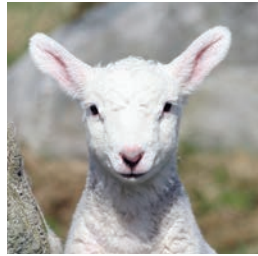


# VEGAN SUMMERFEST 2024 PROGRAM

★ *The 50th Anniversary of NAVS* ★



July 10 - 14 ★ Johnstown, PA  
Conference Center at Pitt-Johnstown

**VEGAN** 20  
24  
**SUMMERFEST**

50th Anniversary of the North American Vegetarian Society

**navs**

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**

# 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*

John P. Murtha Center, Assembly Hall

### *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 Student Union: the Cafeteria on the 2nd floor. If needed, there may be additional seating added elsewhere. Meals will be served at the following times:

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

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 VeganFusion Institute and assisted by Chef Chris Jolly of Live Jolly Foods and Chef Danyul Werline-Robinson 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.

## FITNESS

**Adults:** The Wellness Center offers use of their exercise equipment and walking track from 7am to 3 pm. This facility is not available on the weekend.

# 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

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

**JONATHAN BALCOMBE, PHD (CAN)** Animal behavior expert; author, *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, *What a Fish Knows: The Inner Lives of Our Underwater Cousin, Jake and Ava: A Boy and a Fish* and *Super Fly: The Unexpected Lives of the World's Most Successful Insects*

**CHIP BALLEW (MO)** Juggling teacher; with over 25 years experience teaching various forms of juggling, skilltoys and cooperative games; Co-founder of Veg Club of the Ozarks and co-organizer of Northwest Arkansas Vegans Group; vegan and animal advocate for over 35 years.

**NEAL BARNARD, MD, FACC (MD)** Adjunct associate professor of medicine at The George Washington University School of Medicine; President of the Physicians Committee for Responsible Medicine, founded the Barnard Medical Center and author of numerous books

**CAROL BARNETT, PHD, JD (NY)** Secretary, treasurer and board member of Rochester Lifestyle Medicine Institute (RLMI); Co-Coordinator of Rochester Area Vegan Society (RAVS); Pivotal in developing and running RLMI's monthly 15-Day Whole-Food Plant-Based Jumpstart

**TED BARNETT, MD (NY)** Founding president and board chair of Rochester Lifestyle Medicine Institute (RLMI); Co-Coordinator of Rochester Area Vegan Society; RLMI's innovative programs include the monthly 15-Day Whole-Food Plant-Based Jumpstart; practicing diagnostic and interventional radiologist

**CHRISTINE MELANIE BENSON (TN)** Author of *Marrying Myself* which features a vegan protagonist, the book was named a top media pick of the year in 2023 by *VegNews* magazine; host of the Vegan Posse podcast

**MARK MATHEW BRAUNSTEIN (CT)** Vegan since 1970; author of six books, including *Microgreen Garden*, *Sprout Garden*, and *Radical Vegetarianism*; his articles about veganism have appeared in *Vegetarian Times*, *Natural Health*, and elsewhere

**ROBERT BREAKEY, MD (MI)** Graduate of the University of Michigan Medical School; head of his medical group's "IHA Center for Lifestyle Medicine"; on the Board of Directors of Plant Based Prevention of Disease (P-POD); Chairman of the Board of the Plant Based Nutrition Support Group (PBNSG).

**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

**EILEEN WIEDER CRONE, MS (PA)** Registered Dietitian; ACSM-Certified Exercise Physiologist; Registered Yoga Teacher; adjunct professor at Harrisburg Area Community College; passionate about sharing wellness, fitness and the benefits of spending time in nature with others

**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*; author of *The Vegan Kitchen* which in 1965 was the first U.S. cookbook to use the word vegan in the title; over 60 years vegan; President of American Vegan Society

# SPEAKERS (con't)

**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 *Beating Hearts: Abortion and Animal Rights*

**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 (KS)** Life-long vegan; makes videos for her YouTube station, *Born Vegan* which are about growing up vegan and all things related to veganism, animal rights, and the vegan lifestyle

**ALAN GOLDHAMER, DC (CA)** Founder of TrueNorth Health Center, a state-of-the-art health facility; author of *Can Fasting Save Your Life?*; *The Health Promoting Cookbook* and co-author of *The Pleasure Trap*; was the principal investigator in two landmark studies about fasting

**MICHAEL GREGER, MD (CAN)** Physician specializing in clinical nutrition; founded NutritionFacts.org; author of the *NY Times* best sellers *How Not To Die* and *How Not to Age: The Scientific Approach to Getting Healthier as You Get Older*

**LEE HALL, JD, LL.M (PA)** Holds a Master of Laws (LL.M.) in Environment & Climate Law from Vermont Law School; taught animal law and environmental law; authored several books, including *On Their Own Terms: Animal Liberation for the 21st Century*

**AMIE HAMLIN (NY)** Executive Director, Coalition For Healthy School Food; wrote NYS Legislative Resolution that passed unanimously in the NYS Legislature – requesting vegan entrees each day

in school; founder of Growing Peace Farm, a veganic farm outside of Ithaca, NY

**DAWN HILTON-WILLIAMS (NC)** Founder of Herban Eats; Co-Founding Executive Director of Power is Giving, Dawn Hilton-Williams AKA The Vegucator; author of the clinically-endorsed cookbook, *Flava My Plate: Your Tasty Vegan Guide to Health-Wealth*

**JEN HOWK, PHD (VA)** Writer; researcher; coach; vegan for twenty years; self-taught permaculture enthusiast; as a coach, she is interested in helping clients discover new ways of thinking about and approaching difficult problems in relationships, work issues, family issues, and health concerns

**RAQUELA KARAMSON (FL)** Founded Jewish Vegan Life - to educate, support, and empower Jews from all walks of life to embrace a plant-forward lifestyle; certified in lifestyle medicine by Harvard University Medical School; vegan for 10 years

**TIM KAUFMAN (NY)** At over 400 pounds he was unable to perform simple daily tasks; had many chronic health issues; was almost immobile. He is now an athlete who thrives on a plant-based whole-food lifestyle and leads a healthy, happy, productive, life

**KATHLEEN KINSOLVING (VA)** Vegan; earned a BFA in Film and TV; presented film appreciation classes; teaches English at Centreville High School where her students enjoy such literature and films as the anti-hunting short story *The Most Dangerous Game*, and the great avian rebellion in *The Birds*

**JOANNE KONG PHD (VA)** Speaker focusing on the ethical, health and environmental impacts of veganism; author, *If You've Ever Loved an Animal, Go Vegan*; A critically-acclaimed concert pianist; will appear in the upcoming documentary, *Taking Note*, about vegan musicians

**MATTHEW LEDERMAN, MD (CA)** Chief Health & Wellbeing Officer at WeHeal; co-author of *Wellness to Wonderful* which interweaves medical science, psychology, spirituality, and life wisdom to help people achieve lasting health, vibrancy, peace, and joy; featured in the acclaimed film *Forks Over Knives*

**VANCE LEHMKUHL (PA)** Director American Vegan Center; AVS' Communications Director; cartoonist; founding member of vegetarian pop band Green Being and author, *Joy of Soy*

**SALLY LIPSKY, PHD (PA)** Certified in Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies; educates about ways to implement and maintain plant-centered eating habits; author of *Beyond Cancer: The Powerful Effect of Plant-Based Eating*; leader of the Pittsburgh Plant-Based Support Group in partnership with PlantPure Communities

**MILTON MILLS, MD (VA)** Associate Director of Preventive Medicine with the Physicians Committee for Responsible Medicine (PCRM) and co-author of PCRM's report on *Racial and Ethnic Bias in the U.S. Dietary Guidelines*; serves as the Race & Nutrition Specialist and Board Adviser for A Well Fed World

**VICTORIA MORAN (NY)** Featured twice on *Oprah*; the author of *Main Street Vegan* and *The Love-Powered Diet*; director of Main Street Vegan Academy; cofounder of the Compassion Consortium; host of the Victoria Moran Podcast; lead producer of the documentary, *A Prayer for Compassion*; author of the forthcoming book, *Age Like a Yogi*

**JILL NUSSINOW, RD (CA)** Registered Dietitian with more than 30 years teaching a plant-based diet, including 20 years as an instructor at The McDougall program; author of numerous cookbooks, including *Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in your Pressure Cooker*

**MYRIAM PARHAM, RD, CDCES (FL)** Registered Dietitian, Certified Diabetes Care and Education Specialist; coordinated and taught programs which promote plant based lifestyle at the Advent Health Hospitals for over 27 years; presented nutrition lectures for Dr. John McDougall's Publix program; co-founder of Florida Voices for Animals

**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*

**KATHLEEN POLLARD, MS (PA)** Research Projects Manager for the American College of Lifestyle Medicine (ACLM); administrating officer of the ACLM Global Sustainability Committee; co-founder of SustainableDiet.com; MS in Applied Clinical Nutrition from NY Chiropractic College; author, *Eating Does It; Healing Ourselves and Our Planet with Food*

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

**ALYSSA SIKORA (CO)** Practices a variety of yoga including, Yin, Vinyasa, and Iyengar yoga; Certified Iyengar Yoga Teacher (CIYT) and Registered Yoga Teachers (RYT) 500 through Yoga Alliance. She connected with the Iyengar philosophy because of its emphasis on anatomy and philosophy.

**KAREN STEINER (MA)** Weighed 220 pounds (at 4'11"); was severely depressed; after a lifetime of yo-yo dieting she figured out how to stop overeating and lost 90 pounds; now she works with people who have a long history of overeating

# SPEAKERS (con't)

**KAY STEPKIN (IL)** Founder of the Vegan Museum; vegan chef; recipe creator; ran Chicago's first modern-day vegetarian business; founded the legendary Bread Shop; host of 'Go Veggie!® with Kay'

**MICHAEL TAYLOR (MD)** Business executive; experience selling complex and high-level projects to executives, engineers, influencers and users; uses these same principals in successful "selling"/converting people to veganism and with a high degree of success in keeping them vegan; contributes to *VegWorld Magazine* as the restaurant "critic"

**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

**JULIANA CASTAÑEDA TURNER (COLUMBIA)** Co-founder and Executive Director of Juliana's Animal Sanctuary (JAS) which cares for 300 animals; rescued over 3000 animals; vegetarian since the age of five and a vegan since 2006

**PAUL RODNEY TURNER (DE)** Founder of Food for Life Global, a food relief organization; devoted his life to nourishing the world's most vulnerable populations; founded Impact bars, a range of delicious vegan snacks

**ROBERT VICTOR (CA)** Formerly Astronomer, Abrams Planetarium, Michigan State University, and originator of their Sky Calendar, now in its 50th year; received Clifford W. Holmes Award for "Major Contribution to Popularizing Astronomy"

**ILYSE WELLS (CT)** Certified teacher with a master's degree in early childhood education; currently a teacher in a Reggio inspired, nature-based preschool; vegan for over thirty years and has raised her three, now adult, children as life-time happy and healthy vegans!

**KIM A. WILLIAMS, MD, MACC, FAHA, MASNC, FESC (KY)** Cardiologist following and promoting a vegan diet; professor of medicine and chair of the University of Louisville Department of Medicine; his focus is on preventive cardiology through nutrition; past President of the American College of Cardiology

# ENTERTAINMENT

**BETH ERTZ (NY)** Music director, pianist, composer, orchestrator / arranger for theatre and film

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

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

**ROBERT TUCKER (NY) (RT)** – DJ –Vegan Summerfest 2024 – RT Tunes of Pro Show Entertainment

# WEDNESDAY, JULY 10

## **10:00 AM – 10:00 PM – REGISTRATION**

***Living Learning Center Lobby***

## **2:00 – 2:35 PM – ORIENTATION**

***Heritage Hall A***

**Guidance for all Vegan Summerfest “first-timers”** – Led by Maribeth Abrams

## **2:45 – 3:45 PM**

***Heritage Hall A***

**Our Earth and Our Food: Securing Our Planet for the Next Generation** (Examine the critical role of veganism in environmental conservation, exploring how plant-based diets can mitigate climate change and preserve our planet for future generations.) – Raquela Karamson

***Heritage Hall B***

**The 15-Day Whole-Food Plant-Based Jumpstart: A Formula for Success** (Rochester Lifestyle Medicine Institute launches people on the plant-based journey with its engaging and supportive Jumpstart. Jumpstart is offered on Zoom; almost 2500 people from 44 states and 9 foreign countries have taken it, with those who are sickest seeing the most improvement. Learn how Jumpstart can help the chronically ill and also heal the planet!) – Ted D. Barnett, MD

***University Room***

**Habit Change: Why It's So Difficult and What We Can Do About It** (It might be snacking in front of the TV at night or avoiding Oreos in the grocery store. Old habits die hard and food habits are among the most difficult to change. In this workshop we'll look at the science of habit change, how it relates to the food we eat and, and how to apply it to make changes that will last.) – Karen Steiner

***Campus Room***

**Communicating with Non-Vegans to Inspire Change** (Learn about ways to increase the chances that your message about veganism will be heard with an open mind. If you have had frustrations trying to share your enthusiasm for your way of life, come to this interactive workshop to learn ways to communicate your

message that don't cause people to become defensive.) – Amie Hamlin

***Scholar's Room***

**Preparing and Serving Vegan Food for Events**

(A vegan event without some good plant based food is indeed a day without sunshine. Here you will find tips for preparing food that is both healthful and easy to make, interesting and tasty, yet can be easily served and without extensive clean-up.) – Roberta Schiff

## **4:00 – 5:00 PM**

***Heritage Hall A***

**Are Humans Designed to Eat Meat - Part 1**

(Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.) – Milton Mills, MD

***Heritage Hall B***

**Normalizing Veganism Through the Arts** (While “in your face” vegan activism has its place, just as important is the process of normalizing veganism in literature and mainstream media to make the vegan lifestyle more visible and accessible to the average, everyday person. This interactive workshop will explore how we can “harness” the power of the arts, particularly fiction and humor, to further the vegan cause.) – Chrissy Benson

***University Room***

**Those Among Us, Seen and Unseen** (This session offers Harold Brown's experiences and observations on his and our relationships with farm animals and the free-living animals entangled in this dynamic. We too often see and hear of the horrors that all animals, including humans, are subjected to in agribusiness. Here we will concentrate on the beauty of animals and develop a deeper appreciation for them.) – Harold Brown



### **Campus Room**

**Mass education to schools in veganism** (I will share my 8 years of experience educating different schools in the country on veganism, including, the techniques we use. How to get schools to allow us to talk openly about these issues? Age-appropriate language and how we should communicate with children. How should we communicate with the parents of these children when questions arise?)  
— Juliana Castaneda Turner

### **Scholar's Room**

**Stress Resiliency and Sleep Hygiene** (Stress happens! Some is good; too much can cause physical and psychological distress. Discover how and why stress occurs, ways to squash stress on the spot and tips to promote and achieve great sleep.)  
— Eileen Wieder Crone, RD, MS, ERYT500

### **President's Room**

**Strategic Methods for Encouraging Veganism: Leveraging Business Tactics for Maximum Impact** (This session is designed for individuals who are passionate about promoting veganism and are interested in using a strategic and business-oriented approach to maximize their impact. Participants will learn how to leverage key business tactics to effectively engage and persuade individuals to adopt a vegan lifestyle. The session will cover various strategies and techniques for promoting veganism, including market research, the “selling cycle”, and setting realistic goals. Whether participants are vegan activists, entrepreneurs, or simply interested in learning more about the intersection of business and veganism, this session will provide them with practical tools and techniques to promote veganism effectively and make a positive impact on the world.) — Michael Taylor

### **7:15 PM – OPENING PLENARY SESSION**

#### ***Pasquerilla Performing Arts Center***

Emcee: Maribeth Abrams

#### **The North American Vegetarian Society Welcomes You**

#### **Guide to Summerfest, Announcements**

**Animals in the Anthropocene: Notes from a Vegan Biologist** – Jonathan Balcombe, PhD (40 minutes)

**Plant-Based Health and Nutrition: Top 10 Things You Want to Know** – Robert Breakey, MD. (40 min)

**9:00 PM** (or immediately after the plenary session)

#### **Heritage Hall – Living Learning Center GET ACQUAINTED PARTY**

Time to have fun, meet other attendees

**9:00 PM** (or immediately after the plenary session) – **EVENING SKY WATCHING**

**Meet in Front of the Living-Learning Center**  
Evening Sky Watch. We'll see a 24-percent crescent Moon, below Leo's tail. Binoculars and telescopes show the Sea of Nectar with crater Fracastorius overlapping. Each evening, the lunar sunrise terminator progresses 12° west, revealing new moonscapes. Watch nightly for changes! As sky darkens, we'll see the Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. Antares passes due south at 10:28 PM tonight, and four minutes earlier nightly. At 10:30 PM, WE WALK TO ATHLETIC FIELDS for views of Milky Way, star clusters, and other deep sky objects through telescopes and binoculars.  
— led by Robert Victor

# THURSDAY, JULY 11

## **6:00 – 7:15 AM – BIRD WALK**

**Meet in front of the Living Learning Center**  
**Emphasis will be on identifying birds by sight and sound** (Binoculars optional, but desirable.)  
– Ted Barnett, MD and Jonathan Balcombe, PhD

## **6:00 – 7:00**

### **Track at the Athletic Fields**

**The magic of movement.** (In this outdoor workout you will experience the physical movements to keep limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe.) – John Pierre and Anne Dinshah

## **6:30 – 7:30 AM – YOGA**

### **John P. Murtha Center, Assembly Hall**

**Light Vinyasa Yoga** (Practice warm-up flows, sun salutations, standing poses and floor work to stretch and strengthen the body and focus the mind, as we use the breath to facilitate the flow. Bring a yoga mat or towel.)  
– Eileen Wieder Crone, RD, MS, ERYT500

## **8:45 - 9:45 AM**

**Engineering & Science Bldg. – Auditorium**  
**Mushrooms: The Ultimate Vegan Food for A Happy Microbiome** (Mushrooms are not plants. They are, in fact, the only food from Mother Nature that can produce vitamin D. Learn about the benefits to your microbiome of eating mushrooms more often. Jill will discuss evidence-based science surrounding a variety of mushrooms, including those widely available at your local grocery store.) – Jill Nussinow, RD

## **Heritage Hall A**

**Deconstructing the Ex-Vegan Narrative** (In the last few years an increasing number of well-known vegan influencers and high profile celebrities such as Miley Cyrus have ditched their vegan diets and very publicly announced that they feel better eating meat and other animal products. But what's really going on here? Why do some people become ex-vegans and what can we do to prevent this from happening?) – Sarina Farb

## **Engineering & Science Bldg. – Room 241**

**Eating for Optimal Health** (This presentation brings together a wealth of information about the health benefits of whole-food plant-exclusive diets and the health risks of the standard American diet. I conclude with suggestions and tips on how to easily transition to a whole-food plant-exclusive diet.) – Mylan Engel Jr., PhD

## **University Room**

**Calling All Allies: A Recipe for Successfully Presenting Health-Wealth within BIPOC communities.** (Evidence-driven presentations, carefully curated culinary samples and chef demos notwithstanding, well-meaning, non-BIPOC plant-based/vegan educators and advocates are often left agonizing over why their impassioned community-based efforts keep missing the mark. This presentation will provide insights, tools and tips to help you more convincingly convey the benefits and flavors of health-wealth to communities that need it most.) – Dawn Hilton-Williams

## **Campus Room**

**Why and How to Be Vegan** (Basic introduction to veganism for newcomers.) – Freya Dinshah

## **Scholar's Room**

**What We Should be Drinking and Why?**  
(Will address some of the benefits of getting adequate and appropriate fluid intake. The good the bad and the ugly of some popular beverages will be discussed. This should be a no brainer, but too many people are often dehydrated and fail to properly hydrate their bodies. They often miss the basics. Let's talk!)  
– Myriam Parham, RD, CDCES

## **10:00 -11:00 AM**

**Engineering & Science Bldg. – Auditorium**  
**P Starts with PLANTS: A jaunt through the pillars of lifestyle medicine** (Diet is the first pillar of lifestyle medicine and the foundation of health. We will take a journey through lifestyle medicine with the American College of Lifestyle Medicine's Research Projects Manager for an overview of this growing field of medicine

and learn why health organizations agree that healing, health and dis-ease, all start with diet.)  
— Kathryn J. Pollard, MA

### **Heritage Hall A**

**Back to the Future: Embracing Cultural Veganism to Shape the Next Decade of the Vegan Movement** (Discover how historical and cultural vegan practices can guide the future of the vegan movement, inspiring sustainable and innovative approaches for the next decade.)  
— Raquela Karamson

### **Engineering & Science Bldg. – Room 241**

**What's Love Got to Do With It?** (Love is a tricky word! What do we mean when we use the word in different contexts? Do we fully understand how, when, and why we use the word love? This class offers a deeper understanding of what love is and isn't. Perhaps our activism can benefit from a clearer understanding of love. Farmer Brown will share how he struggled with what is love in his path from animal farmer to being vegan.) — Harold Brown

### **University Room**

**Veganic Gardening** (Is your vegan food really vegan? Growing food “veganically” is the missing link in the vegan world. Whether you are a gardener or not, come find out why your food may not be fully vegan. This presentation will consist of two parts: How to grow food veganically (beginner level), and how to advocate for veganically grown food.) — Amie Hamlin

### **Campus Room**

**Effective Activism** (Disgraced cryptocurrency mogul (and vegan) Sam Bankman-Fried did much to discredit the “effective altruism” movement, but surely vegan activists should still spend their time doing the most good we can. How do we do that, exactly? After examining the limited data, we will consider a variety of tactics, including rigorous but gentle engagement with skeptics.) — Michael Dorf, JD

### **Studio Theater**

#### **Pasquerilla Performing Arts Center**

Line Dancing for Health, Fitness and Fun (Line dancing regularly has many health benefits. 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 individually to mostly country music within a group.) — Ed Adams

#### **11:15 – 12:15 PM – PLENARY**

#### **Pasquerilla Performing Arts Center**

Emcee: Vance Lehmkuhl

#### **Special Plenary**

**Staged Reading of play: “Just Is”** Those promoting veganism may face the same oppressive mindset that has long hindered justice progress. But otherizing the opposition as evil/lacking our virtue, dooms humanity to repeating their mistakes. Audience discussion will follow. (60 min) — JoAnn Farb author and director  
Narrator - Jill Nussinow  
Amy - Chrissy Benson  
Manager - Kathy Pollard  
Woman - Ellen Abrams  
Administrator - Milton Mills  
Professor - Bruce Pollack

#### **1:45 – 2:45 PM**

#### **Engineering & Science Bldg. – Auditorium**

**Are Humans Designed to Eat Meat – Part 2** (Comparative anatomy discussion of mammalian carnivores and herbivores and humans to show that humans are complete and committed plant eaters and that we are not omnivores.) — Milton Mills, MD

### **Heritage Hall A**

**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 values.) — Mylan Engel Jr, PhD

# THURSDAY, JULY 11 (con't)

## **Engineering & Science Bldg. – Room 241**

**Relationships Workshop** (Family, coworkers, friends, neighbors, and dates — all can be fun to interact with when you are vegan (or going vegan), and they are not. Let's discuss how to successfully keep your relationships and your values!) — Anne Dinshah

## **University Room**

**Self-Love for Vegans** (We vegans are wonderful at caring for many living beings, but too often we neglect one very important animal: ourselves. Self-love is NOT a luxury; it's a requirement. But what is it, and how do we get it? Hint: it begins with undertaking a sacred vow to honor and cherish YOU, laying a foundation for your activism and your life.) — Chrissy Benson

## **Campus Room**

### **Increasing the Footprint Of Vegan Food.**

This year Philadelphia cites 25 years of vegan cheesesteaks, and the Best Vegan Cheesesteak in Philly is at Boardwalk Vegan, decided in last year's edition of a citywide contest now marking its 10th year. Last year also saw the return of the Philly Vegan Awards and Philly Vegan Day. These are some examples, but there are many ways to raise awareness of vegan alternatives and increase their appeal and "market penetration" with creative promotional events. Which is your favorite? Let's talk!) — Vance Lehmkuhl

## **Studio Theater**

### **Pasquerilla Performing Arts Center**

#### **Balance, coordination, and fall prevention.**

(This class is JP's most popular movement class. JP will cover the importance of why training your balance and coordination are the real keys to longevity, health and vitality. You will do practical and very functional movements that will wake up your nervous system and challenge your balance. Most importantly, you'll learn one of the most critical skills as you age, fall prevention.) — John Pierre

**3:00 – 4:00 PM**

**Engineering & Science Bldg. – Auditorium**  
**Veganism and Mental Health: Exploring the**

## **Connection Between Plant-Based Living and Well-Being**

(Uncover the profound impact of a vegan diet on mental health through scientific findings and personal stories that highlight improved well-being and emotional resilience.) — Raquela Karamson

## **Heritage Hall A**

### **FOOD YOGA – how to nourish your body, mind, and soul.**

(I will introduce people to the more subtle side of food, how it is a communicator and a carrier of intention. What we eat not only fuels our physical body but also impacts our mind and consciousness. As a former monk, I will share ancient secrets of how to transform our eating experience.) — Paul Rodney Turner

## **University Room**

**Growing Up Vegan** (Come hear from the kids! In this panel presentation, vegan children of all ages will answer questions from the moderator and from you! If you have a vegan child who would like to be on the panel, find Amie Hamlin and let her know.) — Amie Hamlin

## **Campus Room**

### **Veganism in 3 Minutes: A Business Approach to Starting the Conversion Process**

(Discover the art of sparking the shift from omnivorism to veganism in just 3 minutes! Selling veganism requires making every moment count when persuading others to embrace it. Whether you're chatting with coworkers, distributing leaflets, or interacting at a booth, discover the most effective strategies to jumpstart the journey towards vegan living and not alienate your audience right from the start!) - Michael Taylor

## **Scholar's Room**

### **Best Practical Tips On How To Go Vegan**

(Going vegan is one of the most powerful lifestyle choices you can make, and this session will guide you with easy steps to take, including the opportunity for open discussion and sharing of ideas.) — Joanne Kong, PhD

## **The gazebo near the Student Union**

**OUTDOOR COOPERATIVE GAMES:** (Fun and

friendly active games.)

**Juggling Playshop** Adults and Teens (Learn to juggle! It's a fun challenge and this will help. We'll start with one ball and go from there. Already juggling? Come and learn new patterns, club juggling and ball/club passing)  
— Chip Ballew

**4:10 PM – PLENARY**

**Pasquerilla Performing Arts Center**  
Emcee: Vance Lehmkuhl

**The Magical MEND Program: Your Formula to Age in Slow Motion** — Victoria Moran (30 Min)

**The Power of Veganism: Music, Words & Imagery** — Joanne Kong, PhD (15 Min.)

**7:15 PM – PLENARY**

**Pasquerilla Performing Arts Center**  
Emcee: Maribeth Abrams

**How A Whole Food Plant Based Diet Turned a Depressed Couch Potato into a Vibrant Athlete.** — Karen Steiner (15 Min.)

**Veganism, Then and Now** — Freya Dinshah (20 Min.)

**NAVS Hall of Fame** – Induction Ceremony (30 Min.)

**Q & A with Michael Greger**  
— Michael Greger , MD (30 Min.)

**9:00 PM** (or immediately after the plenary session)

**Heritage Hall – Living Learning Center EVENING SOCIAL AND KARAOKE PARTY**

Join host RT Tunes of Pro Show Entertainment and let your talent shine at our Karaoke party. Light refreshments available.

Time to meet and socialize with other attendees.

**9:00 PM** (or immediately after the plenary session) – **EVENING SKY WATCHING**

**Front of Living-Learning Center**

**The 33-percent crescent Moon is in Virgo, 25° west of Spica, which the Moon will cover up late Saturday evening!** The site of Apollo 11's first manned Moon landing 55 years ago this month, in the Sea of Tranquility, has emerged into sunlight. Crater Theophilus with a spectacular central peak appears at Nectaris' northwest shore. We'll find the Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. **AT 10:30 PM, WE WALK TO ATHLETIC FIELDS** for views of Milky Way, star clusters, and other deep sky objects through telescopes and binoculars. — led by Robert Victor

## FRIDAY, JULY 12

**6:00 – 7:15 AM – BIRD WALK**

**Meet in front of the Living Learning Center**  
**Emphasis will be on identifying birds by sight and sound** (Binoculars optional, but desirable.)  
— Ted Barnett, MD and Jonathan Balcombe, PhD

**6:30 – 7:30 AM – YOGA**

**John P. Murtha Center, Assembly Hall**  
**Light Vinyasa Yoga** (Practice warm-up flows, sun salutations, standing poses and floor work to stretch and strengthen the body and focus the mind, as we use the breath to facilitate the

flow. Bring a yoga mat or towel.)  
— Eileen Wieder Crone, RD, MS, ERYT500

**9:30 – 10:30 AM**

**Engineering & Science Bldg. – Auditorium**  
**Building a Better Brain for Peace, Health and Longevity** (You will learn the multifaceted aspects of enhancing cognitive functioning through diet, exercise, sleep, stress reduction and brain exercises. JP pioneered brain training over 30 years ago in retirement homes and senior centers.) — John Pierre

# FRIDAY, JULY 12 (con't)

## **Heritage Hall A**

### **Speaking for the animals – sharing stories of my 20+ years of animal rescue**

(Recognizing that animals also have feelings and desires, I will share the stories of animals that fought for their lives and those of their families.)

– Juliana Castaneda Turner

## **Engineering & Science Bldg. – Room 241**

### **Are We Living in the Anthropocene Epoch?**

#### **What a Vegan Outlook Brings to the Debate**

(Experts want to name a new geological epoch: the Anthropocene. The term acknowledges humanity's impact on the state of the entire planet and its systems. What's the debate on this—and does veganism have anything to contribute to it? (Spoiler alert: Yes!)

– Lee Hall JD LLM

## **University Room**

### **Herbs & Spices, Benefits & Concerns**

(Will discuss the differences between herbs and spices and some of the health benefits. Will identify some that may be toxic if consumed in excess. Will share some storing tips and how to use them for best results. Q&A and sharing by audience encouraged.)

– Myriam Parham, RD, CDCES

## **Campus Room**

### **Getting Active for Animals: What is the best way to create a vegan world?**

(Are all forms of activism equal? Is there one “right” way to do activism? In this workshop we'll discuss some of the common strategies and types of grassroots animal and vegan advocacy tactics, what the strategy and purpose of each is, and how we can determine what is personally most effective for us to spend our time working on) – Sarina Farb

## **Studio Theater**

### **Pasquerilla Performing Arts Center**

#### **Line Dancing for Health, Fitness and Fun**

(Line dancing regularly has many health benefits. 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 individually to mostly country music within a group.) – Ed Adams

## **11:00 – 12:00 AM**

## **Engineering & Science Bldg. – Auditorium**

### **The Unexpected Lives of Insects**

(This presentation seeks to inspire wonder at the diversity, complexity, and success of insects, with a special focus on their cognitive and social capacities. As scientific discoveries continue to blur the line between vertebrates and invertebrates (witness the mighty octopus), there are more reasons than ever to respect and protect the “smaller majority.” Without them, planet Earth would collapse into chaos.) – Jonathan Balcombe, PhD

## **Heritage Hall A**

### **Healthy Aging**

(It's not just about living longer, but maintaining functionality into old age and living better. Genes are not destiny. This will be a broad look at what science suggests might be the most important lifestyle choices for us to make in order to maximize our genetic potential.) – JoAnn Farb

## **Engineering & Science Bldg. – Room 241**

### **Calorie and Nutrient Density**

(We humans are obsessed with parts, particularly food parts. This keeps us from understanding the simplicity of eating well, and makes it hard to value the healthiest foods for us – whole plant foods.

Here we'll take the examples of calories in food, and the nutritive value of food, for an easy way to determine what foods nourish or deplete you.) – Kathryn J. Pollard, MS

## **University Room**

### **Living in harmony with nature – the 5 elements**

(Everything we experience in this world is made of 5 gross elements – earth, water, fire, air, and ether and 3 subtle elements – mind, intelligence, and ego. I will teach how we best can navigate this world and stay in harmony with nature for better health and happiness)

– Paul Rodney Turner

## **Campus Room**

Activism 101 (How often have we run into walls

when advocating for a plant-exclusive way of eating, for environmental justice, or for all sentient beings? Perhaps it is how we approach these subjects and perhaps it is the language we use. This session offers ideas on how to better communicate with those who don't see eye to eye with us. Language is more powerful than we imagine. Farmer Brown's perspective encompasses both sides of the fence on these issues. He will share his journey on how to understand activism better when talking to non-vegans.) — Harold Brown

### **Scholar's Room**

#### **Anthony Benezet: World's Greatest**

**Vegetarian?** (As a veg-history researcher, I will strive to make the case that anyone even remotely connected with vegetarian or vegan issues should be familiar with Anthony Benezet, who not only ate vegetarian for the last 25 years of his life but took a prominent stand for animals in various circumstances. His "amity and peace" with animals was part of a "moral ecology" than guided him to sustainable land-use solutions and to advocating for the education of girls and disadvantaged populations. It was all very much connected with his being the one person in history most responsible for the campaign to abolish human slavery. You may be shocked at how little you've been told about this incredible 18th-century Quaker who changed the world.) — Vance Lehmkuhl

**1:45 - 2:45 PM**

#### **Engineering & Science Bldg. – Auditorium**

#### **What is "Plant-Based Normal"? Is your cholesterol reading really "OK" if it is 199?**

(Health metrics are based on a "reference range" that is derived from studies of people who are supposedly healthy-- but, as a result of the overall poor health of our American population who are eating animals and junk food, the metrics we think are "OK" are really shifted significantly from what is optimal. Learn how to best assess your health using "plant-based" measures of health.) — Robert Breakey, MD

### **Heritage Hall A**

#### **If You Don't Eat Cows They'll Go Extinct and Other Tales**

(Among the many objections to an animal-free diet is the claim that eating other animals keeps them in existence. Hold on, this is serious. It might even be an unspoken part of the "regenerative grazing" argument: that you need to farm animals to have healthy land and a balanced climate. Let's see where a thoughtful examination can take us.) — Lee Hall JD LLM

### **Engineering & Science Bldg. – Room 241**

**Intersectional Vegan Activism** (Many social justice activists promote "intersectionality"—the notion 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, LGBTQ+ 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

### **University Room**

#### **Kay's Stories from a Vegan Life & How Best to Strengthen our Great Movement**

(The Vegan Museum founder Kay Stepkin shares her vegetarian past and her inspiration for starting the world's first museum devoted entirely to the history of veganism. Some are saying that we seem to be in the Sixth Great Extinction on the planet. What is the most important change we each can make in preparation for rebuilding our crumbling world?) — Kay Stepkin

### **Studio Theatre**

#### **Pasquerilla Performing Arts Center**

#### **The 15-Minute Strength Workout**

(It can be hard to start a consistent exercise routine that is simple and effective enough to fit into a hectic schedule. In this class we will lead you through a beginner workout designed to build strength and muscle, combat common problems like shoulder and hip tightness, and strengthen key areas that are prone to injury. It's a great place to start resistance training because it requires no equipment and can be

# FRIDAY, JULY 12 (con't)

done regularly at home in less than 15 minutes!) — Derek Tresize and Marcella Torres

**Owen Library Field** (If raining the gazebo near the Student Union)

**Circus Skills Playshop** Adults and Teens (Learn and practice fun circus skills! Juggling, rola-bola, diabolo, poi, juggling stix. Jugglers could learn new patterns with balls, club juggling and ball/club passing.) — Led by Chip Ballew

## 3:00 – 4:00 PM

### **FOOD DEMONSTRATION**

#### **Heritage Hall B & C**

#### **Recipe Retrospective: 1975 World Congress Cooking Demo**

Sample recipes from our past that will delight you today! — Freya and Anne Dinshah

#### **Engineering & Science Bldg. – Auditorium**

**Flowers & The Human Intellect:** (How flowering plants helped shape the human species!) — Milton Mills, MD

#### **Heritage Hall A**

#### **Enough: Pleasure, Perfection, and Patriarchy in the Plant-Based World** (This talk is about

compassion — toward animals and toward ourselves. What does it mean to be a “healthy vegan” in a diet culture that equates strict dietary compliance and the number on the scale with our basic self-worth? How can we develop greater awareness and love for ourselves as we do the same for what is on our plates? Effective advocacy begins with first liberating ourselves from the frantic self-loathing and binge-restrict cycle consumerism that diet culture banks on. First, freedom. Then, kale.) — Jen Howk, PhD

#### **Engineering & Science Bldg. – Room 241**

**Eating Sustainably, Eating Well** (What we eat has a profound impact on the environment and on our health. This presentation explores the most effective, health-promoting ways to lower our food-related environmental impact, while debunking certain widely held myths about eating green.) — Mylan Engel Jr, PhD

#### **University Room**

#### **Raising Vegan Children** (Panel)

— Maribeth Abrams, (moderator) JoAnn Farb and Ilyse Wells

#### **Campus Room**

#### **Your Vegan Kitchen: Shopping Tips, Food**

**Labels And Ingredients** (In this session, you'll learn all about the ins and outs of stocking your vegan kitchen, understanding food labels and ingredients, food storage, cooking equipment, grocery shopping, and meal-planning.)

— Joanne Kong, PhD

## 4:15 – 5:15 PM – PLENARY

#### **Pasquerilla Performing Arts Center**

Emcee: Maribeth Abrams

#### **Dr. Bob's 8 Keys for Health and Success**

— Robert Breakey, MD (60 Min)

## 5:00 – 11:00 PM – WEEKEND PACKAGE

### **REGISTRATION**

**Living Learning Center Lobby**

#### **Pasquerilla Performing Arts Center**

## 7:15 PM – PLENARY

Emcee: Maribeth Abrams

#### **Unlocking Your Full Potential: The Impact of Connection on Physical Health**

— Matthew Lederman, MD (45 minutes)

#### **Overcoming Obstacles: Tim Kaufman's Journey to Health and Happiness** (from battling

addiction and chronic disease and obesity, to becoming a thriving plant-based athlete, losing over 200 pounds.) — Tim Kaufman (30 min)

#### **How Not to Age: The Scientific Approach to Getting Healthier as You Get Older**

— Michael Greger, M.D. FACLM (50 min.)



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

**Heritage Hall – Living Learning Center**  
**EVENING SOCIAL AND DANCING**

**Music provided by RT Tunes of Pro Show Entertainment** – Light refreshments available.

**9:30 PM** (or immediately after the plenary session) **EVENING SKY WATCHING**

**Front of Living-Learning Center**  
**Tonight the fat crescent Moon, 42-percent full, is just 13° west of Spica, the star it will occult on Saturday evening.** Tonight, the Sea of Serenity, the Moon’s left eye (on your right)

is completely revealed in sunlight. To its north, look for a striking N-S pair of craters, Aristoteles and Eudoxus. As sky darkens, we’ll find Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. Red supergiant Antares, heart of the Scorpion, passes directly south at 10:20 PM tonight, and four minutes earlier nightly. AT 10:30 PM, WE WALK TO ATHLETIC FIELDS for views of Milky Way, star clusters, and other deep sky objects through telescopes and binoculars. — Led by Robert Victor

## SATURDAY, JULY 13

**6:00 – 7:15 AM – BIRD WALK**

**Meet in front of the Living Learning Center**  
**Emphasis will be on identifying birds by sight and sound** (Binoculars optional, but desirable.)  
— Ted Barnett, MD and Jonathan Balcombe, PhD

**6:00 – 7:00**

**Track at the Athletic Fields**  
**The magic of movement.** (In this outdoor workout you will experience the physical movements to keep limber and strong. JP and Anne will take you through a series of motions to stimulate and strengthen your body from head to toe.) — John Pierre and Anne Dinshah

**6:30 – 7:30 AM – YOGA**

**John P. Murtha Center, Assembly Hall**  
**Focus the body to focus the mind.** You may want to bring a mat, blanket or towel. (Learn to control the mind through concentration in asana. We will work through a series of poses that will sharpen the mind and the body).  
— Alyssa Sikora

**8:45 AM – 9:45 AM**

**Engineering & Science Bldg. – Auditorium**  
**Herbs and Spices as Nutritional Allies** (Jill will discuss a variety of herbs and spices, how to purchase them, how, when and why you want

to use them, with the purpose of elevating your vegan food to new taste heights, while enhancing your nutritional intake.) — Jill Nussinow, RD

**Heritage Hall A**

**Cultivating Connection: Mastering the Steps of the “Connection Dance” – Class 1** (Embark on a journey to master the art of genuine connection. Learn the fundamental steps of the “Connection Dance” to pave your way towards enhanced physical health. Explore practical techniques and strategies to deepen connections with others, unlocking the keys to holistic well-being and vitality.)  
— Matthew Lederman, MD

**Engineering & Science Bldg. – Room 241**  
**Why Don’t We Hear More About Food in the Climate Conversation?** (So...we’ve heard about heat pumps, changing from gas-powered systems to electric, and the importance of becoming carbon-neutral. But don’t food systems play a crucial role in climate breakdown? If so, is there some reason we aren’t hearing more about diet and climate impacts in 2024? And what impact can we make—as individuals, and together?) - Lee Hall JD LLM

# SATURDAY, JULY 13 (con't)

## **University Room**

**What the Bible has to Say About Plant-based Diets & Animal Rights** (There is strong and extensive support for a vegan diet and animal rights in the Judeo-Christian Bible. This session explores that evidence in an open discussion format.) – Milton Mills, MD, and Roberta Schiff

## **Campus Room**

**Fat & Fiber Facts & Benefits – for Achieving a Healthy Weight & More!** (Forget about answering the question, “Where do you Get your Protein?” More important is “Where do you get your Fiber? For a healthier weight and to reduce your risk of major chronic diseases it is more important to limit fat and get more fiber. Learn practical tips for reaching your fiber daily intake goals and how to limit fat, especially the unhealthier fats. This will be an interactive discussion.) – Myriam Parham, RD, CDCES

## **Scholar's Room**

**Plant Based Pediatrics: Nourishing Kids for Optimal Health** (Many of our most serious chronic diseases-- like obesity, diabetes, asthma, and coronary heart disease – commonly start in childhood. Dr. Breakey will explore how a whole foods plant-based diet right from the beginning helps to decrease the risk of many childhood illnesses and set the stage for vitality and longevity well into adulthood.) – Robert Breakey, MD

## **10:00 – 12:15 PM – PLENARY**

**Pasquerilla Performing Arts Center**  
Emcee – Maribeth Abrams

**Cardiovascular Risk, Health Equity & Nutrition** – (including Q & A)  
– Kim Allan Williams, MD (60 min)

**Can Fasting Save Your Life? A detailed overview of how to use fasting to regain and maintain optimum health** – (including Q & A)  
- Dr. Alan Goldhamer (75 min)

## **1:45 PM – 2:45 – PLENARY**

**Pasquerilla Performing Arts Center**  
Emcee: Maribeth Abrams

**The Power Foods Diet: Certain foods actually cause weight loss, reduce the appetite, trap calories and Increase the body's ability to burn them.** – Neal Barnard, MD (30 minutes)

**More than a Boycott: Why Veganism and Claiming your Power as an Individual Will Change the World** – Sarina Farb (30 Minutes)

## **3:00 – 4:00 PM**

### **FOOD DEMONSTRATION**

#### **Heritage Hall B & C**

**Elevate your vegan soul food game with Dawn's Mac & Please and Smokin' Collards recipes!** These flavorful oil-free sides are delicious and healthful. – Dawn Hilton-Williams

#### **Engineering & Science Bldg. – Auditorium**

**What a Fish Knows** (Arguably the least understood, and certainly the most exploited vertebrates on Earth, fishes have been mainly viewed by us as a source of food or recreation. Modern science shows we've vastly underestimated this group of animals. Here we explore fish perceptions, cognition, emotion, social behavior, and cooperation, all within the context of our evolving relationship to fishes and their vital aquatic habitats.)  
– Jonathan Balcombe, PhD

#### **Heritage Hall A**

**“The Connection Dance”: Demonstrating Theory In Action – Class 2** (Join Matthew as he guides you through interactive role-plays applying the theory of the “Connection Dance.” Witness firsthand how to forge genuine connections and experience their immediate impact on your well-being. Through participatory exercises and discussions, gain insights and refine your skills in the “Connection Dance” to empower your journey towards holistic well-being and vitality) – Matthew Lederman, MD

#### **Engineering & Science Bldg. – Room 241**

**40 Years of Becoming Vegan: The Journey Continues** (Veganism is a principle of non-exploitation that vegans follow “as far as possible and practicable.” Does this mean veganism

is a personal evolution, an ethical adventure experienced throughout a lifetime? This 40-year vegan has found the answer to this question is a resounding—sometimes surprising—yes!

— Lee Hall JD LLM

### **University Room**

#### **Local Vegan Groups: Starting One and**

**Keeping It Alive** (Panel) — Ted Barnett (moderator) Carol Barnett and Roberta Schiff

#### **The gazebo near the Student Union**

**Hackesack Playshop** (Hackesack (aka foot-bag) is a fun and cooperative game and is also one of the earliest. Very challenging at first, but tips, coaching and practice helps. First timers to experienced players welcome (teens and adults.) — Chip Ballew

### **4:15 – 5:15 PM**

#### **Engineering & Science Bldg. – Auditorium**

#### **Chemistry For Understanding Nutrition:**

**Nutrients & Normal Values!** (What is Normal?, What is Needed?, What is Good?)

— Milton Mills, MD

### **Heritage Hall A**

**Preventing Failed Vegans** (While many people have amazing stories of improving their health after going 100% plant based. There are also people who say they failed to thrive on a vegan diet. There may be very good and easily fixable reasons for most of these cases. Be informed so you can be successful or prevent others from being failed vegans.) — JoAnn Farb

### **Engineering & Science Bldg. – Room 241**

#### **Eating Does It; Saving Our Planet and**

#### **Ourselves with Food** (The most effective action

a person can take is to eat a plant-based diet - the best tool we have to maintain both our health and that of the planet's. Hear about the informative guide that offers climate, cuisine and science all around the globe to make transformative food choices for ourselves and out planet. Just eating can do that!) — Kathryn J. Pollard, MS

### **University Room**

#### **Healthy Vegan Eating: Simple Steps for Wise Food Choices** (The presenter covers what a

healthy vegan, plant-centered diet consists of and why it's important for overall well-being.

Includes 3-step meal plans, shopping guides, and resources). — Sally Lipsky

### **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

### **Campus Room**

#### **Getting Vegan Food on Your School Menu**

(There are more than 7 BILLION individual school meals served per year in the US.

Imagine the difference that could make for humans, animals, and for climate change. It is a huge equity issue, too. Come learn how you can get involved whether you are a student, parent, work in a school, or are simply a community member.) — Amie Hamlin

### **5:30 – 7:00 PM**

**FAREWELL DINNER** (Serving until 7:00 PM)

### **7:15 PM - MUSICAL PRELUDE**

**Performed by Vance & Slyler Lehmkuhl**

**Pasquerilla Performing Arts Center**

### **7:30 PM – SPECIAL PRESENTATION**

Emcee – Maribeth Abrams and Vance Lehmkuhl

**Musical Performance by the Summerfest Children** (10 min)

# SATURDAY, JULY 13 (con't)

## **NAVS Retrospective**

– Maribeth Abrams (15 min)

**Animals as Food Processing Machines** (While nutrition experts raise alarms about “processed foods,” such as sodas, candy, and breakfast cereals, the most heavily processed and dangerous foods are those produced by feeding grains to animals who convert them to muscle, milk, or eggs. This lecture turns the notion of “processed foods” on its head, presenting a new way of thinking about food production and health). — Neal Barnard, MD (40 minutes)

**A special performance by some of our Summerfest Speakers and Attendees** — coordinated by Beth Ertz. (20 min)

**9:00 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 RT Tunes of Pro Show Entertainment – Light refreshments available.

**9:00 P.M.** (or immediately after the plenary session)

## **EVENING SKY WATCHING**

### **Front of Living-Learning Center**

Tonight a spectacular trio of contrasting craters sits just below center of Moon's half-lit disk, resembling an inverted snowman, from top to bottom, Ptolemaius, Alphonsus, and Arzachel. As sky darkens, we'll find Summer Triangle in east, Antares in south, and Arcturus and Spica in southwest. AT 10:30 PM, WE WALK TO ATHLETIC FIELDS for views of Milky Way, star clusters, and other deep sky objects through telescopes and binoculars. At 11:22 PM, the leading dark edge of the Moon will cover Spica. — Led by Robert Victor

# SUNDAY, JULY 14

## **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**

### **John P. Murtha Center, Assembly Hall**

**Stand up for what you believe in!** You may want to bring a mat, blanket or towel. (This session will explore how standing poses provide physical and mental endurance needed for activism. There will also be a brief discussion on how ahimsa (non-violence), yoga, and the animals are all interconnected.) — Alyssa Sikora

## **8:30 – 9:30 AM**

**Engineering & Science Bldg. – Auditorium**  
**Recognizing Why Dairy Products are Danger-**

**ous for Human Health** — Milton Mills, MD  
**Heritage Hall A**

### **Beastly Bliss – Animal Pleasure and its Significance**

(This presentation shows how central the desire for reward is to animals' lives, and debunks the popular perception that life for wild animals is a continuous, grim struggle for survival. There are many sources of pleasure in animals' lives, including food, play, touch, sex, comfort, companionship, love, beauty, and freedom. Animals are not just pain-avoiders, but active pleasure-seekers, and their lives take on intrinsic value.) — Jonathan Balcombe, PhD

### **Heritage Hall B**

**Training Yourself Younger: How Our Athletic Bodies Change Over Time, and What We Can Do About It** (Derek Tresize will discuss the lat-

est research on which of our bodies structures and physical capacities change the fastest as we age, and how these changes impact our health and performance. He will then share targeted exercise and nutrition strategies we can use to fight back!) – Derek Tresize

### **University Room**

**Transitioning from a plant-based diet to a PLANET-based lifestyle** (There is more than just food that contributes to your health, happiness and wellbeing. Your home environment and household products, items you use daily and your mental state all contribute to your wellbeing. PLANET-Based Living is a lifestyle practice that encourages living with harmony: harmony with oneself; harmony with those around us, not just humans, but all beings; and harmony with Mother Earth) – John Pierre

### **Campus Room**

**Diabetes & a Vegan Diet** (Learn about the benefits and some myths related to diet and diabetes and how to achieve better blood sugar control with a plant-based diet. This approach to nutrition and meal planning is ideal for the entire family. It is a healthy lifestyle for all and will reduce the risks of heart disease and the complications associated with diabetes.) – Myriam Parham, RD, CDCES

### **Scholars Room**

**Vegan Vegetarianism in Art** (Rich with imagery of animals, most American and European art depicts cutesy storybook animals. This slideshow will explore icons of art history whose narratives unwittingly portray human exploitation of animals for food, including some art with underlying vegetarian or animal rights themes. Research for this slideshow was funded by a grant from the Culture and Animals Foundation.) – Mark Mathew Braunstein

### **9:45 – 10:45 AM**

**Engineering & Science Bldg. – Auditorium**  
**Vegan Fermented Foods: Why, How and How Not to Make and Eat Them** (If you have wondered if you ought to include fermented

foods into your diet, wonder no more. Jill will talk about how to make fermented vegetables, vegan yogurt, and more. She will discuss studies that show how fermented foods aid your digestion, and talk about the practicalities of eating them regularly for health. Jill will also talk about when and why not to eat fermented food for certain people. Learn how you can easily make your own fermented vegetables at home.) – Jill Nussinow, RD

### **Heritage Hall A**

**If We Didn't Eat Them, They Wouldn't Exist** (People who defend animal agriculture sometimes say that the (land) animals humans eat would not exist if they were not purpose-bred and raised. Drawing on the last scholarly article on animal rights he co-authored with his late wife, Professor Sherry Colb, Professor Dorf will unpack and rebut this claim to reveal surprising connections between animal rights and human rights.) – Michael Dorf, JD

### **Heritage Hall B**

**117 Years of Vegan** (Freya and Anne have been vegan since 1960 and 1969. Learn how they have had fun being vegan and continue to share their wisdom today. Join the conversation!) – Freya Dinshah and Anne Dinshah

### **University Room**

**Celebrity Vegans** (We'll focus on a number of famous people who've decided on a vegan diet and why – also, discuss if they've committed themselves for life, or regressed (and why). Clips of films, music, book talks, volunteer activism, etc. of these celebrities will be included on a very fun, upbeat slide show. Audience participation strongly encouraged!) – Kathleen Kinsolving

### **Campus Room**

**Mindfulness, Meditation, and Changing Eating Habits** (Sustaining healthful eating habits is difficult for many people, especially during times of personal stress and overwhelming emotions. The presenter will explain how a practice of mindfulness and meditation can

# SUNDAY, JULY 14 (con't)

significantly impact your response to these emotions and your food choices. This interactive workshop includes proactive strategies for change and short meditation practices.)

— Sally Lipsky

## **Scholars Room**

### **“Why Should The Horses Work For Me?”**

**Refusing “working” animal use from Benjamin Lay to today** (Benjamin Lay was the first abolitionist activist in North America and also a staunch vegetarian who would not ride in a horse-and-carriage. His rejection of not just cruelty but the use of animals, as well as that of other historical visionaries, speaks to vegan issues today — and has a key 2024 update!)

— Vance Lehmkühl

## **Pasquerilla Performing Arts Center**

### **11:00 – 12:15 – PLENARY**

Emcee: Maribeth Abrams

### **“Grass-fed vs Conventionally-raised Cattle – Are there any significant nutritional or environmental differences?”**

— Milton Mills, MD (30 min)

**DRAWING: Would you like to attend Vegan Summerfest 2025 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

### **The Beauty of Veganism**

— Harold Brown (30 min)

## **CLOSING REMARKS**

### **2:00 – 3:00 PM**

#### **Heritage Hall A**

### **Faith and Food: The Marriage You Didn't**

**Know You Needed** (Explore the intersection of faith and veganism, delving into Jewish teachings that advocate for compassion and ethical living through plant-based dietary choices.)

— Raquela Karamson

#### **Heritage Hall B**

**The History of Veganism** (When did veganism begin historically? In a colorful, fascinating slide show, we will explore its origins (early vegans) and how and why it is becoming mainstream in American society. We'll also look at different reasons people become vegan (i.e. ethics, health, environment, etc.). In addition, we'll reflect on the best way to adopt to a vegan diet. Audience participation strongly encouraged!) — Kathleen Kinsolving

#### **University Room**

### **It's Not All About The Food: Balancing Body,**

### **Mind, and Spirit to Lose Weight for Good** (In

the whole-food plant-based world we look at diet as the gateway to good health. And while that's true, if chronic overeating is a problem it's essential to look beyond diet to maintain a permanent weight loss. In this workshop we'll look at three strategies — attitude change, mindful eating, and self-acceptance — that will aid permanent weight loss.)

— Karen Steiner

#### **Campus Room**

### **Event Planning for Your Vegan Group**

(Planning and carrying out informative and enjoyable events, including pot lucks, discussion groups, cooking demos, restaurant events and a-v showings. How to keep members interested and involved. Tips and suggestions from our Hudson Valley Vegans group operating since 1996. We will also discuss encouraging a vegan lifestyle and participating in community events including college and corporate health fairs, conferences and community days.) — Roberta Schiff

**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, looking down at the child on the right. They are holding hands. The background is a vibrant sunset sky with orange and yellow clouds over the ocean.

# 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!

**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 Vegan Summerfest conference. Topics include information about health, nutrition, animal rights, environment and more.
- ✓ **DISCOUNTS:** Members are entitled to a discount on our Vegan 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