November Vegetarian Potluck: Special Guest Donna Stjerna

Nutrition, Health
Greetings Veggie Potluckers! NOVEMBER POTLUCK WEDNESDAY, NOVEMBER 12, 6PM (NOTE THE TIME CHANGE).

Donna here, from Still on the Hill. I am looking forward to Nov. Veggie Potluck as we have missed several due to our travels. Dick Bennett loaned me a VERY interesting new book called WHY WE LOVE DOGS, EAT PIGS & WEAR COWS. I would like to read a couple of inspiring paragraphs about a Cow named Emily that is my new SHE-RO (female hero)!

We look forward to seeing ya'll and sharing an amazing meal with you. Please bring ONE person who has never been, we'd love to meet some new friends as well.
Veggiely Yours,
Donna & Kelly

NUTRITION, HEALTH

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n. 1. Someone who looks closely at all of the implications of their food choices and chooses to lean into a plant-
based diet;

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In each of her widely acclaimed, bestselling books, Kathy Freston has been an empowering and friendly guide to a healthier, happier, and richer life. Now she gives us a book about our food, our health, and our environment that is unlike any other in its message. It is a book about making a choice—a choice that has no downside.

At the heart of Veganist is Freston’s belief that by moving gradually toward a whole foods, plant-based diet, we will lose weight, heal our bodies from disease, and start making the world a more peaceful and livable place. It’s about leaning into a healthy lifestyle simply by tweaking our very favorite meals so that they are delicious and nutritious versions of the things we already love.

Freston herself actually grew up on chicken-fried steak and cheesy grits, and loved nothing more than BBQ ribs and vanilla milkshakes. Not until her thirties did she embrace the lifestyle of a veganist—a word she landed on to describe someone who looks closely at all the implications of his or her food choices. Freston’s shift toward this new life was gradual, but the impact was profoundly positive. And she’s not alone; this is a trend that is gaining enormous momentum.

In Veganist, Freston gives readers ten game-changing promises that will result from this gentle switch in food choices, including effortless weight loss and maintenance; greatly lowered risk of, and potentially even reversal of, major diseases such as cancer, diabetes, and heart disease; increased life expectancy and quality of life; avoidance of food poisoning and viruses; both short-term and long-term money savings; help to feed the global poor; reduction of global warming; diminished animal suffering; and increased spiritual awareness and personal growth.

Filled with compelling facts, stories of people who have improved their weight and health condition as a result of making the switch, and Q&As with the leading medical researchers, Veganist concludes with a step-by-step practical guide to getting healthy and balanced… easily and gradually. It is an accessible, optimistic, and illuminating book that will change the way you eat forever. No less delicious, still hearty and satisfying—just better for you and for all.

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David D

http://www.care2.com/causes/the-theme-song-every-vegan-is-talking-about.html

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VEGETARIANISM, EMPATHY, VIOLENCE, AND WARS

MELANIE JOY, …An Introduction to Carnism

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The two greatest dangers to civilization as we have known it are holocausts of nuclear war and global warming. In 1970 the nuclear Non-Proliferation Treaty (NPT) entered into force. It prohibits the proliferation of nuclear weapons and obligates nations to negotiate in good faith for complete nuclear disarmament—a world without nuclear weapons. Around 2007 some activists began to refer to the decade ahead as “Decade Zero” of the climate crisis. Either we change our economic system now and return CO2 to 2 percent or we lose our chance. Vegetarianism by its abhorrence of killing sentient creatures and its rejection of CO2-producing meat eating makes it a significant agent for the changes needed. --Dick

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PTSD and US Empire 11-10
US Capitalism and Climate Change 11-4
UN Day 10-24
US Capitalism 10-18
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*Peaceable Kingdom*, Documentary of the Awakening Consciences of Farmers

Animals, Food, Climate Change
Organic Consumers Association, “Carbon Underground”

2 Books, Advocates of Vegetarianism
- Oppenlander, *What We Choose to Eat Is Killing Us and Our Planet*
- Ruby Roth, *Vegan Is Love*, Children's Book

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OMNI NATIONAL/INTERNATIONAL DAYS PROJECT
October 1 began World Vegetarian Month. See Oct. 16, UN World Food Day.

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The Story of Emily the Cow
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Two Greatest Dangers and Vegetarianism
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Images for Story of Emily the Cow Report images More images for Story of Emily the Cow

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The two greatest dangers to civilization as we have known it are holocausts of nuclear war and global warming. In 1970 the nuclear Non-Proliferation Treaty (NPT) entered into force. It prohibits the proliferation of nuclear weapons and obligates nations to negotiate in good faith for complete nuclear disarmament—a world without nuclear weapons. Around 2007 some activists began to refer to the decade ahead as “Decade Zero” of the climate crisis. Either we change our economic system now and return CO2 to 2 percent or we lose our chance. Vegetarianism by its abhorrence of killing sentient
creatures and its rejection of CO2-producing meat eating makes it a significant agent for the changes needed. --Dick

**Recent OMNI Newsletters** (notably OMNI’s National/International DAYS Project)

Armistice **Day**  11-11
PTSD and US Empire  11-10
US Capitalism and Climate Change  11-4
UN **Day**  10-24
US Capitalism  10-18
UN Food and Poverty **Days**,  10-17
Indigenous People of the Americas **Day**  10-13
Vegetarian **Day**  10-1

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**World Vegetarian Day**

**Nutrition, Health**

Healthiness of Vegan Diet vs. Factory Food

**Animal Rights and Protection**

Melanie Joy, *Introduction to Carnism*

Against Cruelty to Animals, Google Search

*Peaceable Kingdom*, Documentary of the Awakening Consciences of Farmers

**Animals, Food, Climate Change**

Organic Consumers Association, “Carbon Underground”

**2 Books, Advocates of Vegetarianism**

- Oppenlander, *What We Choose to Eat Is Killing Us and Our Planet*
- Ruby Roth, *Vegan Is Love*, Children's Book

Recent Newsletters

**END VEGETARIAN ACTION NEWSLETTER NOVEMBER 2014**
Dick Bennett

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Index:
http://www.omnicenter.org/omni-newsletter-general-index/
jbennet@uark.edu

Blog
http://jamesrichardbennett.blogspot.com/

j.dick.bennett@gmail.com
(479) 442-4600
2582 Jimmie Ave.
Fayetteville, AR 72703