VEGETARIAN ACTION NEWSLETTER #26, February 10, 2016.

Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.


190331 page views - 1543 posts, as of Nov 6, 2015

http://omnicenter.org/donate/

Veggie and Vegan Potluck

Wed - 6:00 pm @ OMNI

A food-friendly event with delicious dishes every second Wednesday. We want to meet you, at a place and time where you can talk with others not only about recipes, nutrition, and health, but about the meat industry monopoly, care for other species, for the environment, and the climate. Hope to see you!

If you need to be removed from this list or want it to go to another address, just reply to this email and I'll get you fixed up.

Wednesday, February 10, everyone is invited to our potluck to enjoy vegetarian cuisine and discuss vegetarian issues. This newsletter especially focuses on the significant connections of vegetarianism/veganism to education, industrial meat production, nutrition, animal rights, overpopulation, wars, the 6th extinction, and most of all, to which all other factors either contribute or resist, the catastrophe of climate change. As in all of OMNI's activities, we seek a culture of peace, justice, and ecology, to make the changes necessary to end wars and slow warming.
Vegetarian Potluck starts at 6, and CCL at 7. If you wish, provide your recipe, or at least its name and main ingredients. Make a special sign or announcement if your dish is vegan or gluten free.

As always, folks who don't identify as vegetarians are welcome at our potlucks. Car directions to OMNI: Take College to Harold St (at Flying Burrito), turn east (right if you're heading north). Go one block to Lee and turn left. Go one block to Bertha and you're there, just south of Liquor World. Gray brick on the corner.

Contribute to this newsletter.

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Vegetarian Fare at Local Restaurants.

The Thai restaurants I am familiar with are very flexible: their meat entrees can be substituted for veggies or veggies and tofu, and they have brown rice. And tasty soup. Around $8 to $9. My favorite is Thai Diner then Thep Thai and Taste of Thai.

I haven't found the Chinese restaurants I have visited as convenient, but recently at Formosa I enjoyed its excellent Veggies with rice (only white and fried). Similar prices as the Thai. Outstanding variety of teas with special preparation and endless hot water. Also, Formosa has a 2nd “real Chinese” menu for special recipes, give it a look.

What's your favorite restaurant for vegetarian?

Fun Vegetarian History: Famous Vegetarians and their Favorite Recipes. See a review here: http://www.ivu.org/books/reviews/famous-vegetarians.html OMNI’s Library owns this, see me. —Dick

Books Celebrating Vegan Food and Lifestyle

Meat Industry, Brutal to Victims and Employees
Christopher Leonard, The Meat Racket
Nutrition, Health; Pollan: Eat Food, Mostly Plants, Not Too Much

Animal Protection and Rights, Compassion: Can a System Designed to Kill Be Made Humane?

George Bernard Shaw: I Don’t Eat My Friends

Carol Adams, *The Sexual Politics of Meat*—Vegetarianism, Feminism, Pacifism

*Animals Agenda*, Compassion for Sentient Beings

Documentary Film, *Blood of the Beasts* (France, 1949)

Human Protection and Rights (especially Tyson’s Harms to Workers)

(Note: Claire Williams. “Record Profit Predicted for 2016, Tyson Chief Says.” *AD-G* (2-6-16))

Leonard, *The Meat Industry* (above)


Tom Philpot on Ted Genoways’ *The Chain: Farm, Factory, and the Fate of Our Food*

NWA Workers’ Justice Center, Springdale, AR: “Wages and Working Conditions in Arkansas Poultry Plants.”

Climate Change: Reducing CO2 and Weather Extremes, and Adaptation—Family Planning

A Note and Column by Art Hobson: The rapidly rising temperature can be catastrophic.


Population

Guzman identifies population growth as one of the chief causes of climate change.
CORPORATE MEAT INDUSTRY

The Meat Racket: The Secret Takeover of America’s Food Business
By Christopher Leonard. Simon and Schuster, 2015. (see below: Human Protection)

An investigative journalist takes you inside the corporate meat industry—a shocking, in-depth report every American should read.

How much do you know about the meat on your dinner plate? Journalist Christopher Leonard spent more than a decade covering the country’s biggest meat companies, including four years as the national agribusiness reporter for the Associated Press. Now he delivers the first comprehensive look inside the industrial meat system, exposing how a handful of companies executed an audacious corporate takeover of the nation’s meat supply.

Leonard’s revealing account shines a light on the inner workings of Tyson Foods, a pioneer of the industrial system that dominates the market. You’ll learn how the food industry got to where it is today, and how companies like Tyson have escaped the scrutiny they deserve. You’ll discover how these companies are able to raise meat prices for consumers while pushing down the price they pay to farmers. And you’ll even see how big business and politics have derailed efforts to change the system, from a years-long legal fight in Iowa to the Obama administration’s recent failed attempt to pass reforms.

Important, timely, and explosive, The Meat Racket is an unvarnished portrait of the food industry that now dominates America’s heartland.

- See more at: http://books.simonandschuster.com/The-Meat-Racket/Christopher-Leonard/9781451645835#sthash.AUQy02aa.dpuf

Nutrition, Health;

Motto of 7 words from Pollan: Eat Food, Mostly Plants, Not Too Much
(actually he adds a 4th injunction: Exercise)

See books on Vegan Diet above.

**Animal Protection and Rights**: Can a System Designed to Kill Be Made Humane?

GEORGE BERNARD SHAW  Google Search, Jan. 23, 2016

George Bernard Shaw - writings and quotes on vegetariansim

[www.ivu.org/history/shaw/vegetarianism.html](http://www.ivu.org/history/shaw/vegetarianism.html)

On being asked why he was a vegetarian: Oh, come! That boot is on the other leg. Why should you call me to account for eating decently? If I batten on the ...

**Quotes About Vegetarianism (134 quotes) - Goodreads**

[www.goodreads.com/quotes/tag/vegetarianism](http://www.goodreads.com/quotes/tag/vegetarianism)

Goodreads

“Animals are my friends...and I don't eat my friends.” ... “A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. ... “If slaughterhouses had glass walls, everyone .

... Animal Rights A History George Bernard Shaw


Also of great concern to Bernard Shaw was the plight of animals; he was strict vegetarian, anti-vivisectionist and opponent of cruel sports. Shaw became a ...

**Shaw, Gandhi, and Vegetarianism - International Shaw ...**

[www.shawsociety.org/Sri.htm](http://www.shawsociety.org/Sri.htm)

Shaw (1856-1950), Gandhi (1869-1948) and Vegetarianism ... George Bernard Shaw and Mahatma Gandhi were, without doubt, two of the most outstanding ...

Carol Adams quotes G. B. Shaw often (see Adams next).

From Jeanne Neath: Are you familiar with the work of Carol J. Adams? She is the feminist writer that I most associate with the intersection of feminism and vegetarianism. Here is an Amazon link to her book, The Sexual Politics of Meat, a classic feminist work: http://www.amazon.com/The-Sexual-Politics-Meat-Feminist-Vegetarian/dp/1501312839/ref=dp_ob_title_bk

UA'S MULLINS LIBRARY HAS THE BOOK:
Adams, Carol J

Title The sexual politics of meat: a feminist-vegetarian critical theory / Carol J. Adams

Publisher New York: Continuum, 1990

Permalink https://library.uark.edu:443/record=b1633140~S4

Copies/Volumes

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October 22, 2015. 33 customer reviews. See all 9 formats and editions.

*The Sexual Politics of Meat* is Carol Adams' inspiring and controversial exploration of the interplay between contemporary male society's ingrained cultural misogyny and its obsession with meat and masculinity. First published in 1990, the book has continued to change the lives of tens of thousands of readers into the second decade of the 21st century.

Published in the year of the book's 25th anniversary, the *Bloomsbury Revelations* edition includes a substantial new afterword, including more than 20 new images and discussions of recent events that prove beyond doubt the continuing relevance of Adams' revolutionary book.

**Dick:** I am reading the book now and find it opening into several additional rooms of the Animal Rights Wing of the Vegetarian/Vegan Mansion. I read Chp. 7, "Feminism, the Great War, and Modern Vegetarianism," first, which was so richly informative I am eager to begin at the beginning. For scholars and historians of the subject: This edition contains the author's 3 prefaces, a Foreword by Nellie McKay, and both the original biblio. and books and articles published since then.

Chapter 7 studies 20th-century novels by women “challenging patriarchal society” by a “feminist, pacifist, and vegetarian vision.” The special context is WWI when the “endless slaughter” of human and non-human animals inspired many women and some men to trace “the causes of both war and meat eating to male dominance.” “The Great War quickened vegetarianism, propelling it as a movement into the twentieth century and as a subject into the novels of women writers.” UA's Mullins Library has a copy of the book (above).

Animals Agenda Google Search, Jan. 23, 2016

Animals Agenda, news and stories, Information on ...  
[www.animalsagenda.org](http://www.animalsagenda.org/)

Animals Agenda. At the heart of the animal advocacy movement is an uncompromising
commitment to compassion for all sentient beings, human and ... 

ANIMAL PEOPLE ONLINE » The Animals' Agenda Archives

www.animalpeoplenews.org/anp/2012/04/...

Apr 23, 2012 - Animals' Agenda content during that time was copyrighted “for the authors,” meaning that the authors retained all future rights to use of the ...

The Animals' Agenda magazine | Kim Stallwood

www.kimstallwood.com › Animal Rights

Sep 8, 2010 - My Animals and Society Institute colleague Bee Friedlander remembers The Animals' Agenda magazine and gives an update on its future.

The Animals' Agenda Magazine - Facebook

https://www.facebook.com/The-Animals-Agenda-Magazine-173935452...

The Animals' Agenda Magazine. 35 likes. animal rights, animal defense, humane groups, humane orgs.

George Franju's 1949 film Le Sang Des Bêtes (blood of the beasts) is one of the most beautiful and horrifying movies ever made. Filmed in the backstreets of Paris, Franju contrasts bucolic scenes of fog-shrouded streets, canals, deserted junkyards and children playing, with the nightmarish events taking place within two slaughterhouses. Marcel Fradetal's stunning black and white cinematography turns the horrific into a brutal kind of poetry that if it had been shot in color would be unbearable.

Observing the workers going about their gruesome work with emotionless efficiency is the most disturbing aspect of the film for me. How much of our humanity is sacrificed for a plate of meat? Franju's intent may have been no more than to compose a work of visual art, but as I watch Le Sang Des Bêtes I can't help but be reminded of the fact that France was still reeling from the effects of years of war and in these images of animals being murdered I am aware of the thin line between man and beast, killing one is not so different from killing the other. Is not the abattoir a concentration camp for animals? Is the flesh of the beasts any less sacred than our own? Or have we arrived at the place where nothing is sacred? And if so, isn't that hell?

Outside the walls of the abattoir we watch life go on, while inside we watch it come to a cruel and bloody end.

For more go to:
http://dangerousminds.net/comments/franjus_blood_of_the_beasts_in_death_there_is_cruel_beauty

For many more sources simply google Blood of the Beasts.
HUMAN PROTECTION

Everything You Didn't Want to Know About Hormel, Bacon, and Amputated Limbs by Tom Philpott, Mother Jones, Wed Oct. 15, 2014.

Much of the outrage generated by the meat industry involves the rough treatment of animals. But as Ted Genoways shows in his searing new book, The Chain: Farm, Factory, and the Fate of Our Food—which grew out of his long-form 2011 Mother Jones piece "The Spam Factory's Dirty Secret"—the people employed in its factory-scale slaughterhouses have it pretty rough too. The book hinges on a rare neurological disorder that, in the mid-2000s, began to affect workers in a Spam factory in Austin, Minnesota—particularly ones who worked in the vicinity of the "brain machine," which, as Genoways writes, used compressed air to blast slaughtered pigs' brains "into a pink slurry." As Genoways memorably puts it: "A high-pressure burst, a fine rosy mist, and the slosh of brains slipping through a drain hole into a catch bucket." I recently caught up with him to talk about the world of our dark, satanic meat mills, and the bright spots he sees after immersing himself in it. MORE

http://www.motherjones.com/tom-philpott/2014/10/chain-ted-genoways-spam-hormel

HUMAN PROTECTION AND RIGHTS, HARMS TO WORKERS IN THE CHICKEN INDUSTRY

Leonard’s The Meat Racket (see above)


https://www.oxfamamerica.org/livesontheline/

TYSON’S


Low Wages and Dangerous Work Places, Record Cash Flows

Claire Williams. “Record Profit Predicted for 2016, Tyson Chief Says.” AD-G (2-6-16)). “Solid execution across the entire team resulted in record earnings, record operating income, record margins and record cash flows.”

CEO Donnie Smith, where are your workers in your profit and loss? Are employees not a part of your team, are harms to workers part of your solid execution and record margins? Are your workers cash flows? --Dick
CLIMATE

Climate Change: Reducing CO2 and Weather Extremes, and Adaptation

We have known the facts emphatically for a long time that increasing the CO2 is imperiling our planet. For example, Tim Weatherly in 2005 in *The Weather Makers* explained how human changes in the atmosphere will be cataclysmic by 2050 if we continue with business as usual. A decade later, Naomi Oreskes and Erik Conway in *The Collapse of Western Civilization: A View from the Future* say the same things in a science fiction narrative intended to shock leaders and populace out of their “denial and self-deception, rooted in an ideological fixation on ‘free’ markets.” Knowing what we know about the consequences of meat-eating, OMNI’s Vegetarian Potluck can be an active part of the global resistance to global catastrophe. Being lukewarm is no longer a choice for OMNI. --Dick

INCREASING CO2, TEMPERATURE, AND RISING SEAS by Art Hobson, Physics Prof. Emer

Attached is a pdf report, written by a friend of mine, summarizing a talk by James Hansen to a meeting of science teachers at Columbia University last year. I was especially struck by his statement that, during the “Eemian” era 120,000 years ago (this was during the previous inter-glacial period that preceded the last ice age), global temperatures were 1 degree C (1.8 degrees F) higher than today, but sea levels were 5 to 9 meters (15 to 27 feet) higher than today. Thus, if we manage to limit the temperature increase to “only” 1 more degree C (added to the 1 degree we’ve already raised it, for a total of 2 degrees C), sea levels could easily rise another 15 to 27 feet due to the ice that would melt as the planet came to “thermal equilibrium” at the higher temperature! Thus the decision of the recent Paris Conference, that we must limit the temp increase to a total of “only” 1.5 degrees C, was quite correct. I was also encouraged by his strong endorsement of carbon fee and dividend, and his praise of Citizen’s Climate Lobby. Many lines of thought now indicate that sea levels will be much higher by the end of this century: a few meters at least. [Curbing population growth and not eating meat are other main ways to limit temperature rise. We should be working on several main fronts at once. Volunteers contact Gladys. --Dick]

Don’t miss Art’s latest column on warming in the *AD-G* (2-9-16) giving even more
disturbing information: “Global Warming: A Few Realities.” He quotes a new study by James Hansen and others on the Paris Conference that the warming limit the Conference “hoped to achieve is not a safe boundary but is in fact ‘highly dangerous.’”

A closely related book is Overheated: The Human Cost of Climate Change by Andrew Guzman (2013). His purpose is to explain how serious is climate change in order to persuade people to take meaningful action. His argument is that a “seemingly modest increase in temperature. . . is enough to make the seas rise, food production collapse, nations go to war, and disease spread virtually unchecked. . . .the consequences of these changes will be measured in the hundreds of millions of lives, if we are lucky. If we are unlucky, perhaps billions” (x). “…we are playing with the highest possible stakes” (3). And the temperature has risen dangerously and continues to rise.

GUZMAN RECOGNIZES ROLE OF POPULATION GROWTH IN RAISING TEMPERATURE, CO2, WARMING, CLIMATE CHANGE, and DECREASING WATER

Water is already inadequate in many parts of the planet, and it may be insufficient in many places we thought would have plenty in the future. Speaking of California, “…there may not be enough [water] even if the population does not grow. Future population growth will make the challenge much greater” (12). In the Middle East and North Africa “the problem [of water] has been getting worse rather than better. Population in the region continues to grow, increasing the demand for water” (142).
Animal Rights and Protection

VegNews and Dick's Letter

Dick: PBS, “Animal Odd Couples”

Morgan MacDonald, Vegan Ethics and I Am a Vegan

Deborah Bird, Stop the Killing

Meat, CO2, Climate

Monbiot, Eating Certain Meats Is About the Worst Thing You Can Do to the Planet

Anderson, Meat’s Devastating Environmental Effects

Halverson, Paris Climate Summit and US Exceptionalism and Double Standard

Mogelgaard, Population Action International

Population Growth

OMNI’s Newsletters

OMNI's Blog, Newsletters, Index


Blog: http://jamesrichardbennett.blogspot.com/

For research purposes, specific subjects can be located in the following alphabetized index, and searched on the blog using the search box. The search box is located in the upper left corner of the webpage.


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END VEGETARIAN ACTION NEWSLETTER #26, FEBRUARY 2016