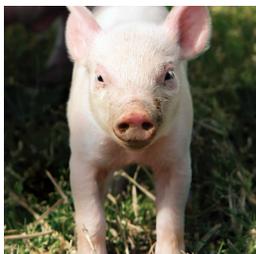


VEGETARIAN SUMMERFEST 2017 PROGRAM



July 5 - 9 ★ Johnstown, PA
Conference Center at Pitt-Johnstown

VEGETARIAN ²⁰₁₇ SUMMERFEST

43rd 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; Engineering and Science Building: Auditorium and Room 241

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 and Chef Gail Patak 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

Check for pool times at the Living Learning Center front desk or by calling (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 Nutrition Consultant, Holistic Health Practitioner, Lifestyle Educator; author, *The 4-Ingredient Vegan* and *Tofu 1-2-3*; NAVS board member; Associate Editor *Vegetarian Voice* magazine

CAROL J. ADAMS (TX) Author of the ground-breaking feminist-vegan work, *The Sexual Politics of Meat*, also, *Living Among Meat Eaters*, and co-author of *How to Eat Like a Vegetarian Even if You Never Want to Be One* and *Even Vegans Die*

ED ADAMS (WI) Has been line dancing for about ten years and teaching it for about two years; lives on a tree farm in Wisconsin, with his wife; engaged in conservation. projects benefiting native and migratory birds, animals, and the environment

MARK AGRUSTI, E-RYT 200/RYT 500 (PA) Mindfulness, Meditation, and Yoga Teacher; co-founder of *Yoga Lab*; Collaborator on mindfulness-based interventions with the Edna Bennett Pierce Prevention Research Center at Penn State University; long-term practitioner of mindfulness & self-inquiry; completed 1000+ hours of yoga training across a variety of styles

JONATHAN BALCOMBE, PHD (MD) Animal behavior expert; author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good* and *What a Fish Knows: The Inner Lives of Our Underwater Cousin*

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

NEAL BARNARD, MD, FACC (DC) President and Founder of Physicians Committee for Responsible Medicine (PCRM); author of *Dr. Neal Barnard's Program for Reversing Diabetes*, *21-Day Weight Loss Kickstart*, *Power Foods for the Brain*, *The Cheese Trap* among others

CAROL H. BARNETT, PHD, JD (NY) Co-Coordinator, Rochester Area Vegan Society; provides recipes, cooking and food sampling for a six-week course in Plant-Based Eating

TED D. BARNETT, MD (NY) Founder, CEO and Medical Director of Rochester Lifestyle Medicine, PLLC; teaches a six week course in Plant-Based Eating which is accredited for physicians by the University of Rochester; Co-Coordinator RAVS

JOHN BOLUS (FL) America's sole instructor, Chinese Wand Exercise; ranked 1st in his state's 5K races for 65-69 age group, earning 3 senior Olympics 5 K gold medals; 5th in Nat'l Sr. Olympics; professional keyboard musician

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*, *How to Say No Without Feeling Guilty* and *Even Vegans Die*; Founder and Director of the Marin Vegetarian Education Group; co-founder of Dharma Voices for Animals; on the advisory council of the Animals and Society Institute

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

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

SPEAKERS (con't)

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 book *Beating Hearts: Abortion and Animal Rights*

JIM CORCORAN (NM) Co-founded VegFund, Plant Peace Daily, Santa Fe Veg and VegMichigan; certification in the Living Foods Lifestyle; certified fitness instructor; currently a business development consultant for Thai Vegan restaurant, one of the top 10 vegan chains in the country

FRAN COSTIGAN (PA) Vegan chef-educator; cookbook author and Director of Vegan Baking and Pastry at Rouxbe Cooking School; cheffed in traditional and vegan pastry kitchens before moving into teaching 20+ years ago.

ANNE DINSHAH (NY) Co-author of *Powerful Vegan Messages* and *Apples, Bean Dip, and Carrot Cake*, 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 (56 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 book *Beating Hearts: Abortion and Animal Rights*

REV. RUSSELL ELLEVEN DMIN (TX) Minister emeritus of Westside Unitarian Universalist Church in Fort Worth, Texas; vegan since 2006; contributor to the UUAM's Reverence for Life Program

MYLAN ENGEL JR., PHD (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*

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

SARINA FARB (NY) Life-long vegan; International Liaison for Tribe of Heart, where she focuses on making the award-winning animal films *The Witness* and *Peaceable Kingdom: The Journey Home* understandable and accessible to people in as many cultures as possible; founded AACT, a vegan group at Grinnell College

JENNIFER GREENE (NY) Presenter for Beyond Carnism, the organization founded to expose and transform carnism, the invisible belief system that conditions people to eat certain animals; author of *Demonstrating Our Values through Eating*

MICHAEL GREGER, MD (MD) Physician specializing in clinical nutrition; founded NutritionFacts.org to provide informative daily videos and articles on nutrition research; author of the NYTimes best seller *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease*

LEE HALL, JD, LL.M (PA) Lawyer and grass-roots advocate connecting vegetarianism with ecology and animal rights; board member of Compassion for Animals, Respect for the Environment (CARE) and co-facilitates Pennsylvania's annual Chester County Vegan Festival

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

CHRISTOPHER HIRSCHLER, PHD, MCHES (NJ)

Associate Professor and Chair of the Department of Health and Physical Education at Monmouth University, Master Certified Health Education Specialist, author of *“What pushed me over the edge was a deer hunter”*: *Being vegan in North America*

CLAIRE HOLZNER (NY) Coordinator of the Vegetarian and Vegan Association; humane educator; teacher of English as a second language; supporter of veganic farming; admirer of birds and other animals

SHARON JACKS (TN) Director of Interior Design for National Healthcare Corporation; Founder and Lead instructor for Sassy Veg; Certified in Plant Based Nutrition through the T. Colin Campbell Center for Nutrition Studies; Certified instructor for PCRM's Food for Life Programs

ELLEN JAFFE JONES (FL) Author of *Vegan Sex: Vegans Do it Better: Dump Your Meds and Jump in Bed; Kitchen Divided and Eat Vegan on \$4 a Day* and co-author of *Paleo Vegan*; certified personal trainer and running coach

JOEL 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

ELLIE LAKS (CA) Founder of The Gentle Barn Foundation, humane educator, and author of *My Gentle Barn: Creating a Sanctuary Where Animals Heal and Children Learn to Hope*; she has always loved animals and the Gentle Barn has been her dream from the time she was 7 years old

MARY LAWRENCE (CT) Executive chef and owner of Well on Wheels, a vegan personal chef service; holds a certificate in plant-based nutrition from the T. Colin Campbell Foundation; author, *Easy Peasy Vegan Eats*

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* and *V for Veg: The Best of Philly's Vegan Food Column*; 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

DAVID MADOW, DDS (MD) Plant based marathon runner, skier, backpacker; host of The David Madow Lifestyle Show Podcast; author of the forthcoming book *Vegan in Seven Days*

MARK MESSINA, PHD, MS (MA) Co-owner of Nutrition Matters, Inc.; an adjunct associate professor in the Department of Nutrition, School of Public Health, at Loma Linda University; Executive Director of the Soy Nutrition Institute; organized and chaired nine international symposia on the role of soy in preventing and treating chronic disease

VIRGINIA MESSINA, MPH, RD (MA) Dietitian with more than 25 years of experience in the field of vegan nutrition; founding member of the Vegetarian Nutrition Dietetic Practice Group; written ten books for vegans and is co-author of the first vegetarian textbook for health professionals

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 (FL) 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

SPEAKERS (con't)

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

LANI MUELRAH, MA (CA) Author of *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight*, and *Fit Quickies: 5 Minute Workouts*; presenter for PCRM, Complete Health Improvement Program

DAVE NORRIS (VA) Member of the Board of Directors of VegFund a national foundation that awards upwards of \$2 million a year in grants for vegan awareness-raising activities; founded the Charlottesville Vegetarian Festival; served as longtime Co-President of Voices for Animals

JILL NUSSINOW, 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

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; cofounder of Habits of Health support program, helping individuals to successfully transition to a whole foods, plant-based diet

HILLARY RETTIG (MI) Writer, teacher and coach whose central mission is to empower as many vegans and animal rights activists as possible; co-founder and organizer of Vegan Kalamazoo; author *The Lifelong Activist: How to Change the World Without Losing Your Way*

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, confectionery & chocolaterie, Allison's Gourmet; author of the e-book, *Comfortably Yum*; holistic lifestyle coach; Nia Black Belt instructor; co-creator of the Dairy Detox

DAVID SAMSON (CA) Professional software engineer;vegan since 1994; practices Tai Chi and Nia; lives in Northern California with his longtime vegan wife Allison Rivers Samson and lifelong vegan daughter Olivia Rivers Samson

ROBERTA SCHIFF, MS (NY) Has been presenting at Summerfest for over 10 years. She lives in Rhinebek NY where she is a health educator, nutrition counselor and coordinates Hudson Valley Vegans, planning events and educational outreach activities.

MİYOKO SCHINNER (CA) Author of *Artisan Vegan Cheese* and *The Homemade Vegan Pantry*; founder of *Miyoko's Kitchen*, an artisan vegan cheese company; co-host of the national cooking show *Vegan Mashup*

SARAY STANCIC, MD (NJ) Lifestyle Medicine physician and founder of Stancic Health and Wellness; received her M.D. degree from New Jersey Medical School; her interest in Lifestyle Medicine evolved from her 20 year battle with multiple sclerosis

KAY STEPKIN (NY) Founder of the National Vegetarian Museum; vegan chef; recipe creator; pioneer of the vegetarian and natural food movements in Chicago; founded the legendary Bread Shop; host of the 8-episode 'Go Veggie!® with Kay'

RAE SIKORA (NM) A full-time spokesperson for other species and the environment for over 35 years; co-founder of Plant Peace Daily, Vegfund and the Institute for Humane Education; she leads compassionate living and ethical consumerism programs

MARCELLA TORRES (VA) Half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness; co-owner of the plant-based personal training studio, Root Force Personal Training

DEREK TRESIZE (VA) Three-time natural bodybuilding champion and WNBFF pro bodybuilder; A.C.E. Certified Personal Trainer, half of the husband and wife team of competitive bodybuilders behind Vegan Muscle and Fitness; co-owner of the plant-based personal training studio, Root Force Personal Training

ROBERT VICTOR (CA) Former staff astronomer, Abrams Planetarium, Michigan State University; received the Clifford W. Holmes Award for his "Major Contribution to Popularizing Astronomy"

JAY L. WEINER (CA) Co-founder of The Gentle Barn Foundation; on the front line of animal rescue; specializes in the rescue and rehabilitation of severely injured and abused animals; does undercover rescue work and emergency animal rescue services

KIM ALLAN WILLIAMS, MD, MACC, FAHA, MASNC, FESC (IL) Vegan Cardiologist; completed his internal medicine residency at Emory University, board certified in internal medicine and cardiovascular diseases; James B. Herrick Professor, Chief, Division of Cardiology, Rush University School of Medicine; immediate past president of the American College of Cardiology

ARIEL JING XU, BS, LMT, RYT (PA) Ariel is a Yoga, Mindfulness, and Meditation teacher; Licensed Massage Therapist; co-founder of Yoga Lab Studio. Her classes combine functional movement, traditional Yoga postures, Pranayama (Breathing techniques), meditation, and mindfulness

ENTERTAINMENT

REBECCA BARNETT (NY) *Teaches music at Mary McDowell Quaker school in Brooklyn; directs a private choir in Manhattan; lifetime vegan*

JOHN BOLUS (FL) *Professional keyboard player*

SAMMI FARB (KS) *Suzuki violinist, lifetime vegan*

SARINA FARB (KS) *Pianist, lifetime vegan*

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

VANCE LEHMKUHL (PA) *Cartoonist, songwriter and pianist*

DAVID MADOW (MD) *Originator of vegan parody songs that make you smile!*

OLIVIA RIVERS SAMSON (CA) *Pianist, actor, speaker, life-long vegan, YouTube activist: bit.ly/VeganKid*

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

WEDNESDAY, JULY 5

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

U.S. Dietary Recommendations and the Politics of Food (For many years, the official dietary recommendations set forth by the US Dept. of Agriculture have been a formula for “how not to prevent disease,” largely because of the corporate influence of animal agriculture. The latest guidelines, which were issued early in 2016, are slightly improved but not significantly different from the 2010 guidelines. It still helps to be, as John Robbins once put it, “your own Department of Nutrition.”) – Ted Barnett, MD

Heritage Hall B

Animal Rights, Abortion, and Capital Punishment

(Arguments regarding animal rights have implications for other contentious issues, like abortion and the death penalty. If you oppose killing animals, should you oppose legal abortion? If you oppose the death penalty even for people who have committed murder, should you oppose killing innocent animals? Considering these issues together can be challenging but also helpful in clarifying our values.) – Sherry F. Colb, JD and Michael C. Dorf, JD

University Room

A Vegan Lifestyle? What is It and is It Right for You? (We’ll watch some fun, entertaining short videos and explore why some people choose to become vegan. Q and A following.) – JC Corcoran

Campus Room

Animal Agriculture and the Environment: How One is Ruining the Other. (We’ve heard that animal agriculture is a leading cause of climate change. But why is that? And what about water pollution, deforestation, and even wildlife extinction. This will be a 360-degree view of the environmental degradation that is directly attributable to animal agriculture.) – Jeffrey Cohan

Scholar’s Room

Time of the Dreamer – (In these trying times we all seek to find some peace both in the world and within ourselves. Learning an appreciation

of loving kindness and the principles of Yin Yang we can come to realize that the seeming duality of the world isn’t always what it seems. Through practical demonstrations we can see how the pace of our lives can illuminate the otherwise confusing dilemmas we face.) – Harold Brown

3:00 – 3:30PM

Terrace Room

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

How to Transform Exercise into Joyful

Movement (Exercise is something many of us feel forced to endure in the name of good health. But how effective is something we resist doing? What if you could find a way to move your body in a way that feels so good you’ll keep coming back for more? You can! We’ll share ways to integrate movement in everyday living to start feeling the fully positive effects of boosting our longevity through the joy of movement rather than the dreaded “exercise.”) – John Pierre and Allison Rivers Samson

Heritage Hall B

Get Off Gluten (Growing evidence suggests the “staff of life” has changed, and may be undermining well-being more than most doctors yet recognize. Unfortunately, gluten containing foods are ubiquitous. When people reduce meat and dairy, they may inadvertently consume more gluten — often with consequences they never connect to the gluten.) – JoAnn Farb

University Room

Advocacy vs. Activism? (Explores issues and techniques for remaining positive, healthy, and compassionate in an evolving vegan world. Examples of related animal rescue stories - How you can have a personal sanctuary in your own life without actually rescuing an animal - How to avoid compassion fatigue - How to counter negativity and resist anger or frustration in the movement - How adopting a plant-based diet contributes to a healthy lifestyle for the world, for animals and for yourself) – Jay Weiner

Scholar’s Room

Changing How Schools Feed Kids (If you’d like to create change in the schools in your town, attend this workshop and find out how.) – Amie Hamlin

College Room

Vegan Food Justice (Is it easy to be vegan? That depends on your perspective. For those living in food deserts or rural locations where access, availability, and affordability are factors affecting food choice, it can be a challenge. This class will explore the problem of food insecurity and how a carefully designed socio-ecological model of vegan activism can address these issues.)
– Mary Lawrence

Meet in front of Living Learning Center

Mindfulness Nature Walk (This pleasant nature walk is an invitation to step back from the bustle and to enjoy the peace found when living fully within our present-moment experiences. Walking mindfully through nature, we are reminded of our interconnection with all things. This hike includes simple, guided mindfulness practices that assist us in experiencing the sights, sounds, and sensations of our journey.) – Mark Agrusti

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 Rebecca Barnett

7:15 PM – OPENING PLENARY SESSION

Emcee: Maribeth Abrams

The North American Vegetarian Society Welcomes You

Guide to Summerfest, Announcements

Health, Animals and the Environment: One Issue – Ellie Laks (35 min)

Vegan: Beyond Your Plate – Rae Sikora (25 min)

Veganically Grown Food: Planting a Seed for a New Movement – Amie Hamilin (5 min)

Redefining the Practice of Medicine with a Prescription for a Plant Based Diet
– Saray Stancic, MD (50 min)

9:30 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 our vegan DJ.
Light refreshments available.

9:45 PM – EVENING SKY WATCHING

Meet at the Front Entrance of the Living Learning Center

Nightly telescopic views of Moon, Jupiter and up to four bright satellites, Saturn with rings tipped farthest from edgewise into best view, and double stars; naked-eye views of bright stars including the Summer Triangle, Arcturus, Spica, Antares, and Regulus. Wednesday: Sunrise on lunar crater Schickard, Jupiter with three moons, Saturn's brightest moon, Titan, in its 16-day orbit, farthest West of planet. MOONLIGHT WALK: At 10:30 p.m., we'll walk down to athletic fields for better viewing and a tour of summer constellations. Bring binoculars if you can, for views of stellar groupings in moonlit skies. – Led by Robert Victor

THURSDAY, JULY 7

6:00 – 6:40 AM – EXERCISE

Exerstriding (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) - John Bolus

6:30 – 7:30 AM – A MEMORIAL SERVICE

Adirondack Shelter

Remembering George Eisman, RD - Reading of a poem written by George – Claire Holznier. Song to honor her father “On My Father’s Wings” – Sarah Schlueter-Eisman. Memories of George by colleagues and friends. After the service there will be a wild edible walk in honor of George.

6:30 – 7:30 AM – YOGA

Heritage Hall A

Yoga - Waking the Body and Spirit (An invigorating flow-yoga practice designed to awaken the body, address common muscular imbalances, and enliven the heart. The mindful practice incorporates traditional yoga postures and sequences, pranayama (breathing techniques), and functional movement exercise. Come prepared for Joy, Laughter, Sweat, and deep Authenticity. No experience necessary. You may want to bring a mat, blanket or towel.)
– Mark Agrusti with Ariel Jing Xu

THURSDAY, JULY 6

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 mat, blanket or towel) – John Bolus

8:45 -9:45 AM

Engineering & Science Bldg. – Auditorium

M-E-N-D: The Basics of Aging Well (An open class on Victoria Moran's MEND program (meditation, exercise, nourishment, detoxification) for getting your healthy-living act in order and thriving at every age.)
– Victoria Moran

Heritage Hall A

Kickstart Your Health: Cut through the Fads and Gimmicks and Get Lean and Healthy for Life! (The class will focus on the benefits of a low fat vegan diet for weight loss as well as for prevention of disease. Class will begin with a short DVD presentation by Dr. Barnard, followed by discussion, and handouts with helpful tips and recipes. Free samples will be available for tasting) – Sharon Jacks

Heritage Hall B

Food Justice? (Food justice is both an idea and an organized movement. Many communities, natural food stores, and co-ops are part of this movement. We will look at how our buying habits can add to or detract from true food justice. We will also look at the new found support for GMO's that is growing among the plant based food community. Learn more about the food justice movement and why the plant based/vegan community is so important to the dialogue.) – Harold Brown

Engineering & Science Bldg. – Room 241

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

The Bible and Veganism: Why the Two Go Together? (We'll take a look at what the Bible actually says about veganism, meat-eating and animals. Here's what we didn't learn in Sunday school, but should have.) – Jeffrey Cohan

10:00 – 11:00 AM

Engineering & Science Bldg. – Auditorium

Are Humans Designed to Eat Meat? – Part 1
– Milton Mills, MD

Heritage Hall A

How to Make a DIY Salad Bar (One of the best ways to boost your greens and other veggies is by having them at the ready. I'll show you how to quickly make a DIY salad bar to keep on-hand in your fridge for quick salad making every day.)
– Allison Rivers Samson

Heritage Hall B

My Parents "Forced" Veganism on Me (Media stories regularly appear about parents imposing veganism on children. Can insisting on vegan values damage a child's development? Bring your questions/concerns to this workshop offered by an activist who is grateful her parents "forced" veganism on her. We'll discuss how to handle some of the complex situations that arise when alternative family values clash with mainstream society.) – Sarina Farb

Engineering & Science Bldg. – Room 241

Maintaining Vegan Credibility, Caring About Evidence (The vegan cause represents not only a compassionate but also a fact-based approach to life. We'll discuss what it means to be open-minded and curious, how to detect bogus claims, why the scientific method is so handy for keeping us from fooling ourselves—such as with placebo and get-better-anyway effects—and why this matters for the vegan movement.) – Jennifer Greene

University Room

Opportunities and Challenges for Vegan Businesses (There's no better time than now for starting a vegan business. Learn about the growth in the marketplace and the opportunities it presents as well as challenges, including economic and regulatory. Review the recent trends and drivers in the marketplace, and why mainstream businesses are investing in and getting involved in plant-based solutions. There will be ample time for discussion and Q & A.)
– Miyoko Schinner

Campus Room

If You Can't Stand the Heat, Get (Animal Products) Out of the Kitchen (Why do experts disagree on the proportion of climate impact from animal farming? Are any governments or international bodies taking action on meat and dairy, given its climate impact? Do our personal dietary commitments having any significant impact? Lee Hall, a vegan and an environmental law specialist, will offer an analysis, and talk about what our community can do.)
– Lee Hall, JD LLM

11:15 AM – 12:15 PM

Engineering & Science Bldg. – Auditorium
Beyond the Flavor: Mushrooms for Health

(Come learn about the nutritional benefits of including mushrooms in a vegan diet. There will be a review of the latest research on mushrooms and health, along with which ones to include in your diet.) – Jill Nussinow, RD

Heritage Hall A

Vegan Situations (What are the biggest challenges on your vegan or pre-vegan path? This session will include how to remove barriers, make a difference and be an effective advocate for all life in all situations. Beyond communication tools, this will include action tools.) – Rae Sikora

Heritage Hall B

Rookie or Rockstar? From Zero to Plant-Based in 7 Steps (There are proven, universal steps of transition to successfully transitioning to a plant-based diet. Discover how to advance through each of these steps, take the guesswork out of the process, and find out what makes the difference for sustainable success. Whether you are well on your way, plant-curious and simply want to eat more whole plant foods, or looking for resources for helping others on their journey) – Lani Muelrath, M.A.

Engineering & Science Bldg. – Room 241
Manipulation, Mutations and Morphine: New Reasons to Go Dairy-Free

(Despite milk's traditional US role, genetics research shows that milk use was rare 10,000 years ago. But mutations and colonization directly affected worldwide and North American food culture. Additionally, standard industry practices sexually manipulate cows in a way few can imagine. This enlightening presentation will provide new reasons to eliminate dairy.) – Mark Rifkin, MS, RD

University Room

"Animals are our Examples" (From healing hundreds of animals through 20 years of The Gentle Barn, animals offer the lesson of compassion) – Ellie Laks

Studio Theater

Pasquerilla Performing Arts Center

Line Dancing for Health, Fitness, and Fun (Line dancing regularly can improve flexibility, balance, and endurance. It can also reduce stress and depression, strengthen bones and boost cardiovascular health. Come and learn some basic line dances while getting exercise that doesn't feel like exercise. No prior experience

is required and you don't need a partner. You'll dance in a group to a variety of music)
 – Ed Adams

1:45 – 2:45 PM

Engineering & Science Bldg. – Auditorium
The Ethics of Eating – Part I: The Commonsense Case for Ethical Veganism

(Ethical vegans believe that it is wrong to eat animals and animal products. I defend ethical veganism by identifying common moral beliefs we all share. I then show that 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 for the animals.) – Mylan Engel Jr., PhD

Heritage Hall A

Cooking Vegan for Non-vegan Family and Friends

(Eating out can be a chore when you're the lone vegan. In this class you'll learn how to establish the right tone and stay positive, poised, and passionate in your vegan convictions while creating menus that are familiar yet fabulous. I'll also address the importance of mindful eating as a tool for engaging conscious compassion and overcoming any obstacle.) – Mary Lawrence

University Room

Kitchen Shortcuts for Vegans (Learn and share time saving tips for making delicious and nutritious vegan meals and snacks. This interactive workshop will help you eat well and create more time for doing what you love when you are not in the kitchen.) – Patti Breitman

Engineering & Science Bldg. – Room 241
Emerging Key Nutrition Science Concepts That Will Help Shape Health Practitioners' Future Advisement to Patients about Chronic Disease Prevention

(Overview followed by group discussion.) – Bob LeRoy, MS EdM RDN

Campus Room

Willpower: Why It Doesn't Work and What You Can Do About It Today!

(Sometimes people rely too heavily on willpower to change their omnivorous eating behaviors to a vegan or vegetarian lifestyle. This presentation will examine willpower and how it is not the only answer to changing important eating behaviors. In addition to knowledge of willpower characteristics, a technique will be taught to help attendees when willpower is not enough.)
 – Rev. Russell Eleven, DMin

THURSDAY, JULY 6 (con't)

Meet in front of Living Learning Center

Mindfulness Nature Walk (This pleasant nature walk is an invitation to step back from the bustle and to enjoy the peace found when living fully within our present-moment experiences. Walking mindfully through nature, we are reminded of our interconnection with all things. This hike includes simple, guided mindfulness practices that assist us in experiencing the sights, sounds, and sensations of our journey.) – Mark Agrusti

2:00 – 4:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Unapologetically Luscious Vegan Desserts for Everyone – Chef Fran Costigan

3:00 – 4:00 PM

Heritage Hall A

Vision, Hearing Balance and More (Our senses not only connect us to the world and influence our reality, but maintaining them is critical to our functionality as we age. We'll discuss tips, tricks, nutrition and exercises for keeping your senses and Brain working as well as possible)
– JoAnn Farb and John Pierre

Engineering & Science Bldg. – Room 241

Veganically Grown Food: Planting a Seed for a New Movement (Learn about the What, Why, and How of Veganic Farming - growing food without animal inputs such as manure and slaughterhouse by-products. This workshop is for those who eat, garden, or farm. We'll talk about why veganically grown food is the “missing link” for vegans, and why it's time to start a new movement.) – Amie Hamlin, (moderator) Claire Holzner and Mary Lawrence

University Room

Paleo Vegan (The Paleo fad will not go away. Come hear the best arguments as to why Paleo was and should be vegan, and how it is possible to do Paleo vegan-style.) – Ellen Jaffe Jones

Campus Room

Easy Steps to a Sustainable Diet - How to Transition to a Whole Food Plant-based Diet (Changing habits like eating can be hard in our meat-based world, even though plant-based diets are known to be health-promoting and compassionate. This talk provides a road-map and practical strategies so people can implement to make a plant-based diet sustainable in the long-term, graceful, and easy)
– Kathy Pollard, MS

Scholar's Room

Intersectional Veganism (Some social justice activists promote “intersectionality” – the idea that various forms of injustice are connected. Intersectionality presents the vegan movement with opportunities and challenges. By making common cause with those who favor civil rights, women's rights, LGBT rights, and others, we broaden our base. Yet given political polarization, intersectionality can also alienate potential allies. Let's discuss our experiences.)
– Michael Dorf, JD

Meet in front of Laurel Hall

OUTDOOR COOPERATIVE GAME:

EVERYBODY IS A WINNER (Activity for all who are old enough to do partner activities)
– Led by Rae Sikora

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Sharon Jacks

How Not to Die: Dr. Greger has compiled a “best-of” compilation of his last four presentations at Summerfest on the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability
– Michael Greger, MD (1 hr)

7:00 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Olivia Samson and Sammi Farb

7:15 PM – PLENARY

Emcee: Maribeth Abrams and Vance Lehmkuhl

What a Fish Knows - Jonathan Balcombe (30 min)

“Leftovers” – Original song by Vance Lehmkuhl, performed with Skyler Lehmkuhl

Vegetarian Hall of Fame – Induction Ceremony

Achieving Self-Empowerment and Happiness Through a Vegan Lifestyle – Miyoko Schinner (30 min)

Veganism & Spirituality, the 4th Leg of the Stool – Victoria Moran (40 min)

9:30 PM (or immediately after the plenary session)

Heritage Hall – Living Learning Center

EVENING SOCIAL

Time to meet and socialize with other attendees. Music provided by our vegan DJ. Refreshments available.

9:45 PM – EVENING SKY WATCHING

Meet at the Front Entrance of the Living Learning Center

Enjoy naked-eye view of Saturn closely lower right of Moon on Thursday at dusk. Through a telescope, witness sunrise on lunar craters Hevelius and dark-floored Grimaldi. All

four Galilean moons visible, in E to W order, Ganymede (brightest), Europa, Io, Jupiter, Callisto (faintest). At 10:30 p.m., we'll walk down to the athletic fields for a better view of the stars and a tour of summer constellations. Bring binoculars if you can, for views of stellar groupings in moonlit skies. – Led by Robert Victor

FRIDAY, JULY 7

6:00 – 6:40 AM – EXERCISE

Exerstriding (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – 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

6:30 – 7:30 AM – YOGA

Heritage Hall A

Mindful Movement and Meditation (This slow and gentle Yoga and meditation class, students are introduced to breathing techniques, foundational Yoga postures, and Sun Salutations, with detailed attention to proper anatomical alignment, body mechanics, functional movement, and mindful practices, that help to prepare the body and mind for clarity, health, and meditation. This class provides the groundwork for a safe, sustainable, and life-long yoga practice. You may want to bring a mat, blanket or towel.) – Ariel Jing Xu

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 mat, towel or blanket) – John Bolus

8:45 – 9:45 AM

Engineering & Science Bldg. – Auditorium

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)

Heritage Hall A

Vegan Fitness for Women (Not many books have been written by accomplished female vegan athletes who are personal trainers. Part of enjoying a long and active life is discovering a program you love and can work into your lifestyle. Finishing without injury is just as important in finding a workout you love.)

– Ellen Jaffe Jones

Scholar's Room

Why We Love Dogs, Eat Pigs, and Wear Cows:

An Introduction to Carnism (Psychologist Melanie Joy coined the term “carnism” to refer to the invisible belief system that shapes our perception of the meat and animal products we eat, so that we love some animals and eat others without knowing why. This Beyond Carnism slide show empowers vegans and non-vegans alike.) – Jennifer Greene

Engineering & Science Bldg. – Room 241

The Attainable, Sustainable Solution: Combating Climate Change with Your Fork

(The most effective way to control climate change is through diet. Curb your personal impact by eating a whole food, plant-based diet, and lose weight at the same time, (oh, and also get healthy.) – Kathy Pollard, MS

University Room

Feeding the Family (How to Use Advice from the USDA Dietary Guidelines) – Freya Dinshah

Campus Room

Cooking Classes are Vegan Activism

(Everyone eats, but many who are at least vegan curious have no idea what vegans eat. Fran will show you how to produce a cooking class, anywhere and for any one. You'll leave with a timeline and actional steps. Offer a cupcake and talk about greens with passion and a sense of humor and you've got a win-win!)

– Chef Fran Costigan

FRIDAY, JULY 7 (con't)

Terrace Room

Healthy, Happy, Hips (Hips are one of the major areas where we hold tension in the body, and long periods seated can really tighten this area and cause imbalances that lead to chronic discomfort and even injury. Learn hip stabilizing, strengthening, and stretching exercises that you can easily perform as part of your regular fitness routine during this continuous flow of movement to music) – Marcella Torres and Derek Tresize

10:00 – 11:00 AM

Engineering & Science Bldg. – Auditorium

Let's Talk About Dairy (“Why is milk a problem when the cow doesn't die to produce it?” We'll dispel this myth and others in an open discussion of one of the most torturous of animal products. Bring your questions!)

– Harold Brown and Allison Rivers Samson

University Room

Laughter is the Best Medicine (Along with eating well and exercise, laughter is a top contender for health benefits and longevity. And it requires no special equipment or time in the kitchen. Learn why and how to bring more laughter into your life, even in the midst of the serious work of caring for our world and its inhabitants.) – Patti Breitman

Campus Room

I'm Vegan. My Job Is Not. How Do I Reconcile This? (In a perfect world we could all have vegan careers. In this world, so few of us do. How do we cope with the day-to-day reality? Are there any silver linings in this reality (or any drawbacks to working in a vegan environments)? Can a vegan employment sector be stimulated? This will be a brief presentation followed by interactive discussion.)

– Lee Hall, JD, LLM

Scholar's Room

“Healing Animals” (by healing animals and sharing their stories with children and young adults, we're changing the way people think of animals and their place in our lives)

– Ellie Laks

College Room

How Local, Grassroots Activism Carried Vegetarianism Across the U.S.

– Vance Lehmkuhl and Kay Stepkin

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

10:00 AM – 12:00 PM – FOOD DEMONSTRATION

Heritage Hall B & C

Cooking Under Pressure: How to Make Great Pressure Cooked Meals (Come learn all about pressure cookers and how to use them to produce great tasting meals, simply and quickly. Jill will discuss choosing a pressure cooker (or two) and show you how to use them to make dishes from breakfast through dessert, as well as how to do tiered cooking -making more than one food at a time.) – Jill Nussinow, RD

11:15 AM – 12:15 PM

Engineering & Science Bldg. – Auditorium

Aging Well, Advanced Edition (For women 50 and over Veganism and a healthy lifestyle can make living longer much better, but there are challenges in life's latter decades to which even health-conscious vegans aren't immune. In this class, we zero in on the aspects of age (chronological, cosmetic, physiological, and attitudinal), what we can change and what we need to accept, and how to be a confident elder in a youth-conscious culture.)

– Victoria Moran

Heritage Hall A

The Inner Lives of Animals (Why do dolphins slide down whales' backs? Can a crocodile use tools? Can a goat feel optimistic? Can a fish find stress relief? Would a prairie dog call you out for carrying a gun? Come learn the answers to these and other alluring questions from the inner world of animals.)

– Jonathan Balcombe, PhD

Scholar's Room

Calming the Mind with Meditation (Join Mark for a session of peaceful meditation, authentic human interaction, and group sharing. We will explore mindfulness & meditation practices from a variety of traditions. This session is designed to help reduce stress & anxiety, calm the mind, and cultivate clear awareness. Accessible to beginners and practioners of all levels.) – Mark Agrusti

Engineering & Science Bldg. – Room 241

How to do Joyful, Sustainable, and Effective Vegan Activism in 2017 and Beyond (Learn the secrets of joyful, sustainable, and effective

activism You'll learn the importance of leveraging your strengths, filtering your inputs, managing your time, taking the long view and much more.) – Hillary Rettig

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)

Studio Theater

Pasquerilla Performing Arts Center

Line Dancing for Health, Fitness, and Fun (Line dancing regularly can improve flexibility, balance, and endurance. It can also reduce stress and depression, strengthen bones and boost cardiovascular health. Come and learn some basic line dances while getting exercise that doesn't feel like exercise. No prior experience is required and you don't need a partner. You'll dance in a group to a variety of music.) – Ed Adams

1:45 - 2:45 PM – PLENARY

Pasquerilla Performing Arts Center
Emcee: Sharon Jacks

Trending Nutrition Controversies

– Neal Barnard, MD 40 (min)

Brilliant Birds, Einstein Elephants: True Accounts of Their Relationships and Intelligence Will Surprise and Delight You
– Rae Sikora (20 min)

3:00 – 4:00 PM

Engineering & Science Bldg. – Auditorium
Get Stressed. Eat. Repeat. How To Break Stress Eating Habits and Cut Through Cravings By Simply Paying Attention. (Mindless eating. Stress eating. Cravings. Compulsive eating. What if you know all the right foods to eat, can easily assemble a delicious, healthy vegan meal - but still can't seem to pull it off for more than a few days at a time? What if your dietary ideal keeps getting derailed. Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts, by going to the heart of many troubles.) – Lani Muelrath, M.A.

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

Why I Started a Farmed Animal Sanctuary

(A personal story of how and why I started Rancho Compasión less than two years ago in the midst of running a growing business, and how the daily contact with cows, goats, pigs, and other critters changed my life. Meet the remarkable creatures who have touched my life as well as many others, and what they have taught me about the true meaning of life.)
– Miyoko Schinner

University Room

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

(Many of us have heard of vegetarians/vegans who relapsed, and social media has brought us several such cases due to perceived nutritional deficiency. Shouldn't the vegan diet have prevented this? Learn what may be causing this phenomenon, and how you can help prevent future relapses. With vegan lifestyles catching fire, we need all hands on deck to continue our success.) – Mark Rifkin, MS, RD

Campus Room

Christianity, Judaism and Animals: Is Religion a Problem ... Or a Solution? (We'll take a clear-eyed look at organized religion's role in the exploitation of animals and its potential to end that very same oppression.)
– Jeffrey Cohan

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 will lead the group in posture autoregulation and go through a routine that will increase heart rate and stretch all major muscle groups) with both static and dynamic stretching. Suitable for all ages and fitness levels.)
– Marcella Torres and Derek Tresize

Track at the Athletic Fields

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels - Let's move and laugh together! (Please bring water and appropriate footwear) – John Pierre and Anne Dinshah

FRIDAY, JULY 7 (con't)

4:10 PM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Lorene Cox

Gut Heart Connections: The Amazing Story of

TMAO – Joel Kahn, MD (30 min)

Fishy Reasoning and the Ethics of Eating

– Mylan Engel Jr., PhD (30 min)

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

The Cheese Trap: How Breaking a Surprising

Addiction will help you Lose Weight, Gain

Energy, and Get Healthy – Neal Barnard, MD

(40 min)

Vegan on a Jet Plane – Original song

performed by David Madow, DDS (7 min)

Vegan Sex: Put Plants in Your Pants

– Joel Kahn, MD (40 min)

9:30 PM (or immediately after the plenary session)

Heritage Hall – Living Learning Center

EVENING SOCIAL

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

Nightly evening sky viewing continues, with telescopic views of Moon, Jupiter and its four bright satellites, Saturn with rings tipped farthest from edgewise into best view, and double stars; naked-eye views of bright stars including Summer Triangle, Arcturus, Spica, Antares, and Regulus. Although Moon seems full to unaided eye tonight, a telescope reveals shadows at Moon's eastern limb. At 10:30 p.m., we'll walk to athletic fields for better views of stars and a tour of summer constellations. Bring binoculars if you can, for improved views of stellar groupings in moonlit skies. – Led by Robert Victor

SATURDAY, JULY 8

6:00 – 6:40 AM – EXERCISE

Meet in front of Living Learning Center

Exerstriding (A total upper body workout while you walk – walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – 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

6:30 – 7:15 AM – GUIDED 3 MILE RUN/WALK

Meet in front of Living Learning Center

(For all fitness levels and will be slow paced, inspirational and motivational)

– David Madow, DDS

6:30 – 7:30 AM – YOGA

Heritage Hall A

Yoga – Waking the Body and Spirit (An

invigorating flow-yoga practice designed to awaken the body, address common muscular

imbalances, and enliven the heart. The mindful practice incorporates traditional yoga postures and sequences, pranayama (breathing techniques), and functional movement exercise. Come prepared for Joy, Laughter, Sweat, and deep Authenticity. No experience necessary. You may want to bring a mat, blanket or towel.)

– Mark Agrusti with Ariel Jing Xu

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 mat, towel or blanket) – John Bolus

8:40 AM – PLENARY

Pasquerilla Performing Arts Center

Emcee: Vance Lehmkuhl

Taking the DIE Out of Your DIET (This lecture presents compelling evidence to make dietary changes to improve cardiovascular health.)

– Kim Allan Williams, MD (40 min)

Vegan Cuisine in Your Town – Freya and Anne Dinshah (20 Min)

10:00 – 11:00 AM

Engineering & Science Bldg. – Auditorium
The War About Saturated Fat and the Sat Fat Rat Pack (There is a literal war for the mind and wallet of the public using 100 years of science showing that saturated fat in animal foods such as meat, eggs and dairy are of no risk to health, particularly heart health. This has been led by many journalists with conflicted funding like Nina Teicholz and Gary Taubes, but it now extends to cardiologists like Malhotra, Meier, and Redberg. Along with the international exposure of flawed studies and editorials comes denials that there is a link between animal fats and heart disease, suggesting that there is a background of money and influence that confuses the public and keeps their dollars flowing. Understanding this war can make for stronger advocates for a plant based life) – Joel Kahn, MD

Heritage Hall A

Ten Ways to Supercharge Your Life!
 – David Madow, DDS

Heritage Hall B

Misogyny Influences Attitudes Toward Women and Women Activists, Attitudes Toward Salads and Tofu and Veganism in General (Yes veganism is implicated by gender attitudes. Misogyny also is expressed in attitudes toward burgers and the new plant based meat. It constructs how female domesticated animals are looked at and treated. And we need to watch for how vegans broach veganism to women - discussions about dairy especially. Finally, misogyny pathologies caring, creating a barrier to caring for animals.) – Carol Adams

Engineering & Science Bldg. – Room 241

“Dealing with Dairy & Eggs” (Why the dairy and egg industries are equally as unethical and unjustified as meat and fishing for the environment and our health and how we can create change for future generations)
 – Ellie Laks

University Room

Setting up Your Eco Vegan Panty (Pantry set or reset can feel daunting when you are starting out or starting over, but Fran will show you how. You do not need a lot of space or equipment, you do need some staples, and

they need not be expensive. Learn how the concept of culinary mise en place, will make you excited to get into your kitchen and cook for delight and nourishment.) – Chef Fran Costigan

Campus Room

Public Speaking for Vegan Enthusiasts and Activists (In the virtual era, the power of a live presentation is greater than ever. To be able to speak confidently, comfortably, and persuasively can be a great give to the movement, and even people who find speaking for a group an intimidating prospect can master the skills and come to relish the process) – Victoria Moran

College Room

The University and Animal Advocacy (This interactive session will discuss how college professors and students can engage in animal advocacy efforts across campus. The focus will be on the curriculum, animal advocacy organizations, and dining services. Attendees will engage in a number of critical thinking activities that explore the treatment of human and non-human animals.) – Chris Hirschler, PhD

11:15 AM – 12:15 PM

Engineering & Science Bldg. – Auditorium

The Role of Soy in Preventing and Treating Breast Cancer (The relationship between soy intake and breast cancer has been rigorously investigated and hotly debated. As will be discussed, evidence indicates soy reduces breast cancer risk but only if consumed early in life. Human research indicates post-diagnosis soy intake reduces recurrence and improves survival.) – Mark Messina, PhD

Heritage Hall A

The Ethics of Eating – Part II: Human-Centered Reasons for Ethical Veganism (There are also powerful human-centered reasons for ethical veganism. Knowing these reasons can be helpful when discussing veganism with people who claim only to care about humans. I explore three interrelated human-centered reasons for thinking that veganism is morally required: (i) environmental sustainability, (ii) food scarcity and global justice, and (iii) concern for future human generations. These reasons provide a powerful moral basis for veganism) - Mylan Engel Jr., PhD

Heritage Hall B

Overcoming Writer's Block: For Veg'n Authors, Bloggers, Students, etc.! (Under-productivity,

SATURDAY, JULY 8 (con't)

procrastination, and blocks are solvable problems. The secret to achieving a state of near-perpetual inspiration is to switch from a scarcity to an abundance mindset, and also from a shame/blame mindset to one focused on problem-solving. In this class we'll delve deep into the heart of underproductivity so you can see, once and for all, what forces are holding you back, and how to overcome them.)
– Hillary Rettig

Engineering & Science Bldg. – Room 241 Millennial Vegan Awakening, or Corporate Takeover of a Grass Roots Movement?

(From pop culture to college dining halls the word “vegan” has growing currency, especially among the millennial generation. But are young people learning authentic veganism, or rather a distorted version designed to serve cynical corporate agendas? Hear from one millennial vegan about her sometimes shocking experiences, including a recent university conference that was vegan in name only.)
– Sarina Farb

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

**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 and Jeffrey Cohan

College Room

**PANEL: Local Vegetarian/Vegan Groups:
Starting One and Keeping It Alive**
– Ted Barnett (moderator) Carol Barnett, Roberta Schiff, Amie Hamlin, Dave Norris and Jennifer Greene

1:50 – 2:50 PM

**Engineering & Science Bldg. – Auditorium
How Dietary Fiber and Colonic Bacteria
Improve Our Health and Mental Well-being**
– Milton Mills, MD

Heritage Hall A

Healthy Aging (We live in amazing times. Good science from epidemiological and clinical studies clearly suggests which lifestyle

choices vastly increase our odds of avoiding the major chronic diseases. It's not just about living longer, but BETTER – by maintaining physical and cognitive functionality late into life. Science and healthy older populations can teach us about living well and feeling good.)
– JoAnn Farb

Engineering & Science Bldg. – Room 241 Vegan Sex: Vegans Do it Better-Dump Your Meds and Jump in Bed (More than the

physical and medical aspects, also detailed in this talk, aligning principles with partners can have far reaching effects. Hear the shocking and amazing differences vegan partners provide. Huge animal abuse exists in the 15 billion dollar sex toys industry, but vegan options will be discussed.) – Ellen Jaffe Jones

University Room

Introduction to Mindfulness (This experiential workshop explores the fundamentals of Mindfulness practices and their applications within our everyday lives. Mindfulness is the practice of fully “being here” now; simply observing present-moment experiences with an attitude of openness and non-judgement. These practices are proven to reduce stress and can help us find clarity and ease during the challenges of our busy, productive lives.)
– Mark Agrusti

Campus 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 better in tune to our hearts.)
– Harold Brown

Scholar's Room

**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. Derek Tresize and Marcella Torres will discuss building muscle and losing fat on a whole foods, plant-based, vegan diet, along with general nutrition guidelines for attaining optimal health and fitness. They will also cover meal makeovers, meal planning, and advance prep strategies that make it easy to adhere to

your best diet, as well as training strategies for optimal results.) – Marcella Torres and Derek Tresize

College Room

Affordable Ways to Incorporate Whole Plant Foods into Your Diet and Budget (The healthiest diet for everyone and is also the cheapest. We will talk about making meals affordable and also the hidden cost of bad food.) – Kathy Pollard, MS

2:00 – 4:00 PM – FOOD DEMONSTRATION **Heritage Hall B & C**

A Wind from the Mediterranean – Recipes to Add Zest and Color to a Humdrum Summer
– Miyoko Schinner

3:00 – 4:00 PM

Engineering & Science Bldg. – Auditorium
Superfoods: Myth or Miracle? (Come learn about so-called “superfoods” and what makes them super - or not so super. Whether it’s acai, goji berries or moringa, there are many foods on the market that will supposedly enhance your health through their magic properties. Learn one Registered Dietitian’s opinion of this subject so that you might make more informed choices.) – Jill Nussinow, RD

Heritage Hall A

Farmed and Sentient (Farmed animals are often unfairly demeaned according to the “purpose” we have for them. In this presentation, we see that domesticated animals are cognitive and emotional, and that they retain the abilities of their wild ancestors. In light of farmed animal sentience, we owe them much better than we give them.)
– Jonathan Balcombe, PhD

Engineering & Science Bldg. – Room 241
Mind If I Order the Cheeseburger? And Other Questions People Ask Vegans (Vegans frequently get questions about their life choices. What about plants? Where do you get your protein? Are lions immoral for eating gazelles? Trying to answer these questions can cause anxiety, because so much is at stake. In this session, learn how to think differently about the questions and respond to them with confidence.) – Sherry Colb, JD

University Room

Vegan Dot Connecting - Why It’s So Much More Than a Diet (Defining “vegan” through the Vegetarian World Forum in Spring 1951, the Vegan Society in England declared that

through the vegan commitment “A great and historic wrong, whose effect upon the course of evolution must have been stupendous, would be righted.” Lee Hall will facilitate a discussion of the broad and deep view of what veganism stands for.) – Lee Hall, JD LLM

Campus Room

50 Shades of Vegan (People come to veganism in many ways. We support one another by honoring all iterations of the vegan lifestyle. In this presentation, you’ll learn some of the myriad expressions of this lifestyle, and how through mindfulness, tolerance, and self respect you can strengthen your own resolve, while supporting fellow vegans and furthering our common cause.) – Lani Muelrath, M.A. and Victoria Moran

Track at the Athletic Fields

BOOT CAMP: Fun & Effective Sports and Conditioning for all Fitness Levels – Let’s move and laugh together! (Please bring water and appropriate footwear) – John Pierre & Anne Dinshah

4:10 PM – PLENARY

Pasquerilla Performing Arts Center
Emcee: Sharon Jacks

Even Vegans Die (Panel - 60 min.)

Vegan Diets and Health: How Disease Shaming Affects Our Advocacy
– Virginia Messina, MPH, RD

When Vegans Get Sick: Caregiving and Acceptance – Carol Adams

Why Every Vegan Needs a Will
– Patti Breitman

5:30 – 7:30 PM – FAREWELL DINNER

(Serving until 7:00 PM)

Music by John Bolus

7:45 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center
– Performed by Vance & Slyler Lehmkuhl

8:00 PM – SPECIAL PRESENTATION

Emcee: Maribeth Abrams

Performance by the Summerfest Children

Special Dance (to Earth Warrior) by Eve Fox
– In memory of her father Daniel Fox

SATURDAY, JULY 8 (con't)

A special performance by some long-time Summerfest attendees – music coordinated by Beth Ertz. (10 min)

DOCUMENTARY SCREENING

What the Health – The Film That Conventional Health Organizations Don't Want You to See! Brought to you by the producers of *Cowspiracy* (1 hr 40 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 miss this chance to mingle, dance and see the new friends you've made this week.

Music provided by our vegan DJ.

Light refreshments available.

Immediately Following the Special Presentation **EVENING SKY WATCHING**

Meet at the Front Entrance of the Living Learning Center

Tonight's Moon is the brightest of month, because it's Full and passes almost directly opposite Sun. Moon reflects sunlight most strongly back toward Sun, and for a few hours around Full, also toward Earth. Bright ray systems of material scattered from impact craters Tycho, Copernicus, Kepler really stand out!. Jovian system, E to W: Callisto, Ganymede, Io, Jupiter, Europa. Don't miss view of Saturn's rings! FULL MOON WALK: At 10:30 p.m., we'll walk down to athletic fields for better viewing and a tour of summer constellations. Bring binoculars if you can, for views of stellar groupings in moonlit skies.

– Led by Robert Victor

SUNDAY, JULY 9

6:00 – 6:40 AM – EXERCISE

Meet in front of Living Learning Center

Exerstriding (A total upper body workout while you walk - walking with specially designed poles to build total upper body strength, fitness, balance, and stability.) – John Bolus

6:30 – 7:30 AM – YOGA

Heritage Hall A

Yoga - Mindful Movement and Meditation

(This slow and gentle Yoga and meditation class, students are introduced to breathing techniques, foundational Yoga postures, and Sun Salutations, with detailed attention to proper anatomical alignment, body mechanics, functional movement, and mindful practices, that help to prepare the body and mind for clarity, health, and meditation. This class provides the groundwork for a safe, sustainable, and life-long yoga practice. You may want to bring a mat, blanket or towel.) – Ariel Jing Xu

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

Walley Memorial Chapel

(Inter-religious/Non-denominational) Inspirational readings and music; music coordinated by Beth Ertz.

8:30 – 9:30 AM

Engineering & Science Bldg. – Auditorium

Ask the Doctor: Health/Nutrition Q&A (Bring your questions and ask this expert who will offer thoughts, opinions, support, and general recommendations for your inquiring minds)

– Michael Greger, MD

Heritage Hall A

Chemistry for Understanding Nutrition: About Protein – Milton Mills, MD

Heritage Hall B

Running on Plants (A step-by-step guide to getting off the couch and getting active, avoiding injury and healthy for life. From Slacker to 7th in the US in the 1500 Meters and 117 5K medals in 10 years “just” on plants, this can be your life too) – Ellen Jaffe Jones

Engineering & Science Bldg. – Room 241

Mindful Fat Loss on a Whole Foods Plant-Based Diet (As competitive physique athletes, Derek and Marcella are intimately acquainted

SUNDAY, JULY 9

with fat loss strategies used by the pros to maintain a lean body year round. We combine that practical knowledge with a whole foods plant based diet, and the latest clinical results presented at obesity conferences and in peer-reviewed research to give you a practical guide to successful, long-term fat loss. We'll talk about goal-setting, assessing your progress, tracking calories and macronutrients, optimal exercise strategies to complement a diet, and how to maintain fat loss long-term without damaging your metabolism.) – Marcella Torres and Derek Tresize

University Room

Can This Relationship Survive? (Have you embraced vegan living but your loved one - partner, parent, child, or other family member - has not? Has this situation led to feelings of frustration, loneliness, heartbreak? Find out how others have successfully navigated these difficult waters - and learn what mistakes to avoid!) – Jennifer Greene

Campus Room

All You Need is Love (“I love my dog. I love my cat. I loved the vacation I took. I love a good steak.” How often do we hear these expressions of love? Yet they each have a different connotation of what love is. We will look into this briar patch of what love means, how to make sense of it, and how to deal with the variances with a deeper understanding of love. A handy tool for any activist!) – Harold Brown

Scholar's Room

10 Tips to a Healthy Diet That Will Save The Planet (Learn the most effective ways to get healthy and save the planet from devastating climate change at the same time.) – Kathy Pollard, MS

College Room

Is Death Harmful to Animals (Including Humans)? (In condemning factory farming, pro-animal activists take a stand against the infliction of suffering on cows, pigs, chickens, and other animals. We may thereby imply that killing animals for food and fiber is acceptable if accomplished humanely. The ancient Greek philosopher Epicurus made a similar claim, arguing that death itself causes no harm. Was he wrong?) – Michael Dorf, JD

9:45 – 10:45 AM

Engineering & Science Bldg. – Auditorium
The 7 Habits of Happy, Healthy Vegans
– Virginia Messina, MPH, RD

Heritage Hall A

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

Heritage Hall B

Compassion & Self-Compassion Meditation (This session is an invitation for you to expand the capacity of your heart by cultivating compassion, gratitude, and self-compassion. Several meditation practices and experiences of authentic human interaction will be presented including loving-kindness meditation, deep listening, and speaking from the heart. Self-compassion is shown to improve emotional well-being and can help us become kinder and more forgiving of ourselves.) – Mark Agrusti

Engineering & Science Bldg. – Room 241

What Dairy Cows Can Teach Us About Pregnancy and Abortion (One of the most compelling facts that new vegans learn is that dairy cows are robbed of their beloved babies so their milk can be taken for human consumption. The dairy cow's tragedy can help us to understand some things about pregnancy and birth for women. In this session, learn what dairy cows can teach us about human reproduction.) – Sherry F. Colb, JD

University Room

Global Hunger and the Many Ways it is Intensified by Animal Agriculture

(The use of animals for food has severe consequences on global hunger and climate change, both which disproportionately harm the world's most deprived and vulnerable populations. The meat-hunger-climate connections are tangible and reducing global animal consumption must be part of viable solutions. Included: consumption trends, nuances of crop and resource inefficiencies, critique of grass-fed beef/dairy cows, and more.) – Dawn Moncrief, MS

Campus Room

U.S. Dietary Recommendations and the Politics of Food (For many years, the official dietary recommendations set forth by the US Dept. of Agriculture have been a formula for “how not to prevent disease,” largely because of the corporate influence of animal agriculture. The latest guidelines, which were issued early in

2016, are slightly improved but not significantly different from the 2010 guidelines. It still helps to be, as John Robbins once put it, “your own Department of Nutrition.”) – Ted Barnett, MD

Scholar's Room

Vegans and Journalism (We'll discuss methods of getting coverage from mainstream media outlets, and also look at how mainstream reporting and editing on animal issues (ranging from food reporting to nutritional science) contains an unconscious bias that needs to be overcome by vegan awareness)
– Vance Lehmkuhl

College Room

Short Plays about Famous Vegetarians (Rynn Berry, Author and Veg Historian, and wrote several short plays about famous vegetarians. Come find out who they were - you can participate in the readings or just listen. Bring your curiosity and enthusiasm.) – Roberta Schiff

President's Room

Issues in Raising Vegan Children (Panel)
– Sharon Jacks (moderator) JoAnn Farb, Amie Hamlin, Allison Rivers Samson and David Samson

10:45 AM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Sarina Farb

11:00 AM – 12:10 PM – PLENARY

Emcee: Maribeth Abrams

Soyfoods, Soy Isoflavones & Health: Where Does the Science Stand – Mark Messina, PhD (30 min)

DRAWING: Would you like to attend Vegetarian Summerfest 2018 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

What the World Needs Now: Co-creating the World We Want to Live In – Rae Sikora (20 min)

CLOSING REMARKS

– Maribeth Abrams

2:00 – 3:00 PM

Heritage Hall B

Gluten – The Real Reason Paleo is so Popular

(Paleo gets people off sugar, dairy, gluten and processed food and may enable weight loss, which can improve cardiac markers. But eating more animal protein – has health risks, and is an environmental and ethical tragedy. Understanding how gluten may be driving people to Paleo is critical to vegan outreach.)
– JoAnn Farb

University Room

The Cowspiracy of Religion (Why do the vast majority of ministers, priests and rabbis preach mercy and compassion from the pulpit, then consume animal products at breakfast, lunch and dinner? We'll look at why the problem exists and what we can do about it.) – Jeffrey Cohan

Campus Room

Willpower: Why It Doesn't Work and What You Can Do About It Today!

(Sometimes people rely too heavily on willpower to change their omnivorous eating behaviors to a vegan or vegetarian lifestyle. This presentation will examine willpower and how it is not the only answer to changing important eating behaviors. In addition to knowledge of willpower characteristics, a technique will be taught to help attendees when willpower is not enough.)
– Rev. Russell Eleven, DMin

Scholar's Room

A “Blue Marble” Checkup (What's going on with our planet and is there anything we can do about it? We will watch some revealing short videos to help you assess it for yourself. Q and A following.) – JC Corcoran

College Room

Relationship Workshop (Bring your dilemmas to a fun discussion of ways to enjoy social interactions when food is the center.)
– Anne Dinshah

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

Members Get Great Benefits!

- ✓ **VEGETARIAN VOICE MAGAZINE:** Our bi-annual magazine will bring you news about important health and nutrition studies; compelling consumer, environmental, animal rights and lifestyle issues. Plus delicious vegan recipes are always featured.
- ✓ **MEMBERS ONLY VIDEO GALLERY:** Members have access to our exclusive members' only Video Gallery. The gallery contains select videos from our Vegetarian Summerfest conference. Topics include information about health, nutrition, animal rights, environment and more.
- ✓ **FREE RECIPE CARD SET:** New members will receive our 40 recipe-card set featuring favorite recipes from seven popular cookbook authors. This collection includes entrées, salads, soups, side dishes, desserts and more.
- ✓ **DISCOUNTS:** Members are entitled to a discount on our Vegetarian Summerfest conference and a 10% discount on merchandise at our online store.



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