

VEGETARIAN SUMMERFEST 2015 PROGRAM



July 8 - 12 ★ Johnstown, PA
Conference Center at Pitt-Johnstown

VEGETARIAN ²⁰ SUMMERFEST ¹⁵

41st 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, Scholar's Room, College Room, President's Room, Terrace Room; Blackington Hall: Room 131 & 138

Plenary Presentations

Pasquerilla Performing Arts Center

Food Demonstrations

Heritage Hall B & C, Living Learning Center

Morning Yoga

Heritage Hall A, Living Learning Center

Exercise Classes

Studio Theatre, Pasquerilla Performing Arts Center, Outside as designated

Children's Center

Laurel Hall Lower Lounge

Youth Activities

Locations as indicated in the Youth/Child Program

Evening Social Activities

Heritage Hall, Living Learning Center

NAVS BOOKSTORE

Located in the Cambria Room, Student Union.

EXHIBITS

1st & 2nd floor corridors, Student Union Lobby.

MEALS

Meals will be served Wednesday lunch through Sunday lunch in the following two locations in the Student Union: the Cafeteria on the 2nd floor and the Cambria Room on the 1st floor. The gluten free, raw and oil free stations will be located only in the cafeteria. Salad bars, entrees, side dishes, desserts and drinks are available in both locations. Meals will be served at the following times:

Breakfast:	7:30 AM – 8:30 AM
Lunch:	12:30 PM – 1:30 PM
Dinner:	5:30 PM – 6:30 PM
Farewell Dinner:	5:30 PM – 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 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. You will be charged full price for replacement tickets.

SWIMMING & FITNESS

Zamias Aquatic Center pool hours:

Wednesday	11:00 AM – 2:00 PM 3:00 PM – 7:00 PM
Thursday	10:45 AM – 2:00 PM 3:00 PM – 6:00 PM
Friday	11:00 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 – call 814-269-1900)

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

CHRIS ABREU-SUZUKI, PhD (NY) Co-author, *The Vegan Guide to NYC* (with scholar Rynn Berry); she and Rynn Berry performed his first vegan play, based on the life of Leonardo Da Vinci

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; culinary teacher

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*

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 Vegan Society; mother of three vegan children

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

PATTI BREITMAN (CA) Co-author of *Never Too Late to Go Vegan, 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

T. COLIN CAMPBELL, PhD (NY) Project director, China-Oxford-Cornell Diet and Health Project, the most comprehensive study of health & nutrition ever conducted; author *The China Study: Startling Implications for Diet, Weight Loss & Long-Term Health* and *WHOLE: Rethinking the Science of Nutrition*

ANNA CHARLTON, JD (PA) Adjunct Professor of Law at Rutgers University School of Law; co-author, *Eat Like You Care: An Examination of the Morality of Eating Animals*; co-founder of the Rutgers Animal Rights Law Clinic

JEFFREY COHAN (PA) Executive Director of Jewish Vegetarians of North America; writer of *The Beet-Eating Heeb*, a blog on theology-based veganism

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?*; co-author of the forthcoming book *Beating Hearts: Abortion and Animal Rights*

JIM CORCORAN (NM) Co-founded VegFund, Plant Peace Daily, Santa Fe Veg and VegMichigan; certified in the Living Foods Lifestyle; certified fitness instructor; his talks empower people to make informed and lasting changes in their lives

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

SPEAKERS (con't)

MARTY DAVEY, MS, RD, LDN (PA) Registered dietitian and alter-ego of 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

HANS DIEHL, DrHSc, MPH, FACN (CA) Founder of the Lifestyle Medicine Institute; Clinical Professor in the Dept. of Preventive Medicine at Loma Linda University's School of Medicine where his program has shown how lifestyle changes can prevent, arrest, and facilitate the reversal of many chronic diseases

ANNE DINSHAH (NY) Co-author of *Powerful Vegan Messages* and *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*, author of *Dating Vegans*; Vice President of American Vegan Society; lifelong vegan, third generation vegetarian

FREYA DINSHAH (NJ) Co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook* and author of *The Vegan Kitchen*; lifetime vegetarian (55 years vegan); President of American Vegan Society

MICHAEL C. DORF, JD (NY) Robert S. Stevens Professor of Law at Cornell University Law School; graduate of Harvard College and Harvard Law; co-author of the forthcoming book *Beating Hearts: Abortion and Animal Rights*

GEORGE EISMAN, RD (NY) Nutrition director of The Coalition for Cancer Prevention Through Plant-Based Eating; author of *The Most Noble Diet, A Basic Course in Vegetarian and Vegan Nutrition* and *Food Choices and Cancer: How Your Diet Affects Risk*

MYLAN ENGEL JR (IL) Professor of Philosophy at Northern Illinois University specializing in animal ethics and environmental ethics; co-author of *The Philosophy of Animal Rights: A Brief Introduction for Students and Teachers*

JOANNE EVANS, MEd, RN, PMHCNS-BC (MD) Executive Director of Healthy Nurses...Healthy Communities; holds a certificate in Plant-Based Nutrition from eCornell; has been a presenter on the topic of plant-based nutrition at many nursing conferences

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

GARY FRANCIONE, JD (PA) Co-author of *Eat Like You Care: An Examination of the Morality of Eating Animals*; Professor at Rutgers University School of Law; has been teaching animal rights and the law for more than 29 years; the first academic to teach animal rights theory in an American law school; co-founder of the Rutgers Animal Rights Law Clinic

REBECCA GILBERT (PA) Founder of the Yummy Plants vegan lifestyle website and the author of *It's Easy to Start Eating Vegan!*; former competitive figure skater, she healed from chronic joint pain by switching to a vegan diet

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) Physician specializing in clinical nutrition; founded NutritionFacts.org to provide informative daily videos and articles on nutrition research; author of *Bird Flu: A Virus of Our Own Hatching* and the forthcoming *How Not To Die*

LEE HALL, JD (PA) Author, lawyer, educator and grass-roots advocate connecting vegetarianism with ecology, climate and animal rights; President of Compassion for Animals, Respect for the Environment; author of *On Their Own Terms: An Animal-Rights Handbook for Classrooms and Communities*

★ PLEASE VISIT OUR EXHIBITORS AND THE NAVS BOOKSTORE ★

AMIE HAMLIN (NY) Executive Director of New York Coalition for Healthy School Food; responsible for first vegetarian public (non-charter) school in the United States; co-author of *Food UnEarthed: Uncovering the Truth About Food* curriculum for 4th and 5th graders

JULIEANNA HEVER, MS, RD, CPT (CA) Specializes in weight management in her private practice; author of *The Complete Idiot's Guide to Plant-Based Nutrition* and *The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan*

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*

ELLEN JAFFE JONES (FL) Author of *Kitchen Divided and Eat Vegan on \$4 a Day* and co-author of *Paleo Vegan*; certified personal trainer, certified running coach

JOEL K. KAHN, MD (MI) Preventive Cardiologist; Clinical Professor of Medicine at the Wayne State University School of Medicine; Director of Cardiac Wellness at Michigan Healthcare Professionals; author of *The Whole Heart Solution: Halt Heart Disease Now with the Best Alternative and Traditional Medicine*; devoted vegan, athlete and yoga practitioner

MICHAELA KARLSEN, MSPH (MA) Doctoral fellow in Nutritional Epidemiology at the Tufts Friedman Bloomberg School of Public Health; contributor to the book *Forks Over Knives: The Plant-Based Way to Health*; a founding employee and former executive director of the T. Colin Campbell Center for Nutrition Studies

KRISTIN LAJEUNESSE Founder of and blogger for the award-winning website *Will Travel for Vegan Food*; self-employed business and lifestyle strategist

JAMES LAVECK (NY) Co-founder of Tribe of Heart; producer of the film *Peaceable Kingdom: The Journey Home*, co-creator of HumaneMyth.org, a web resource encouraging truth, transparency and integrity in animal advocacy

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

BOB LEROY, RD, MS, EDM (NY/NC) Founder & Coordinator, Plant-based Prevention Of Disease (P-POD) national conference; NAVS Nutrition Advisor; public health nutritionist, educator and fitness instructor

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, MS (DC) Executive Director of A Well-Fed World, focusing on the detrimental effects of animal agriculture on world hunger, especially for women in low-income countries

BAXTER D. MONTGOMERY, MD, FACC (TX) Founder of Montgomery Heart & Wellness, a cardiology practice and wellness center; developed a food prescription program that enables individuals to reverse chronic conditions such as heart disease, hypertension, obesity, and diabetes without medications or surgeries

VICTORIA MORAN (NY) Author of *The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion, Main Street Vegan* and *The Love-Powered Diet*; founder and director of the Main Street Vegan Academy

SPEAKERS (con't)

CHRISTY MORGAN (TX) Author of *Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet*; vegan chef, cooking instructor, certified personal trainer; Editor-In-Chief of Definition Magazine for plant-powered women

ANA NEGRON, MD (PA) Board certified in Family Medicine; specializes in using plant foods for the treatment and prevention of obesity, hypertension, high cholesterol, hyperlipidemia, diabetes, arthritis, acid reflux, erectile dysfunction, acne, asthma and cancers

JILL NUSSINOW, MS, RD (CA) Nutrition specialist and culinary educator; author *Nutrition CHAMPS: The Veggie Queen's Guide to Eating and Cooking for Optimum Health, Happiness, Energy and Vitality*; instructor with the McDougall program

MYRIAM PARHAM, RD, CDE, CLC (FL) Clinical dietitian & certified diabetes educator at the Florida Hospital Zephyrhills; President and co-founder of Florida Voices for Animals; certified lactation consultant; mother of a vegan child

JULIE PIATT (CA) The creative force behind her Ultraman husband, Rich Roll and his amazing transformation through embracing a Plantpower lifestyle, Julie healed herself of what doctors thought was an incurable ailment; co-author of *The Plantpower Way*

JOHN PIERRE (CO) Personal trainer to top celebrities and Fortune 500 CEOs, his client list has included Ellen DeGeneres and Emily Deschanel; vegan nutrition and fitness consultant teaching the principles of compassionate living; author of *The Pillars of Health*

KATHY POLLARD, MS (PA) Instructor in plant-based nutrition for the T. Colin Campbell Center for Nutrition Studies, through eCornell; she is passionate about educating others about achieving optimal health through whole, plant foods

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

ALLISON RIVERS SAMSON (CA) Founder of the award-winning vegan bakery, confectionary & chocolaterie, Allison's Gourmet; author of the e-book, *Comfortably Yum*; holistic lifestyle coach; Nia Black Belt instructor

ALAN ROETTINGER (CO) Author, *The Almond Milk Cookbook, Extraordinary Vegan, Paleo Vegan*, among others; a private chef who has cooked in private homes and catered parties for high profile clients, from entertainers to presidents

RICH ROLL (CA) World-renowned vegan ultra-endurance athlete, wellness advocate, motivational speaker and podcast host; author, *Finding Ultra: Rejecting Middle Age, Becoming one of the World's Fittest Men, and Discovering Myself*; co-author, *The Plantpower Way*

KERRIE SAUNDERS, MS, LLP, PhD (MI) Author, *The Vegan Diet as Chronic Disease Prevention*; Served as a Global Diabetes Moderator & Food Demonstrator through the Physicians Committee for Responsible Medicine; Master's Level psychologist

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

HEATHER SHENKMAN, MD FACC (CA) Interventional cardiologist who encourages her patients to reduce their risk of heart disease through not only medication, but also a healthy lifestyle, including a plant-based diet and exercise

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

JENNY STEIN (NY) Co-founder of Tribe of Heart; director of the film *Peaceable Kingdom: The Journey Home*, co-creator of HumaneMyth.org, a web resource encouraging truth, transparency and integrity in animal advocacy

KATHY STEVENS (NY) Founder and director of Catskill Animal Sanctuary (CAS), author of *Where the Blind Horse Sings* and *Animal Camp*, a regular blogger on veganism and farmed animal issues for the Huffington Post

SARAH TAYLOR (WA) Faculty member, Nutritional Education Institute; author, *Vegan in 30 Days* and *Vegetarian to Vegan*; holds a Certificate in Plant Based Nutrition from Cornell University

MARCELLA TORRES (VA) Professional meal planner, dancer, PhD student in mathematical biology, and mother to a thriving vegan child; half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness

CAROLINE TRAPP, NP, CDE, FAANP (MI) Certified diabetes educator; adult primary care NP specializing in diabetes management; director of diabetes education and care, Physicians Committee for Responsible Medicine (PCRM)

DEREK TRESIZE (VA) Three-time natural bodybuilding champion and WNBF pro bodybuilder; A.C.E. Certified Personal Trainer, is certified in Plant-Based Nutrition, and holds a Bachelor of Science in Biology; half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness

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

MARY WENDT, MD (NY) 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*

ENTERTAINMENT

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

NATHANIEL BARNETT (NY) Choral composer, arranger, and director; lifetime vegan

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

SAMMI FARB (KS) Suzuki violinist, lifetime vegan

SARINA FARB (KS) Pianist, lifetime vegan

COLIN HILL (VA) Cellist, vegan since age 5

DJ JOHNNY V (OH) Vegan dee-jay

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

VANCE LEHMKUHL (PA) Cartoonist, songwriter and pianist

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

WEDNESDAY, JULY 8

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 ULTIMATE Weight Loss Program (We all know that weight is lost in the kitchen and muscle is built in the gym. This dynamic duo will show you how to do both. All of your questions about what foods and exercise best support weight loss will be answered. How addiction to certain foods can thwart your efforts will also be discussed) – Chef AJ and John Pierre

Heritage Hall B

Vegan Nutrition Throughout the Life Cycle

– Marty Davey, MS, RD, LDN

University Room

Improving Health On-the-Cheap

– Kathy Pollard, MS

Campus Room

Discovering Veganism: Personal Journeys and Fascinating History (Insights and guidance concerning the importance and practice of choosing a compassionate lifestyle)

– Freya Dinshah

Scholar’s Room

Stress Management and Relaxation for Greater Health and Happiness (Learn the definition and causes of stress and how to master techniques to prevent, manage and cope with daily and chronic stress) – Eileen Wieder Crone, RD, MS, ERYT-500

HIKE AND WRITE

Meet in Front of the Living Learning Center (Escape the buildings, breath some fresh air and discover the beautiful woods on campus! Hike will end with a short silent writing session using an easy technique to open your creativity)

– Rae Sikora

4:00 – 5:00 PM

Heritage Hall A

The CHIP Program: Changing Lives Through Wholistic Plant-Based Whole Foods Program

– Hans Diehl, DrHSc, MPH, FACN

Heritage Hall B

Flowers & the Human Intellect (Discussion of how our love of flowers and plants marks us as herbivores and how they influenced our health and development as a species) – Milton Mills, MD

Campus Room

Animal Agriculture and the Environment

(What is the impact of animal agriculture on the environment and what are sources of this information. We’ll look at climate change, air pollution, water pollution, habitat loss and resource depletion) – Jeffrey Cohan

Scholar’s 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. Together we can learn how to be true to ourselves, the planet, and all life in a way that brings joy and peace. Farmer Brown will share the universal challenges that have confronted him in being true to his core values. Come share your experiences and together we can come to be in tune to our hearts) – Harold Brown

College Room

The History of U.S Dietary Recommendations: From Terrible to Not As Bad (For years, the official dietary recommendations set forth by the USDA have been a formula for “how not to prevent disease,” largely because of the corporate influence of animal agriculture. But the USDA recommendations are gradually moving in the right direction, owing to the testimony of vegan experts and the mounting evidence for a plant-based diet)

– Ted Barnett, MD

Studio Theater

Pasquerilla Performing Arts Center

NIA TECHNIQUE (Fun and popular movement class, which includes Dance + Martial Arts + Yoga) – Allison Rivers Samson

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 – Sharon Jacks

7:00 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center
– Performed by Sarina & Sammi Farb

7:15 PM – OPENING PLENARY SESSION

Emcee: Maribeth Abrams

The North American Vegetarian Society Welcomes You

Guide to Summerfest, Announcements

Vegan Beyond Your Plate – Rae Sikora (30 min)

Marching to a Different Drummer: The Unexpected Challenges and Deep Rewards of Following Our Heart's True Calling
– James Laveck (25 min)

Vegetarian Summerfest as an Anchor in Raising a Vegan Family – Ted Barnett, MD (5 min)

The 7 “C’s” to Permanent Success with Dietary Changes – Chef AJ (30 min)

9:15 PM

(or immediately after the plenary session)

Heritage Hall - Living Learning Center GET ACQUAINTED PARTY

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

July 8-12 will give us excellent views of the Milky Way after nightfall. By the first night of Summerfest, the Moon won't rise until after 1:00 a.m. and subsequent nights will rise later each night, leaving all the evenings for Milky Way viewing. In July 2015 the planets will be very impressive for telescopic observation: Venus at greatest brilliance while displaying a crescent phase; Jupiter and its four moons discovered by Galileo; and Saturn with its rings.

After telescopic views of Venus, Jupiter and its four moons, and Saturn, we depart at 10:45 p.m. for the baseball field to participate in dark-sky viewing of the Milky Way and deep sky objects using binoculars and telescopes to explore the sky more fully. – Led by Robert Victor

THURSDAY, JULY 9

6:15 – 7:15 AM – EXERCISE

Track at the Athletic Field
BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear)
– John Pierre

6:30 - 7:30 AM – MEDITATION / YOGA CLINIC

Heritage Hall A
(You may want bring a blanket or towel)
– Julie Piatt

8:45 – 9:45 AM

Heritage Hall A
From Cripple to Champion (An inspiring, memorable narrative that highlights the effects of making lifestyle changes)
– Hans Diehl, DrHSc, MPH, FACN

Blackington Hall 131

What Do I Say When _____? (Interactive session - show up as a force for compassion in ALL situations! Come to this session with your most difficult dilemmas or communication issues in mind and learn how to turn them around) – Rae Sikora

Heritage Hall B

An Evidence Review of Randomized Controlled Trials Using Plant-Based Nutrition (This presentation provides a thorough inventory of previous research, by topic and by study design, tallying the robust base of evidence for a plant based diet) – Micaela Karlsen, MSPH

THURSDAY, JULY 9 (con't)

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) – Harold Brown

Campus Room

Meal Planning Made Easy (Cooking your own food is the way to health and happiness! But who has the time? Learn simple ways to make meal planning and cooking easy and doable. Also learn the how to eat healthfully no matter how busy your life is) – Christy Morgan

Scholar's Room

Healthy Fats, Healthy Hearts: A Review of the Evidence (Should oils and high-fat whole plant foods, such as avocado, nuts and seeds, be avoided by anyone with heart disease or seeking to prevent it? Do all these foods present risks for heart health? The heart-healthy picture is a bit more complex than has been suggested) – Mark Rifkin, MS, RD, LDN

College Room

Why Resistance Training is So Important to Your Fitness, and How a Plant-Based Diet Complements It (Learn why resistance training is vitally important to any fitness program due to its ability to increase lean body mass, metabolic rate, bone density, functionality, and balance and coordination; and how a whole foods plant-based diet provides the optimal fuel for this form of exercise) – Derek Tresize and Marcella Torres

President' Room

Community Outreach: Where Change Happens (Making friends and creating opportunities) – Freya Dinshah

10:00 – 11:00 AM

Heritage Hall A

The Secrets of Ultimate Weight Loss (Using sound scientific principles, learn how you can use a delicious, vegan diet for healthy weight loss and optimum health, that helped her lose over 60 pounds and help thousands of others achieve the health, and the bodies, they deserve) – Chef AJ

Blackington Hall 131

Vegan Nutrition 101: Myths and Counter Talking Points (A fundamental concern of anyone considering a vegan diet or sustaining it in the most healthful way is how to ensure adequate nutrient intake. This session will focus on debunking the most prevalent vegan nutrition myths. Counter talking points to arguments against Veganism's clear health advantages will be offered to help vegans have short, precise answers for all of the questions commonly asked by others) – Julieanna Hever, MS, RD, CPT

Heritage B

The Ethics of Eating – Part I: Ethical Vegetarianism from Pythagoras to Tom Regan (Philosophers throughout history have questioned whether it is permissible to kill animals for food, and many have concluded that it is not. Pythagoras, Henry Salt, Peter Singer, and Tom Regan have offered important arguments for ethical vegetarianism but their positions share a common weakness. Recognizing this weakness can make us more effective advocates for the animals) – Mylan Engel, Jr

University Room

Name Your Disease (We know vegan diets reverse heart disease, but what about cancer, diabetes, and other common ailments? This session covers the role of diet and lifestyle in cancer and diabetes, with time to ask questions about the diseases most worrisome for you) – Mary Wendt, MD

Campus Room

Health Risks Associated with Consuming Dairy Products – George Eisman, RD

Scholar's Room

It's Easy to Start Eating Vegan! (Talk will include information on easy egg and dairy substitutions, vegan protein sources, how to stock your vegan pantry, and tips to make a vegan diet workable both inside and outside your home) – Rebecca Gilbert

Terrace Room

Find Your Fitness (Ever wonder how fit you really are? Learn the five health-related components of fitness and participate in several fun and basic individual assessments of cardiorespiratory, muscular, flexibility and body composition status. Wear work-out clothes and be prepared to gauge your fitness! Tips will be

offered on planning a personal fitness regimen)
 – Eileen Crone, MS, ACSM-Certified Health-Fitness Specialist

11:15 - 12:15 PM

Heritage Hall A

Dietary Guidelines for Heart Disease

– Caroline Trapp, NP, CDE, FAANP

Blackington Hall 131

You're Not Dead, Yet (Nutrition for the Over 50 crowd) – Marty Davey, MS, RD, LDN

Heritage Hall B

Transitioning From The Dark Side (You know you want to change your eating habits and you have learned what you need to do but you just don't know how to start. Learn several options to begin change - whether it is all at once or making small changes daily. Learn how to eat out at restaurants as well as what to do when with friends and relatives)

– Joanne Evans, MEd, RN, PMHCNS-BC

Campus Room

Easy Kitchen Shortcuts (Learn - and share - ideas for saving time in the kitchen and making fast, delicious snacks and meals. Meal suggestions and efficiency tips for prepping, preparing and serving beautiful, nourishing food) – Patti Breitman

Scholar's Room

The "Real" Paleo Diet (National Geographic says the REAL paleo diet was/is vegan! Reclaiming and redefining paleo for vegans) – Ellen Jaffe Jones

College Room

"Where do you get Your Protein?," "What About Plants?," "I Could Never be a Vegan" (Frequently encountered questions, comments, and attacks. This session will provide suggested responses, sources, and tactics for coping and thriving in these encounters and being an effective advocate for the diet and animals) – Chris Hirschler, PhD, MCHES

Studio Theatre

Pasquerilla Performing Arts Center

NIA TECHNIQUE movement class: Dance + Martial Arts + Yoga – Allison Rivers Samson

11:15 AM - 12:30 PM

University Room

Questionable Authority: How Justice Advocates Can Benefit From Thinking More Critically About Leaders and Leadership

(This critical thinking workshop will help both newcomers and advanced justice advocates more mindfully identify and resist toxic leadership patterns that can lead to the disillusionment of altruistic activists and the co-option of social justice movements. By gaining a more nuanced understanding of these patterns, and by thinking of leadership in a nonhierarchical way, we can reclaim our own power, lead by example, and support and encourage healthy leadership in others) – James Laveck & Jenny Stein

1:45 - 2:45 PM

Heritage Hall A

Cravings & Food Addiction: What it Looks Like, and How to Beat it

(Join us for an interactive discussion on cravings, feelings, thinking patterns, physiology, neurochemistry, and scientific principles related to addiction. We'll explore behavioral similarities between individuals addicted to alcohol, tobacco, other drugs, and foods – especially processed foods) – John Pierre & Dr. Kerrie Saunders

Blackington 138

Plant-based Diets & Health (Discusses how plant-based diets lower disease risk and promote better health) – Milton Mills, MD

Blackington 131

Does Death Harm Humans or Other Animals?

(Opponents of animal rights--as well as some notable supporters of animal welfare measures--often argue that there is nothing wrong with killing animals, so long as the animals are treated humanely before and during the killing process. They invoke an argument traceable to the Greek philosopher Epicurus. So, what's wrong with killing animals, including humans) – Michael Dorf, JD

University Room

The Plant-Based Life (Easy steps for a sustainable transition to a whole food, plant-based diet. Behavior change, especially dietary change, can be challenging in the modern food environment. This interactive talk summarizes the relevant evidence on what supports dietary change and provides related strategies people can implement to make their dietary choices,

THURSDAY, JULY 9 (con't)

graceful, easy, and sustainable in the long-term)
– Micaela Karlsen, MSPH & Kathy Pollard, MS

Campus Room

Caring for Our Global Home (Climate Change is a reality and Earth is in the midst of one of the largest die offs of life the planet has ever known! If you consider yourself a caring person, come learn more about where we stand and how you can be a powerful force in creating a positive change. Leave a legacy of concern, compassion and action) – Jim Corcoran

Scholar's Room

Is Vegetarianism Relevant Today? (At present, there are many interpretations of what it means to be a vegetarian, ranging from vegan to a diet that includes all foods excepting “red meat.” This session will demonstrate the confusion this creates and the harm it causes to our progress as a movement. We can take cues from Donald Watson but must also progress and take advantage of today’s opportunities in a world that did not exist in Watson’s lifetime)
– Will Anderson

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Milking the Mighty Almond: Luscious and Innovative Recipes Using Almond Milk
– Alan Roettinger

3:00 – 4:00 PM

Heritage Hall A

Household Nutrition: A Doctor’s Prescription for Dietary Excellence (Includes tips on budgeting and selecting the most healthful ingredients.) – Ana Negron, MD

University Room

How I Became a Plant-based Weekend Warrior Triathlete – (Learn how she went from a slightly overweight cardiology fellow and recreational/slow runner in her late 20’s, to a plant-based successful triathlete and how she has become a stronger athlete as she approaches the age of 40) – Heather Shenkman, MD, FACC

Campus Room

What Really Matters (What is fundamental to creating a more just, sustainable and healthy world? Recognizing the main challenge facing humanity is critical to being able to move forward in a comprehensive way. This compelling presentation shows what the root problem is,

and why veganism may be the best tool we have for addressing it) – Joann Farb

Scholar's Room

Diabetes & Vegan Diet (An update on foods that help with diabetes)
– Myriam Parham, RD, CDE, CLC

College Room

“Why don’t they get it?” Explaining Animal Product Consumption (We often wonder why friends, relatives, co-workers, and acquaintances don’t reduce or eliminate consumption of animal products once they learn about animal suffering and the health and environmental benefits of a plant-based diet. Learn how tradition, culture, psychological processes, health beliefs, social dynamics, education, economics, and politics act to influence food production and consumption)
– Chris Hirschler, PhD, MCHES

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) – Chris Abreu-Suzuki & Roberta Schiff

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Maribeth Abrams

The Food Prescription for the Treatment of Cardiovascular Disease – Baxter Montgomery, MD (40 min)

The Truth About School Food

– Amie Hamlin (20 min)

7:00 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Rebecca Barnett

7:15 PM – PLENARY

Emcees: Maribeth Abrams and Vance Lehmkuhl

Forks and Knives: Weapons of Mass Destruction, or Instruments of Hope and Healing?
– Hans Diehl, DrHSc, MPH, FACN (40 min)

Vegetarian Hall of Fame – Induction Ceremony

The Plantpower Way to Life – Rich Roll (60 min)

9:30 PM – KARAOKE 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 of the Living Learning Center

After telescopic views of Venus, Jupiter and its four moons, and Saturn, we depart at 10:45 pm for the baseball field to participate in dark-sky viewing of the Milky Way and deep sky objects using binoculars and telescopes to explore the sky more fully.

– Led by Robert Victor

FRIDAY, JULY 10

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

6:00 – 7:30 AM – RUNNING CLINIC & EXERCISE

Track at the Athletic Fields

(One hour Running Technique Clinic for Beginners, to be followed by a fun run)
– Rich Roll

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

8:35 AM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Dynamic Harmlessness: The Key to a Peaceful Future – Anne Dinshah (15 min)

Having the Courage of Our Convictions: Lessons for the Vegan Movement Drawn from the Civil Rights Movement

– Milton Mills (20 min)

VEGANISM: How to Turn the Hottest, Most Important Trend Into a Long-Term Lifestyle

– Julieanna Hever, MS, RD (20 min)

Ethical Eating: The Intersection of Compassion and Science – George Eisman, RD (10 min)

10:00 – 11:00 AM

Heritage Hall A

Combating Common Diseases with Plants

(This is Dr. Greger's review of the most important research published in peer-reviewed scientific nutrition journals from summer 2013 to summer 2014) – Michael Greger, MD

Blackington Hall 138

Reversing Type 2 Diabetes with a Fork and Knife – Hans Diehl, DrHSc, MPH, FACN

Blackington Hall 131

The Ethics of Eating – Part II: Simplifying

the Moral Case for Veganism (Ethical vegans believe that it is wrong to eat animals and animal products. A simplified argument for ethical veganism that is not open to easy rejection will be presented. Common moral ground will be identified, namely, moral beliefs society in general share. These commonsense moral beliefs entail that eating meat and animal products is wrong. Appealing to these widely shared moral beliefs when engaging with others on behalf of animals can help you become a more effective advocate) – Mylan Engel, Jr [A valuable session even for those who missed Part I]

Heritage Hall B

"I Used to Do That"...Keeping Vegans in the Fold (We'll discuss why people quit and how we can help them stay) – Julieanna Hever, Victoria Moran & Rae Sikora

FRIDAY, JULY 10 (con't)

University Room

Why Your Spiritual Practice Must Include Your Diet (All religious philosophies, essentially by their definitions - love, compassion, etc - preclude people from eating meat and, by most arguments, dairy and eggs) – Sarah Taylor, MBA

Campus Room

Manipulation, Mutations and Morphine:

New Reasons to Go Dairy-Free (New genetics research tracking the use of milk in different cultures shows how dairy consumption transitioned from an unusual event to a tradition in some cultures. And new considerations of routine industry practices show that cows milk is the product of sexual manipulation in a way few can imagine. Learn new reasons to reconsider any use of dairy, and help persuade others to get away from dairy as soon as possible)
– Mark Rifkin, RD

Scholar's Room

Will Travel For Vegan Food: Why I Tried to Eat at Every Single Vegan Restaurant in the U.S.

(Three years, 50 states, and more than 600 restaurants later, Kristin shares her journey about the food she ate, the people she met, and how living out of a vehicle and traveling full-time led to incredible life changing adventures and new career opportunities. Learn how it relates to activism and stepping out to share your message with the world) – Kristin Lajeunesse

11:15 – 12:15 PM

Heritage Hall A

The Healthcare Center of the Future

– Baxter Montgomery, MD

Blackington Hall 131

Why do I have Stubborn Belly Fat When I do a Million Crunches a Day? (Slide presentation on the anatomy and physiology that creates belly fat concluding with easy exercises that target strengthening the back and tightening your abdominal “pooper”) – Marty Davey, MS, RD

Heritage Hall B

Do You Mind if I Order the Cheeseburger?

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

Campus Room

What Animals Teach Us, and Why It Matters: Life-Altering Lessons from Farmed Animals

(Come be inspired by the animals to continue your vegan journey and to encourage others to do the same. Stevens presents both surprising scientific research about farmed animals and intimate portraits of sanctuary animals, and the life-altering lessons they've offered to humans lucky enough to know them) – Kathy Stevens

Scholar's 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)

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

Track at the Athletic Fields

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels

(Please bring water and appropriate footwear)
– John Pierre & Anne Dinshah

11:15 AM – 12:30 PM

University Room

Turning Our Pain Into Power: How Activists Can Unlock the Transformative Potential of Negative Emotions

(Those working for justice and to protect the vulnerable have always struggled with grief, disillusionment, anger, and confusion. In our current era, even the strongest are stumbling under the burden of overwhelming crises playing out on a global scale. This empowerment workshop will show how these difficult experiences are inevitable rites of passage. If understood and addressed in a healthy manner, they open the door to personal transformation and increased effectiveness in our work for change)
– James Laveck & Jenny Stein

1:45 – 2:45 PM

Heritage Hall A

Plant-based Diets to Prevent and Reverse

Heart Disease – Heather Shenkman, MD, FACC

Blackington Hall 138
Food Literacy for Health and Wellness
– Ana Negron, MD

Blackington Hall 131
Eating Healthfully Even When You Aren't at Home (Learn how a vegan with many food allergies and gluten free by necessity was able to find healthy food in Wasilla, AK to Wakiki Beach, HI, to tiny towns in the Deep South. In this fun, interactive talk you will learn that it is truly possible to eat healthfully ANYWHERE regardless of what your personal choices are)
– Chef AJ

University Room
Ethical Eating: The Intersection of Compassion and Science – George Eisman, RD

Campus Room
Laugh and the World Laughs With You (So many absurdities confront vegans. If we don't learn to laugh, we would wallow in our tears! Come share your stories, learn some great veggie jokes, and discover how vegans who can laugh are less stressed out by “Where do you get your calcium?”) – Patti Breitman

Scholar's Room
Inspiring Short Videos for Outreach (An opportunity to view a collection of entertaining short videos that change hearts and minds. See why they do and learn how to use them in your activism) – Jim Corcoran

Meet in front of Laurel Hall
OUTDOOR COOPERATIVE GAME: EVERYBODY IS A WINNER
(For all who are old enough to do balance and coordination activities) – Rae Sikora

2:00 – 4:00 PM – FOOD DEMONSTRATION
Heritage Hall B & C
Cooking For Families THE PLANTPOWER WAY
– Julie Piatt & Rich Roll

3:00 – 4:00 PM
Heritage Hall A
Patient-Centered Care for Diabetes (Review of the good and bad of current medical guidelines, the role of lifestyle interventions, the use of medications, and resources for people with or at risk for diabetes)
– Caroline Trapp, NP, CDE, FAANP

Blackington Hall 138
Are Humans Designed to Eat Meat: Part 1
– Milton Mills, MD

Blackington Hall 131
Two Diets, One House: How to Handle Dietary Differences with Grace (Do you live with someone who doesn't eat the way that you do? Whether the differences are large such as you are a raw vegan and your partner eats meat, or small, you eat no oil plant-based and they eat lots of oil and processed food but eat plant-based, there can be issues. Learn how to increase your flexibility and grace in dealing with dietary differences) – Jill Nussinow, MS, RD & Sharon Greenspan, CHHP, HTP, MED

University Room
Health Benefits of Various Plant-based Foods (Discover the wonderful world of plants that will help you to stay healthier & younger longer)
– Myriam Parham, RD, CDE, CLC

Campus Room
A Fitter, Happier You (Learn the ins and outs of resistance training and why it's important to incorporate it into your workouts. Also learn how to build effective workout programs and the secrets for staying fit in all stages of life)
– Christy Morgan

Scholars's Room
What is “Humane?” (“Humane” is a term that can free individuals from other species completely from human exploitation or justify its continuation. This will be an interactive session. An audience consensus will be sought for the definition of “humane” and compared to campaigns and policies of humane societies and similar organizations as well as programs in the environmental sector. We will discuss what this means from a vegan perspective)
– Will Anderson

College Room
The Climate Crisis and Vegan/Animal Advocacy (This session will look at the possibilities and pitfalls of advocating “climate-friendly” diets including counters to environmental claims about 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, MA

FRIDAY, JULY 10 (con't)

4:15 - 5:15 PM

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

Blackington Hall 138

Reversing Your Arthritis (Do you suffer with arthritis pain? Learn about a randomized controlled trial on plant-based diets and arthritis and how to reverse your symptoms and live with less pain in as little as two weeks. This is brand new data and the first such trial studying osteoarthritis) - Mary Wendt, MD

Blackington Hall 131

How Do I Know What To Believe? (A road map for sifting through nutrition news. There is much health news in the media that is based on real information but that has been taken out of context or distorted by the time it reaches the consumer. This is an interactive training that guides listeners in identifying evidence-based or spurious claims) - Micaela Karlsen, MSPH

University Room

Transitioning from Vegetarian to Vegan: Why Should I Give Up Eggs? - Sarah Taylor, MBA

Campus Room

Perspectives, Books and Films that Change Lives (In this interactive workshop we will discuss the arguments, books and movies that made a difference in our lives. We will tell our stories of going vegan through the lens of inspiring writers, speakers and film makers, and we will learn how to improve our ability to share what we know with those who don't get it yet)
- Patti Breitman

College Room

Savvy Social Media: How to Be an Effective Online Voice for a Vegan Diet (This presentation will focus on the use of social media to promote vegan nutrition and ideas, debunking common myths consistently saturating the media, and maintaining optimism and accuracy for optimal efficacy and support of Veganism)
- Julieanna Hever, MS, RD, CPT

Scholar's Room

And the Leopard Lies Down With the Kid (Should other animals be vegetarians? A spirited and provocative audio-visual presentation)
- Lee Hall, JD, LL.M

President's Room

**COMMUNITY OUTREACH:
MAKING A DIFFERENCE**

Local Vegetarian Groups: Starting One & Keeping it Alive. Nuts and bolts advice, plus some discussion of the pros and cons of using the various "V" words - vegetarian, vegan, veg - in naming your group. (Panel Discussion)
- Ted Barnett (moderator) Carol Barnett, Sherry F. Colb, Jim Corcoran & Roberta Schiff

5:00 - 11:00 PM

**WEEKEND PACKAGE REGISTRATION
Living Learning Center Lobby**

7:00 PM - MUSICAL PRELUDE

Pasquerilla Performing Arts Center
- Performed by Sandy Yagendorf

7:15 PM - PLENARY

Emcee: Maribeth Abrams

Veganism: The Moral Imperative
- Gary Francione, JD (60 min)

It's Not Just Good Sense: It's Good Karma!
- Victoria Moran (30 min)

Vegan Cardiology: Taming Our Number 1 Killer With a Fork - Joel Kahn, MD (30 min)

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 of the Living Learning Center
After telescopic views of Venus, Jupiter and its four moons, and Saturn, we depart at 10:45 pm for the baseball field to participate in dark-sky viewing of the Milky Way and deep sky objects using binoculars and telescopes to explore the sky more fully
- Led by Robert Victor

10:00 PM – TWEETUP

Heritage Hall C / 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 and Victoria Moran

SATURDAY, JULY 11

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, MD

6:30 – 7:00 AM – EXERCISE

Owen Library Field

Interval Training Bootcamp - (Join us for a high intensity workout that will get your heart rate pumping! All fitness levels are welcome) – Christy Morgan

6:30 - 7:30 AM - MEDITATION / YOGA CLINIC

Heritage Hall A

(You may want bring a blanket or towel) – Julie Piatt

8:45 – 9:45 AM

Heritage Hall A

Will Your Next Prescription Be To The Pharmacy or the Farmers Market? (Americans spend more in healthcare than any other country and approximately half of all Americans take a prescription medication. Most of them are expensive and have various side effects. Learn how to use plant-based nutrition to resolve some chronic health problems including diabetes, heart disease and obesity) – Joanne Evans, MEd, RN, PMHCNS-BC

Blackington Hall 138

Eat Like You Care: An Examination of the Morality of Eating Animals

– Gary Francione, JD & Anna Charlton, JD

Blackington Hall 131

Lose Weight - Gain Health (Learn the latest tools to lose weight with a healthy diet simply and painlessly. You will be able to implement several techniques for weight loss after this talk

that will start working for you today)

– Mary Wendt, MD

University Room

PANEL DISCUSSION: Activism for Anyone

– John Pierre, Rae Sikora, Jim Corcoran & Allison Rivers Samson

Campus Room

Super Simple ~ Super Nutrition (Perfectly designed for new vegans and the vegan-curious! See photo after photo of beautiful, colorful, delicious and super-simple recipe ideas! We'll cover ingredient substitutions, recipe modifications, ensuring key nutrients, and more!)

– Kerrie Saunders, MS, LLP, PhD

Scholar's Room

What Vegans Need to Know about Gluten

(An update on the research related to gluten intolerance, how to get off gluten, and why knowing this information is so important to our movement) – Joann Farb

Terrace Room

Good Posture and Flexibility: Fitness that Supports your Long-Term Vitality

(Posture and flexibility are often overlooked in daily fitness. Yet, these key aspects of your health have a far reaching impact. Improving your posture and flexibility will not only improve your exercise performance, decrease your risk of injury, and improve your mood, but it may even reduce your risk of chronic disease!) – Derek Tresize & Marcella Torres

10:00 – 11:00 AM

Heritage Hall A

Early Detection and Reversal of Heart Disease

– Joel Kahn, MD

SATURDAY, JULY 11 (con't)

Blackington Hall 138

DOCUMENTRY SCREENING

Lessons from the Three Sisters: Reclaiming Health in Indian Country (Through an ongoing, four-year partnership between the Navajo Nation Special Diabetes Project and the Physicians Committee for Responsible Medicine, research on an effective dietary approach was translated into a community cooking and nutrition education program to prevent and treat type 2 diabetes. The result was recorded in a new documentary film called, "Food for Life in Indian Country") – Caroline Trapp, NP, CDE, FAANP

Blackington Hall 131

Vegan Nutrition 101: Myths and Counter

Talking Points (A fundamental concern of anyone considering a vegan diet or sustaining it in the most healthful way is how to ensure adequate nutrient intake. This session will focus on debunking the most prevalent vegan nutrition myths, Counter talking points to arguments against Veganism's clear health advantages will be offered to help vegans have short, precise answers for all of the questions commonly asked by others) – Julieanna Hever, MS, RD, CPT

University Room

Living and Coping with Others Who Don't Eat The Way You Do – Ellen Jaffe Jones

Campus Room

Why Sanctuaries Matter (There's never been as much interest in veganism as there is today-- that's great news! But the "not great" news is that, according to a study by the Humane Research Council, nearly 85% of people don't stay vegan. Stevens reviews highlights of the study, and shares reasons why animal sanctuaries are vital not only for re-energizing committed activists, but for creating new vegans and supporting "wavering" vegans and those who've fallen off the wagon) – Kathy Stevens

Scholar's Room

Veganisms (Everyone has their favorite "correct" way to get the rest of the world to go vegan. But veganism's biggest asset is that many divergent factors, some of which seem at odds with each other, are pushing the envelope from various directions and will wind up combining to make the shift happen, rather than everyone rallying around a single approach) – Vance Lehmkuhl

College Room

Transitioning from Vegetarian to Vegan: Why Should I Give Up Dairy Products?

– Sarah Taylor, MBA

10:00 – 12 NOON – FOOD DEMONSTRATION

Heritage Hall B & C

Healthy Living with Chef AJ: Favorite Recipes from the First Season of Her New TV Show

11:15 – 12:15 PM

Heritage Hall A

Health Care Through the Kitchen (Nourish the body, promote wellness and lower inflammation using Brassica plants. Recipe handouts provided) – Ana Negron, MD

Blackington Hall 138

Creative, Nonviolent Vegan Advocacy

– Gary Francione, JD & Anna Charlton, JD

Blackington Hall 131

Animal Protein and Cancer Risk (How some foods promoted as "heart-healthy" actually raise cancer risk and don't do much for your heart either) – George Eisman, RD

University Room

What's Up With the Weather? (An update on the actual symptoms of climate change in our own region and worldwide, the impacts on birds, land and marine animals, how it's all connected to farming models. We'll hear about people— from climate scientists to snack makers— publicly connecting the dots between extreme weather and a climate-protective diet. This new presentation is about hope and action in the midst of ever-escalating atmospheric warning signs) – Lee Hall, JD, LL.M

Scholar's Room

Wide-ranging In-depth Nutrition Q & A Session

(The scope could include the prevention of major chronic diseases, comparative qualities of individual foods or of food families; and historical perspectives)

– Bob LeRoy, RD, MS, EDM

College Room

Workshop: Changing School Food (Come learn what is possible, and get guidance on how you can change the food in your local school. Learn about plant-based resources for creating change) – Amie Hamlin

Studio Theatre

Pasquerilla Performing Arts Center

NIA TECHNIQUE movement class: Dance + Martial Arts + Yoga – Allison Rivers Samson

11:15 – 12:30 PM

Campus 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, Jeffrey Cohan & Roberta Schiff

1:35 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Elizabeth Barnett

1:50 – 3:45 PM - PLENARY

Emcee: Lorene Cox

DOCUMENTARY SCREENING

PlantPure Nation is a riveting documentary that tells the story of three people on a quest to spread the message of one of the most important health breakthroughs of all time.

PlantPure Nation was filmed across the USA and includes world-renowned experts, doctors and authors. The production team includes Director Nelson Campbell, Producer John Corry and Writer Lee Fulkerson from the acclaimed documentary film Forks Over Knives.

The film will be introduced by T. Colin Campbell, PhD

4:00 – 5:00 PM

Heritage Hall A

Do Vegans Need Supplements?

– Joel Kahn, MD

Blackington Hall 138

Questions & Answers on the Abolitionist Approach

– Gary Francione, JD & Anna Charlton, JD

Blackington Hall 131

What's Wrong with the Paleo Diet Hypothesis?

(The so-called paleo diet craze is built on no science, faulty assumptions and is deleterious to our health) – Milton Mills, MD, (with Roberta Schiff)

University Room

Effective Vegan Environmentalism: How is it Different from “Regular” Environmentalism?

(Veganism and its advocates have the opportunity to lead environmentalism, not follow it. The act of living a vegan life in the fullest sense addresses core causes of environmental destruction and suffering in the wild. Veganism also addresses global warming as no other act can. Yet we suffer the seeming indifference of the environmental community towards us. Learn how we can change that by becoming effective environmentalists)

– Will Anderson

Campus Room

How to Be More Effective as a Vegan Advocate

(A workshop teaching individuals some of the most overlooked and violated principles of effective vegan advocacy, taught by a professional in the field) – Jeffrey Cohan

Scholar's Room

Issues in Raising Vegan Children (Panel) –

Maribeth Abrams, MS, CNC (moderator) Amie Hamlin, Kathy Pollard, JoAnn Farb & Allison Rivers Samson

Track at the Athletic Fields

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels (Please bring water and appropriate footwear)

– John Pierre & Anne Dinshah

5:30 – 7:30 PM

FAREWELL DINNER (Serving until 7:00 PM)

7:45 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Vance & Skyler Lehmkuhl

SATURDAY, JULY 11 (con't)

8:00 PM – SPECIAL PRESENTATION

Emcee – Maribeth Abrams

Performance by the Summerfest Children

Using Sound Science To Justify The Benefits of Food on Health

– T. Colin Campbell, PhD (40 min)

A special performance by some long-time Summerfest attendees (10 min)

The Latest in Nutrition 2015

– 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)

EVENING SOCIAL & DANCING

Immediately following the Special Presentation – until 1:00 AM

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.

IMMEDIATELY FOLLOWING THE SPECIAL PRESENTATION – EVENING SKY WATCHING

Meet at the Front Entrance of the Living Learning Center

After telescopic views of Venus, Jupiter and its four moons, and Saturn, we depart at 10:45 pm for the baseball field to participate in dark-sky viewing of the Milky Way and deep sky objects using binoculars and telescopes to explore the sky more fully.

– Led by Robert Victor

SUNDAY, JULY 12

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 AM – MEMORIAL SERVICE FOR THE ANIMALS

Whalley Memorial Chapel

(Inter-religious / Non-denominational)

Music by the Barnett family

6:30 – 7:00 AM – EXERCISE

Owen Library Field

Interval Training Bootcamp – (Join us for a high intensity workout that will get your heart rate pumping! All fitness levels are welcome) - Christy Morgan

8:30 – 9:30 AM

Heritage Hall A

The Doctor and the Dietitian: Nutrition Q&A

(Bring your nutrition questions and ask the experts who will offer thoughts, opinions, support, and general recommendations for your inquiring minds) – Dr. Michael Greger and Julieanna Hever, MS, RD, CPT

Blackington Hall 138

Shattering the Myth of the Malnourished

Vegan: How to Achieve Your Best Physique with Whole Plant Foods (A fit body is a powerful form of activism for vegan issues. Learn how to build muscle and lose fat on a whole foods, plant-based, vegan diet. Includes nutrition, meal planning, training strategies and more)

– Derek Tresize & Marcella Torres

Blackington Hall 131

Top 10 Nutrition Hits You Need to Know About the Vegan Diet – Marty Davey, MS, RD, LDN

Heritage Hall B

How to Go Raw without Ruining Your Health

(Learn to avoid common mistakes that may sabotage your health. Demolish myths. Discover the Raw Curse. Hear secrets of the raw foods movement and find out how to make raw work for you!) – Sharon Greenspan, CHHP, HTP, MEd

University 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)
– Harold Brown

Campus Room

To Buy or Not to Buy: Vegan Consumer Issues
– Vance Lehmkühl

Scholar's Room

Identifying Wild Edibles in a “Lawn” Landscape
(Will include a short walk around the building - weather permitting) – George Eisman, RD

College Room

Raising Healthy Compassionate Think-for-Themselves Children (Covers research progressive parents will want to know about, in the context of her philosophy for raising children who care about changing the world) – Joann Farb

9:45 – 10:45 AM

Heritage Hall A

Age in Slow Motion (We're all getting older, but we live in a culture in which people age prematurely because of their diet, lifestyle, and attitude. The antidote is not to be “anti-aging” but rather to live in a way that allows the process of aging to proceed at a normal rate -much slower than we're used to. Ways to bring this about include eating a plant-exclusive diet with plenty of high-life-force foods; getting more exercise and having an attitude of self-acceptance and self-forgetfulness) – Victoria Moran

Blackington Hall 138

Nuts for Nuts? and Seedy, too? (The nuts - and bolts - of including nuts and seeds in your diet and how they rank nutritionally. Or are they just for the birds? How to buy, store and use your nuts and seeds in raw foods, cooked foods, sprouted, blended to make nut milks and more)
– Jill Nussinow, MS, RD

Blackington Hall 131

Winning at Weight Loss (Join us for a wild ride on ways you can change your body chemistry by changing your food chemistry! We'll cover 'Food Friends & Foes', natural hormone balance, stressors, body composition, sleep & more)
– Kerrie Saunders, MS, LLR, PhD

Heritage Hall B

Staying Vegan for Life (Is it sustainable to be vegan for just one reason? Let's discuss and discover whether or not a single-dimensional platform is enough for the long haul)
– Allison Rivers Samson

University Room

To Thine Own Self be True (Social justice advocates often experience pressure to trade away their principles, and even their own peace of mind and integrity, in order to achieve a perceived sense of success in their work for change. Are those who insist on standing by their principles self-involved purists, or are they the most pragmatic of all?) – James LaVeck and Jenny Stein

Campus Room

Vegan Travel Tips For Business or Pleasure
(Make your trip less stressful by preparing ahead) – Amie Hamlin

Scholar's Room

Future Trends: Meat and Global Hunger (Global meat consumption is increasing at a staggering rate, predicted to double over the next 50 years due to increasing population and per person consumption. While U.S. levels have slightly decreased, it is still among the highest in the world. This session frames meat as a form of food waste that undermines hunger alleviation efforts) – Dawn Moncrief, MA

College Room

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

10:45 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Nathaniel Barnett & Colin Hill

11:00 – 12:10 – PLENARY

Emcee: Maribeth Abrams

Beyond the Personal – All the Ways That YOU Can Bring the Vegan Social Change Message to Your Community and the World

– Rae Sikora (25 min)

SUNDAY, JULY 12 (con't)

DRAWING: Would you like to attend Vegetarian Summerfest 2016 for free? – At today's drawing we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free

Cultivating Compassion – John Pierre (25 min)

CLOSING REMARKS

Maribeth Abrams

2:00 – 3:00 PM

Heritage Hall A

Are Humans Designed to Eat Meat: Part 2

(Useful even for those who didn't attend Part 1)
– Milton Mills, MD

Heritage Hall B

The Power of Plant-Based Nutrition in Disease Prevention: What the Research Shows

– Kathy Pollard, MS

University Room

Eccentrics, Idealists & Us: The Colorful History of the Vegetarian/Vegan Movement

– Victoria Moran

Campus Room

How to Veganize Your House of Worship, and Your Entire Religion (What are some practical, tried-and-true ways of making our houses of worship more vegan friendly. And how can we bring faith-based communities into the animal rights movement) – Jeffrey Cohan

Terrace Room / LLC

Achieving Life Balance with Raja Yoga (Explore the bigger picture of yoga, which is much more than just stretching and doing pretzel poses on a mat. Raja Yoga is the “royal path” that teaches ways to live in balance socially, emotionally, spiritually, mentally, environmentally and physically. Class includes some experiential stretching, diaphragmatic breathing and quieting the mind)

– Eileen Wieder Crone, MS, RD, ERYT-500

Please take the time 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 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 bi-annual magazine, which will bring you news about important health 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 _____

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

EMAIL _____

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