

Victoria VegEd Info-Digest: 2018 – Winter Edition

Quarterly Info-Digest compiled by Christine McClarnon MADL MScF, a World Peace Diet (vegan lifestyle) Facilitator. The purpose of this Digest is to share information about vegan philosophy and lifestyle. The Vegan Movement is centered upon minimizing harm to human and non-human life forms through our lifestyle choices. This Digest compiles resources that highlight multi-faceted topics within this growing movement. Click underlined items to be taken to their hyperlinked web sites. Items denoted by * are not produced by vegan advocates, however are relevant to the vegan lifestyle.

UPCOMING EVENTS:

TELECONFERENCES. MONTHLY: 6pm – 7:30pm (ONGOING – Third Thursday of Every Month)

World Peace Diet Facilitator Circle led by Dr. Will Tuttle by tele-conference! Every Third Thursday at 6 pm. Contact veged@veged.ca for Dial-in Instructions. Inspiring discussions for people interested in creative outreach on issues related to vegan living. *FREE! (and Donations accepted).

January 6-12, 2019. [Dr. Klaper's Holiday Cleanse](#) "The Spring" Resort in Desert Hot Springs CA. [Booking Now!](#)

March 3-14, 2019. [Holistic Holiday at Sea](#) Vegan Health Cruise around the Caribbean Sea. [Booking Now!](#)

October 5-12, 2019. [NHA Europe River Cruise](#) Vegan Cruise from Germany to Holland. SOS-free meals. [Booking Now for Promo Discount!](#)

TIPS:

1. [A Prayer for Compassion](#), upcoming film for spiritual groups across different faiths, seeks [Crowd Fund](#) support.
2. [ADAPT](#) (Tufts University) is recruiting participants to study adherence to any chosen dietary pattern.
3. [Awareness Games for Kids](#) audio exercises are available for **FREE** on the [DoYogaWithMe](#) web portal.
4. [Brain Health Boosts](#) Team Sherzai (neurologists) offer simple tips to optimise brain function.
5. [Cashew Nuts](#) Time to ponder modest consumption, given the [worker hazards](#) and [food waste](#) issues?
6. *[CD Weaving Tutorial](#) shows how to recycle old CDs and yarn scraps. Great project for kids.
7. *[Ceilidh Dance, Victoria, BC.](#) **FREE Open House. Jan. 8, 2019** City Light Church, 550 Obed Avenue. 7:30pm. *Intro Beginner Class. No experience/partner necessary.*
8. [Coaching and Leadership International's Mind-Kinetics® Professional Coaching service helps people transition to, and enjoy, a Vegan lifestyle by dispelling old programming and fears, and cultivating a positive and joyful mindset.](#) (View [SupremeMasterTV Interview](#): Parts [One](#) & [Two](#))
9. *[Daily Good](#) is an online news service that reports about positive news around the world.
10. [Dr. Michael Klaper MD](#) distributes a **FREE** online [Medicine Capsule Newsletter](#) to which you can subscribe.
11. [Ethical Choices Program](#) seeks field educators in different cities across North America.
12. [Frontrunners](#) (Victoria) carry a selection of vegan [Brooks Running Shoes](#). See [Men](#) & [Women](#) PETA guides.
13. *[McTavish Academy of Art](#) fosters creativity and artistry in community living in Central Saanich BC.
14. [Moving Medicine Forward](#) appreciates Donations to help with a medical school nutrition education initiative.
15. *[Real Truth About Health](#) has posted conference videos for free online viewing on their [YouTube Channel](#).
16. [Rescue and Sanctuary for Threatened Animals](#) appreciates donations for residential animal care costs.
17. *[Shadan Saul and Sunny Shams](#) perform with the [Palm Court Light Orchestra](#) **Feb. 8-9, 2019**
18. *[Sharkwater Extinction](#) is a new movie showing in theatres across Canada.
19. [Taygra](#) sells comfortable vegan dancing shoes through hassle-free mail order (they pay Shipping on Returns)!
20. *[Thiagi Group Games](#) web portal has many free games that can be customized to any teaching or workshop activity.
21. [Vegan Life Magazine](#) welcomes subscribers, or you can skim their web site for vegan news.
22. [Vegan Sustainability Magazine](#) offers a free quarterly online subscription.
23. [Veganuary](#) web portal inspires people to try vegan meals in January.
24. [Victoria Healthy People](#) has a line-up of reasonably-priced and free events, including dinners, movies, walks, and workshops on diabetes, brain health and depression recovery.

ARTICLES

1. [10 Ways to Increase Your Happiness](#) Bronwyn Slater
2. *[Affordability Challenge](#) Breathe Clean Air
3. [All Forms of Life Are Sacred](#) Chris Hedges (TruthDig)
4. *[Amazon, Facebook, and Samsung rack up hundreds of human rights abuse allegations](#) Saqib Shaw (The Sun)
5. [Animal Agriculture is the Leading Cause of Climate Change](#) Sailesh Rao PhD

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6. [Answering Dietary Questions During the Holidays](#) Cathy Fisher
7. [Are We Violent By Nature?](#) Will Tuttle PhD
8. [BBC Creates 'Carnage' With New Vegan Mockumentary](#) Ciaran Austin
9. [Canadian Government Invests in Vegan Protein Development](#) Lauren Willis
10. [Carnage Imagines a Vegan Utopia Where Animals Live as Equals](#) Matthew Adams PhD (The Conversation)
11. [Do Animals Have a Right to Live on this Planet Too?](#) Sofia Pineda Ochoa MD
12. [Do You Suffer from Vystopia?](#) Clare Mann
13. [Five Ways *Better Eating International* Will Strengthen the Vegan Movement](#) Alex Felsing
14. [*Forest Bathing: Dr. Qing Li's Guide to the Healing Power of Nature](#) Mark Ellison Ed.D. (Hiking Research)
15. [Giftivism](#) Pavritha Mehta
16. [Go Solar, or Go Vegan?](#) James O'Donovan (Ed.) (Vegan Sustainability Magazine)
17. [High Blood Pressure](#) Alan Goldhamer DC
18. [Hope for Wild Salmon and Orca as the Noose Tightens on Salmon Farms](#) Sea Shepherd
19. [*How to Interest Children in Nature](#) Association of Nature and Forest Therapy
20. [How Would a Vegan Shift Save Water?](#) Truth or Drought
21. [Huge Reduction in Meat-Eating 'Essential' to Avoid Climate Breakdown](#) Damian Carrington (The Guardian)
22. [Hurricane Florence and 9.7 Million Pigs](#) Alexandra Isfahani-Hammond (Counter Punch)
23. [Hypocrisy of the Religious Slaughter Ban](#) Mimi Bekhechi (Al Jazeera)
24. [*Importance of Quiet Time](#) Alan Lightman
25. [Interview with Sherry Colb JD](#) Our Henhouse
26. [*KIN's School –Lycee School at Tekos](#) Mikhail Petrovich Shchetinin (Excerpt from "A School of the Future")
(Read more about this unusual school at [Ringing Cedars](#)).
27. [Leading Innovations in Prevention and Cure](#) Don Forrester MD
28. [Lost Religion of Jesus](#) Camille DeAngelis
29. [*Many US Aquifers in Decline](#) Ian James & Steve Reilly
30. [Meat Free Apartment Complex to Open in Russia](#) Anna Starostinetskaya (VegNews)
31. [Michael Klaper MD and Alese Jones RYT on Love and Happiness](#) Vegan Health & Fitness Magazine
32. [Miso – A Live Food for Everyday](#) Louise Hagler
33. [Myth: Almond Milk is Consuming All the Water](#) Truth or Drought
34. [Narwhal Frolics with the Belugas: Interspecies Adoptions](#) Erin Siracusa
35. [No One Should Be Doing the Keto Diet Says Leading Cardiologist](#) Maria Chiorando
36. [*Pine Nut Harvesting](#) Teo Spengler Gardening Know How
37. [Questioning Leather Today](#) Compassionate Road
38. [*Russian Couple Adopted An Orphaned Bear](#) Jerry Gadiano
39. [Save the Honey – For the Love of Bees](#) Brenda Carey (Vegan Health and Fitness Magazine)
40. ['Skeptical Science" and Land Use Effects on Climate Change](#) Keith Akers
41. [Stage 4 Breast Cancer – Constructive Actions](#) Michael Klaper MD
42. [Study Confirms that Environmentalists Need to Be Vegan](#) Estelle Rayburn (One Green Planet)
43. [The Ghosts in Our Machine](#) film is available for free viewing through [GVPL Hoopla system](#)
44. [To Protect Ourselves from Extinction, We Need to Set Aside HALF of the Planet for Wildlife](#) Estelle Rayburn
45. [Vegan Wave at the Parliament of the World's Religions](#) Rev. Carol Saunders
46. [Veganism and Sustainability in the News – Winter 2018 Edition](#) Bronwyn Slater (Vegan Sustainability Magazine)
47. [Vegans Are Traumatized and Need Help, Says Vegan Psychologist](#) Jessica Brown (Vice)
48. [*Whale for the Mourning](#) Coast Protectors (Pacific Free Press)
49. [What Is the Forks Over Knives Diet?](#) Alona Pulde MD and Matthew Lederman MD
50. [What You Need to Know on Your First Trip as a Vegan in Japan](#) Wendy Werneth
51. [Who Should Feed the World?](#) John Vidal (The Guardian)
52. [Why I Could Never Quit Being Vegan](#) Rhea Parsons (The V Word)
53. [World Religions Conference to Hold Its First Vegan Banquet in 100 Years](#) Anna Starostinetsky

BOOKS

1. [Carbon Dharma](#) Sailesh Rao PhD See [Excerpt Chapter 7.2](#) and [my review](#)
2. [*Forest Bathing: How Trees Can help You Find health and Happiness](#) Dr. Qing Li MD Available at [GVPL](#)
3. [Healing Cancer from Inside Out](#) [BOOK](#) and companion [DVD](#) Mike Anderson
4. [Life Without Envy: Ego Management for Creative People](#) Camille DeAngelis Available at [GVPL](#)

5. [Lupus Recovery Diet](#) Jill Harrington
6. *[Reader Come Home: The Reading Brain in a Digital World](#) Maryanne Wolf PhD
7. [Straight Up Food Cookbook](#) Cathy Fisher

VIDEOS and PODCASTS

1. [All Life is Sacred](#) (26 min.) Chris Hedges Interviews Gary Francione JD
2. [Alternative Facts](#) (22 min.) Garth Davis MD
3. [Alzheimer's Can Be Prevented and Reversed](#) (129 min. Podcast) Team Scherzai MDs
4. [Antarctica – A Bell Ringer of Climate Change](#) (25 min.) Dr. Chia-Fu Chou PhD (SupremeMasterTV)
5. [Are We "Spiritual" Humane Beings If Not Vegan?](#) (6 min.) Will Tuttle PhD
6. [Carbon Yoga](#) (33 min.) Sailesh Rao PhD
7. [Crazy Secrets of the Cashew](#) (1 min.) True Food TV
8. [Evolving Past Alzheimers](#) (65 min. Podcast) Dr. Dean and Dr. Ayesha Scherzai (MDs)
9. [Facts for Fish Eaters](#) (29 min.) Lisa Kemmerer PhD
10. [Foods for Protecting Body and Mind](#) Neal Barnard MD (69 min.)
11. *[Future of the Reading Brain in an Increasingly Digital World](#) (50 min. Podcast) Onpoint interviews Maryanne Wolf PhD
12. [Healing Cancer from Inside Out](#) (128 min.) Mike Anderson
13. [How Not to Die from Cancer](#) (8 min.) Michael Greger MD
14. [How to Cut a Mango Without Waste](#) (7 min.) Cherie Soria
15. [Inspiring the Great Transition](#) (88 min.) Dr. Sailesh Rao PhD
16. [Is a Vegan Diet Healthy?](#) James Aspey Interviews Dr. Michael Klaper MD (29 min.)
17. [Jivamukti Yoga and the Yamas and Niyamas and Veganism](#) (9 min.) Sharon Gannon & David Life
18. [Juicing to Heal and Live Free of Cancer](#) (8 min.) An Oasis of Healing
19. [Last Nail in the Coconut Oil Craze](#) (19 min.) Team Sherzai MDs
20. [Let Us Be Heros](#) (41 min.) Plant-Based News
21. [Low Carb/Keto Diet: Review of the Science](#) (34 min.) Team Sherzai MDs
22. [Mike Anderson interviewed by SupremeMasterTV Part One](#) (13 min.) and [Part Two](#) (13 min.)
23. [Milton Mills MD on Plant-based Health](#) (5 min.)
24. [Moving Upstream: The Prevention Prescription](#) (70 min.) Don Forrester MD
25. [Power of Love for Health and Healing](#) (27 min.) Nick Delgado PhD Interviews Dr. Michael Klaper MD
26. [Power of Plant Based Eating](#) (15 min.) Joanne Kong PhD
27. [Prejudice, Compassion, Binging and Suicide](#) (61 min.) Chef AJ interviews Doug Lisle PhD
28. [Rules for Healthy Eating](#) (82 min. Podcast) Michelle McMacken MD (One Green Planet)
29. [Sailesh Rao's Presentation to EU Parliament: Compassion Is Sustainable](#) (11 min.)
30. [Should Spiritual Teachers Be Vegan](#) (5 min.) Will Tuttle PhD
31. *[There is a River Above Us](#) (22 min.) Antonio Donato Nobre PhD (Ted Talk with subtitles)
32. [Vegan 2017](#) (47 min.) Plant Based News Preview: [Vegan 2018](#) (3 min.)
33. [Very Good Butchers](#) (7 min.) CBC Dragon's Den
34. [Why Jews Should Be Vegan](#) (1 min.) Rabbi David Rosen (former Chief Rabbi of Ireland)
35. [You Will Never Look at Your Life in the Same Way Again](#) (33 min.) Earthling Ed

RECIPES

1. [Christmas Vegan Recipes](#) Vegan Sustainability Magazine
2. [Gluten-Free Sourdough Bread](#) Whole Hearted Eats
3. [Guide to Matching Herbs and Spices with the Right Veggies](#) Rhea Parsons (One Green Planet)
4. [International Vegetarian Union Holiday Recipes](#)
5. [Pioneer Gingerbread](#) Forks Over Knives
6. [Pumpkin Walnut Cornbread](#) Cathy Fisher