

Campus Room

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

Scholar's Room

Vegans Go to the Museums: A History of Animals in Art, Music, and Literature (All throughout history there have been countless examples of animals captured in the world of art; we'll look closely at 10 examples, from Edward Hopper to Pablo Picasso. We'll also listen to several songs which celebrate the animal kingdom, along with reading excerpts from literary works where our animal friends are featured.) – Kathleen Kinsolving

President's 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

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

4:10 – 5:10 PM

Engineering & Science Bldg. – Auditorium
Diets & Health: How Plant-based Diets Improve Human Health and Longevity
 – Milton Mills, MD

Heritage Hall A

The Ethics of Animal Experimentation (By researchers' own admissions, animal experiments causes animals extreme pain, distress, injury, and death. The only serious purported justification for treating animals so badly is the benefits argument: the benefits to humans are so significant they outweigh the interests of the animal victims. I explain why the benefits argument fails and why animal experimentation should be abolished.) – Mylan Engel Jr.

University Room

Practical Mindfulness & Stress Reduction for our Busy Lives (This experiential workshop explores the fundamentals of using Mindfulness for stress-reduction, with an emphasis on integrating these skills into 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

Basics of Plant-based Eating (Workshop intended for the novice seeking practical information or those wanting a refresher on plant-centered eating. Includes: What a plant-based diet is and is not. Why eating plants is important for overall health. Simple steps for preparing plant-based meals, including shopping lists and convenience tips. Resources for continuing your plant-based journey) – Sally Lipsky

Scholar's Room

How to More Effectively Convert People to Veganism Using a Tactical Business Approach (The challenges of converting family, friends and acquaintances to veganism, then having them stay vegan is formidable. Using tested and validated business/sales practices significantly enhances your chances of success. Understanding the sales cycle and knowing how to overcome objections and offering post sale support can greatly increase the odds of “getting the order”.) – Michael Taylor

President's Room

Looking Back & Moving Forward (I opened the Bread Shop in 1971, believing it was Chicago's first vegetarian business. Little did I know the breathe and depth of the vegetarian movement. We must utilize the wisdom, support and resources of those who came before. Let's learn from the mistakes of the past to move towards a greener future. Knowing our history will strengthen our Great Movement.) – Kay Stepkin

STUDIO THEATRE

Pasquerilla Performing Arts Center

Prehab and Rehab: Exercises to Support Pain-Free Long Term Fitness (The modern, sedentary lifestyle often puts us in unnatural positions for long periods of time, leading to muscular imbalances and reduced flexibility. In this therapeutic fitness class, we will address common weak areas such as the hip and shoulder joints, leading the group in exercises that will strengthen weak muscles and stretch overtight ones. You will walk away from this class with new knowledge and an arsenal of exercises to add to your daily routine that will keep you free of injury and discomfort for years to come!) – Derek Tresize and Marcella Torres

SATURDAY, JULY 6 (con't)

5:30 – 7:00 PM

FAREWELL DINNER (Serving until 7:00 PM)

7:15 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center

– Performed by Vance & Slyler Lehmkuhl

7:30 PM – SPECIAL PRESENTATION

Emcee – Maribeth Abrams and Vance Lehmkuhl

Musical Performance by the Summerfest Children (10 min)

Evidence-Based Weight Loss (Dr. Greger is premiering his brand-new talk based on his upcoming book *How Not to Diet*) – Michael Greger, MD (75 min)

Vegan Hall of Fame – Induction Ceremony

A special performance by some of our Summerfest Speakers – coordinated by Beth Ertz. (15 min)

9:40 PM or 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 vegan DJ Shamrock. Light refreshments available.

9:40 P.M. – EVENING SKY WATCHING

Begins near flagpole, east of Blackington Hall

Moon is one-quarter full, showing much

detail! We'll observe Saturn's rings, and find all four Galilean moons closely west of Jupiter, until

brightest Ganymede disappears behind planet

at 11:10 PM. THEN, WE'LL WALK TO ATHLETIC

FIELDS for constellations, Milky Way, and farewell views of deep sky objects through telescopes and binoculars. – Led by Robert Victor

SUNDAY, JULY 7

6:30 AM – MEMORIAL SERVICE FOR THE ANIMALS

Whalley Memorial Chapel

(Inter-religious/Non-denominational)

Inspirational readings and music – Beth Ertz

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. Students of all levels of Yoga practice are welcome. You may want to bring a mat, blanket or towel.) – Ariel Jing Xu

8:30 – 9:30 AM

Engineering & Science Bldg. – Auditorium

The Heart in Health & Disease – Milton Mills, MD

Heritage Hall A

Bats: Myth and Reality (Misconceptions abound about bats. This illustrated presentation debunks the myths and explores some of the remarkable

ways in which bats live, including how they find food, communicate, parent, and cooperate. With over 1,300 species, bats are second only to rodents as the most diverse group of mammals, and their astonishing abilities make for an eye-opening tour.) – Jonathan Balcombe, PhD

Heritage Hall B

“Planet” Based Living, Putting the Earth

First. (Our actions away from the dining room table make just as important impact on the earth, humanity and the animals as do our food choices. Learn how to live according to the principles of Ahimsa and do the least amount of harm.) – John Pierre

Engineering & Science Bldg. – Room 241

The Medically Supervised 15-Day WFPB

Jumpstart: A Formula for Success (Rochester

[NY] Lifestyle Medicine has used highly motivational instant-result lab testing both before and after a 15-day whole-food plant-based diet program to inspire and support hundreds of participants as they make lifestyle changes. Often the most dramatic improvement is found in those who need it most. Join us as we march into the belly of the beast to help patients, battle the traditional health care system and heal the planet—all at the same time.)

– Ted D. Barnett, MD

University Room**Minimalist Plant-Based Eating for a Healthy**

Body Composition (Making plant-based eating habitual is key to reaping the maximum health benefits from this diet, and that motivate many of us to stick with it. The key to making the diet habitual is making it so simple that it isn't a burden. Here we will share our strategy for minimizing the mental burden (and cost) of meal planning and eating plant-based while juggling family, career, and athletic competition. We will also have grocery and meal planning cheat sheets to share!) – Derek Tresize and Marcella Torres

Campus Room**But If We Didn't Eat Them They Wouldn't**

Exist! (Some people say that veganism harms cows, chickens, and other animals that exist only because they were bred to be eaten. Any good response implicates the “nonidentity problem” that's related to other important questions, like whether societies owe reparations for historical injustices such as slavery and the Holocaust and whether environmental damage today harms people in the future. Let's discuss.) – Michael Dorf and Sherry Colb

Scholar's Room**Vegans Go to the Movies: A History of**

Animals in Cinema (This workshop will explore how animals have been treated from the early days of film making to the present; how some films have influenced people to change their thinking about animals, and how enough concern about abuse in the industry helped launch the American Humane Association which monitors the treatment of animals in film.) – Kathleen Kinsolving

President's Room**Questlove's 'Vegan Cheesesteak': Why We**

Need More Vegans in the Newsroom (Why did mainstream headlines mistakenly tout a new vegetarian cheesesteak as “vegan”? Because we still need more vegan journalists to counter the implicit bias and ignorance of otherwise capable reporters and editors for whom veganism is an exotic annoyance. We'll look at how vegan and anti-vegan news gets shaped by mainstream outlets, as gathered from decades at top regional daily newspapers. We'll also look at maximizing media coverage of veg groups, and the value of localized social media.) – Vance Lehmkuhl

9:45 – 10:45 AM**Engineering & Science Bldg. – Auditorium**

The Latest on The Vegan Dietary Pattern and Other Lifestyle Factors on Cancer (As a researcher in nutrition and cancer at the University of Rochester Medical Center, I will present some of the latest findings on the

benefits of a vegan diet and other lifestyle factors in preventing cancer and addressing the impact of cancer and cancer treatment in cancer patients and survivors.) – Julia Inglis PhD, RD

Heritage Hall A

Essential Fatty Acids (Recent research on fish and fish oil supplements for CVD: Why the research suggests no benefit and implications for plant based diets. Fish and Fish Oil Supplements have long been promoted widely for health benefits, particularly Cardiovascular disease. This supposedly put vegetarians and vegans at a potential disadvantage as these groups did not consume these and typically have lower levels of Longer chain Omega 3 fatty acids Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Yet, recent research suggests little to no benefit for fish or fish oils. We will discuss this along with implications for those who follow plant-based diets) – Tim Radack, RDN, DrPH, MPH

Heritage Hall B

Vegan Sex (Saying yes to no (nitric oxide) can improve performance at marathons in and out of the bedroom. Erectile dysfunction is the leading indicator of heart disease. When addressed with nitric oxide-rich foods, it is not uncommon for 70 year old men to come off medications and for women to enjoy life in a way never thought possible.) – Ellen Jaffe Jones

University Room**How Our Country's Meat-based Diet Impacts**

Wildlife (Bison of Yellowstone Park are destroyed by the National Park Service when they pose a threat to cattle. The Bureau of Land Management removes wild horses from the prairies to appease cattle ranchers. The USDA kills millions of wild animals each year to protect the profits of ranchers. This session covers the government's war on wildlife to support animal agriculture.) – Greg Lawson

Engineering & Science Bldg. – Room 241

My Journey from Hunter to Vegan (Growing up in Alabama, I was taught to hunt and fish at an early age. I was also taught that eating meat was necessary for good health. In this talk, I retrace my journey from hunter to vegan activist and recount the process of “unlearning” that empowered me to eat in a way consistent with my fundamental ethical values.) – Mylan Engel Jr

Campus Room**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

SUNDAY, JULY 7 (con't)

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

Scholar's Room

Sustaining Plant-Based Eating: Navigating Family, Friends, and Social Situations (The main reason vegans and vegetarians revert to eating animal foods is feeling isolated in their social and family networks. This interactive workshop includes: Role of food in families and society. Ways to react to common social scenarios. Participating in plant-based communities—face-to-face and online. Resources for support, information, and sharing) – Sally Lipsky

College Room

Workshop: Veganically Grown Food: Planting a Seed for a New Movement (Veganic Farming is growing food without animal inputs such as manure and slaughterhouse by-products. This workshop is for those who eat, not just those who grow food. We'll talk about why veganically grown food is the "missing link" for vegans, and why it's time to start a new movement to request veganically grown food. Join the discussion on how to move forward in creating a demand for veganically grown food.) – Amie Hamlin

President's Room

Vegan; Striving to Live a Morally Consistent Life (There are serious questions we are not only asked but we ask ourselves about being vegan. Different people seem to have different definitions of what a vegan is yet at the core there are principles and values we can all agree upon. Farmer Brown struggled for years trying to understand what being vegan means. Together we will explore this wide ranging topic and learn that none of us are perfect and that we are all in this together.) – Harold Brown

10:45 PM – MUSICAL PRELUDE

Pasquerilla Performing Arts Center
– Performed by Rebecca Barnett

11:00 – 12:15 – PLENARY

Emcee: Maribeth Abrams

Plant-Based Healthcare: Prescription Reversal – Robert Breakey, MD (35 min)

Igniting Your Passion To Change The World With & to Veganism – Michael Taylor (15 min)

DRAWING: Would you like to attend Vegan Summerfest 2020 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

Loving The World, As It Is: Giving up hope of a "different world", a "compassionate world", a "vegan world" to embrace the reality of the world as it is. (15 min) – Rae Sikora

CLOSING REMARKS

– Maribeth Abrams

2:00 – 3:00 PM

Heritage Hall A

Chemistry for Understanding Nutrition: Protein (and why plant proteins are best!) – Milton Mills, MD

Heritage Hall B

Exploring the Teachings of the Medical Medium (Anthony William, the Medical Medium, is making a huge impact in the alternative health world with powerful, plant-based suggestions for improving health. In this enlightening overview of William's work, we'll cover the healing benefits of celery juice, wild blueberries, and other fruits, vegetables, and herbs that can make a real difference in the way we feel.) – Victoria Moran

Campus Room

But It's Too Expensive to be Vegan!"- NOT

(The healthiest diet for everyone is also the cheapest. There's a myth out there that vegan is expensive. We'll bust that, and talk about making meals affordable. Here we'll learn affordable ways to incorporate healthy, whole plant foods into your diet and budget, and also cover the hidden cost of bad food.) – Kathy Pollard

Scholar's Room

Act With a Famous Vegan (Reading and performing three of Rynn Berry's short plays about famous vegans.) – Roberta Schiff and Chris Abreu-Suzuki, PhD

President's Room

Making a Positive Vegan Impact When

Traveling (Presentation and open discussion covers three themes: I Ways to make a positive impact when traveling with family/friends, letters to the editor, travel industry, sharing your expertise, presenting at local veg-festivals, vegan businesses. II Resources for local and global vegetarian events, small events, large events, local events, and more. III Methods for traveling less expensively) – Juan Deguara

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!

A silhouette of a woman and a young child standing on a beach at sunset. The woman is on the left, holding the child's hand. The child is on the right, looking towards the sunset. The sky is a mix of blue, orange, and red, with the sun low on the horizon. The ocean is visible in the background.

You Can Help Create a Better Future!

Please consider including NAVS in your will

You can make a lasting difference for people, animals and the planet. Veganism holds the key to improving people's health, saving millions of animals' lives and helping to protect our precious Earth. By remembering NAVS in your will, you will help us continue and expand our important work of promoting veganism. Thank you!

The logo for NAVS, featuring the word "navs" in a lowercase, sans-serif font. A small green leaf is positioned above the letter 'v'.

Members Get Great Benefits!

- ✓ **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 Vegan Summerfest Bookstore and Information Table.

YES! I Want to Become a Member.

- 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