

VEGETARIAN SUMMERFEST 2010 PROGRAM



# 2010 Program

Celebrating 36 Years of Advocating Healthy,  
Compassionate and Ecological Living



July 7 – 11 | Johnstown, PA

## 2010 VEGETARIAN SUMMERFEST

36th Annual Conference of the North American Vegetarian Society

The logo for the North American Vegetarian Society (navs). It features the lowercase letters 'navs' in a bold, dark green font. A small green leaf icon is positioned above the letter 'v'.

# Wednesday, July 7

## 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 Jennie Kerwood and Maribeth Abrams

## 2:00 – 5:00 PM - FILMFEST

*Campus Room - Living Learning Center*

*The Witness* (43 min)

*A Delicate Balance* (84 min)

*A Sacred Duty: Applying Jewish Values to Help Heal the World* (Universal message for people of all faiths - 60 min)

## 2:45 - 3:45 PM

*Heritage Hall A*

*The Magic of Fiber*

- Hans Diehl, DrHSc, MPH, CNS, FACN

*Heritage Hall B*

*Why do I have Stubborn Belly Fat When I do a Million Crunches a Day?* (The research on how and why this occurs, as well as exercises easy enough for anyone to put in action)  
- Marty Davey, MS, RD

*University Room*

*Sensible Eating & Lifestyle Measures for Reducing the Risk of Breast Cancer*

(That means Prevention, not Detection)

- Bob LeRoy, RD, MS, EDM

*Scholars Room*

*Mourning the Loss of a Beloved Companion Animal and the Suffering of Other Animals* (A spiritual look at our feelings) - Frank Hoffman

*President's Room*

*Globalization and the Implications for Animals and Activism* (How does globalization, which seems unstoppable, affect humans, non-humans, our health and the planet? Join Farmer Brown as we wend our way through this complex topic to better understand how we can make a change for the better) - Harold Brown

## 3:00 – 3:30 PM - EXERCISE

*Terrace Room / LLC*

*Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe* (You may want to bring a towel or blanket) - John Bolus

## 4:00 – 5:00 PM

*Heritage Hall A*

*Fine Tuning the Fat* - Brenda Davis, RD

*Heritage Hall B*

*Using Wild Edibles to Supplement Your Diet*

- George Eisman, RD

*University Room*

*Caring for Home: Meat, Dairy, Egg & Fish Based Diets are Wreaking Environmental Havoc on Our Planet* (Find out why it is and how you can become a powerful force of change)  
- Jim Corcoran

*Scholars Room*

*Basic Vegan Nutrition*

- Myriam Parham, RD, CDE, CLC

*President's Room*

*A History of Raw foodism in the US* (Sylvester Graham, of nursery cracker fame, is credited with being the progenitor of the rawfoods movement in the US. Learn about the developments from the 1830's to the latest trends in this burgeoning lifestyle - Rynn Berry

## EXERCISE

*Meet in front of Living Learning Center*

*Hiking* - All levels. Explore the trails that surround the area (please bring water and appropriate footwear) - John Pierre

## 5:10 PM - GUIDED TOUR

*Meet outside front door Living Learning Center*

Here's your chance to find out how to get to all the buildings you'll be using during the conference - Sue Speck (Tour Guide)

## 7:15 PM - OPENING PLENARY SESSION

*Pasquerilla Performing Arts Center*

*Piano Prelude*

- Performed by Sarina & Sammi Farb

# Wednesday, July 7 (con't)

**The North American Vegetarian Society Welcomes You** - President Jennie Kerwood

**Guide to Summerfest, Announcements**  
- Carole Baral

**Thriving in a Motionless Society** - John Pierre  
(20 min)

**Why This Dietitian Doesn't Use Dairy products**  
- George Eisman, RD (15 min)

**Always More** - Sung by Sarah Schlueter-Eisman

**Osteoporosis: The Calcium Robbers**  
- Hans Diehl, DrHSc, MPH, CNS, FACN (50 min)

**9:15 PM - GET ACQUAINTED PARTY**  
**Heritage Hall - Living Learning Center**

Time to meet and socialize with other attendees and unwind from your trip to Summerfest. Refreshments available.

**9:45 - 10:45 PM - SINGLES SOCIAL**  
**University Room - Living Learning Center**  
Reveal your true nature with some fun ice-breaker games! Followed by an optional social at the Adirondack shelter. - Led by Nicole Fordyce

# Thursday, July 8

**6:00 - 6:40 AM - EXERCISE**  
**Meet in front of Living Learning Center**  
**Exerstriding** (Use synergistic resistance to build strength, stamina and endurance) - John Bolus

**6:00 - 7:30 AM - YOGA**  
**Heritage Hall A**  
(You may want to bring a blanket or towel)  
- Carole Baral

**6:15 - 7:15 - EXERCISE**  
**Volleyball Net (South side of Engineering & Science Building)**  
**Circuit Training: Cardio and Strength Conditioning** - John Pierre and Anne Dinshah

**6:30 - 7:30 AM - GOLDEN TAI CHI**  
**Basketball Court across from Laurel Hall**  
(Emphasis on balance, while developing strength & confidence) Easy to learn - All ages  
- Phil Allamong, ND

**8:40 AM - PLENARY**  
**Pasquerilla Performing Arts Center**

**From Pills to Peas: The CHIP Program**  
- Hans Diehl, DrHSc, MPH, CNS, FACN (40 min)

**School Food Success Stories & Exciting News**  
- Amie Hamlin (20 min)

**10:00 - 11:00 AM**  
**Heritage Hall A**  
**Mineral Mavericks and Mishaps**  
- Paulette Chandler, MD

**Heritage Hall B**  
**D-mystifying Vitamin D**  
- Julieanna Hever, MS, RD, CPT

**University Room**  
**Brilliant Pigs, Einstein Squids Intelligence, Creativity and Caring in the Non-Human World**  
(We are part of a big extended family we know very little about. Our language and actions often reflect this lack of knowledge. Come hear incredible true accounts of our amazing animal relatives) - Rae Sikora

**Campus Room**  
**Vegetarianism in the Americas** (The earliest vegetarian society in the US was founded in the early 19th century. In addition to the development of vegetarianism from the 18th century to the present, this session will examine the evidence for vegetarian groups in the pre-Columbian as well as the post-Columbian Americas) - Rynn Berry

### **Scholars Room**

#### **Raising Caring Children and Cultivating Resiliency**

(Many of us live in communities where our values are outside the norm. It's challenging for adults - but it's even tougher for children. Promoting the protective factors our children need to achieve a sense of belonging, acceptance and community will help them to be socially engaged and emotionally fulfilled) - Lisa Pitman

### **10:00 - 12 NOON - FOOD DEMONSTRATION**

#### **Heritage Hall C**

#### **Macro Magic: The Healing Power of Food**

- Sheri Lynn DeMaris, MEd

### **11:10 - 12:10 PM**

#### **Heritage Hall A**

**Raw Food Diets and Chronic Disease: Scientific Evidence to Date** - Brenda Davis, RD

#### **Heritage Hall B**

#### **Why This Dietitian Doesn't Use Dairy Products**

- George Eisman, RD

### **University Room**

#### **COMMUNITY OUTREACH: MAKING A DIFFERENCE**

**Understanding Diversity Issues While Creating Change** (How to recognize and be respectful of cultural differences) - Amie Hamlin (moderator), Marty Davey, MS, RD, Milton Mills, MD & Myriam Parham, RD, CDE, CLC

#### **Campus Room**

#### **The Grief of Dealing with Animal Issues**

(How to cope and how to use those emotions constructively) - Michael Budkie

#### **President's Room**

#### **Chemicals in Your Home: Safeguarding Your Health and the Environment**

(Many common chemical products found in the home contain hazardous ingredients that can be harmful to people, animals, and the environment. Learn how to responsibly purchase and safely use, store, and dispose of these products and make nontoxic versions at home)

- Michael Stepaniak, BA

### **Scholars Room**

#### **How To Create Easy Recipes with Few Ingredients**

- Anne Dinshah and Maribeth Abrams

### **EXERCISE**

#### **Terrace Room**

**Total Toning** (This class is designed to tighten, firm and tone your whole body using resistance bands. Combine intense cardio and muscle conditioning exercises that will challenge everyone from beginner to advanced)

- Nicole Fordyce

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

#### **Heritage Hall A**

#### **Effective Dietary Cholesterol Reduction**

- Hans Diehl, DrHSc, MPH, CNS, FACN

#### **Heritage Hall B**

#### **Flowers & the Human Intellect**

(Explore the roles flowers and plants play in our cultures and lives) - Milton Mills, MD

### **University Room**

**Mental Fitness 101: Brain-Building Strategies and Techniques** - John Pierre

#### **Campus Room**

**Cravings and Food Addiction** (A candid new look at the statement, 'But, I simply can't LIVE without my cheese or ice cream, or chicken, or caffeine, or chocolate, or...?!' Explore the similarities in behavior patterns between individuals addicted to alcohol, tobacco, or other drugs; our own relationships with food; learn new techniques to help make the switch to better health!) - Kerrie Saunders, MS, LLP, PhD

### **Scholars Room**

#### **Vegan Dilemmas: When Life Isn't Black or White**

(As vegans, our choices aren't always simple or clear-cut. Is it possible to remain true to our beliefs in compromising situations? Bring your questions and let's engage in a lively discussion of the "gray areas" of being vegan)

- Jo Stepaniak, MSED

#### **President's Room**

**How To Create a Website Easily and Quickly for Your Organization** - Phil Allamong, ND

# Thursday, July 8 (con't)

## **2:00 – 4:00 PM - FOOD DEMONSTRATION**

### ***Heritage Hall C***

**Enjoying the Ripe and Local Plant-Based Bounty** - Jae Steele

## **3:00 – 4:00 PM**

### ***Heritage Hall A***

**Cell Power: Life Restoration Begins at the Cell** - Learn the influences of diet on nuclear and membrane function - Paulette Chandler, MD

### ***Heritage Hall B***

#### **COMMUNITY OUTREACH: MAKING A DIFFERENCE**

**Joyfully Veganizing Your Community** (These simple activities don't take any particular skills or vast amounts of money, but will translate into huge returns in outreach and education. Tools you can go home and put to use right away!) - Jim Corcoran & Rae Sikora

### ***University Room***

**Newest Research on Global Warming** (This 201 class breaks down the UN's 2006 report "Livestock's Long Shadow" using analysis from the World Watch Magazine) - Dawn Moncrief, MS

### ***Campus Room***

**Understanding Cruelty** (Farmer Brown will share his journey from violence to a place of non-violence and peace. This session will explore the three stages of cruelty and how we can take action to bring it to a stop) - Harold Brown

### ***Scholars Room***

**The Vegetarianism of Charles Fillmore & the Early New Thought Movement** (Although you won't here about vegetarianism from Unity or Religious Science, or the works of Louise Hay, Abraham, and the Secret, there's plenty at the root of this movement, particularly in the fiery early 20th Century writings of Charles Fillmore) - Victoria Moran & Rynn Berry

### ***Chaser's Lounge – Student Union***

#### **SINGLES DISCUSSION**

Would you like to know more about what your fellow singles are thinking? Come participate in or just observe a lively discussion of topics pertinent to living veg and single in today's world - Led by Nicole Fordyce

## **3:00 – 5:00 PM**

### **FILM SCREENING**

#### ***Blackington Hall 131***

**EARTHLINGS** a documentary film about mankind's complete economic dependence on animals raised for pets, food, clothing, entertainment and research. Powerful, Informative, Controversial and Thought-provoking (Introduced by filmmaker Shaun Monson and followed by a Question and Answer session)

## **4:10 – 5:10 PM**

### ***Heritage Hall A***

**Designing an Optimal Raw Vegan Diet** - Brenda Davis, RD

### ***Heritage Hall B***

**Nutrition Lessons from Dr. T. Colin Campbell and the China Study** - Julieanna Hever, MS, RD, CPT

### ***University Room***

**Diet or Lifestyle Factors that may be Interfering with Your Body's Utilization of Nutrients** (Such as calcium, omega-3's, vitamin D and others) - Bob LeRoy, RD, MS, EDM

### ***Campus Room***

**At Ease in Every Restaurant** (A practice session for vegans with actual menus from over a dozen restaurants; learn public speaking skills that can be used to enhance dining out; practice ordering from what is on and off the menu and discuss the pitfalls and benefits of speaking up when eating out) - Patti Breitan

### ***Scholars Room***

#### **Issues in Raising Vegan Children**

(Panel) Maribeth Abrams (moderator) Marty Davey, MS, RD, Myriam Parham, RD, Kerrie Saunders, MS, LLP, PhD

## **4:10 – 5:30 PM - EXERCISE**

### ***Meet in front of Living Learning Center***

**Trail run for intermediate to advanced runners** (includes warm up and stretching) - Richard Hamlin

**5:00 – 5:30 PM - SINGLES VOLLEYBALL GAME**

***Volleyball Net (South side of Engineering & Science Building)***

Let's have some fun while getting our metabolism revved before dinner!

Inexperienced players are welcome!

- Led by Nicole Fordyce

**7:15 PM - PLENARY**

***Pasquerilla Performing Arts Center***

**Musical Prelude** - Rebecca Barnett

**Cancer Risk Reduction with a Plant-Based Diet**

- George Eisman, RD (15 min)

**The Inner Lives of Animals**

- Jonathan Balcombe (30 min)

**LEFTOVERS**

- Original Song performed by Vance Lehmkuhl  
(The new improved 21st-century version)

**Meat Eating and the Biology of Disgust**

- Milton Mills, MD (20 min)

**The Feel-Great, Look-Fabulous, Never-Age Lifestyle: How a Plant-based Diet and Purpose-based Life is the Secret of Vitality and Rejuvenation** - Victoria Moran (30 min)

**9:30 PM - EVENING SOCIAL**

***Heritage Hall / Living Learning Center***

Time to have fun, meet other attendees and dance to music provided by vegan DJ Johnny V. Light refreshments available.

## Friday, July 9

**6:00 – 6:40 AM - EXERCISE**

***Meet in front of the Living Learning Center***

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) - John Bolus

**6:15 – 7:15 AM - EXERCISE**

***Volleyball Net (South side of Engineering & Science Building)***

**Boot Camp: Fun & Effective Sports and Conditioning** for all Fitness Levels

(Please bring water and appropriate footwear)

- John Pierre

**6:30 – 7:30 AM - YOGA**

***Heritage Hall A***

(You may want to bring a blanket or towel)

- Eileen Wieder Crone, MS, RD, RYT-500

**6:50 – 7:20 AM - EXERCISE**

***Lobby Living Learning Center***

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe**

(You may want to bring a towel or blanket)

- John Bolus

**8:45 – 9:45 AM**

***Heritage Hall A***

**Nutrition Myths Debunked** (Calcium, Protein, Iron, Fats, etc.) - Julieanna Hever, MS, RD, CPT

***Heritage Hall B***

**Boost Your Brain Power: Lifestyle Strategies to Boost Mental Performance** - Paulette Chandler, MD

***University Room***

**Growing Up Vegan** (Meet a panel of lifelong vegans of various ages and learn about what it is like to be raised vegan - What are their views now and what might they do differently than their parents) - JoAnn Farb (moderator) Nathaniel Barnett, Rebecca Barnett, Anne Dinshah, Sarina Farb, Sammi Farb, Sarah Schleuter Eisman

***Campus Room***

**Plant Power Revealed! Plants Contain Amazing Micro-Nutrients.** (Discover their history, importance and how you can maximize their benefits) - Jim Corcoran

# DIETETIC SEMINAR FOR HEALTH PROFESSIONALS

FRIDAY, JULY 9, 2010

## Degenerative Diseases and their Behavioral Origins: Risk Factors, Protective Factors and Interventions

This one day event for Registered Dietitians and other health professionals is open to anyone registered for the full Summerfest at no extra charge. Continuing Education Credits are only available to registered dietitians.

**Location: Blackington Hall 138**

### **9:20 AM**

Welcome

– Jennie Kerwood, President of NAVS

### **9:30 – 10:40 AM**

Facilitating cardiovascular disease reversal successfully through diet and lifestyle: The CHIP Program

– Hans Diehl, DrHSc, MPH, FACN, CSN

### **10:55 – 12:05 PM**

Successful disease-reducing diet and lifestyle interventions, in a population disproportionately susceptible to incidence of type II diabetes – Brenda Davis, RD

### **1:50 – 3:00 PM**

The influence of allergens and of food components that directly affect brain chemistry, upon risks of depressive, behavioral, cognitive and neurological disorders – Bob LeRoy, RD, EdM, MS, MAT

### **3:10 – 4:20 PM**

Breaking the food seduction: Understanding the biological basis for maladaptive food habits, and practical skills for assisting patients to break food addictions and to become familiar with the disease risk related health effects of commonly craved foods

– Neal Barnard, MD

### **4:30 – 5:30 PM**

Translating Research Literature into Public Health Dietary Recommendations: Identifying common ground among risk factors and among protective factors for cardiovascular disease, cancer, diabetes, osteoporosis, auto-immune diseases and eating disorders

– Presented by a panel of the above speakers.

# Friday, July 9 (con't)

## **Scholars Room**

**Animal Pleasure and Why it Matters** (Evidence that animals enjoy life and the profound implications it has on animal ethics) – Interactive Session - Jonathan Balcombe, PhD

## **President's Room**

**A Tweetup** (Veggies on Twitter, here's your chance for an in-person meeting with fellow 'tweeps' - Facebook Friends also welcome) – Vance Lehmkuhl

## **10:00 – 11:00 AM**

### **Heritage Hall A**

**Cancer Risk Reduction with a Plant-Based Diet** - George Eisman, RD

### **Heritage Hall B**

**Are Humans Designed to Eat Meat?** - Milton Mills, MD

## **University Room**

**Vegan Nutrition for Athletes** - John Pierre & Shaun Monson

## **Campus Room**

**How to Speak to Christians and Other Religious People about our Animal Rights and Vegan Message** - Frank Hoffman

## **Scholars Room**

**Recipes Into Print: How to Write the Next Bestseller** (Do you have a recipe book sprouting inside of you? Seasoned book editor and best-selling author Jo Stepaniak shares a banquet of knowledge on how to sift, whip, and blend your ideas into a publishable manuscript)

## **10:00 – 12 NOON - FOOD DEMONSTRATION**

### **Heritage Hall C**

**Quick, Easy Dishes with a Gourmet Twist: A Four Course Dinner** - Chef Alan Roettinger

## **11:15 - 12:15 PM**

### **Heritage Hall A**

**Latest in Nutrition 2009: Review of the Most Important Research Published in Peer-Reviewed Scientific Nutrition Journals from Summer 2008 to Summer 2009** - Michael Greger, MD

### **Heritage Hall B**

**Optimize Your Health by Utilizing the Healing Powers of Food** - Sheri-Lynn DeMaris, MEd

## **Campus Room**

**Veggie Web Networking** (Learn about online resources such as blogs, podcasts and news feeds, as well as social media such as Twitter and Facebook, for staying informed and getting your message to people who care) – Vance Lehmkuhl

## **Scholars Room**

**Communicating with Locavores, Carnists and Family** (Learn easy tools for effectively communicating with those who feel the most challenging) - Rae Sikora

## **EXERCISE**

### **Terrace Room**

**Cardio Kickboxing** (A high-energy cardiovascular class to create a total body endurance workout) - Nicole Fordyce

## **11:15 - 12:30 PM**

### **University Room**

**Recognizing and Rising above “the McMovement”** (How the meat industry's co-option of the animal advocacy movement continues to lead activists to violate their own values, and what we can do to reclaim our idealism and heal the disillusionment and despair caused by this unfortunate trend) - James LaVeck & Jenny Stein

## **President's Room**

### **COMMUNITY OUTREACH: MAKING A DIFFERENCE**

**Local Vegetarian Groups: Starting One & Keeping it Alive (Discussion)** - Patti Breitman (moderator) Carol Barnett, Ted Barnett, Amie Hamlin & Roberta Schiff

# Friday, July 9 (con't)

## 1:45 - 2:45 PM

### **Heritage Hall A**

**Using Food And Fitness To Fight Osteoporosis**  
(Learn how to use specific foods and fitness tips to help re-mineralize your bones! Research on hormones, bone density, and practical suggestions to strengthen your skeletal frame – learn your food friends & foes!)  
- Kerrie Saunders, MS, LLP, PhD

### **Heritage Hall B**

**A High-Raw Diet in the Real World** (This workshop is for new and aspiring raw-fooders and will show how to incorporate raw food into your diet without getting hung up on whether you're 80% or 90% raw) -Victoria Moran

### **University Room**

**Choosing Compassionate Language** (Learn why we can embrace the word “meat”; why we want to avoid such words as “fake,” “faux,” and “alternative” when referring to food; and practice using several compassionate versions of violent expressions) - Colleen Patrick-Goudreau

### **Campus Room**

**How Not to Prevent Disease: The History of Official Dietary Recommendations in the U.S.**  
- Ted Barnett, MD

### **Scholars Room**

**The New “Sustainable” Animal Exploitation Concept** (Confronting the “locavore” idea of sustainable animal farming; farmer Brown will explore the deeper ideas and agendas that drive these movements) - Harold Brown

## **CIRCUS TRICKS PLAYSHOP**

### **Meet in front of Owen Library**

**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 po (Teens & Adults) - Led by Chip Ballew

## 2:00 – 4:00 PM - FOOD DEMONSTRATION

### **Heritage Hall C**

**Summer's Bounty: Light, Local, Fresh and Raw!**  
- Chef Peter Cervoni

## 2:55 – 3:55 PM

### **Heritage Hall A**

**Healing Effects of Kindness to Others and the Damaging Effects of Negative Relationships**  
- Paulette Chandler, MD

### **Heritage Hall B**

**Basic Nutrition for Vegetarians and Vegans**  
- George Eisman, RD

### **University Room**

**Connecting the Issues: Outreach to Other Social Justice Groups** (Examines the many links vegetarian/vegan advocates have with other social justice groups. Provides hints on how to connect with environmental, hunger, health, sustainable agriculture, women's communities, and more) - Dawn Moncrief, MS

### **Campus Room**

**When Family, Friends and Co-Workers Just Don't Get It** (Discussion) - Amie Hamlin

### **Scholars Room**

**Making UNITY** (A discussion with filmmaker Shaun Monson about the anticipated sequel to EARTHLINGS that continues the theme of the interrelation of animals, nature and humankind - Features an exclusive sneak peek of scenes from this new film)

## 4:10 – 5:10 PM

### **Heritage Hall A**

**Thundering Silence: The Power of Deep Listening**  
(The art of deep listening can profoundly transform both the speaker and the listener. Join us to explore and practice the powerful gift of listening fully and openly) - Jo Stepaniak

### **Heritage Hall B**

**Chemistry for Understanding Nutrition: Carbohydrates & Protein**  
- Milton Mills, MD with Roberta Schiff

### **University Room**

**Agree to Disagree** (When is it appropriate for animal activists with different methods of operation, and perhaps different underlying ideologies, to critically examine the work of other activists in a public forum? Does there come a point where divisions are too great, and the best thing to do is form a new movement? How do we decide if that time is upon us?) - Vance Lehmkuhl (moderator), Harold Brown & James LaVeck

### **Campus Room**

**THE BIGGEST WINNERS: Lessons Learned from Food & Fitness Consultation**

- John Pierre, and Kerrie Saunders, MS, LLP, PhD

### **Scholars Room**

**Too Busy to Cook: Proven Strategies to Save Time in the Kitchen** (Top ten secrets for eating well when pressed for time) - Patti Breitman

### **President's Room**

**Act With a Famous Vegetarian** (Class volunteers will get to perform supporting roles in 5 one act plays about Leonardo da Vinci, Dr John Harvey Kellogg, Jesus, the Buddha, Leo Tolstoy and Sir Paul McCartney) - Playwright Rynn Berry

### **OUTDOOR COOPERATIVE GAMES:**

**Everybody is a Winner**

**Meet in front of Laurel Hall**

(For all who are old enough to do partner activities) - Rae Sikora

### **4:10 - 5:30 PM - EXERCISE**

**Meet in front of Living Learning Center**

**Trail run for intermediate to advanced runners**

(includes warm up and stretching)

- Richard Hamlin

### **5:00 - 11:00 PM - WEEKEND REGISTRATION**

**Living Learning Center Lobby**

### **7:15 PM - PLENARY**

**Pasquerilla Performing Arts Center**

**Piano Prelude** - Vance Lehmkuhl

**Welcome to Weekend Attendees**

- Jennie Kerwood

**Being a Joyful Vegan Despite the Painful Awareness of the Socially Sanctioned Exploitation and Abuse of Non-Human Animals**

- Colleen Patrick-Goudreau (15 min)

**The Three Sisters: An Ancient Tradition for Modern Times** - Neal Barnard, MD (35 min)

**Prevent and Reverse: The Preferred Treatment for Coronary Artery Disease**

- Caldwell Esselstyn, Jr. MD (30 min)

**Adaptability: The Importance of Flexibility and How Behavioral Change and Choices are Neurologically Facilitated**

- Hans Diehl, DrHSc, MPH, CNS, FACN (35 min)

### **10:00 PM - GET TOGETHER**

**Heritage Hall / Living Learning Center**

(Mingle, Chat, Laugh, Relax: Enjoy the company of others who share your vegetarian values. Light refreshments available.)

### **9:45 - 10:45 PM**

**SINGLES EVENING ICE-BREAKER GAMES**

**University Room / Living Learning Center**

Reveal your true nature with some fun ice-breaker games with the addition of new weekender singles! Afterwards we'll keep the party going at the evening social!

- Led by Nicole Fordyce

# Saturday, July 10

## **6:00 – 6:40 AM - EXERCISE**

### ***Meet in front of Living Learning Center***

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) - John Bolus

## **6:00 – 7:15 AM - EXERCISE**

### ***Meet in front of Student Union***

**Trail run** for intermediate to advanced runners (includes warm up and stretching) - Richard Hamlin

## **6:00 – 7:30 AM - YOGA**

### ***Heritage Hall A***

(You may want to bring a blanket or towel)  
- Carole Baral

## **6:30 – 7:30 AM - GOLDEN TAI CHI**

### ***Basketball Court across from Laurel Hall***

(Emphasis on balance, while developing strength & confidence) Easy to learn - All ages  
- Phil Allamong, ND

## **6:50 – 7:20 AM - EXERCISE**

### ***Lobby Living Learning Center***

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe** (You may want to bring a towel or blanket) - John Bolus

## **8:40 – 9:45 AM - PLENARY**

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

**Stories of Rescued Farm Animals as Inspiration for Vegan Living**  
- Gene Baur (30 min)

**20 Years After The Sexual Politics of Meat, What's New (and sadly) What Isn't**  
- Carol J. Adams (30 min)

## **9:55 – 10:55 AM**

### ***Heritage Hall A***

**Exploding Nutrition Myths** - Brenda Davis, RD

### ***University Room***

**Love is Greater than Fear – the Making of Peaceable Kingdom: The Journey Home**  
(This multi-media presentation will explore how Harriet Beecher Stowe - 1850's author of Uncle Tom's Cabin - along with the work of two visionary musicians and some remarkable experiences with individual animals inspired

a new documentary about the ethics of the human-animal relationship)  
- James LaVeck & Jenny Stein

### ***Campus Room***

**Ripe Around Here: What "Local" and "Sustainable" Mean for a Plant-based Diet**  
- Jae Steele

### ***Scholars Room***

**What the Bible Has to Say 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 verses and engage in discussion) - Milton Mills, MD, Roberta Schiff & Michael Budkie

### ***President's Room***

**Writing and Getting Published: How to Add Your Own Ideas to the Growing Cannon of Vegetarian Literature** (Patti shares her over 30 years of publishing industry experience - as a marketing expert, editor and literary agent - includes tips on how to attract a publisher and how to write a successful book) - Patti Breitman

## **10:00 – 12 NOON - FOOD DEMONSTRATION**

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

**Three Sisters: In the Kitchen**  
- Maribeth Abrams, MS CNC w/ Neal Barnard, MD

## **11:15 - 12:15 PM**

### ***Heritage Hall A***

**Nutrition Strategies for Halting and Reversing Heart Disease** - Caldwell Esselstyn, Jr, MD

### ***University Room***

**Living Among Meat Eaters: A Survival Guide for Vegetarians** - Carol J. Adams

### ***Campus Room***

**Compulsive Overeating: It's Not Just Diet and Exercise** - Victoria Moran

### ***Scholars Room***

**Successful Vegetarian Campaigns: Reaching Out In Your Local Community** - Jennie Kerwood (moderator), Jim Corcoran & Lee Hall

**Board Room**

“Comparing & Evaluating Foods with Regard to Protein, Carbohydrate, Fat Components, Nutrient Density, Vitamins, Minerals, Acid/Alkaline Ash, Anti-Oxidants, Anti-Cancer Factors, other Phytochemicals, Anti-Nutritive Factors, Etc) Question & Answer Session - Bob LeRoy, RD, MS, EDM

**EXERCISE**

**Terrace Room**

**Total Toning** (This class is designed to tighten, firm and tone your whole body using resistance bands. Combine intense cardio and muscle conditioning exercises that will challenge everyone from beginner to advanced) - Nicole Fordyce

**11:15 – 12:30 PM**

**President’s Room**

**Issues in Raising Vegan Children** (Panel) JoAnn Farb (moderator) Carol Barnett, Ted Barnett, Amie Hamlin, Vance Lehmkuhl,

**1:45 – 2:50 PM**

**Pasquerilla Performing Arts Center**

**PLENARY**

Announcements (5 min.)

**The Latest in Nutrition 2010: Review of the Most Important Research Published in Peer-Reviewed Scientific Nutrition Journals from Summer 2009 to Summer 2010** - Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat and even reverse chronic disease in an engaging interactive quiz show format - Michael Greger, MD (60 min)

**2:00 – 4:00 PM - FOOD DEMONSTRATION**

**Heritage Hall C**

**Tacos from Scratch: Seitan Tacos & Homemade Tortillas, with the Works!** - Terry Hope Romero

**3:00 – 4:00 PM**

**Heritage Hall A**

**Phenomenal after 50: Flexing Body, Mind, and Spirit - The key to staying vibrant and healthy at any age is to keep your body fit, your mind**

**agile, your intellect challenged, and your spirit fulfilled. Learn the secrets of aging with grace** - Panel Discussion: Jo Stepaniak (moderator), Jim Corcoran, George Eisman, RD, Victoria Moran & Rae Sikora

**Heritage Hall B**

**Understanding Carnism (The Psychology/Ideology of Meat) for Effective Vegetarian Advocacy and Personal Empowerment**

(Learn about carnism, the invisible belief system that shapes individuals' perceptions of meat and the animals they eat and ways to be a more effective vegetarian advocate, and how to feel more grounded and empowered in your own ethical choices) - Melanie Joy, PhD, EdM

**University Room**

**Animal Pleasure and Why It Matters** (Evidence that animals enjoy life and the profound implications it has on animal ethics) - Interactive Session - Jonathan Balcombe, PhD

**Campus Room**

**Get Off Gluten: What You Don't Know Might Be Hurting You** (Research suggests that two thirds of us carry the gene to become gluten sensitive, which can lead to not just GI problems, but many autoimmune, emotional and behavioral issues. Learn how simple dietary changes might vastly improve your health and life) - JoAnn Farb

**Scholars Room**

**Global Hunger and Food Choice** (101 overview followed by 201 details on the relationship between animal consumption and global hunger, with a broader look at the “Livestock Revolution,” impending food scarcity and food security for all countries and income levels. - Dawn Moncrief, MS

**President’s Room**

**COMMUNITY OUTREACH: MAKING A DIFFERENCE Understanding the School Food Environment and How to Create Change** - Amie Hamlin



# Saturday, July 10 (con't)

## **SINGLES OUTDOOR ICEBREAKER GAMES**

### **Meet in front of the Pasquerilla Performing Arts Center**

(Fun games to continue getting to know each other and to meet the new weekenders joining us on the singles playing field!)

- Led by Nicole Fordyce

## **3:30 - 4:00 PM - EXERCISE**

### ***Terrace Room / LLC***

Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe (You may want to bring a towel or blanket) - John Bolus

## **4:15 - 5:15 PM**

### ***Heritage Hall A***

Epigenetics: How Diet Affects and Changes Your DNA - Milton Mills, MD

### ***Heritage Hall B***

Defeating Diabetes... a story of hope from the Marshall Islands

- Brenda Davis, RD

### ***University Room***

Guiding People from Excuse-itarian to Vegan (Advocating humor and common sense, with sound and practical tips for tackling the most popular excuses for not eating a plant-based diet. Bring your own "what do you say when..." questions) - Colleen Patrick-Goudreau

### ***Campus Room***

The Transition Kitchen - How To Go From Zero To Veg In One Day! (Learn unbelievably simple ingredient substitutions that can help make the transition to a healthier lifestyle quick and easy. Lots of new products and brands that you can use at home) - Kerrie Saunders, MS, LLP, PhD

### ***Scholars Room***

#### **ALIGNING OUR LIVES WITH OUR VALUES:**

#### **How Talents and Careers Can Be Used to**

**Advance Vegetarianism** (Panel) Maribeth Abrams MS, CNC (moderator), Carol J. Adams, Patti Breitman & Vance Lehmkuhl

### ***President's Room***

#### **Plant-Based Sports Nutrition**

- Julieanna Hever, MS, RD, CPT

### ***Board Room***

What Every Caring Person Should Know about Non-Human Primate Experimentation, and What They Can Do - Michael Budkie

### ***Terrace Room / LLC***

#### **Introduction to Juggling & Circus Toys**

(Adults & Teens) - Meghan Kelly

## **5:00 - 5:30 PM - SINGLES VOLLEYBALL GAME**

### ***Volleyball Net (South side of Engineering & Science Building)***

(Let's have some fun while getting our metabolism revved before dinner! Inexperienced players are welcome!)

- Led by Nicole Fordyce

## **5:30 - 7:45 PM**

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

MUSIC by John Bolus

## **8:30 PM - SPECIAL FILM PRESENTATION**

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

Piano Prelude - Vance Lehmkuhl

### ***Peaceable Kingdom: The Journey Home***

This groundbreaking new documentary from the creators of *The Witness* is currently in the midst of a successful film festival run, where it is winning many awards, including the Audience Award at Yale's environmental film festival, the Best Documentary Award from Chicago's Peace on Earth Film Festival, and the Grand Jury Prize from the Canada International Film Festival. Described by many viewers as "a life-changing experience," the film tells the story of five farmers, an animal rescuer, and a humane police officer, each struggling to follow the voice of their conscience, and to challenge the commonly held belief that animals exist in order to fulfill human wants and needs. Strikingly honest interviews reveal the web of complex social, psychological and economic forces at play, while seldom-seen footage documents the beauty, emotional lives, and family bonds of farm animals. Parental Guidance recommended for viewers 13 and under (there are brief scenes depicting animal cruelty). Screening will be followed by discussion with filmmakers Jenny Stein and James LaVeck, along with film subjects Harold Brown, Cayce Mell and Jason Tracy.

**IMMEDIATELY FOLLOWING THE FILM**

**DISCUSSION – UNTIL 1:00 AM**

**EVENING SOCIAL / DANCING / SUMMERFEST DRAWING**

***Heritage Hall / Living Learning Center***

It's our last night together, so you won't want miss this chance to mingle, dance and see the new friends you've made this week.

Music provided by vegan DJ Johnny V.

Light refreshments available.

**DRAWING: Would you like to attend Vegetarian Summerfest 2011 for free?**

– At tonight's drawing, during the evening social, we'll give away one free package that includes room, meals and registration. Entering the drawing is totally free – but – you must be present to win.

# Sunday, July 11

**6:00 – 6:40 AM - EXERCISE**

***Meet in front of Living Learning Center***

**Exerstriding** (Use synergistic resistance to build strength stamina and endurance) – John Bolus

**6:00 – 7:15 AM - EXERCISE**

***Meet in front of Student Union***

**Trail run** for intermediate to advanced runners (includes warm up and stretching) - Richard Hamlin

**6:30 – 7:30 AM - YOGA**

***Heritage Hall A***

(You may want to bring a blanket or towel)

- Eileen Wieder Crone, MS, RD, RYT-500

**6:30 AM**

**MEMORIAL SERVICE FOR THE ANIMALS**

***Whalley Memorial Chapel***

(Inter-religious/Non-denominational)

- Frank Hoffman, Music by Ted, Rebecca and Nathaniel Barnett

**6:50 – 7:20 AM - EXERCISE**

***Lobby Living Learning Center***

**Chinese Wand Exercise: This Ancient Practice is Stimulating, Gentle & Safe** (You may want to bring a towel or blanket) – John Bolus

**8:30 - 9:30 AM**

***Heritage Hall A***

**Raw Food Concepts and Controversies**

- Brenda Davis, RD

***Heritage Hall B***

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

- Milton Mills, MD with Roberta Schiff

***University Room***

**When a Man (or Woman) Loves a Burger**

(Dealing with the complexities of being in a relationship with a meat eater) – Panel: Vance Lehmkuhl (moderator), Carol J. Adams, Anne Dinshah & Jennie Kerwood

***Campus Room***

**On Their Own Terms: How Vegetarianism**

**Supports Wild Places and Animals** - Lee Hall, JD

***Scholars Room***

**Basic Nutrition for Vegetarians and Vegans**

- George Eisman, RD

***Presidents Room***

**How to Say No Without Feeling Guilty: Embracing Our Choices with Confidence and Pride**

(Tips and techniques for social, business, and family situations where our food and lifestyle choices are called into question) - Patti Breitman

***Board Room***

**Vegan Nutrition for Infants and Young Children**

- Myriam Parham, RD, CDE, CLC

**9:45 - 10:45 AM**

***Heritage Hall A***

**Strong Bones for Life (Review of latest strategies to build bone)**

- Paulette Chandler, MD

***Heritage Hall B***

**Mindful Eating** (Creating awareness from your plate to your palate. What the research shows, including a way to really test how we taste and experience food) - Marty Davey, MS, RD

# Sunday, July 11 (con't)

## **Heritage Hall C**

**World's Most Nutri-licious Smoothie!** (Get your daily greens and heal yourself with your morning drink. No special blenders or expensive ingredients needed for this incredibly delicious, detoxifying, healing drink! Many variations demonstrated. A laugh while you learn workshop) - Jim Corcoran & Rae Sikora

## **University Room**

**Taking the Peaceable Journey: Steps Toward a Life of Joyful Co-existence** (This inspirational talk will explore the power and the promise of our awakening conscience and will offer six peaceable practices we can follow to transform our relationship with the animals who share our world and help create a more just and compassionate future for us all) - James LaVeck & Jenny Stein

## **Campus Room**

**Why Don't You Understand Me? Understanding Personality Styles to Improve Your Communication** (Learn about the nine personality styles described in the Enneagram—a system used by organizations, therapists, coaches, and teachers—so your message is heard as you intend it to be and your conversations are more empowered) - Melanie Joy, PhD, EdM

## **Scholars Room**

**Vegan Baking Q & A** (Tips and techniques for making scrumptious vegan baked goods) - Terry Hope Romero

## **President's Room**

**Vegan Parenting Discussion** (Some lifestyle choices fit well with veganism and help to reinforce it, others may serve to undermine it. Come and bring your questions about creating a home that facilitates health, and reinforces your values. Developmental stages, family dynamic, the importance of boundaries, use of media, and dealing with family and community around food issues will also be discussed) - JoAnn Farb

## **Chaser's Lounge - Student Union**

### **Singles Closing & Discussion**

We'll close our Singles Community this year with one final get together, chatting and saying our good-byes - or - perhaps "see you soon!" - Led by Nicole Fordyce

## **11:00 - 12:10 PM - PLENARY**

### **Pasquerilla Performing Arts Center**

**Musical Prelude** - Nathaniel Barnett

**Walk With a Hunter: Growing an Inclusive Local and Global Community** - Rae Sikora (20 min)

## **A Song from the Summerfest Youth**

**Vegan...No Apologies** - Brenda Davis, RD (20 min)

## **Your Mission, if You Choose to Accept It**

- Victoria Moran (20 min)

## **CLOSING REMARKS**

NAVS President Jennie Kerwood

## **2:00 - 3:00 PM**

### **Heritage Hall A**

**The Influence of Allergens and of Food Components that Directly Affect Brain Chemistry** (Their relationship to risks of depressive, behavioral, cognitive and neurological disorders) Question & Answer Session - Bob LeRoy, RD, MS, EDM

### **Heritage Hall B**

**Eating for Total Wellness** (Discover ways to nourish the body to meet all six dimensions of wellness: social, emotional, physical, spiritual, intellectual and environmental, while learning practical tips on what to eat, when to eat and how to eat for longevity and optimal health) - Eileen Wieder Crone, RD, MS, RYT-500

### **University Room**

**Mighty and Mellow Menopause** (Why do some people feel that this time is the low period of their life and others feel it is when all the doors of opportunity, strength and ease are opened wide? Everyone is welcome: Those currently in menopause, those who have been through it, and those living with someone in menopause) - Rae Sikora

### **Scholars Room**

**A History of Veganism in the US** (Learn "how it all began" - to coin a phrase - from Donald Watson's invention of the term in 1944 to its becoming one of today's trendiest lifestyles) - Rynn Berry

Please take a moment to fill out our questionnaires.

**All attendees must be checked out of their rooms by 3:30 PM.**

Thank you for joining us! Have a safe trip home.