OMNI

VEGETARIAN ACTION NEWSLETTER #29, June 8, 2016.


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


http://omnicenter.org/donate/

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.

NO Veggie/Vegan Potluck THIS SUMMER. See you in September.

Why Vegetarian? See our pamphlet on the materials table to the left as you enter OMNI.

Contents Vegetarian Action Newsletter #29

I. Nutrition, Health
Veganism for All, Brown Vegan
Vegan Recipes
I. NUTRITION, HEALTH

BECOMING VEGAN

Brown Vegan, Monique Koch

Article in VegNews (March/April 2016, 74) mentions also the “black vegan movement.”

www.brownvegan.com/

Helping families start a simple, delicious and long-term vegan lifestyle together.

Recipes

Delicious & simple vegan recipes for families transitioning into the ...

Helping families start a simple, delicious and long-term vegan ...

Blog

Podcast
Helping families enjoy a vegan life that is delicious, accessible ...

Brown Vegan podcast is for vegan curious families who are ready ...

More results from brownvegan.com »

Brown Vegan Podcast, - YouTube
https://www.youtube.com/user/MokoBrownVegan
A down-to-earth approach to vegan life for vegan-curious, vegetarians and families~
Business inquiries only: mokobrownvegan@gmail.com Not a vegan?

Brown Vegan (Monique) - Facebook
https://www.facebook.com/BrownVegan
Brown Vegan (Monique). 13391 likes · 595 talking about this. Helping families start a vegan lifestyle that is simple, delicious and long-term.

Brown Vegan by Monique Koch on iTunes
iTunes
Download past episodes or subscribe to future episodes of Brown Vegan by Monique Koch for free.

VEGAN RECIPES

Anya Kassoff, The Vibrant Table: Recipes from My Always Vegetarian, Mostly Vegan, and Sometimes Raw Kitchen. 2014.

Angela Liddon. The OH She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out. 2014.

Motto of 7 words from Pollan: Eat Food, Mostly Plants, Not Too Much (and he adds Exercise).

7 Rules for Eating
By Daniel J. DeNoon, Reviewed by Louise Chang, MD on March 23, 2009
WebMD News Archive http://www.webmd.com/food-recipes/20090323/7-rules-for-eating
Choose Food Over Food-Like Substances, Food Writer
March 23, 2009 -- We Americans suffer a national eating disorder: our unhealthy obsession with healthy eating.

That's the diagnosis delivered by food author Michael Pollan in a lecture given last week to an overflow crowd of CDC scientists.

As part of an effort to bring new ideas to the national debate on food issues, the CDC invited Pollan -- a harsh critic of U.S. food policies -- to address CDC researchers and to meet with leaders of the federal agency.

"The French paradox is that they have better heart health than we do despite being a cheese-eating, wine-swilling, fois-gras-gobbling people," Pollan said. "The American paradox is we are a people who worry unreasonably about dietary health yet have the worst diet in the world."

In various parts of the world, Pollan noted, necessity has forced human beings to adapt to all kinds of diets.

"The Masai subsist on cattle blood and meat and milk and little else. Native Americans subsist on beans and maize. And the Inuit in Greenland subsist on whale blubber and a little bit of lichen," he said. "The irony is, the one diet we have invented for ourselves -- the Western diet -- is the one that makes us sick."

Snowballing rates of obesity, diabetes, and heart disease in the U.S. can be traced to our unhealthy diet. So how do we change?

7 Words & 7 Rules for Eating

Pollan says everything he's learned about food and health can be summed up in seven words: "Eat food, not too much, mostly plants."

Probably the first two words are most important. "Eat food" means to eat real food -- vegetables, fruits, whole grains, and, yes, fish and meat -- and to avoid what Pollan calls "edible food-like substances."
Here's how:

- Don't eat anything your great grandmother wouldn't recognize as food. "When you pick up that box of portable yogurt tubes, or eat something with 15 ingredients you can't pronounce, ask yourself, "What are those things doing there?" Pollan says.

- Don't eat anything with more than five ingredients, or ingredients you can't pronounce.

- Stay out of the middle of the supermarket; shop on the perimeter of the store. Real food tends to be on the outer edge of the store near the loading docks, where it can be replaced with fresh foods when it goes bad.

- Don't eat anything that won't eventually rot. "There are exceptions -- honey -- but as a rule, things like Twinkies that never go bad aren't food," Pollan says.

- It is not just what you eat but how you eat. "Always leave the table a little hungry," Pollan says. "Many cultures have rules that you stop eating before you are full. In Japan, they say eat until you are four-fifths full. Islamic culture has a similar rule, and in German culture they say, 'Tie off the sack before it's full.'"

- Families traditionally ate together, around a table and not a TV, at regular meal times. It's a good tradition. Enjoy meals with the people you love. "Remember when eating between meals felt wrong?" Pollan asks.

- Don't buy food where you buy your gasoline. In the U.S., 20% of food is eaten in the car.

II. ANIMAL SENTIENCE, COMPASSION, ANIMAL PROTECTION AND RIGHTS

Protecting Feral Cats

Alley Cat Allies, alleycat.org. Founded to advocate for humane treatment of feral cats.


Best Friends Animal Society, bestfriends.org. Largest no-kill animal sanctuary in
the nation in Kanab, Utah, and partners around the country for adoption and spay/neuter programs.

TYSON ANIMAL ABUSE VIDEO

“Group’s Video Claims Abuse at Tyson Plant.” AD-G (May 26, 2016).

“Mercy for Animals...has released a video that the group says shows abuse and neglect at a Tyson Foods plant in Tennessee.” More than half of the report gives Tyson’s response: 1) Tyson is deeply concerned for their animals, 2) the video reused “old videos about matters we’ve already...taken action on,” and 3) Tyson uses “third-party animal welfare checks” on its farms. The effect of the report was to nullify Mercy’s video.

I went to Mercy for Animals’ web site and found this 5-26 from PRNewswire:

Tyson Foods Slammed Again By Mercy For Animals' Hidden-Camera Video Exposing Sickening Animal Abuse

Mercy For Animals Calls On World's Largest Poultry Producer to Implement Welfare Standards After Undercover Investigation Shows Birds Suffering From Disease and Crippling Leg Deformities

May 25, 2016, 06:05 ET from Mercy For Animals (http://www.mercyforanimals.org/about)

NASHVILLE, Tenn., May 25, 2016 /PRNewswire/ -- Mercy For Animals exposes horrific animal cruelty and neglect at Tyson Foods in a new video, available today at www.TysonTorturesAnimals.com. The video shows thousands of baby birds bred to grow so fast they became crippled under their own weight, workers carelessly kicking, clubbing, and throwing chickens, and thousands of severely sick and injured animals left to suffer without proper veterinary care or access to food and water.

Mercy For Animals is calling on Tyson to swiftly adopt meaningful animal welfare policies to end many of the worst forms of animal abuse in its supply chain. Tyson Foods is the largest poultry producer in the world.

Mercy For Animals will host a tele-press conference at 10 a.m. Eastern at 888-221-1773.
Most of the video was shot within the past few weeks at a Tyson contract farm in Lewisburg, Tennessee, but it also includes footage from multiple Mercy For Animals investigations within the past year at Tyson factory farms and slaughterhouses across the country. The disturbing video—part of a major campaign to convince Tyson executives to end the company's cruelest practices—reveals widespread animal abuse and suffering, including the following:

- Workers violently clubbing animals to death, breaking their necks, and leaving severely sick and injured animals to die without food or water
- Baby birds carelessly thrown to the ground from transport crates suffering broken bones and other severe injuries
- Chickens bred to grow so fast they became crippled under their own weight and frequently died from heart attacks and organ failure
- Hundreds of thousands of birds crammed into filthy, windowless sheds forced to live in their own waste and toxic ammonia fumes

Mercy For Animals is calling on Tyson Foods to implement meaningful animal welfare requirements for all of its company-owned and contract farms and slaughterhouses, including providing birds with more space, clean litter, access to natural light, and environmental enrichments, and replacing live-shackle slaughter methods with less cruel systems that eliminate the horrific suffering caused by dumping, shackling, shocking, and slitting the throats of conscious animals.

"Tyson Foods is literally torturing chickens to death," said Nathan Runkle, president of Mercy For Animals. "They are crammed into filthy, windowless sheds; thrown, kicked, and brutalized by careless workers; and bred to grow so fast they suffer from painful leg deformities and heart attacks. This is sickening animal abuse no company with morals should support. Tyson Foods has not only the power, but also the ethical responsibility to end the worst forms of animal cruelty in its supply chain."

To view the undercover video, visit www.TysonTorturesAnimals.com.
For more than three decades, the Animal Legal Defense Fund has been fighting to protect the lives and advance the interests of animals through the legal ...

About Us
Meet Our Staff - Contact Us - Litigation Program - ...

Contact Us
Contact Us. Animal Legal Defense Fund National Headquarters ...

Cases & Campaigns
Cases & Campaigns. The Animal Legal Defense Fund is hard at ...

More results from aldf.org »

ARKANSAS MAKIN’ PROGRESS, DOIN’ GOOD FOR ALL

The latest number of Arkansas Food & Farm goes goofy for pork and beef. The cover shows a farmer feeding a roaming pig a choice clump of grass by hand. Next to the pig is the statement: “Happy Little Pig! See p. 28.” There we find an article with photos of free-range cattle and the same farmer, Damon, still feeding his pigs by hand. “I love what I do,” says Damon. ‘At 2 a.m. out in the rain, I still love it. Feeding your family feels so good. Feeding my community feels good. So I feel good at the end of the day.’ And for everyone who knows the value and joy of eating local, lovingly raised meat and produce, getting a part of that good feeling is as simple as visit to Olde Crow” (the local General Store).

This cheeriness one feels throughout the magazine. The Farm Bureau bought a full-page ad to advertise the marvel of pig slaughter. “More than 1.8 million pigs are produced in Arkansas Annually.” “The total value of Arkansas pork production exceeds $80 million per year.” “Each American eats around 18 pounds of bacon per year. That’s about 5,608,654,506 pounds for the entire U.S., which is equal to 7.68 Empire State Buildings.” A huge up-thrusting fist holding slices of bacon dominates the center of the ad. Finally, along the wrist is the ultimate feel-good sentiment: “I love Bacon” (love signified by the familiar heart) (p. 44).

And the best of all? The kindly productive pork farmers (no cold and callous industry) is “shrinking the pork footprint”—reducing water use, land use, carbon footprint! (p. 45). --Dick
LOOKING ON THE GOOD SIDE; Or, NOT ALL NAZIS WERE BAD

A little known slice of the history of Nazi barbarity is the occasional exception; so rare it was that only a scrap of evidence has been found, and its truth remains in dispute. As the story goes, of the many prisons built to contain German citizens guilty of the unpatriotic behavior against the fatherland and the fuehrer of being despicably weak, one was commanded by an SS officer secretly harboring high humane values. Under his rule, three types of prisoners were held until executed in a manner appropriate to his or her crime: beaten to death with a heavy sledge hammer, boiled alive, or hung on a meat hook. But whatever was to be his or her fate, the warden ensured a humane life preceding their execution: a cell large enough for exercising, three nourishing meals a day, a comfortable bed free of fleas, and plenty of reading and music. And the warden’s kindness extended to the moment of execution: the hammer was applied to the head for instant unconsciousness if not death, the water was furiously boiling for quick senselessness if not unconsciousness, and the hook was placed as carefully as possible under the recreant’s chin to produce death within five minutes. Each day as the ceremony concluded, the Supervisor felt happy he had performed his lawful duty as humanely as possible, and went home untroubled to play with his children.

--Dick.

III. CLIMATE CHANGE: OVERPOPULATION, OVERCONSUMPTION (US), CARNIVORISM


“A population rising remorselessly above the capacity of agriculture to provide for it and weather conditions that push agriculture to the margins of its limits to provide is a very bad combination” (210).

“Meanwhile the Malthusian equation of population growth exceeding the expansion of the food supply has final caught up with the human race after the head fake of the so-called green revolution.” Kunstler continues that the “revolution” is attributable “largely to cheap oil and natural gas.” “In effect, the world has been eating oil transformed into wheat, rice, and soybeans.” And we are running out of fossil fuels, and population continues to increase. “Malthus was right after all. Human beings reproduce exponentially and food production does
not. The combination of reduced oil and gas by-products, an extreme shortage of phosphates, less capital available for industrial-scale growers, and soil degradation is colliding with climate change to produce the perfect conditions for food shortages” (212).

Then Kunstler adds the factor of decreasing water. “The result will be a collapse of agricultural output, sooner rather than later, even while the population continues to grow—remember, even hungry people have sex” (213).

FARM BUREAU ARKANSAS TELLING THE TRUTH?

Advert in Spring Harvest 2016 (ArkansasFoodand Farm.Com):

“According to the EPA, Agriculture is responsible for only 9% of total greenhouse gas emissions in the U.S.” Background photo of plant sprouting.

Cowspiracy: The Sustainability Secret is gaining adherents. Recently the UUA Unitarian Universalist Assoc. endorsed the movement against eating animals in a full-page statement in its magazine, UUWORLD (Spring 2016), praising the film. “ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY” (www.uuam.org).

IV. GROWTH

(See OMNI’s “Growth Watch” http://jamesrichardbennett.blogspot.com/2016/06/notes-on-economic-growth.html)

BILL MCKIBBEN, EAARTH (2010)

Pp. 90-97 McKibben praises the Club of Rome and its 1973 book, Limits to Growth. The early ’70s were an optimistic spurt of service to the earth: the first Earth Day, the EPA established, first fuel economy cars, 55-mile per-hour speed limit, Schumacher’s Small Is Beautiful, Pres. Carter’s White House reception for him, Carter’s WH solar panels, and Limits to Growth—transl. into 30 languages and 30 million copies sold. The researchers of this book saw the likelihood of our planet overwhelmed by growth and development. “They foresaw this planet Eaarth [growth and all of its consequences], and if we’d heeded them we might have prevented its birth” (91). –Dick
# 28 May 11, 2016, 
http://jamesrichardbennett.blogspot.com/2016/05/vegetarian-action-newsletter-28-may-11.html

END VEGETARIAN ACTION NEWSLETTER #29, June 8, 2016

--
Dick Bennett

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.


Facebook: www.facebook.com/OMNIPeaceDept

j.dick.bennett@gmail.com

(479) 442-4600
2582 Jimmie Ave.
Fayetteville, AR 72703