“The fundamental idea of good, therefore, is that it consists in preserving life, in favouring it and wishing to raise it to its highest point; and evil consists in the destruction of life, in the injury of life, or in the frustration of its development.”


[VP, like all of OMNI's activities, is a member-run group. If you would like to assemble these Newsletters, take my place, start next month!]

DECEMBER POTLUCK

Wednesday, December 11, 6:00p.m.
OMNI, 3274 Lee Ave. north of Office Depot, SE of FedEx.

Program. . . .

Newsletters
http://www.omnicenter.org/newsletter-archive/

Index:
http://www.omnicenter.org/omni-newsletter-general-index/

National/International Days

MY NEW EMAIL ADDRESS
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Fayetteville, AR 72703

Contents #1  Nov. 12, 2013
Vegetarian Organizations, Magazines, Books, Films:

Vegetarian Voice
Vegetarian Times
Vegetarian Living
VegNews (Vegan)

Organizations, Magazines, Books, Films for Preservation of Animals

PETA's Animal Times

Foundations of Vegetarianism
Why People Become Vegetarians
Nutrition, Health

Moss, Addictive Junk Food

Nutrition and Ethics

Google Search, Food, Inc.

Food and Climate Change

Google Search
Meat vs. Climate

Peace

Tuttle, World Peace Diet, Food, Compassion, Interconnectedness, Harmony

History: Recipes from Famous People

OMNI's Library

**Contents #2**

**Declaration for Consideration**

**Nutrition**

Eliz. Renter, Poisons in Meat

Get the Antibiotics Out of Turkeys

**Ethics**

Schweitzer, Reverence for Life

Susie Hoeller, Ethical Food
DECLARATION FOR DISCUSSION

Since OMNI has always affirmed the interconnectedness of life, the linkage of peace, justice, ecology, good health for all people, empathy with all animals, and the protection of the environment, and since

Vegetarianism empowers us to deal with the world’s environmental, health, and humane problems, the Vegetarian Potluck declares its support for an active role in promoting the values of vegetarianism:

A vegetarian diet is more nutritious and safer than that of meat.
Vegetarianism is more ethical than a meat diet, by avoiding the cruelty and killing of animals. As Albert Schweizer wrote: “Until he extends the circle of his compassion to all living things, man will not himself find peace.”

Meat eating contributes to the destruction of the air, water, and land, and to the production of CO2, warming, and climate change much more than does a vegetable diet.

PLEASURE

In my first newsletter on vegetarianism (Nov. 13, 2013) I stated the three main reasons for being a vegetarian: 1) nutrition (keeping ourselves and others healthy), 2) ethics (kindness to animals, ahimsa), 3) mitigating and adapting to climate change. But there is a fourth possibility. Maybe the most basic of all is pleasure. One of the oldest formulas for the purpose and success of rhetoric is: please and teach. To attract people to vegetarianism the food must be enjoyable, yes? This argument augments my description in #1 of the Vegetarian Times magazine. The latest no. of the magazine contains only one article on ethics/climate (five environmental organizations) and one ad (against fur clothing), while all the other contents discuss food—healthy and.....tasty recipes: ingredients and recipes that not only promote health but are delicious. Although the magazine neglects ethics and climate change, it does show us how to make vegetarian food exciting. Vegetarian food does not have to be bland to be healthy or help the environment; rather it can be as stimulating as found in the better restaurants.
around the world. AND AS WE DEMONSTRATED NOV. 13.

Fennel and pear soup, anyone? --Dick

NUTRITION

HARMFUL MEAT

4 Harmful Things Hiding in Your Meat

Elizabeth Renter, News Report, NationofChange, Nov. 17, 2013: If you are accustomed to reading current events, visiting Natural Society, or any of the other natural health websites out there, you already know there are things hiding in your meat—things like antibiotics, bacteria (MRSA, E. coli., etc.), hormones, and the occasional Mad Cow disease. But there are less-publicized and equally scary things in your meat you may not know about. These contaminants or intentionally-included toxins deserve some attention, particularly if you are a meat-eater.

In addition to antibiotics, and hormones, here are 4 other things that could be tainting your meat.
If you are accustomed to reading current events, visiting Natural Society, or any of the other natural health websites out there, you already know there are things hiding in your meat—things like antibiotics, bacteria (MRSA, E. coli., etc.), hormones, and the occasional Mad Cow disease. But there are less-publicized and equally scary things in your meat you may not know about. These contaminants or intentionally-included toxins deserve some attention, particularly if you are a meat-eater.

In addition to antibiotics, hormones, and all else mentioned above, here are 4 other things that could be tainting your meat:

1. **Asthma Drugs** - Ractopamine is a cardiac-stimulating drug that’s been used in meat production since 1997 – despite known risks. It’s label even states, “*Individuals with cardiovascular disease should exercise special caution to avoid exposure. Not for use in humans. Keep out of the reach of children.*” The drug and others like it cause stress and hyperactivity in cattle. Researchers published in the journal *Talanta* suggested it was “*not appropriate because of the potential hazard for human and animal health,*” not to mention water contamination through run-off.

2. **Carbon Monoxide** - Carbon monoxide is used in the process of packaging meat. It’s not done as a food safety measure, rather solely for aesthetics. The gas keeps the meat from losing its red color. As a matter of fact, it can keep meat looking deceivingly fresh for up to a year! Even
the USDA and the European Commission’s Scientific Committee on Food have expressed concerns about its use. Check out Mike Barrett’s post to see a video and an image showing the difference between treated and untreated meat.

3. **Cleaning Chemicals** - Remember the uproar about a year ago concerning the use of “pink slime” in meat production? It’s still being used. It and other cleaning products are added to meat in an effort to kill bacteria. Ammonia, chlorine, and others, are often ineffective at keeping meat safe and unnecessary when you understand that these bacterium can be killed during the cooking process.

4. **Heavy Metals** - The USDA itself says the level of heavy metal contamination in U.S. meat is unacceptable. Their 2010 report (pdf) found high levels of several metals including copper and arsenic—both of which can cause negative health effects.

As I recently reported, the USDA is looking to pull more of their inspectors out of the U.S. meat producers, hoping to replace them with inspectors from the producer’s staff—an exercise in misplaced trust if I’ve ever seen it. For that reason and more, it’s crucial you know what is in your food and make proper decisions based on the information available, not the information they would have you believe.

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**Fatter Turkeys, Fatter Profits, Sicker People**

It’s the most wonderful time of the year . . . for Butterball, the largest producer of holiday turkeys in the U.S. It’s also Butterball’s most profitable time of the year.

But this year, could it be that the largest purveyor of antibiotic-fed turkeys is sensing a threat? From the growing sales of organic, antibiotic-free turkeys?

This week, Butterball announced a shortage of turkeys. Food writer Tom Philpott suggests a number of possible explanations for the very public statement. Including the one also posited by *Time* Magazine’s Laura Stampler, that the “great big turkey shortfall of Thanksgiving ’13 is a ‘marketing ploy to build turkey hype.’”
Hype or no hype, here’s what really matters. Butterball routinely feeds antibiotics to its turkeys. So the birds will grow bigger, faster. Right along with Butterball’s profits. Scientists say this indiscriminate use of antibiotics in turkey feed is producing antibiotic-resistant bugs. And those bugs are turning up in turkey meat. Worse yet, the over-use of antibiotics is making humans resistant to antibiotics. Which means they won’t work when we really need them.

You don’t buy Butterball turkeys. Because of the antibiotics. And because the birds are raised in deplorable conditions. But millions of people still do. So let’s tell CEO Rod Brenneman to get the antibiotics out of Butterball turkeys. Because, frankly, they’re making us sick.

More on antibiotic resistance

TAKE ACTION: Tell CEO Rod Brenneman to Get Antibiotics Out of Butterball Turkeys!

ETHICS

Albert Schweitzer, Reverence for Life

“The Problem of Ethics in the Evolution of Human Thought.” Schweitzer delivered this short address in 1952. It is included in Jacques Feschotte’s Albert Schweitzer, 1955. I have been unable to find a copy online. Please share with us if you find it.

“Ethics is only complete when it exacts compassion towards every living thing.” (Schweitzer in Feschotte, 127).

Category: Politics

Read a FREE excerpt
(requires Adobe Reader)

THE ETHICAL FOOD MANIFESTO: Changing America One Shopping Cart at a Time calls on American families, agri-business, food sellers, and government leaders to consistently apply ethical principles to food consumption, production and regulation. Doing so will help prevent the extremes of obesity and hunger, drive greater transparency in food marketing and labeling, revitalize food safety, secure human dignity and just wages for agricultural workers, and assure the humane treatment of animals raised for food. [Ms. Hoeller lives and works and writes in Rogers, has given several talks in Fayetteville, and her book is much worth reading. She has also written about immigrants legal and illegal. A very compassionate person. –Dick]

Climate AND MEAT

Google Search Dec. 11, 2013

1. Bruce Friedrich: Eating As Though the Environment Mattered
www.huffingtonpost.com/.../meat-consumption-impact-environment_b_...

May 15, 2013 - Every time we eat meat, it's as though we're throwing away 6-20 ...cares about climate change to cut back (or out) animal product consumption.

2. Eating Less Meat Is World's Best Chance For Timely Climate - Forbes
www.forbes.com/.../eating-less-meat-is-worlds-best-chance-for-t...

by Michelle Maisto - in 43 Google+ circles
Apr 28, 2012 - But the world's best chance for achieving timely, disaster-averting climate
change may actually be a vegetarian diet eating less meat, according ...

3.  

Fight Global Warming by Going Vegetarian | Animals Used for Food

In addition, the official handbook for Live Earth, the anti–climate change concerts that Al Gore helped organize, says that not eating meat is the “single most ...

4.  

Eat less meat to prevent climate disaster, study warns - The Guardian

Apr 13, 2012 - Fertilisers used in growing feed crops for cattle produce the most potent of the greenhouse gases causing climate change.

5.  

Meat consumption contributes to climate change - Baltimore Sun

May 20, 2013 - A review of 12000 papers on climate change in the May 15 issue of "Environmental Research Letters," found that 97 percent of scientists ...

END VEGETARIAN NEWSLETTER #2

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Dick Bennett

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Index:
http://www.omnicenter.org/omni-newsletter-general-index/

National/International Days
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