improvement Program):
Clinical Results of a Cost Effective Lifestyle Modification Program

– Hans Diehl, DrHSc, MPH, FACN

Heritage Hall A

The Raw Truth - Bring Your Questions (This workshop, led by raw food specialists, will answer your questions about how to get started living a raw food lifestyle, making raw foods a business or career choice, or making food easy, delicious, and nutritious) – Cherie Soria & Dan Ladermann

Heritage Hall B

Eating Your Way Out of Diabetes

– Myriam Parham, RD, CDE, CLC

University Room

Vegan Dilemmas: When Life Isn't Black or White (Life's choices aren't always simple or clear-cut for vegans. Is it possible to remain true to our beliefs in compromising situations? Bring your questions and let's jointly explore the "gray areas" of being vegan) – Jo Stepaniak with Michael Stepaniak

Campus Room

The Sound Of Silence (Sound is energy. The spoken word, music can either heal or hurt. This fun interactive session will explore the ideas and theories of quantum energies that help us evolve. Come! Sing! Dance! Farmer Brown will share his many years of singing experience and how music has been one of the anchors in life. Learn the Sufi dance of peace and how to really connect with other people) – Harold Brown

Scholar's Room

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

– Michael Budkie, AHT

Terrace Room / LLC

YOGA

Through gentle - flowing postures, storytelling, live music, and profound recordings you will be lead to a more natural state of being. **Beginners welcome.** (You may want to bring a blanket or towel) – John Calabria

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Musical Prelude – Rebecca Barnett
(Begins 15 minutes before the plenary)

Emcee – Vance Lehmkuhl

PlantPowered Life Transformation – From the Sedentary Throes of Overweight Middle Age to an Ultra-Distance Endurance Athlete
– Rich Roll (70 min)

Enjoying Life Without Limits: Foods for Optimum Energy, Achieving Vitality and Natural Anti-Aging
– Brian Clement, PhD, LN, NMD (60 min)

9:40 PM – KAROKE PARTY

(or immediately after the plenary session)

Heritage Hall – Living Learning Center

Join host vegan DJ Johnny V and let your talent shine at our Karaoke party with thousands of high quality digital songs of all genres to choose from using the latest professional software and sound system
Light refreshments available.

9:45 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

After telescopic views of Saturn and a tour of bright stars, we depart at 10:45 PM for the baseball field to view the Milky Way and deep-sky objects – Led by Robert Victor

FRIDAY, JULY 5

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 sight and sound (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

Engineering & Science Bldg. – Auditorium

Melatonin Power: Optimize Your Melatonin Levels for Health and for Disease Prevention
– Paulette Chandler, MD

Heritage Hall A

Fifty-Plus: Vitality Plus! (Learn how super-savvy seniors eat, think, move, and live so that we're aging in a different way from our peers)
– Victoria Moran

Heritage Hall B

The Ethics of Food Selection (How to tell others about all of the reasons to go in a plant-based direction when making food choices...Environment, Social Justice, Health, Compassion)
– George Eisman, RD

University Room

Blissful Beasts: The Significance of Animal Pleasure (This illustrated presentation outlines the basis for animal pleasure, provides examples of the many ways animals experience pleasure in their lives, and explores pleasures significant moral implications)
– Jonathan Balcombe, PhD

Campus Room

Cravings and Food Addiction (Learn why certain foods seem to 'call your name'; explore the similarities in behavior patterns between individuals addicted to alcohol, tobacco, or other drugs; our own relationships with food; Learn new techniques to help make the switch to better health!)
– Kerrie Saunders, MS, LLP, PhD

Scholar's Room

Planning a Community Vegan Taste Fest

– Myriam Parham, RD, CDE, CLC

President's 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 and Pythagoras) – Playwright Rynn Berry

10:00 – 11:00 AM

Engineering & Science Bldg. - Auditorium

The Key that Unlocks the Door (A step-by-step guide to the reduction or elimination of pain, fibromyalgia, headaches (migraines), forgetfulness, insomnia, fatigue, irritability, digestive problems and much more)
– Brian Clement, PhD, LN, NMD

Heritage Hall A

Diet and Cancer (The links between inflammation and diet are clearer than ever. Learn how whole foods are increasing or decreasing your risk for cancer initiation and promotion)
– Mary Clifton, MD

Heritage Hall B

Carnist, Vegetarian, or Vegan and Why? (The simple concept of cause and effect will be explored in a factual, nonjudgmental presentation of the three dietary choices. The influential support for the omnivorous diet described in the Omnivore's Dilemma will be challenged. The three choices will be examined for their environmental, human health and welfare, and species rights outcomes) – Will Anderson

FRIDAY, JULY 5 (con't)

University Room

Ask the Kids: Growing Up Vegan (Learn about what it is like to be raised vegan. Bring your questions to ask this group of vegan kids directly what worked, and what didn't. How did they handle specific challenges?)

- Amie Hamlin (moderator)

Campus Room

Vegetarians in the Media (Media: Can't live with it; can't live without it. Here are the highlights, lowlights, and funny bits of the year in mainstream and social media channels as they show vegetarian dining and living. Includes ideas for engaging the media)

- Lee Hall, JD

Scholar's Room

Future Trends - Meat and Global Hunger (Learn details about why global meat consumption is predicted to double over the next 50 years due to increasing population and increasing per person consumption. We'll then go beyond the widespread "it's distribution not scarcity" misunderstanding to find out how meat consumption (and the scarcity it creates) undermines hunger-alleviation efforts. Learn why reversing America's "over"-consumption is a powerful tool for global change) - Dawn Moncrief, MS

President's 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, AHT

10:00 - 12 NOON - FOOD DEMONSTRATION

Heritage Hall C

The Raw, Cooked and Pressure Cooked: Fast, Fresh and Easy - Jill Nussinow, MS, RD

11:15 - 12:15 PM

Engineering & Science Bldg. - Auditorium

Pain Elimination Through Natural Living

Choices: Question & Answer Session

- Brian Clement, PhD, LN, NMD

Heritage Hall A

Advantages of Plant-Based Diets and Chronic Disease: An Update (A look at the evidence

- including many new studies released this year - suggesting advantages to plant-based diets with regards to chronic diseases) - Brenda Davis, RD

Heritage Hall B

Put Your Colon to Work for You (How the human colon affects our health and physiology)

- Milton Mills, MD (with Roberta Schiff)

Campus Room

Vegan is NOT a Diet (The assumption that veganism is another passing diet trend is part of why many people do not take veganism seriously or stay committed to it. Ethical veganism is more than what we eat. This program will explore all aspects of ethical veganism and how to share this life-changing path with others)

- Rae Sikora

Scholar's Room

Relationships Workshop: Tips on Improving Your Dating - Anne Dinshah

Terrace Room / LLC

YOGA

Through gentle - flowing postures, storytelling, live music, and profound recordings you will be lead to a more natural state of being. Beginners welcome. (You may want to bring a blanket or towel) - John Calabria

11:15 - 12:30 PM

University Room

Invasion of the Movement Snatchers - 2013 Edition (Over the past eight years, the US animal advocacy movement has been co-opted at a remarkable pace. A marketing scheme dreamed up by the meat industry and wealthy animal protection organizations to increase consumption of "humane" animal products has marginalized and displaced authentic justice advocacy. Those who once directly challenged the use and killing of animals are now promoting people, companies and technologies that use and kill animals "the right way." How could this reversal have happened?) - James LaVeck

President's Room

COMMUNITY OUTREACH: MAKING A DIFFERENCE Local Vegetarian Groups: Starting One & Keeping it Alive (Panel Discussion) - Ted Barnett (moderator) Lois Angeletti, Carol Barnett, Amie Hamlin & Roberta Schiff

1:45 - 2:45 PM

Pasquerilla Performing Arts Center

McDougall's Mentors (Learn how the McDougall Program developed with an emphasis on the men who served as his mentors, especially during the first decade of his medical career)

- John McDougall, MD

Engineering & Science Bldg. – Auditorium
Raw Food: Dangers and Doing It Right! (Are you worried about getting your nutritional needs met on a raw diet? Learn the differences between a recreational raw diet, real health diet and medicinal raw diet. Common questions will be addressed. Strategies for implementing changes and telltale signs for when to consult a professional will be described. Information about necessary kitchen appliances and food preparation will be discussed)
 – Sharon Greenspan, CHHP, HTP, MEd

Heritage Hall A
Show Me The Plants! How to Carve Your Figure With Your Fork and Other Secrets to Weight Loss Success (Learn the 3 rules of satiety and other secrets to lasting weight loss - without going hungry or working out like a maniac - with a plant-based diet, simple exercise, and a simple workout for your willpower) – Lani Muelrath, MA, CGFI, CPBN

Heritage Hall B
Food Activism: Is Eating Vegan Equivalent to Being Vegan? (Some vegans bristle when the term is applied to those simply following a plant-based diet. But might changes in food consumption patterns do as much to affect an ideological paradigm shift as the most cogent logical arguments? Market trends, social evolution and recent research on the psychology of meat-eating will be discussed in the context of moving a large population toward a truly vegan world) – Vance Lehmkuhl

University Room
You Are Not the Only One (It's difficult when you are the only vegan at work or in your family. Learn how to find like minded people in your own community and build support systems for your vegan lifestyle) – Patti Breitan

Campus Room
Judaism and Vegetarianism
 – Richard Schwartz, PhD

Scholar's Room
Putting Animal Rights back into the Animal Rights Movement (Why Animal Liberation advocates need to return the Movement's founding message (the Abolitionist perspective) to the forefront of their campaigns) – John Morino

Owen Library Field
CIRCUS TRICKS PLAYSHOP
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
Raw Food for Cooked Food Lovers (Make raw food taste even better than cooked!)
 – Cherie Soria and Dan Ladermann

3:00 – 4:00 PM
Engineering & Science Bldg. - Auditorium
Health & Fitness Panel: Question and Answer Session (For beginners to athletes and everyone in between) – John Pierre, Rich Roll & Jameth Sheridan, DHM

Heritage Hall A
You Aren't Dead, Yet - Nutrition Needs Shift at Age 50 & 70 (Find out what the latest research shows) – Marty Davey, MS, RD, LDN

Heritage Hall B
How Not to Prevent Disease: A History of U.S. Dietary Recommendations (A look at the origins of official nutritional advice reveals a tangled web of corporate influence and conflict of interest. Track the evolution of the Food Groups, Food Pyramid, MyPyramid, and MyPlate; and learn how official guidelines are moving ever closer to PCRM's vegan Power Plate. This session will help you to be persuasive with skeptical non-vegans)
 – Ted Barnett, MD

University Room
Locavore, Paleo, and Other Such Nonsense (What is up with all of these seemingly new diets and lifestyles? Farmer Brown will share his perspective of these phenomena from the viewpoint of someone who deals daily with people who are moving away from plant based diets and toward animal centered lifestyles. How do we deal with these folks? Come share your experiences and together we can find a way to undo the rhetorical spin) – Harold Brown

Campus Room
The Sweets Dilemma: Can You have a Treat and be Healthy Too? – Chef Fran Costigan

Scholar's Room
Guide to Staffing Tables & Leafletting for Animal Rights & Vegan Advocacy (Learn Five Do's and Five Don'ts of effective leafletting and tabling, starting with the admonition to READ the information you are distributing and NEVER distribute literature that you have not personally read and agreed with) – Karen Davis, PhD

FRIDAY, JULY 5 (con't)

President's Room

How to Create a Website Easily and Quickly for Your Organization – Phil Allamong, BS, CMT, CTN

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 – Adults only – Sneakers required) – Isabel Marmolejo

OUTDOOR COOPERATIVE GAME: EVERYBODY IS A WINNER

Meet in front of Laurel Hall

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

4:10 – 5:20 PM – PLENARY

Pasquerilla Performing Arts Center

Musical Prelude – Nathaniel Barnett

Emcee – Vance Lehmkuhl

The Quiet Voice that Shakes the World: How Animal Consciousness Inspired and Transformed Tolstoy, Gandhi, and Schweitzer

– James LaVeck (45 min)

Exciting Successes for Healthy School Food

– Amie Hamlin (15 min)

5:00 – 11:00 PM

WEEKEND PACKAGE REGISTRATION

Living Learning Center Lobby

7:15 PM – PLENARY

Pasquerilla Performing Arts Center

Piano Prelude – Sandy Yagendorf

(Begins 15 minutes before the plenary)

Emcee – Maribeth Abrams

The Starch Solution

– John McDougall, MD (2 hrs)

9:30 PM – EVENING SOCIAL

(or immediately after the plenary session)

Heritage Hall – Living Learning Center

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

9:45 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

After telescopic views of Saturn and a tour of bright stars, we depart at 10:45PM for the baseball field to view the Milky Way and deep-sky objects – 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 Vance Lehmkuhl

Please visit our exhibitors & the NAVS bookstore

SATURDAY, JULY 6

4:30 – 5:20 AM – PREDAWN SKY WATCHING

Meet at the flagpole near Blackington Hall
Watch for the rising of Mars, Jupiter and the old crescent Moon (preview of stars of October evenings) – 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 sight and sound (Binoculars optional, but desirable) – Ted Barnett & Jonathan Balcombe

6:15 – 7:30 AM – YOGA

Heritage Hall A
Through gentle - flowing postures, storytelling, live music, and profound recordings you will be lead to a more natural state of being. Beginners welcome. (You may want to bring a blanket or towel) – John Calabria

6:30 – 7:30 AM – TAI CHI

Basketball Court across from Laurel Hall
(Tai Chi for Wellness is easy to learn and fun to do - no physical prowess is required. Learn to relax and enjoy life) – Phil Allamong, BS, CMT, CTN

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

Chicken Versus Chickens – What is the Difference & Why Does it Matter? – Karen Davis, PhD (20 min)

Vegan Dining at the Academy of Culinary Arts – Freya Dinshah (10 min)

Memory, Movement and Mood: Applying the Science and Harvesting Results – Stephan Esser, MD (30 min)

10:00 – 11:00 AM

Engineering & Science Bldg. – Auditorium
How to Make Your Vegan Diet Rock Solid & Exposing Diet Myths (Covers calcium, D2 versus D3, Omega 3s, B12, iron, protein, soy, and raw or not raw) – Jameth Sheridan, DHM

Heritage Hall A

Beans, Beans: Good for Your Heart and Much More (A review of beans and other legumes from around the world, with nutrition info, reference to important health studies and how to use them in innumerable ways) – Jill Nussinow, MS, RD

Heritage Hall B

Waist Away: How to Lose Weight Joyfully and Supercharge Your Life – Mary Clifton, MD

University Room

The Interconnectedness of Life (Awaken to the world that is in front of us. The daily, mundane routines of life tend to keep us from seeing and appreciating the wonders operating in our lives. What is necessary to realize our potential as activists and not be ground down by the dominant culture that is all around us? This interactive session will look at what works and doesn't work in living a more rewarding life. Make this your jumping off point to change the world!) – Harold Brown

Engineering & Science Bldg. – Room 200

Vegetarian Responses to Climate Change, and How to Explain Them in Ordinary Conversations (This session will provide some easy, memorable, and valid points to raise even in the briefest conversation and brings the most up-to-date knowledge into a format useful for everyday decisions and discussions) – Lee Hall, JD

Campus Room

How to Please Everyone with Delicious Vegan Recipes (An interactive presentation) – Anne Dinshah

Scholar's Room

Issues in Raising Vegan Children (Panel) Mari-beth Abrams, MS, CNC (moderator) Marty Davey, MS, RD; Amie Hamlin; Vance Lehmkuhl & Myriam Parham, MS, RD, LDN

10:00 – 12 NOON - FOOD DEMONSTRATION

Heritage Hall C

Gluten-Free Vegan: Innovative Dishes that will Satisfy any Breakfast or Brunch Crowd – Allyson Kramer

SATURDAY, JULY 6 (con't)

10:15 - 12:15 PM

SCREENING PRESENTATION

Blackington Hall 138

Behind the Lens, Behind the Eyes: The Art of Social Justice Filmmaking

Tribe of Heart's documentaries explore the ethics of the human-animal relationship, and were made with the intention of fostering a paradigm shift for viewers across cultures and from all walks of life. In this multi-faceted presentation, scenes from Peaceable Kingdom: The Journey Home and The Witness will be shown as a jumping off point for filmmakers and film subjects to discuss the personal and creative challenges posed by this unique form of activism. Offering both inspiring and amusing behind-the-scenes insights, and inviting the audience to participate in the group dialogue, this session will be of equal interest to film buffs, animal lovers, and social justice advocates)

- James LaVeck & Jenny Stein

11:15 - 12:15 PM

Engineering & Science Bldg. - Auditorium

Women's Cancers: A Unified Theory

- Stephan Esser, MD

Heritage Hall A

Stay Young Longer (Learn how to achieve more energy and greater health, put a stop premature aging, and become more beautiful inside and out, with a balanced high-raw vegan diet!)

- Cherie Soria

Heritage Hall B

Winning at Weight Loss with an Earth-Friendly Diet - Kerrie Saunders, MS, LLP, PhD

Engineering & Science Bldg. - Room 200

What I Wish I'd Known (What have you learned recently that you wish you'd known when you became a vegan? Now that people are becoming vegans in record numbers, let's make it easier for them by sharing what we know now but didn't know when we first became vegans. What did you do with your leather shoes, bags, and belts? How do you tell people who invite you to the annual barbecue that you don't want to eat what they're grilling? Explore these questions and more. Share your experience or learn from others) - Patti Breitman

Campus Room

Supplementing Your Diet with Wild Edible Plants

(Includes a short around-campus walk, learn some of the common plants we can nibble on for extra nutrition) - George Eisman, RD

Scholar's Room

How to use Meetup.com for Vegan Networking

(Learn about the many useful features of Meetup that are helpful to individuals and groups who want to share information, communicate, and set up events) - Victoria Mangus

President's Room

Phytonutrients for Life (These amazing nutrients can do so much for us health wise. Find out about their importance and easy ways to maximize their benefits in your life) - Jim Corcoran

Terrace Room / LLC

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 & Richard Schwartz

1:45 - 2:45 PM - PLENARY

Pasquerilla Performing Arts Center

Emcee: Lorene Cox

Shocking Truths about Vegan and Raw Food Diets that You DON'T Know!

- Jameth Sheridan, DHM (60 min)

2:00 - 4:00 PM - FOOD DEMONSTRATION

Heritage Hall C

Artisan Vegan Cheese - Miyoko Schinner

3:00 - 4:00 PM

Engineering & Science Bldg. - Auditorium

Cutting Edge Vegan Nutrition: An Update

(Addresses nutrients of concern)

- Brenda Davis, RD

Heritage Hall A

The 5 Minute Fitness Solution (Food may form the foundation of your health, yet how you move - or don't move - your body holds just as much power for creating vibrant personal health. You know you should exercise, but where do you fit it in? The good news is that it needn't mean extensive grueling exercise sessions or having to find

big chunks of time for getting your workouts done. That's the power of the 5 minute fitness break - combined with a whole-foods, plant-based diet - to deliver strength, shape, health, and vitality of body and mind) - Lani Muelrath, MA, CGFI, CPBN

Heritage Hall B

Sprout Happy! (Learn how you can grow live, organic food in your kitchen for just pennies! Several systems will be demonstrated and the benefits and pitfalls of each will be discussed, along with why some systems are better for certain kinds of sprouts than others) - Sharon Greenspan, CHHP, HTP, MED

University Room

The Inner Lives of Fishes (Fishes are the most exploited and perhaps most misunderstood of all animals. Today, scientific study is revealing what compassionate observers may have suspected all along: fishes are sentient, cognitive, and emotional) - Jonathan Balcombe, PhD

Engineering & Science Bldg. - Room 200
Public Speaking for Vegan Businesspeople and Activists - Victoria Moran

Campus Room

Active Ahimsa (Living while causing the least harm possible, but more than that, actively trying to spread peace and nonviolence to all beings) - John Calabria

Scholar's Room

COMMUNITY OUTREACH: MAKING A DIFFERENCE
Changing Food in Schools (A presentation and discussion session) - Amie Hamlin

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 - Adults only - Sneakers required) - Isabel Marmolejo

3:15 - 5:15 PM - DOCUMENTARY SCREENING **Blackington Hall - Room 138**

BETHANY'S STORY: The Power from Within
- This compelling documentary is about a 13-year-old girl who had become paralyzed by a bad reaction to medication and after seeing many doctors and specialists for 3.5 years was told she would never walk again. After adopting

a raw food diet she immediately got movement in her feet and after a few short months completely recovered from her paralysis and got out of her wheelchair. The film chronicles the girl's illness from its onset to her recovery and includes powerful interviews with prominent doctors and nutrition experts including: Dr. Neal Barnard, Dr. Brian Clement, Dr. Gabriel Cousens, Dr. Michael Greger, Brenda Davis R.D. and Dr. Lewis Mel-Madrona. This is an example of the healing power of raw foods that is far too dramatic to be ignored! (Introduced by Executive Director Janet McKee and followed by a question and answer session)

4:15 - 5:15 PM

Engineering & Science Bldg. - Auditorium
Shift Easy - the Psychology of Joyful and Sustainable Diet Improvement (Learn how to meet the challenges posed by the multi-billion dollar food industry that markets junk food and animal products, well-meaning friends and family who worry about where we get our protein and our own cravings that can hijack the best of intentions) - Howard Jacobson, PhD

Heritage Hall A

Evaluating Plant-Based Nutrition for Cancer Prevention and Survival (Researchers know more about the links between diet and cancer than ever before. Lowering body weight, limiting fat intake, and avoiding animal products can significantly help cut cancer risk) - Joseph Gonzales, RD

Heritage Hall B

Speaking Green / Green Vegans and the New Human Ecology (Veganism has the opportunity to lead environmentalism, not follow it. The reluctance of environmentalists and other social movements to acknowledge and embrace the innate solutions veganism provides will be addressed. This session will expand on the environmental impacts that arise from our food choices as well as how we can use veganism to heal the Earth, support social and economic justice, and reduce the threats of climate change) - Will Anderson

University Room

Are Humans Designed to Eat Meat: Part 2
(Useful even for those who didn't attend Part 1) - Milton Mills, MD

SATURDAY, JULY 6 (con't)

Engineering & Science Bldg. – Room 200
How to Teach Animal Rights to Students of All Ages (Lessons learned from years of successfully delivering compassion-themed presentations in elementary schools and colleges) – John Morlino

Campus Room
What Vegans Need to Know About Gluten, and How it Might Explain Why Some People Don't Feel Better on a Vegan Diet – JoAnn Farb

Scholar's Room
How to Create and Give a Cooking Demo Irresistible to All – Chef Fran Costigan

President's Room
The Single Best Kept Secret for Gaining a Massive Community of Followers While Simultaneously Increasing Website Rankings and Positioning Yourself as an Expert Your Field – Kristin Lajeunesse

5:30 – 7:45 PM
FAREWELL DINNER (Serving until 7:00 PM)
MUSIC by John Bolus

8:30 PM - SPECIAL PRESENTATION
Pasquerilla Performing Arts Center
Piano Prelude – Vance Lehmkuhl
(Begins 15 minutes before the plenary)

Emcee – Maribeth Abrams

Performance by the Summerfest Children

Vegetarian Hall of Fame – Induction Ceremony

DRAWING: Would you like to attend Vegetarian Summerfest 2014 for free? – At tonight's drawing 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.

Animal Free
Sing-a-long led by Vance Lehmkuhl accompanied by Skyler Lehmkuhl on guitar

The Latest in Nutrition 2013
– 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. You won't want to miss this one. (60 min)

IMMEDIATELY FOLLOWING THE SPECIAL PRESENTATION – UNTIL 1:00 AM
EVENING SOCIAL & DANCING

Heritage Hall Living Learning Center

It's our last night together, so you won't want to 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.

10:00 PM – EVENING SKY WATCHING

Meet at the Front Entrance to

Living Learning Center

After telescopic views of Saturn and a tour of bright stars, we depart at 10:45PM for the baseball field to view the Milky Way and deep-sky objects - Led by Robert Victor

SUNDAY, JULY 7

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

6:30 – 7:30 AM – EXERCISE
Studio Theatre
Pasquerilla Performing Arts Center
ZUMBA (This Latin inspired fitness program combines dance and aerobic elements. Zum-

ba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Appropriate for all fitness levels – Adults only - Sneakers required) – Isabel Marmolejo

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)
Music by Ted, Nathaniel, Elizabeth and
Rebecca Barnett

8:30 – 9:30 AM

Engineering & Science Bldg. – Auditorium

Unraveling the Sugar Cube:

Diabetes and Lifestyle – Stephan Esser, MD

Heritage Hall A

**Question & Answer Session
with Dr. Michael Greger**

Heritage Hall B

**Envisioning the Future: What Does a Vegan
Human Ecology World Look Like?** (This session
will present the Seven Results of the New Human
Ecology as if accomplished, each of which is
connected in greater or lesser degrees to a vegan
human ecology. This will be a pleasant visual
reminder of the beauty we can save and restore
with our dietary and other changes in human
behavior. We will celebrate what we are doing,
and witness what is possible) - Will Anderson

Engineering & Science Bldg. – Room 200

Reading Food Labels (How to get the relevant
information off of the nutrition facts printed on
food packages) - George Eisman, RD

University Room

Veganism, Spirituality, & Spiritual Community

(This interactive class will focus on how veganism
and reverence for life can be part of one's spiri-
tual path. We'll also talk about being accepted
among one's peers, whether in a church, syn-
agogue, or yoga center, where vegans are an
inevitable minority) - Victoria Moran

Campus Room

Affecting Vegan Change: A Successful

Nutritional Software Conversion (See how the
nutritional recommendation software at RJL
Systems was upgraded to vegan selections!
Learn how it happened and how YOU can effect
changes in your favorite food or recipe database)
– Kerrie Saunders, MS, LLP, PhD

Scholar's Room

**Raising Healthy Compassionate Children from
Birth: Ideas Conscious Parents will Want to
Consider** – JoAnn Farb

President's Room

***Moving Beyond the Rhetoric of Apology for Ani-
mal Rights to Affirmative Activism*** (In order to

avoid contributing to the very attitudes toward
other animals that we seek to change, we need
to stop “apologizing” for animals and our feel-
ings for them, as epitomized by the “I know I
sound crazy for caring about a chicken, but . . .”
or “I know most people think chickens are stupid,
but . . .” or “even though other animals aren't as
smart as we are . . .”)

- Karen Davis, PhD

9:45 – 10:45 AM

Engineering & Science Bldg. – Auditorium

***Applying the Precautionary Principle to Nutri-
tion and Cancer*** (Scientific studies have clarified

many aspects of how foods affect cancer risk,
prompting leading organizations to issue rec-
ommendations for cancer prevention. There are,
however, a number of areas in nutritional science
in which scientific evidence has been insufficient
for authorities to issue guidance with confi-
dence. There are areas in which the evidence of
a dietary influence on cancer risk is substantial,
even if not conclusive. Learn about the specific
areas where evidence is sufficiently compelling
to merit dietary changes - Joseph Gonzales, RD

Heritage Hall A

Hard-Core Alternative Medicine, Vegan Style

(This session will cover key topics on natural
health and healing including: whole food organic
vegan diets, percentages of raw and cooked, juic-
ing, the best way to go on a cleanse and detox to
improve major diseases; supplements and hav-
ing the motivation to make changes)

- Jameth Sheridan, DHM

Heritage Hall B

The Brain Gut Connection

- Paulette Chandler, MD

University Room

***Healing the Pain of an Open Heart: How Activ-
ists can Transform Despair into Empowerment***

(This presentation will offer insight and practical
methods for healing and renewal based on the
experiences of long-term justice advocates, past
and present) - James LaVeck

Campus Room

What's Wrong With the Paleo Diet Hypothesis

- Milton Mills, MD (with Roberta Schiff)

SUNDAY, JULY 7 (con't)

Scholar's Room

Vegans Aren't Perfect (We are the co-creators of the world as it is and as it could be. While vegans live their values in certain ways, there are many inconsistencies in how our choices as consumers are affecting animals and the environment. Learn ways to bring your values and your actions more in alignment) - Rae Sikora

President's Room

Vegan Prenatal & Breastfeeding Diet - Myriam Parham, RD, CDE, CLC

11:00 - 12:10 - PLENARY

Pasquerilla Performing Arts Center

Piano Prelude - Elizabeth Barnett
(Begins 15 minutes before the plenary)

Eemce - Maribeth Abrams

Why a Shift to Vegan Diets is Essential to Avoid Climate and Other Environmental Catastrophes
- Richard Schwartz, PhD (10 min)

Understanding that Compassion is a Journey - Not a Destination - John Morlino (12 min)

Taking the Brilliance Home - Victoria Moran (40 min)

CLOSING REMARKS

Maribeth Abrams

2:00 - 3:00 PM

Heritage Hall A

Elements of Ayurveda (A simple introduction to Ayurvedic philosophy that includes the history of this ancient vegetarian healing system, how to make Ayurveda vegan, how to discover your body type and the magic of the Ayurvedic daily routine - with lots of practical take-homes on ways to improve health and well-being)
- Victoria Moran

Heritage Hall B

Meat Eating & the Biology of Disgust
- Milton Mills, MD

University Room

Are You Confused by the Diet Recommendations of the Westin Price Foundation? - What's Wrong with Their Ideas? Question & Answer Session (Get your unresolved questions answered)
- Bob LeRoy, RD, MS, EDM

Campus Room

Toward a Vegetarian Conscious US by 2016
- Richard Schwartz, PhD

Scholar's Room

Twenty-one Salient Hallmarks of Religions that Promote Vegetarianism, and Compassionate Eating (Learn about how religions such as Jainism, Buddhism, Taoism, Hinduism, 7th-Day Adventism, Gnosticism, etc have these common features)
- Rynn Berry

Please take a moment to fill out our questionnaires. All attendees must be checked out of their rooms by 3:45 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 Table. The Bookstore is located in the Cambria Room of the Student Union. The NAVS Information Table 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 Table.

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 _____

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