Thank you Marc.

What's at stake: The worldview of vegetarianism is “the absolute least that anyone can do to deal with the world’s overwhelming environmental, health, and humane problems. Adopting a vegetarian diet is the ultimate in empowerment in the face of what most caring people feel powerless to address.” Susan Cockrell

Please forward to family and friends, all of them some day possibly vegetarians.

Wednesday, April 8th, 2015, 6pm at OMNI Center’s Bennett House (Lee Ave in Fayetteville)

Let’s get together and share some delightful VEGAN dishes. That’s right, this month, we’re focusing on cooking delicious vegan delights to share and experience. So dust off your vegan cookbooks (or visit your friendly local library for inspiration) and let’s see how great we can make this thing! Bring your lovely selves, FRIENDS, and some delicious VEGAN friendly food to share (you need not be a vegetarian/vegan to attend). [Check out this article from Grist.org that says 5% of Americans are vegan or vegetarian:

http://grist.org/food/how-many-of-us-are-vegetarian-or-vegan/ ]

Vegan food does not include any animal products, such as milk, cheese, eggs, honey, etc. Think plants, nuts, beans...lots of plants!
**It is highly recommended that you bring a LARGE dish of your food item (or two) to share, especially as we have invited other vegan groups to this special installment and wish to have an abundant offering!

We invite you to bring a recipe for your dish if you're willing to share! Can't wait to see you all there!

Carpooling is encouraged! Please be respectful of our neighbors when parking...please park in Liquor World parking if you can't locate a spot in front of OMNI!

Kristin Klemm

GOOD FOOD AND FRIENDLY COOKS OR YOUR MONEY BACK.

**What's at stake:** We must REDUCE MEAT CONSUMPTION not only individually but collectively in order to **change the politics of meat**, to heal our earth as well as our own bodies physically and ethically, stopping the slaughter of animals and reducing climate change.

OMNI'S Blog
http://jamesrichardbennett.blogspot.com/

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

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


OMNI NATIONAL/INTERNATIONAL DAYS PROJECT

October World Vegetarian MONTH. Oct. 16, UN World Food DAY.

Contents #15 and #16 at end

Contents of Vegetarian Action Newsletter #18, April 8, 2015
FRONTLINE investigates the spread of dangerous pathogens in our meat—particularly poultry—and why the food-safety system isn't stopping the threat.

Focusing on an outbreak of *Salmonella Heidelberg* at one of the nation's largest poultry processors, the documentary reveals how contaminants are evading regulators and causing more severe illnesses at a time when Americans are consuming more chicken than ever.
How to make homemade vegan cheese

The 2014 Veggie Award Winners!

Hearty, vegan soups perfect for winter

The 3-day detox ANYONE can do

Study: Vegan diet helps childhood obesity

How to make homemade vegan cheese

The 2014 Veggie Award Winners!

Hearty, vegan soups perfect for winter

The 3-day detox ANYONE can do

News

Food

Planet

Travel

Buzz

- Vegan Beer and Food Festival Returns to Los Angeles
- Animal Activist and Simpsons Co-Creator Dies
• Ringling Bros. to Eliminate Elephants from Circus

Indian-Spiced Popcorn

Three Bean Dal

A simple bean medley is the perfect way to celebrate Spring.

Virgin America to Launch Vegan Airline

In a surprise move that shocked the airline industry, Virgin founder Richard Branson introduces Vegan America. Read More »

10 Foods to Help Get Rid of Stress

Dealing with stress? Chinese medicine expert Heather Lounsbury shares the best foods for optimal health. Read More »

Vegan St. Patrick’s Day 101

Learn about St. Patty’s Day parades, vegan food and drinks, and the man who started it all. Read More »

The #1 Way to Make Sure You Eat Your Greens First

Find yourself in need of some healthy habits? It’s a lot easier to train your brain than you might think! Read More »

10 Creative Ways to Use Nut Butters

Forget peanut butter: this is 2015. Nut butter pro, Robin Robertson, shares 10 innovative uses for everything from cashew to walnut butter. Read More »

6 Delicious Ways to Get Vitamin C

Vitamin C comes in more forms than just OJ. Here are six mouthwatering ways to get your cold-fighting fill. Read More »

The Unlikely Health Benefits of Coffee

Coffee has long been perceived as an unhealthy indulgence, but recent research shows that it may contribute to longevity. Read More »

• Vegan Beer
• Vegan Candy
• Vegan Cheese
• Vegan Chocolate
• Vegan Milk
• Vegan Wine
• Books + Music
Read on for the ultimate Vegetarian Starter Kit from the editors of VegNews. More »

Tell us about cool vegan products, people, places, & stuff.
Share your tips »

This Week on VegNews TV: The secret to these delightful sweet treats is white beans! Aylin Erman shows you how to make these simple blondies.

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PRESS ROOM

JOBS
Fighting for the Future of Food


How activists changed the trajectory of the new agricultural biotechnologies

Fighting for the Future of Food tells the story of how a group of social activists, working together across tables, continents, and the Internet, took on the biotech industry and achieved stunning success. Rachel Schurman and William A. Munro address society’s understanding and trust (or mistrust) of technological innovation and the complexities of the global agricultural system providing our food.

Rachel Schurman and William A. Munro take a fresh and carefully balanced look at the social movement spawned by this technology. Anyone who wants to understand why groups across the globe oppose genetically modified foods will find this book revelatory.

Animal Rights and Protection

ETHICAL ARGUMENTS Against Injuring and Killing Animals


“Farm to Fridge—The Truth Behind Meat Production” VIDEO by Mercy for Animals, narrated by James Cromwell.
Climate Change

At the last Veggie Potluck we saw a new movie called COWSPIRACY. It is about 1 & 1/2 hours long and WORTH it, about how agricultural farming of animals for meat is the #1 cause of Global Warming and Rainforest depletion!  Donna

If you missed it, borrow a copy from Gladys or Donna.

- COWSPIRACY: The Sustainability Secret
  www.cowspiracy.com/

  “Cowspiracy may be the most important film made to inspire saving the planet.” — Louie Psihoyos, Oscar-Winning Director of "The Cove". "A documentary that ...

  Facts - About - Take Action - Order the DVD

- COWSPIRACY - Official Trailer - HD - YouTube
  www.youtube.com/watch?v=nV04zyfLyN4
  Jun 6, 2014 - Uploaded by COWSPIRACY: the sustainability secret

  COWSPIRACY: The Sustainability Secret (http://cowspiracy.com) is a groundbreaking ... You need Adobe ...

- COWSPIRACY: the sustainability secret - YouTube
  https://www.youtube.com/channel/UCamf6YZ_Xo9vbcynZJwvdMA
  Home. Videos · Playlists · Channels · Discussion · About. All activities. Uploads.COWSPIRACY: the sustainability secret uploaded a video 2 months ago. 2:05.

- Cowspiracy Official Trailer on Vimeo
  https://vimeo.com/95436726
  Vimeo May 15, 2014

  See more at: www.cowspiracy.com The environmental film that environmental organizations ... First Spark ...

- Cowspiracy: The Sustainability Secret (2015) [Video]
  www.disclose.tv/.../viewvideo/.../Cowspiracy_The_Sustainability_Secret_...
  Jan 12, 2015 - The World's largest environmental organizations are failing to address the single most destructive force facing the planet today ...

- Cowspiracy: The Sustainability Secret–a Review of a Terrific ...
  www.thewildlifenews.com/.../cowspiracy-the-sustainability-secret-a-revie...
Aug 5, 2014 - **COWSPIRACY: THE SUSTAINABILITY SECRET VIDEO** HITS A HOME RUN. I recently had the pleasure of viewing new **video** of Kip Andersen ...  

- **Cowspiracy - preview (en + nl subs) - Video Dailymotion**

  [Video Dailymotion](www.dailymotion.com/video/x21uhom_c)

  Dailymotion


  This **video** has been ...  

- **Cowspiracy: The Sustainability Secret | Facebook**

  [https://www.facebook.com/cowspiracy](https://www.facebook.com/cowspiracy)

  To connect with **Cowspiracy**: The Sustainability Secret, sign up for Facebook today. ...**Videos**. 1.8k174 · 613301 · 341109. Photos. 'Have you all found out your ...  

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  Facebook

  **Cowspiracy** Screenings: Extended Schedule. More **Videos** by **Cowspiracy**: The Sustainability Secret .... That would be great. [tugg.com/titles/cowspiracy](https://www.tugg.com/titles/cowspiracy).

- **Buy Cowspiracy: The Sustainability Secret on VHX**

  [https://cowspiracy.vhx.tv/buy/cowspiracy-the-sustainability-secret-1](https://cowspiracy.vhx.tv/buy/cowspiracy-the-sustainability-secret-1)

  **COWSPIRACY**: The Sustainability Secret, is a groundbreaking feature length environmental documentary, following an .... You'll receive the following **video** ...

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**Contents Vegetarian Action #17, March 11, 2015**

“25 Reasons to Try Vegetarian,” pamphlet from Mercy for Animals

**Nutrition, Health**

Dan Buettner’s Books on “Blue Zones”

Organic Society of America

McDonald’s Chicken Decision

Philpott, What Is the Problem with Gluten?

MacDonald, USDA Dietary Guidelines
Animal Rights and Protection
Mercy for Animals
Farm Sanctuary
Schweitzer, Reverence for Life

Climate Change
Don't Eat Meat
Food Waste

END VEGETARIAN ACTION NEWSLETTER #18, APRIL 8, 2015

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Dick Bennett

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