OMNI’s MAY VEGETARIAN POTLUCK is Wednesday, MAY 10, at OMNI, Center for Peace, Justice, and Ecology (2ND Wednesdays) at the OMNI Center for Peace, Justice, and Ecology. We usually begin at 6:00, but tonight we’re showing a film, so I will be coming early.

All are welcome.

You may want to enjoy some old or new vegetarian recipes, and discuss them, to talk about healthier food, or you are concerned about cruelty to animals or warming and climate change. Whatever your interest it’s connected to plant or meat eating; whatever your motive, come share vegetarian and vegan food and your views with us in a friendly setting.

As an extra treat, thanks to Bob Walker we will be showing the new film *What the Health!* created by the makers of *Cowspiracy*. We would have more films and programs if we had the money, so please give a donation. If you are new, get acquainted with OMNI’s director, Gladys. At OMNI, 3274 Lee Avenue, off N. College east of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600.
Contents: Vegetarian Action Newsletter #37, May 10, 2017

Vegan Poetry

Dr Ravi P Bhatia. Seeking Peace in Vegetarianism

Health, Nutrition

VegNews each number packed with articles, recipes, ads for products about veg/vegan food. What the Health! New film about meat eating/carnivorism vs. health.

Marta Zaraska. “Vegetable Regimen Can Aid Weight Loss, Researchers Show.” NADG (March 27, 2017).


Protection of Animals, Compassion


OMNI Vegetarian Newsletter (October 2017)
Hawthorne, A Vegan Ethic
PETA Global (Spring 2017)

Climate, Carnivorism

Bourdain, Documentary Wasted! The Story of Food Waste

Climate and Eating Meat

TEXTS START HERE

Vegan Poetry by Bernie Jones - SoyStache
www.soystache.com/berniejones.htm

These poem pages are a forum for artists to share their work with others. Unless otherwise noted, the poems are copyrighted by the individual authors.

Vegan poetry by Bernie Jones 2 - Animal Liberation Front
www.animalliberationfront.com/.../Poetry/Vegan%20poetry%20by%20Bernie%20Jon...

Unique poetry to promote the many benefits of a plant-based (vegan) diet. ... These poem pages are a forum for artists to share their work with others.

"BEING FOR THE SAKE OF BEING" · "Conscience Set to 'Mute'” · "Evil Isn't Far"

Seeking Peace in Vegetarianism
Dr Ravi P Bhatia – TRANSCEND Media Service
https://www.transcend.org/tms/2017/03/seeking-peace-in-vegetarianism/

20 Mar 2017 – The concept of peace has several dimensions – political, religious, economic, social and even personal traits. Peace is not just the absence of conflict or violence. Even in the absence of violence, we may not always have peace. Peace is a positive aspect that is a reflection of friendship, amity, religious harmony, well being. We also have a sense of peace and joy when we have a clean environment around us.

Another aspect of peace is vegetarianism or in other words, not eating meat or chicken or even fish. We will discuss this aspect a little later.

A clean healthy environment is not only conducive in keeping pollution or global warming at bay but also provides peace and happiness. A healthy environment gives us joy, tranquility; it allows religious leaders and ordinary persons to meditate, to be kind, to have compassion, to seek spiritual union with the Almighty.

Such an environment signifies wellbeing of all forms of life — humans, animals, forests, plants and marine life. This environment is clean, healthy and beautiful — here birds fly around, plants flower, trees grow and produce flowers and fruit; bees produce honey; rivers flow and lakes and wells have clean water for drinking and agriculture. Such an environment gives us peace, solace and happiness and is essential for the survival of humanity as well for avoiding global warming and climate change..
In forests we find birds chirping, animals loitering around, healthy trees that bloom and give us fruit. All this gives joy and happiness. Man has looked at forests with awe, wonder and hope for centuries. Trees have symbolized life, shelter and rest for man. According to the Indian religious and philosophical texts Vedas, the tree kalpvriksha has wonderful properties. A person sitting beneath this tree in a contemplative stance gains knowledge and spiritual strength. For Buddha, it conferred enlightenment

**Issue of vegetarianism vs. non vegetarianism**

What to eat and what not to eat is a debate that generates controversy and occasionally ill will and has been going on for a very long time in many parts of the world. In particular the debate is between eating vegetarian food or non vegetarian food that includes meat, lamb, chicken, beef and fish etc. The debate depends on several factors – religious, geographical, ideological and of course economic.

Many religions especially Buddhism, Hinduism, Jainism etc generally forbid a person belonging to any of these faiths to eat non vegetarian food. There are of course exceptions to this dictate. Some Hindus living in coastal regions eat fish or in mountainous regions where vegetables do not grow easily, do eat meat also. Similarly some Buddhists also eat meat or chicken although in India and some other regions, Buddhists are generally vegetarian.

But Jains are more particular to eat only vegetarian food. In fact some Jains go beyond this order. They not only do not eat meat or eggs, some Jains do not eat anything that grows inside the soil – e.g. potato, carrot, onion etc for this reason. They can eat beans or cauliflower because these food items ripen above the ground and not below the soil. Why this restriction for Jains? The answer is complex but essentially it is because they are particular that they should not harm any animal or bird or insect knowingly.

Muslims are by their faith forbidden from eating pork and the meat that they may eat should be halal. I am not aware if Christians have any particular taboos on what type of meat to eat or not. But generally Christians will not like to eat the meat of a dog unlike in China and a few other countries where there is no such restriction on eating this animal’s meat. Perhaps Chinese are most liberal in eating the meat of any animal or bird or fish.

There are some people called vegans who do not drink milk or eat any milk product. The reason is perhaps ideological and reflects their concept of peace. They feel that the cows are kept in such miserable conditions in order that they may produce more milk that they do not want to take part in torturing these animals and so avoid milk products or beef.

I have met some people who are nature lovers – who enjoy forests and greenery and the birds and some animals which flock to these green areas. Being in a forest, enjoying the quietness, the fresh air and birds hopping from branch to branch of trees is a joy that gives peace and harmony as indicated earlier. They love the wide diversity of nature. So when such people look at the birds – sparrows or pigeons or wood peckers and innumerable other type
of birds, they wonder “how can we kill them and eat them? They give us so much joy and peace – killing them would be a crime against God and the environment.”

This argument although made on personal opinion and feelings is a sound one; but there are counter arguments also. One such is the fact that there is shortage of food in the world and many poor people would be further deprived of nutrition if eating meat is forbidden. Similarly many tribal people who depend on forest produce and hunting and fishing would not have been able to survive since prehistoric times if they had become vegetarian.

So the question remains whether to be vegetarian or not? Ultimately it depends on a person’s personal traits and one’s commitment to God and to the environment. We can only applaud their honesty and hope that more people learn to become vegetarian.

Dr Ravi P Bhatia is a member of the TRANSCEND Network for Peace, Development and Environment, an educationist and peace researcher. Retired professor, Delhi University. ravipbhatia@gmail.com

Health, Nutrition


Examples of ADS: Lightlife, Plant Protein, “Eat Meat Not Animals.” Follow Your Heart. "VeganEgg: 100% Plant-Based Egg Replacer"

Shushana Castle. Rethink Food & The Meaty Truth. Many more.

Articles:

Marla Rose. “Milk Money.” “Lunch at your average American school could be on the menu of a fast-food restaurant” because “lobbyists are dictating what our children eat when we send them off to school” “Our kids are being fed dangerously unhealthy food while big corporations are cashing in.”

Interview of “world-renowned cardiologist and former president of the American College of Cardiologists Kim Williams,”who recommends vegan diet.

Books:

Jackie Day. The Vegan Way: 21 Days to a Happier, Healthier, Plant-based Lifestyle…


Elanor Clarke. The Little Book of Veganism.
Imagine four commercial airliners crashing every single hour of every single day of every single year.

It’s unfathomable. And yet that is how many Americans die from heart disease annually. In fact, an unbelievable 1 out of every 3 people in the U.S. will perish from this one disease.

Meanwhile, 70% of Americans are obese or overweight. In the coming decade, 50% of Americans will be diagnosed diabetic or pre-diabetic. An economic disaster, 75% of all health care costs in America are attributable to these and a few other chronic lifestyle illnesses.

It’s devastating. And yet the most heartbreaking aspect of this crisis is that 80-90% of these illnesses are very easily preventable and often entirely reversible via some rather simple diet and lifestyle alternations.

*It’s the food, stupid.*

This week I’m joined by Kip Andersen and Keegan Kuhn, the filmmaking dynamic duo behind the groundbreaking documentary *Cowspiracy*, to talk about their brand new follow up. Equally groundbreaking, *What The Health* explores the relationship between our food systems and
big business, exposing the collusion and corruption that is making us sick, keeping us sick and costing us trillions in healthcare dollars.

Whereas *Cowspiracy* explores the impact of animal agriculture on environmental health, *What The Health* focuses on human health. Perhaps the most important documentary you will ever see, it’s a film about the power of special interest groups to drive unhealthy consumer spending habits. It’s about environmental racism and the impact of animal agriculture on community health. And it’s about why you need to rethink for yourself everything you’ve ever been told about the relationship between business and food, the impact of food choice on personal health, and your body’s incredible, innate power to prevent, fight and even reverse the chronic lifestyle illnesses that are unnecessarily killing people by the millions.

Starting March 16, the film will be available to watch worldwide at [whatthehealthfilm.com](http://whatthehealthfilm.com) – where you can also pre-order the DVD and cookbook as well as set up a screening in your town ([I’m hosting one on March 29](https://www.facebook.com/events/822859821161702/)). In addition, for the first four days of the film’s release (between March 16 – 20), Keegan and Kip will be donating half of all proceeds to [Food Not Bombs](https://www.foodnotbombs.org) – an amazing, for-purpose organization that feeds thousands of people free vegan meals across North America and the world.

Kip and Keegan are truly breaking paradigms. Making the world a better place. And changing lives with what I think is the most important film of the year. A film that just might save your life or that of a loved one. I aspire to their level of courage and advocacy. And I sincerely hope you enjoy this exchange.

RichRoll Podcast.
Marta Zaraska. “Vegetable Regiment Can Aid Weight Loss, Researchers Show.” *NADG* (March 27, 2017). “For those hoping to shed some winter weight gain, research suggests that switching to a plant-based diet can help.”

Masterson, “Science, Not Emotion.” *NADG* (April 29, 2017). Vs. CAFOs, the harmful consequences of Concentrated Animal Feeding Operations to public health, the environment, and the welfare of the animals. “Regulations remain lax because the corporations that control CAFOs have the economic and political power to prevent effective regulations”(quoting John Ikerd).

**Protection of Animals, Empathy, Compassion**


Brian Bolton. Evangelicals inconsistent on animal care

Freethought Today · March 2017

Their official statement doesn't mesh with bible

We share our lives with 150 million dogs and cats, and 10 million birds, fish, reptiles, and small mammals. More than 1 billion farm animals are raised and slaughtered for food in the United States each year. We coexist with untold billions of wild animals. However, we still tolerate the horrific killing of hundreds of millions of sentient creatures for sport, the fashion industry, traditional medicine, and by motor vehicles.

Possibly after considering similar information and sobering facts about animals in America, Barrett Duke of the Southern Baptist Convention, working with several other religious leaders, has drafted an “Evangelical Statement on Responsible Animal Care.” Christine Gutleben of the Humane Society praised the statement, saying that it is the result of wise and thoughtful reflection and has the potential to create enormous good. I think that her effusive endorsement is unjustified. . . .

Life Member Brian Bolton is a retired psychologist, humanist minister and sponsor of FFRF’s graduate essay contest. The executive wing of Freethought Hall bears his name. - See more at: https://ffrf.org/publications/freethought-today/item/28877-evangelicals-inconsistent-on-animal-care-by-brian-bolton#sthash.6bvnlWlp.dpuf

Chicago Tribune Editorial. “Attacking Animal Cruelty.” NADG (May 8, 2017). No mention of industrial food system which kills millions of animals each year, but of course killing is not cruel inside industrial carnivorism. Orwell called that doublethink.

VegNews (October 2017)

Ads:
AAVA/American Anti-Vivisection Society, “For Pete’s Sake, Stop Animal Testing.”

A very definitive body of work on animal activism and being vegan. I have been vegan for many years and always respected the work of Mark Hawthorne. In this book he extends our beliefs of being vegan to compassion for humans as well. I appreciate his content on animal torture and the meat industry. He examines why people out of ignorance and culture choose to remain meat eaters and gives them solid life affirming reasons for being vegan. As a strict vegan and animal advocate I found this book very informative and to be useful for anyone that wants to explore being vegan, acting with compassion and understanding the depravity and torture of the meat industry. This should be required reading for any animal activist. Thank you with gratitude for the ARC of this fine book. I will be purchasing several for gifts and one to remain as part of my activism library. The knowledge here is critical.

*Lori Read, NetGalley*

**PETA GLOBAL** (Spring 2017)

An 11"by 13" glossy magazine dedicated to “Raising the Animal Rights Flag Worldwide.”

For example, “PETA UK Launches First-Ever Vegan Tube Takeover.” Clapham Common underground station was plastered with more than 60 ads farm animals telling travelers, “I'm ME, not MEAT. See the individual—go vegan.”

“Virtual Reality Lets Human Experience Life as a Chicken.” PETA is distributing “I, Chicken” to enable people to socialize with other birds—until a truck pulls up to take them to the slaughter house and eventually to a grocery store truck.

An interview of Sue Coe, artist and author of *The Animals' Vegan Manifesto*. Coe: “The minimum we owe animals is to go vegan. Refuse to participate in the violence of breeding others just to murder them.”

Two articles on wool: “Why Joaquin Phoenix Won’t Wear Wool” and “Nabbed! Historic Guilty Pleas in Sheep Shearing Cases.”
Article on cheese: “It’s Not Your Imagination; You Really Are addicted to Cheese,” including cheese-free dishes, “Cashew-Cream,” “Tofu ‘Feta,’” “Fettucine Alfredo.”

Several articles on PETA’s campaign to ban circus animals.

Climate, Carnivorism, Industrial Agriculture in Capitalism, Climate Catastrophe

Reduce, Recycle  DON’T WASTE FOOD

Anthony Bourdain, exec. producer of the documentary Wasted! The Story of Food Waste, directed by Anna Chai and Nari Kye.


People Still Don’t Get the Link between Meat Consumption and ...
https://blogs.scientificamerican.com/.../people-still-don-t-get-the-link-between-meat-c...

Apr 11, 2016 - People who already eat less meat may be more open to hear and retain information on the climate impacts of meat, while people who eat lots ...

Eating Less Meat Essential to Curb Climate Change, Says Report ...
https://ourworld.unu.edu/.../eating-less-meat-essential-to-curb-climate-change-says-re...

Curbing the world’s huge and increasing appetite for meat is essential to avoid devastating climate change, according to a new report. ... The global livestock industry produces more greenhouse gas emissions than all cars, planes, trains and ships combined, but a worldwide survey by ...

Studies Show Link Between Red Meat and Climate Change | Climate ...

Apr 20, 2016 - Shifting diets away from meat could slash in half per capita greenhouse gas emissions related to eating habits worldwide and ward off ...

Fight Climate Change by Going Vegan | PETA
www.peta.org › Issues

Climate change has been called humankind’s greatest challenge and the ... the most important thing that you can do is stop eating meat, eggs, and dairy foods.

Would eating less meat really combat climate ... - The Independent
www.independent.co.uk/.../would-eating-less-meat-really-combat-climate-change-a67...

Jun 13, 2016 - World Meat Free Day 2016: Would eating less meat really combat climate change? If every Briton went vegetarian, we could cut our ...
Eat less meat to avoid dangerous global warming, scientists say ...

https://www.theguardian.com › Environment › Food

Mar 21, 2016 - Eat less meat to avoid dangerous global warming, scientists say .... Linking health and climate change in challenging our eating habits could ...

Food and climate change | Food and our planet | Reduce your carbon ...

www.davidsuzuki.org › What you can do › Food and our planet

The food we eat also has an impact - on our health, and on the environment. ... As meat consumption has grown around the world, so has its climate impact.

People also ask

How vegetarianism is good for the environment?

How does meat contribute to global warming?

How does global warming affect our food supply?

How does it help the environment if you eat less meat?

Feedback

Can eating less meat help reduce climate change? - BBC News


Nov 24, 2015 - Laura Wellesley from Chatham House explains how reducing meat consumption can affect climate change.

Americans are eating less beef. Here's why that matters for climate ...

mashable.com/2017/03/22/americans-beef-consumption-climate-change/

Mar 22, 2017 - A new report says U.S. beef consumption fell 19 percent from 2005 to ... Americans have accidentally been fighting climate change by eating ...

How much does animal agriculture and eating meat contribute to ...


Nov 30, 2015 - How much does animal agriculture and eating meat contribute to global warming? ... Eating vegetables produces lower greenhouse gas emissions yet. ... in on beef and dairy is not so much that we can solve the climate crisis ...
Contents: Vegetarian Action Newsletter #36, March 8, 2017

http://jamesrichardbennett.blogspot.com/2017/03/vegetarian-action-newsletter-35.html

Health, Nutrition

VegNews (Feb. 2017)

Empathy, Compassion, Protection of Animals

Steven Best, The Politics of Total Liberation

Jim Mason, An Unnatural Order

Carnivorism, Industrial Food System, Climate Catastrophe

The Great Climate Robbery

Germany “Bans Meat at Official Functions”

“Denmark Ethics Council Calls for Tax on Red Meat”

Recent Peace, Justice, and Ecology Newsletters (all entirely or mainly about the USA)

Children May 6, Democracy May 5, Cuba April 25, Lawlessness April 24, Earth Day April 22, WWI April 20

END OMNI VEGETARIAN ACTION NEWSLETTER #37

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END VEGETARIAN ACTION NEWSLETTER #37, MAY 10, 2017

Announcement below sent to NADG and KUAF 2-26-17

Sent to Blog, WS, OMNI VP, and reminder to VP,

RECENT OMNI NEWSLETTERS:

You might find my latest newsletters useful sometime--Anthropocene, Russia, Vietnam War. The public is uninformed because the first is new and bad news few willing to hear, the 2nd is suffused with the Cold War and military-industrial machine need for an enemy, and the third is the victim of the Pentagon/Obama whitewash campaign.
OMNI

VEGETARIAN ACTION NEWSLETTER #36

MARCH 8, 2017.

http://jamesrichardbennett.blogspot.com/2017/03/vegetarian-action-newsletter-35.html

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

http://omnicenter.org/donate/

OMNI’s MARCH VEGETARIAN POTLUCK is Wednesday, MARCH 8, 5:45, at OMNI, Center for Peace, Justice, and Ecology (2ND Wednesdays) at the OMNI Center for Peace, Justice, and Ecology. All are welcome. You may want to enjoy some old or new vegetarian recipes, to talk about healthier food, or you are concerned about cruelty to animals or warming and climate change. Whatever your motive, come share vegetarian and vegan food and your views with us in a friendly setting. As an extra treat, a Serbian woman who teaches at UA, will be sharing a short video about International Women’s Day today March 8.
At OMNI, 3274 Lee Avenue, just east of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600.

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Germany “Bans Meat at Official Functions”

“Denmark Ethics Council Calls for Tax on Red Meat”

Contents #35

Health, Nutrition

VegNews (Feb. 2017). Magazine packed especially with vegan ads and recipes for people who seek a more compassionate world through vegan foods. If you follow a vegan lifestyle you have already made a substantial choice for a magnanimous, generous life.

Full-page Ads at the front of the magazine: “Lightlife,” Plant Protein, “Meat without the middleman.”
An entire page for “Moroccan Tagine” from Sweet Earth Natural Foods (organic sweet potatoes, garbanzos, and bulgur).

Sunwarrior’s New Plant-Based Protein Bar. USDA organic, gluten free, soy free, dairy free, non-GMO, vegan.

Leaping Bunny Program, Connecting Compassionate Consumers with Cruelty-free Companies, info@LeapingBunny.org

Daiya, Veestrim etc,

Six alternatives to MILK p. 17.

Environmental stats and data and anecdotes, p. 20. For example, Norwegian study showing that “the way animal products are marketed reduces empathy in meat eaters”; Scripps Institution of Oceanography study declares world’s atmospheric carbon concentration has officially reached the tipping point of 400 parts per million.

Page 21 misc. info., including announcement of new The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet, a 28-day step-by-step vegan guide.

More books on p. 73, e.g. Homestyle Vegan: Easy, Everyday Plant-Based Recipes; The Juice Lover’s Big Book of Juices; Eat with Intention: Recipes and Meditations for a Life that Lights You Up.

Activities, p. 74: “Veganuary,” a global campaign to encourage vegan lifestyle and compassion; “The Dairy Detox,” a course designed to help people kick their cheese habits.

Empathy, Compassion, Protection of Animals
My most recent book, "The Politics of Total Liberation: Revolution for the 21st Century," hitherto available only in German, is now available in English for purchase (PDF download or hardcopy book), on the Palgrave Macmillan site, and other sites such as Amazon.com.

I am honored that celebrated animal rights author, Norm Phelps, wrote the Foreword to the book, and here is the critical praise on the back cover:

“This is an extraordinary book that shatters all safe spaces found among the debris, torture, genocide, and despair scattered throughout history by the so-called march towards progress.” —Peter McLaren, Distinguished Professor in Critical Studies, Chapman University, USA, Author of Che Guevara, Paulo Freire, and the Pedagogy of Revolution

“For at least the last half century, a biocentric revolution has been unfolding against the destructive tyranny of anthropocentrism – a revolution guided by the natural laws of ecology against the unnatural diminishment of nature at the hands of “civilized” man. In this bold and timely book, Steven Best writes from, and has documented, the evolution of this universal revolution, as he gives us a glimpse into the catastrophic consequences should this revolution fail.” —Captain Paul Watson, founder of the Sea Shepherd Conservation Society

“The Politics of Total Liberation is groundbreaking with an innovative new approach to understanding the ills of our society. Best makes is clear that we are losing the battle to save the environment and animals because of greed, domination, control, and war mongering created by humans. Best obviously did not write this to be popular, safe, or political; rather, he wrote because his conscience told him that it is right.” —Chris DeRose, President, Last Chance for Animals
“Steven Best gets it: if we are to stop destructive human conditions and habits, we will need `the most uncompromising, militant form of politics we can muster.' ” - Jim Mason, author of An Unnatural Order: The Roots of Our Destruction of Nature.

“I have no argument with Norm Phelps when he states that `this may be the most important book of the 21st century’.” - Ronnie Lee, founder of the Animal Liberation Front

First published by Simon & Schuster in 1993 and then by Continuum in 1998, Jim Mason’s An Unnatural Order: The Roots of Our Destruction of Nature has become a classic. Now in a new Lantern edition, the book explores, from an anthropological, sociocultural, and holistic perspective, how and why we have cut ourselves off from other animals and the natural world, and the toll this has taken on our consciousness, our ability to steward nature wisely, and the will to control our own tendencies.

“My own view is that the primal worldview, updated by a scientific understanding of the living world, offers the best hope for a human spirituality. Life on earth is the miracle, the sacred. The dynamic living world is the creator, the First Being, the sustainer, and the final resting place for all living beings - humans included. We humans evolved with other living beings: their lives informed our lives. They provided models for our existence; they shaped our minds and culture. With dominionism out of the way, we could enjoy a deep sense of kinship with the other animals, which would give us a deep sense of belonging to our living world. Then, once again, we could feel for this world. We could feel included in the awesome family of living beings. We could feel our continuum with the living world. We could, once again, feel a genuine sense of the sacred in the world.” - Jim Mason

An Unnatural Order is a provocative search for the basic beliefs of Western culture that feed racism, sexism, animal exploitation, and domination of the natural world.

Nature writer Jim Mason begins this search nearly 10,000 years ago when plants and animals were first domesticated - or brought under human control. Until this time, people saw themselves as members of the natural world. They saw animals as kindred beings and the living world as full of ensouled powers.

The main theme of the book is that animals are much more important than we think. Under our current worldview, animals are trivial - except when they are useful. They are inferior beings and, we think, they could not be important to human society except as food and slaves. But for
hundreds of millenia, animals have been very much on the human mind. Animals have fed the mind and the imagination—especially our ideas about the living world—for a very long time.

We lived in the presence of animals as we were evolving into human beings. To early humans, animals were the lively, moving parts of the mysterious living world. They were the most fascinating things in the world. Like us, animals ate, drank, slept, mated, eliminated, and died. They were familiar. They gave us a sense of continuity with other life. They gave us a sense of belonging in the living world. The huge variety of activities and patterns in animals’ lives gave the developing human mind much to think about. In other words, animals have figured greatly in the shaping of our views of the world. Little wonder, then, that animals are the main figures in early art and myth.

Then about 8,000 B.C. the first agriculture started in the ancient Middle East. Very slowly at first, farming began to replace foraging throughout the ancient world. Gradually, as population, cities, and human demands swelled, farming intensified—that is, farmers increased their control over animals and nature. As they did so, they had to tear down the very old beliefs in the sanctity and ensouled powers of the living world. In their place, farming societies built the myth of human supremacy and with it the idea of the need to dominate the living world. In time, values on domination, control, and hierarchy became ingrained in agrarian culture and the agrarian worldview became the modern worldview.

Our cultural heritage, then, is one that alienates us from the living world, one that regards it as a slave. This stunts human empathy and crushes any sense of kinship with other life. Moreover, our nature-dominating worldview causes some dominant people to regard women, people of color, and others as inferior, as closer to nature than to humanity. It also causes us to regard as inferior the physical, emotional, sexual and other “animal” aspects of human life, for these remind us of our closeness to animals and nature.

Mason contends that these dominionist views are at the bottom of society’s ever-deepening social and ecological crises. It is vital, he believes, to revive that long-lost sense of kinship with animals and nature. MORE http://www.jimmason.website/an-unnatural-order/

Industrial Food System, Carnivorism, Climate Catastrophe

The Great Climate Robbery: How the Food System Drives Climate Change and What We Can Do About It. 2016. (Book Forum, March 5, 2017, FPL, 1:30.)
The Great Climate Robbery: How the Food System Drives Climate Change and What We Can Do About It. Here’s a short description of the book from the back cover: ‘The Great Climate Robbery explains how the industrial food system is a major driver of climate change and how [local] food sovereignty is critical to any lasting and just solution. With governments, particularly those from the main polluting countries, abdicating their responsibility to deal with the problem, it has become critical for people to take action into their own hands. Changing the food system is perhaps the most important and effective place to start. This book shows you how.’ ”

Mainly and excellently about the increasing industrial, that is corporate, control of food production. Secondly, it explains the cause and effects of industrialized agri and the onrushing climate catastrophe. Thirdly and less satisfactorily (true of many books on climate change solutions) is what we can do about it, since its solutions are mainly conditional: IF we do x then we CAN do y, but these essentially hopes are immensely complicated problems. That is not to say we should not try to solve them, since possibly doable single solutions are merely partial and stopgap. And even this laudably comprehensive book does not engage directly, for example, with stopping fossil fuel use or carnivorism. —Dick

Germany Bans Meat at Official Functions to ‘Set a Good Example for Climate Protection’.

Lorraine Chow | EcoWatch - TRANSCEND Media Service


23 Feb 2017 - Eating less meat is essential to curbing climate change, which is why Germany’s Environment Minister Barbara Hendricks is only serving vegetarian food at official functions.

“We want to set a good example for climate protection, because vegetarian food is more climate-friendly than meat and fish,” the ministry said in a statement published in The Telegraph. The ban was reportedly enacted at the end of January.

The German newspaper Bild also reported that the food served at official events should be organic, seasonal, local and only travel from short distances. Fair trade products are also preferable.
Indeed, as one of the greenest countries on the planet, the German environment ministry wants its plates to lead by example.

Slashing meat consumption saves the lives of animals, lowers our carbon footprint and leads to better health. A study from the Oxford Martin School found that diets of limited meat consumption can cut emissions by a third while saving 5 million lives, vegetarian diets could reduce emissions by 63 percent and save 7 million lives, and vegan diets could reduce emissions by 70 percent and save 8 million lives.

But what about seafood? Well, the world’s appetite for fish and shrimp is also stressing out supplies. A United Nations Food and Agriculture Organization report found that nearly 90 percent of global fish stocks are either fully fished or overfished. Global fish consumption per capita has reached record-high levels due to aquaculture and firm demand, with the average person now eating roughly 44 pounds of fish per year compared to only 22 pounds in the 1960s, the report found.

For a meat-loving nation known for its sausages, schnitzel and cold cuts, the message was not welcomed by all.

Rival German politicians have accused Hendricks, a member of the Social Democratic Party, of forcing vegetarianism on people and leveraging the meat ban as political ammo. The Social Democrats are challenging the Christian Democrats, Chancellor Angela Merkel’s party, in this year’s tight race for German Chancellor.

“I’m not having this Veggie Day through the back door,” said Christian Schmidt, minister of food and agriculture and Christian Democrat. “I believe in diversity and freedom of choice, not nanny-statism and ideology. Instead of paternalism and ideology. Meat and fish are also part of a balanced diet.”

Others have also accused Hendricks of hypocrisy in that the meat ban only applies to official functions. Ministry officials would still be able to consume meat or fish in the staff canteen.

“You have to eat what’s on the table according to the will of the ministry. No meat, no fish, and the cover of ‘climate protection,’ ” Gitta Conneman, a senior MP and Christian Democrat, told Bild. “They won’t save the climate by branding people who eat meat, and they know this. The ban only applies to a handful of
guests, not to 1,200 employees. This is pure ideology, a ‘people’s education’ for the diet.”

But the ministry said it wants to be a “role model” and justified their provision to fight the negative “effects of the consumption of meat.”

Lorraine is a reporter for EcoWatch. Go to Original – ecowatch.com

Denmark ethics council calls for tax on red meat to fight ‘ethical problem’ of climate change


With cattle contributing a tenth of global emissions, people are ‘ethically obliged’ to change their eating habits, an influential government think tank says.

Adam Withnall
@adamwithnall
10 months ago
433 comments

Click to follow
The Independent Online

Steak and other red meats would be taxed highest - but all food could ultimately be targeted Getty Images

Denmark is considering proposals to introduce a tax on red meat, after a government think tank came to the conclusion that “climate change is an ethical problem”.

The Danish Council of Ethics recommended an initial tax on beef, with a view to extending the regulation to all red meats in future. It said that in the long term, the tax should apply to all foods at varying levels depending on climate impact.
The council voted in favour of the measures by an overwhelming majority, and the proposal will now be put forward for consideration by the government.

In a press release, the ethics council said Denmark was under direct threat from climate change, and it was not enough to rely on the “ethical consumer” to ensure the country meets its UN commitments.

“The Danish way of life is far from climate-sustainable, and if we are to live up to the Paris Agreement target of keeping the global temperature rise 'well' below 2°C, it is necessary both to act quickly and involve food,” the council said.

Cattle alone account for some 10 per cent of global greenhouse gas emissions, while the production of food as a whole makes up between 19 and 29 per cent, the council said.

Danes were “ethically obliged” to change their eating habits, it said, adding that it is “unproblematic” to cut out beef and still enjoy a healthy and nutritious diet.

“For a response to climate-damaging food to be effective, while also contributing to raise awareness of the challenge of climate change, it must be shared,” said council spokesman Mickey Gjerris.

“This requires society to send a clear signal through regulation.”

It has been a tough few months for fans of red meat, with consumption down after the World Health Organisation warned of an associated cancer risk.

Saving The Planet, One Burger At A Time: This Juicy Patty Is Meat-Free

February 11, 2017 6:21 AM ET

At Saxon + Parole, a New York City restaurant, chef Brad Farmerie serves up the Impossible Burger, a plant-based burger that sizzles, smells and even bleeds like the real thing.

Allison Aubrey/NPR. A Michelin-starred restaurant in New York City debuted a new dish last week that's getting a lot of buzz. It's a burger made entirely from plants.

This isn't just another veggie knock off. The rap is that this burger looks, cooks and even bleeds like the real thing.

The Impossible Burger, as it's known, is the culmination of a dream for Pat Brown. For 25 years, Brown was a professor at Stanford University. He was one of the stars in his field, studying a range of biomedical topics.

"Genetics and genomics ... cancer research — nothing to do with food," says Brown.

But about seven years ago, his work took a turn when, during a sabbatical, he decided to tackle what he saw as a really big problem for the planet: animal livestock farming.

"The use of animals as a technology for food production is the most destructive technology on Earth," Brown says.

It's a strong position. But he says there's a lot of science to back him up.

What It Takes To Make A Quarter-Pound Hamburger

Think of all U.S. crop land. Two-thirds of all the calories produced from the crops are used for animal feed to produce meat, dairy and other animal products. Livestock production also uses lots of water and is a major contributor to climate change. Animal farming produces about as many greenhouse gas emissions as the entire Southern Hemisphere, for example.
The ecological footprint of meat production is not sustainable, Brown argues. But the obvious problem is this: Billions of people around the world love meat. We've been eating it for thousands of years.

"You're not going to get people to change their diets. You know, stop eating meat, fish and dairy — ain't gonna happen," Brown says.

After all, veggie burgers have been around a long time and they certainly haven't replaced beef in people's diets.

Now, what Brown wanted was to literally re-create the taste of beef — without cows. So he started by deconstructing the composition of meat, down to the molecular level.

MORE


CONTENTS: Vegetarian/Vegan Action Newsletter #35, February 8, 2017:

http://jamesrichardbennett.blogspot.com/2017/02/vegetarian-action-newsletter-35.html

Health, Nutrition

“The VegNews Bloggy Awards”: Blogs on Latest Recipes, Products, Restaurants

Antibiotics

New Film on Vegans: Vegan Everyday Stories

Empathy, Compassion, Protection of Animals

New Film

Related Films

“Spy in the Wild,” PBS Series on Animal Feelings and Thought

Cruelty at “High-Speed” Pork Plants
Fight for Transparency in Meat Industry
Sue Coe, *Animals’ Vegan Manifesto*

Climate
Vegetarianism, Veganism, *Vegetarian Action* vs. Carnivorism and Climate Catastrophe.

END VEGETARIAN ACTION NEWSLETTER #36, March 8, 2017

Sent to Blog, WS, VP list

**OMNI**

**VEGETARIAN ACTION NEWSLETTER #35**

**FEBRUARY 8, 2017.**


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

[http://omnicenter.org/donate/](http://omnicenter.org/donate/)

ANNOUNCEMENT
Vegetarian Potluck

Wed Feb 8 – 6:00 pm @ OMNI

Specially Big Day!

Amy Wilson unveils her great new American cookbook

Little Miss Cornbread!

How about a southern cooking theme with a vegan touch?

AND

A group of visiting Scandinavian musicians are visiting Kelly & Donna

They'll attend Veggie Potluck and do music after. WOW!

Please bring extra food to help feed the musicians, and come to this amazing opportunity. Once in a lifetime!

[Some of you might want to come at 5:30 for more time get acquainted. I’ll see you there then. -Dick]

CONTENTS: Vegetarian/Vegan Action Newsletter #35, February 8, 2017:

Health, Nutrition

“The VegNews Bloggy Awards” : Blogs on Latest Recipes, Products, Restaurants

Antibiotics

New Film on Vegans: Vegan Everyday Stories

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Sue Coe, *Animals’ Vegan Manifesto*

Climate

Vegetarianism, Veganism, *Vegetarian Action* vs. Carnivorism and Climate Catastrophe.

**NUTRITION, HEALTH**

“The VEGNEWS Bloggy Awards,” *VegNews* (August 2016). Describes 21 blogs, including:

“Oh She Glows, a healthy and popular site, [ohsheglows.com](http://ohsheglows.com)

“This Rawsome Vegan Life,” by “wildly popular blogger/cookbook author,” [thisrawsomeveganlife.com](http://thisrawsomeveganlife.com)

“Chocolate Covered Katie,” “a one-stop shop for all things chocolate,” [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)

Tom Meersman. “Rules Aim to Cut Farm Antibiotics.” *NADG* (Feb. 7, 2017). “The problem is that the more frequently antibiotics are used...the more quickly bacteria can develop resistance to them, rendering the lifesaving drugs less effective or ineffective.”

_Vegan Movie_: *Vegan: Everyday Stories*

[veganmovie.org/](http://veganmovie.org/)

_Vegan: Everyday Stories_ is a feature-length documentary that explores the lives of four remarkably different people who share a common thread — they’re all vegans.

[This film fits both Health and Compassion categories. -Dick]

**EMPATHY, COMPASSION, PROTECTION OF ANIMALS**
NEW FILM:  *Vegan: Everyday Stories*

**About the Movie — Vegan Movie**

veganmovie.org/about

*Vegan: Everyday Stories* is a feature-length documentary that explores the lives of .... Glenn Scott Lacey is a director, filmmaker, film composer and the owner of ...

*[Vegan: Everyday Stories (Official Trailer) — YouTube]*

https://www.youtube.com/watch?v=2qedrlO1Gg0

May 6, 2016 — Uploaded by Northwest VEG

Related Films (send me your review).
“Spy in the Wild: A Nature Miniseries.” PBS, AETN
Wednesdays, Feb. 1–March 1 at 7pm. Animal behavior in the wild filmed by animatronic cameras.
http://www.pbs.org/wnet/nature/spy-in-the-wild-about/14810/

Spy in the Wild, A NATURE Miniseries - a John Downer Production for BBC, PBS and THIRTEEN Productions LLC premiering Wednesdays, February 1 - March 1, 8–9 pm ET on PBS stations.

In the most innovative production Nature has ever presented, this five-part series employs more than 30 animatronic spy cameras disguised as animals to secretly record behavior in the wild. These “spycams” reveal animals as having emotions and behavior similar to humans: specifically, a capacity to love, grieve, deceive, and invent. Among the featured Spy Creatures are: Spy Orangutan, Spy Croc Hatchling, Spy Meerkat, Spy Egret, Spy Tortoise, Spy Prairie Dog, Spy Macaw, Spy Sloth, Spy Cobra, Spy Bushbaby, Spy Squirrel, Spy Adelie, and Spy Baby Hippo. These robotic, uncanny look-alikes infiltrate the natural world to film surprising behavior among wildlife from around the globe.

Spy in the Wild: Love
Episode 1 airs Wednesday, February 1 at 8 p.m. ET on PBS

[Full Episode Available]

Spy Creatures explore the rarely seen emotions of animals, revealing if they are as strong and complex as our own. Join the “spycams” as they are accepted into a wild dog pack, witness elephant love, and are mourned by a troop of monkeys.

Spy in the Wild: Intelligence
Episode 2 airs Wednesday, February 8 at 8 p.m. ET on PBS

[Full Episode Available]

Spy Creatures infiltrate the world of animal intelligence, ingenuity, and creativity. Watch our spies disguised as animals observe a gray squirrel
stealing Spy Nut, a sea otter cracking open a meal, and an orangutan washing with soap.

*Spy in the Wild: Friendship*
Episode 3 airs Wednesday, February 15 at 8 p.m. ET on PBS

Spy Creatures and their new wild friends rely on each other to look out for predators. A Spy Meerkat babysits meerkat pups while a Spy Cobra pretends to attack the mob. Spy Crocs witness a convenient partnership between real crocodiles and birds.

*Spy in the Wild: Bad Behavior*
Episode 4 airs Wednesday, February 22 at 8 p.m. ET on PBS

Spy Creatures infiltrate the underground world of animal mischief, crime, and retribution. Spy Monkey is caught between crossfires as real monkeys fight over beach bar alcohol. Spy Egret is also a waterhole victim when elephants throw mud everywhere.

*Spy in the Wild: Meet the Spies*
Episode 5 airs Wednesday, March 1 at 8 p.m. ET on PBS

The final episode explains how the concept of the Spy Creatures evolved at John Downer Productions from the original BoulderCam to the Penguincams that inspired the next-generation “spycams” featured in this series. It shows the painstaking work that goes into building the lifelike models and how the team deploys and operates the robotic cameras on location all over the world. It contains funny and unexpected moments, much of which is experienced from the viewpoint of the “spycams” themselves.

‘high-speed’ pork plants.” Article is part of GAP’s Food Integrity Campaign.


http://www.orbooks.com/catalog/animals-vegan-manifesto-sue-coe/?utm_source=mailchimp&utm_medium=email&utm_term=any50&utm_content=bye-amazon&goal=0_43ce1d59a2-4a7f1733e5-317534377&mc_cid=4a7f1733e5&mc_eid=1abb3fee98

“In the Vegan Manifesto, Sue Coe, human champion of rights for those whose voice most humans do not hear, has crafted a masterpiece: at once visually stunning and spiritually invigorating.” —Dr. Michael Greger, author of *How Not to Die*

“In Sue Coe is the most important and prolific political artist of our time. Her work explores and exposes every form of injustice suffered by both humans and nonhumans. With respect to the latter, her incisive eye—both trenchant and gentle—lays bare the profound immorality of animal exploitation and constitutes a clarion call to us all to reject it. Coe understands that the moral status of animals requires that we go vegan and no one who looks at the stunning work in this book will be able to disagree.” —Gary L. Francione, Distinguished Professor of Law and Nicholas deB. Katzenbach Scholar of Law and Philosophy, Rutgers School of Law

**ABOUT THE BOOK**
Sue Coe’s advocacy of animal rights is unmatched in its eloquence, forcefulness, and lasting impact. She does so with a combination of extraordinary images and few words. In her unstinting insistence on tolerance and love, Coe brings us to a life-affirming philosophy that values compassion over greed, community over self, and life over capital.

In 115 black-and-white woodcut illustrations for The Animals’ Vegan Manifesto, Sue Coe unleashes an outraged cry for action that takes its rightful place alongside the other great manifestoes of history. As a prize-winning artist, she bears witness to unspeakable crimes, and has long advocated that we human beings must take more responsibility for ourselves, our fellow species, and the planet. Her illustrations, in the tradition of Goya, Kollwitz, and Grosz, will be familiar to many; her paintings, drawings and prints have been exhibited in galleries and museum around the world, including New York’s Museum of Modern Art. 122pp.

CLIMATE

Climate Catastrophe, Capitalism, and Fossil Fuels

For a large guide to reading about the struggle of vegetarians against climate catastrophe, see past numbers of *Vegetarian Action*. Comparatively, few climate mitigation movements offer more practical hope as ending carnivorism.

*Vegetarian Action*

#34 [http://jamesrichardbennett.blogspot.com/2017/01/vegetarian-action-newsletter-34.html](http://jamesrichardbennett.blogspot.com/2017/01/vegetarian-action-newsletter-34.html)

CONTENTS: OMNI Vegetarian/Vegan Action Newsletter #34, January 11, 2017
http://jamesrichardbennett.blogspot.com/2017/01/vegetarian-action-newsletter-34.html

VegNews (February 2017), items cited to indicate range
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New film: What the Health! From the makers of Cowspiracy


Government Accountability Project (GAP)

Eggs

Empathy, Compassion, Protection of Animals

PETA, “Why Animal Rights?”

Practical Guide to Animal Rights

Google Search

Animal Times (#3 2016)

Climate Catastrophe, Capitalism, Fossil Fuels

Vegetarian Action on Climate

Categorical Responses to Climate Catastrophe

Steve Coll, ExxonMobil

Vegetarian Action #33

END VEGETARIAN ACTION NEWSLETTER #35, FEBRUARY 8, 2017

FOR #34

SEND TO Potluck list; Temple Shalom
 president@templeshalomnwa.org; Compassion Fayetteville, Dian and Ed; OMNI350; Geshe Buddhists; OMNI350 Book Forum; CCL;
OMNI
VEGETARIAN ACTION NEWSLETTER #34
JANUARY 11, 2017

http://jamesrichardbennett.blogspot.com/2017/01/vegetarian-action-newsletter-34.html

Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology
http://omnicenter.org/donate/

ANNOUNCEMENTS

OMNI’s NEW YEAR’S VEGETARIAN POTLUCK IS WEDNESDAY, JANUARY 11, 6pm (2ND Wednesdays) at the OMNI Center for Peace, Justice, and Ecology.

The values of Vegetarianism are immeasurably large. As my exercise teacher says, stretch as far as you can: Come to the Potluck out of curiosity, to taste new recipes, to discuss nutrition, for compassion for animals, for the soil, atmosphere, and species, for the climate. For whatever reason, come share vegetarian food and your views with us in a congenial setting. We have ourselves and a world to change.

Ruth Francis has donated one of her vegan cookbooks as door prize. Ellen J. Jones. Eat Vegan on $4 Day. 2011. (Dick: I made a tasty black bean soup from it yesterday.)
At OMNI, 3274 Lee Avenue, just south of Liquor World. More information: 935-4422; 442-4600.

January 11, 6pm.

FEBRUARY 8 POTLUCK, note from Donna:

Amy Wilson (From Beaver Lake Water District) wrote a Cajun cookbook with her sister from old family recipes with a VEGAN version as well. I want to make the gumbo and cornbread and bring it to the FEB 8th potluck and have a BOOKSIGNING and talk with her.

Restaurant Tips (send what you have discovered for future newsletters):

On Dec. 28 I lunched at Fresco in Fayetteville, Center St. It offered 3 vegetarian entrees: portobello ravioli (my companion thought it excellent), eggplant parmesan, veggie lasagna (my choice and it was delicious with equally good salad) ($12 to $14), and 3 sandwiches/wraps: veggie burger, veggie mixed grill, cheese and soup (($7 to $8).

Try the Veg Fajita at La Huerta on College, a large plate of freshly stir-fried veggies accompanied by a plate of beans, rice, and guacamole--two meals for one price!.

Golden Corral: eat all you want of fresh and freshly cooked veggies, and all you want of desserts! $10 I recall.

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PETA, “Why Animal Rights?”
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Animal Times (#3 2016)

Climate Catastrophe, Capitalism, Fossil Fuels

Vegetarian Action on Climate
Categorical Responses to Climate Catastrophe
Steve Coll, ExxonMobil

Vegetarian Action #33

VEGNEWS (Feb. 2017) a few examples of contents:
Ad p. 3, Vegan, cruelty free, non-toxic skin creams
Ad p. 4, Lightlife, Plant Protein.” “Meat” made from plants.
Ad p. 7, “Leaping Bunny Program,” “connecting compassionate consumers with cruelty-free companies,” info@LeapingBunny.org (888-546-CCIC)
Ad p. 9, Veestro, plant-based meals delivered, veestro.com
“Veganism Saved My Life” by Emily Kivel, who spoke with five people who learned the relationship of food choices and illness.
“Salad Days” by Julie Morris. I’m going to try some of these recipes they sound so delicious.

“Veg Picks” by VegNews staff: ten new vegan products recommended by staff members, pp. 56-57.

“Phoenix Rising” by Margaux Lushing. A food and health tour around Phoenix, AZ, and environs.

Books on food and health pp. 73-4.

“Veganuary,” a program of comopassion for cruelty-free living—advice, recipes, restaurants—“supported by vegan organizations such as Mercy for Animals and Farm Animal Rights Movement.

Nutrition, Health

CowspiracyFilm Makers Announce NEW film: What the Health!

by Jackie Day on January 23, 2016 in vegan


Kip Anderson and Keegan Kuhn, the talented and passionate men behind the groundbreaking documentary Cowspiracy have just announced their next film: What the Health! They’ve been working on it for the past year, and have finally announced the project on indiegogo and surpassed their initial funding goals in less than 24 hours! THAT’s how much folks want informative films such as this to be made.

The film makers describe it as: “a combination of Cowspiracy and Forks Over Knives on steroids.”

It’s a “ground breaking feature length documentary that follows the exciting journey of an intrepid filmmaker, Kip Andersen, as he uncovers the impacts of highly processed industrial animal foods on our personal health and greater community, and explores why leading health organizations continue to promote the industry despite
countless medical studies and research showing deleterious effects of these products.”

U.S. Department of Health and Human Services
U.S. Food and Drug Administration
A to Z Index  http://www.fda.gov/Food/default.htm
Follow FDA
En Español
Search FDA  http://www.fda.gov/Food/default.htm
Food... and much more
FSMA (Food Safety Modernization Act)
Food Safety
How to Understand and Use the Nutrition Facts Label
Safe Food Handling: What You Need to Know
How to Report a Problem with Food
Foodborne Illnesses: What You Need to Know
Refrigerator Thermometers: Cold Facts about Food Safety
Food Businesses
How to Start a Food Business
Food Labeling Guide
Registration of Food Facilities
Current Good Manufacturing Practices (CGMPs)
Prior Notice of Imported Foods
Contact FDA
Outreach and Information Center  http://www.fda.gov/Food/default.htm
1-888-SAFEFOOD
1-888-723-3366
10 AM– 4 PM EST
Closed Thurs 12:30PM - 1:30PM EST

Inquiries: Submit Your Question  http://www.fda.gov/Food/default.htm

Center for Food Safety and Applied Nutrition
Food and Drug Administration
5001 Campus Drive
College Park, MD 20740

Industry and Consumer Assistance
Page Last Updated: 11/30/2016

Government Accountability Project, Food Integrity Campaign

http://www.foodwhistleblower.org/
http://www.foodwhistleblower.org/blog/

Food Integrity Campaign » Protecting Food. Empowering ...

Learn more about whistleblowers' disclosures, and sign the Food Integrity Campaign's petition urging top pork producer Hormel Foods to slow down ... GAP Whistleblower Delivers 60,000+ Petition Signatures to Capitol Hill in Support of ...

About  Ag Gag
About Food Integrity Campaign  Ag Gag: Safeguarding Industry
About; Overview · History  Secrets by Punishing the ...

More results from foodwhistleblower.org »

Contribute to GAP and read GAP’s magazine Whistleblower. The Fall 2016 number has these articles and more: “Staying Ahead in the Fight for Better Food.” “The Oil-dispersant
Fiasco” about BP’s Deepwater Horizon disaster poisoning food from the Gulf, the effects of which will “haunt us for generations to come.”

EGGS WITH OR WITHOUT YOLKS—WHICH IS HEALTHIER?

FIND OUT:  http://www.ecowatch.com/egg-whites-vs-whole-egg-2145145130.html?utm_source=EcoWatch+List&utm_campaign=94aabb0b18-MailChimp+Email+Blast&utm_medium=email&utm_term=0_49c7d43dc9-94aabb0b18-85335357

ANIMAL RIGHTS AND PROTECTION, EMPATHY, COMPASSION

PETA


Why Animal Rights?

Almost all of us grew up eating meat, wearing leather, and going to circuses and zoos. Many of us bought our beloved “pets” at pet shops, had guinea pigs, and kept beautiful birds in cages. We wore wool and silk, ate McDonald’s burgers, and fished. We never considered the impact of these actions on the animals involved. For whatever reason, you are now asking the question: Why should animals have rights?

In his book Animal Liberation, Peter Singer states that the basic principle of equality does not require equal or identical treatment; it requires equal consideration. This is an important distinction when talking about animal rights. People often ask if animals should have rights, and quite simply, the answer is “Yes!” Animals surely deserve to live their lives free from suffering and exploitation. Jeremy Bentham, the founder of the reforming utilitarian school of moral philosophy, stated that when deciding on a being’s rights, “The question is not ‘Can they reason?’ nor ‘Can they talk?’ but ‘Can they suffer?’” In that passage, Bentham points to the capacity for suffering as the vital characteristic that gives a being the right to
equal consideration. The capacity for suffering is not just another characteristic like the capacity for language or higher mathematics. All animals have the ability to suffer in the same way and to the same degree that humans do. They feel pain, pleasure, fear, frustration, loneliness, and motherly love. Whenever we consider doing something that would interfere with their needs, we are morally obligated to take them into account.

Supporters of animal rights believe that animals have an inherent worth—a value completely separate from their usefulness to humans. We believe that every creature with a will to live has a right to live free from pain and suffering. Animal rights is not just a philosophy—it is a social movement that challenges society’s traditional view that all nonhuman animals exist solely for human use. As PETA founder Ingrid Newkirk has said, “When it comes to pain, love, joy, loneliness, and fear, a rat is a pig is a dog is a boy. Each one values his or her life and fights the knife.” Watch a video with Ingrid Newkirk from the 2015 Animal Rights National Conference here.

Only prejudice allows us to deny others the rights that we expect to have for ourselves. Whether it’s based on race, gender, sexual orientation, or species, prejudice is morally unacceptable. If you wouldn’t eat a dog, why eat a pig? Dogs and pigs have the same capacity to feel pain, but it is prejudice based on species that allows us to think of one animal as a companion and the other as dinner.

The PETA Practical Guide to Animal Rights

Take vital steps to cut thoughtless cruelty to animals out of your life and to educate others around you. Check out the most comprehensive book on animal rights available today! In The PETA Practical Guide to Animal Rights, PETA president Ingrid E. Newkirk provides hundreds of tips, stories, and resources. It’s PETA’s must-have guide to animal rights. Also available for the Kindle!

Why Animal Rights? | Uncompromising Stands on Animal Rights ...

www.peta.org/about-peta/why-peta/why-animal-rights/
People often ask if animals should have rights, and quite simply, the answer is ... As PETA founder Ingrid Newkirk has said, "When it comes to pain, love, joy, ..."

People for the Ethical Treatment of Animals (PETA): The animal rights ...

www.peta.org/

PETA's animal rights campaigns include ending fur and leather use meat and dairy consumption fishing hunting trapping factory farming circuses bull fighting ...

HBO: I Am An Animal: Interview: Ingrid Newkirk

www.hbo.com/documentaries/i...animal...newkirk.../ingrid-newkirk.html

I Am An Animal: The Story of Ingrid Newkirk and PETA .... They'll do something—and they'll tell other people about it, so that those people can do something, too.

Ingrid Newkirk - Wikiquote


Jump to On pets - The bottom line is that people don't have the right to manipulate or to ...too much, but I love walking and cuddling somebody else's dog.

People for the Ethical Treatment of Animals - Wikipedia

https://en.wikipedia.org/.../People_for_the_Ethical_Treatment_of_Anima..

Jump to Ingrid Newkirk - People for the Ethical Treatment of Animals is an American animal rights .... But she made a convincing case that Washington needed a vehicle for animals because the current organizations were too ...

Ingrid Newkirk - Wikipedia


Jump to Introduction to animal protection - Until she was 22, Newkirk had given no thought to animals rights or ... and Newkirk decided to take them to an animal shelter. ... Some of those people would take pleasure in making them suffer.

Sequel: The Donkey That Wouldn't Die↑ Back to top - Zoo Torah

zootorah.com/essays/drop-the-dead-donkey Then Ms. Newkirk made her request to Arafat: "If you have the opportunity, will you please add to ... But if animals are people too, then people are animals too.

Gifts of Speech - Ingrid Newkirk
gos.sbc.edu/n/newkirk.html

I was inspired to form **People for the Ethical Treatment of Animals** after ... by using infrasound—powerful, deep rumbles at frequencies too low for us to pick up—and ...

**10 Insane Facts About PETA — Listverse**

listverse.com/2013/05/30/10-insane-facts-about-peta/

May 30, 2013 - PETA (**People for the Ethical Treatment of Animals**) was formed in 1980 by Ingrid **Newkirk** and Alex Pacheco. While hardly the first ... I'm not too sure myself about milk changing **humans** at the genetic level. It seems more of an ...

**My Disturbing Encounter with the Mind of PETA — Nathan J Winograd**

www.nathanwinograd.com/?p=8765

Mar 13, 2012 - One employee explained to me that **animals** don't need to be suffering ... allows **Newkirk** and her staff to mislead **people** into believing that the killing ... left me not only deeply unsettled, but, I must admit, a little bit shaken, too.

PETA Magazine, **Animal Times** ( #3 2016):

Ingrid Newkirk, Founder, President

Opening message on the drug Premarin.

Essay, “Animals Are People, Too.”

Article, “If the Meat Industry Had Its Way, You’d Never Know This.” On cruelty kept secret at Sanderson Farms hatchery in N. C.

Article, “Let’s End the War on Animals.” About brutal treatment of animals for military trauma training.

Article on sheep wounded during shearing, “What Are You Really Paying For When You Buy Italian Wool?”

“Kids Are Wild About ‘Share the World.’” The empathy building program from TeachKind, PETA’s humane-education division.

PETACatalog.com offers a variety of animal rights items, such as a T-Shirt with message: “When it comes to feelings like hunger, pain, and joy, a rat is a pig is a dog is a boy.”

And More. —Dick
Climate Catastrophe, Capitalism, and Fossil Fuels

For a large guide to reading about the struggle of vegetarians against climate catastrophe, see past numbers of Vegetarian Action. Comparatively, few climate mitigation movements offer as much practical hope as ending carnivorism.

Vegetarian Action

#34
http://jamesrichardbennett.blogspot.com/2017/01/vegetarian-action-newsletter-34.html

#33
http://jamesrichardbennett.blogspot.com/2016/12/vegetarian-action-newsletter.html

#32

#31
DEGREES OF INDIVIDUAL RESPONSES TO CLIMATE CATASTROPHE  (Dick)

I. Business As Usual
   A. Ignorance
   B. Denial
      1. Individual: I don’t want to be bothered
      2. Corporate, esp. fossil fuels industry, drive for profits reinforces ignorance and escape

II. Positive Responses to Enlarging Awareness
   A. Protect self
   B. Protect self and family
   C. Protect town, city
   D. Protect nation
   E. Protect PLANET


STEVE COLL  READ AN EXCERPT, AUTHOR, Q&A, PRAISE
New York Times Bestseller
Two-time Pulitzer Prize winner Steve Coll goes deep inside ExxonMobil Corp, the largest and most powerful private corporation in the United States.

Awards:  Financial Times Business Book of the Year Award WinnerNational Book Critics Circle Award Finalist800-CEO-READ Business Book Award WinnerRidenhour Book Prize ShortlistLos Angeles Times Book Prize Finalist

SHARE

In Private Empire Steve Coll investigates the largest and most powerful private corporation in the United States, revealing the true extent of its power. ExxonMobil’s annual revenues are larger than the economic activity in the great majority of countries. . . .

The first hard-hitting examination of ExxonMobil, Private Empire is the masterful result of Coll’s indefatigable reporting. He draws here on more than four hundred interviews; field reporting from the halls of Congress to the oil-laden swamps of the Niger Delta; more than one thousand pages of previously classified U.S. documents obtained under the Freedom of Information Act; heretofore unexamined court records; and many other sources. A penetrating, newsbreaking study, Private Empire is a defining portrait of ExxonMobil and the place of Big Oil in American politics and foreign policy.

I read the review in The Daily Beast (http://www.thedailybeast.com/articles/2012/05/06/steve-coll-on-exxonmobil-s-sinister-kingdom-and-private-empire.html) to compare with the preceding publisher’s blurb, and they seemed in agreement. Here’s the final paragraph:

It is frightening how little Americans can do about the impact of oil. As poor societies get richer, China and India’s appetite for cars and industrial growth will explode. And in this way, Private Empire is a deeply unsettling book. As much as Coll seeks to bring to light all that ExxonMobil needs to answer for—and this is a considerably necessary service—the far more unsatisfying takeaway is that we shouldn’t kid ourselves. “We have a global energy economy that’s going to make oil essential at least for the next 20 years,” Coll says. And as Lee Raymond once remarked, “We see governments come and go.” We
need oil to function, at least for now. ExxonMobil is here to stay.

BACK NUMBERS OF VEGETARIAN ACTION


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A New Front in the War over Hog Waste in the Buffalo River Watershed, *Ark Times*

Factory Farm Runoff Is Polluting Lake Erie, But CAFO Sewers Are Not the Answer, *In These Times*

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**END OMNI VEGETARIAN ACTION NEWSLETTER 34**


and to groups: Temple Shalom president@templeshalomnwa.org; Compassion Fayetteville, Dian and Ed;
NEXT VEGETARIAN POTLUCK THIS WEDNESDAY (EVERY 2ND WEDNESDAY) 6PM at OMNI. SHARE A FAVORITE VEG RECIPE WITH OTHERS. TELL ABOUT YOUR EXPERIENCE IN BECOMING A VEGETARIAN—OR PLANNING TO! AND HAVE THE DESERVED SATISFACTION OF ASSOCIATING WITH AN ORGANIZATION THAT PROMOTES YOUR GOOD, THE GOOD OF ALL ANIMALS, AND THE GOOD OF THE PLANET. Contact Gladys at OMNI, Dick at home, Donna and Kelly, Dan, Margaret, Barbara.
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Factory Farm Runoff Is Polluting Lake Erie, But CAFO Sewers Are Not the Answer, In These Times

Vegetarian and Vegan APPS, Podcasts, Magazines, Books


Animal-Free app is an alphabetical ingredient list. Guarantee your vegan purchases.

In My Eclectic Kitchen app, Chef Ardestani provides recipes devoid of meat, dairy, eggs, honey, or gluten.

The Reluctant Vegan fortnightly podcast on wide range of topics for healthy, cruelty-free eating.


Health, Nutrition

Thanks to breakthroughs in production and food science, agribusiness has been able to devise new ways to grow more food and get it more places more quickly. There is no shortage of news items on the hundreds of thousands of hybrid poultry—each animal genetically identical to the next—packed together in megabarns, grown out in a matter of months, then slaughtered, processed, and shipped to the other side of the globe. Less well known are the deadly pathogens mutating in, and emerging out of, these specialized agro-environments. In fact, many of the most dangerous new diseases in humans can be traced back to such food systems, among them Campylobacter, Nipah virus, Q fever, hepatitis E, and a variety of novel influenza variants.

In Big Farms Make Big Flu, a collection of dispatches by turns harrowing and thought-provoking, Rob Wallace tracks the ways influenza and other pathogens emerge from an agriculture controlled by multinational corporations. With a precise and radical wit, Wallace juxtaposes ghastly phenomena such as attempts at producing featherless chickens with microbial time travel and neoliberal Ebola. Wallace also offers sensible alternatives to lethal agribusiness. Some, such as farming cooperatives, integrated pathogen management, and mixed crop-livestock systems, are already in practice off the agribusiness grid.

While many books cover facets of food or outbreaks, Wallace’s collection is the first to explore infectious disease, agriculture, economics, and the nature of science together. Big Farms Make Big Flu integrates the political economies of disease and science into a new understanding of infections.

In Big Farms Make Big Flu, Rob Wallace stands boldly on the shoulders of giants in clearly expressing the problems with our agroindustrial system that so many already see but far too few are willing to say. With mordant wit and a keen literary sensibility, Wallace follows the story of this dysfunctional—and dangerous—system wherever it may
lead, without regard to petty concerns of discipline or the
determined ignorance of the commentariat and mainstream research
institutions. Big Farms Make Big Flu shows the power, possibility,
and indeed, absolute necessity of political ecology, lest we not only
fail to properly understand the world, but fail to change it.”
—M. Jahi Chappell, Ph.D., Senior Staff Scientist, Institute for
Agriculture and Trade Policy (IATP)

These essays put you in the company of a delightful mind. Wallace is
filled with curiosity, deep learning, and robust skepticism. In his
company, you’ll learn about phylogeography, clades and imperial
epizoology. He can also weave a mean story, with the kinds of big
picture analysis that puts him alongside minds like Mike Davis’s. Who
else can link the end of British colonial rule in China or the
devaluation of the Thai Baht to the spread of bird flu? This
collection is a bracing innoculant against the misinformation that
will be spewed in the next epidemic by the private sector, government
agencies and philanthropists. My copy is highlighted on almost every
page. Yours will be too.

—Raj Patel, Research Professor, University of Texas at Austin,
author, Stuffed and Starved: The Hidden Battle for the World Food
System

This collection of short, provocative essays challenges the reader to
draw important connections between industrial farming practices,
ecological degradation, and viral epidemiology. Wallace deftly links
political analysis of biological and economic phenomena,
demonstrating the importance of place, capital and power in
discussions about disease outbreak dynamics.

—Adia Benton, Department of Anthropology, Program of African
Studies, Northwestern University, author, HIV Exceptionalism:
Development through Disease in Sierra Leone

If you’ve missed the wit and brilliance of Stephen Jay Gould, here’s
consolation: holistic, radical science from the frontlines of the
battle against emergent diseases. Using the wide-angle lens of
political ecology, Rob Wallace demonstrates the central roles of the
factory-farming and fast-food industries in the evolution of avian flu and other pandemics that threaten the entire planet. Bravo to MR Press for publishing this landmark collection of essays.

—Mike Davis, author, Monster at Our Door and Planet of Slums

Eye-opening and disturbing, Big Farms Make Big Flu calls into question the status quo of livestock farms. Chapters directly address both potential hazards, and prospective solutions that could prove more humane for both the farm animals and humanity as a whole. Extensive notes and an index round out this alarmist yet highly recommended scrutiny.

—Midwest Book Review

Rob Wallace received a Ph.D. in biology at the CUNY Graduate Center, and did post-doctorate work at the University of California, Irvine, with Walter Fitch, a founder of molecular phylogeny. He lives in St. Paul, Minnesota, where he is both a Visiting Scholar at the Institute for Global Studies, University of Minnesota, and a deli clerk at a local sandwich shop.

FRIDAY, JUL 24, 2015, 2:03 PM

Factory Farm Runoff Is Polluting Lake Erie, But CAFO Sewers Are Not the Answer BY LAURA ORLANDO

http://inthesetimes.com/rural-america/entry/18238/industrial-ag-
runoff-poses-threat-to-lake-erie-but-cafo-sewers-are-not-the

A satellite photo of the Great Lakes shows Lake Erie's toxic algae bloom in 2011. Runoff from confined animal feeding operations (CAFOs) are making matters worse. (NASA / circleofblue.org / google images) The Great Lakes—Superior, Michigan, Huron, Erie, and Ontario—are magnificent inland seas that were once as clear as rainwater. Now
each is polluted, but Lake Erie, the smallest, by volume, is in the most trouble. Its western basin is heavily industrialized, but the lake’s greatest threat is from the massive influx of organic material from fertilizer runoff, and the urine and feces from large concentrations of animals in factory farms. These nutrients don’t belong in the lake’s aquatic ecosystem. They kill fish by snatching up oxygen as organic material decays and cause toxic algae blooms. If unchecked, excess nutrients can change the ecosystem so much that the lake no longer supports aquatic life.

**Protecting Animals, Respect for Animals, Empathy, Compassion**

**ASPCA, the American Society for the Prevention of Cruelty to Animals,** devoted to pets only, does not include farm animals, yet any opposition to cruelty to pets surely leads to sensitivity toward farm animals and against carnivores.

**Farm Sanctuary**

[www.farmsanctuary.org/](http://www.farmsanctuary.org/)  
A farm animal protection organization with sanctuaries in New York and California.

**About Us**

About Us. Our Mission: To protect farm animals from cruelty ...

**Careers**

Farm Sanctuary's team includes over 70 dedicated staff ...

**The Sanctuaries**

The Sanctuaries. Have you ever given a pig a belly rub, talked to
Anybody Hurt?

“Misguided Memorial: A ‘Moooot’ Point.” NADG (October 2016). Regular Columnist in the NADG Mike Masterson ridiculed as a “silly publicity stunt” PETA’S seeking permission to “erect a 5-foot-tall monument honoring the cattle that died or were injured when a truck taking them to slaughter rolled over last month along Arkansas 5.” We’re evolving, we could get there, if we have time.

--Dick

WRITINGS BY BERNARD ROLLIN

ANIMAL ETHICS AND THE LAW

Bernard Rollin* † Introduction

Everyone reading this Article is doubtless aware of the woeful lack of legal protection for farm animals in the United States. Not only do the laws fail to assure even a minimally decent life for the majority of these animals, they do not provide protection against the most egregious treatment. As both a philosopher who has helped articulate new emerging societal ethics for animals, and as one who has successfully developed laws embodying that ethic—notably the 1985 federal laws protecting laboratory animals—I will stress the direction we need to move in the future to enfranchise farm animals. I have seen ethics inform law and law potentiate ethics—for example, when preparing my testimony before Congress in 1982 in defense of the laws mandating control of pain and suffering in laboratory animals, I found in a literature search only two papers on pain control, a telling indicator of the failure of the research community to practice pain control. Today there are somewhere between 5,000 and 10,000 such papers, and the practice of pain control has correlatively increased exponentially, all as a result of a
legislative mandate. I also believe in the power of articulated societal ethics in effecting change—I was partly instrumental in convincing Smithfield to abandon sow stalls by ethical discussion with some of its senior executives. I will thus discuss the ethical basis of future laws.

MORE http://repository.law.umich.edu/cgi/viewcontent.cgi?article=1117&context=mlr_fi

A New Basis for Animal Ethics: Telos and Common Sense, 2nd ed. by Bernard E. Rollin

Review

“Bernie Rollin is a philosopher whose head is most definitely not in the clouds. Instead, it’s on our farms and slaughter plants, in our testing laboratories, in our rodeo arenas, and on our hunting grounds—in short, all the places where humans use animals as they see fit. He’s given us a lucid, compelling blueprint for how to reimagine our relationship with animals, driven by a social ethic that is common to us all and filled with common sense. This is yet another important book from one of the pre-eminent impact players in the contemporary animal protection movement.”—Wayne Pacelle, president & CEO, The Humane Society of the United States

“Possibly the most important book on animal welfare written to date. In exquisite chapter after chapter Rollin presents the philosophical background of what telos is, why it matters and demonstrates with stories, anecdotes, and data, why common sense is an important basis for understanding animals, their needs and their wants. Rollin has the ability to speak to each reader as if s/he is the only person he is talking to. He is a remarkable talent and brilliant teacher. A great read, a must read.”—Alan Goldberg, Johns Hopkins School of Public Health Founding Director Emeritus of the Center for Alternatives to Animal Testing, Berman Institute of Bioethics

“In his latest of many books, Bernard Rollin, philosopher and animal advocate extraordinaire, appeals to Aristotle’s concept of telos to argue that we need to establish a strong link between commonsense morality and animal ethics. One does not have to be well-versed in philosophical thought nor jargon to understand Rollin's most
important message, namely, that when we respect other animals for whom they are and for what they do when they are able to live as freely as possible as the evolved beings they are, we all will be more likely to work together to stop the horrific and brutal abuse to which billions of animals are intentionally and routinely subjected globally each and every day. Indeed, there is no other way to move forward in an increasingly human dominated world in the epoch called the anthropocene, the age of humanity, let’s hope that A New Basis for Animal Ethics is not his swan song.”—Marc Bekoff, University ofColorado; author of numerous books including Rewilding Our Hearts: Building Pathways of Compassion and Coexistence

Read more

About the Author

Bernard E. Rollin, University Distinguished Professor at Colorado State University, is the 2016 recipient of the Lifetime Achievement Award given by the organization Public Responsibility in Medicine and Research. The founder of Animal Ethics, Rollin has served on the Pew National Commission on Industrial Farm Animal Production and on the Institute for Laboratory Animal Resources Council of the National Academy of Sciences. Rollin is also the author of titles, including The Unheeded Cry: Animal Consciousness, Animal Pain, and Science.

Animal Rights and Human Morality. Edition 3

by Bernard Rollin 2006.

It's been more than two decades since the first edition of this landmark book garnered public accolades for its sensitive yet honest and forthright approach to the many disquieting questions surrounding the emotional debate over animal rights. Is moral concern something owed by human beings only to human beings?

Drawing upon his philosophical expertise, his extensive experience of working with animal issues all over the world, and his knowledge of biological science, Bernard E. Rollin-now widely recognized as the father of veterinary ethics-develops a compelling analysis of animal rights as it is emerging in society. The result is a sound basis for rational discussion and social policy development in this area of
rapidly growing concern. He believes that society must elevate the moral status of animals and protect their rights as determined by their natures. His public speaking and published works have contributed to passage of major federal legislation designed to increase the well-being of laboratory animals. This new third edition is greatly expanded and includes a new chapter on animal agriculture, plus additional discussions of animal law, companion animal issues, genetic engineering, animal pain, animal research, and many other topics.

ARZone Podcast 84: Steve Best - The Politics of Total Liberation - Animal Rights Zone

Morgan MacDonald 11-24-16 10:46 PM (23 hours ago) to James

via uark.onmicrosoft.com

https://urldefense.proofpoint.com/v2/url?u=http-3A__arzone.ning.com_m_discussion-3Fid-3D4715978-253ATopic-253A148637&d=DgICAg&c=7ypwAowFJ8v-mw8AB-SdSueVQgSDL4HiSaLk01W8HA&r=KmB0UrXH13G8yoxThoaGaQ&m=EwNXRY7rDbzVkJXP8wFPTx5tFO_CUzJvyeHEmtyUF38&s=TfVdSaJ3KIfS2peLZWDMQ-J2yY2BGVrQbkMcoK5l1A&e=

Grace for 'all creatures'
Churches welcome pets for Blessing of the Animals services in honor of St. Francis. By Christie

Storm. NADG October 1, 2016

PHOTO BY NIKKI DAWES
Arkansas Democrat-Gazette Blessing of the Animals illustration.

St. Luke's Episcopal Church is going to the dogs ... and the cats and the birds.

Critters big and small, furry, finned and feathered are welcome at the church's annual Blessing of the Animals at 2:30 p.m. Sunday. The church is at 4106 John F. Kennedy Blvd. in North Little Rock.

The blessing are held each year near the feast day for St. Francis of Assisi, Oct. 4. Francis, who died in 1226, is known for many things, including starting what today is known as the Franciscan religious order, but he's best known by pet lovers as the patron saint of animals.
The saint is often pictured in paintings and sculptures with animals, often with birds. Legend has it that Francis once preached to the birds about the love of their creator and he was known to have a special kinship with animals. "He was obviously a gentle soul. He cared for the poor and the lepers, but he was also known to be kind to animals and to appreciate God's creation," said the Rev. Carey Stone, rector of the church. "That connection is there, and this tradition is a way of acknowledging the value of pets in our lives. Pets are just amazing. . . ."

The catch is that this article is about pets, and nobody in the article recognizes farm animals as included in St. Francis’s compassion. Millions of farm animals are butchered (or say murdered) each year to please carnivores and no amount of so-called humane treatment by some farmers leading up to the hammer or hook can cover up the fact that whatever the kindly preparation, they are brutally killed to be eaten. --Dick

From Britannica.com

https://www.britannica.com/biography/Saint-Francis-of-Assisi

Francis considered all nature as the mirror of God and as so many steps to God. He called all creatures his “brothers” and “sisters,” and, in the most endearing stories about him, preached to the birds and persuaded a wolf to stop attacking the people of the town of Gubbio and their livestock if the townspeople agreed to feed the wolf.

Our Programs - Last Chance Animal Rescue

www.lcarf.org/info/display?PageID=12673

St. Francis Farm, established by Last Chance Animal Rescue in 2013, is a sanctuary situated on 50 acres in Carlisle, SC. There are many circumstances that . . .

Saint Francis of Assisi Day: Bless All Animals! | Features | PETA

www.peta.org/features/saint-francis-assisi-day/

... world will be celebrating the feast day of the Patron Saint of Animals, Saint Francis . . . More animals are killed in the food industry than in laboratories, fur farms, . . .
Nick Alabaster. “Is There Life Before Death?” Free Weekly (Sept. 29, 2016). The author remembers WORLD DAY FOR FARMED ANIMALS, which is celebrated on October 2, Gandhi’s birthday. “It’s intended to memorialize the tens of billions of animals abused and killed for food around the world.” Alabaster became a vegetarian from “compassion for animals,” but subsequently he understood that “my diet is also great for my health and for the health of our planet.”

Related:

“Man Pleads Guilty in Animal Cruelty Case.” NADG (Nov. 22, 2016). A man pleaded guilty to “aggravated cruelty to a dog, cat or horse, a Class D felony punishable with up to six years in prison.” “...he used a weight to kill a dog and dumped the animal’s body in trash bin....” But animals by the millions are killed or stunned by a head blow (or slit throat) and no charges are filed. As in war, it’s patriotic to kill hundreds or millions, but if you kill one it’s murder.

“Chicken Truck Overturns” (a photo showing injured or dead chickens with caption) NADG (August 26, 2016). A “Georges Inc. truck loaded with cages of chickens overturned...on a sharp curve... No serious injuries were reported, but cleanup was expected to take some time.” In Huckleberry Finn, Huck told Aunt Sally news of a steamboat explosion. “Anybody hurt?” she asks. Huck: “No’m Killed a nigger.” In a LTE, “Newspaper Misled About Injuries in Photo,” 9-3-16), Michele Utterson of Fayetteville rebuked the newspaper for callous reporting of a truckload of overturned caged chickens. (You can thank her at 442-7220 and invite her to VP.). –Dick

NADG editorial, “Monumentally Wrong” (Oct. 6, 29016), ridiculed as “utter nonsense” PETA’s desire to install a 5-foot tall memorial to cows killed in another truck crash. The editorial reeks with cant: “Don’t brand us as unconcerned about animals. They deserve to be humanely treated even as part of the food supply.” And denigrating exaggeration: “The wreck of a truck carrying cows is what’s known in most parts as a traffic accident, not animal genocide.”
Climate Catastrophe: Mitigation, Adaptation

Scholarly articles for climate change, mitigation, adaptation

... that limit climate change mitigation and adaptation ... - Gifford - Cited by 408

... knowledge in climate change mitigation and adaptation ... - Nyong - Cited by 302

An anatomy of adaptation to climate change and ... - Smit - Cited by 1175

Search Results 12-5-16

Climate Change: Vital Signs of the Planet: Mitigation and Adaptation

climate.nasa.gov/solutions/adaptation-mitigation

Responding to Climate Change. ... So even if we stopped emitting all greenhouse gases today, global warming and climate change will continue to affect future generations. ... Because we are already committed to some level of climate change, responding to climate change involves a two ...

Adaptation vs. Mitigation | METEO 469: From Meteorology to Mitigation ...

https://www.e-education.psu.edu/meteo469/node/175

The challenge of confronting the impacts of climate change is often framed in terms of two potential paths that civilization might take: adaptation and mitigation.

People also ask

What is adaptation and mitigation?
What is mitigation of climate change?

What is adaptation to climate change?

What is the difference between mitigation and adaptation to climate change?

**Climate Catastrophe: Growth of Corporate, Industrialized Food Industry, Population Growth, Consumption**

**Grain** ([www.grain.org](http://www.grain.org))  *The Great Climate Robbery: How the Food System Drives Climate Change and What We Can Do About It.* New Internationalist, 2016. “...the broader food system is...responsible for around half of all global greenhouse gas emissions. ...In addition to challenging the fossil-fuel industry, we need to attack the industrial food system if we want to have a real impact on climate change,..., the industrial food system is at the heart of climate change...” “...people-led food sovereignty, based on local markets and peasant agroecology, can turn [the unhealthy, unjust, corporate food system] around” (p. xvii). The book is also about “how this climate-killing food system is expanding through the consolidation of corporate control over lands, seeds, and markets, and how struggles are under way to stop it” (xviii).  *OMNI Vegetarian Action* #34 will include a review of this book. And in two months or about it will be the featured book of the OMNI350 Book Forum. –Dick

**POPULATION CONNECTION**

John Seager, president of PC, describes progress in curbing world population growth, and urges us to resist any efforts by the GOP president and congress to dilute those efforts. “We know what works. Remove barriers to contraception, while affirming women’s rights. ...” When Lester Brown’s Earth Policy Institute closed, it gave its remaining funds of nearly $70,000 to PC to continue connecting environmental problems with human population growth.
POPULATION CONNECTION (December 2016). (This is an excellent population organization and magazine. -D)

“State Not Fattest; It’s No. 6 Now.” NADG (Sept. 2, 2016).

Reports on national rates of obesity by states. Context: population growth and consumption are major contributors of climate change.

Deforestation

What's Driving Deforestation?

http://www.ucsusa.org/global-warming/stop-deforestation/whats-driving-deforestation#.WEWzTbIrKIs

What if you found out that just four commodities—commodities so pervasive in modern life that we encounter them daily—are responsible for more than half of the world’s tropical deforestation? What if you learned that many of the other commonly cited causes of deforestation, such as cocoa, sugar, and coffee, are now only marginal parts of the global problem?

Click image to see full infographic

Surprisingly, all of this is true. Just four commodities—beef, soy, palm oil, and wood products—drive the majority of tropical deforestation.

Why does deforestation matter? Forests—especially tropical forests—store enormous amounts of carbon. When forests are destroyed, that carbon is released to the atmosphere, accelerating global warming. Deforestation accounts for around 10% of total heat-trapping emissions—roughly the same as the yearly emissions from 600 million cars.
In addition to storing carbon, forests provide important habitat for a long list of endangered species—and they offer many other benefits, such as clean water, forest products, and livelihoods for indigenous communities.

With large areas of cheap land, relatively low labor costs, and a year-round growing season, the tropics have become a favored location for large-scale industrial commodity production. Eliminating emissions from commodity-driven tropical deforestation can play a huge role in reducing climate change—and we can do it in the near future.

The four major drivers (and some minor ones)

The following four commodities are the largest drivers of deforestation. Together, they have an outsized impact on the health of our world’s forests and climate, annually contributing 3.83 million hectares of deforestation, an area about the size of Switzerland.

Beef cattle

Of the four major deforestation drivers, beef has by far the largest impact. Converting forest to pasture for beef cattle, largely in Latin America, is responsible for destroying 2.71 million hectares of tropical forest each year—an area about the size of the state of Massachusetts—in just four countries. This is more than half of tropical deforestation in South America, and more than five times as much as any other commodity in the region. Learn more >

Soybeans

Growing global demand for meat and dairy products has contributed to the doubling of soybean production in the last 20 years. Soy is primarily used to feed pork, poultry, and dairy cows, though significant amounts are also used to produce vegetable oil and biodiesel. Large soybean fields in the tropics, particularly in Latin America, are often planted on newly deforested land—or they may expand onto former pastureland, pushing cattle to the forest frontier. Every year around 480,000 hectares is deforested for soy in major soy-producing tropical countries. Learn more >
Palm oil
Palm oil is used in countless processed foods and personal care products, as well as biofuels and vegetable oil. Produced largely in Southeast Asia, palm oil packs a powerful climate punch, not only because of the amount of land deforested annually (270,000 hectares in three leading countries), but also because much of this area includes the carbon-rich soils known as peatlands. Peatlands contain up to 28 times as much carbon as the forests above them—carbon that's released to the atmosphere when peatlands are drained for oil palm plantations. As a result, palm oil contributes the most global warming emissions of any commodity besides beef. Learn more >

Wood products
Perhaps the most iconic symbol of forest destruction, wood production has been shown to cause around 380,000 hectares of deforestation annually in key countries, though the actual number is likely higher. Wood products can be divided into two categories. Pulp is made from tree fibers and used to produce paper and related products. It drives deforestation primarily in Indonesia, where forests are cut down for plantations of fast-growing tree species. Timber, used for construction or high-end products like furniture, is most clearly linked to forest degradation, in which valuable tree species are harvested and the rest remain. Degraded forests are more likely to be targeted for conversion to other land uses. Learn more >

Other drivers
Besides the four mentioned above, many other commodities contribute on a smaller scale to tropical deforestation, including coffee, rubber, cocoa, and sugar. While these commodities may have caused significant deforestation in the past (and might again in the future), none of them currently has an impact approaching that of the four major drivers. Learn more >
David Smith. “Sun Paper Coming, State Says Others Now Intrigued.” NADG (September 10, 2016). The Chinese firm Sun Paper’s is bringing a $1 billion pulp mill to Arkansas near Arkadelphia. Short term economic gain for Arkansas and/or long-term loss of more of the planet’s forest carbon sink?

Water Pollution

A new front in the war over hog waste in the Buffalo River watershed

A second farm in the Buffalo River watershed is now seeking to serve as a disposal site for potentially millions of gallons of liquid hog waste and has nearly obtained final legal authority to do so, despite a five-year moratorium on new permits on confined animal feeding operations, or CAFOs, in the watershed.

Previously, the fight over animal waste contamination near the Buffalo has mostly concerned C&H Farms, a large-sized factory hog farm that has the capacity to hold about 6,500 animals and generates millions of gallons in waste annually. Environmentalists fear the waste, stored on site in lagoons, will seep into the region's porous geology and pollute the waters of the Buffalo. After an extended political battle, the Pollution Control and Ecology Commission last year approved a moratorium on any new permits for CAFOs in the watershed, though C&H continues to operate.
This summer, a facility near Deer, Ark. called EC Farms found a loophole: Rather than obtain a new permit, it applied for a modification to its existing hog farm permit, which had once allowed it to run a relatively small operation of about 300 animals. EC Farms is currently not operational as a hog farm. However, the modified permit would allow it to "land farm" hog waste originating with another farm — specifically, with C&H. The modification, which was granted by the Arkansas Department of Environmental Quality over the summer, would allow EC Farms to spread over 6 million up to 6.7 million gallons of liquid hog waste on its property annually. ADEQ's decision to grant the permit modification attracted a long list of critical public comments, which can be seen at the end of this document. Three area residents — Carol Biting, Lin Wellford and Dr. Nancy Haller, who call themselves "The Three Grandmothers" — petitioned for an appeal.

On Wednesday morning at ADEQ headquarters in North Little Rock, PC&E Commission administrative judge Charlie Moulton heard arguments over whether the permit should stand. The room was packed. "I can say unequivocally this is the most well attended motion hearing I’ve ever had," Moulton said.

Attorney Richard Mays represented the petitioners. He told Moulton that the modified permit is "a roundabout way for C&H farms to avoid getting a permit to distribute this waste. The amount of this waste is the critical issue. You’ve got a 6,000 animal operation ... [generating] millions of gallons of waste." Mays said after the hearing that he believes C&H's own on-site waste storage and disposal capacity is nearing its limit, so it needs to find a place to dump the excess.

Tracy Rothermel, general counsel for the ADEQ director's office, argued that the appeal should be dismissed, citing a number of issues in how the petitioners worded their appeal and saying they failed to
lay out their full legal and factual objections. Bill Waddell, an attorney for EC Farms owner Ellis Campbell, agreed.

But Wellford said she and the others didn't realize they needed a lawyer when they first petitioned. (Mays only began representing them later.) She told a reporter that the EC Farms permit modification was "choreographed to get around the moratorium" on new CAFOs in the Buffalo. Wellford also questioned why ADEQ, the state's environmental regulator paid for with public tax dollars, was actively defending EC Farms "and yet the Buffalo River is being allowed to be degraded. ... This resource is supposed to exist as a resource for my grandchildren and your grandchildren."

Waddell, the counsel for EC Farms, told the judge that his client "has tried to comply with the regulations in asking for a permit. He’s not asking for any favoritism, or anything that he’s not entitled to under the law."

Moulton found plenty of fault with the petitioners' complaints. But in the end, he also questioned whether ADEQ had the authority to convert EC Farms' previous permit — which once allowed it to raise hogs — into a new permit that authorized the spreading of large quantities of manure.

"You’re basically converting one type of facility to another ... a sow facility to a land farming facility," he said. "[Those are] two different types of permits, isn’t that what happened?"

Rothermel said the permit simply "evolved." It "isn’t really a new permit. ... Aspects were removed from the permit, and then updated aspects were added," she said. However, Moulton pointed out that ADEQ's regulations identify two different types of permits that operate under two different types of regulations. "That’s not my language. That’s the department’s language," he said.
Moulton said he needed both parties to deliver briefs on the issue by Tuesday, Nov. 29. If another hearing is necessary, it will be held Dec. 5 or 6 at 9 a.m., the judge said.*

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END VEGETARIAN ACTION #33

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VEGETARIAN ACTION NEWSLETTER #32

November 9, 2016


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

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All previous numbers of Vegetarian Action are available on the Blog http://jamesrichardbennett.blogspot.com/
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VEGNEWS MEDIA REVIEWS

This magazine has several pages on media in each number. The Nov./Dec. 2016 number has 3 pages on books, films, and online sources.

Books:


Elspeth Probyn. Eating the Ocean. The disastrous consequences of commodification of our oceans.

MORE NEW VEGAN BOOKS

Greger (see Health)

Macmillan Launches The Vegan Way By Jackie Day Into Bookstores Nationwide by Jackie Day on October 29, 2016 in healthy, vegan, vegan cheese, vegan clothes
Seizing the opportunity to capture the ever growing interest in all things vegan, St. Martin’s Press at Macmillan has published *The Vegan Way: 21 Days to a Happier, Healthier, Plant-Based Lifestyle That Will Transform Your Home, Your Diet and You* by Jackie Day (oh, hey! that’s me!).

This week’s launch follows the success of Macmillan’s plant-based “*How Not To Die*” by Dr. Michael Greger – an instant New York Times Best Seller.

As Jackie Day explains, the surge in interest to publish vegan books is markedly evident across the book industry.

“There were so many wonderful publishers that were anxious to have *The Vegan Way* that it went to auction! I’d love to assume this is just a testament to my impeccable research and writing skills (heehee…) but the truth is, I think the book industry is abundantly aware that people are eager to learn how to live a happy, healthy life without harming themselves, or others. Everyone is going vegan and publishers want to enjoy the beautiful – unstoppable – wave.

Fresh out the gate, the book has already been met with favorable reviews. Dr. Neal Barnard, President of Physicians Committee for Responsible Medicine, says The Vegan Way is “the perfect starting point” for those who want “to get on the path to long-lasting health and wellness.”

*Publishers Weekly* says *The Vegan Way* is “playful and upbeat” and “marvelously succeeds.” Even those who have been vegan for years are writing that they’re still learning so much more from the book.

*toot* *toot* lol

And I hope you’ll enjoy it too!

Whether you’re vegan-curious for your health, the animals, the environment, or a combo of all three – there’s something for everyone in The Vegan Way.

From tips on cooking, cruelty-free fashion, cleaners and cosmetics, to deciphering those lengthy ingredients lists… AND from kicking that pesky dairy cheese habit to finding vegan booze, fast food, and fun: *The Vegan Way has it ALL.*
Stay tuned for a variety of awesome book launch festivities right here including super easy and tasty vegan recipes... and a huge VeganEgg giveaway announcement to kick-off World Vegan Month on November 1st!

It doesn’t take a lot of money to become vegan; it just takes the will to be kind. How awesome is that?

Health, Nutrition


Review from Perseus Academic.

One of the great science and health revelations of our time is the danger posed by meat-eating. Every day, it seems, we are warned about the harm producing and consuming meat can do to the environment and our bodies. Many of us have tried to limit how much meat we consume, and many of us have tried to give it up altogether. But it is not easy to resist the smoky, cured, barbequed, and fried delights that tempt us. What makes us crave animal protein, and what makes it so hard to give up? And if consuming meat is truly unhealthy for human beings, why didn’t evolution turn us all into vegetarians in the first place?
In *Meathooked*, science writer Marta Zaraska explores what she calls the “meat puzzle”: our love of meat, despite its harmful effects. Zaraska takes us on a witty tour of meat cultures around the world, stopping in India’s unusual steakhouses, animal sacrifices at temples in Benin, and labs in the Netherlands that grow meat in petri dishes. From the power of evolution to the influence of the meat lobby, and from our genetic makeup to the traditions of our foremothers, she reveals the interplay of forces that keep us hooked on animal protein.

A book for everyone from the diehard carnivore to the committed vegan, *Meathooked* illuminates one of the most enduring features of human civilization, ultimately shedding light on why meat-eating will continue to shape our bodies—and our world—into the foreseeable future.

**Marta Zaraska** is a Polish-Canadian journalist whose science writing has appeared in *The Washington Post*, *Newsweek*, *Los Angeles Times*, *Scientific American*, and *New Scientist*, among others. Zaraska divides her time between France and the United States.

**Meathooked**

**Google Search, 10-27-16**

**Review: Marta Zaraska's Meathooked is a bit undercooked - The ...**

[www.theglobeandmail.com](http://www.theglobeandmail.com) › ... › Books › Book Reviews  The Globe and Mail  
Feb 19, 2016 - Title *Meathooked*: The History and Science of Our 2.5-Million-Year ... The Polish-Canadian journalist **Marta Zaraska's** case against eating meat ...  
**Meathooked: How eating meat became a global obsession | New ...**

New Scientist  
Feb 3, 2016 - In *Meathooked*, **Marta Zaraska** takes on the task of unpicking why so many people - in the West, especially - seem to be addicted to meat.

**MEATHOOKED by Marta Zaraska | Kirkus Reviews**

[https://www.kirkusreviews.com/.../marta-zaraska/meathoo...Kirkus Reviews](https://www.kirkusreviews.com/.../marta-zaraska/meathoo...Kirkus Reviews)
Oct 28, 2015 - With an open mind, a vegetarian journalist examines our “love affair with meat.” Zaraska cites evidence that vegetarians live longer and familiar ...

Humans Are 'Meathooked' But Not Designed For Meat-Eating : 13.7 ...
www.npr.org/.../humans-are-meathooked-but-not-designed-for-meat-e...
NPR
May 19, 2016 - In Meathooked: The History and Science of Our 2.5-Million-Year Obsession with Meat, science writer Marta Zaraska does a great job of ...

CowspiracyFilm Makers Announce NEW film: What the Health!
by Jackie Day on January 23, 2016 in vegan

Kip Anderson and Keegan Kuhn, the talented and passionate men behind the groundbreaking documentary Cowspiracy have just announced their next film: What the Health! They’ve been working on it for the past year, and have finally announced the project on indiegogo and surpassed their initial funding goals in less than 24 hours! THAT’s how much folks want informative films such as this to be made.

The film makers describe it as: “a combination of Cowspiracy and Forks Over Knives on steroids.”

It’s a “ground breaking feature length documentary that follows the exciting journey of an intrepid filmmaker, Kip Andersen, as he uncovers the impacts of highly processed industrial animal foods on our personal health and greater community, and explores why leading health organizations continue to promote the industry despite countless medical studies and research showing deleterious effects of these products.”

I’m so excited to see this film! It’s about time the general public knows what’s going on behind the closed doors of a health industry that profits from disease, and prefers to push pills rather than promote a healthy diet.
I’ll be sure to update everyone with more information on the new film as I get it. (Be sure to sign up for the My Vegan Journal Newsletter.) In the meantime, if you haven’t seen Cowspiracy yet, you’re in luck – because it’s super easy to view. With Leonardo DiCaprio on board as an executive producer, it’s now streaming on Netflix. Start the popcorn, grab a blankie, and cue it on up!

Hurray for great films that inspire folks into action to create a better world for all!

ANDERSON AND KUHN, WHAT THE HEALTH!, Google Search, 10-27-16

Brian Allen Kuhn, MD - TriHealth
directory.trihealth.com/.../brian-kuhn-general_surgery-vascular_surgery-...

Motivated by the immediate results vascular surgeries offer, Dr. Kuhn works ... is to help each patient also get the most out of life through improved vascular health. ... MD practices Vascular Surgery and General Surgery in Anderson, Hillsboro, ...

What The Health! with Keegan Kuhn & Oral Health 101 [BIO Podcast ...
kimberlysnyder.com/.../what-the-health-with-keegan-kuhn-oral-health-1...

Feb 29, 2016 - What The Health! with Keegan Kuhn & Oral Health 101 [BIO Podcast: ... who worked with Kip Anderson, a guest we have had previously on our ...

DiCaprio-backed Cowspiracy directors find new conspiracy to milk ...

www.nationalobserver.com/.../dicaprio-backed-cowspiracy-directors-fin...

Feb 8, 2016 - Kip Andersen and Keegan Kuhn's film, Cowspiracy, could have ended ... next film, which will look at the health consequences of eating meat.

Cowspiracy Filmmakers Raise $132k for New Film, "What the Health"

vegnews.com/articles/page.do?pageId=7490&catId=1

Feb 15, 2016 - Cowspiracy filmmakers Kip Andersen and Keegan Kuhn rose $132,608 via crowd-funding platform Indiegogo (246 percent more than their ...
Oct 2, 2014 - An Exclusive Interview With “Cowspiracy” Filmmakers Kip Andersen.... inhabitants of the ocean, nor the overall health of the ocean it seems.

Beware Cowspiracy – and the spread of the vegan virus -- New ... 

New Internationalist

Sep 24, 2015 - Cowspiracy's unique selling point is Andersen himself. .... Because Andersen and Kuhn create false villains in the fight against climate change. ... Is it possible that we subordinate environmental health to our own selfish ... 

Keegan Kuhn & Kip Andersen, Cowspiracy | RESPONSIBLE EATING ... 

All we want to do is make this world a beautiful delicious place with healthy, ... We're going to now talk to Keegan Kuhn and Kip Andersen, the co-directors of a ... 

Also see VegNews interview of Kuhn in the Nov./Dec. 2016 number p. 81. Kuhn: This film “reveals how damaging animal-based diets can be to our health and why some of the largest health organizations are failing to address it.”

HOW NOT TO DIE, an instant New York Times Best Seller by Michael Greger, MD.

The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-recognized lecturer, physician, and founder of NutritionFacts.org, examines the fifteen top causes of death in America—heart disease, various cancers, diabetes, Parkinson’s, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.

The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The 15 leading causes of death claim the
lives of 1.6 million Americans annually. This doesn’t have to be the case. By following Dr. Greger’s advice, all of it backed up by peer-reviewed scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer.

History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. What about liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (our #1 killer)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to help prevent the disease, but arrest and even reverse it.

In addition to showing what to eat to help prevent the top 15 causes of death, *How Not to Die* includes Dr. Greger’s Daily Dozen—a checklist of the foods we should try to consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor’s orders are just what we need to live longer, healthier lives.

All proceeds Dr. Greger receives from all book sales are [donated](http://www.nutritionfacts.org) to the 501c3 nonprofit charity NutritionFacts.org.

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**Respecting, Protecting Animals, Empathy, Compassion for Animals**

**FIVE FARM ANIMALS THAT ARE PROBABLY SMARTER THAN YOUR DOG** by Anna Vallery

[http://www.onegreenplanet.org/animalsandnature/farm-animals-that-are-probably-smarter-than-your-dog/](http://www.onegreenplanet.org/animalsandnature/farm-animals-that-are-probably-smarter-than-your-dog/)

If you knew that farm animals were as intelligent as your children or pets, would you stop eating meat? If you answered “yes,” then it might be time to do so.

From pigs to cows, sheep to chickens, farm animals are all much smarter than we’ve ever given them credit for. Pigs learn their names and can do tricks like a dog. Cows, goats, and chickens all have incredibly complex social constructs, and they have best friends just like we do.

These are all amazing, sentient beings, yet, because we think of them as commodities, they are never afforded the respect or care that they deserve. Thinking that farm animals are in some way different than our cats and dogs
is a cultural construction that allows us to rationalize mass-producing and slaughtering these animals for food. However, when we take a step back and learn how intelligent these creatures really are, suddenly we can begin to break down our preconceptions and see farm animals as someones not somethings.

1. Pigs

More and more, people are waking up to the fact that pigs are highly intelligent. These lovable animals are one of only a few species that can recognize themselves in a mirror. The mirror recognition test measures how self-aware an animal can be. Typically, this test is done by letting an animal look at the mirror. You then put a red dot or some other marker on the animal’s face that was not there before. If they try to remove the dot after looking in the mirror, you can be sure they know it is them looking back from that devilishly handsome reflection. Human children don’t pass this test until around age two! Dogs and cats have yet to pass the test.

Researchers at the University of Cambridge found that not only do pigs recognize themselves, but they also show an understanding of how mirrors work, and can use the reflections to find food.

As if that wasn’t enough to convince you that pigs are incredible intelligent, they are also known to play games (in exchange for a delicious treat). Pigs like to play with toys, such a balls, and are prone to getting bored if they aren’t provided with enough stimulation.

2. Cows

Cows have extremely good memories. It has been found that they not only recognize faces, but they will remember faces even after a long period of time. Cows also remember where to find the best grazing spots and directions to their favorite watering hole.

Perhaps it is this great memory that makes them the ideal best friend. Cows form strong bond and friendships with other cows and will even select a “cow clique,” and hang out with only their best friends.

And as if the cow cliques weren’t enough, cows even have a social hierarchy among the members of their herd. There is typically one cow who is the “boss” and dictates the behavior of her followers. If a cow doesn’t want to listen to this head cow, they are isolated from the herd (just like high school). And when a new cow is introduced to the herd, she has to network and
build relationships with other members of the herd before she is fully accepted.

3. Chickens

Chickens have proven that they aren’t necessarily “bird-brained.” Like pigs, chickens can learn to do puzzles and play games.

While we might not think of chickens as being especially affectionate animals, this is far from true. Chickens are amazing mothers and take care of their babies long before they have hatched. It has been found that they “talk” and “purr” to the eggs during incubation. When the chicks hatch, hens are even more loving. They defend their babies form predators, show empathy for their chicks, and teach their young everything they need to know.

All the clucking and purring mom did to the eggs was actually the beginning of her lessons. When chicks are hatched, moms continue to teach them all the ways of the chicken. They teach them what is safe to eat and what to avoid. They also teach them about the social hierarchy, or pecking order.

Baby chicks are pretty brilliant right from the beginning. They are known to show object permanence, the ability to understand an object exists, even when they can’t see it. Chicks develop this ability when they are around two days old, while it take human babies six months to learn this skill.

4. Sheep

Sheep have gained the reputation of being followers who don’t ask questions. They are considered one of the less intelligent species in the farm world. This, however, is just not true!

One example of their amazing intelligence is that sheep are capable of recognizing all kinds of faces. They recognize sheep in their flock and are aware when these sheep are missing. They can recognize “bully” sheep, and get distressed when they come around. These sheep can even recognize the person who cares for them and the sheepdog that herds them! If the appearance of another individual is altered, the sheep have no problem still identifying who it is, and they can keep track of over 50 different sheep faces!

If you make a sheep mad, chances are they are going to remember you and that event for over two years! Talk about a grudge.

5. Goats
Finally, we have our goats. Goats never cease to make us smile with their sheer enthusiasm for life. It turns out that goats aren’t only adorable, but they are incredibly good at problem solving. Researchers from Queen Mary University of London and the Institute of Agricultural Science in Switzerland always suspected that there was more to goats than meets the eye and found that goats are excellent at puzzles.

These researchers presented goats with a puzzle, originally intended for primates, and placed food inside a box that can only be reached by solving the puzzle. The goats had to use their teeth to pull on a rope to activate a lever, and then lift the lever up with their muzzle. If they were able to do this correctly, out came a glorious snack. When the goats were given the challenge again ten months later, they did even better!

They’re determination plus aptitude for challenges allows them to apply these problem solving skills to help them get to food other animals wouldn’t be able to reach. Goats in Morocco, for example, are known to climb trees to reach the tastiest branches.

Reconsidering How We Think About Farm Animals

People love their dogs and cats, most want to treat their pets with the kindness and respect they truly deserve. Farm animals, unfortunately, rarely get treated in this manner. Though they have proven to be just as smart, adorable and loving as their dog and cat counterparts, they are still categorized as a “commodity.” The more we learn about these farm animals and how similar they are to the animals we bring into our homes, the more we want to change the situation we place them in.

Once we acknowledge how amazing these animals truly are, it becomes harder to justify the ways we abuse them. While it might be uncomfortable to challenge the idea that farm animals are food, when we know what we do about their intelligence and abilities, don’t we owe it them to share the truth?
Contrasting practices that exacerbate climate disruption with those that build resilience and support health.

Today it is becoming more and more evident that the major problems of our time — energy, the environment, climate change, food security, financial security — cannot be understood in isolation.

They are systemic problems, which means that they are all interconnected and interdependent, and they require corresponding systemic solutions. To put it in another way, systemic problems have harmful consequences in several different areas, while systemic solutions solve problems in several of those areas. In this essay, I shall illustrate this important insight with the example of food systems and their causal connections with climate change.

Climate science is now an established scientific field, and its basic findings are well known. When sunlight warms the surface of the Earth, a large portion of the reflected thermal radiation is absorbed by greenhouse gases in the atmosphere. In the early history of the planet, this "greenhouse effect" created the protective envelope in which life was able to unfold, but since the Industrial Revolution, human activities have generated excessive greenhouse gas emissions. Thus, excessive amounts of heat have been trapped by the greenhouse effect, resulting in the global warming of the Earth's atmosphere beyond safe levels. Warmer air means that there is more energy and more moisture in the atmosphere, which can lead to a wide variety of consequences — floods, tornados, and hurricanes; but also draughts, heat waves, and wildfires. All of these consequences are threats to global food security.

**Industrial agriculture**

The links between industrial agriculture and climate change are twofold. On the one hand, industrially produced food systems are energy-intensive and fossil-fuel based, and thus contribute significantly to climate change. On the other hand, the crops grown in the genetically
homogeneous monocultures that are typical of chemical farming are not resilient to the climate extremes that are becoming more frequent and more violent.

Industrial agriculture originated in the 1960s when petrochemical companies introduced new methods of intense chemical farming. For the farmers the immediate effect was a spectacular improvement in agricultural production, and the new era was hailed as the "Green Revolution." But a few decades later, the dark side of chemical agriculture became painfully evident.

It is well known today that the Green Revolution has helped neither farmers, nor the land, nor the consumers. The massive use of chemical fertilizers and pesticides changed the whole fabric of agriculture and farming, as the agrochemical industry persuaded farmers that they could make more money by planting large fields with a single highly profitable crop and by controlling weeds and pests with chemicals. This practice of single-crop monoculture entailed high risks of large acreages being destroyed by a single pest, and it also seriously affected the health of farm workers and people living in agricultural areas.

With the new chemicals, farming became mechanized and energy-intensive, favoring large corporate farmers with sufficient capital, and forcing most of the traditional single-family farmers to abandon their land. All over the world, large numbers of people left rural areas and joined the masses of urban unemployed as victims of the Green Revolution.

The long-term effects of excessive chemical farming have been disastrous for the health of the soil and for human health, for our social relations, and for the natural environment. As the same crops were planted and fertilized synthetically year after year, the balance of the ecological processes in the soil was disrupted; the amount of organic matter diminished, and with it the soil’s ability to retain moisture. The resulting changes in soil texture entailed a multitude of interrelated harmful consequences — loss of humus, dry and sterile soil, wind and water erosion, and so on.

The ecological imbalance caused by monocultures and excessive use of chemicals also resulted in enormous increases in pests and crop diseases, which farmers countered by spraying ever-larger doses of pesticides in vicious cycles of depletion and destruction. The hazards for human health increased accordingly as more and more toxic chemicals seeped through the soil, contaminated the water table, and showed up in our food.
In recent years, the disastrous effects of climate change have revealed another set of severe limitations of industrial agriculture. As Miguel Altieri and his colleagues at SOCLA (the Sociedad Científica Latinoamericana de Agroecología) point out in a recent report, the Green Revolution was launched under the assumptions that abundant water and cheap energy from fossil fuels would always be available, and that the climate would be stable. None of these assumptions are valid today. The key ingredients of industrial agriculture—agrochemicals, as well as fuel-based mechanization and irrigation—are derived entirely from dwindling and ever more expensive fossil fuels; water tables are falling; and increasingly frequent and violent climate catastrophes wreak havoc with the genetically homogeneous monocultures that now cover 80 percent of global arable land. Moreover, the practices of industrial agriculture contribute about 25 to 30 percent to global greenhouse gas emissions, further accelerating climate change.

Our fossil-fuel based industrial agriculture contributes to greenhouse-gas emissions in several distinct ways: directly through the fuel burnt by agricultural machinery, during food processing, and by transporting the average ounce of food over a thousand miles "from the farm to the table"; indirectly in the manufacture of its synthetic inputs, e.g. of nitrogen fertilizer from nitrogen and natural gas; and finally by breaking down the organic matter in the soil into carbon dioxide (during large-scale tillage and as a consequence of excessive synthetic inputs), which is released into the atmosphere as a greenhouse gas. In addition, massive amounts of methane (a greenhouse gas many times more potent than CO2) are released during large-scale industrial cattle ranching.

The degrading of healthy organic soil by chemical fertilizers and pesticides increases the soil's vulnerability to drought by reducing its capacity to capture water and keep it available for crops. A further devastating effect of the over-fertilization that is typical of current chemical farming practices is the nutritional overload in our waterways, caused by runoffs of agricultural nitrates and phosphates, which lead to oxygen depletion in rivers and to so-called "dead zones" in the oceans, which are no longer inhabitable by most aquatic life.

From a systemic point of view, it is evident that a system of agriculture that is highly centralized, energy-intensive, excessively chemical, and totally dependent on fossil fuels; a system, moreover, that creates serious health hazards for farm workers and consumers, and is unable to cope with increasing climate disasters; cannot be sustained in the long run.

Agroecology: a sustainable alternative
Fortunately, there is a viable and sustainable alternative to industrial agriculture. It consists of a variety of agricultural techniques, often based on traditional practices, that have recently emerged around the world, and have greatly expanded over the last two decades. With these techniques, healthy organic food is grown in decentralized, community-oriented, energy-efficient, and sustainable ways. The ecologically oriented farming techniques are known variously as "organic farming," "permaculture," or "sustainable agriculture." In recent years, the term "agroecology" has increasingly been used as a unifying term, referring to both the scientific basis and the practice of an agriculture based on ecological principles.

When farmers grow crops organically, they use technologies based on ecological knowledge rather than chemistry or genetic engineering to increase yields, control pests, and build soil fertility. They plant a variety of crops, rotating them so that insects that are attracted to one crop will disappear with the next. They know that it is unwise to eradicate pests completely, because this would also eliminate the natural predators that keep pests in balance in a healthy ecosystem. Instead of chemical fertilizers, these farmers enrich their fields with manure and tilled-in crop residue, thus returning organic matter to the soil to reenter the biological cycle.

Organic farming is sustainable because it embodies ecological principles that have been tested by evolution for billions of years. Organic farmers know that a fertile soil is a living soil containing billions of living organisms in every cubic centimeter. It is a complex ecosystem in which the substances that are essential to life move in cycles from plants to animals, to manure, to soil bacteria, and back to plants. Solar energy is the natural fuel that drives these ecological cycles, and living organisms of all sizes are necessary to sustain the whole system and keep it in balance.

A key principle of agroecology is the diversification of farming systems. Mixtures of crop varieties are grown through intercropping (growing two or more crops in proximity), agroforestry (combining trees and shrubs with crops), and other techniques. Livestock is integrated into farms to support the ecosystems above the ground and in the soil. All these practices are labor-intensive and community-oriented, reducing poverty and social exclusion. In other words, agroecology is able to raise agricultural productivity in ways that are economically viable, environmentally benign, and socially uplifting.

Of critical importance for the future of agriculture is the observation that resilience to extreme climate events is closely linked to
agricultural biodiversity, which is a key characteristic of agroecology. In recent years, several surveys conducted after major climate disasters — e.g., Hurricane Mitch in Central America (1998) and Hurricane Ike in Cuba (2008) — have shown that farms using agroecological practices suffered less damage than neighboring conventionally farmed monocultures. Other studies showed that diversified farming systems are able to adapt to and resist the effects of severe droughts, exhibiting greater yield stability and smaller decline of productivity than monocultures. When soil is farmed organically, moreover, its carbon content increases, and thus organic farming contributes to reducing the CO2 content of the atmosphere. In other words, agroecology not only is more resistant to global warming than industrial agriculture; it also helps stabilizing the climate, whereas industrial agriculture aggravates climate change.

In the longest-running side-by-side comparison of organic and chemical farming systems, the Rodale Institute found that 27 years of organic practices increased soil carbon by almost 30 percent, while the fossil-fuel based systems showed no significant increase during the same time period. Moreover, the Rodale trials showed that corn and soybean yields from the organic systems matched the yields from conventional systems in normal years and exceeded them by about 30 percent in drought years. The Rodale Institute report concludes that its soil data "show conclusively that...regenerative organic agricultural practices can be the most effective currently available strategy for mitigating CO2 emissions." The report estimates that globally organic agriculture could sequester nearly 40 percent of current CO2 emissions. In other words, instead of being a major cause of global warming, agriculture could be a major part of the solution.

There is now abundant evidence that agroecology is a sound ecological alternative to the chemical and genetic technologies of industrial agriculture. The first global assessment of sustainable agricultural practices in the developing world was conducted by agroecologist Jules Pretty and his colleagues in 2003. They documented clear increases in food production over some 29 million hectares, with nearly 9 million households benefiting from increased food diversity and security. A re-examination of the data in 2010, extending the survey to 37 million hectares, showed that the average crop yield increase was 79 percent.

In the last two decades, the realization of the contribution of peasant agriculture and of agroecology to food security have gained worldwide attention. Two major international reports (by IAASTD, the International Assessment of Agricultural Knowledge, Science, and Technology for Development, in 2009, and by the UN Human Rights Council in 2011) state...
that, in order to feed 9 billion people in 2050, we urgently need to adopt the most efficient farming systems, and they recommend a fundamental shift toward agroecology as a way to boost food production. Based on broad consultations with scientists and extensive literature reviews, both reports contend that small-scale farmers can double food production within 10 years in critical regions by using agroecological methods already available.

From a systems point of view, it is evident that agroecology is a systemic solution par excellence. If we changed from our chemical, large-scale industrial agriculture to organic, community-oriented, sustainable farming, this would contribute significantly to solving three of our biggest problems. It would greatly reduce our energy dependence, because we are now using one fifth of our fossil fuels to grow and process food. The healthy, organically grown food would have a huge positive effect on public health, because many chronic diseases — heart disease, stroke, diabetes, and so on — are linked to our diet. And finally, organic farming would contribute significantly to fighting climate change by drawing CO2 from the atmosphere and locking it up in organic matter.

In recent years, the Rodale Institute in Pennsylvania, Miguel Altieri's SOCLA in Latin America, and similar organizations around the world have trained thousands of farmers, proving that the shift from industrial agriculture to agroecological practices is not only urgently needed, but is also practical and can be achieved without new technologies or expensive investments. What we need now to scale up these practices from thousands of successful local and regional projects to the global level is political will and leadership.

Suggested further reading

Fritjof Capra and Pier Luigi Luisi, The Systems View of Life: A Unifying Vision (Cambridge University Press, 2014); Chapter 18 ("Systemic Solutions").


CLIMATE CATASTROPHE, POPULATION, CONSUMPTION, GROWTH, CARNIVORISM Google Search, Nov. 5, 2016

Eat less meat to avoid dangerous global warming, scientists say ...

https://www.theguardian.com › Environment › Food

Mar 21, 2016 - Growing food for the world's burgeoning population is likely to send greenhouse ... Adhering to health guidelines on meat consumption could cut global food-related ... gas emissions, and therefore a major driver of climate change.” ..... If we keep eating meat, flying and wasting energy at current levels, then ...

There's a population crisis all right. But probably not the one you think ...

https://www.theguardian.com › Opinion › Farming

Nov 19, 2015 - If 2 billion people were wiped out by a catastrophe mid-century, the planet ... Population growth is outpaced by the growth in our consumption of ...

[PDF] Livestock – Climate Change's Forgotten Sector - Chatham House

https://www.chathamhouse.org/.../20141203LivestockClimateChangeBail...

by R Bailey - Cited by 21 - Related articles

Dec 3, 2014 - their meat and dairy consumption for climate objectives. .... Figure 3: Top 10 countries by forecast growth in beef, pork and chicken consumption, 2011-21. 0.0 .... with the largest livestock populations, only two - Australia and the EU .... below two degrees Celsius and avoid catastrophic climate change.36.

Consumption Dwarfs Population as Main Environmental Threat: Yale ...

e360.yale.edu/mobile/feature.msp?id=2140

Apr 13, 2009 - It's overconsumption, not population growth, that is the fundamental ... of our impact on climate but also a surrogate for fossil fuel consumption. ..... flow from poor areas to rich areas will bring a disaster to our world. ....... You don't have to "live like Ethiopians," but try living without driving a car, eating meat, ...

Meat eating and climate change: Vegetarians' impact on the economy ...

www.slate.com/.../meat_eating_and_climate_change_vegetarians_impact...
May 1, 2014 – As the population grows and eats more animal products, the consequences for climate change, pollution, and land use could be catastrophic. ... Attempts to reduce meat consumption usually focus on baby steps—Meatless ... Suppose everyone in the world voluntarily stopped eating meat, en masse. I know ... 

**Does Population Growth Impact Climate Change? – Scientific American**

https://www.scientificamerican.com/.../population-growth-climate-change-

Dear EarthTalk: To what extent does human population growth impact global ... More people means more demand for oil, gas, coal and other fuels mined or ... 

**Eating Less Meat Is World's Best Chance For Timely Climate Change ...**

www.forbes.com/.../eating-less-meat-is-worlds-best-chance-for-timely-cli...

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, ... The human population is expected to grow by 35% between 2006 and 2050, while ... $100 billion — which they optimistically suggest means there's much room for growth.

**Human Population Growth and Climate Change**

www.biologicaldiversity.org/programs/population_and.../climate/

But unsustainable human population growth can overwhelm those efforts, ... facing us is continuing population growth and increasing global consumption of ... 

**what would happen if everyone became vegan**

**if everyone was vegetarian would there be enough food**

**how meat contributes to global warming**

**livestock climate change**

**food and climate change**

**environmental impact of meat production**

**animal agriculture climate change**

**livestock's long shadow**
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Chicken Industry Price Fixing

END VEGETARIAN ACTION #32, November 6, 2016
18-31 corruptions corrected by Flint 11-2-16

FOR #32 NOV DRAW ON THE FARM ANIMAL INTELLIGENCE and CLIMATE ITEMS IN #31

Sent to Blog, WS, groups: Veg Potluck

VEGETARIAN ACTION NEWSLETTER #31, Sunday, October 12, 2016.

jamesrichardbennett.blogspot.com/2016/10/vegetarian-action-newsletter-31.html

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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015; #21, September 9, 2015; #22, Oct. 14, 2015; #23, Nov. ; # 24, Dec. 9, 2015; 

http://omnicenter.org/donate/
If you need to be removed from this list or want it to go to another address, just tell me.

**VEGETARIAN/VEGETARIAN CHANGE OF POTLUCK DATE:**

The Potluck will be THIS SUNDAY 12 NOON Oct. 9 AT OMNI, followed by the Peace Pole Painting Party! Come only for the potluck if you wish. Donna is making a “BIG POT O SOUP and Cornbread.” Emily is bringing a big salad! Kelly’s Mom is bringing cookies! “If you wish to add something to the feast it will be relished by all!”

Contents: OMNI *Vegetarian Action Newsletter* #31, Wednesday, October 12, 2016

**Health, Nutrition**

Recalling an older book: Christopher Cook. *Big Business and the Coming Food Crisis*

**Animal Rights and Protection, Compassion for Sentient Creatures**

The Dead Pit: Animal Deaths by Research
Farm/Food Animal Intelligence
Jainism/Ahimsa and Animal Rights
8 Million Other Animals
Alabaster, World Day for Farm Animals

**Climate Change and Industrial Agriculture**

Google Search
Population, Climate Change, and Meat
A timely indictment of industrial agriculture’s threat to the future of food, health, and the environment

“Stands in the classic American tradition of muckraking journalism. Cook offers an extensive and frightening catalog of the perils in our food supply.” —San Diego Union-Tribune

If we are what we eat, then, as Christopher D. Cook contends in this powerful look at the food industry, we are not in good shape. The facts speak for themselves: more than 75 million Americans suffered from food poisoning last year, and 5,000 of them died; 67 percent of American males are overweight, obesity is the second leading cause of preventable death in the United States and supersizing is just the tip of the iceberg: the way we make and eat food today is putting our environment and the very future of food at risk.

Diet for a Dead Planet takes us beyond Fast Food Nation to show how our entire food system is in crisis. Corporate control of farms and supermarkets, unsustainable drives to increase agribusiness productivity and profits, misplaced subsidies for exports, and anemic regulation have all combined to produce a grim harvest. Food, our most basic necessity, has become a force behind a staggering array of social, economic, and environmental epidemics.
Yet there is another way. Cook argues cogently for a whole new way of looking at what we eat—one that places healthy, sustainably produced food at the top of the menu for change. In the words of Jim Hightower, “If you eat, read this important book!”

**Praise**

“A far-reaching takedown of the American food industry . . . further explores the stomach-churning realm described by Eric Schlosser.”

—*Mother Jones*

“Provides the big picture, along with fascinating details, to motivate change before it’s too late.”

—Frances Moore Lappé, author of *Diet for a Small Planet*

“A book that forces you to look at things that you took for granted. Like breakfast.”

—*The Atlanta Journal-Constitution*

**Animal Rights and Protection, Compassion for Sentient Creatures**

**Contents**

Animal Deaths by Research

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**COMPASSION FOR FARM ANIMALS**

“The Dead Pit: The True, Shocking Story of the U.S. Meat Animal Research Center.”
This week, we speak to New York Times reporter Michael Moss about the Dead Pit, a USDA livestock research facility in Nebraska that has caused the deaths of thousands of animals in the name of higher profits. Originally aired March 19-26, 2015. Available for rerun September 22-28, 2016.

Interview of Moss on KUAF, Sept. 24, 2016 (instant response and assistance from KUAF’s Zeke Martin, thank you. –Dick).

For the original NYT article (Jan. 19, 2015) go to: http://www.nytimes.com/2015/01/20/dining/animal-welfare-at-risk-in-experiments-for-meat-industry.html?_r=0

INTELLIGENCE OF ANIMALS
(Stanley Coren. The Intelligence of Dogs.)

Intelligence of Farm Animals, Google Search, 9-28-16

6 Surprising Facts About Farm Animals' Intelligence | Animal Equality

www.animalequality.net/node/748

Animal Equality

6 Surprising Facts About Farm Animals' Intelligence. Thu, 08/10/2015 - 01:52. International. We all know how smart our pets at home are, whether your dog is ...

Farm Animal Intelligence: How Smart Are Your Cows? - Animals - GRIT

www.grit.com/animals/farm-animal-intelligence.aspx

These tidbits about farm animal intelligence—goats that do math, cows with social skills and chickens that play tic-tac-toe—may surprise you. ... Pig intelligence: Some folks claim pigs are among
the smartest of all farm animals. ... Smart horses: Horse lovers will tell you that ...

Cows Are Way More Intelligent Than You Probably Thought ...

www.huffingtonpost.com/.../cows-are-way-smarter-t...

The Huffington Post
Jul 28, 2015 - When we think about our most intelligent friends in the animal kingdom, ... an undergraduate student in Australia, suggests these farm animals may be ... maze, suggesting intelligence levels can vary widely between animals.

People also ask

Are cattle smart?

Are cows as intelligent as dogs?

What is the smartest animal in the world?

Are horses more intelligent than dogs?

10 of the smartest animals on Earth | MNN - Mother Nature Network

www.mnn.com › Earth Matters › Animals
Jul 15, 2016 - Pigs may be the smartest domestic animals in the world. The New ... As National Geographic reports, swarm intelligence works when no single creature sees “the big picture.” Rather .... I feel so bad for all the farm animals.

Studies Show the Intelligence of Farm Animals - Animal Liberation Front

www.animalliberationfront.com › ... › Factory Farming Index › Farming
Studies showing the intelligence of farm animals fuel new campaign of reform and awareness. Written by The Associated Press Aug 9, 2013. There’s extensive ...

Are Pigs as Smart as Dogs and Does It Really Matter? - Free From Harm

d.freefromharm.org › Farm Animal Intelligence
Aug 12, 2013 - Animal behaviorist, Dr. Bekoff explains why intelligence is not a measure of whether pigs ... Farm Sanctuary’s Bruce Friedrich notes this as well.
What is a good list of animals ordered by intelligence? - Quora

https://www.quora.com/What-is-a-good-list-of-animals-ordered-by...

This is going to be somewhat subjective, but I’ve done a massive amount of research in this (it’s ..... Also, evaluating intelligence by evaluating animals at their

Was Your Meat Smarter Than Your Pet? - ABC News

abcnews.go.com/WNT/Science/story?id=771414

May 22, 2005 - If you could talk to the animals, would they have anything to say? New research suggests ... If farm animals are intelligent creatures, should we all be vegetarians? “We should eat less ... +A New Take on Human Intelligence.

10 Most Intelligent Animals - The Most 10 Of Everything

www.themost10.com/intelligent-animals/

May 20, 2012 - These animals aren’t that clever enough to be scientist but they aren’t that ... incredible kind of instinctive ability and intelligence beyond your imaginations. ... I’ve lived on a farm for many years of my life, and they’re one of the ...

Searches related to intelligence of farm animals

farm animal intelligence ranking

animal farm intelligence quotes

farm intelligence jerry johnson

farm intelligence uav

intelligence of animals in order

intelligence of animals compared to humans

intelligence of animals scale

animals intelligence essay

JAIN Religion: Protection of Animals

Animal Rights: A Jain Legacy

“To kill any living being amounts to killing one’s self. Compassion to others is compassion to one’s own self. Therefore one should avoid violence like poison and thorn.”

-Mahavira

It’s no secret that Jain philosophy is big on ahimsa (non-injury), however does that hold true outside of their relationship with their fellow man?

According to the Jain world view, Jiva, or the eternal essence of a living thing, is everywhere. From single-cell microbes to blue whales, all forms of life are sacred and precious because every jiva has the potential for moksha (liberation). For this reason, most Jains are strict vegetarians and even the treatment of the plants they consume is important. One of the Gunavrats (subsidiary vows), which is part of the 12 vows lay Jains take, is called Bhoga-Upbhoga vrata which is a commitment to only use resources according to one’s needs. This sort of thinking flies in the face of world infected by unchecked consumerism and greed.

With ahimsa in mind, all forms of life are viewed as equals and Jains afford every creature and even plants the same rights of life and liberty most of us limit to humanity. In this way, Jains have a long tradition of maintaining animal shelters called panjrapoles in India.


A diverse range of species are taken in at these shelters. In most cases, the animals are sick or injured and therefore cannot care for themselves. These animals are cared for by the entire Jain community, including monastics and the laity. A veterinarian typically stops by once a week for check-ups. Once the animals regain their health, they are returned to their environment.

Because Jains do not believe in harming animals, their position on ahimsa presents a difficult challenge for these institutions. Many animals who visit the panjrapoles are terminally ill or injured. Jain philosophy on ahimsa forbids followers from any act of euthanasia, therefore animals are treated and cared for, but left to die naturally.
For some, this creates a tough position. Which is better, alleviating suffering with euthanasia, or avoiding all violence against the animal?

This is the current debate going on within the Jain community regarding these shelters and the greater principles of ahimsa. At what point does ahimsa go too far? If compassion for life is the most important aspect of one’s faith, is not the alleviation of suffering also part of the package?

The Jain tradition of care for those who cannot care for themselves is a noble one. Indeed, the practice of non-injury might be easy when applied to our fellow man, but it takes humility and courage to extend that notion to our non-human brethren.


We Are Not Alone: Listening to the 8.7 Million Other Animals Who Live on Earth
(forwarded by Margaret Holcolmb)

http://www.truth-out.org/news/item/37826-we-are-not-alone-listening-to-the-8-7-million-other-animals-who-live-on-earth

(Image: Jared Rodriguez / Truthout; Adapted: orangeacid, Reto Stöckli / NASA)

Space. They say it’s the final frontier. MORE http://www.truth-out.org/news/item/37826-we-are-not-alone-listening-to-the-8-7-million-other-animals-who-live-on-earth

The real news is that we’re up to our necks in a “deep field” of 8.7 million sentient life forms right here on planet Earth. And we don’t need an orbiting telescope to see:

Social spiders with personalities who sometimes selflessly share food with their neighbors ... much to their own detriment.
Humpback whale vigilantes who go out of their way to stop orcas from attacking other sea mammals ... despite the alluring presence of their own main food source nearby.

New Caledonian crows who make tools like finely feathered craftsmen and their brilliant cousins in the Corvid class of birds who have greater neural density than comparable mammals.

African elephants who shed tears, bury and mourn their dead and their Namibian desert kin who pass down crucial knowledge of how to survive their harsh environment.

Capuchin monkeys who reject “unequal pay” and chimpanzees who work together to achieve a communal goal.

Pigs who can reason where food is by looking at its reflection in a mirror.

Baby chickens who acquire math skills and successfully play games based on “object permanence” well before a proportionately-aged human baby.

There are even sharks who worry, goats who pleadingly stare at people and snakes who, of course, deceptively act like “snakes in the grass.”

That’s right, folks. While the Search For Extraterrestrial Life (SETI) spent the last three decades fruitlessly scanning the heavens in search of alien signals ... we’ve actually been surrounded by a miraculous variety of intelligence on the only planet we know for a fact sustains life.
It’s not that space exploration isn’t a good thing. Or that searching isn’t fundamental to being human. It might even be fundamental to being a primate. No, the problem is that we’ve been living in self-imposed exile on a world made artificially barren by science’s three-centuries-long ban against anthropomorphism. Ironically, this ban has helped validate the anthropocentric idea that humans are so unique that we are, in effect, an alien intelligence stranded here on Earth.

**Anthropocentrically Speaking**

Merriam-Webster defines anthropomorphism as “an interpretation of what is not human or personal in terms of human or personal characteristics.” For scientists, it’s long been a “four-letter word,” meaning bad science based on a faulty application of human paradigms onto non-human subjects of research.

There are real scientific reasons to avoid unfounded inferences and personal biases stemming from an uncritical anthropomorphism. And making humans the measure of all things rarely, if ever, produces good results -- particularly for nonhumans. But this methodological aversion to anthropomorphism meant science not only rejected the implication that animals think, feel and suffer “like humans,” but it also cut off inquiry into whether or not animals think, feel and suffer at all.

The issue seems bigger than just the supposed scientific impossibility of measuring the
“inner life” of animals. Instead, it may be that acknowledging the existence of complex animal intelligence undermines our unique place atop the natural order. A more “critical anthropomorphism” that modulates human inference with testable data is producing strong arguments for knowing animal consciousness, understanding their emotional lives and for accepting the reality of animal suffering.

As comparative psychologist Jennifer Vonk told Discover magazine, “People want to be special” and each time “a researcher finds that tool use or theory of mind or language-like communication is not unique to humans, somebody comes up with new categories that raise the bar.”

It’s a phenomenon leading primatologist Frans de Waal calls “anthropodenial.” It’s the reflexive “rejection of humanlike traits in animals and of animal-like traits in humans” and it still persists despite mounting evidence to the contrary. De Waal collected much of that evidence himself during years studying primates like bonobos. They are 98 percent genetically similar to humans, they exhibit many of the hallmarks of humanness and they are famous for the ribald complexity of their culture.

And yes, it is a culture.

But many of de Waal’s colleagues simply won’t go there. Instead, they claim de Waal erroneously anthropomorphizes our cousins. And they explain away a chimpanzee’s
laughter as nothing more than “vocalized panting.” Years of firsthand experience tickling apes has convinced de Waal otherwise.

Frankly, for anyone who’s seen the viral video of an orangutan laughing at a “missing ball” magic trick, this stubbornness in the face of an observable truth is perplexing. It’s particularly odd given orangutans’ amazing range of skills, including an ability to make sounds that seem strikingly similar to those we make ourselves.

Yet, some remain unconvinced by Koko the gorilla’s proficiency with sign language and her unbridled love of kittens. Many initially criticized Jane Goodall for imputing “individuality and emotion to nonhuman animals,” in spite of the fact that chimps share an amazing genetic similarity and a warlike disposition with humans. Even Charles Darwin was ridiculed for claiming the lowly earthworm showed intelligence. Darwin pointed out that humans are animals over a century ago, but today he’d still face the same anthropodenialism.

This outdated notion is based on a fundamental fallacy that assumes our unique form of intelligence makes us this planet’s only true beings. It’s right there in the name we’ve given ourselves and ourselves alone -- human beings.

**Being Versus Doing**

So, why don’t we say “dolphin beings” or “raven beings” and “octopus beings”? Perhaps because “being” implies consciousness. If animals are not conscious “beings,” then they
are merely “doing” by mechanical instinct. But if animals are beings, that creates other complications: As beings, they might have an existential right to “to be” beyond their usefulness to us as a natural resource, a source of amusement or a subject of dissection.

We’ve conveniently squared that circle by believing only humans can truly make conscious decisions. That’s thanks in no small part to a 17th century philosopher named Rene Descartes. He’s often credited with building the foundation of the modern scientific method. Even if you don’t think you know Descartes ... you do. He famously said “I think, therefore I am.” He also claimed that animals don’t think and therefore they really aren’t.

How did he know it for certain? Because animals cannot talk, you silly goose.

In fact, Descartes refused to believe that even the smartest Myna bird could ever exhibit anything close to the “real” intelligence of a human being. Sure, a Myna bird may be able to make word-like sounds. But unlike even the “dumbest” human being, the brightest Myna bird has no real grasp of the eternal concept that informs the word. Instead, the Myna bird is just a soulless, instinct-driven automaton merely “parroting” something uttered by a human. It’s just a conditioned response to stimuli.

But imagine Descartes’ surprise if he could’ve met Alex the Parrot, an amazing African Grey who didn’t seem to be parroting at all. Alex could add Arabic numerals, identify
shapes and colors and say “I love you” with the kind of heart-warming sincerity we all crave. And, in an epic moment of self-consciousness, Alex even looked in the mirror and asked, “What color am I?”

**Science Is Anthropomorphing**

Alex was obviously thinking. And he talked about what was on his mind. Therefore he was, right? Not if you’re an anachronistic **anthropodenialist**. Then you’d believe Alex was just giving a conditioned response and that Dr. Irene Pepperberg made the cardinal error of foolishly anthropomorphizing Alex’s bird-brained behaviors. But you’d also be increasingly behind the curve, because there is a new wave of scientists at the leading edge of a polyphonic revolution that’s finally listening to the life all around us. So far, they’ve found:

**Sperm whales** who talk in **regional dialects** with **distinct cultures** and use specialized sounds to delineate their own clans ... much like a human surname.

**Black Sea bottlenose dolphins** engaged in a “**human-like conversation**” recorded on a specially calibrated microphone that captured their back and forth click-laden chit-chat.

**Gorillas** who “**hum and sing**” and **Macaques** who are **learning to communicate** with computer touch screens.

**Zebra finches** who sing instructions to their young **before they hatch** like a nesting hipster couple playing Bach to their gestating baby through a “**babybump**” sound
Highly social meerkats who recognize each other as individuals by their distinctive calls that basically function like names.

Dogs that know when you really mean “That’s a good boy!” versus when you’re just peddling the kind of half-hearted praise that comes after a hurried late night trip around the block at the end of a long, long day.

At long last, science is finally proving something millions of humans who live with “pets” have known for years -- that animals are “people,” too.

A recent Fortune Magazine survey found that 76 percent of Americans viewed their dogs, cats, parakeets, hamsters and other pets as “beloved members of the family.” Just 19 percent of respondents said their pets were “well cared for, but still considered animals” and less than 5 percent said “pets are work animals that have a specific job to do.”

And a Gallup poll conducted in 2015 found that 32 percent of Americans “believe animals should be given the same rights as people.” That’s up from 25 percent in 2008. Still, a robust 62 percent say animals “deserve some protection but can still be used for the benefit of humans.” But only 3 percent believe they deserve no legal rights at all. The legal revolution is moving slowly, but it is moving.

Four decades after Christopher Stone wrote his groundbreaking legal argument “Should Trees Have Standing?” the push to expand rights has secured human protections for
orangutans in Argentina, classified dolphins as non-human persons in India,
acknowledged dogs and cats as non-human neighbors in a small Spanish town, won
personhood to an entire river in New Zealand and, most notably, the Nonhuman Rights Project went into a New York courtroom and almost secured two chimpanzees the same
personhood rights enjoyed by corporations.
Yes, this is progress. Yes, the scale of nonhuman animal suffering (at the hands of
humans) is still beyond comprehension. Yes, people still buy and discard pets like so
much patio furniture while so many millions languish and die in pet shelters. And yes, the
progress feels too slow or, even worse, too late. But consider the fact that we are
overturning centuries of anthropodenialism.
This is a revolution in how we see animals.
More importantly, this is a much-needed evolution of the human condition. And it’s not
just being driven by progressive scientists. It’s also being driven by clickbait. Every day,
amazing animals fill our feeds on Facebook, Twitter, Instagram and YouTube. And it’s far
more than the millions of cat videos that may be the only thing actually holding the
interwebs together.
People eagerly share videos of humans and cows snuggling, crows seeking emergency
first aid and whales thanking humans for freeing them from callously abandoned fishing
nets. We’ve obsessively watched and re-watched that compelling conversation between
two chatty cats over 61 million times. And the laughing orangutan
that anthropodenialists
would prefer to dismiss as “vocalized panting?” It was a big hit on
dozens of mainstream
news sites and, as of today, it’s heading toward 19 million views in
just under a year. And
therein lies the rub.
The more we actively observe altruism and justice and pain and love
and fear and play and
politics and romance and commitment all around us, the harder it is
to maintain a
destructive distinction between us and them. And the more we click,
the more clearly we
see the fundamental problems of the Anthropocene Era and its rising
seas, poisoned
waters and mounting extinction.

The Other Final Frontier

Our growing recognition of the “inner life” of animals is a direct
challenge to the idea that
they -- and the ecosystems they depend upon -- are merely a natural
resource quite
literally at the disposal of human beings. Of course, if Descartes
was right, then the
troubling aspects of suffering, habitat destruction and human-caused
extinction are
completely absolved. It also means the problem of squandering or
exhausting so-called
“resources” is solely a problem of human injustice to other humans.

But the animal-related cavalcade of consciousness we see every day --
like the viral video
of incredibly cute sea turtle babies scurrying to the sea -- forces
us to consider the
possibility that sea turtles are not simply “resources” to be preserved so our grandkids can have a sea turtle “experience” on some Costa Rican beach 20 years from now.
Instead we might accept that sea turtles shouldn’t go extinct because sea turtles have an inherent right to exist apart from whether or not future generations of human beings will be able to “enjoy” the existence of sea turtles.
And if we finally start to listen to the other “twitter feed” here on Earth, we might actually learn something about cohabitation from the amazing interspecies conversations happening around us. Scientists are finding that various species learn to heed the calls, track the cries and listen to the songs of the other species who share their habitat. They actually learn from each other because they listen. They are not alone.
This is the final frontier we should all be exploring with ever greater urgency.
We’d better start soon because the messages filling our collective inbox tell us loudly and clearly that we’re all heading for a mass catastrophe. And migrating animals are telling us with increasingly apparent non-verbal communication that we’re warming the planet faster than they can adapt to it and faster than our collective home can reasonably absorb.
And like the Zebra finches singing preparatory lessons about climate change to their still incubating chicks, our cohabitants are telling us loudly and clearly that we’re imperiling
the only truly habitable planet the universe has yet to offer to us. So, while SETI falsely excites us with our own messages reverberating off our own satellites, we should be paying ever closer attention to the good news that we are not alone after all ... at least, not yet.


Global Warming, US Deregulated Capitalism, Industrial Agriculture, Population, Consumption, Growth

Google Search, October 6, 2016

[PDF] Effects of industrial agriculture on climate change and the mitigation ...

www.columbia.edu/.../Lin%20et%20al.%202011.pdf... Columbia University

by BB Lin - Cited by 32 - Related articles

Mar 11, 2011 - Effects of industrial agriculture on climate change and the mitigation potential of small-scale agro-ecological farms. Brenda B. Lin1, M. Jahi ...

Hidden Costs of Industrial Agriculture | Union of Concerned Scientists

www.ucsusa.org/.../agriculture/.../industrial... Union of Concerned Scientists

Industrial agriculture was sold to the public as a technological miracle that ... 2016; Soil Carbon Can’t Fix Climate Change By Itself —But It Needs to Be Part of the ...

Sustainable Table | Impacts of Industrial Agriculture
Industrial agriculture pollutes air, water and soil, reduces biodiversity and contributes to global climate change. Find the unsavory details. Public Health.

An International Farmers Alliance Links Climate Change to Industrial ...

https://viacampesina.org/.../-climate-change.../1904-an-int... Via Campesina

Nov 20, 2015 - Climate change and agrofuels. An International Farmers Alliance Links Climate Change to Industrial Agriculture. Details: Published on Friday, ...

... agriculture is contributing to global warming and climate change. 1.

Regenerative vs. Industrial Agriculture - A Solution to Climate Change?

whyhunger.org/.../115-regenerative-vs-industrial-agriculture-a-solution-t...

This article highlights only one aspect of the massive impact of climate change on agriculture illustrated in the slides below. Introduction. Industrial agriculture is ...

Miscellaneous


Vegetarian and Vegan Organizations

Health, Nutrition

Animal Rights and Protection, Compassion for Sentient Creatures

Global Warming, Industrial Agriculture, Population, Consumption, Growth

VEGETARIAN AND VEGAN ORGANIZATIONS

Looking Ahead to October 1, Vegetarian Day, October Vegetarian Month


Health, Nutrition

3 Vegan Cookbooks

Mark Hawthorne’s Book vs. Industrial Food System

Oatman, Too Much Protein

Animal Rights and Protection, Compassion for Sentient Creatures

Dick: Truck Hauling Chickens Turns Over
Tyson Fires 10 Lowest Level Workers for Chicken Abuse
Green Party Has Animal Rights Committee
Two Books by Mark Hawthorne: A Vegan Ethic and Animal Suffering
Book from Humane Society
Center for Biological Diversity: Meat Industry and USDA v. Wild Animals

Global Warming, Industrial Agriculture, Population, Consumption, Growth
Lolly Tindol and Jeanne Neath on Industrial Agriculture
Jeanne Neath on Small Scale Farming Cooling the Earth
Gary Gardner in There Is Still Time!
Scott McNall, Rapid Climate Change
Dauvergne, The Shadows of Consumption
Center for Biological Diversity: Wildlife, Population, Climate Growth

OMNI Growth Newsletters #3 was published July 10, 2016.

END VEGETARIAN ACTION NEWSLETTER #31, OCTOBER 9, 2016

Patricia Mickelson
I am back in Fayetteville and so excited to share about what is happening in Berkeley in regards to creating the first animal friendly city in the country, and my involvement with Direct Action Network. I also am taking a course to be a World Peace Diet facilitator. I connected deeply with the animal rights community in Berkeley and feel more hopeful and committed than ever about helping wake up people to the need for animal liberation. I would love to do a presentation of whatever length you like at the upcoming meeting. I will probably be in Fayetteville for a month and then I am going back to Berkeley for a while longer. Oh, and I met the dog in the picture below, and the people who rescued him in China where there is a province where people eat dogs who are tortured and killed at the peak of their pain for some twisted reason.

Patricia Mikkelson
Community Organizer and Coach
Professional Organizer
Founder of the Community: Connect! Project
Creator of Wellspring Ecovillage Project

Sent to Blog, Web Site, VP members

OMNI

VEGETARIAN ACTION NEWSLETTER #30,
Wednesday, September 14, 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 tell me.

SEPTEMBER VEGETARIAN POTLUCK IS CANCELED, BUT WE’LL RETURN IN OCTOBER FOR SURE. ANY VOLUNTEERS OUT THERE WHO WISH TO HELP?

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


VEGETARIAN AND VEGAN ORGANIZATIONS

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OMNI Growth Newsletters #3 was published July 10, 2016.
VEGETARIAN ORGANIZATIONS


[www.worldvegetarianday.org/](http://www.worldvegetarianday.org/)

World Vegetarian Day

**World Vegetarian Day** endorsement and schedule on nearby date instead ... **World Vegetarian Day**, October 1, is the annual kick-off of Vegetarian Awareness ...

**About NAVS**

Founded in 1974, the North American Vegetarian Society ...

**Non-Vegetarians**

Non-vegetarians Welcome. Non-vegetarians can also join in the ...

**Vegetarian Pledge**

Vegetarian diets help people, ... Use our Vegetarian Pledge ...

**link to What you can do**

world vegen logo, link to WVD home page · link to What you ...

**Free Vegetarian Poster**

Free Vegetarian Poster Order. Please send me free ...

**Contest**

Non-vegetarians pledging to go meat-free during Vegetarian ...

More results from worldvegetarianday.org »
Vegetarian Journal, Vegetarian Resource Group

www.vrg.org/journal/index.php

Vegetarian Journal is the practical magazine for those interested in Vegetarian Health, Ecology, and Ethics. The Vegetarian Resource Group (VRG) is a ...

Subscribe to the Vegetarian Journal ...

Subscribe to the Vegetarian Journal ... The 36-page Journal ...

2016 Issue 2

VJ 2016 issue 2 cover, Click the cover image to view or ...

Vegetarian Journal's Guide to ...

Guide to grains, including a table comparing the nutritional ...

Vegetarian Journal 2014 Issue 2

To join VRG and receive Vegetarian ... Vegetarian ...

More results from vrg.org »

[Despite its claim to be a Vegetarian Health, Ecology, and Ethics Journal and Resource Group, apparently (I haven’t subscribed to it) it is mainly a nutrition/health vegan organization and magazine. Of course, a vegan life style is inherently ecological and ethical. So I mean that the contents of the magazine, according to the tables of content, do not directly engage in the ethical (protection of animals, rejection of cruelty) or ecological (the climate consequences of eating meat). --Dick]

VegNews Magazine, Google Search, September 7, 2016

Vegan Recipes, Food, News, Travel, Health ... Google Search, September 7, 2016

vegnews.com/

VegNews is an award-winning vegan magazine and website packed with recipes, travel, news, food, reviews, and so much more.
Current Issue

The July+August Summer Fun Issue of VegNews is here and ...

History

History. The premier vegan lifestyle magazine, VegNews ...

Subscribe – VegNews Magazine

Get VegNews Magazine delivered straight to your door, hot off the ...

National Pizza Chain Now ...

National Pizza Chain Now Offers Vegan Cheese. By Veronica ...

Food

Food. Vegan Three Bean Dal. This bean medley mixed with all the ...

Vegan Weddings 2016 (Jac ...

Vegan Weddings 2016 (Jac ... Jac Reasor & Jae Russell

Top 21 VEGAN BLOGS, VEGNEWS (July-Aug.2016) p. 38

Health, Nutrition

Vegan Cooking

Kelly Peloza, The Vegan Cookie Connoisseur.
The Little Vegan Cookbook. 500 global recipes.
Steen and Newman, Vegans Go Nuts (and seeds).

MARK HAWTHORNE, “THE WAY WE EAT.” VEGNEWS (July Aug. 2016). An intense, comprehensive attack on the US industrial food system, and “how we’ve become the sickest country on the planet.”

FOR HEALTH EAT PLANTS NOT MEAT

Beth Aaron • 3 days ago

When will your producers include in the climate and environmental discourse the incalculable emissions of methane, CO2, and other GHG’s from farmed animal production, said to be 51% of all
global emissions. Given the scientific and medical FACT that we’d be far healthier on the ideal diet for human beings, from plant based foods, isn’t it literally insane to continue promoting, marketing and subsidizing animal agribusiness and livestock feed? See Dr. Richard Oppenlander discuss “Your Role in Global Depletion.”

As long as we live the lie, that we need animals as vectors for nutrients far better absorbed through plant foods, we remain the only species that poisons its own environment and has little remorse about doing it to every other species we share it with. From The Diane Rehm Show, July 1, 2015, discussant.

Oatman, Maddie. “The Case for Lo Pro.” Mother Jones. September 1, 2016. You might notice, the next time you go grocery shopping, that supermarket aisles are turning into one big advertisement for protein. The health claims are everywhere. Wheyhey ice cream—“20 g of protein per pot”—promises to help with “losing weight” and “skin anti-aging.” P28 high-protein sliced bread wants to be “part of your journey to a healthy lifestyle.” Kellogg’s Special K Protein cereal “satisfies hunger longer.” Everyone at work seems to be on a high-protein Paleo diet. And American consumers, according to one business analytics firm, spend about $250 million a year on protein powder alone.

Given all the hype, it might come as no surprise that American adults are eating roughly double the average daily protein recommendation of 60 grams for women and 70 grams for men. ...
Animal Rights and Protection, Compassion for Sentient Creatures

DICK: NO SERIOUS INJURIES WERE REPORTED

On August 25, 2016 (NADG), a truck loaded with full cages of chickens overturned on a curve in Gentry. “No serious injuries were reported, but cleanup was expected to take some time.” The accompanying photo showed a pile of dead chickens.

Progress for Humans, Long Way to Go for Chickens:

In Twain’s novel Huckleberry Finn, news came of a riverboat explosion.

Aunt Sally asked: “Anybody hurt?”

Huckleberry answered: “No’m. Killed a nigger.”

Although the struggle continues for blacks (Black Lives Matter movement), constitutionally and legally they now receive full rights and respect. No chickens seriously injured in 2016.

U.S. | Thu Aug 11, 2016 6:15pm EDT

Tyson fires 10 U.S. workers after video captures chicken abuse

By Tom Polansek. CHICAGO, REUTERS. [Also appeared in NADG, Stephen Steed, “Tyson Fires 10 in Chicken-abuse Video (8-13-16)]. Tyson Foods Inc said it has fired 10 workers who were captured abusing breeder chickens in Virginia in a secretly recorded video released by an animal rights group on Thursday. The company also said it will retrain workers who handle live poultry on animal welfare policies after the latest instances of abuse came to light. The video by the activist group Compassion Over Killing showed Tyson workers at several facilities punching, kicking and flinging live birds. One employee was shown crushing the head of a live chicken under his boot. The footage, recorded in May and June, was posted on the website of the activist group, which fights for animal rights and encourages
vegetarianism. (cok.net/)Springdale, Arkansas-based Tyson, one of the world’s largest meat processors, said it was “disgusted by the actions of the individuals in the video.” Tyson said it believed it had not gone far enough to stop the mistreatment of animals at its facilities and was evaluating other steps to ensure its policies were being followed. The video marks at least the fifth time since 2015 that animal activists have secretly filmed abuse at Tyson farms.

Tyson sells meat in grocery stores and supplies chicken to major restaurant chains, including McDonald’s Corp and Yum Brands Inc’s KFC. It also makes Ball Park hot dogs, Jimmy Dean sausages and Sara Lee cold cuts.

“Animal cruelty is not the product of a few bad actors. It’s a systemic issue that the company needs to address,” the executive director of Compassion Over Killing, Erica Meier, said in an interview.

Tyson and Compassion Over Killing said separately they had contacted law enforcement who will determine whether to pursue criminal charges against the workers.

“Tyson should be held accountable for the horrors inflicted upon these animals,” Meier said in a statement.

Tyson also said it has stopped a practice shown in the video that involves pushing a piece of plastic through the beaks of live male chickens.

The practice, known as boning or beak modification, was “a historical way the industry has used to keep males from eating food intended for females,” according to Tyson. The company said it immediately stopped boning at the final two locations where it was performed, after previously eliminating it at other facilities.

On Monday, Tyson reported record operating margins in its chicken segment in the quarter ended on July 2. The unit had sales of $11.4 billion in 2015. (Editing by Matthew Lewis)
One thing stands out: Only the lowest level worker is punished. No foreman, no middle level, no VP is fired or even referred to. Apparently nobody above the line worker is responsible for Tyson’s corporate system. —Dick

GREEN PARTY TAKES THE LEAD FOR ANIMALS

The Green Party of the United States (GPUS) has “created an animal-rights committee to bring animal issues to the national political stage. . . . The move marks the first time in American history that a major political party has placed animal welfare as a priority.” In VEGNEWS (July Aug 2016) p. 23. —Dick

TWO BOOKS BY MARK HAWTHORNE

Mark Hawthorne, A Vegan Ethic: Embracing a Life of Compassion Toward All. Highly praised in a brief rev. VEGNEWS (July Aug., 2016) p. 73. “the interconnectedness of all compassionate movements” and “veganism as the path to ensure a kinder world.” —Dick

Also:

Bleating Hearts: The Hidden World of Animal Suffering: Mark Hawthorne
https://www.amazon.com/Bleating.../1780998511

Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, .... fundamentally change the way you look not just at animals, but the world we share with ... Mark Hawthorne is the author of two books on animal rights: Bleating Hearts:

NEW BOOK FROM THE HUMANE SOCIETY

Before You Fire Up the Grill... A Look at the Numbers

Earlier this week two seemingly unrelated things happened: Summer officially began, and the Center released a summary of the latest kill reports from Wildlife Services, the highly secretive and deadly arm of the U.S. Department of Agriculture. In 2015 Wildlife Services slaughtered more than 3.2 million animals -- a half-million more than the year before -- including 385 gray wolves, 480 black bears, 731 bobcats, 3,437 foxes and at least 68,905 coyotes.

What does this killing program have to do with summertime? Americans eat an average of 818 hotdogs per second during the summer months, and Memorial Day, the Fourth of July and Labor Day are the top three meat-eating days of the year. Not only does this meat-grilling frenzy take its toll on land, water and the climate, but the animals shot, poisoned and strangled by Wildlife Services are often killed at the behest of the meat industry.

The Center is among those calling for reform of Wildlife Services, but you can help, too, at least three times a day by choosing to eat less meat and not support the livestock industry driving this devastation. Summer is a great time to reconsider what you put on your plate -- and your grill. Check out our Extinction-free BBQ recipes for ideas on how to get started.

For the wild,

Stephanie Feldstein
Population and Sustainability Director
A Bright Energy Future

In our latest Crowded Planet vlog, the Center’s Leigh Moyer tackles the topic of our ever-growing energy system and its effects on wildlife. While renewable energy is obviously better for the planet than fossil fuels, some projects look -- and act -- like alien death rays, while other (better) ones don’t require additional land for generation or transmission, require negligible water use and rack up zero greenhouse gas emissions. Check out our latest video to learn which source is the best bet for wildlife, then share with your friends and subscribe to our YouTube channel.

Population Growth, Affluent Consumption, Global Warming, Environmental Extremes, Climate Catastrophe

Population Growth, Consumption, and Waste:

JUNE 24, 2016 world population is: 7,436,878,650.

World Population Clock: 7.4 Billion People (2016) - Worldometers

www.worldometers.info/world-population/
Agriculture is one of the biggest users of fossil fuels in the world and Monsanto (Dow, Syngenta, and other chemical companies posing as seed companies, along with all the major agribusiness suppliers such as Cargill, ADM, etc) is the evil twin to Exxon-Mobil in the world of dirt. Last year was the UN’s Year of the Soil. And if we just took stock of how many ways agribusiness uses fossil fuels, it would be right up there with transportation and energy production for electricity. Monsanto \textit{et.al.} is forcing (in one sense that this is the current accepted practice in agribusiness) farmers worldwide to buy into GMOs which require Round-up. So not only is agribusiness a big fossil fuel user but it also is forcing the use of the most widely used agricultural toxin, glyphosate. Fossil fuel is used in the synthetic fertilizers that agribusiness applies to the soil; natural gas is turned into ammonium nitrate, the chemical nitrogen component. Unfortunately for people who eat, this synthetic nitrogen is a soil killer and plowing from fence row to fence row only makes it worse (we’ve lost 60% of our topsoil down the Mississippi to the Gulf, plus the excess synthetic nitrogen has created a dead zone from algal blooms in the Gulf---carry that picture to every major river in every world country that uses current agricultural practices).

Current methodology kills soil structure, kills good soil bacteria, kills the microrrihizae that are the soil communicators. This is all for money and the supposed advantage of extra production. But the so-called extra production is mostly because there are more fields in production and because of the momentary (in the eyeblink of agriculture’s 10,000 year history) aid of fossil fuels in general, not because GMOs actually produce more food. Weeds are becoming resistant to Round-up, they’re smart and we thought it was just us humans! Think of all the monocultures this type of agriculture produces! Think of all the species on the brink because we’ve cleared all that land! Think of all the corporate handouts because of federal subsidies!

Then there’s the question of globalization: soy grown in Brazil after cutting down the rainforest is shipped thousands of miles to fatten cattle for McDonald’s. Third world countries, China is a great example, as their middle class grows, are eating more meat. China has
just instituted an eat less meat national plan; they can do that from the top down unlike our “democratic method” with a dysfunctional Congress. Think of the air miles and truck miles used to move a mango from India to the US!

There’s more, this is just a start, I don’t have the statistics at hand just lots of reading on the topic of agribusiness since I’m an organic grower. We have emphasized CO2 emissions because they are quantifiable, but we’ve only applied that to transportation and electric energy production, not to food/soil/agribusiness. Everybody has to eat! FDR said “the country that kills its soil, kills the country.”

Thanks, Dick and everybody. I would welcome feedback and support.

Lolly Tindol

I know you are very familiar with La Via Campesina, Lolly, but others may not be, so I recommend their article Small Scale Sustainable Farmers are Cooling Down the Earth to everyone interested in reducing carbon. Ending industrial agriculture is essential to climate change efforts. (Link to the La Via Campesina article is at the end of my email.)

According to La Via Campesina, the organization representing the global peasant movement:

“Industrial agriculture and the industrial food system are major causes of the climate crisis:

Agricultural activities are responsible for 11 to 15%
Land clearing and deforestation cause an additional 15 to 18%
Food processing, packing and transportation cause 15 to 20%
Decomposition of organic waste: 3 to 4%
Total emissions of the food system: 44 to 57% of total global greenhouse emissions”

La Via Campesina say in their paper that by eliminating industrial agriculture and having small scale sustainable farmers producing food globally:

“Emissions would be reduced or offset as follows:
By recuperating soil organic matter: 20 to 35%

By reversing the concentration of meat production and reintegrating animal and crop production: 5 to 9%

By putting local markets and fresh food back in the center of the food system: 10 to 12%

By halting and clearing and deforestation: 15 to 18%

In total, these changes would provoke a reduction of ½ to ¾ of current global emissions. If this is complemented by serious saving and reduction strategies in other economic sectors, the goal of zero emissions and even reducing current concentration of greenhouse gases in the atmosphere would become feasible.

The solutions are not just technical or biological. The necessary forms of organizing and carrying out these forms of agriculture require decentralized tasks and millions of people, communities and organizations involved and making decisions on how to make the change possible.

They also require a sharp knowledge of local ecosystems and conditions, of seeds and biodiversity.

Only small farmers and indigenous peoples around the world can fulfill such needs.”


Jeanne Neath

See chapters on Population and Consumption in Gary Gardner’s “Our Planet Today,” in Seidel, There Is Still Time. “Consumption is driven in part by population growth (more people means more consumption), but also by greater prosperity, which typically drives up consumption per person.” (126).

“Population growth can cancel out everything we do to limit the build-up of GHGs (Attenborough, “The Crowded Planet,” 2009), and population continues to increase at a rapid rate.” McNall,
Rapid Climate Change (58). But McNall recognizes also the importance of excessive consumption in the developed countries (59). Reduction of both is essential.


China preparing to decrease meat consumption


**CENTER FOR BIOLOGICAL DIVERSITY**

Wildlife, Population, Renewable Energy, Climate Catastrophe, ICLEIUSA, China

**Welcome New Wild Energy Staff**

We’re excited to welcome a new staff member to the Population and Sustainability team: Chad Tudenggongbu, our new senior renewable energy campaigner. He’ll be leading the Center’s “Wild Energy” campaign to promote a wildlife-friendly renewable energy future. Chad brings extensive experience working on renewable energy and climate change issues with ICLEIUSA and the British Consulate-General in Chongqing, China. He received his bachelor’s degree in cultural anthropology from Duke University and a master’s degree in environmental policy from Bard College.

**GROWTH**

See OMNI’s GROWTH WATCH NEWSLETTERS. #3 was published July 10, 2016.

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Animal Legal Defense Fund
Dick, Arkansas Makin’ Progress
Dick, Looking on the Bright Side

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Kunstler, Magic and the Fate of the Nation
Farm Bureau v. Cowspiracy

IV. Limits to Growth
McKibben, Eaarth

END VEGETARIAN ACTION NEWSLETTER #30
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.

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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 Here
Delicious & simple vegan recipes for families transitioning into the ... Helping families start a simple, delicious and long-term vegan ...

Blog

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

Podcast

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](http://www.webmd.com/food-recipes/20090323/7-rules-for-eating), Reviewed by [Louise Chang, MD](http://www.webmd.com/food-recipes/20090323/7-rules-for-eating) 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 Michael Pollan Tells CDC**

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](http://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](http://www.TysonTorturesAnimals.com).
Animal Legal Defense Fund

aldf.org/

Animal Legal Defense Fund

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 ...

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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

VEGETARIAN ACTION NEWSLETTER #29, June 8, 2016

Sent Blog, WS, Veg Potluck, OMNI Board, Grace D re Marshallese, CCL (43),

OMNI

VEGETARIAN ACTION NEWSLETTER #28, May 11, 2016.

http://jamesrichardbennett.blogspot.com/2016/05/vegetarian-action-newsletter-28-may-11.html

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.
Veggie and Vegan Potluck

Wed, May 11, 6:00 pm @ OMNI

A food-friendly event with delicious dishes every second Wednesday. 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.

We want to meet you, at a place and time where we can talk with others not only about recipes, nutrition, and health, but about care for other species, for the environment, and the climate. Hope to see you!

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 we’re the gray brick on the corner, 2nd house south of Liquor World.

OMNI CLIMATE CHANGE LOBBY meets at 7pm also at OMNI. This group is pushing hard for the “fee-dividend” solution to fossil fuels emissions.

VEGETARIAN ACTION NEWSLETTER

What’s at stake: “What began as a desire to improve my health opened the door to realize the tremendous positive impact that veganism has on the environment and animal lives. There’s no single life choice that creates such massive benefits for human health, environmental sustainability, and relieves the suffering of animals.” Jason Wrobel, author of Eaternity: More Than 150 Deliciously Easy Vegan Recipes for a Long, Healthy, Satisfied, Joyful Life, in VEGNEWS (April 2016).

This newsletter especially focuses on the significant connections of vegetarianism/veganism to education, industrial meat production, nutrition, health, 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.

MAY IS:  International Respect for Chickens Month

VEGETARIAN SUMMERFEST 2016
University of Pittsburgh, Johnstown, PA, July 6-10.
NAVS North American Vegetarian Society

I.  NUTRITION, HEALTH

VEGETARIAN RECIPES

Free Arkansas Food & Farm, Food Issue 2016, picked up at Harp’s, contains 19 pages of attractively illustrated veg recipes (except for one with some bacon which can be omitted). www.Arkansasfoodandfarm.com The magazine is “brought to you by Arkansas Times and Arkansas Grown” in “partnership with the Arkansas Agriculture Department.”

Almost all American Grains Are Contaminated with Glyphosate Herbicide

Glyphosate, the main ingredient in Monsanto’s Roundup herbicide, is recognized as the world’s most w... Wiebe believes the use of glyphosate on wheat may be connected to the rise in celiac disease. “We’ve seen an explosion of gluten intolerance,” he said. “What’s really going on?”

Charles Benbrook, Ph.D., who published the paper on the mounting use of glyphosate, says the practice of spraying glyphosate on wheat
prior to harvest, known as desiccating, began in Scotland in the 1980s.

“Farmers there often had trouble getting wheat and barley to dry evenly so they can start harvesting. So they came up with the idea to kill the crop (with glyphosate) one to two weeks before harvest to accelerate the drying down of the grain,” he said

- See more at: http://healthimpactnews.com/2016/almost-all-american-grains-are-contaminated-with-glyphosate-herbicide/

True? Or scaring us?

EAT MEAT SAYETH THE RULERS

David Orr 7:47 AM (8 hours ago) to me, David 4-4-16

This is why you crave beef: Inside secrets of Big Meat’s billion-dollar ad and lobbying campaigns

http://www.salon.com/2016/04/03/this_is_why_you_crave_beef_inside_secrets_of_big_meats_billion_dollar_ad_and_lobbying_campaigns/ via @Salon

EAT SPROUTS

[I haven’t tried to verify all these claims. Comment?]

10 Reasons Eating Sprouts Should Be a Part of Your Daily Diet

Michelle Schoffro Cook, Care2 | April 6, 2016

Don’t miss out. Stay Informed. Get EcoWatch’s Top News of the Day. Email
Sprouts truly are the best locally-grown food, yet not enough people eat or grow them. Considering their many health and environmental benefits, it’s time to consider adding sprouts to your diet.

Sprouts truly are the best locally-grown food, yet not enough people eat or grow them.

Here are 10 reasons to eat more sprouts:

1. Experts estimate that there can be up to **100 times more enzymes in sprouts than uncooked fruits and vegetables**. Enzymes are special types of proteins that act as catalysts for all your body’s functions. Extracting more vitamins, minerals, amino acids and essential fatty acids from the foods you eat ensures that your body has the nutritional building blocks of life to ensure every process works more effectively.

2. The **quality of the protein in the beans, nuts, seeds or grains improves** when it is sprouted. Proteins change during the soaking and sprouting process, improving its nutritional value. The amino acid lysine, for example, which is needed to prevent cold sores and to maintain a healthy **immune system** increases significantly during the sprouting process.

3. The **fiber content of the beans, nuts, seeds or grains increases substantially**. Fiber is critical to **weight loss**. It not only binds to fats and toxins in our body to escort them out, it ensures that any fat our body breaks down is moved quickly out of the body before it can resorb through the walls of the intestines (which is the main place for nutrient absorption into the blood).

4. **Vitamin content increases dramatically**. This is especially true of vitamins A, B-complex, C and E. The vitamin content of some seeds, grains, beans or nuts increases by up to 20 times the original value within only a few days of sprouting. Research shows that during the sprouting process mung
beansprouts (or just beansprouts, as they are often called) increase in vitamin B1 by up to 285 percent, vitamin B2 by up to 515 percent and niacin by up to 256 percent.

5. Essential fatty acid content increases during the sprouting process. Most of us are deficient in these fat-burning essential fats because they are not common in our diet. Eating more sprouts is an excellent way to get more of these important nutrients.

6. During sprouting, minerals bind to protein in the seed, grain, nut or bean, making them more useable in the body. This is true of alkaline minerals like calcium, magnesium and others that help us to balance our body chemistry for weight loss and better health.

7. Sprouts are the ultimate locally-grown food. When you grow them yourself you are helping the environment and ensuring that you are not getting unwanted pesticides, food additives and other harmful fat-bolstering chemicals that thwart your weight loss efforts.

8. The energy contained in the seed, grain, nut or legume is ignited through soaking and sprouting.

9. Sprouts are alkalizing to your body. Many illnesses including cancer have been linked to excess acidity in the body.

10. Sprouts are inexpensive. People frequently use the cost of healthy foods as an excuse for not eating healthy. But, with sprouts being so cheap, there really is no excuse for not eating healthier.

NEW MAGAZINE: NOURISH

Nourishing News - Real farming, the Amazon, essential fats and eating less meat
Nourish
Network news.nourishnet@gmail.com via madmimi.com

1:50 PM (1 hour ago)
to

This is only a sample of the advertising I received from this new magazine. --Dick

**Nourish.** Columnist Brooke Aksnes writes: ‘Now when I go to buy meat or animal products, I look for locally grown, small-farm, organic products, where fuel used on feed and product transport is kept to a minimum and where humans and animals involved are treated with dignity and respect. I play my own part in combating climate change while protecting those without voices in our societies. Personal food choices have effects far beyond personal nutrition. Also, however, there are times when it is not possible to eat up to the highest standards because of politeness or practicality. Jonathan Safran Foer sums this up: “Our response to the factory farm is ultimately a test of how we respond to the powerless, to the most distant, to the voiceless… it is a test of how we act when no one is forcing us to act one way or another. Consistency is not required, but engagement with the problem is”.’

Join us please! Details of what this means and how to get in touch with us are at the end of this NN.

Not subscribed yet to the Nourish Network? [Click here!](http://www.cornucopia.org/2016/04/report-exposes-food-industry-cover/)

You might also like:

How Did Carrageenan Get into Your Organic Food Anyway?

Is Carrageenan Natural?

Carrageenan: Risks and Reality

Carrageenan Update
II. ANIMAL SENTIENCE, COMPASSION, ANIMAL PROTECTION AND RIGHTS

Consequences of Consciousness: Sy Montgomery on Human Treatment of Other Animals. Tuesday, 19 April 201

By Leslie Thatcher, Truthout | Interview. Montgomery is author of The Soul of an Octopus and The Good Good Pig.

“The 2012 Cambridge Declaration on Consciousness said all mammals and birds and octopuses specifically have the neural substrates necessary to generate consciousness -- ultimately, the world is far more alive, intelligent, thinking and feeling than we have wanted to admit for a long time.”

Consideration of other creatures’ agency becomes ever more urgent as we learn more about cognition across species. Now that we absolutely know that lobsters can feel themselves being cooked to death, it seems self-evident to me that we should never put a lobster in a pot of boiling water, but many other people still feel their own pleasure in eating the lobster is more important than the lobster’s suffering -- a view grounded in the long history of denial of other animals’ sentience. In other instances, what we do with what we know about animal consciousness seems more complex. The forms our own empathy should take can be deeply at odds with current cultural norms.

Additional reading:

"Discovering the World With Sy Montgomery"
Claire Williams. “6 Bids on Ballot for Shareholders at Tyson Foods: Transparency among issues; Execs Urge ‘No’ Across Board.” AD-G (Feb. 1, 2016). For example, Green Century Funds that advocates for environmental policies asked Tyson “to disclose the risks of using gestation crates.” The Tyson board of directors urged shareholders to vote against the proposal, citing its “Office of Animal Well-Being and Farm-Check program.” Also, the word “cruelty” never occurred in Ms. Williams’ report.


HENRY SALT

History of Vegetarianism - Henry S. Salt (1851-1939)
www.ivu.org/history/salt/

Henry S. Salt is probably not well-known today but he wrote nearly 40 books most of which cogently argued and urged for some much needed humane reforms ... 

Henry Stephens Salt and the Argument for Animal Rights ...
www.all-creatures.org/articles/an-tpr-darla-salt.html

Henry Stephens Salt was a prolific English writer, biographer, and literary critic, the author of nearly 40 books. He was also an avid campaigner for social reform.

The Silence without Animals
CURSE OF THE CARNIVORES
By Gerry Sloan (April 2016)
As the summer waned, a bullfrog harrumphed each night on the rim of the pond, a vaguely reassuring sound. Then, foolishly, I took a gig and flashlight down to dispatch him, undressed for his dance in the pan. We dined frugally on the fried legs, just one for each of us, then sat in the gathering darkness listening only to the crickets.

III. CLIMATE CHANGE

POPULATION GROWTH

CENTER FOR BIOLOGICAL DIVERSITY

“HUMAN POPULATION GROWTH AND CLIMATE CHANGE”
The largest single threat to the ecology and biodiversity of the planet in the decades to come will be global climate disruption due to the buildup of human-generated greenhouse gases in the atmosphere. People around the world are beginning to address the problem by reducing their carbon footprint through less consumption and better technology. But unsustainable human population growth can overwhelm those efforts, leading us to conclude that we not only need smaller footprints, but fewer feet.

Portland, Oregon, for example, decreased its combined per-capita residential energy and car driving carbon footprint by 5 percent between 2000 and 2005. During this same period, however, its population grew by 8 percent.

A 2009 study of the relationship between population growth and global warming determined that the “carbon legacy” of just one child can produce 20 times more greenhouse gas than a person will save by driving a high-mileage car, recycling, using energy-efficient appliances and light bulbs, etc. Each child born in the United States will add about 9,441 metric tons of carbon dioxide to the carbon legacy of an average parent. The study concludes, “Clearly, the potential savings from reduced reproduction are huge compared to the savings that can be achieved by changes in lifestyle.”

One of the study’s authors, Paul Murtaugh, warned that: “In discussions about climate change, we tend to focus on the carbon emissions of an individual over his or her lifetime. Those are important issues and it’s essential that they should be considered. But an added challenge facing us is continuing population growth and increasing global consumption of resources. . . . Future growth amplifies the consequences of people’s reproductive choices today, the same way that compound interest amplifies a bank balance.”

The size of the carbon legacy is closely tied to consumption patterns. Under current conditions, a child born in the United States will be responsible for almost seven times the carbon emissions of a child born in China and 168 times the impact of a child born in Bangladesh.

The globalization of the world economy, moreover, can mask the true carbon footprint of individual nations. China, for example, recently surpassed the United States to become the world’s leading greenhouse gas emitter. But a large portion of those gases is emitted in the production of consumer goods for the United States and Europe. Thus a large share of “China’s” greenhouse gas footprint is actually the displaced footprint of high-consumption western nations.
The United States has the largest population in the developed world, and is the only developed nation experiencing significant population growth: Its population may double before the end of the century. Its 300 million inhabitants produce greenhouse gases at a per-capita rate that is more than double that of Europe, five times the global average, and more than 10 times the average of developing nations. The U.S. greenhouse gas contribution is driven by a disastrous combination of high population, significant growth, and massive (and rising) consumption levels, and thus far, lack of political will to end our fossil-fuel addiction.

More than half of the U.S. population now lives in car-dependent suburbs. Cumulatively, we drive 3 trillion miles each year. The average miles traveled per capita is increasing rapidly, and the transportation sector now accounts for one-third of all U.S. carbon emissions.

Another one-fifth of U.S. carbon emissions comes from the residential sector. Average home sizes have increased dramatically in recent decades, as has the accompanying footprint of each home. Suburban sprawl contributes significantly to deforestation, reducing the capacity of the planet to absorb the increased CO2 we emit. Due to a dramatic decrease in household size, from 3.1 persons per home in 1970 to 2.6 in 2000, homebuilding is outpacing the population growth that is driving it. More Americans are driving farther to reach bigger homes with higher heating and cooling demands and fewer people per household than ever before. All of these trends exacerbate the carbon footprint inherent in the basic energy needs of a burgeoning U.S. population.

Globally, recent research indicates that assumptions regarding declining fertility rates used by the Intergovernmental Panel on Climate Change to develop future emissions scenarios may be overly optimistic. While fertility rates have generally declined over the past few decades, progress has slowed in recent years, especially in developing nations, largely due to cutbacks in family planning assistance and political interference from the United States. And even if fertility rates are reduced to below replacement levels, population levels will continue to climb steeply for some time as people live longer and billions of young people mature and proceed through their reproductive years. Per-capita greenhouse gas emissions may drop, but the population bulge will continue to contribute to a dangerous increase in greenhouse gases in the atmosphere.

Time is short, but it not too late to stop runaway global warming. Economy-wide reduction of greenhouse gas emissions to a level that brings atmospheric CO2 back from 386 parts per million to 350 or less, scaling back first-world consumption patterns, and long-term population reduction to ecologically sustainable levels will solve the global warming crisis and move us to toward a
healthier, more stable, post-fossil fuel, post-growth addicted society. [I could not find the date of this article. -Dick]

Methane Emissions Are Spiking, But It Might Be More Cow Than Car

BY NATASHA GEILING MAR 17, 2016 8:00 AM, CLIMATEPROGRESS.

Tweet

Since 2006, atmospheric levels of methane — a greenhouse gas 86 times more potent than carbon dioxide over a 20-year period — have steadily been on the rise. For years, scientists weren’t sure what was behind the rising levels of methane, but they had a few ideas: namely an increase in fossil fuel-related emissions.

Now, a new study is pointing to a different culprit: agriculture-related methane emissions, especially from livestock and rice production.

Published last week in the journal Science, researchers from New Zealand’s National Institute of Water and Atmospheric Research (NIWA) found that the majority of methane released into the atmosphere since 2006 was produced by bacteria, pointing to sources like agriculture — rather than sources like fossil fuel production or the burning of organic material — as the culprit behind the increase in methane levels.

A unique signature for methane

The researchers were able to discern agricultural methane from other sources of methane by looking at the gas’ isotopic signatures — or the ratio of various carbon isotopes — using data from atmospheric monitoring stations around the world. By looking at the distinct isotopic signatures, the researchers could differentiate between methane produced from fracking, for instance, and methane produced from agriculture, because they each have different signatures.
The data also suggested that the increase in methane came from regions including India, China and Southeast Asia, suggesting that the rise was due to agriculture, not the growth of fracking in North America.

“That was a real surprise, because [around 2006] the U.S. started fracking and we also know that the economy in Asia picked up again, and coal mining increased,” NIWA atmospheric scientist Hinrich Schaefer told Phys.org. “However, that is not reflected in the atmosphere.”

Livestock production in Asia has been expanding rapidly since the middle of the 20th century, and is expected only to increase as economies in the region become more developed.

Livestock production accounts for about 35 percent of total anthropogenic methane emissions

Around the world, livestock production has been increasingly under scrutiny in recent years, as animal agriculture’s carbon footprint has grown clearer. Ruminants, like cows, produce methane as they digest their food, through a process known as enteric fermentation. But livestock manure also produces methane as it decomposes in closed-air containers known as lagoons, which factory farming operations often use to store the massive amounts of manure produced by their farms. The United Nations’ Food and Agriculture Organization estimates that livestock production accounts for some 2.2 billion tons of carbon dioxide equivalent greenhouse gases annually, or about 35 percent of total anthropogenic methane emissions.

But it’s not just livestock production that researchers say is behind the rise in methane. Rice production is also a methane-intensive activity, because root systems in rice plants secrete carbohydrates during photosynthesis. When rice paddies are flooded, the oxygen-devoid environment creates the perfect place for bacteria to feed off of those carbohydrates, creating methane as a byproduct. That’s a problem, because rice is one of the most important staple crops on Earth – more than 3.5 billion people depend on rice for at least 20
percent of their daily caloric intake. In an effort to curb rice’s methane production, scientists have actually been working to create a lower-methane strain of rice (and have had some success).

But what about fossil fuels?

Still, not everyone is convinced by NIWA’s analysis. Speaking with InsideClimate News, Robert Howarth, a Cornell University professor who studies methane emissions, said that the isotopic ratios in methane are too broad to confidently attribute to a single source.

“When you have eight or nine or 10 different sources of methane, each with a range of ratios, there is no way to calculate where it is coming from,” he said. “If you had a little bit of melting of permafrost and a big increase in natural gas production, you could get a pattern that these people are interpreting as cows in India.”

Many other studies point to an increase in fossil fuel production, especially oil and gas production in the United States, as another key factor behind the recent increase in methane production. A recent study conducted by climate scientists of Karlsruhe Institute of Technology (KIT) found that as much as 40 percent of the recent increase in methane could be due to fossil fuel production.

In a press release, the KIT scientists said that their findings were actually congruent with the NIWA study, stressing that “increasing emissions from the oil and natural gas sector, combined with emissions from wetlands and maybe animal husbandry increasingly appear to have caused the renewed increase in methane concentration in the last decade.”

An unregulated industry

The Obama administration has taken some unprecedented steps in the recent months to regulate methane from oil and gas production. Most recently, the EPA announced that it would begin regulating methane from existing oil and gas facilities, with the ultimate goal of
cutting methane from the oil and gas sector by 40 to 45 percent below 2012 levels by 2025.

But **methane from the agricultural sector is still largely unregulated**, despite the fact that greenhouse gas-related emissions from livestock manure management systems **grew 54 percent** between 1990 and 2013.

Quite the opposite of imposing regulations on livestock producers in the United States, Congress has actually explicitly forbidden the EPA from collecting greenhouse gas emission data from livestock producers, making it the only major source of greenhouse gas emissions in the United States that **enjoys such an exemption**.

“The EPA’s methane strategy is completely ignoring agriculture,” Tarah Heinzen, an attorney with Food & Water Watch, told ThinkProgress. “We’re not dealing with it as a regulatory issue as we are with other sources of methane.”

Decarbonizing what we eat is just as important as decarbonizing what we drive or what we use to heat our homes.

California, which is one of the most livestock-heavy states in the country, has made moves to begin regulating short-lived climate pollutants, like methane. According to Brent Newell, legal director for the Center on Race, Poverty & the Environment, methane from livestock accounts for about 5 percent of California’s total greenhouse gas emissions. The state’s Global Warming Solutions Act, passed in 2006, mandates that the state reduce its greenhouse gas emissions by 20 percent — and yet agriculture is the only sector not subject to regulation.

In 2014, the California Senate mandated that the state’s Air Resources Board (ARB) come up with a plan to regulate methane from livestock operations. But thus far, the ARB has decided to achieve reductions only through voluntary measures, which Newell argues allows the livestock industry to effectively continue with a business-as-usual approach to methane production.
“It’s acting like it’s doing something, it’s pretending like it’s doing something, but voluntary controls for a massive greenhouse gas emitter is a crazy regulatory response and it exemplifies the political power that the dairy industry has over the Air Resources Board,” Newell said.

The plan is expected to be finalized later this month, when it will be seen whether environmental groups’ calls for mandatory regulations for the California livestock industry have been heard by the ARB, or whether such calls have fallen on deaf ears.

“It is really shameful that this industry continues to enjoy an exemption, while others are forced to comply,” Newell said.

“Decarbonizing what we eat is just as important as decarbonizing what we drive or what we use to heat our homes.”

REReducing Waste and Consumption

Jaime Adame. “Food Talk Focuses on Cutting Waste: Fayetteville Campus Hosts Conference. Arkansas Democrat-Gazette (April 17, 2016). “‘...in the U.S., nearly a third of all the food that’s produced is wasted.’”

The US School of Law has established a Food Recovery Project.

Vegetarian Action Newsletter#27, April 13, 2016


Nutrition, Health

Local Restaurant News

Local Food

VegNews Magazine

Junk Food and Calories

Animal Protection, Compassion, Rights, Liberation
A Trend Away from Cruelty? SeaWorld Changes

VegNews

An Undercover Investigator of a Factory “Farm”

Several Advertisements of Cruelty-free Products

Why One Cook Changed to Vegan

New book by David Pellow, Total Liberation: Oppression, Animal Liberation, and the Radical Earth

Movement

CLIMATE CHANGE

Carnivores

Cowspiracy Against Eating Meat Endorsed by Unitarian Universalist Association

POPULATION

Human-driven factors forcing regional and global environmental change:

Negative Population Growth/NPG

CONNECTING THE DOTS, THE COMPREHENSIVE APPROACH

Dick, Vegetarianism/Veganism, Perceiving Patterns and Systems for the Earth’s Habitability

Nourish, a Comprehensive Perspective

END VEGETARIAN ACTION NEWSLETTER #28, MAY 11, 2016

Sent to Blog, WS, groups,

OMNI
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, April, 6pm, 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 we’re the gray brick on the corner, 2nd house south of Liquor World.

What’s at stake: “What began as a desire to improve my health opened the door to realize the tremendous positive impact that veganism has on the environment and animal lives. There’s no single life choice that creates such massive benefits for human health, environmental sustainability, and relieves the suffering of animals.” Jason Wrobel, author of Eaternity: More Than 150 Deliciously Easy Vegan Recipes for a Long, Healthy, Satisfied, Joyful Life, in VEGNEWS (April 2016).

An Undercover Investigator of a Factory “Farm”

Several Advertisements of Cruelty-free Products

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Vegetarian Action #26

MAY: International Respect for Chickens Month

Vegetarian Action Newsletter #27, April 13, 2016

NUTRITION, HEALTH

Local Restaurant News

Local Food

VegNews Magazine

Junk Food and Calories

ANIMAL PROTECTION, COMPASSION, RIGHTS, LIBERATION

A Trend Away from Cruelty? SeaWorld Changes

VegNews

NUTRITION, HEALTH

New Italian restaurant in town: BOCCA, Italian Eatery and Pizzeria

The place was packed and people standing in line on a Tuesday night. (It’s open only nights.) The menu mainly lists pasta and meat
dishes, and pizzas, but the waiter told us we could replace the meat with another vegetable, so I think we can consider it a vegetarian restaurant. Everything homemade. Local veggies. I split a pizza with a friend, a “Build Your Own” for $11 and $1 for each added veg. So adding five we enjoyed pizza with bell peppers, mushrooms, onion, spinach, and tomatoes for $16 dollars or $8 each. The pizzas are 12-inch and the sauce delicious. We brought home half of it. Two bummer: small amount of wine and expensive, and noisy, as bad as Hugo’s.

The Thai restaurants I am familiar with are very flexible for veggies or tofu instead of meat, and they have brown rice. And soup. Around $8 to $9. My favorite has been Thai Diner then Thep Thai and Taste of Thai. But recently I keenly enjoyed my meal at the Thai restaurant on College just south of Township next to La Huerta: soup, veg roll, and entrée sweet and sour, #2 heat, splendid oooomph, all for about $7!

Chinese restaurants I have visited are less convenient, but recently at Formosa I enjoyed its excellent Veggies with rice (only white and fried though). 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? For Vegan?

VEGNEWS (April 2016)

This magazine, much like Vegetarian Times, is devoted to the enjoyment, nutrition, and health of vegetarianism. It’s packed with attractive sounding recipes and photos.

But it also includes a strong, compassionate article about the cruelty to animals on a factory farm. The author, Chrystal Ferber, worked as an undercover investigator on a factory farm (see following). And on a close reading I found several expressions of concern for animals in the industrial meat system.

Don’t eat junk food. You can’t exercise away junk food. By focusing on calories, processed food companies are saying “It’s your fault.” But they are packing in sugar, salt, and fat!

Local Food

New Equations of Regions, People, Nature and Food Chains

By Wayne Roberts on Mar 10, 2016 12:03 am

We usually think of geologists as going deep, but when it comes to working through the layers of meaning behind local food, geographer Terry Marsden knows how to dig very deep.

ANIMAL PROTECTION, COMPASSION, RIGHTS, LIBERATION

SeaWorld Ends Orca-breeding in captivity and will stop making them perform

Kay and Schneider (AP). “SeaWorld Ends Orca-Breeding Program.” AD-G (March 18, 2016). “Surrendering to a profound shift in how people feel about using animals for entertainment, the SeaWorld theme parks have joined a growing list of industries dropping live animal tricks.” Surrendering to a profound, already existing abhorrence to killing, the people of the world will drop carnivorism for pleasure?

The magazine VEGNEWS (April 2016) includes “My Life as an Undercover Investigator” by Chrystal Ferber, who “was forever changed” by working undercover on a factory “farm.” In addition to her story she adds sections on “The Life of a Slaughterhouse Chicken” and “A Day in the Life 24 Hours as an Investigator.”

The magazine also includes ads expressing concern for animals. On p. 53: Moo Shoes offers “cruelty-free, animal-approved” shoes (from the photo of one pair of shoes I couldn’t determine what it was made from). On p. 55 The Herbivore Clothing Company advertises its shirt with this message: “I Love Animals Too Much to Eat Them.” On pp. 66 and 68 are ads for refuges—the Woodstock Farm Sanctuary and the Heartland Farm Sanctuary. On page 69 the United Poultry Concerns advertises “International Respect for Chickens Day,” May 4 (www.upc-online.org), and it declares that “the entire month of May is
International Respect for Chickens Month!” and appeals to us to “do an ACTION for chickens on or around May 4.”

And on p. 75 an author of a vegan cookbook was asked why he made the change to vegan two decades ago, and he replied: “What began as a desire to improve my health opened the door to realize the tremendous positive impact that veganism has on the environment and animal lives. There’s no single life choice that creates such massive benefits for human health, environmental sustainability, and relieves the suffering of animals.”

ANIMAL LIBERATION AND LIBERATION OF WORLD

Total Liberation: The Power and Promise of Animal Rights and the Radical Earth Movement

Press Releases


We just came across this excellent book on Animal Liberation at the recent Animal Rights 2015 Conference in Washington, DC. It features the Press Office and personnel in several chapters; it will be available soon on the NAALPO website, but until then, you can read reviews and buy it here:

http://www.upress.umn.edu/book-division/books/total-liberation

All oppression is linked: radical environmental and animal liberation movements in the struggle for social justice

Total Liberation elucidates the often tense and violent relationships among humans, ecosystems, and nonhuman animal species, expanding our understanding of inequality and activists’ uncompromising efforts to oppose it. Through activist interviews, fieldwork, and analyses of documents, websites, journals, and zines, David Naguib Pellow reveals how radical environmental and animal rights movements challenge inequity through a vision they call “total liberation.”
David Naguib Pellow is a first-rate scholar, and this rich, carefully-researched book demonstrates that fact. His refusal to march lock-step with any given theoretical perspective but, rather, to employ a variety of them to illuminate his data (data from diverse sources) makes this effort all the more impressive. In numerous places I found myself admiring his insights into a movement I have studied for decades. Rik Scarce, Skidmore College

CLIMATE CHANGE AND CARNIVORES

(Carnivore: an animal that eats flesh, comprising dogs, cats, bears, weasels, and humans. Carnivoral, carnivorous, carnivorism,)

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). See UUA’s www.firstprincipleproject.org. Not only is eating meat grossly cruel and inhumane, it is a major cause of climate change. So vegetarianism and, even more, veganism are major resistsants. We can make a difference simply by eating less animal products and replacing them with plants (www.cowspiracy.com/facts). Watch Cowspiracy now on Netflix and start another conversation in your community.

A local businessman Bob Walker (Flying Possum Leather) is eager to show the film for discussion at his business and at OMNI. Contact Dick to help.

POPULATION


Four human-driven factors are forcing regional and global environmental change:

1. Increasing levels of atmospheric greenhouse gases;
2. Clearing forests for agriculture and construction of buildings and roads on a scale that affects the amount of the sun’s energy reflected or absorbed by our planet;

3. Replacement of plants that freely transpire and return water to the atmosphere by water-conserving plants that grow faster and now form the basis for our food supply in many parts of the world; and

4. Mining of minerals and extraction of petroleum with concomitant release of nutrients and poisonous materials into the environment.

[ 5. and 6. Industrial agriculture in general, and industrial animal agriculture especially, as well as military impacts could be added to this list as #5 and #6. Both of these institutions are top consumers of fossil fuels, in addition to various forms of water, air, and soil pollution they entail.]

All of the above SIX factors are closely related to the growth of the human population of the planet, the development of civilization, and the need for increasing food supplies.

Another schema: “Whether the tide of human and ecological nutrition affairs can be turned in the diminishing time-frame available before habitable ecosystem collapse occurs, depends above all on four factors. One is slowing, stopping and reversing population growth. Two is arresting ecosystem destruction, particularly that caused by energy production at the cost of food and water security. Three is better strategies to resolve conflict, including agreement to meet basic needs in less materialistic ways. Four is providing satisfying and productive livelihoods in all populations and communities.”

Nourish Network news.nourishnet@gmail.com 2-16-16

......Negative Population Growth

Negative Population Growth, Inc. (NPG) is a national nonprofit membership organization with over 30,000 members. It was founded in 1972 to educate the American public and political leaders regarding the devastating effects of overpopulation on our environment,
resources, and standard of living. We believe that our nation is already vastly overpopulated in terms of the long-range carrying capacity of its resources and environment.

Negative Population Growth, Inc. (NPG) is a national nonprofit membership organization. It was founded in 1972 to educate the American public and political leaders about the devastating effects of overpopulation on our environment, resources and standard of living. We believe that our nation is already vastly overpopulated in terms of the long-range carrying capacity of its resources and environment.

We urgently need, therefore, a National Population Policy with the goal of eventually stabilizing our population at a sustainable level, far below today’s. after an interim period of negative growth.

Most politicians, big business and its supporting economists call for growth as a solution to all our problems. Apparently, they believe in perpetual growth, which is a mathematical absurdity on a finite planet. There must be limits. Science is demonstrating that human population and consumption in the United States and the world are already too large and are destroying the natural systems that support us. We must not simply stop population growth; we must turn it around.

Since 1972, NPG has been making that case. We do not simply identify the problems, we propose solutions.
A New Series: We are introducing a new series of articles under the title The President’s Column. As they appear the articles will be listed chronologically in this section “News and Commentary”.

An Introduction to the President’s Column

by Don Mann, President, NPG, Inc.

Since NPG was founded over 40 years ago I have been convinced that NPG at bottom is an economic theory: namely, that our goal should be to maximize per capita income and wealth for all, in a way that would be sustainable for the very long term, and that the only way to achieve that goal is by a negative rate of population growth until our economy has been reduced to a sustainable size.

Read More.

In the Peace, Justice, and Ecology Movement Connecting the Dots. The Food System is Not Random.

And it’s no new discovery. Paul Kennedy in his 1993 Preparing for the Twenty-First Century urged a thorough overhaul of education, not for competition in the global economy but to stop the decline in the habitability of the earth. In his Introduction to his 1994 Earth in Mind David Orr listed losses in a typical day on planet Earth—for example, there has been a marked decline in fungi and amphibians worldwide. They are part of a larger pattern, Orr argues, that includes the economic system, education for jobs and profession, shopping malls, deforestation, suburbs, ozone holes, crowded freeways, soil erosion, superfund sites, insensate violence, and extreme weather. That we see them as disconnected events or fail to see them at all is evidence of the critical failure of education to enable people to perceive patterns and systems, and thereby to live as whole persons. We must learn to think about ecological patterns, systems of causation, and the long-term effects of human actions, they taught us over 20 years ago. Our inability to understand broad patterns, multifarious causes, and enduring effects are already manifested as species extinction, enormous gap between rich and poor, pollution, social decay, poverty, and climate change. Vegetarianism/Veganism is one of the counter-movements to sustain the
earth’s habitability. The slogan Think Global, Act Local has become Think Global, Act Local, Act Global. –Dick

A COMPREHENSIVE PERSPECTIVE: NOURISH

What’s up?

These are interesting times. There is now wide understanding that the crucial determinants of states of well-being, health, and disease are structural – social, economic, political, environmental. Also, that the welfare of the human species depends on protection of the whole living and physical worlds of which humans are custodians. Such insights explain the commitment of so many people to Nourish.

These times right now are for us with Nourish also a little bit frustrating, with so much news needing to be understood from the point of view of nourishment. But we will be on line soon. We recommend Carbonating the World from the Center for Science in the Public Interest, co-written by Nourish advisor CSPI director Michael Jacobson, on the deep penetration by the transnational soda manufacturers of Asia, Africa and Latin America.

We at Nourish welcome the broad-minded view of The Lancet and its dynamic editor Richard Horton, as for example in a recent editorial: ‘Current approaches don’t work. Obesity is the result of an obesogenic environment maintained by large global food and drink companies with a vested interest to provide ultra-processed, energy-dense, nutrient-poor food as cheaply as possible. Obesity prevention and treatment needs urgent, serious, and multifaceted action, beyond just a sugar tax’.

Also, we are thrilled by publication now, on 17 February, of the Pan American Health Organization nutrient profile system, part of the PAHO campaign to check and reverse childhood obesity, which has the personal support of PAHO director Carissa Etienne. Leaders of this work include Nourish editorial team members Ricardo Uauy, Carlos Monteiro and Enrique Jacoby.

Who we are: Mark Wahlqvist
Mark (left) at Monash University, Australia. He is next to his mentor Basil Hetzel, whose leadership has protected lives and prevented deaths of countless children from iodine deficiency disorders and diseases. On the right is Tony McMichael, environmentalist and champion of knowledge, decision and action to stop human-caused climate disruption.

Mark Wahlqvist is a former president of the International Union of Nutritional Sciences. An Australian, he holds professorial chairs at Monash University, Australia, and the University of Zhejiang at Hangzhou, China. He is founder-editor of the Asia-Pacific Journal of Clinical Nutrition. A signatory of the Giessen Declaration, for many years he has advocated eco-nutrition. He is a member of the steering group responsible for Nourish.

Positive vision for this century

I envision a more peaceful and sustainable planet where most are healthy most of the time. For this to be at all likely, we need to understand that we are ‘ecological creatures’ and conduct our lives, livelihoods and recreation, accordingly.

Above all there is a pressing need to define and achieve positive good health and well-being, whose determinants include personal and community security; basic needs met; avoidance of want; secure livelihoods; secure values; scope to hope and dream; and access to information. Also needed are stable and respectful social structures; essential infrastructure for hygiene, health care, education, transport, communication; localities with ecological integrity; and health literacy and resourcefulness.

Whether the tide of human and ecological nutrition affairs can be turned in the diminishing time-frame available before habitable ecosystem collapse occurs, depends above all on four factors. One is slowing, stopping and reversing population growth. Two is arresting ecosystem destruction, particularly that caused by energy production at the cost of food and water security. Three is better strategies to resolve conflict, including agreement to meet basic needs in less materialistic ways. Four is providing satisfying and productive livelihoods in all populations and communities.
Here is some good news. Nourish will champion dietary patterns based on fresh and minimally processed foods and freshly prepared meals enjoyed in company, with avoidance of ultra-processed products, as stated in the national Brazilian food guide.

What is Nourish all about?
Nourish will be the independent website, journal and network dedicated to gaining knowledge, making agreements, and promoting action on all aspects of nourishment. Many of the ideas shaping Nourish have been presented at international conferences including by members of the editorial team, and published in books, reports, and publications, notably World Nutrition, the journal of the World Public Health Nutrition Association. Nourish has attitude. As indicated here, it celebrates the good life well led in society, which includes nutrition, food, shared meals and conviviality. It is committed to the welfare of the whole living and physical world. In this era of the Anthropocene in which human activity is menacing planetary ecosystems and the biosphere, and public health and public goods are being undermined, positive strategic vision is essential.

That’s huge. Can you do all this?

With growing support from our network (and see ‘Join us’, below) we hope and believe that yes, we can. But not all at once, and not alone! Our editorial team, authors and advisors come from all continents and are of all adult ages. They include people with deep experience, and expert knowledge of many inter-related biological, social and environmental sciences. Also, much of what needs to be said and done is not new and is known already, or else needs to be brought into the light. Nourish will be a forum for the knowledge, decisions and actions of research centres, professional bodies, public interest organisations and social movements that now are facing the facts and forecasts of this century.

Who are the people behind Nourish?

Nourish currently includes an editorial team of 20, together with 20 regular authors and 20 advisors. They will be listed and profiled in Nourish. Some are contributors to the World Nutrition Visions series. Most have been editors of or authors for World Nutrition. The founding editor of Nourish, Geoffrey Cannon, edited World Nutrition from its first issue in 2010 until the current issue of 2016.

What is the relationship between Nourish and the World Public Health Nutrition Association?

Many of us who are engaged with Nourish are members of WPHNA, some of long standing, and have its interests at heart. Informally, Nourish has a special relationship of affiliation, respect and affection for WPHNA as the ‘parent’ of World Nutrition, and for colleagues who are WPHNA members. Formally Nourish is independent and self-governing.
This is, we are sure, in the best interests of WPHNA, of Nourish, and of the causes we serve in these unique, difficult and turbulent times. An analogy is with the British Medical Journal, once the journal of the British Medical Association, which became ready to ‘fly the nest’, and is now independent as BMJ.

Why change the name to Nourish?

After close to six years of publication, World Nutrition is a ‘brand’. One option was to retain the name while becoming independent. But World Nutrition is known as the WPHNA journal, whose executive committee chose to retain the title. In any case, Nourish with its own website and home page is more than a journal. Also, the name Nourish indicates our scope, as stated in our summary statement in the box above. Conventional nutrition, which is mostly a biological discipline mainly concerned with the physical growth and health of people or populations, and of animals in the service of humans, is for us a vital part of a much greater whole.

Will WPHNA continue to publish World Nutrition?

In its recent newsletter and on its home page, WPHNA states of Nourish: ‘This journal and website will be completely independent from any organisation and dedicated to the cause of public health and nutrition. World Nutrition, the WPHNA journal, will continue its ongoing commitment to science, policy, and action devoted to public health nutrition’.

Will Nourish publish the results of original research?

Seldom. Many journals are already devoted to publication of original research papers devoted to gathering and analysis of data, and production of evidence. Nourish will publish contributions whose quality matches those in academic journals. These will often be ‘research on research’, and usually centred not so much on analysis of information as discussion of theses and ideas, and development of concepts, principles and policies designed to work well in the times we all live in now. Conventional research examines what has happened. What is needed in these times, more than ever, is foresight. This involves the resolution and courage to chart and explore unknown territory. The original manifesto of World Nutrition remains valid: “The need is for a journal whose contributors have scope to think and reflect on the significance of established and emerging experience and evidence, and on how best to shape policies and programmes that
protect the human species, the living and physical world, and the biosphere, now and in future.”

What are your principles?

The Nourish principles, to be set out in our manifesto, are in part derived from the 1945 UN Charter, the 1986 Ottawa Charter, the 2005 Giessen Declaration, the 2008 Hyderabad Declaration and the 2009 Istanbul Declaration. These and other documents have been affirmed by nation states or all together agreed by many thousands of delegates or participants. They have a global scope, position nutrition as part of the human rights and public health movement, insist on the need to protect public goods, and will inform the Nourish manifesto. The Giessen Declaration is the product of a three-day workshop in which a number of Nourish editorial team members, including three officers of the International Union of Nutritional Sciences, participated. It outlines the scope of nutrition in the wide sense of nourishment.

“All sciences and all organised human activities are and should be guided by general principles. These should enable information and evidence to be translated into relevant, useful, sustainable and beneficial policies and programmes. The overall principles that should guide nutrition science are ethical in nature. All principles should also be guided by the philosophies of co-responsibility and sustainability, by the life-course and human rights approaches, and by understanding of evolution, history and ecology.”

“The human species has now moved from a time in history when the science of nutrition, and food and nutrition policy, have been principally concerned with personal and population health and with the exploitation, production and consumption of food and associated resources, to a new period. Now all relevant sciences... should and will be principally concerned with the cultivation, conservation and sustenance of human, living and physical resources all together; and so with the health of the biosphere.”

These are general principles. Others will be shaped to face the uniquely ominous circumstances experienced in this century so far, and forecast up to 2030 and beyond. Some of the policies of Nourish will be to

• Affirm that nourishment includes nurture of the human body, mind, heart and spirit, requiring insight and understanding above and beyond the findings of biochemical and laboratory experiments and of randomised controlled trials.
• Emphasise that integrated knowledge and wisdom is the firm foundation for sound decisions and actions, and take account of the limitations of reductionist science, increasingly fragmented into insulated specialist compartments.

• Denounce the current dominant globalised political and economic system that promotes outrageous corporate influence over the UN system and national governments, engorgement of the greediest, and worse world poverty.

• Translate knowledge and decisions into recommendations for action, in partnership with members of our network, in order to help shape just, fair, decent, peaceful and equitable societies throughout the world.

• Regain an integrated holistic and practical vision of the whole universe. Such philosophies have been among the great achievements of advanced civilisations all over the world throughout history, and remain valid inspiration.

Here is some bad news. Climate disruption is harming food systems and world health. Countries like the US and UK are saturated with ultra-processed food products. Farmers are being forced into cities to live in squalor in slums and shanty-towns

What are the special features of Nourish?

Many. Technically it will be an up to date on-line website and journal made fully fit for use, accessible everywhere any time on tablets and smartphones as well as computers. Our home page news features will be topical. Our journal contributions will have the normal on-line reading facility. Our design will be transformed. Editorially, in continuing the policies of World Nutrition as set out in its original manifesto, Nourish will combine the qualities of a science-based journal and of an attractive periodical more effectively than WN has ever been able to do. We will maintain
analyses of corporate power, climate disruption, unsustainable development, privatisation of public goods, despoilation of the global South, and other structural threats to the human, living and physical world, now and in future. We will network with research centres, professional groups, civil society organisations and social movements committed to similar policies and actions. We will also be hopeful and joyful! We will celebrate good work well done, that encourages equity and justice, and helps families, communities and populations to live in harmony, in ways that protect the inheritance of future generations. More in later Nourish newsletters!

Where do I sign up?

Right here!

Join us!

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Web Version  Forward

Contents Vegetarian Action #26, February 10, 2016

http://jamesrichardbennett.blogspot.com/2016/02/vegetarianvegan-newsletter-february-2016.html

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 has been Thai Diner then Thep Thai and Taste of Thai. But recently I keenly enjoyed my meal at the Thai restaurant on College just south of Township next to La Huerta: soup, veg roll, and entrée
sweet and sour, #2 heat, splendid seasonings oooomph, all for about $7.

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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 Philpott 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.

END OMNI VEGETARIAN ACTION NEWSLETTER #27, April 13, 2016

For #27 March

TO K&D

Yesterday I talked with Bob Walker about sticking with our Vegetarian/Vegan project, and he seemed agreeable to the invitation. You will recall him as the brother of the owner of the leather business that burned, killing him; and as the strong advocate of the film Cowspiracy.

Donna do you still think we should not show it again? The possibility is on my mind, because the UUA in its latest number of UU World (Spring 2016)
makes a strong case for it, urges all to see it, and announces its commitment to the film, for this leading reason: “ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY.” And it prints a graphic explanation of why (deforestation, water use, etc.) and what to do (vegetarian/vegan diet). (cowspiracy.com/facts). If we did show it again we could might become the leader of another strong OMNI voice for the environment, and collaborate with UUFF, with OMNI’s other climate-dedicated committees, and with all UA and community climate groups. No informed person denies the urgency of resisting CO2/Warming, but few are acting.

Thanks, Dick

LETTER REVISED FOR GENERAL AUDIENCE

Yesterday I talked with Bob Walker about sticking with our Vegetarian/Vegan project, and he seemed agreeable to the invitation. He is a strong advocate of the film Cowspiracy: The Sustainability Secret.

The film is on my mind, because the UUA in its latest number of UU World (Spring 2016) makes a strong case for it, urges all to see it, and announces its commitment to the film, for this reason: “ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY.” In support UU World prints a graphic explanation of
why (deforestation, water use, etc.) and what to do (vegetarian/vegan diet) ([www.uuam.org](http://www.uuam.org)) ([cowspiracy.com/facts](http://cowspiracy.com/facts)). If we did show it again we might become the leader of another strong OMNI voice for the environment, and collaborate with UUFF, with OMNI’s other climate-dedicated committees, and with all UA and community climate groups. No informed person denies the urgency of resisting CO2/Warming, but few are acting.

Thanks, Dick

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**SUGGESTION FROM DONNA**

Gladys & Dick

*Kelly and I cannot attend veggie potluck tonight and wanted to let you know....so sorry...but have other commitments tonight. I am going to an event in Bentonville and Kelly NEEDS to do some recording.*

So here is a THOUGHT
I keep wishing we could breathe fresh air into the VEGGIE potluck
I have a weird idea that is brewing

Turning Omni into a once a month VEGAN Goumet restaurant! It might need to be ‘donation’ only to not require permits and all that jazz. (Like the membership meeting)

I have been learning how to make these AMAZING Vegan Stacked Food extravaganzas...they are Vegan and GLUTEN FREE and YUMMY and pretty easy to make. If the restaurant was limited amount of people (say 12 and RESERVATIONS ONLY) and a ‘happening’ it could kill two birds with one stone... Raise Vegan awareness AND be a fundraiser or cover it’s own costs.

It could be BYOB (to save bucks) We would need a crewe of cook-helpers and servers.
New Table Cloths and Candles for the tables.

I might be willing to take this on for my ‘part’ in Omni. Just running it by for thought.

MISC IDEAS

use folder on animals and containing a large doc on protection of animals and a shorter on cruelty to animals  ??

Add on 6th extinction and import of Wilderness from last Animal Rights newsl/Kolbert

---

Eventually DELETE THIS MISC OMNI VEG POTLUCK

Hi Dick;

The Omni events calendar goes out once a week - usually on Thurs or Friday. We always include the Veggie Potluck at 6pm, followed by Climate Change at 7pm. We haven’t included much else. I like the words you have here and we will use them in our next send out.

One personal suggestion for the potluck..... Every veggie potluck I have been to lasts at least 2 hours. When you go to the trouble and expense to make a nice entry, I think people might prefer to have a fuller evening of socializing. Also, I would probably leave out the “tortured and killed” phrase and substitute “to animal welfare”. In general, meat eaters are not incented to learn about vegginess via looking at the cruelty of their current diet. The primary motivator for people is health and weight loss - then you can feed the other info to them. This is based on being veggie since 1991.

I love it that you are so enthusiastic about vegginess. Feel free to keep emailing me with suggestions. I think the reason the email: Omni@omnicenter.org didnt work is that you might have put a period after the org - like this “org.”
Goddess bless you,

Deborah Bird

Membership Engagement Coordinator
Omni Center

www.omnicenter.org
479-439-3894

Dick Bennett <j.dick.bennett@gmail.com>

11:42 AM (0 minutes ago) to Deborah

Thanks Deborah, wise reflections. I much appreciate your work for OMNI.

Time 6 to 7 or 6 to 8. At VP’s beginning we had programs on diverse aspects of vegetarianism, when 2 hours or at least 1 hr. plus were more convenient. I can’t recall how OMNICCL followed VP in an hour, but it has tended to cut VP off. I once discussed VP changing nights but that reached no conclusion. Check the calendar and see what you think.

I try to appeal to the 3 main groups who are vegetarians, most of whom as you say choose veg for their and their family’s health, I use specific, accurate words for those who choose veg. for animals’ sake and who dislike euphemisms regarding industrialized food and the slaughterhouse, but they are a small number. I can lighten the language though. Another small but rapidly growing number recognize the immense potentiality of veg. as abstinence of meat for the sake of the climate and planet. When someone embraces all three perspectives together, then she or he perceives OMNI’s Veg Potluck as a potential power for peace, justice, and ecology. (And a few are aware of the meat industry monopoly, an added motive.).

Thanks, Dick
LETTER TO MARSHA MARCIA RE PETA ANIMALTIMES #3 2015 11-4-15

The latest Animal Times arrived as usual packed with humane appeals against cruelty to animals. I am trying to persuade attendees to OMNI’s Vegetarian Potluck, composed mainly of people who see it as no more than a nutritional social hour, to get serious and recognize the great service of vegetarianism and veganism to the humane treatment of animals and to protecting the climate (which also means protecting animals). Will you join our group and help me build this OMNI group into a real support for animals? Our next meeting is Nov. 11 (2nd Wed. each month), at OMNI, 6pm.

Thanks, Dick Marcia Donley?? Call Ruth

LETTER FROM DONNA PRAISING #25

WOW...you are so thorough and wonderful. You cover SO much important material and even local businesses like Zoe’s Kitchen that have Vegetarian/Vegan options. Taylor and I went to Mellow Mushroom Pizza and had a Holy Shitake Pizza with VEGAN cheese, it was quite tasty, but the vegan cheese sticks to your teeth...but that’s OK.

Thanks for your work on creating this newsletter/blog. You are the BEST! Is Taylor on your mailing list?

taygold@aol.com I bet he would really enjoy it as well. Could you add him?

Thanks

Sent to Blog, Newsletter, groups: sc, list, ccl, Indivs

OMNI
VEGETARIAN ACTION NEWSLETTER #26, February 10, 2016.

http://jamesrichardbennett.blogspot.com/2016/02/vegetarianvegan-newsletter-february-2016.html

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.

Contents Vegetarian Action #26, February 10, 2016

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.

**Books Celebrating Vegan Food and Lifestyle**


**CORPORATE MEAT INDUSTRY**

*The Meat Racket: The Secret Takeover of America’s Food Business*

By [Christopher Leonard](https://www.christopherleonard.com). 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 vegetarianism

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 battened on the ...

Quotes About Vegetarianism (134 quotes) - Goodreads

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 ...

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

See this image

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/

Animals Agenda. At the heart of the animal advocacy movement is an uncompromising commitment to compassion for all sentient beings, human and ...
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.
HUMAN PROTECTION OF MEAT INDUSTRY WORKERS


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

[HUMAN PROTECTION AND RIGHTS, HARMS TO WORKERS IN THE CHICKEN INDUSTRY](http://www.motherjones.com/tom-philpott/2014/10/chain-ted-genoways-spam-hormel)

[HUMAN PROTECTION AND RIGHTS, HARMS TO WORKERS IN THE CHICKEN INDUSTRY](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).

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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
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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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VEGETARIAN ACTION NEWSLETTER #25, January 13, 2016.

http://jamesrichardbennett.blogspot.com/2016/01/vegetarian-action-newsletter-25-january.html

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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015; #21, September 9, 2015; #22, Oct. 14, 2015; Dec. 9, 2015). Thank you Marc.

190331 pageviews - 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!

Wednesday, January 13, members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine and consider our philosophy, and we are invited to attend their meeting following, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. This newsletter especially focuses on the significant connections of vegetarianism/veganism, nutrition, animal rights, and climate change. As in all of OMNI’s activities, we connect the dots.

Vegetarian Potluck starts at 6, and CCL at 7. Make a special sign or announcement if your dish is vegan. If you wish, provide your recipe, or at least its name and main ingredients.

Notice how Vegetarian Action is increasingly becoming interactive. Send your comment.

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NUTRITION AND HEALTH


Zoe’s Kitchen

This new restaurant near the anticipated Whole Foods offers fresh veggies, tasty dressings, and reasonable prices. I had Quinoa Salad for $7, and my friend a veggie pizza with side salad for $8.50. ZK has several other veggie salads, Veggie Kabobs, and veggie sides. The menu is color coded for veg, vegan, and gluten-free. Tell the manager and all the employees about OMNI’s Vegetarian Potluck.
Michael Pollan brings 'In Defense of Food' to PBS. The best-selling book is now a documentary airing Dec. 30. By: Robin Shreeves

December 29, 2015, 8:42 a.m.


Now, “In Defense of Food” has been turned into a documentary that “debunks the daily media barrage of conflicting claims about nutrition.” In the film, Pollan travels around the world visiting supermarket aisles while continuing to answer the question, “What should I eat to be healthy?”

The timing of this documentary film is beneficial. Many of us have spent the holidays eating a whole lot of food and chances are much of it was not plant-based. It will be a good reminder to readjust our eating habits for the new year.

“In Defense of Food” premiered on PBS Dec. 30.

Related on MNN:

Michael Pollan's 'Food Rules' in stop animation
Will Ferrell gets schooled by kids about healthy eating
How to train your brain to eat healthy foods

Related topics: Books, Health & Well Being, Healthy Eating, Michael Pollan, TV Shows

Michael Pollan’s Book In Defense of Food Now a Film on PBS, Google Search, Dec. 31, 2015

Watch Full Episodes Online of In Defense of Food on PBS ...

www.pbs.org/video/2365614145/ PBS

In Defense of Food. Trailer. 1:35Aired: 11/22/15Rating: NR. Journalist Michael Pollan distills a career’s worth of reporting into a prescription for reversing the ...

Forget Weight Watchers, Paleo, and Dry January: Let Michael Pollan and 'Bon Appetit' Preach the Virtues of Eating ...
A new PBS documentary and Bon Appetit’s January issue espouse a radically moderate ...

In Defense of Food | Kikim Media

www.kikim.com/xml/projects.php?projectId=88

December 15, 2015 -- Kikim Media is proud to announce that our film In Defense of Food, based on the book by Michael Pollan, will premiere on PBS December ...

In Defense of Food: The Movie – Facebook

https://www.facebook.com/indefenseoffoodthemovie/

A new PBS documentary and Bon Appetit’s January issue espouse a radically moderate approach to ... Wednesday’s TV Highlights: ‘In Defense of Food’ on PBS.

Wednesday's TV Highlights: 'In Defense of Food' on PBS ...

Los Angeles Times

1 day ago - Nutritional Expert and best-selling author Michael Pollan explores what to eat and what to avoid in the new special “In Defense of Food” on ...

In Defense of Food 1x55 - PBS International

pbsinternational.org/programs/in-defense-of-food/

Based on Michael Pollan’s best-selling book, In Defense of Food shows how a combination of uncertain and incomplete science, politicians, and clever ...

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Sample our Magazine

Current Issue
ANIMAL RIGHTS AND PROTECTION

I am enjoying my new subscription to VegNews, a bimonthly for only $20 a year reporting nutrition and health vegan news “newsfoodplanettravelbuzz.” Here’s its home page:

http://vegnews.com/

VegNews is an award-winning vegan magazine and website packed with recipes, travel, news, food, reviews, and so much more.

Results from vegnews.com:


National Pizza Chain Now ...

National Pizza Chain Now Offers Vegan Cheese. By Veronica ...

Subscribe http://vegnews.com/

VegNews Guide to Vegan Gingerbread. Christmas is the ...

Vegan + Vegetarian Jobs

Vegan Grill Team Member / Los Angeles, CA ... Macro ...

Here’s some contents from the Jan/Feb 2016 number:

The Politics of Cheese, Veganism Saved My Life (five people whose plant-based diets improved their health), The 300-Pound Vegan (the best protein comes from plants). Main focus on food, nutrition, and health but its central principle—avoiding all animal products—
includes compassion for animals and for the planet’s atmosphere and soil. For example, see p. 20 on the men’s vegan boutique in Brooklyn, “Brave GentleMan”; the vegan handbag company, Freedom of Animals; and Whole Foods Market dropping rabbit meat.

Letter to VegNews’ “Your Say” 12-26-15

Although I am glad to be a new subscriber to VegNews, but your contents are disappointingly almost exclusively about nutrition and health. That is why I dropped my subscription to Vegetarian Times. In your Nov.-Dec. number you did report briefly on favorite animal organizations and the ethics of the chocolate industry, but the Jan.-Feb. 2016 number offers even less. In VegNews I hoped to contact the full range of vegetarianism—from nutrition and health, the harms of industrial food industry, the rights of and protection of animals, to a sustainable, plant (and solar, wind)-based civilization.

Dick Bennett

PBS, Nature, “Animal Odd Couples” (1-6-16)

Friendships between a dog and a deer, duck and turtle, horse and goat and more. Animals have complex emotions and experience not only individual but also group relationships that are like human, just less complex. Large implications: all relationships are possible, and we should not torture or kill animals.

“Meet the Odd Couples” http://www.pbs.org/wnet/nature/animal-odd-couples-meet-the-odd-couples/8025/

Essay on Vegan Ethics forwarded by Morgan MacDonald

Here’s something to share with people who think “helping people” takes priority over helping animals by not eating them: http://kirschnerskorner.com/2012/06/28/why-dont-vegans-care-about-people/comment-page-1/
For a Peaceful World: Stop Killing Animals by Deborah Bird

Vegginess is the single most important thing anyone can do to change the world. Supporting any kind of violence, increases the vortex of violence from which all violence receives its food. I once listened to an extremely scholarly lecture given by a Hare Krishna Sanyasi, who a Harvard educated linguist. He spoke in a scholarly manner, which was well documented about how cow slaughter causes war. It was a long time ago, so I can’t remember the details. One of the primary examples he use is India. The Hindu population of India is vegetarian. As a result, I believe he said that India has never instigated a war. His name is Hrydyannada; his website is: http://www.hdgoswami.com/. I am sure he would love it if you contacted him and explained your interest. He will be able to explain to you the vast and imposing non-physical impacts of people becoming vegetarians. Deborah Bird 12-14-15 [On the importance of understanding the full, numerous contexts of violence in US domestic and foreign policies and practices, see my newsletters on Violence, Imperialism, and related topics. Here is the most recent violence newsletter: http://jamesrichardbennett.blogspot.com/2015/12/us-violence-newsletter-10-dec-20-2015.html --Dick]

VEGETARIANISM AND CLIMATE CHANGE

Your Festive Meal Could Be More Damaging Than a Long-Haul Flight by George Monbiot, The Guardian, Dec. 25, 2015: One kilo of protein from either beef or lamb reared on a British hill farm causes more greenhouse gas emissions than a passenger flying from London to New York. We miscalculate environmental risk; eating certain meats is about the worst thing you can do to the planet.
US gives meat producers a pass on climate change emissions

By Nathan Halverson / December 22, 2015

[From the arrogance of US exceptionalism and power comes double standards and the refusal to carry out our side of the emissions agreement while holding others accountable. –Dick]

If the Paris climate pact is going to succeed at staving off climate change disaster, the 195 participating countries will need to achieve a difficult feat – trust.

Yet the U.S. government already is failing to implement its own rules on tracking emissions. It is not collecting emission reports from one of the country’s largest sources of greenhouse gases: meat production.

In its latest appropriations bill passed Friday, Congress renewed a provision that prevents the Environmental Protection Agency from requiring emission reports from livestock producers. The move came only days after U.S. officials stressed to other governments the importance of accurate reporting at the Paris climate negotiations.

The U.S. government collects the reports from 41 other sectors, making the meat industry the only major source of greenhouse gases in the country excluded from filing annual reports.

Livestock producers, which include meat and dairy farming, account for about 15 percent of greenhouse gas emissions around the world. That’s more than all the world’s exhaust-belching cars, buses, boats and trains combined.

The EPA has called the emission reports “essential in guiding the steps we take to address the problem of climate change.”

As a result of having inadequate information on livestock producers, the U.S. government is vastly underreporting its true greenhouse gas emissions, according to a growing consensus of American scientists.
In 2013, a team of researchers from Harvard University, Stanford University, the U.S. National Oceanic and Atmospheric Administration, Lawrence Berkeley National Laboratory and elsewhere worked together to collect air samples and analyze actual emissions near large livestock operations such as cattle feeding lots in California, Nebraska and Iowa. They found that greenhouse gas emissions from livestock were twice as bad as what the EPA estimated. Subsequent studies have found similar results.

The United States is underreporting its total greenhouse gas emissions to the United Nations by about 4 percent per year as a result of bad livestock data – nearly equivalent to the entire emissions of Spain, according to the 2013 study.

The EPA’s ban on collecting reports from the U.S. livestock industry, which is the second-largest in the world behind only China, goes back several years.

In 2008, Congress instructed the EPA to draft regulation requiring the country’s largest greenhouse gas emitters to file annual reports. The following year, the EPA finalized those regulations, requiring dozens of industries – including large-scale livestock producers – to report their emissions.

But the EPA never received a single report from meat producers. In 2010, when the first reports were to be collected, Congress attached a provision to the EPA’s budget. It prohibited the agency from spending money to collect emission reports on livestock producers – specifically the greenhouse gases emitted from some of the 335 million tons of manure produced each year.

Monitoring and curbing greenhouse gases from livestock is considered vital to stopping global warming, according to scientists.

A recent report published in the Environmental Law Reporter cited several studies showing that forecasted growth in worldwide agricultural emissions alone – unless curbed – will push global temperatures past the tipping point.

“Global demand for livestock products is projected to grow 70%, if not double, by 2050,” wrote Debra Donahue, law professor at the University of Wyoming College of Law. “Plainly, neither the United States nor the earth can continue on this track, yet this is precisely our course.”

Decomposing manure is one source of livestock emissions. Technology exists to capture the methane and turn it into electricity, although it is rarely used in the United States. The other major source of emissions are the cows themselves, which belch and fart methane. Scientists also have developed methods for reducing methane emissions from the cows, such as changing their diets. But there is little incentive for large-scale farms to adopt these practices in the U.S.

Under current regulation, there are even disincentives. If a livestock operator were to capture the methane, turning it into electricity or another form of energy, it would then fall under climate change regulations. By doing nothing and simply allowing the methane pollution to escape into the atmosphere, livestock operators do not have to deal with the EPA greenhouse gas rules.
Methane is 72 times more potent than carbon dioxide when it comes to trapping heat and increasing global temperatures. But it stays in the air for a far shorter period of time — it mostly disperses within 12 years.

Scientists say changing our food system will have a quicker impact on stopping climate change than altering our fossil fuel habits.

But politicians and even environmental groups are afraid to talk about it because they fear a backlash from the meat-loving public, according to a 2014 report by Chatham House, a London-based think tank. The report found governments such as the United States were doing little about the problem and that "recognition of the livestock sector as a significant contributor to climate change is markedly low."

Sometimes, it’s even hostile. In 2013, the head of the EPA, Gina McCarthy, testified to the U.S. House Committee on Science, Space and Technology. Rep. Thomas Massie, R-Kent., wanted assurances that regulators would not monitor livestock.

**Massie:** There is one other issue that affects rural America that just has us scratching our heads. I hope it is an urban legend. Is anybody in the EPA really looking at regulating cow flatulence?

**McCarthy:** Not that I am aware of.

**Massie:** (He then asks more broadly about methane emissions from cattle.) Can you assure us today that you are not investigating that?

**McCarthy:** I am not looking at that.

**Massie:** Nobody in the EPA is?

**McCarthy:** Not that I am aware of.

U.S. politicians seem concerned about voter backlash if they appear critical of U.S. eating preferences. Americans eat more meat per capita than any other nation.

However, for meat producers, the cost to better monitor emissions appears to be insignificant, at least according to the country’s largest pork producer. WH Group, a Hong Kong-based company that owns about 1 in 4 American pigs, wrote an 1,100-page prospectus to investors that included a tidbit about how it has never filed a greenhouse gas report to the EPA because of the annual intervention by U.S. lawmakers.

Yet the company’s report said the cost to disclose emissions to the EPA likely would be negligible to the company’s bottom line.

*It is not expected that such costs would have a material adverse effect on our hog production operations in the U.S.*
Big companies like Smithfield Foods, which is owned by WH Group, could implement monitoring technology, and it would cover much of the emissions from U.S. livestock. The largest 2 percent of all livestock farms now produce more than 40 percent of all animals, according to the U.S. Department of Agriculture.

But for now, as a result of congressional action, the world is left guessing about American cow farts, even as U.S. officials demand accuracy from other nations. If the 194 other participants to the Paris climate pact think that stinks, who can blame them?

What if Everyone in the World Became a Vegetarian?

http://www.slate.com/articles/health_and_science/feed_the_world/2014/05/meat_eating_and_climate_change_vegetarians_impact_on_the_economy_antibiotics.html

Calculating the chaos and the changed climate.

By L.V. Anderson

Treating yourself to vegan burgers with sweet potato and chickpeas isn’t just a delicious indulgence; it could help save the planet. The meat industry is one of the top contributors to climate change, directly and indirectly producing about 14.5 percent of the world’s anthropogenic greenhouse gas emissions, and global meat consumption is on the rise. People generally like eating meat—when poor people start making more money, they almost invariably start buying more meat. As the population grows and eats more animal products, the consequences for climate change, pollution, and land use could be catastrophic.

Attempts to reduce meat consumption usually focus on baby steps—Meatless Monday and “vegan before 6,” passable fake chicken, and in vitro burgers. If the world is going to eat less meat, it’s going to have to be coaxed and cajoled into doing it, according to conventional wisdom.

But what if the convincing were the easy part? Suppose everyone in the world voluntarily stopped eating meat, en masse. I know it’s not actually going to happen. But the best-case scenario from a climate perspective would be if all 7 billion of us woke up one day and realized that PETA was right all along. If this collective change of spirit came to pass, like Peter Singer’s dearest fantasy come true, what would the ramifications be?

At least one research team has run the numbers on what global veganism would mean for the planet. In 2009 researchers from the Netherlands Environmental Assessment Agency
Their projections of the greenhouse gas consequences if humanity came to eat less meat, no meat, or no animal products at all. The researchers predicted that universal veganism would reduce agriculture-related carbon emissions by 17 percent, methane emissions by 24 percent, and nitrous oxide emissions by 21 percent by 2050. Universal vegetarianism would result in similarly impressive reductions in greenhouse gas emissions. What’s more, the Dutch researchers found that worldwide vegetarianism or veganism would achieve these gains at a much lower cost than a purely energy-focused intervention involving carbon taxes and renewable energy technology. The upshot: Universal eschewal of meat wouldn’t single-handedly stave off global warming, but it would go a long way toward mitigating climate change.

The Dutch researchers didn’t take into account what else might happen if everyone gave up meat. “In this scenario study we have ignored possible socio-economic implications such as the effect of health changes on GDP and population numbers,” wrote Elke Stehfest and her colleagues. “We have not analyzed the agro-economic consequences of the dietary changes and its implications; such consequences might not only involve transition costs, but also impacts on land prices. The costs that are associated with this transition might obviously offset some of the gains discussed here.”

People would band together to form communes, squat on the former pasture land, and adopt a lifestyle of free love.

Indeed. If the world actually did collectively go vegetarian or vegan over the course of a decade or two, it’s reasonable to think the economy would tank. According to “Livestock’s Long Shadow,” the influential 2006 U.N. report about meat’s devastating environmental effects, livestock production accounts for 1.4 percent of the world’s total GDP. The production and sale of animal products account for 1.3 billion people’s jobs, and 987 million of those people are poor. If demand for meat were to disappear overnight, those people’s livelihoods would disappear, and they would have to find new ways of making money. Now, some of them—like the industrial farmers who grow the corn that currently goes to feed animals on factory farms—would be in a position to adapt by shifting to in-demand plant-based food production. Others, namely the “huge number of people involved in livestock for lack of an alternative, particularly in Africa and Asia,” would probably be out of luck. (Things would be better for the global poor involved in the livestock trade if everyone continued to consume other animal products, such as eggs, milk, and wool, than if everyone decided to go vegan.) As the economy adjusted to the sudden lack of demand for meat products, we would expect to see widespread suffering and social unrest.

A second major ramification of global vegetarianism would be expanses of new land available. Currently, grazing land for ruminants—cows and their kin—accounts for a staggering 26 percent of the world’s ice-free land surface. The Dutch scientists predict that 2.7 billion hectares (about 10.4 million square miles) of that grazing land would be freed up by global vegetarianism, along with 100 million hectares (about...
386,000 square miles) of land that’s currently used to grow crops for livestock. Not all of this land would be suitable for humans, but surely it stands to reason that this sudden influx of new territory would make land much cheaper on the whole.

A third major ramification of global vegetarianism would be that the risk of antibiotic-resistant infections would plummet. Currently, the routine use of antibiotics in animal farming to promote weight gain and prevent illness in unsanitary conditions is a major contributor to antibiotic resistance. Last year the Centers for Disease Control and Prevention announced that at least 2 million Americans fall ill from antibiotic-resistant pathogens every year and declared that “much of antibiotic use in animals is unnecessary and inappropriate and makes everyone less safe.” The overprescription of antibiotics for humans plays a big role in antibiotic resistance, but eradicating the factory farms from which many antibiotic-resistant bacteria emerge would make it more likely that we could continue to count on antibiotics to cure serious illnesses. (For a sense of what a “post-antibiotics future” would look like, read Maryn McKenna’s amazing article on the topic for Medium and her story about a possible solution for chicken farming in Slate.)

So what would be the result, in an all-vegetarian world, of the combination of widespread unemployment and economic disruption, millions of square miles of available land, and a lowered risk of antibiotic-resistant gonorrhea? I can only conclude that people would band together to form communes in order to escape capitalism’s ruthlessness, squat on the former pasture land, and adopt a lifestyle of free love.

I kid. Mostly. It’s easy to get carried away when you’re speculating about unlikely scenarios—and sudden intercontinental vegetarianism is very much an unlikely scenario.

But if the result of a worldwide shift to a plant-based diet sounds like a right-winger’s worst nightmare, it’s worth pointing out that continuing to eat as much meat as we currently do promises to result in a left-winger’s worst nightmare: In a world of untrammeled global warming, where disastrous weather events are routine, global conflicts will increase, only the wealthy will thrive, and the poor will suffer.

Let’s try a middle path. We’re not all going to become vegetarians, but most of us can stop giving our money to factory farms—the biggest and worst offenders, from a pollution and public health perspective. We can eat less meat than we currently do, especially meat from methane-releasing ruminants (cattle, sheep, goats, etc.). Just because a sudden global conversion to vegetarianism would have jarring effects doesn’t mean we can’t gradually reduce our consumption of meat, giving the market time to adjust. We not only can; we must. After all, with the world’s population slated to grow to 9 billion by 2050, we’ll be needing to take some of the 25 percent of the world’s land area back from the cows.

POPULATION GROWTH
We must stabilize and then reduce population if we are to stop global warming. See OMNI’s over-population newsletters—its latest: OMNI OVER-POPULATION, GROWTH, CO2 AND TEMPERATURE RISING, SPECIES EXTINCTIONS, HUNGER, CLIMATE CHANGE NEWSLETTER #8, http://jamesrichardbennett.blogspot.com/2015/11/population-choicehunger-climate.html

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Population: An Overlooked Factor in Climate Change Solutions

From: Population Action International

Addressing global population growth can benefit people and the climate

by Kathleen Mogelgaard


A Fragile Interconnected System

I’ve always loved being outdoors. As a kid growing up in rural New York, I spent hours roaming the woods around my family’s house. Our vacations involved hiking, camping, and swimming in freshwater lakes. In college, I was delighted to find an internship at New Mexico’s Carlsbad Caverns National Park. I was intrigued by the geological mysteries of cave formation, and became enamored with the Mexican free-tailed bats that were struggling to survive in a nursery colony there. As I studied the natural history of the cave and its inhabitants, I came to see how fragile the entire system was: how the touch of our hands could change a cave formation forever; how the very flow of air in and out of the cave could make or break the habitat for bats; how things that happened on the surface of the earth—seemingly mundane decisions about elevator shafts, garbage disposal, and plumbing—always left their mark in some way, even 700 feet underground.

The more I studied the more I understood that our whole planet—like Carlsbad Caverns—is a fragile, connected system. The quality of water in one community is affected by agricultural practices far upstream; sulfur and nitrogen from a smokestack in one state can travel to another and kill its trees; an innocent release of ballast water from a ship can inadvertently introduce a species from a different continent that will completely alter a lake’s ecosystem and, by extension, the economic foundation of surrounding towns.
Much of the destruction of the natural world has occurred because we don’t understand these intimate connections between human and natural systems, or because we begin to understand them only after we observe the damage of our actions. We’re lucky that the natural world is often resilient and forgiving—that we’ve been given a second chance to get things right after we mess them up, as we did with acid rain, the depletion of the ozone layer, and the use of harmful chemicals like DDT.

But how often will we get second chances? What happens when the actions we take today—like burning huge quantities of fossil fuel—produce consequences that we don’t fully grasp because they will be felt by people separated from us by space and time? The broad, sweeping consequences of unabated global warming—more intense hurricanes and typhoons, rising sea levels, species extinctions, drought, heat waves, major disruptions to agriculture—would be felt most keenly by a generation with very little responsibility for creating them. Will they get a second chance?

The Climate Challenge Requires A Comprehensive Set of Solutions

At the most basic level, we understand the global trends that have contributed to the problem of climate change. The most immediate and obvious cause is the build-up of carbon dioxide and other heat-trapping gases in the atmosphere. What are the driving forces behind this build-up? The world’s population has grown dramatically over the last 200 years, and along with it has come a rapid expansion of economic activity and energy use.

We have taken huge quantities of coal and oil—substances created and accumulated by Mother Nature over millennia—and burned them up in the briefest of moments. We have upset the natural carbon balance so significantly that we are beginning to alter the entire global climate system. The models that predict just how far we could go with this unprecedented global experiment are truly frightening, and we are only beginning to understand that the solutions will require entirely new relationships between the world’s human and natural systems.

The vast scale of the climate change challenge requires a comprehensive set of solutions that can address each of the forces that contribute to the build-up of carbon dioxide and other heat-trapping gases in the atmosphere. We need bold strategies to reduce our dependence on fossil fuels by tapping into cleaner energy sources like wind, solar, and geothermal. We need to develop and spread technologies that will help us meet our needs—and allow for continued economic development in the poorest countries of the world—while using less energy. We need to better protect and manage forests to store carbon dioxide, and find additional ways to lock up excess greenhouse gases.

And we need to address population growth. Not because ending population growth alone can solve the climate crisis, but because solving the climate crisis will be a lot harder if we continue to grow at our present pace.

We Know How to Encourage Slower Population Growth
We haven’t fully grasped how quickly our planet has become crowded—and how our needs and desires have increased along with our numbers. When my grandmother was born in Michigan in 1915, the U.S. population was about 99 million people and the world population was around 2 billion. Today, both the U.S. and the world populations have more than tripled. This growth has brought with it an even greater expansion of the economy and energy use. And we continue to grow. Each year, the world’s population increases by about 78 million people—equivalent to the combined populations of New York, California, and Florida.

More of us means more people driving cars, more wildlife habitat overtaken by subdivisions, more land needed to grow food, and more water drawn from our lakes and aquifers.

Research suggests that, globally, for every 1 percent increase in population size, there is a 1 percent increase in greenhouse gas emissions (controlling for economic growth and technological factors). These relationships are not simple, of course. Population is growing fastest in parts of the world where an individual’s environmental impact is relatively low. Ethiopia, for example, has a very high population growth rate—and if their current growth rate continues, Ethiopia’s population would double from today’s 80 million to 160 million in about thirty years. However, for every 1,000 people in Ethiopia, there are only two motorized vehicles (compared to 787 motorized vehicles per 1,000 Americans). The average American emits about two hundred times more carbon dioxide than the average Ethiopian.

But as developing countries continue on a path of economic growth and industrialization, their per capita carbon dioxide emissions will increase. Last January, Tata Motors in India introduced the “world’s cheapest car”—the $2,500 Nano—in an effort to extend the dream of car ownership to more than 1 billion Indians (currently, there are about 18 motorized vehicles for every 1,000 people in India). Can we blame Indians or Ethiopians for striving for a standard of living that we take for granted?

Far from being an inevitable force, the extent of future population growth is shrouded in uncertainty. United Nations demographers estimate that the world’s population will grow from today’s 6.7 billion people to somewhere between 7.8 billion and 10.8 billion by 2050. That’s a very wide range, and the path of our growth will be responsive to policies and programs that are put into place now.

The good news is that we know how to encourage slower population growth. There are three significant interventions, each desirable in their own right, that have been clearly linked to lower birth rates in many parts of the world. These include expanding education, especially for the world’s girls; enhancing economic opportunities for women; and providing access to voluntary reproductive health and family planning services, so that women and men can freely decide the number and timing of their children.

These are interventions that require investment. Unfortunately, our investment as a nation, particularly in the area of reproductive health, has declined over the past
decade. The United States was once a world leader in providing information, services, and support to developing country governments that wanted to expand health services to their populations. Our commitment to this work has faltered, even as the number of women around the world who would like to plan their families has increased. Studies show that more than 200 million women in the developing world prefer to delay or end childbearing but don’t have meaningful access to modern contraceptives—something we take for granted in the United States. Addressing this unmet need for family planning services around the world would have multiple benefits, such as reducing maternal and infant death, preventing unintended pregnancies, and slowing population growth.

Slower population growth would have significant benefits in addressing climate change. When combined with effective renewable energy and energy efficiency technology, slower population growth would help to put the brakes on fossil fuel-related emissions growth, relieve pressure on forests and other natural resources that absorb carbon dioxide, buy time for the spread of green technology, and reduce the scale of human vulnerability to climate change impacts.

Win-Win Solutions

Separately, both population growth and climate change can be seen as big, scary problems due to their scale and potential for changing the world as we know it. Each of these challenges involves complicated, politically charged issues—things like sex education, contraception, soaring energy costs, and international cooperation.

But when we are able to look at these challenges as component parts of a single, larger system, solutions that produce positive outcomes in more than one area begin to emerge. These win-win solutions—like slowing population growth through addressing unmet needs for family planning around the world—are powerful. They have the potential to build unique partnerships that can mobilize people and resources behind them. These are the solutions that carry the greatest hope for creating a more sustainable future.

I sometimes wonder how many kids today can run around in wilderness like I did when I was growing up. When I recently visited my childhood home, I was dismayed to see that much of the woods had given way to subdivisions. That is one of the consequences, I suppose, of a growing population. But a recent visit to Carlsbad Caverns was inspiring. The desert and caves were still beautiful and fascinating, and the Mexican free-tailed bats were no longer struggling, thanks to reductions in the use of DDT in Mexico where the bats spend the winter months. I believe our understanding of both natural and human systems is improving, and our will to act when we find win-win solutions is growing. Perhaps it has been a long time coming, but I have faith we are moving in the right direction. And none too soon, because with a challenge as immense as climate change, we won’t get any second chances.

-Kathleen Mogelgaard is senior program manager for population and climate change at Population Action International, one of the Izaak Walton League’s partners in the Population and Environment Coalition.
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END VEGETARIAN ACTION NEWSLETTER #25

Blog, Newsletter, groups: potluck list, indivs:

OMNI

VEGETARIAN ACTION NEWSLETTER #24, December 9, 2015.


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


(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015; #21, September 9, 2015; #22, Oct. 14, 2015). Thank you Marc.

190331 pageviews - 1543 posts, as of Nov 6, 2015

http://omnicenter.org/donate/
Wednesday, DECEMBER 9, members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine and consider our philosophy, and we are invited to attend their meeting following, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. This newsletter especially focuses on the significant connection between vegetarianism and climate change.

Vegetarian Potluck starts at 6, and CCL at 7. Make a special sign or announcement if your dish is vegan. If you wish, provide your recipe, or at least its name and main ingredients.

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

Newsletters
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NUTRITION, HEALTH

EGGLAND’S ADVERTISING CLAIMS, Google Search, Nov. 16, 2015

Eggland’s Claims:  Fresh Eggs | Eggland's Best Better Farm-Fresh Eggs  www.egglandsbest.com/ Eggland’s Best
Eggland’s Best is one of the leading distributors of fresh eggs. Our USDA-approved farm-fresh eggs deliver an overall better taste and superior nutrition.

**Eggland's Best Cholesterol Claims Called Deceptive ...**

https://www.ftc.gov/.../egglands-best-cholester...

Federal Trade Commission

Mar 13, 1996 - At issue are claims regarding the effect of Eggland’s eggs on blood ...And second, the case tells other advertisers making health claims that we ...

**Eggland's Best Withdraws Deceptive Cholesterol Claims**


Aug 27, 2006 - The FTC complaint, which details the charges, cites several statements found in Eggland’s national print and broadcast advertisements.

**EGGLAND'S BEST SETTLES FTC FALSE ADVERTISING ...**

www.washingtonpost.com/.../egglands...advertising.../

The Washington Post

Mar 14, 1996 - Eggland’s Best Inc., a Pennsylvania producer of specialty eggs sold ...has settled charges that it made false advertising claims, including that ...

**Egg Land's Worst | PR Watch**

www.prwatch.org/.../egg-lands-worst

Center for Media and Democracy

Jun 21, 2010 - Egg Land’s Worst. By Anne Landman on ... Rose Acre also claims that their chickens are “comfortable.” In reality ... False advertising? Unreal.

**J&J, Eggland's Best Pull Ads From The View Over Nurse ...**

adage.com/article/media/j-j-eggland...ads.../300438/

Advertising Age
Sep 18, 2015 - Johnson & Johnson and Eggland’s Best have pulled advertising from ABC’s “The View” after controversial comments by host Joy Behar about ...

Johnson & Johnson, Eggland's Best pull ads from 'The View ...

www.newsday.com/.../johnson-johnson-eggland-s-best-pull-ads...

Newsday

Sep 17, 2015 - Two large corporations have pulled their advertising from the “The View” after an uproar over remarks on the daytime talk show that poked fun ...

'The View' -- Big Advertisers Pull the Plug After 'Nurse ...

www.tmz.com/.../the-view-advertisers-nurse-johnson-and-johnson-...

TMZ

Sep 17, 2015 - Johnson & Johnson and Eggland’s Best are pulling ads from the ABC show. EB seems ..... Leah Remini’s Surprising Claims About Suri Cruise.

Readings in Advertising, Society, and Consumer Culture

https://books.google.com/books?isbn=1317461363

Roxanne Hovland, ýJoyce M. Wolburg, ýEric E. Haley - 2014 - ýBusiness & Economics

Alpo had challenged superiority, exclusivity, and health claims. ... Paper Tiger Litmus Test: FTC Gets Eggland’s, its First NARB Case, Advertising Age 2, 2 (Dec.

Monday Briefing: Battle Of The Eggs-perts: Is Eggland's Best ...

articles.dailypress.com › Collections › Low-fat Diet

Feb 1, 1993 - The issue centers around one company’s claim. ... market 18 months ago, because its advertising campaign suggested Eggland eggs are lower ...

PROTECTING ANIMALS, ANIMAL RIGHTS
MEAT PROPELS CLIMATE CHANGE


The program opens by indicting carnivorism as a major cause of CO2/Warming/Climate Change, but most of the program presents a debate between two beef ranchers, one promoting “humane” feed lots, the other free range meat, the conclusion of which seemed to be a draw, and anyway none of it was relevant to the catastrophe that is meat-eating.. Dick

Changing Climate, Changing Diets: Pathways to Lower Meat Consumption

24 November 2015

Project: Energy, Environment and Resources Department, Diet and Climate Change

Laura Wellesley
Research Associate, Energy, Environment and Resources

Antony Froggatt
Senior Research Fellow, Energy, Environment and Resources

AUTHOR:

Catherine Happer, Lecturer in Sociology, University of Glasgow

Reducing global meat consumption will be critical to keeping global warming below the ‘danger level’ of two degrees Celsius, the main goal of the upcoming climate negotiations in Paris.

The problem
§ Our appetite for meat is a major driver of climate change. Reducing global meat consumption will be critical to keeping global warming below the ‘danger level’ of two degrees Celsius. The livestock sector accounts for 15 per cent of global emissions, equivalent to exhaust emissions from all the vehicles in the world. A shift to healthier patterns of meat-eating could bring a quarter of the emissions reductions we need to keep on track for a two-degree world.
§ Global meat consumption has already reached unhealthy levels, and is on the rise. In industrialized countries, the average person is already eating twice as much meat as is deemed healthy by experts. Overconsumption is already contributing to the rise of obesity and non-communicable diseases like cancer and type-2 diabetes, and it is a growing problem: global meat consumption is set to rise by over 75 per cent by 2050.
§ Governments are missing a key opportunity for climate mitigation, trapped in a cycle of inertia. In spite of a compelling case for addressing meat consumption and shifting diets, governments fear the repercussions of intervention, while low public awareness means they feel little pressure to intervene.

Key findings
§ Public awareness of the link between diet and climate change is very low. There is a considerable awareness gap around the links between livestock, diet and climate change. While awareness-raising alone will not be sufficient to effect dietary change, it will be crucial to ensuring the efficacy of the range of government policy interventions required.
§ Governments must lead. Our research found a general belief across cultures and continents that it is the role of government to spearhead efforts to address unsustainable consumption of meat. Governments overestimate the risk of public backlash and their inaction signals to publics that the issue is unimportant or undeserving of concern.
§ The issue is complex but the message must be simple. Publics respond best to simple messages. Efforts must be made to develop meaningful, accessible and impactful messaging around the need for dietary change. The overall message remains clear: globally we should eat less meat.
§ Trusted sources are key to raising awareness. Unless disseminated and supported by trusted sources, new information
that encourages shifts in meat-eating habits is likely to be met with resistance. Trust in governments varies considerably between countries, but experts are consistently seen as the most reliable source of information within a country.

Recommendations

§ Build the case for government intervention. A compelling evidence base which resonates with existing policy objectives such as managing healthcare costs, reducing emissions and implementing international frameworks will help mobilize policy-makers.

§ Initiate national debates about meat consumption. Increasing public awareness about the problems of overconsumption of animal products can help disrupt the cycle of inertia, thereby creating more enabling domestic circumstances and the political space for policy intervention. This is a role for governments, the media, the scientific community, civil society and responsible business.

§ Pursue comprehensive approaches. Shifting diets will require comprehensive strategies, which together will amount to more than the sum of their parts by sending a powerful signal to consumers that reducing meat consumption is beneficial and that government takes the issue seriously.

Chatham House Report: Changing Climate, Changing Diets: Pathways to Lower Meat Consumption

Executive Summary: Changing Climate, Changing Diets: Pathways to Lower Meat Consumption

Supplementary Materials: Changing Climate, Changing Diets: Pathways to Lower Meat Consumption
The Impact of Meat and Dairy Consumption on Climate Change: Policy, Public Understanding and Behaviour

EXPERT COMMENT

Left Unchecked, Western Diets Could Derail Climate Action

RESEARCH PAPER

Livestock – Climate Change’s Forgotten Sector: Global Public Opinion on Meat and Dairy Consumption

It’s Time to Put Meat on the Climate Negotiating Table

23 November 2015

Enhancing Engagement Between China and the EU on Resource Governance and Low-Carbon Development

19 June 2015

Left Unchecked, Western Diets Could Derail Climate Action

26 January 2015

- See more at: https://www.chathamhouse.org/publication/changing-climate-changing-diets#sthash.TYYvxNQe.dpuf

Eating less meat essential to curb climate change, says report
http://www.theguardian.com/environment/2014/dec/03/eating-less-meat-curb-climate-change

Global livestock industry produces more greenhouse gas emissions than transport but fear of a consumer backlash is preventing action, says Chatham House report
Dietary change is essential if global warming is not to exceed 2C, says report. By Damian Carrington. Tuesday 2 December 2014 19.02.

Curbing the world’s huge and increasing appetite for meat is essential to avoid devastating climate change, according to a new report. But governments and green campaigners are doing nothing to tackle the issue due to fears of a consumer backlash, warns the analysis from the thinktank Chatham House.

The global livestock industry produces more greenhouse gas emissions than all cars, planes, trains and ships combined, but a worldwide survey by Ipsos MORI in the report finds twice as many people think transport is the bigger contributor to global warming.

“Preventing catastrophic warming is dependent on tackling meat and dairy consumption, but the world is doing very little,” said Rob Bailey, the report’s lead author. “A lot is being done on deforestation and transport, but there is a huge gap on the livestock sector. There is a deep reluctance to engage because of the received wisdom that it is not the place of governments or civil society to intrude into people’s lives and tell them what to eat.”

The recent landmark report from the Intergovernmental Panel on Climate Change found that dietary change can “substantially lower” emissions but there is no UN plan to achieve that.

Past calls to cut meat eating by high-profile figures, from the chief of the UN’s climate science panel to the economist Lord Stern, have been both rare and controversial. Other scientists have proposed a meat tax to curb consumption, but the report concludes that keeping meat eating to levels recommended by health authorities would not only lower emissions but also reduce heart disease and cancer. “The research does not show everyone has to be a vegetarian to limit warming to 2C, the stated objective of the world’s governments,” said Bailey.

The report builds on recent scientific studies which show that soaring meat demand in China and elsewhere could tip the world’s climate into chaos. Emissions from livestock, largely from burping cows and sheep and their manure, currently make up almost 15% of
global emissions. Beef and dairy alone make up 65% of all livestock emissions.

Appetite for meat is rocketing as the global population swells and becomes more able to afford meat. Meat consumption is on track to rise 75% by 2050, and dairy 65%, compared with 40% for cereals. By 2020, China alone is expected to be eating 20m tonnes more of meat and dairy a year.

Two recent peer-reviewed studies calculated that, without severe cuts in this trend, agricultural emissions will take up the entire world’s carbon budget by 2050, with livestock a major contributor. This would mean every other sector, including energy, industry and transport, would have to be zero carbon, which is described as “impossible”. The Chatham House report concludes: “Dietary change is essential if global warming is not to exceed 2C.”

The consumer survey in the report, covering 12 nations including the US, China, India, Brazil and the EU bloc, found a link between the awareness of climate change and its impacts and the willingness to change behaviour. Acceptance that human activities cause climate change was significantly higher in China, India and Brazil than in the US, UK and Japan.

The good news, said Bailey, was that “the majority of future demand appears to be in the countries [like China and Brazil] that are the most receptive to change”. He said it was “pretty disappointing” that in developed countries, where meat and dairy eating is highest, awareness of livestock’s impact on the climate is low and willingness to change is low.

Brigitte Alarcon, sustainable food policy officer at WWF said: “Our LiveWell project has shown we can cut a quarter of our climate emissions from the European food supply chain by eating more pulses, fruit and vegetables and by reducing our meat consumption. National governments should improve food education to encourage healthy eating habits and environmental sustainability as a first step.”

A spokesman for the UK government said: “Greenhouse gas emissions from the UK agricultural industry have fallen by more than 20% since 1990. While food choices can have an impact on emissions, well
managed livestock also provide many environmental benefits including supporting biodiversity.”

A separate survey by the Eating Better alliance, also published on Wednesday, shows that UK consumers are beginning to eat less meat. The YouGov poll found 20% saying they have cut the amount of meat they eat over the last year, with only 5% say they are eating more.

Prof Keith Richards, at the University of Cambridge and one of the researchers behind the two key scientific studies, said: “This is not a radical vegetarian argument; it is an argument about eating meat in sensible amounts as part of healthy, balanced diets.”

Eating Less Meat Is World’s Best Chance For Timely Climate Change, Say Experts


Michelle Maisto

Stuffed eggplant is a healthy, inexpensive, meatless entrée option.

Shifting the world’s reliance on fossil fuels to renewable energy sources is important, certainly. But the world’s best chance for achieving timely, disaster-averting climate change may actually be a vegetarian diet eating less meat, according to a recent report in World Watch Magazine. (While I’d happily nudge the world toward a vegetarian diet, the report authors are more measured and simply suggest diets containing less meat.)

“The entire goal of today’s international climate objectives can be achieved by replacing just one-fourth of today’s least eco-friendly food products with better alternatives,” co-author Robert Goodland, a former World Bank Group environmental advisor wrote in an April 18 blog post on the report.

A widely cited 2006 report estimated that 18% of worldwide greenhouse gas emissions were attributable to cattle, buffalo, sheep, goats, camels, pigs and poultry. However, analysis performed by Goodland, with co-writer Jeff Anhang, an environmental specialist at the World
Bank Group’s International Finance Corporation, found that figure to now more accurately be 51%.

Consequently, state the pair, replacing livestock products with meat alternatives would “have far more rapid effects on greenhouse gas emissions and their atmospheric concentrations — and thus on the rate the climate is warming — than actions to replace fossil fuels with renewable energy.”

The pair describe several areas related to anthropogenic (human-caused) greenhouse gases that have been overlooked or underestimated. For example, livestock breathing. They explain:

[L]ivestock (like automobiles) are a human invention and convenience, not part of pre-human times, and a molecule of CO$_2$ exhaled by livestock is no more natural than one from an auto tailpipe. Moreover, while over time an equilibrium of CO$_2$ may exist between the amount respired by animals and the amount photosynthesized by plants, that equilibrium has never been static. Today, tens of billions more livestock are exhaling CO$_2$ than in preindustrial days, while Earth’s photosynthetic capacity (its capacity to keep carbon out of the atmosphere by absorbing it in plant mass) has declined sharply as forest has been cleared. (Meanwhile, of course, we add more carbon to the air by burning fossil fuels, further overwhelming the carbon-absorption system.)

The human population is expected to grow by 35% between 2006 and 2050, while livestock numbers are expected to double during the same period.

“This would make the amount of livestock-related emissions even more unacceptable than today’s perilous levels,” states the report. “It also means that an effective strategy must involved replacing livestock products with better alternatives, rather than substituting one meat product with another that has a somewhat lower carbon footprint.”

Food companies, Goodland and Anhang believe, have at least three incentives to respond to current risks in their industry. The first
is that companies already suffer from disruptive climate events — floods, hurricanes, etc. — and so it’s in their best interests to not worsen the situation.

Second, they expect the demand for oil to rise to point of collapsing “many parts of today’s economy.” One way in which this will be particularly troublesome for livestock producers will be that crops grown for feed will be refocused on biofuel sources.

A third incentive is to offer “alternatives to livestock products that taste similar but are easier to cook, less expensive and healthier, and so are better than livestock products.”

Sales of just soy “analogs,” or alternatives to livestock products — such as ice cream, milk and cheese — totaled $1.9 billion in 2007. That same year, sales of U.S. meat and poultry products totaled $100 billion — which they optimistically suggest means there’s much room for growth.

“Worldwide, the market for meat and dairy analogs is potentially almost as big as the market for livestock products,” they write.

Still further motivation, they note: “Meat and dairy analog projects will not only slow climate change but also help ease the global food crisis, as it takes a much smaller quantity of crops to produce any given number of calories in the form of an analog than a livestock product.”

Plus, meat alternatives would help to alleviate the global water crisis, since livestock production uses a tremendous amount of water; it could have health and nutritional benefits; and, given that meat alternatives are more labor intensive, they would create both more jobs and more skilled jobs — while workers in the livestock industry could be retrained for jobs in meat-alternative industries.

“The case for change is no longer only a public policy or an ethical case, but is now also a business case,” write Goodland and Anhang.
“We believe it is the best available business case among all industries to reverse climate change quickly.”

Want to have a real impact on climate change? Then become a vegetarian
Travis McKnight

Millennials who care about the environment should put their money where their mouths are and stop eating meat

These cows don’t know that they’re destroying the environment. But they’re cows. What’s your excuse?

Monday 4 August 2014 06.45 EDT Last modified on Wednesday 20 August 2014 16.50 EDT

Between widespread economic disparities, population growth, unsustainable agriculture and climate change, a study partially funded by Nasa predicted that civilization as we know it could be steadily heading for a collapse within the next century – and the window to create impactful change is narrowing. That means millennials are potentially the last generation during which creating meaningful change is possible. But how do we accomplish this?

It’s time to start a dietary revolution.

Millennials represent $200bn in economic worth, and if a statistical majority of our generation become vegetarians or vegans, or at least eat significantly less meat than previous generations, we have a chance to have a real economic – and thus environmental – impact.

In 2012, there were roughly 70bn animals raised as livestock for 7.1bn people. And a study published in July by the Proceedings of the National Academy of Sciences shows that livestock production is among the most destructive forces driving climate change: it degrades air quality, pollutes waterways, and is the single-largest use of land.
Precisely how much livestock contributes to climate change remains up for debate: studies show numbers ranging from 18% (a 2006 UN food report) to 51% (a 2009 World Watch study). Most other studies fall somewhere in that range but, in each of them, the advice is the same: humans need to eat less meat to curb climate change and resource scarcity.

Raising animals to eat produces more greenhouse gasses (via methane and nitrous oxide) than all of the carbon dioxide excreted by automobiles, boats, planes and trains in the world combined. Over a 20-year period, methane has 86 times more climate change potential than carbon dioxide, and nitrous oxide has 268 times more climate change potential, according to the 2006 UN report. Radically reducing the amount of methane and nitrous oxide in the atmosphere can produce discernable changes in the greenhouse gas effect within decades, while the same reductions in carbon dioxide take nearly a century.

Yes, quitting meat can reduce your carbon footprint significantly more than quitting driving.

Besides the methane and nitrous oxide released during livestock production, industrialized livestock contributes to roughly 75% of deforestation (to give animals grazing grounds and grow soybeans used in feedstock).

Raising cows, of course, has the biggest environmental impact. There are roughly 1.5bn cows raised as livestock, and they consume 45bn gallons of water and 135bn pounds of food every day, according to the documentary Cowspiracy. Comparatively, 7.1bn humans consume roughly 5.2bn gallons of water and 21bn pounds of food daily. To put this in digestible terms, producing the meat for a one-third pound hamburger patty as much as 18,000 gallons of water depending on the farming method, according to the US government.

In comparison to chickens and pigs, cows require 28 times more land, 11 times more water and cause five times more greenhouse gasses, according to a study led by Gidon Eshel of Bard College. Looking at foods commonly found in vegetarian and vegan diets, like potatoes, rice and wheat, his report finds that, per calorie of beef,
cows require 160 times more land and produce 11 times more greenhouse gases.

The resources needed - and sacrificed - to raise livestock is ridiculous; we simply need to stop breeding so many animals for slaughter. You can take all kinds of other small steps to reduce your environmental footprint: commuting to work by biking or walking, monitoring electricity usage by installing energy-efficient appliances, using less water via low-flow faucets and toilets, buying from environmentally-conscious companies - but researchers argue that none of that on its own will be enough to reverse climate change. If you really want to make a difference, then look at what’s on your plate.

As Albert Einstein said, “Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.” If you’re not willing to go vegetarian or vegan, even just significantly reducing the amount of meat in your diet can have an impact: for instance, instead of adhering to “meatless Mondays”, make it “meaty Mondays”, when Monday is the only day that you eat even a small portion of meat.

Putting this off for another generation - the way our parents have - just isn’t feasible. Millennials have the opportunity to use our economic power and personal choices to effect real change, and it’s our responsibility to do so.

Besides, if we don’t stop and reverse climate change, all we’ll have left to eat - if we’re lucky - is fish. Whoops - looks like we’re running out of fish, too.

OneWorld TV: Family Planning - The 'All in One' Development Solution  OneWorld.net: Latest News, Groups Working on Population and Climate Change

POPULATION, WOMEN'S RIGHTS, FAMILY PLANNING, ENVIRONMENT MOVEMENT, CLIMATE CHANGE
Women’s rights are the right way to approach the population issue 30
by Lisa Hymas 9 Jun 2010 4:59 AM

Read More About
Climate & Energy, contraception, GINK, Living Green, parenting, population, women

Suzanne Ehlers, president of Population Action International. Suzanne Ehlers, the new 36-year-old president of Population Action International, likes to talk about “the magic of family planning.” If you give women around the world contraceptive tools and information, they’ll limit the size of their families of their own free choice, and that makes their families healthier, wealthier, and better able to thrive in a climate-changed world.

PAI, a Washington, D.C.-based research and advocacy group, focuses on a “voluntary and rights-based” approach to family planning, as Ehlers describes it. I talked to her recently to find out how the population movement intersects with the broader environmental movement and the fight against climate change.

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Q. Population is a touchy and misunderstood topic. What message do you most want to get out to people on this issue?

A. I consider PAI’s bread-and-butter issues to be family planning and reproductive health first and foremost, and then population. I believe that it’s a totally mainstream issue, and that it has way more support than anyone gives it credit for. We’re trying to help women overseas determine their own paths and journeys -- with partners if they have one, and with children if they choose to bear them. Not using “choice” because it’s such a charged word, but just giving people options and autonomy.

Q. So conservatives are more open to this message than some might think?

A. Yeah, we do find that -- particularly to the family-planning agenda. If conservatives’ core mission is to prevent abortion or reduce the need for abortion, the way to do that is to reduce
unintended pregnancies, and the way to do that is by offering access to reproductive-health services and family planning. The core message of prevention and education -- that’s a mainstream issue right there.

Q. It would be hard for a sane person to argue against women or couples having the tools and freedom to determine the size of their families. But if we’re looking at a rising population and worrisome resource-consumption trends, is that enough? Is there a need to spread the word, of course not in a coercive way, about the potential benefits of smaller families, whether from an environmental standpoint or maybe a personal standpoint?

A. I’m glad to see that conversation is alive and well in a lot of politically diverse ways. It’s not where PAI plays its strategic hand. There are 215 million women [PDF] out there who say they want access to family planning and basic contraception and don’t have it. So let’s work to meet their needs. I really trust women to take care of it themselves. You find that in [developing] countries when you give people access to education and services, they achieve kind of the same thing that you’ve just described. They do tend to have smaller families, they do want to see all of their children go through school, they do absolutely put a priority on girls’ education, and the woman in the family does often return to work and engage in the professional sphere. It’s the magic of family planning. We in the West take for granted these options and this autonomy, and we forget all that flows out of it.

I think of myself. I’m 36 and I’m nine-and-a-half-months pregnant with my second child; I obviously delayed childbearing. If I had started having kids when I became sexually active in my late teens and early twenties, God knows how many children I would have by now. I certainly wouldn’t have the career that I have. I was able to delay childbearing until I was in a partnership that I felt well-supported in and we decided together that this was something that we wanted to pursue, as opposed to this kind of reproductive destiny that many women around the world feel beholden to. The only reason I enjoy [parenthood] as much as I do is because it was totally my choice -- a choice I was ready for, a choice I could afford, a choice that I had a partner with whom I could pursue it. It has certainly enhanced my life in untold ways, but it’s not singularly what I’m about, and it’s not singularly what most women in the world want to be about.
So when people ask me, “How did you get where you got? Good mentor? Maybe you went to Cornell?” I’m like, “All that’s fine, but I had the Pill. I didn’t have kids when I was 19.” Having my first child absolutely convinced me that the work I do is the mission I’m dedicated to for the rest of my life.

Q. Do you feel like the population movement is part of the broader environmental movement?

A. I guess that depends on how you slice it. Do we have incredibly supportive and positive partners within the broader mainstream environmental movement? Absolutely. A lot of groups who get it, a lot of groups who have dedicated part-time or full-time staff positions to interfacing and liaising with our reproductive-health community because the issues are so intertwined.

Q. What groups do you collaborate with?

A. The Sierra Club, Audubon, Izaak Walton League, Natural Resources Defense Council, World Wildlife Fund, and Conservation International in the past -- some really great groups who have sent staff on a regular basis to monthly meetings of the International Family Planning Coalition, an umbrella group that PAI hosts. I don’t think that we’re the top priority of any environmental group, nor probably should we be, given that we have our own movement.

There are some groups who are much more comfortable taking on a pure population-growth argument, and then there are those who are very clear about a rights agenda and are interested in justice from an environmental lens, so as a piece of that, they are interested in justice from a women’s-health lens. It’s fun when you have those synergies, where you’re both really out for protecting the world’s most marginalized, and somebody’s coming at it from a sustainable-forestry perspective, and you’re coming at it from a basic reproductive-health-supplies perspective, and you’ve got such a broad area of overlap -- I think that’s the some of the best work of the movement when that happens.

Q. How would you describe the link between population growth and climate change?
A. I think the most important way that we’ve pursued in recent years has been on the adaptation side of climate change. We’re seeing huge environmental devastation, and it typically hits hardest those who are most vulnerable and least able to adapt to change, which are the poor and most often women and their families. I go back to the 215 million with unmet need. If you give people access to the services they have said they already desire, you make their families healthier, you therefore make their families wealthier, you make them better able to adapt to the impacts of climate change, they’re more resilient, they’re less vulnerable.

The more complicated side of the two issues’ intersection is mitigation. People, including PAI, have been doing new modeling around population growth and climate-change mitigation, and I think it’s a very important area of inquiry. I just think we have much lower-hanging fruit on the adaptation side of the equation that we haven’t fully taken advantage of yet.

Q. That’s interesting. I would assume that what you would talk about most is that if you give women the power to control their own fertility, many of them will have fewer children and you would have fewer people contributing to the climate problem.

A. Where the science is sort of lacking right now, and what we’re hoping to contribute to, is how much of an impact that will really make overall in climate-change mitigation efforts. I don’t disagree that if you meet the need that those 215 million women say they have, that that would result in perhaps an overall slowing. You have to think of population growth and demographics as a fast-moving machine with a lot of momentum. It takes some time for us globally to start to experience a slowdown, or different kinds of projections of where population growth might head.

Q. You called for U.N. Secretary-General Ban Ki-Moon to seriously consider appointing a woman as the new head of the U.N. Framework Convention on Climate Change, and he did. What kind of new perspective do you hope that Christiana Figueres might bring to the job?

A. I think the fact that she hails from the global South is great, I think it’s an important perspective. [Figueres is from Costa Rica.]
Of course, it’s not guaranteed that she would promote the needs and rights of women above all else. We do trust that a woman brings a different gender perspective to decision-making tables, and that’s what we’re hoping could yield better results for the world’s most poor and vulnerable, who are for the most part women. But time will tell if it will all add up.

Q. It’s looking highly unlikely that we will get a real climate treaty out of the next big U.N. climate meeting in Cancun in December. But what would you want out of one, in relation to family planning and women’s rights, or what still might be achievable without a treaty?

A. This may sound relatively simplistic and fundamental, and it is: We want to get more attention paid to the issues of population and family planning within the larger debate, and an appreciation for what I would consider to be cost-effective intervention on behalf of women’s health. Openness wherever mechanisms are developed or created, or a mandate for how some of the new financing will be made available. I hope I’m not setting the bar too low for us, but I know what a complicated process the UNFCCC is. I saw what happened in Copenhagen........

Can Condoms Save Us from Climate Change?

The greenest technology available to us may not be solar panels, but instead contraception, according to a new report.

September 19, 2009 |

What’s the greenest technology we have? It may not be electric cars or solar panels but actually good old fashioned contraception.
According to a new report from the London School of Economics and commissioned by Optimum Population Trust (OPT), using contraception to fight climate change saves nearly five times as much money as your typical low-carbon technology. Carbon credits for condoms, anyone?

Quite logically, fewer children means less carbon emissions (and less strain on diminishing natural resources). Environmentalists concerned with population growth have been saying as much for decades (or centuries if you go back to Thomas Malthus). But the report, “Fewer Emitters, Lower Emissions, Less Cost,” breaks down the numbers.

The study looks at what would happen if all the “unmet need” for family planning was addressed. “Unmet need” is defined as women who want access to contraception but don’t currently have it.

“One recent estimate put this figure at 200 million,” OPT reported. “U.N. data suggests that meeting unmet need for family planning would reduce unintended births by 72 percent, reducing projected world population in 2050 by half a billion, to 8.64 billion. Between 2010 and 2050, 12 billion fewer ‘people-years’ would be lived -- 326 billion against 338 billion under current projections.”

If this doesn’t sound like a lot -- here’s how it actually breaks down by carbon dioxide and dollars:

“The 34 gigatons of CO2 saved in this way would cost $220 billion -- roughly $7 a ton. However, the same CO2 savings would cost over $1 trillion if low-carbon technologies were used,” OPT wrote. “The $7 cost of abating a ton of CO2 using family planning compares with $24 for wind power, $51 for solar, $57-$83 for coal plants with carbon capture and storage, $92 for plug-in hybrid vehicles and $131 for electric vehicles.” That’s a heck of a lot of savings.

And the carbon and cost savings could be even greater. “Unmet need” considers only couples who are married, but the United Nations Population Fund points out that, “community studies suggest that between 10 and 40 percent of young, unmarried women have experienced
unwanted pregnancy,” so, if family planning services are able to reach those populations, we’re in even better shape.

**Should We Put a Cap on Kids?**

The study has been causing quite a stir, especially by people who missed the main point (not that we should put a cap on kids, but that we should provide family planning to people who want it), but it’s also not the first to look at the **carbon footprint of having kids.**

In the journal article “Reproduction and the Carbon Legacies of Individuals,” Paul A. Murtaugh and Michael G. Schlax of Oregon State University wrote:

While population growth is obviously a key component of projections of carbon emissions at a global level, there has been relatively little emphasis on the environmental consequences of the reproductive choices of an individual person. Obviously, the choice to reproduce contributes to future environmental impacts. There are the immediate effects caused by each offspring over his or her lifetime, but should the offspring reproduce, additional impacts could potentially accrue over many future generations.
OMNI’S Place in a Unified Theory of Resistance to Climate Change

During the early decades of the twentieth century much progress was made in understanding the nature of the universe. By the time Einstein was a young man, physicists understood the nature of mass and of energy, but the relationship between the two was not understood. Einstein solved the problem by his equation: $E = MC^2$.

The conditions of climate change, its causes and cures, are similarly nearing full understanding. Lester Brown in Chapter 13, “Saving Civilization,” in *World on the Edge*, for example, offered an early comprehensive model he called “Plan B.” His “basic social goals” are stabilizing population and eradicating poverty; his “earth restoration goals” include planting trees and protecting topsoil. He would pay for his plan by reducing the military budget and transferring the money to saving civilization.

We in OMNI should be asking: How do our activities relate to these goals and cohere in ways that contribute to helping the world cope with the increasing CO2 and temperature and their consequences?

Most obvious are five related OMNI activities that resist rising CO2 and warming temperature:

1. Support for Climate Change Lobby’s carbon fee-dividend campaign.

2. Annual Earth Day and related environmental events during the year.

3. Numerous activities and newsletters against US militarism and imperialism. E.g., OMNI’s National/International DAYS Project to replace militarist celebrations with peace and justice.

4. Vegetarian Potluck and Vegetarian Action Newsletter in opposition to meat production and consumption.
5. Population stabilization cooperation with national and international organizations—Planned Parenthood, Population Connection—working to slow then stop population growth.

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Center for Biological Diversity: Restaurants
UN World Food Day, World Hunger, and US Food Waste: Connections with Vegetarianism


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VegNews
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Change the Unsustainable Food Pyramid

Food and climate change – David Suzuki Foundation

END VEGETARIAN ACTION NEWSLETTER #24, Dec. 9, 2016
Veggie and Vegan Potluck

Wed - 6:00 pm @ OMNI

A food-friendly monthly event with delicious dishes. 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!

Wednesday, NOVEMBER 11 (Armistice DAY), members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine and consider our philosophy, and we are invited to attend their meeting following, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. Vegetarian Potluck starts at 6, and CCL at 7. Make a special sign or announcement if your dish is vegan. If you wish, provide your recipe, or at least its name and main ingredients.

SPECIAL FROM DONNA

The Omni Center hosts a Vegetarian/Vegan/Plant Based Potluck the First Wednesday of every month and it’s a great opportunity to try some new wonderful food and share conversation with others. I’m doing something FUN and SILLY this Wednesday...a GOLDEN SPOON AWARD. We will all vote on our favorite dish and the winner will get a GOLDEN SPOON (not real gold...sorry). Everyone gets a DRIED BEAN and there is an entry cup in front of each dish...you simply put your BEAN in the cup that is by your favorite dish...the one with the MOST BEANS wins. [Beware of anybody selling beans. –Dick]

For those who have never been to OMNI it is on Lee Ave...Off of College turn east on
Harold (by Flying Burrito/Hobby Lobby)....go one block to Lee and turn Left....OMNI is the white stone house on the right.

[If you drive through the wall ahead you will be in Liquor World and you’ve gone too far! --D]

Potluck is at 6:00. Would love to see your smiling faces and share a meal!

Veggiefully yours,
Donna & Kelly

OMNI’S Blog

http://jamesrichardbennett.blogspot.com/

Newsletters


OMNI NATIONAL/INTERNATIONAL DAYS PROJECT

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

Contents Vegetarian Action #23, November, 2015

The Food Industry

Meat Industry Monopoly versus Health, Compassion, and Climate Nutrition, Health

Senn, Vegetables and Protein
Vegetables and Protein Google Search

Center for Biological Diversity: Restaurants

UN World Food Day, World Hunger, and US Food Waste: Connections with Vegetarianism


Animal Rights, Protection, Compassion

Veganism Google Search

VegNews


Global Warming, Climate Change

Change the Unsustainable Food Pyramid

Food and climate change - David Suzuki Foundation

MEAT INDUSTRY MONOPOLY

“Salt Sugar Fat: How the Food Giants Hooked Us.”

Pork Industry Monopoly Google Search 11-7-15 turned up the following:
The Changing U.S. Pork Industry: A Dilemma for Public Policy

Federal Reserve Bank of Kansas City

by A Barkema

related articles

changing shape of the pork industry, the nation’s ... way in the US. pork industry are today’s discrimi- ..... industry could exercise monopoly power, which.

The Economic Cost of Food Monopolies | Food & Water Watch

Food & Water Watch

Nov 2, 2012 - In this report, we examine five case studies of agribusiness concentration: Iowa’s hog industry; the milk processing and dairy farming in upstate ...

[PDF] How America Turned Its Livestock Farms Into Factories (.pdf)

largest of these agribusinesses are practically monopolies, controlling what ...... What makes the rise of factory farms in the hog industry so noteworthy is that.

On Pig Farming – Pure Water Gazette

Smithfield’s style of industrial pork production is now a major source of air pollution .... while it squeezes the farmer until it has a monopoly or farm production.

How 4 companies control almost all the meat you eat | Daily ...
**The USDA and DOJ May Finally Address Obvious Livestock Monopoly**

*www.treehugger.com › Business › Corporate Responsibility*

Sep 11, 2010 - Pork is much the same with 66 percent of all pigs coming from four companies. ... from a host of organizations hurt by a livestock monopoly. ... have such control over the beef and pork industry it means that the decision of a ...

**How Tyson's Meat Monopoly Is Hurting Everyone | One**

*www.onegreenplanet.org/.../how-tysons-meat-monopoly-is-hurting-ever...*

Mar 17, 2014 - ... meat industry monopoly has hurt humans and other animals alike. ... and pork that is produced through a system Tyson pioneered," as ...  

[PDF]food inc and fresh.pdf - National Family Farm Coalition

*www.nffc.net/.../food%20inc%20and%2...*

National Family Farm Coalition market.” Cheap corn and soybeans enable agribusiness to develop monopoly power over ... 4 Companies Control 66% of the Pork Industry. Smithfield, Tyson ...

**Land Circle (Large Print 16pt) - Page 496 - Google Books Result**

*https://books.google.com/books?isbn=1458755762*

Linda M. Hasselstrom - 2010  
WORC’s other factsheets include: “Monopoly Power in the Beef Industry,” “The Meat Trust,” “Corporate Profiles: The Big Three,” “Monopoly Power in the Pork ...  

**How the Meat Industry Keeps Chicken Prices High | Slate**

*www.slate.com/.../meat_racket_excerpt_how_tyson_keeps_chicken...*

Slate  
Mar 3, 2014 - A handful of companies are so powerful they can raise meat prices with a ... when just four companies controlled the market with a shared monopoly. ... the norm in pork production and also allowed companies like Tyson to ...
I have been asked often how we can have enough protein from vegetables. But many vegetables have lots of protein, as you can see in the following lists. You can purchase concentrated vegetable protein, such as “Bragg Liquid Aminos,” containing 310 mg of soy protein per serving (1/2 teaspoon), but the company does not recommend it as a meat substitute. –Dick

10 High-Protein Vegetables You Should Start Eating Today

by Katrina Love Senn  October 1, 2014 7:40 AM SAVE

On my weight loss healing journey, my starting place for radically transforming my health was to eat real foods, especially vegetables. Within a few weeks of eating real foods, especially protein-rich vegetables (in combination with other healthy protocols), I began to have more energy and to feel my excess weight release easily and naturally, even after years of trying. Best of all, I began to feel like myself again.

Here is a list of 10 high-protein vegetables that you can add into your life for more energy and to help create vibrant health naturally.

1. Peas

Not only are peas one of my favorite kitchen additions, but they are an excellent source of protein. Peas can be enjoyed fresh or frozen and have some of the highest protein available of any vegetable. So,
next time you are looking for a little protein boost, remember to add in a handful of peas to your meal.

2. Spinach

You might already know spinach as a popular “super food”, but now you can eat it knowing that it is also a great source of protein, too. This vegetable is loaded with vitamins, minerals and antioxidants and within that deep dark green color is also plenty of protein.

3. Kale

Truly one of the best greens and vegetable choices out there, kale is the definition of a super food. Make it into a salad, add it to soup or casserole, or blend a handful into a green smoothie, knowing that you are getting your protein.

4. Broccoli

As well as protein, broccoli is also high in fiber, antioxidants and minerals. With a broad range of vitamins on offer, you can use cooked or raw broccoli as a main menu item. Eat broccoli in salads, soups, or simply steamed by itself with a squeeze of fresh lemon juice.

5. Sprouts

There are so many different varieties of fresh sprouts available and the thing I love about them is that they are living until you pick them. (You can’t get any fresher than that.) Sprouts make a healthy addition to sandwiches, salads and soups. Try mixing the various kinds of sprouts that are available, as the different varieties are all delicious.

6. Mushrooms

With a firm texture and immune boosting properties, especially the cordycep, reishi and maitake varieties, mushrooms make a tasty, nutritious and filling main meal. I like to cook them under a hot grill with a drizzle of olive oil. When they are almost done, simply top them with a little freshly chopped garlic and parsley and then bake them a little longer (to cook the garlic). Serve them with freshly scrambled organic eggs for a healthy weekend brunch.

7. Brussel Sprouts

This cruciferous vegetable is not only high in protein, but also fiber. I remember as a little girl not being very keen on brussel sprouts. Fortunately, my taste buds have evolved! Try roasting them
in a baking tray with a drizzle of oil and a dash of sea salt for a delicious variation.

8. Artichokes

You can eat artichokes in many different ways including blended, steamed or roasted. They are so delicious and filling (thanks to the high protein) that you may very well may make them the main part of your meal, as happened in the ancient Jewish Ghettos in Rome many years ago!

9. Asparagus

Not only are asparagus high in protein, but they also assist your body with detoxification. Asparagus are also high in fiber, which fills you up and leaves you feeling satisfied and satiated after eating.

10. Corn

In addition to its high fiber content, a serving of corn packs a solid protein punch. Best eaten fresh from the cob, you can also get the benefits off-season through frozen or canned kernels.

For more ideas on how to heal your body and life naturally, you can download a free chapter of my book called Losing Weight is a Healing Journey here.

VEGETABLES AND PROTEIN Google Search, Nov. 9, 2015

27 Vegetables Highest in Protein - HealthAliciousNess . com


Below is a list of 27 vegetables ranked by their protein to calorie ratio. For more see the extended list of protein rich vegetables, and the list of vegetables ranked by their protein percentage. For more vegetarian sources of protein see the articles on high protein foods, beans ...

Images for vegetables and protein Report images

More images for vegetables and protein

8 High-Protein Vegetables - Bodybuilding.com

www.bodybuilding.com/.../8-high-protein-vegetables....

Bodybuilding.com
Jun 30, 2015 - Slabs of meat don’t have to be the only protein-rich items on your dinner plate. Check out which vegetables provide the protein boost you’re … [Source not available when I checked. -D]

The 6 Veggies with the Most Protein - Women's Health

www.womenshealthmag.com/.../high-protein-vegetables

Women’s Health

Mar 13, 2014 - Vegetables aren’t typically known for being a great source of protein, but there are some sneaky ones out there that contain a decent …[Another source not available. -D]

15 Healthy High-Fiber Foods … - Spinach Smoothies on Instagram

10 High-Protein Vegetables You Should Start Eating Today …

www.mindbodygreen.com/.../10-high-protein-vegetables-you-should-sta...

Oct 1, 2014 - Within a few weeks of eating real foods, especially protein-rich vegetables (in combination with other healthy protocols), I began to have more …

Top 13 Vegan and Vegetarian Protein Sources - ABC News

abcnews.go.com › Health › ABC News OnCall+ Wellness Center

Aug 12, 2013 - Meat- and dairy-free protein options can help you stay slim and healthy. … That’s not normal, i DO only eat vegetable sources of protein, and I …

Top Ten High-Protein Vegetables | LIVESTRONG.COM

www.livestrong.com › Food and Drink

Jan 9, 2014 - Top Ten High-Protein Vegetables The recommended daily allowance for protein for sedentary people is 0.4 grams for every pound of body …

Can You Get Sufficient Protein from Only Eating Raw Fruits …

www.onegreenplanet.org/.../can-you-get-sufficient-protein-from-only-ea...

Apr 11, 2014 - Living only on raw fruits and raw vegetables may not be sustainable though from a protein perspective.

to me 10-23-15 FROM THE CENTER FOR BIOLOGICAL DIVERSITY
RESTAURANTS

Demand #GoodFoodNow -- Sign the Petition

Chef's Choice

Americans spend nearly half their food budgets eating outside the home, making restaurants a powerful force in our food system and dietary choices.

Tipping Sustainability

Good food is about more than just taste and environmental impact -- to be truly sustainable restaurants need to serve up dignity and justice, too.

Demand Greener Menus

Tell the world’s largest restaurant company to commit to good food principles to protect its workers, customers and the environment.

Free Film Screening for World Food Day

Oct. 14, 2015

FAYETTEVILLE, Ark. – The University of Arkansas Office for Sustainability is sponsoring the screening of the documentary Just Eat It – A Food Waste Story in observance of World Food Day.

The event will be held at 6:30 p.m. Thursday Oct. 15, in the Poultry Science Auditorium. It is open to students and the public, free of charge.

World Food Day serves to promote the eradication of hunger around the world.

Steve Boss, director of Sustainability Academic Programs for the Office for Sustainability, said that the purpose of the event is to draw attention to the importance of food in human society.
**Just Eat It – A Food Waste Story** is about a couple that investigates just how much food is thrown away in America each year. The documentary follows the couple living only on discarded food that they find.

Cassandra Gronendyke, administrative specialist for the Office For Sustainability, said that understanding our food system and food waste is vital to ending hunger.

“With programs like Razorback Food Recovery and the Food Recovery Project in the Law School, the U of A is quickly becoming a leader in the fight against food waste,” Gronendyke said. “There has been a high level of interest leading up to the film screening. Students are eager to learn about this problem that they can play such a big role in addressing.”

Razorback Food Recovery is also participating in World Food Day by partnering with Chartwells Dining to promote their Clean Plate Project in all of the dining halls Oct. 5-16. The goal of this project is to raise awareness of food waste and encourage diners to reduce their plate waste.

Additionally, Razorback Food Recovery and their sister program Full Circle Pantry will be sharing stories of clients and food assistance agencies in the connections lounge on Wednesday Oct. 15.

For more information contact the Office for Sustainability at sustain@uark.edu.

—By Morgan McKay, Agricultural Reporter for the Experiential Learning Lab

**ANIMAL PROTECTION, RIGHTS**

Discuss “vegan.” My dictionary: “A vegetarian who omits all animal products from the diet.” Is this an adequate definition? Or are VEGANS RADICAL ANIMAL RIGHTS ADVOCATES?
You don’t kill (or exploit or treat cruelly) animals for any reason. They are part of the NO KILL Movement.

--Dick

1. VEGANISM Google Search, November 7, 2015

Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.

Veganism - Wikipedia, the free encyclopedia

https://en.wikipedia.org/wiki/Veganism

Wikipedia

Distinctions are sometimes made between several categories of veganism. Dietary vegans (or strict vegetarians) refrain from consuming animal products, not only meat but also eggs, dairy products and other animal-derived substances; this is known as a vegan or entirely plant-based diet.

Term coined by: Donald Watson, Nove...

Description: Elimination of the use of an...

Veganism in a Nutshell -- The Vegetarian Resource Group

https://www.vrg.org/nutshell/vegan.htm

Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.

Vegan Action: Home Page

vegan.org/

With your support, we will continue to make plant-based diets more accessible to the mainstream and share the compelling ideas behind veganism with ...

Learn - Vegan Action

vegan.org/learn/

Veganism, the natural extension of vegetarianism, is an integral component of a cruelty-free lifestyle. Living vegan provides numerous benefits to animals’ lives, ...
In the news

**ISU student adopts veganism for week to explain lifestyle's popularity**

**Iowa State Daily** – 3 days ago

Veganism, a lifestyle choice many students are beginning to adopt, can help alleviate these ...

**Veganism is not brainwashing our children**

**Virginia Gazette** – 2 days ago

Veganism will gain popularity once myths are broken

**The National** – 12 hours ago

More news for VEGANISM

**An Argument Against Veganism... From a Vegan**

[robgreenfield.tv/vegan/](http://robgreenfield.tv/vegan/)

Jul 23, 2015 – Conversations of veganism vs. meat eating can become pretty heated so ... If you mean he is not an adherent to the religion of veganism, then ...

**Images for VEGANISM** Report images

**More images for VEGANISM**

**Vegan Starter Kit**

[vegankit.com/](http://vegankit.com/)

A comprehensive guide to going vegan.

**Vegan - Reddit**

[https://www.reddit.com/r/vegan/](https://www.reddit.com/r/vegan/)

Reddit

“Veganism is a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any ...
History

The premier vegan lifestyle magazine, VegNews serves up the latest in meat-free news, food, travel, politics, and buzz. Named one of the “Best 50 Magazines” by the Chicago Tribune (#18) and the country’s “Best Lifestyle Magazine” in 2008, 2009, and 2010, VegNews is read by more than 225,000 people in 38 countries. In addition to its flagship publication, the vegan media company also produces the award-winning VegNews.com along with a collection of popular e-newsletters, blogs, cookbooks, events, and vacations. Inside every issue of VegNews includes:

**C02, WARMING, CLIMATE CHANGE**

No. 59, Oct. 23, 2015

The Dangers of an Unsustainable Food Pyramid

Government dietary recommendations are rapidly gaining attention in international climate conversations because of the outsized -- and largely unregulated -- impact of our food system, particularly meat production, on the world. Unfortunately, earlier this month the Obama administration announced its plans to leave sustainability off the menu when it releases the new Dietary Guidelines for Americans later this year -- despite the recommendations of its expert panel and support for smarter food guidelines from thousands of Americans, plus a broad coalition of food, environmental and health advocates.

It’s no mystery why the administration made this decision. It’s been under intense pressure from the meat industry ever since the advisory committee first uttered the word sustainability. Environmental considerations, much like dietary health concerns, aren’t good for business if you’re trying to maximize the number of livestock on the planet. But there’s a lot more at stake in the dietary guidelines than meat-industry profits.

We may not think much about them on a daily basis, but dietary guidelines make a tangible difference in how we handle nutrition education, food in government-run facilities and schools, and federal food programs and benefits, among other things. Perhaps most importantly those guidelines are intended to support the health of Americans -- and when industry profits are put first, our health, environment and food security are put at risk.

Check out my latest [Huffington Post blog](http://example.com) about the dangers of an unsustainable food pyramid.

For the wild,

Stephanie Feldstein
Population and Sustainability Director
P.S. Today’s world population is: 7,376,383,942. We can still save room for wildlife -- spread the word and read the newsletters on Overpopulation.

**Student Talks Wildlife Week**

Students on more than 150 college campuses across the country joined Wildlife Week, taking part in a week of actions to **reduce their meat consumption**, host Earth-friendly eating events, and advocate for more sustainable meals around campus. One of those Campus Wild superstars was Saskia Comess, a Center intern and junior at Vassar College. Saskia wrote an article for the *Poughkeepsie Journal* on how what we eat affects the planet, calling on her fellow students to eat less meat as one of the most important things they can do to protect the environment.

**A Wild Energy Future**

Our dependence on energy from fossil fuels is at the core of major threats to biodiversity worldwide. The effects of climate change alone are devastating, but the extraction and use of dirty fuels destroys habitat, air quality and water resources. There is a better way: By investing in renewable energy projects that are planned with sustainability in mind, we can create a clean, renewable energy future for people, wildlife and the planet. Check out our new Wild Energy webpage and download our new factsheet on the benefits of wildlife-friendly renewable energy.

Related: Both global over-population and over-consumption in the developed nations increase CO2/warming. Stop Wasting Food!

**WIN A FREE BOOK | LEARN MORE | NRDC**

American shoppers are collectively responsible for more wasted food than farmers, grocery stores, or any other part of the food-supply chain. The average family spends a shocking $2,225 every year on food they don’t eat. This problem is so massive that if food waste were a country, it would have the third-largest environmental footprint after the United States and China.

*Waste-Free Kitchen Handbook* (Chronicle Books) aims to change that. Written by NRDC staff scientist Dana Gunders, this essential guide-packed with engaging checklists, creative recipes, practical strategies, and educational infographics—offers easy ways to save food and money.
The good news: Cutting food waste doesn’t require significant time and effort. Follow Gunders’ genius advice for smarter grocery shopping, ingredient storage, and meal planning. All it takes are a few simple behavior tweaks to take a real bite out of this problem.

**Test Your Food Waste Smarts**

**Enter Our Giveaway**

**Learn More**

**40% OF ALL FOOD IN THE US IS NOT EATEN. DO VEGETARIANS WASTE AS MUCH AS DO CARNIVORES?**

**VEGETARIAN POTLUCK BEGAN IN 2008. Here is a selection of our programs 2008-2012.**

We have watched “Forks Over Knives,” “Earthlings,” “The Meatrix,” “The Simpsons: Lisa Becomes Vegetarian,” and “Eating” and have discussed Diet for a Small Planet, The Ethical Food Manifesto, Worship Your Food, The Ethics of What We Eat, and had presentations from Jacqueline Froelich, Summer of Solutions, Wellness Secrets, Fayetteville Time Bank, Wenqi Clark, and music from Chris Mikkelson, Candy Lee, and Donna Stjerna.

Remember: VP is part of the world-wide peace, justice, and ecology movement. For example,

[http://worldbeyondwar.org/individual?source=direct_link](http://worldbeyondwar.org/individual?source=direct_link)

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Animals No Kill Campaign
http://jamesrichardbennett.blogspot.com/2015/10/no-kill-perspective.html

Daniel Imhoff, CAFO, Concentrated Animal Feeding Operation (a massive, stupendous book available in OMNI’s Library)

Foundation for Deep Ecology

American Society for the Prevention of Cruelty to Animals, ASPCA Action (Fall 2015)

C02, Climate Change

Cowspiracy

Recent OMNI Topical Newsletters

Few initiatives possess as much potential for affirmative, progressive change in so many ways as vegetarianism. In addition to nourishment, what other actions do you feel responsible for? What kind of OMNI Potluck do you want? What kind of Vegetarian/Vegan group does the world need and should OMNI provide?

END VEGETARIAN ACTION NEWSLETTER #23, NOV. 11, 2015

Sent to Blog, WS, VP, omni350-ccl, indivs

OMNI
VEGETARIAN ACTION NEWSLETTER #22, October 14, 2015.


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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015; #21, September 9, 2015). Thank you Marc.

http://omnicenter.org/donate/

**Veggie Potluck And Vegan Dishes**

**Wed OCTOBER 14 - 6:00 pm @ OMNI**

A food-friendly monthly event with delicious dishes. We want to meet you, at a place and time where you can talk with others not only about nutrition and health, but about the meat industry monopoly, care for other species, and for the environment. You don’t have to be a vegetarian to enjoy this potluck, but you do have to want to learn more about its personal and social value. If you enjoy well-prepared vegetarian cooking and care about yourself and the well-being of animals and the planet, you are already on your way to being a vegetarian. Hope to see you!

Wednesday, Oct. 14, members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine and consider our philosophy, and we are invited to attend their meeting following, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. Vegetarian Potluck starts at 6, and CCL at 7.
http://jamesrichardbennett.blogspot.com/

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OMNI NATIONAL/INTERNATIONAL DAYS PROJECT

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

Few initiatives possess as much potential for affirmative, progressive change in so many ways as vegetarianism. What kind of OMNI Potluck do you want? In addition to nourishment, what other actions might we do?

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OCTOBER IS WORLD VEGETARIAN MONTH

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Economics of Meat Industry

MEAT INDUSTRY MONOPOLY, Google Search, October 13, 2015

How Tyson’s Meat Monopoly Is Hurting Everyone | One ...

www.onegreenplanet.org/.../how-tysons-meat-monopoly-is-hurting-ever...

Mar 17, 2014 - Agribusiness journalist Christopher Leonard recently published a book exploring how Tyson’s meat industry monopoly has hurt humans and ...

How 4 companies control almost all the meat you eat | Daily ...
Nutrition, Health

**Potatoes, Tomatoes, and Lettuce are Not Variety**

The U.S. Doesn’t Have Enough Of The Vegetables We’re Supposed To Eat About 50 percent of the vegetables available today are tomatoes and potatoes. According to new USDA data. Lettuce is the third most available single vegetable. Legumes and all other vegetables make up 41 percent. Ryan Kellman/NPR If you are looking for proof that Americans’ vegetable habits lean towards french fries and ketchup, the U.S. Department of Agriculture has it: Nearly 50 percent of vegetables and legumes available in the U.S. in 2013 were either tomatoes or potatoes. Lettuce came in third as the most available vegetable, according to new data out this week. And while the USDA’s own dietary guidelines recommend that adults consume 2.5 to 3 cups of vegetables a day, the agency’s researchers found that only 1.7 cups per person are available. “The dietary guidelines promote variety,” Jeanine Bentley, a social science analyst at the USDA’s Economic Research Service, tells The Salt. “But when you look at it, there isn’t much variety. Mostly people consume potatoes, tomatoes and lettuce.” (The data technically tally domestic production and imports, then subtract exports, but researchers commonly use them as a proxy for consumption.) The federal dietary guidelines do not recommend relying primarily on potatoes, tomatoes and lettuce for most of our vegetable needs. They prescribe a varied mix that includes dark leafy greens, orange and yellow vegetables, and beans—along with those potatoes and tomatoes. And they want us to eat them because they help reduce the risk for heart disease, stroke and some cancers as well as help keep us at a healthy weight. So the vegetables that are available don’t really match what we’re supposed to be eating. What about what we are actually eating? Some 87 percent of adults failed to meet the vegetable intake recommendations during
2007-2010, according to recent survey data from the Centers for Disease Control and Prevention. The survey found a lot of variation state to state — with 5.5 percent of people in Mississippi getting enough vegetables to 13 percent in California meeting the recommendations. Most people are likely to be eating tomatoes and potatoes, but as the USDA has noted, we often get them in the not-so-nutritious forms of french fries and pizza. About one-third of potatoes, and two-thirds of tomatoes, were bound for processing — think chips, sweetened pizza sauce and ketchup. All these numbers beg some questions: Do our lopsided habits mean that Americans are merely eating what’s on offer, a kind of supply-side theory of diet? Or are all those potatoes and tomatoes crowding out spinach and Brussels sprouts because they’re what consumers demand? “We have a serious disconnect between agriculture and health policy in our country,” said Marion Nestle, a leading nutrition researcher and author at New York University. “The USDA does not support ‘specialty crops’ [like vegetables] to any appreciable extent and the Department of Commerce’ figures show that the relative price of fruits and vegetables has gone up much faster than that of fast food or sodas.” So while Americans are told to eat fruits and vegetables for their health, the government has meanwhile mostly just subsidized other crops that end up in cheaper, less healthy processed food. “Price has a lot to do with this,” she adds. Although this week’s USDA report focuses on the limited variety of vegetables available to American shoppers, other agency data suggest that the country simply doesn’t offer enough vegetables, period. A 2010 study in the American Journal of Preventive Medicine estimated that the U.S. vegetable supply would need to increase by 70 percent — almost entirely in dark leafy greens, orange vegetables and legumes — in order for Americans to meet recommended daily allowances at the time. With a dietary landscape like that, it’s entirely possible that Americans are choosing potatoes and tomatoes, at least for now, says Lindsey Haynes-Maslow, a food systems and health analyst at the Union of Concerned Scientists. “What I see here with lots of potatoes, tomatoes and lettuce ... [is] that people are used to these items, and habits are hard to break,” says Maslow, adding that relying mostly on the potatoes, tomatoes and lettuce “doesn’t cut it,” nutrition-wise. Still, she says, “If more Americans got used to eating more fruits and vegetables they might be demanding more of it,” she says. “But it’s really hard to demand something you’ve not grown up with.” That’s why behavioral economists are so keen to
figure out how to nudge kids to try and develop a taste for more vegetables — they’re researching everything from financial incentives to arranging food differently on the lunch line. And there’s some hopeful news in that department: The CDC recently reported that, since the passage of the Healthy, Hunger-Free Kids Act of 2010, there’s been a big increase in the number of schools serving two or more vegetables and whole grain-rich foods every day. Most interesting of all, that food isn’t just on kids plates: It’s getting eaten, too. A Rudd Center for Food Policy and Obesity study of kids’ lunch habits following the passage of the bill found that kids ate more fruit, threw away fewer vegetables and ate more of their now-healthier entrees, too. Tracie McMillan is the author of The American Way of Eating, a New York Times bestseller, and a senior fellow at the Schuster Institute for Investigative Journalism at Brandeis University. You can follow her on Twitter @tmmcmillan

Animal Rights and Protection

Animals No Kill Campaign
http://jamesricharbennett.blogspot.com/2015/10/no-kill-perspective.html


“The present system of producing food animals in the United States is not sustainable and presents an unprecedented level of risk to public health and damage to the environment, as well as unnecessary harm to the animals we raise as food.”

—Robert Martin, Director of the Pew Commission on Industrial Farm Animal Production

In the United States and other parts of the world, livestock production is becoming increasingly dominated...
by concentrated animal feeding operations (CAFOs). In a CAFO, animals are crammed by the thousands or tens of thousands, often unable to breathe fresh air, see the light of day, walk outside, peck at plants or insects, scratch the earth, or eat a blade of grass.

Over 50 billion food animals are raised and slaughtered every year (not including massive quantities of farmed fish). Grazing and growing feed for livestock now occupy 70 percent of all agricultural land and 30 percent of the ice-free terrestrial surface of the planet. If present trends continue, meat production is predicted to double between the turn of the 21st century and 2050. Yet already, the Earth is being overwhelmed by food animals that consume massive quantities of energy and resources, whose wastes foul waterways and farmlands, and when eaten excessively, degrade our health.

CAFO: The Tragedy of Industrial Animal Factories is a powerful indictment of modern food production. But as the book shows, it doesn’t have to be this way. Ultimately, CAFO offers a compelling vision for a healthier food system: one that is humane, sound for farmers and communities, and safer for consumers and the environment.

Buy the Book | Watch the Video Trailer | Subscribe to our Newsletter

New Petition: Ask Walmart to Support Healthier Animal Farming

Copyright 2010-2013—CAFO: The Tragedy of Industrial Animal Factories

I Home Page I The Book I The Issue I How It Should Be I What You Can Do I Press I Resources I Contact Us

(Publisher of CAFO)

A voice for wild nature, the Foundation for Deep Ecology supports efforts to protect wilderness and wildlife, promote ecological agriculture, and oppose destructive mega-technologies that are accelerating the extinction crisis.

READ MORE ABOUT US

NEW RELEASES FROM OUR PUBLISHING PROGRAM

Parklands Book Series unveils large-format photo books celebrating Yendegaia National Park in Chile, Perito Moreno National Park in Argentine Patagonia, and the great Iberá wetlands of northern Argentina.

Click here for information about all our books.
FDE is pleased to support the Global Population Speakout campaign. The publication centerpiece of the campaign is the new book *Overdevelopment, Overpopulation, Overshoot* produced in collaboration with the Population Media Center and Population Institute, leading NGOs working to stop the runaway human population trajectory.

Please visit [populationspeakout.org](http://populationspeakout.org) and make your voice heard. [Click here](#) to view the book.

“We are called to assist the Earth to heal her wounds and in the process heal our own—indeed to embrace the whole of creation in all its diversity, beauty, and wonder.” —Wangari Maathai

**CONTACT US**

Foundation for Deep Ecology

1606 Union Street
San Francisco, CA 94123

Telephone: (415) 229-9339
Fax: (415) 229-9340

Email: [info@deepecology.org](mailto:info@deepecology.org)

**CO2, Climate Change**

- [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 ...

Contents  Vegetarian Action #21, September 9, 2015


Economics of Meat Industry
Leonard, The Meat Racket

Nutrition, Health
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Vegetarian Resource Group and Vegetarian Journal
PBS, Frontline, “The Trouble with Chicken,” August 25
Genoways, The Chain Never Slows, Hormel and the Dangerous Meatpacking Industry

Animal Rights, Protection of Sentient Creatures
Human Rights: CNN, Ziva Branstetter, Execution of Humans Not Humane, Cannot Be
Geiling: Meat Eating (and Population) Chief Cause of Species Extinction
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Cowspiracy Film against Meat Consumption

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Recent OMNI Newsletters—Knowledge and Action for Peace, Justice, and Ecology

Contents Vegetarian Action #22, Vegetarianism and Climate Change

END OMNI VEGETARIAN ACTION #22, OCTOBER 14, 2015

Sent Blog, WS, indivs: vp, dic’s list, ccl core

OMNI

VEGETARIAN ACTION NEWSLETTER #21, September 9, 2015.
Veggie Potluck

Wed SEPTEMBER 9 - 6:00 pm @ OMNI

Food-friendly faces with delicious dishes who want to meet you, and a place and time where you can talk with others not only about nutrition and health, but about the meat industry monopoly, care for other species, and for the environment. You don’t have to be a vegetarian to enjoy this potluck, but you do have to want to learn more about its personal and social power. If you enjoy well-prepared vegetarian cooking and care about yourself and the well-being of animals and the planet, you are already on your way to being a vegetarian. Hope to see you!

Tonight members of OMNI350 and CCL are invited to attend our potluck and enjoy vegetarian cuisine, and we are invited to attend their meeting, which concentrates on the fee-dividend approach to reducing carbon in our atmosphere. Vegetarian Potluck starts at 6, and CCL at 7.

OMNI’S Blog

http://jamesrichardbennett.blogspot.com/

Newsletters

http://omnicenter.org/dick-bennetts-peace-justice-and-ecology-newsletters/index:

OMNI NATIONAL/INTERNATIONAL DAYS PROJECT

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

Few initiatives possess as much potential for affirmative, progressive change as vegetarianism.

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Recent OMNI Newsletters—Knowledge and Action for Peace, Justice, and Ecology

**MONOPOLY ECONOMICS OF MEAT INDUSTRY**


The biggest takeover in American business that you’ve never heard of

The American supermarket seems to represent the best in America: abundance, freedom, choice. But that turns out to be an illusion. The rotisserie chicken, the pepperoni, the cordon bleu, the frozen pot pie, and the bacon virtually all come from four companies.
In *The Meat Racket*, investigative reporter Christopher Leonard delivers the first-ever account of how a handful of companies have seized the nation’s meat supply. He shows how they built a system that puts farmers on the edge of bankruptcy, charges high prices to consumers, and returns the industry to the shape it had in the 1900s before the meat monopolists were broken up. At the dawn of the twenty-first century, the greatest capitalist country in the world has an oligarchy controlling much of the food we eat and a high-tech sharecropping system to make that possible.

Forty years ago, more than thirty-six companies produced half of all the chicken Americans ate. Now there are only three that make that amount, and they control every aspect of the process, from the egg to the chicken to the chicken nugget. These companies are even able to raise meat prices for consumers while pushing down the price they pay to farmers. And tragically, big business and politics have derailed efforts to change the system.

We know that it takes big companies to bring meat to the American table. What *The Meat Racket* shows is that this industrial system is rigged against all of us. In that sense, Leonard has exposed our heartland’s biggest scandal.

**Blog | The Meat Racket - Christopher Leonard**

[www.christopherleonard.biz/blog.html](http://www.christopherleonard.biz/blog.html)

Dec 4, 2014 - Perdue Farms launched an audit of one of its chicken farmers Wednesday, just hours after he voiced public concerns about the welfare of the ...
Here’s a crazy fact for you: 70 percent of all medically-important antibiotics in the U.S. are sold for use on chickens, cattle, pigs and turkeys -- not people.

Why? Industrial farms routinely feed antibiotics to animals that aren’t even sick to help them grow faster and survive crowded, unsanitary conditions -- and that helps breed dangerous drug-resistant bacteria that can give people difficult-to-treat infections.

As the largest fast-food chain in the world, Subway has the power to help stop this growing problem -- but they need to feel pressure from consumers like you to change course and help keep antibiotics working for people.

**Today, on Subway’s 50th anniversary, tell the company to commit to buying meat raised without routine use of antibiotics.**

NRDC and its allies have already convinced McDonald’s to take a stand against antibiotic misuse in its meat. By pressuring Subway to do the same, we can spark industry-wide movement for safer meat production -- and help ensure our antibiotics still work when our families need them.

So, as Subway celebrates 50 years as the “healthy” alternative to burgers and fries, we need your help to send them a big surprise...

...an eruption of public pressure demanding they commit to buying meat raised without routine use of antibiotics from their supply chain.

**Tell Subway to buy meat raised without routine use of antibiotics and do their part to help protect us from drug-resistant superbugs.**

Victory in this campaign, fast on the heels of McDonalds’ recent pledge, will mean that the top two fast-food chains in the U.S.
have demonstrated leadership to help save antibiotics. And that could be a game-changer in our fight for a safer, healthier planet for us all.

Let’s make it happen,

Rhea Suh
President, NRDC

The mission of the Natural Resources Defense Council (NRDC) is to safeguard the Earth: its people, its plants and animals, and the natural systems on which all life depends.

What exactly has McDonald’s done to carry out its pledge to “take a stand against antibiotic misuse”? What does it mean that Subway will “help save antibiotics”? --Dick

Vegetarian Journal, Vegetarian Resource Group

https://www.vrg.org/journal/index.php

The practical magazine for those interested in Vegetarian Health, Ecology, and Ethics. Subscribe to the Vegetarian Journal to receive current issues in print!

Subscribe to the Vegetarian...

2011 Issue 1

Vegetarian Journal 2011 Issue 1. Features. A Primer for No ...

Vegetarian Journal 2014 Issue 2

The Vegetarian Journal is one project of ... Vegetarian Journal ...

Vegetarian Action

TheVegetarianSite.com hosts all your vegan needs, whether ...
VRG and its magazine cover a wide range of vegetarianism and veganism as food lifestyles, apparently with little direct discussion of animal rights and the warming planet (I have not yet inspected the magazine). But any effort to reduce meat-eating helps protect animals from suffering and slaughter and the planet from climate change catastrophe.

-Dick

“THE TROUBLE WITH CHICKEN” Was Shown August 25.
Here are an essay and a preview.

Frontline's 'The Trouble With Chicken' Reveals Why So ...

www.huffingtonpost.com/.../the-trouble-with-chicke...

The Huffington Post

May 13, 2015 - Frontline’s new episode “The Trouble With Chicken,” which premiered Tuesday night on PBS and is now streaming online, is pretty much as ...

"The Trouble with Chicken" - Preview | Watch Frontline

PBS ...

www.thirteen.org/programs/.../the-trouble-with-chicken--preview/

WNED

FRONTLINE investigates the spread of dangerous pathogens in our poultry – and why the food-safety system isn’t stopping the threat. | Stream Frontline PBS...
Ted Genoways. The Chain: Farm, Factory, and the Fate of Our Food. October 14, 2014

A powerful and important work of investigative journalism that explores the runaway growth of the American meatpacking industry and its dangerous consequences.

On the production line in American packinghouses, there is one cardinal rule: the chain never slows. Every year, the chain conveyors that set the pace of slaughter have continually accelerated to keep up with America’s growing appetite for processed meat. Acclaimed journalist Ted Genoways uses the story of Hormel Foods and soaring recession-era demand for its most famous product, Spam, to probe the state of the meatpacking industry, including the expansion of agribusiness and the effects of immigrant labor on Middle America.

Genoways interviewed scores of industry line workers, union leaders, hog farmers, and local politicians and activists. He reveals an industry pushed to its breaking point and exposes alarming new trends: sick or permanently disabled workers, abused animals, water and soil pollution, and mounting conflict between small towns and immigrant workers.

The narrative moves across the heartland, from Minnesota, to witness the cut-and-kill operation; to Iowa, to observe breeding and farrowing in massive hog barns; to Nebraska, to see the tense town hall meetings and broken windows caused by the arrival of Hispanic workers; and back to Minnesota, where political refugees from Burma give the workforce the power it needs to fight back.

A work of brilliant reporting, The Chain is a mesmerizing story and an urgent warning about the hidden cost of the food we eat.

Animal Rights, Protection, and Human Rights

CNN, August 2015: Execution of Humans Not Humane, Cannot Be

Death Row Stories explores cases that pose hard questions about the U.S. capital punishment system.

Why experts say there's no such thing as 'humane' execution
Throughout the history of capital punishment in America, states have reviewed and revised execution methods in the interest of finding a more “humane” option.

**Former executioner sees 'serial killer' in the mirror**

'It was clear to me that he was in pain'

**Execution takes two hours, 15 injections**

**Watch the latest episode on CNNgo**

**Time to question sanity of death penalty**

Thanks Dick … Here’s a link to some clips from that show.


Here’s the clip with my interview in it:


**Meat-Eaters Are The Number One Cause Of Worldwide Species Extinction, New Study Warns**

**BY NATASHA GEILING AUG 17, 2015 1:39PM FROM CLIMATE PROGRESS**

Meat-Eaters Are The Number One Cause Of Worldwide Species Extinction, New Study Warns

A meat-inclusive diet often comes with a side of environmental caveats, including livestock’s contribution to global warming, its contribution to deforestation, and the stress it places on a bevy of increasingly precious resources, from water to land. Now, a group of researchers want to add another concern to the meat-eater’s plate: worldwide species extinction.
According to a recent study published in *Science of the Total Environment* by researchers at Florida International University in Miami, *livestock production’s impact on land use is “likely the leading cause of modern species extinctions” — a problem the researchers think will only get worse as population growth increases the global demand for meat.*

The study is particularly interesting to scientists because research linking livestock’s relationship to biodiversity loss has been lacking, Gidon Eshel, a geophysicist at Bard College who was not involved in the study, told *Science.*

“Now we can say, only slightly fancifully: You eat a steak, you kill a lemur in Madagascar. You eat a chicken, you kill an Amazonian parrot,” Eshel said.

To understand livestock production’s impact on biodiversity, researchers at Florida International University mapped areas that have exceptionally high percentages of native plants and animal species — known as biodiversity hotspots.

The researchers then mapped areas where livestock production is expected to increase in the future, and determined how much land would be lost as a result of expanding meat operations, using data from the Food and Agriculture Organization and other studies about historic livestock production and land use conversion in those areas. Then, they compared the biodiversity hotspots with the expected expansion of meat production.

They found that of the areas expected to have the greatest conversion of land use for agriculture — from forest to land dedicated to livestock production — 15 were in “megadiverse” countries that have the greatest diversity of species. The study concludes that in the 15 “megadiverse countries,” land used for livestock production will likely increase by 30 to 50 percent — some 3,000,000 square kilometers (about 741 million acres).
“These changes will have major, negative impacts on biodiversity,” Brian Machovina, the study’s lead author, told Science. “Many, many species will be lost.”

Several studies have suggested that the Earth is currently in the midst of the sixth mass extinction, caused largely by human activities. Animals are hunted and sold for trade, climate change is disrupting migration and mating patterns, extreme weather is threatening animal populations, and deforestation is fragmenting crucial habitat. But all of those causes, Machovina and his colleagues claim, pale in comparison to the threat of habitat loss driven by demand for meat, which the study claims “will cause more extinctions than any other factor.”

And though meat consumption in the United States has fallen steadily since peaking in the 1970s, meat consumption worldwide continues to rise, driven by technological advancements, liberalized trade, and growing economies. Livestock production is also an incredibly important source of economic security for millions of the world’s poor, providing stable income for 987 million around the world.

Machovina and his colleagues do suggest some mitigation efforts that could curb the loss of biodiversity from meat production — namely, eat less meat. The study says that in order to limit the worst biodiversity losses, the average diet should get no more than 10 percent of its calories from meat, and that pork, chicken, and fish are less resource-intensive options for meat eaters.

But while meat production can have a negative impact on species biodiversity and climate change, it’d be unwise to quit meat production altogether, Clayton Marlow, a grassland ecologist at Montana State University, Bozeman, told Science. He argues that the real issue facing biodiversity loss isn’t the expansion of meat production, but the expansion of urban sprawl, which takes away land that could potentially be used for agricultural production.

*Slaughterhouse* is the first book of its kind to explore the impact that unprecedented changes in the meatpacking industry over the last twenty-five years — particularly *industry consolidation, increased line speeds, and deregulation* — have had on workers, animals, and consumers. It is also the first time ever that workers have spoken publicly about what’s really taking place behind the closed doors of America’s slaughterhouses.

In this new paperback edition, author Gail A. Eisnitz brings the story up to date since the book’s original publication. She describes the ongoing efforts by the Humane Farming Association to improve conditions in the meatpacking industry, media exposés that have prompted reforms resulting in multimillion dollar appropriations by Congress to try to enforce federal inspection laws, and a favorable decision by the Supreme Court to block construction of what was slated to be one of the largest hog factory farms in the country. Nonetheless, Eisnitz makes it clear that *abuses continue* and much work still needs to be done.

“TYSON ENDS CONTRACT OVER MALTREATMENT”


One of Tyson Foods’ contractors in Tennessee was filmed by Mercy for Animals showing hideous cruelty to the chickens—from stepping on their heads to break their necks, to growing them “so fast they became crippled under their own weight,” to cramming hundreds of thousands of birds “into filthy, windowless sheds forced to live for weeks in their own waste,” according to MfA. Tyson Foods spokesman Worth Sparkman replied: “Animal well-being is a priority at our company and we will not tolerate the unacceptable animal treatment shown in this video.” Tyson ended its contract with that contractor.
CLIMATE CHANGE

Reducing meat consumption and reducing population growth are two parts of one necessity—to reduce CO2 in order to reduce and stop temperature rising, in order to reduce the severest consequences of weather extremes. Vegetarianism is a major campaign for those goals. Dick

CENTER FOR BIOLOGICAL DIVERSITY

COWSPIRACY FILM

STOP Climate Change, Eat No Meat

About the Film

Cowspiracy: The Sustainability Secret is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today—and investigates why the world’s leading environmental organizations are too afraid to talk about it.

Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean “dead zones,” and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.

As Andersen approaches leaders in the environmental movement, he increasingly uncovers what appears to be an intentional refusal to discuss the issue of animal agriculture, while industry
whistleblowers and watchdogs warn him of the risks to his freedom and even his life if he dares to persist.

As eye-opening as Blackfish and as inspiring as An Inconvenient Truth, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale factory farming has on our planet, and offers a path to global sustainability for a growing population.

Kip Andersen

Keegan Kuhn

ABOUT THE FILMMAKERS

Kip Andersen’s environmental awakening came as a result of An Inconvenient Truth. After seeing the film, he began to recycle religiously, turn off lights constantly, shower infrequently, and ride a bike instead of driving. Andersen believed he was doing everything he could to help the planet by following the guidelines of national and international environmental organizations, but his life took a different direction when he found out animal agriculture is the leading cause of environmental destruction. He is the founder of AUM Films and Media, a 501c3 non-profit focused on creating films and media that promote thrivability, compassion, and harmony for all life. He is also an entrepreneur, as well as a certified Jivamukti and Kundalini yoga teacher. He is a graduate of Cal Poly San Luis Obispo school of business and has called San Francisco home for more than a decade.

Keegan Kuhn is a videographer, award-winning documentary filmmaker, and professional musician living in the east bay of San Francisco. He has worked with nonprofit organizations and been involved in social justice movements for virtually his entire life. As a filmmaker, he helps organizations reach an ever-greater community of supporters with the highest possible quality films and videos. His film career has taken him as far as the remote interior of Alaska to document modern homesteaders, to the high deserts of the American west filming
the nation’s remaining wild horses, to rural agricultural communities and dirty urban streets. He is motivated by a deep desire to shed light on untold stories of the most downtrodden in our society, and to raise to awareness through greater visibility of social justice issues.

FEATURING THE EXPERTISE OF

Dr. Richard Oppenlander
Author of the groundbreaking book *Food Choice and Sustainability*, Dr. Oppenlander is a consultant and researcher whose award-winning book *Comfortably Unaware*, has been endorsed as a “must read” by Ellen DeGeneres, Dr. Jane Goodall, and Dr. Neal Barnard, among many others. Dr. Oppenlander is a much sought-after lecturer, has been a keynote speaker for several conferences and events, and has presented lectures and workshops at numerous universities and corporations. Dr. Oppenlander also serves as an advisor to municipalities in the U.S. and to world hunger projects that are designing programs from his model of multidimensional sustainability.

Michael Pollan
Michael Pollan is the author of four *New York Times* bestsellers (*Food Rules: An Eater’s Manual, In Defense of Food: An Eater’s Manifesto, The Omnivore’s Dilemma: A Natural History of Four Meals, and The Botany of Desire: A Plant’s-Eye View of the World*). *The Omnivore’s Dilemma* was named one of the ten best books of 2006 by both the *New York Times* and the *Washington Post*. Pollan was named to the 2010 *Time* 100, the magazine’s annual list of the world’s 100 most influential people. In 2009 *Newsweek* named him one of the top 10 “New Thought Leaders.”

Dr. Will Tuttle
Dr. Will Tuttle is an award-winning speaker, educator, author, musician, and author of *The World Peace Diet*, called one of the most important books of the 21st century. Dr. Tuttle presents about 150 events yearly at conferences, retreats, and progressive churches and centers throughout North America. In his lectures, workshops, and trainings based on *The World Peace Diet*, he addresses veganism, spirituality, effective activism, and personal development. A former
Zen monk, Dr. Tuttle has a master’s in humanities and a PhD in philosophy of education.

Howard Lyman
A former Montana cattle rancher, Howard Lyman is a world-renowned public speaker, author, and animal advocate. Best known for being sued by the National Cattlemen’s Beef Association for speaking about “mad cow” disease on the Oprah Winfrey Show, he is the founder of Voice for a Viable Future and the subject of two documentary films, Mad Cowboy and Peaceable Kingdom: The Journey Home.

Will Potter
Will Potter is an award-winning independent journalist and TED Fellow based in Washington, D.C. who focuses on the animal rights and environmental movements, and civil liberties post-9/11. His reporting and commentary have been featured in the world’s top media outlets, including the Washington Post, NPR, Rolling Stone, El Pais, and Le Monde. He has testified before the U.S. Congress about his reporting, as the only witness opposing the Animal Enterprise Terrorism Act. He is the author of Green Is the New Red, an exposé of the FBI’s use of fear and intimidation to silence dissent in the animal and environmental movements.

Will Anderson
In 1978, Will Anderson founded Greenpeace Alaska in Anchorage, and shortly thereafter, was appointed to the national board of directors of Greenpeace USA. Since then, he has had a long career in campaign management in both the environmental and animal welfare sectors for a number of organizations including Earth Island Institute and the Progressive Animal Welfare Society. He has worked with state and federal agencies, scientists, political representatives and NGOs, and continues to consult for numerous national organizations to protect marine animals and wildlife, and defend the land and oceans against industrial destruction.

WITH APPEARANCES BY

Michael Besancon
A 41-year veteran of the natural foods industry, Michael Besancon is
the former senior global vice president of purchasing, distribution
and communications for Whole Foods Market.

Michael Klaper, MD
Dr. Michael Klaper has more than 40 years of clinical experience, and
practices preventative and nutrition-based medicine. He is the
director of the non-profit Institute of Nutrition Education and
Research and a member of the Nutrition Task Force of the American
Medical Student Association.

David Robinson Simon
David Robinson Simon is an attorney, advocate for sustainable
consumption, and author of the book *Meatonomics* about the economics
of animal agriculture.

Dr. Kirk R. Smith
Dr. Kirk R. Smith is a professor in the School of Public Health at
University of California, Berkeley, where he is the director of the
university’s Global Health and Environment Program.

I know we all feel the importance of our Vegetarian Potluck and Veg. Action.
See you next month. Dick

---------- Forwarded message ----------
From: Cecile Richards, Planned Parenthood <pponline@ppfa.org>
Date: Sat, Aug 15, 2015 at 7:00 AM
Subject: Powerful support for Planned Parenthood
To: "James R. Bennett" <jbennet@uark.edu>

Dear James,

For weeks, we’ve heard false claims and outrageous rhetoric from anti-abortion
extremists, politicians, and ideologues. Now, the real experts are weighing in.
The *New England Journal of Medicine* just released two powerful pieces strongly
supporting Planned Parenthood, our doctors, and patients.

Read what they have to say; then, forward this message and share
on and with everyone you know who needs to hear the truth.
These pieces are further proof of what we already know: Objective media voices, doctors, medical experts — and above all, the millions of patients who have received compassionate, high-quality care at Planned Parenthood health centers — are standing with Planned Parenthood. We have protected women’s health for generations, and we’re not going to stop, no matter what.

Please, share this message far and wide. Thank you for continuing to stand with Planned Parenthood.

Sincerely,

Cecile Richards, President
Planned Parenthood Federation of America

The New England Journal of Medicine, n engl j med nejm.org 1

Planned Parenthood at Risk

George P. Topulos, M.D., Michael F. Greene, M.D., and Jeffrey M. Drazen, M.D.

Planned Parenthood is under attack — again. This time, a campaign of misinformation about the retrieval of fetal tissue used in research and therapy is the excuse. When women have made the decision to terminate a pregnancy, Planned Parenthood allows them the opportunity to have the fetal tissue that would otherwise be discarded be used by qualified researchers to help answer important medical questions. The organization does so carefully, following all applicable laws and ethical guidelines. In a Perspective article now published in the Journal, Charo presents compelling arguments defending these uses of fetal tissue.1 Planned Parenthood, its physicians, and the researchers who do this work should be praised, not damned. The research is not easy to do, but as Charo explains, it has benefited millions of people worldwide. If the antichoice forces were allowed to rule the day, these advances would never have been made. We strongly support Planned Parenthood not only for its efforts to channel fetal tissue into important medical research but also for its other work as one of the country’s largest providers of health care
for women, especially poor women. In 2013, the most recent year for which data are available, Planned Parenthood provided services to 2.7 million women, men, and young people during 4.6 million health center visits. At least 60% of these patients benefited from public health coverage programs such as the nation’s family-planning program (Title X) and Medicaid. At least 78% of these patients lived with incomes at or below 150% of the federal poverty level. Planned Parenthood’s services included nearly 400,000 Pap tests, nearly 500,000 breast examinations, nearly 4.5 million tests for sexually transmitted illnesses (including HIV), and treatments.2,3 The contraception services that Planned Parenthood delivers may be the single greatest effort to prevent the unwanted pregnancies that result in abortions.

It is shameful that a radical antichoice group whose goal is the destruction of Planned Parenthood continues to twist the facts to achieve its ends. We thank the women who made the choice to help improve the human condition through their tissue donation; we applaud the people who make this work possible and those who use these materials to advance human health. We are outraged by those who debase these women, this work, and Planned Parenthood by distorting the facts for political ends. Dr. Topulos reports serving as a volunteer member of the medical committees of both Planned Parenthood League of Massachusetts and Planned Parenthood Federation of America. Disclosure forms provided by the authors are available with the full text of this article at NEJM.org. From the Department of Anaesthesia, Harvard Medical School, and the Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women’s Hospital (G.P.T.); and the Department of Obstetrics and Gynecology, Massachusetts General Hospital (M.F.G.) — all in Boston. This article was published on August 12, 2015, at NEJM.org. 1. Charo RA. Fetal tissue fallout. N Engl J Med. DOI: 10.1056/NEJMp1510279. 2. Planned Parenthood Federation of America. Our health, our decisions, our moment. 2013–2014 Annual report (http://plannedparenthood.org/files/6714/1996/2641/2013-2014_Annual_Report_FINAL_WEB_VERSION.pdf). 3. Planned Parenthood Federation of America. By the numbers. July 2015 (http://plannedparenthood.org/files/3314/3638/1447/PP_Numbers.pdf). DOI: 10.1056/NEJMe1510281 Copyright © 2015 Massachusetts Medical Society. The New England Journal of Medicine Downloaded from nejm.org on August 18, 2015. For personal use only. No other uses without
The United Nations has released the latest revision of its World Population Prospects, and once again the numbers have been revised upward. In just nine years, we’ll hit 8 billion people on the planet, well on the way to the projected 11.2 billion by 2100 -- which will be almost twice as many as when we started this century. (The UN also released its latest numbers on the planet’s current population, which is reflected in our updated population counter.)

Unfortunately the meager news coverage of the report focused on our “slowing” growth rate. While it’s statistically true that the rate of global population growth is .06 percent slower than it was 10 years ago, the actual numbers tell a different story: We’re adding 83 million people to the planet every year -- 3 million more than a decade ago. Without a greater drop in fertility rates through universal access to contraception, reproductive justice and education for women and girls worldwide, the momentum of our growth will keep increasing the pressure on our climate and environment. Both the rate and actual numbers of wild plants and animals going extinct will continue to skyrocket.

As you’ll read below, we’re already using up more resources than the planet can replenish, and it’s happening earlier every year. It’s going to take a truly comprehensive effort -- a profound change in the way we think and act when it comes to family planning, food, fuel and waste -- to turn these numbers around. We need to start the revolution today.

For the wild,

Stephanie Feldstein
Population and Sustainability Director
The Lorax’s Birthday Marked by Deficit in Planet’s Resources

Forty-four years ago The Lorax, Dr. Seuss’ iconic cautionary tale of overconsumption and deforestation, was published. It’s sadly fitting that just one day after the book’s anniversary earlier this month, we hit Earth Overshoot Day, the day we’ve used up more resources than the planet can replenish in a year. The Earth’s budget is now in the red -- four and a half months too soon and a week earlier than it happened last year.

Earth Overshoot Day is calculated by the Global Footprint Network by dividing the amount of ecological resources the planet generates each year by the amount of land and water needed to produce the resources humans consume and absorb the waste we create. That number is divided by 365 to calculate the day when we’ve emptied our account, which this year came on Aug. 13. The Center partnered with the Global Footprint Network to raise awareness about overshoot and the impact of unsustainable overconsumption on the planet.

We’re currently blowing through the equivalent of 1.5 Earths every year. And if everyone lived like Americans, the number would be closer to 4.5 Earths. Since we only have one planet, it’s long past time to listen to the Lorax and speak for the trees.
Get Wild With Campus Action Kits

With fall semester nearly here, the Center has the perfect addition for the college activist’s back-to-school list: Our new Campus Wild Action Kits will help students talk about food, sex and sustainability. We’re giving away 100 kits full of resources to spread the word about how what we eat and the reproductive health choices we make affect wildlife and the planet. If you’re a student or know someone on campus, be among the first to join our “Team Wild” campus volunteer network by signing up to receive one of the brand-new action kits. Make this school year a little wilder.

Defeat the Meat Hotline

Between Memorial Day and Labor Day, Americans eat an average of 818 hot dogs per second. That’s a huge amount of meat that’s responsible for enormous amounts of habitat loss, greenhouse gas emissions and other threats to wildlife. With one of the meatiest days of the year -- Labor Day -- still to come, the Center is creating a hotline to help barbecue-goers “defeat the meat” temptation when faced with a smoking hot grill. Watch our Facebook page before Labor Day for the number to call when you’re in the midst of a near-meat experience over the holiday weekend.

Contents Vegetarian Action #20, August 12, 2015


“By the Pinch and the Pound” by Laura Miller and Emilie Hardman, in Protest on the Page. Tracks the evolution of vegetarian and vegan cookbooks and catalogues the arguments for not eating meat or using animal products. See Bill Lueders, “A Slogan in Every Pot: Cookbooks as Protest Literature.” The Progressive (July-August 2015).

Nutrition, Health

This subject has been and is being thoroughly covered particularly by the corporate food industry (ironically speaking), but you might want to read Michael Moss, Salt Sugar Fat: How the Food Giants Hooked Us.
Rights and Protection of Animals
PETA’s Latest Number of Animal Times
Dick, Center for Human Well-being
Vegan Liberationist Gary Yurofsky, “Best Speech You Will Ever Hear”:
https://www.youtube.com/watch?v=_K36Zu0pA4U

-  

Global Warming, Climate Change
PETA’s Animal Times

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END VEGETARIAN ACTION NEWSLETTER #21,
SEPTEMBER 2015
OMNI

VEGETARIAN ACTION NEWSLETTER #20, August 12, 2015.


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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015). Thank you Marc.

http://omnicenter.org/donate/

Veggie Potluck

Wed AUGUST 12 - 6:00 pm @ OMNI

Food-friendly faces with delicious dishes who want to meet you, and a place and time where you can talk with others not only about nutrition and health, but about care for other species and for the environment. You don’t have to be a vegetarian to enjoy this potluck. But if you care about the well-being of animals and the planet, you are already on your way to being a vegetarian. Hope to see you!
OMNI’S Blog
http://jamesrichardbennett.blogspot.com/

Newsletters
index:

OMNI NATIONAL/INTERNATIONAL DAYS PROJECT
October World Vegetarian MONTH. Oct. 16, UN World Food DAY.

Contents #18 and #19 at end

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Global Warming, Climate Change

PETA’s Animal Times

HEALTH, NUTRITION

BOOKS | BOOKS OF THE TIMES

You Really Can’t Eat Just One, and Here’s the Reason

‘Salt Sugar Fat’ by Michael Moss

By SCOTT MOWBRAY, MARCH 17, 2013, The New York Times

Americans eat 33 pounds of cheese and cheese products per year, per person, which is triple the consumption rate of the 1970s. Fans of Humboldt Fog and Cabot Clothbound Cheddar may hope this signals the return of the artisan producer, but Michael Moss gives all credit to mighty Kraft and the other food giants.

“In the hands of food manufacturers, cheese has become an ingredient,” Mr. Moss writes. Thus we have cheese-injected pizza crusts and cheese-draped frozen entrees, cheesy chips and cheezy crackers. Cheese and its processed derivatives were deployed across a gazillion new products and line extensions during decades when Americans, as a fat-avoidance tactic, were actually cutting their milk consumption by 75 percent. From a fat-consumption point of view, he says, “trading cheese for milk has been a poor bargain indeed.”

‘Salt Sugar Fat,’ by Michael Moss MARCH 15, 2013
And that is the nub of Mr. Moss’s case: By concentrating fat, salt and sugar in products formulated for maximum “bliss,” Big Food has spent almost a century distorting the American diet in favor of calorie-dense products whose consumption pattern has been mirrored by the calamitous rise in obesity rates. Entire food categories were invented to support this strategy (Mr. Moss is particularly fascinated by Kraft’s near-billion-dollar line of Lunchables snack trays), as processors bent the American appetite to Wall Street’s will.

Mr. Moss, a Pulitzer Prize-winning reporter for The New York Times who put the phrase “pink slime” into high rotation with a 2009 article on beef safety, deftly lays out the complicated marriage of science and marketing that got us where we are. Is that place a state of addiction? The book uses the language of addiction liberally — soldiers returned from World War II “hooked on Coke,” kids “lunge” for the sugar bowl, a typical salt lover is a “hapless junkie” — and it’s a metaphorical usage that must drive some research purists bananas.

But there is science too. Mr. Moss dives extensively into food-industry and academic research into the brain’s pleasure centers, where sugar and fat sing their siren songs. If not addiction, the love of hyper-processed foods may be what Dr. David A. Kessler, a former Food and Drug Administration director, called “conditioned hypereating” in a 2009 book that covered some of the same ground.

Importantly, Mr. Moss reports deeply from inside the food companies: researchers, marketers, strategists, C.E.O.’s and many who have left their work, some with regrets about how good they were at leveraging the bliss
point. “Salt Sugar Fat” is not a polemic, nor a raised platform for food purists to fire broadsides at evil empires. This is inside stuff, and the book is all the stronger for it.

Why, then, is the book a bit wearying? Partly it’s because this is not a new story, not surprising to anyone who has contemplated the list of 31 ingredients on a tiny packet of Cheez-It Gripz. Partly it’s because the book moves slowly, in wide eddies, first considering sugar, then fat, then salt, whose functions are nominally different but ultimately the same.

There is plenty here to make one’s blood pressure rise. (Must a child-targeted snack pack contain 830 milligrams of sodium and 39 grams of sugar? Really?) But the finer points of factory-to-table food formulation are not riveting. Nor does Mr. Moss consider that many of the techniques developed by food scientists — fat-globule dispersion, sugar-crystal manipulation — were cherished by Escoffier. Chefs have long played with the chemistry of food, intuitively hunting down the “bliss point” with as much gusto as any chip scientist at Frito-Lay.

Mr. Moss also strains to dramatize the preoccupations of marketers, describing a “hold your breath” moment when Kraft learned whether customers would lose interest in Lunchables after the company moved from yellow cardboard sleeve to a sleeveless box. One Lunchables team brainstormed the question of “what could a pizza be like that would fit into the Lunchables world?” “The Jungle” this isn’t, nor “Fast Food Nation.”

Still, Mr. Moss meticulously lands his punches. The result is the sinking realization that we’ve eaten like a nation of impulsive teenagers, happy to pay for a diet of carnival food. As one sensory researcher notes, everything on American food shelves that can be sweetened has been sweetened. Our adolescent food culture fell hard for the romance of industrial perfectibility and the “convenience doctrine”: the
proposition that easy should define good in American eating.

Today, Mr. Moss says, the food companies have boxed themselves in, blessed and saddled with fattening foods that are “so tasty, people can’t resist eating them.” Healthier formulations of heavily processed food, he insists, simply don’t taste as good. (This may be true of the most highly processed foods, but, based on extensive tasting in my work, it’s not so for a wide range of new foods now flooding the supermarkets from both small companies and the giants.)

Mr. Moss does credit industry efforts to reduce salt, fat and sugar. He gives a lengthy account of debates and initiatives that followed Phillip Morris’s purchase of General Foods and Kraft in the 1980s, which left veterans of the tobacco wars mulling the possibility of lawsuits and legislation associated with obesity. There are, within these companies, people pushing to accelerate the reformulations, and Mr. Moss talks to them.

However, the market punishes those who let margins slip in the name of health — as PepsiCo, for example, has been punished. This is not an optimistic book. The only counsel Mr. Moss offers consumers dribbles in with the last two sentences: “After all, we decide what to buy. We decide how much to eat.”

By focusing relentlessly on the food giants, Mr. Moss presents them as hegemonic — dominating food supply, defining food culture, producing food that by their own (and their consumers’) definition has been as tasty as food can be. Arguably this was so. Is it so now?

Mr. Moss quotes a few experts who believe a consumer backlash is under way, a generational pulling away from the ersatz. But he barely glances in that direction. Missing is any consideration of the ferment now bubbling away in America’s food culture.
Consider the boom in farmer’s markets, the elevation of the chef, the proliferation of urban food trucks, the return of the artisan, the growth of craft beer at the expense of big corporate brewing, the admittedly high-end but notable success of Whole Foods, even the appearance of oatmeal and better coffee in McDonald’s, not to mention the appearance of healthy grains and nonfat Greek yogurts and myriad global-pantry products on Wal-Mart’s shelves.

Perhaps the teenager shows signs of growing up? If so, not even Wall Street could stop such a tectonic cultural shift. Mr. Moss’s book is a little like a plate of processed cheese: fresh, in its way, but behind the culinary curve.

SALT SUGAR FAT
How the Food Giants Hooked Us
By Michael Moss
446 pages. Random House. $28.

RIGHTS AND PROTECTION OF ANIMALS


FAYETTEVILLE, Ark. - The Center for Food Animal Wellbeing will host its fifth annual symposium Aug. 6 on current issues and advances in food animal wellbeing. The center is a unit of the University of Arkansas System Division of Agriculture.

The one-day symposium will be in the Leland Tollet Auditorium inside the John W. Tyson Poultry Science Building on the University of Arkansas campus. Registration is $25.

“This year we have an incredible roster of speakers covering animal welfare topics and related issues of current interest to those of us in animal agriculture,” said Yvonne Vizzier Thaxton, director for the Center for Food Animal Wellbeing.

The goal for the Center for Food Animal Wellbeing is to improve animal health, animal handling, food safety and productivity by developing and defining objective measurements of wellbeing including measures of behavior, stress physiology, neurophysiology, immunology, microbiology and production efficiency.

Registration information and the program are online at foodanimalwellbeing.uark.edu/AnnualSymposium.

TOPICS

CONTACTS

Imagined replies:

Ms.,

I welcome your announcement. I am a representative of the Center for Human Wellbeing for the Merciful Treatment of Old People and the Mentally Incompetent. The goal for the Center is to improve human health, and kinder human handling and productivity by developing and defining objective measurements of wellbeing, including measures of
behavior, stress physiology, neurophysiology, immunology, microbiology and production efficiency.

Ms.,
Thank you for your invitation. I represent the Center for Human Wellbeing, the purpose of which is to prepare difficult people for a useful death. We provide efficient and painless methods for ending life; indeed, our clients are not killed until they are their healthiest and can provide the very best body parts. That they are not volunteers but must be compelled is to be expected, given the need for leather and the shortage of people, but our soothing surroundings and sedatives actually make the whole experience pleasurable.

Here is a letter I might have written:

Ms.

I read about the conference and wish to ask your cooperation in our group’s desire to demonstrate during the conference in an appropriate location. You see, “Food Animal Wellbeing” sounds like a euphemism for production efficiency to increase profit during mass slaughter of sentient beings. You see also, I am the founder of the OMNI Center for Peace, Justice, and Ecology, and the founder of its Vegetarian group. I oppose the killing of animals, for many reasons, but particularly because I do not believe their well-being is promoted by their slaughter. And I am astonished you would choose August 6 for your Symposium, the day the U.S. dropped an atomic bomb on the civilian city of Hiroshima. But mass extermination does not seem to concern the Symposium.

Thank you,
Dick Bennett
442-4600

*Researcher at Animal Wellbeing Symposium to Discuss Cattle Handing in Feedlots*

Ruth Woiwode will present the results of studies on
handling cattle in feedlots Aug. 6 at the fifth annual Symposium on Current Issues and Advances in Food Animal Wellbeing.

Read more


1. Best Speech You Will Ever Hear (Updated) – Gary Yourofsky ...

www.youtube.com/watch?v=_K36Zu0pA4U
Apr 1, 2014 - Uploaded by TheVeganZombie2
New and Updated version of Gary Yourofsky’s ‘Best Speech You Will ... Hear Gary talk about compassion and kindness to animals and about ...

2. Best Speech You Will Ever Hear - Gary Yourofsky - YouTube

www.youtube.com/watch?v=kIJaetqLXc
Jun 7, 2013 - Uploaded by Simone Reyes
BEST ANIMAL RIGHTS SPEECH by SIMONE REYES .... agree that animals need some more respect, I don’t think they’ll ever get equal rights.

3.
The **BEST Speech You Will Ever Hear!** ... hear gary talk about compassion and kindness to **animals** and about the horrors of the meat and dairy ... 

4. 

▶ 10:15 

[www.youtube.com/watch?v=uQCe4qEexjc](http://www.youtube.com/watch?v=uQCe4qEexjc)

May 16, 2012 - Uploaded by Kindness Trust

“This is the most amazing thing I’ve **ever** heard. ... This is the transcript to the **speech**: On behalf of St James Ethics Centre, the Wheeler ... **Animal Rights** is now the **greatest** Social Justice issue since the abolition of slavery.

5. **Gary Yourofsky - The Most Important Speech You Will Ever ...**

▶ 1:09:25 

[www.youtube.com/watch?v=U5hGODLprA8](http://www.youtube.com/watch?v=U5hGODLprA8)

Feb 6, 2015 - Uploaded by Gary Yourofsky

An inspirational life-changing **speech** by Gary Yourofsky, an **animal** liberation activist, national lecturer ... +Cesar Ferradas This is sooo **great**!

6. **BEST Speech You Will Ever Hear Q&A- Gary Yourofsky ...**

▶ 18:22 

[www.youtube.com/watch?v=KliOwyw4qhY](http://www.youtube.com/watch?v=KliOwyw4qhY)

Jul 11, 2014 - Uploaded by Bite Size Vegan

gary yourofsky answers questions about veganism, compassion, and **animal** rights at city college, new york on ...

**ANIMALS AND CLIMATE CHANGE**

From PETAs Animal Times (#2, 2015)
Advocacy by Kelly Chin:

HELP CURB CLIMATE CHANGE: TRY VEGAN.

Choosing meat-free meals combats environmental destruction, saves animals from a miserable life and painful death, and is better for your health.

Meat and Water ad by Pamela Anderson:

“Meat And Dairy Farms Drain Half the Country’s Water.” The solution to water shortage is not taking shorter showers.

And this essay from the David Suzuki Foundation.

David

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Signup

What you can do

Food and climate change

(Credit: Loose Ends via Flickr.)
It’s not only how we choose to travel or heat our homes that determines our carbon footprint. What we eat also has a climate impact. Understanding the resources that go into producing our meals can make us more aware of the relationship between food and climate change, and help us make better choices.

There are several factors that contribute to food’s climate impact, including: how low on the food chain it is, how much energy is used to produce it (and whether the food is grown organically or with chemical inputs), and how far it has to travel before it gets to the table.

**Meat and climate change**

**Meat production is a major contributor to climate change.** It is estimated that livestock production accounts for 70 per cent of all agricultural land use and occupies 30 per cent of the land surface of the planet. Because of their sheer numbers, livestock produce a considerable volume of greenhouse gases (such as methane and nitrous oxide) that contribute to climate change. In fact, the United Nations Food and Agriculture Organization (FAO) has estimated that livestock production is responsible for 18% of greenhouse gases.

The growing of livestock and other animals for food is also an extremely inefficient process. For example, it takes approximately five to seven kilograms of grain to produce one kilogram of beef. Each of those kilograms of grain takes considerable energy and water to produce, process, and transport.

As meat consumption has grown around the world, so has its climate impact.

**The problems with chemical agriculture**

Other agricultural practices can impact the climate. Synthetic pesticides and fertilizers are widely used in agriculture, and are often made from fossil fuels. Manufacturing and transporting these chemicals uses significant quantities of energy and produces greenhouse gases. Not surprisingly, studies have shown that chemical farming uses considerably more energy per unit of production than organic farms, which do not use these chemical inputs. In addition, the use of synthetic nitrogen fertilizers in soils produces nitrous oxide, a greenhouse gas that is approximately 300 times more powerful than carbon dioxide at trapping heat in the atmosphere.

Organic farms, on the other hand — which rely on natural manure and compost for fertilizer — store much more carbon in the soil, keeping it out of the atmosphere.

**Food that’s closer to home**
Where your food comes from is also a factor. Currently, the average meal travels 1200 km from the farm to plate. Food that is grown closer to home will therefore have fewer transportation emissions associated with it, and also be fresher and support local farmers. And as the distance food travels decreases, so does the need for processing and refrigeration to reduce spoilage.

**Local or organic: which is better for the climate?**

While it’s good to buy locally grown food for many reasons, ‘food miles’ (the distance food is transported from the time of its production until it reaches the consumer) actually make up a relatively small percentage of the overall carbon footprint of food — approximately 11% on average, according to studies. How the food is grown makes up a much larger percentage — roughly 83%.

For example, one study showed that lamb raised in New Zealand and shipped 18,000 kilometers to the UK still produced less than one quarter of the greenhouse gases than local British lamb. Why? Because local flocks were fed grains, which take a lot of energy to grow, while the New Zealand flocks were grazed on grass. Shipping the lamb to the UK was responsible for only 5% of the overall greenhouse gases, whereas 80% of the emissions were from farm activities. Similar lifecycle assessments have found the same results for other foods. One assessment done for packaged [orange juice](#) found that over a third of the lifecycle emissions came from just the synthetic fertilizer used on the orange groves.

Choosing to buy food that is organically grown can therefore be a better choice for the climate. But if possible, buy food that is organic and local.

**So what can you do to reduce your impact when you eat?**

**Eat meat-free meals**

- **Try to eat at least one meat-free meal per day.** If you’re already doing that, gradually increase the number of meat-free meals you eat.

- **Plan ahead.** If going meatless means changing your habits drastically, you’ll enjoy it more if you do some research and find really yummy recipes before you go shopping.

- **Choose veggie restaurants and meatless menu alternatives** when you go out — they’re sprouting up all over the place!

- **Check out these cool websites:** [Vegetarian Times](#), [Epicurious](#), [World Community Cookbooks](#)

**Buy organic and local whenever possible**
• **Vote with your fork.** Let your local farmers know organic is the way to grow! In addition to being better for the climate, organic food has many other advantages. First, it is grown without genetically modified organisms. As well, organic meat, poultry, eggs and dairy come from animals that are not fed antibiotics or growth hormones. And because organic foods are grown in healthy soils, they are typically more nutritious, containing more vitamins and minerals. Finally, organic farms promote genetic biodiversity, create less water pollution and soil damage, and result in fewer poisonings of farm workers, and less harm to wildlife.

• **Read labels when you shop.** Choose food that is organically grown and locally produced.

• **Talk to the produce manager at your grocery store.** Tell them what you want and why.

Other things you can do

• **Don’t waste food.** Close to half of all food produced worldwide is wasted after production, discarded in processing, transport, supermarkets and kitchens. When people throw food out, all the resources to grow, ship, package and produce it are wasted, too, including massive amounts of water. [Click here](#) to find out how you can help end food waste.

• **Grow some of your own food.** Growing vegetables at home eliminates some of the transport required to get food to your table. It also lets you [grow your food without chemicals](#). You can grow some great vegetables in even the smallest of spaces such as a balcony or patio space. Try growing herbs, tomatoes, lettuce, and other veggies.

• **Do an inventory of how you look after your garden and lawn.** Get rid of toxic substances (but discard them appropriately so those poisons don’t end up in landfills). For information on how to do this, check out [Product Care](#) and the [Georgia Strait Alliance Toxic Smart page](#). Find safe alternatives, and learn how to garden organically. It’s easy!
Contents of Vegetarian Action Newsletter #18, April 8, 2015


Nutrition, Health

PBS, Frontline, “The Trouble with Chicken”

VegNews, the Vegan Magazine

Fighting for the Future of Food

Animal Rights and Protection

Stein and LaVeck. Film Peaceable Kingdom.

Vegetarian Voice.

Namit Arora. Ethical Arguments Against Eating Animals

Mercy for Animals Film

Climate Change

Cowspiracy


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Rights and Protection of Animals

Three Books for Christians

Global Warming, Climate Change

Food Not Lawns, Food Not Lawns

Natural Grocers

END VEGETARIAN ACTION NEWSLETTER #20, AUGUST 2015

Sent to Blog, WS, indivds: OMNI Veg Potluck, Fay’s Sust officer Ken Eastin,

OMNI

VEGETARIAN ACTION NEWSLETTER #19, June 10, 2015.


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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015.). Thank you Marc.
Veggie Potluck
Wed June 10 - 6:00 pm @ OMNI

Food-friendly faces with delicious dishes who want to meet you. You don’t have to be a vegetarian to enjoy this potluck. Just willing to try something new. Hope to see you!

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. Let’s try to understand the help to the world of vegetarianism and the harms to the world of eating meat, and try to make changes as the result of our understanding.

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

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

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


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Global Warming, Climate Change

Food Not Lawns, Food Not Lawns

Natural Grocers

A Glimpse at Vegetarian Potluck 2010 and Before, from Dan Dean, our coordinator at the time. Dan suffered a broken back, went to a Denver rehab hospital, and has recently returned to his home in Winslow.

We have watched “Forks Over Knives,” “The Meatrix,” “The Simpsons: Lisa Becomes Vegetarian,” and “Eating” and have discussed Diet for a Small Planet, The Ethical Food Manifesto, Worship Your Food, The Ethics of What We Eat, and had presentations from Jacqueline Froelich, Summer of Solutions, Wellness Secrets, Fayetteville Time Bank, Wenqi Clark and Chinese cooking, and music from Chris Mikkelson, Candy Lee, and Donna Stjerna Mulhollan.
Remembering Donna and Kelly Mulhollan’s Earth Day 29015 Program in case you missed it:

**OPPOSITION TO INDUSTRIAL MEAT PRODUCTION AND OMNI FUNDRAISER BY DONNA AND KELLY MULHOLLAN, APRIL 22, 2015**

**DON’T FENCE ME IN**

**INTRODUCTION**

HOG LAMENT SINGERS-Flash Mob
Ginny Masullo-Ozark River Stewards

*GINNY MASULLO –Talk about CAFO*

JOEL EMERSON- No Hogs on the Buffalo

BROAD DAYLIGHT- Green

DICK BENNETT: Becoming a Vegetarian

VEGGIE WRAPPERS

PROGRESSION of OBSESSION-Silas & CeeCee

Still on the Hill- EMILY the COW

RUNWAY FASHION SHOW

DENISE LANUTI-Don’t Fence Me In

**CINDY SHEEHAN’S SOAPBOX**

**Go Vegan Radio - 31 May 2015**

Guest PAUL RODNEY TURNER of Food For Life Global, the world’s largest food relief program that serves 2 million vegan meals daily + commentary with Professors GARY FRANCIONE and ANNA CHARLTON + salads that are worse than a Big Mac?
Health, Nutrition

The Trouble with Chicken

FRONTLINE investigates the spread of dangerous pathogens in our meat—particularly poultry—and why the food-safety system isn’t stopping the threat.

E-MAIL THIS

FRONTLINE investigates the spread of dangerous pathogens in our poultry.

THE LATEST

Inside the Fast-Food Scandal That Changed How Beef Is Regulated

May 11, 2015, 10:00 am ET · by Patrice Taddonio

More than 20 years ago, four children were killed in an outbreak of E. coli O157 — a dangerous strain of bacteria that was linked back to undercooked hamburgers from Jack in the Box fast food restaurants.

Is Our Food Safety Process Broken?

April 30, 2015, 11:33 am ET · by Jason M. Breslow

Meat and poultry sold to consumers comes with a USDA seal that reads “inspected and passed,” but a new report says holes in the process are leaving millions at risk of a foodborne illness.

FILM ON PESTICIDES
www.livingdownstream.com  Documentary about Sandra Steingraber’s campaign against certain pesticides. She questions why environmental causes of cancer are so often dismissed.

Rights and Protection of Animals

www . compassionatespirit . com

http://www.compassionatespirit.com/Traditional-Christianity-and-Vegetarianism.htm

Home  Articles  About Keith Akers  Books, etc.  Links

Traditional Christianity and Vegetarianism — Three Book Reviews by Keith Akers


Isn’t traditional Christianity against vegetarianism? Didn’t Peter Singer say that as far as the animals are concerned, the Christian religion is a very great problem, because of concepts such as “dominion” of humans over animals, humans as “special” because they are created in the image of God, and the lack of souls for animals? Don’t traditional Christians think of Jesus as a meat-eater who killed a herd of swine by sending demons into them?
It certainly seems that traditional Christianity sees nothing ethically wrong with eating meat as such. In the books which I am reviewing, Richard Young, as well as Kaufman and Braun, make this explicit. Yet there are some traditional Christians who are also vegetarians, and even defend vegetarianism as a Christian virtue, even while rejecting the idea of ethical vegetarianism. It is a sign of the maturity of a movement that it produces intelligent books on the subject. **We now have at least three books which can claim to represent the views of traditional Christians and which also promote vegetarianism.**

All of these are fine books. It is a sign of the dedication and sincerity of these people that they were written at all. They are testimony to the values of original Christianity — regardless of what happened to the tradition along the way — that they seek to reconcile and make peace between both the vegetarian tradition and the traditional Christian viewpoint. All of these books seek to work in traditional vegetarian arguments for vegetarianism and put them in a Christian context. But how can we do this in a way that is effective in persuading traditional Christians?

The striking thing about *Good News for All Creation* is both what it says and what it does not say. It is quite short, almost like an extended pamphlet rather than a book. The main body of the text ends after page 59, although appendices more than double this to 123 pages. It presents the standard arguments for vegetarianism (health, the environment, world hunger, and ethics) with appropriate references to the Bible, “God’s handbook for our lives.” It also presents some characteristically Christian themes, such as God’s concern for victims, the rejection of animal sacrifice and Jesus’ statement “I require mercy, not sacrifice.”

For anyone concerned about the Bible, Richard Young’s book *Is God a Vegetarian?* is a much more thorough presentation. Young, like the authors of *Good News*, takes “Biblical Christianity” as his starting point. But *Is God a Vegetarian?* goes much deeper and further than the former book, exploring areas of scripture that Kaufman and Braun do not even mention. He agrees with Kaufman and Braun that Jesus was not
himself a vegetarian. However, he also systematically examines such topics as the souls of animals, Noah’s Ark as a “food factory,” eating lamb as part of the Passover, and so forth.

Young acknowledges that the Bible has contradictory traditions — some sanctioning, some questioning meat-eating. He adroitly summarizes the problem: “when there are conflicting voices in Scripture on what the church deems peripheral issues we tend to let our own social location rule our selection of texts, and either ignore, or explain away, or harmonize the contrary texts.” That is not only the story of vegetarianism in Christianity, it is the story of Christianity itself — it has, for centuries, adapted itself conveniently to whatever social customs seem to prevail at the time, for example sanctioning slavery, the oppression of women, and so forth. The corrective for this, for Young, is to listen to what the Bible actually says.

Regina Hyland’s book, God’s Covenant With Animals, takes Young’s approach one step further. Like Good News, her style is brief and to the point — at 107 pages, it is actually the shortest book of the three. Like Is God a Vegetarian?, she turns toward the scriptures and identifies different traditions in the Bible. But she sees these conflicting voices as coming from a different place together. She synthesizes these voices in the idea of “progressive revelation”: that God reveals to us whatever we are capable of learning.

Yes, there are animal sacrifices in the Bible; yes, there is meat consumption; yes, there is exploitation and “dominion” — but this is not God’s real message. God, through the prophets such as Isaiah and through Jesus Christ himself, condemns animal sacrifice and the whole sacrificial religion which sanctions meat-eating and exploitation of animals. In short, like Young, she identifies differing traditions in the Christian message, but she identifies true Christianity with the compassionate tradition and rejects the “domination” tradition of animal sacrifice.

These three books offer us three very different pictures of traditional Christianity and of vegetarianism’s role in Christianity. Which of these is the best book for traditional Christians? If you
want to say the fewest number of things which might offend a
traditional Christian, then Good News is probably your choice. This
puts the basic vegetarian arguments (health, ecology, and ethics)
front and center in the book, with appropriate Bible quotations in
support. The strength of the book, however, is also its weakness; it
avoids controversy simply by not taking any positions which might
push the wrong buttons with traditional Christians. Most especially,
it is concerned not to contradict the idea that Jesus ate meat:
“Jesus’ diet 2000 years ago in a Mediterranean fishing community does
not mandate what Christians should eat today.”

If, on the other hand, you want a thoughtful and thorough analysis of
the different Biblical traditions surrounding animals, which fully
acknowledges the divergence of the Biblical traditions, then Young’s
book Is God a Vegetarian? is the book to offer. Young’s book is the
longest and most informative of the three, and curiously, it is the
only book with recipes — not a bad idea, considering its audience.
Most traditional Christians, I am sorry to say, are not that familiar
with the Bible, and are going to be surprised that Young knows the
Bible so thoroughly. For traditional Christians who actually want to
study the Bible, Is God a Vegetarian? is the book which will give
them the best information consonant with their values.

Finally, we have Regina Hyland’s book God’s Covenant with Animals. At
first glance, this seems to combine the defects of both the previous
books with none of the advantages. It is the shortest book, yet it
also is clearly the most combative of the three, the one book which
unambiguously comes down on the side of compassion for animals.

“The eating of flesh is a perversion of God’s law . . . And to thank
God for providing food is the modern equivalent of sacrificial
religion; it represents a continuing determination to claim God’s
blessing on the slaughter, and consumption, of his creatures.” These
are strong words, and stirring words — who can answer this challenge
to Christianity? The fact is that Jesus’ message was controversial in
its day — remember how he got crucified? He was crucified after an
incident in the temple, in which he disrupted the animal sacrifice
business there. Jesus, that is, came squarely down against animal
sacrifice and on the side of compassion, even giving his own life for this principle.

Hyland is really pressing against the very edges of Christianity — she talks as if ethical vegetarianism is part of Christianity. Does this mean that ethical vegetarianism could possibly be part of “traditional Christianity” after all? Or does it mean that Hyland is now outside of “traditional Christianity”?

Ellen White and Charles and Myrtle Fillmore did the same thing in the early 20th century, by declaring the eating of flesh as food to be morally wrong. But the movements which they pushed forward (the Seventh-day Adventists and Unity School of Christianity) chose to disregard their founders’ advice. Hyland endorses the idea of “progressive revelation,” and is evidently ready to jettison most of the features which vegetarians find problematic about Christianity: the “dominion” concept, the lack of souls for animals, and so forth. But whether Jesus was an ethical vegetarian, or condemned killing animals for food, she does not clarify.

Some people feel that this isn’t what Jesus is about at all — that Jesus wasn’t interested in vegetarianism, ethical or otherwise; that Jesus was somewhat concerned about animals but that this was not his primary concern. Someone has to speak to, and for, such traditional Christians, putting the “gospel of vegetarianism” into their own language. This is where books such as Kaufman and Braun’s, and especially Young’s with its detailed Biblical exploration, are very useful.

But somehow I cannot forget that incident in the temple in which Jesus disrupts the animal sacrifice business. How can we ignore this side of Jesus, or casually put it aside, as if it didn’t matter? And why should we, as vegetarians, shortchange the message of Jesus about compassion so as not to offend some “traditional Christians” who might be offended by the message? Surely, diplomacy and scholarship have a role to play in advancing vegetarianism within Christianity; but someone has to actually preach the message of Jesus, and that is
what Regina Hyland’s discussion of God’s Covenant with Animals does the best.

-- Keith Akers
May 10, 2005

Three more views of Young’s book from Google Search

· [PDF]Is God A Vegetarian?: Christianity, Vegetarianism, And
  http://www.waterstones.com/waterstonesweb/products/richard+young/carol+j--adams/is+ ... Christianity, Vegetarianism, and Animal Rights Richard Alan Young.

· Christian vegetarianism - Wikipedia, the free encyclopedia
  en.wikipedia.org/wiki/Christian_vegetarianism
  Immediately after the Flood, God allegedly permitted the eating of meat, but forbade ..... ISBN 0-945146-01-9; Richard A. Young (1998) Is God a Vegetarian?

· Is God a Vegetarian? - All Creatures
  www.all-creatures.org/murti/art-is-god-vegetarian.html
  “A God who is understood only as ‘the god of humankind’ is no longer the God of the Bible.” --Reverend Claus Westermann
  “Dr. Richard Alan Young refuses to ...

Global Warming, Climate Change

FOOD NOT LAWNS

Some of you have heard me describe the development of the idea of OMNI’s Garden Tour for Peace, Justice, and Ecology. It began on the model of the Garden Clubs with flowers and beauty. But immediately peace-justice-ecology began to pull at it when a family wanted to show their vegetable garden, and since then the variety kept on expanding, now considering warming and climate change. Recently I ran across mention of Food Not Lawns in Rivera Sun’s book The
Dandelion Insurrection. (She presented several workshops for OMNI last month.) --Dick

· Food Not Lawns - News

www.foodnotlawns.com/

dates, details and photos from the 2015 Food Not Lawns Edible Nation tour with author/founder Heather Jo Flores.

· Food Not Lawns - Amazon.com

www.amazon.com › ... › By Technique › Urban

Amazon.com, Inc.

Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community [H. C. Flores] on Amazon.com. *FREE* shipping on qualifying ...

· Food Not Lawns by Heather Flores - Chelsea Green

www.chelseagreen.com › ... › Food Not Lawns

Chelsea Green Publishing

“Food Not Lawns is a wonderful book expanding on the idea that we can do more than just protest but that we have the power to create the world we want. Food ...

· Now climate change is pulling us in additional directions.

· The Arbor Society is a way to trees.

· Interesting developments ahead for our Peace Gardens Tour thanks to you all!

CONNECTING WITH LOCAL BUSINESS

NATURAL GROCERS

In their “Health Hotline” Natural Grocers across from the Mall discusses nutrition health and beauty. But in one number very briefly they discussed desertification. Warming and climate change however were not mentioned.

On April 22, 2015, the Natural Grocers store sponsored an Earth Day & 60th Anniversary Celebration: “To celebrate our commitment to the planet and our founding principles, the first 50 customers at each store will receive a plant-at-home Earth Day Seed Packet, the first
60 customers who spend $60 will receive a free copy of COWS SAVE THE PLANET, and EVERY customer will receive a free reusable Natural Grocers bag. Thanks for celebrating Earth Day and 60 Years of Empowering Health with us!.

These two examples are not much, but maybe OMNI can work with them in more and larger ways. Dick 5-20-15

Contents of Vegetarian Action Newsletter #18, April 8, 2015

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VegNews, the Vegan Magazine

Fighting for the Future of Food

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Stein and LaVeck. Film Peaceable Kingdom.

Vegetarian Voice.

Namit Arora. Ethical Arguments Against Eating Animals

Mercy for Animals Film

Climate Change

Cowspiracy

END OMNI VEGETARIAN ACTION #19, June 10, 2015
Greetings! Here is some information that I collected about the devastating effects of CAFOs. The Michigan Sierra Club has a very good video: Living a Nightmare posted below.

If the U Tube post becomes damaged Jonathan has copied it into a player so it has been safely archived. Cheers! ~Sue

http://www.sraproject.org/factory-farms-destroy-communities/

http://www.foodandwaterwatch.org/food/factoryfarms/
https://mediamousearchive.wordpress.com/2009/04/02/factory-farms-michigan/
http://www.foodandwaterwatch.org/reports/turning-farms-into-factories/

http://nocafos.org/
https://www.youtube.com/user/eccscm

Michigan Sierra Club Video on CAFOs: Living a Nightmare 2 parts
https://www.youtube.com/watch?v=Uz9dYR0qpX4 Part I
https://www.youtube.com/watch?v=6xp5z96MkPQ Part II

Attachments area

Preview YouTube video Living a Nightmare Pt 1

Preview YouTube video Living a Nightmare Pt 2
Dear James,

Meat and potatoes, it’s the classic American meal. Well, a new scientific report from the U.S. 2015 Dietary Guidelines Advisory Committee suggests that Americans might want to start thinking more about a diet that is higher in plant-based foods and lower in animal-based foods. [1]

It’s a shift that will not only have significant health benefits, but will also leave a smaller footprint on the planet, too.

Now, it’s up to the Departments of Health and Human Services, and Agriculture to decide whether or not to adopt the Dietary Guidelines Advisory Committee’s recommendations on sustainability in their official 2015 guidelines.

*Sign the petition urging these federal agencies to call for less meat and more plants in our diets for the sake of our health and the planet.*

The average meat-eater is responsible for almost twice as much global warming as the average vegetarian. [2] In fact, “current evidence shows that the average U.S. diet has a large environmental impact in terms of increased greenhouse gas emissions, land use, water use, and energy use…” [3]

Animal agriculture is a leading cause of environmental degradation in the
SIERRA RISE 4-17, 2015

Dear James,

You’ve shown that you care about our planet and the environment. That’s why I thought you would want to know about the gruesome slaughter of hundreds of thousands of “downed” pigs at U.S. slaughterhouses each year. These poor animals are too sick or injured to stand, let alone walk -- yet in this miserable state, many are often kicked, beaten, and dragged onto slaughterhouse kill floors.

We’re standing with our good friends at Farm Sanctuary in support of their campaign to push the federal government to stop the abuse of downed pigs. Please read their email below and urge President Obama and the USDA to ban the slaughter of pigs who are too ill or injured to walk. It’s time to end this cruelty!

In it together,

Courtney-Rose
SierraRise

Forwarded Message
From: Gene Baur
Subject: Help us stop the slaughter of sick and injured pigs

Dear Friend,

Undercover investigations show pigs and other farm animals, who are sick or disabled by the cruelty of factory farming, being beaten, dragged by their ears or tails, pushed with forklifts, and shocked with electric prods to get them onto the kill floor so they can be slaughtered for profit.

Other downed animals are tossed aside like garbage or abandoned to die alone on cold cement floors.

No animal should suffer like this.

When President Obama took office, he announced a rule banning the slaughter of adult cattle who are too sick or injured to walk. But this victory left other farm animals unprotected. Farm Sanctuary responded with a regulatory petition to the USDA to extend the rule to all livestock, including pigs. Unfortunately, our petition was temporarily rejected. But we are not giving up this fight, and we have rallied a coalition of eight national animal protection groups to demand an end to the slaughter of the hundreds of thousands of crippled pigs who arrive for slaughter every year.

We need your help to turn up the heat on the federal government and win much needed protection for sick and injured pigs. Tell President Obama and the USDA to extend the ban on the slaughter of sick and injured cattle to include pigs and other livestock. This cruelty must end!

To the meat industry, killing sick and injured animals is all about business and profits. That’s why the industry is putting its full force into pushing the USDA to reject our efforts. The National Pork Council issued an action alert to its members
urging them to submit comments in opposition to our petition, and the American Meat Institute, along with several state pork production organizations, have all joined against us.

Not only is the industry unwilling to end the grotesque cruelty it is inflicting on the animals in its care, but it also wants to continue letting sick, impaired animals enter the human food supply!

USDA records show that these poor animals have been afflicted with gangrene, malignant lymphoma, pneumonia, and other serious illnesses. Speak out now to keep these sick and suffering animals from ending up on kitchen tables and school lunch trays.

We need people like you to speak out on this issue and help us stand up to the meat industry lobbyists who are using their power to maintain the status quo.

Take action now and tell President Obama and the USDA to end the disgraceful abuse of downed farm animals by extending his ban on the slaughter of sick and injured cattle to include pigs and other livestock.

Thank you for your compassion.

Sincerely,

Gene Baur
President and Co-Founder
Farm Sanctuary

VEGETARIAN ACTION NEWSLETTER #18, APRIL 8, 2015.

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)

Lets 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/](http://jamesrichardbennett.blogspot.com/)

OMNI Newsletters


Index:

[http://www.omnicenter.org/omni-newsletter-general-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 #17 at end
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Namit Arora. Ethical Arguments Against Eating Animals

Mercy for Animals Film

Climate Change

Cowspiracy

Nutrition, Health

The Trouble with Chicken

COMING APRIL 7, 2015

FRONTLINE investigates the spread of dangerous pathogens in our meat—particularly poultry—and why the food-safety system isn’t stopping the threat.

FRONTLINE investigates the spread of dangerous pathogens in our poultry.

E-MAIL THIS

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.
Study: Vegan diet helps childhood obesity Read on >>

How to make homemade vegan cheese Read on >>

The 2014 Veggie Award Winners! Read on >>

Hearty, vegan soups perfect for winter Read on >>

The 3-day detox ANYONE can do Read on >>

Study: Vegan diet helps childhood obesity Read on >>

How to make homemade vegan cheese Read on >>

The 2014 Veggie Award Winners! Read on >>

Hearty, vegan soups perfect for winter Read on >>

The 3-day detox ANYONE can do Read on >>
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 ...

ýFacts - ýAbout - ýTake Action - ýOrder 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 ...
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

Dailymotion

http://www.examiner.com/review/film-review-cowspiracy-the-sustainability-secret. This video has been ...

- Cowspiracy: The Sustainability Secret | Facebook

Facebook

Cowspiracy Screenings: Extended Schedule. More Videos by Cowspiracy: The Sustainability Secret .... That would be great.

tugg.com/titles/cowspiracy.

- Buy Cowspiracy: The Sustainability Secret on VHX

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

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

Sent to Blog, WS, VP group

OMNI

VEGETARIAN ACTION NEWSLETTER #17, March 11, 2015.

http://jamesrichardbennett.blogspot.com/2015/03/vegetarian-action-newsletter-17-march.html
Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015.). Thank you Marc.

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

OMNI MONTHLY VEGETARIAN POTLUCK WEDNESDAY NIGHT MARCH 11, 6PM AT OMNI.

GOOD FOOD AND FRIENDLY COOKS OR YOUR MONEY BACK.

At the next Veggie Potluck we will be showing a new movie called COWSPIRACY. It will be shown AFTER the meal and is an option to stay and watch. It is about 1 & 1/2 hours long and WORTH it. It is not graphic but thought provoking and talks about how the raising of agricultural farming of animals for meat is the #1 cause of Global Warming and Rainforest depletion! Donna

What’s at stake: To heal our earth as well as our own bodies physically and ethically, we must REDUCE MEAT CONSUMPTION not only individually but collectively in order to change the politics of meat.

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Mercy for Animals
Farm Sanctuary
Schweitzer, Reverence for Life

Climate Change
Don’t Eat Meat
**NUTRITION, HEALTH**

“Blue Zones” Books by Dan Buettner, pub. By National Geographic.

Dig deeper into the secrets of health and happiness with books from *New York Times* bestselling author and explorer Dan Buettner. Dan Buettner books to dig deeper into the secrets of health and happiness

*The Blue Zones* - *9 Lessons for Living Longer from the People Who’ve Lived the Longest* by Dan Buettner

In The Blue Zones, a *New York Times* best seller and featured on Oprah, Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. In this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. You’ll meet a 94-year-old farmer and self-confessed “ladies man” in Costa Rica, a 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner’s team has identified critical everyday choices.

*Thrive - Finding Happiness the Blue Zones Way*

*The Blue Zones Solution*

[Have any of you read these books? What’s your evaluation?]

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**ESSAY OF THE WEEK**

**Big Dairy’s Big (GMO) Lie**

The International Dairy Foods Association (IDFA) is one of the corporate front groups suing Vermont in an attempt to block the
state’s GMO labeling law. The trade group is also lobbying for H.R. 4432, an anti-consumer, anti-states’ rights bill, introduced in April (2014) in the House of Representatives by Rep. Mike Pompeo (R-Kan.). The bill, dubbed by consumers as the Deny Americans the Right to Know (DARK) Act, would preempt all state GMO labeling laws. HR 4432 would also legalize the use of the word “natural” on products that contain GMOs.

IDFA President and CEO Connie Tipton has been an outspoken opponent of consumers’ right to know. In her address to this year’s Dairy Forum, she noted that consumers “can be harsh critics on topics such as genetically modified organisms,” and then went on to criticize “restrictive labeling requirements” as “a straightjacket on innovation and marketing.”

Why would the IDFA spend millions to defeat GMO labeling laws, including launching a lawsuit against Vermont?

Isn’t the dairy industry the “Got Milk?” people, the ones who wear milk mustaches to get kids to drink what the industry promotes as healthy whole food? Doesn’t the IDFA represent the family farmers whose black-and-white cows graze happily on green grass outside picturesque red barns?

Truth be told, those idyllic images have nothing to do with reality. They’re part of a carefully orchestrated, and very expensive public relations campaign aimed at keeping consumers in the dark about what’s really in the “dairy products” products (can you say GMOs?) on grocery shelves.

Read the essay

MORE : https://mail.google.com/mail/u/0/?hl=en&shva=1#inbox/14b8d9c9f3b5e0c7

Why McDonald’s Announcement on Chicken Is Important for Everyone’s Health
by Andrea Germanos. CommonDreams, 3-4-15
The company said the change, which follows similar moves by companies like Panera Bread and Chipotle, was an effort “to better meet the changing preferences and expectations of today’s customers.”
Could This Baker Solve the Gluten Mystery?  By **Tom Philpott**.  Wed Feb. 12, 2014 .  [A shorter version of this essay appears in the March/April 2015 Mother Jones entitled “The Real Problem with Bread.” Philpott argues that the problem for those who seem to be troubled by gluten is not so much gluten itself but the way it is baked and bread enriched.—Dick]

*Email*

**The artisan as scientist: baker Jonathan McDowell in the Bread Lab** Photos: Tom Philpott

Washington State University’s agriculture research and extension facility in Mount Vernon, about an hour due north along the Puget Sound from Seattle, looks at first glance like any recently built academic edifice: that is to say, boring and austere. On the outside, it’s surrounded by test plots of wheat and other grains, as well as greenhouses, shrouded in the Pacific Northwest’s classic gray skies and mist. Inside, professors and grad students shuffle through the long halls, passing quiet offices and labs.

Yet one of those labs is not like the others—or any other that I know of, for that matter. When you look down the length of the room from the back wall, you see two distinct chambers, separated by long, adjoining tables: gleaming chunks of impressive-looking machinery to the left; flour sacks, mixing bowls, a large, multileveled oven to the right. And in place of the vaguely chemical smell of most university labs, you get the rich, toasty aroma of fresh-baked bread.

Mounted on the outer edge of the short wall that divides the two tables, there’s an image of a human brain, with its two halves. “Aha, that symbolizes the lab,” says lab staffer Jonathan McDowell. The left side is the “analytical laboratory, where raw objective data is generated by high-tech machinery,” he says, gesturing to a contraption that measures the protein level in flour. The right side, meanwhile, is the “intuitive laboratory of the artisan baker, where hands and palate are the means of validation.” Taken together, the Bread Lab is like a “unified mind, where science and art coalescence,” he says.
McDowell is a slender, bespectacled, slightly flour-dusted young man in red trousers, black loafers, and V-necked white T-shirt, his face framed by a thick beard and mop of close-cropped dark hair. He looks like he’d fit in better onstage at an indie rock show than at an ag research center in a rural county. Yet he couldn’t be more at home. McDowell is the staff baker here at the Bread Lab, the brainchild of Washington State wheat breeder Stephen Jones, who’s also the director of the Mount Vernon research outpost. Jones believes fervently that grain breeding—the art and science of creating new varieties—has been hijacked by large seed, milling, and baking interests, giving rise to high-yielding but boring varieties geared to the mass production of crappy, and mostly white, bread.

For the last half-century or so, says Jones, wheat has been bred for industrial mills, where it is ground and separated into its three components: flour, germ, and bran. Usually, the flour gets turned into white bread, while the germ and bran—which contain all of wheat’s healthy fats and fiber, and much of the vitamins—go to other uses, including supplements and livestock feed. In most of what we now know as “whole wheat” bread, some—but not all—of the bran and germ are mixed back in.

For Jones, these are inferior products—both in nutrition and taste terms. So he has been working with farmers in the Pacific Northwest to develop wheat varieties that can be milled into flour that’s suitable for being baked directly into bread. And it falls to McDowell—who took over the role of the lab’s baker from Jones himself last year—to show the world that 100 percent whole-wheat bread isn’t just edible, but delicious.

According to Jones and McDowell, low-quality industrial white flours and fast-rising commercial yeasts, along with additives like vital wheat
gluten—a wheat product added to give bread structure despite superfast rises—have generated a backlash against bread in the form of the “gluten-free” craze. While people with celiac disease genuinely can’t process the gluten in wheat, they argue, most people actually can. The problem is that most industrial bakeries only allow bread to rise for a matter of minutes—not nearly long enough to let the yeast and bacteria digest all the gluten in the flour, let alone the extra dose in the additives. The result can lead to all kinds of problems in our gut.

McDowell gets philosophical when you ask him about the rise (so to speak) of “gluten-free bread.” In a quiet corner of the lab, he ruminates on the topic. “What has been the staff of life is now perceived as the spirit of disease,” he says. “Symbolically, you can look at bread as a representation of our society through history,” he says. “If you look at gluten as what holds bread together, and you look at bread as what holds our society together, what is ‘gluten-free bread,’ then? Is it not a symbol of our times?” McDowell calls the rush away from bread as it’s commonly made now a “wake-up call” and “opportunity” for bakers to reestablish bread as a healthy, delicious staple. And he sounds genuinely undaunted by the project of doing just that.

Moreover, McDowell and Jones say, wheat that has been bred to be made into white flour doesn’t make very interesting bread—and can be downright unpalatable when people try to make it into a whole wheat loaf. That’s why 100 percent whole-wheat bread has a reputation for being good-for-you but kind of awful—cardboard-flavored and overly chewy. For that reason, even whole-foods enthusiasts like me tend to use at least half white flour when we bake.

The quixotic goals of the Bread Lab, in short, are to rescue bread from gluten-villain status, while simultaneously pushing whole wheat from the hippie margin to the delicious center of the culinary world. (Jones and McDowell aren’t alone in this of course—the food writer Mark Bittman has been experimenting with 100 percent whole wheat as well, as have
TAKE ACTION by April 8 on USDA Dietary Guidelines

Morgan MacDonald via uark.edu

6:20 AM (4 hours ago)

3-3-15

Dick,

Please disseminate:

Copy/paste letter for submission to USDA by April 8:

http://www.cowspiracy.com/take-action/2015/3/2/kb8e8mx7yqw9t7fwjjrm3kyegek361

ANIMAL RIGHTS AND PROTECTION

MERCY FOR ANIMALS, Google Search, Feb. 23, 2015

Mercy For Animals - animal rights organization promoting a ...

www.mercyforanimals.org/

Mercy for Animals

Mercy For Animals is a 501(c)(3) non-profit animal rights organization focused on promoting a vegetarian diet.

Employment About MFA's
Thank you for your interest in employment with Mercy For ... Click here to learn more about MFA’s many investigations. The ...

Undercover Investigations

Learn more about MFA’s most recent undercover ...

SHOP

Help animals in style with MFA’s new t-shirts and merchandise!

More results from mercyforanimals.org »


Mercy For Animals (MFA) is a national non-profit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and ... 2. Mercy For Animals - Los Angeles, CA - Non-Profit ... https://www.facebook.com/mercyforanimals
Mercy For Animals, Los Angeles, CA. 1110943 likes · 197643 talking about this · 938 were here. Mercy For Animals is dedicated to preventing cruelty to...

3. mercyforanimals - YouTube www.youtube.com/user/mercyforanimals
The hidden cost of Walmart’s cheap pork is blatant animal abuse. A new Mercy For Animals undercover investigation, narrated by actor Joaquin Phoenix, ...

4. MFA Blog www.mfablog.org/
The latest news from Mercy For Animals. ... THE MFA BLOG. MFA Interns... Where Are They Now? GET YOUR FREE VEGETARIAN STARTER GUIDE. Send me ...

5. In-depth articles

6. Animal Cruelty Is the Price We Pay for Cheap Meat rollingstone.com - Dec 2013 photographs in illustration by mercy for animals, 2; Tetra images/Getty Images Video in opener courtesy of Mercy for Animals. Video editing by Max Tiberi. A small band of animal rights ...
7. My Life as an Undercover Investigator

vegnews.com - Jun 2012

In the May+June 2012 issue of VegNews, law student Cody Carlson shared his experience working as an undercover investigator for Mercy For Animals. Readers were so moved by ...

8. Canada's largest dairy farm crippled by abuse ...

nationalpost.com - Jun 2014

Mercy For Animals claims that in an incident video recorded May 13, Mr. Keefer “repeatedly whips cow trapped in parlour stall in hocks.” On the same day, he allegedly “jabs a cow in ...


www.walmartcruelty.com/

The hidden cost of Walmart’s cheap pork is blatant animal abuse. A new Mercy For Animals undercover investigation, narrated by actor Joaquin Phoenix, ...

10. Slice of Cruelty

www.sliceforcruelty.com/

A new Mercy For Animals undercover investigation reveals shocking animal abuse at a milk producer for Leprino Foods – the world’s largest mozzarella cheese ...

Searches related to Mercy for Animals

mercy for animals vs peta
mercy for animals walmart
mercy for animals facebook
bettencourt dairy mercy for animals
farm to fridge mercy for animals
christensen farms mercy for animals
mercy for animals butterball

Hi Dick,

Nice to see you the other night! What an outstanding evening with so many cool people
and so many great projects unfolding. Below is the website for the CAFO book. It has lots of good information and other links to it. I have several extra copies and if you need one, just let me know. I’ve also posted another link that is a map of corporate factory operations that you may find interesting.

Stay warm and thanks for all of your wonderful efforts and vision,

Teresa

http://www.cafothebook.org/
http://www.factoryfarmmap.org/

Farm Sanctuary, Google Search, Feb. 24, 2015

www.farmsanctuary.org/
Farm Sanctuary
Pictures of farm animals abused on factory farms, and pictures of rescued animals living at Farm Sanctuary.

About Us
About Us. Our Mission: To protect farm animals from cruelty ...

Adopt a Farm Animal Program
By participating in the Adopt a Farm Animal Program, you help ...

Jobs
Farm Sanctuary currently has a variety of staff positions in six ...

2015 Rescue & Refuge
2015 Rescue & Refuge Calendar ...

... The Sanctuaries
Our new 2015 calendar ...

Shop
Shop Farm Sanctuary’s official store for clothing, bags ...

The Sanctuaries
The Sanctuaries. Have you ever given a pig a belly rub, talked to ...

More results from farmsanctuary.org »

Albert Schweitzer, Reverence for Life
“The Problem of Ethics in the Evolution of Human Thought,” 1952. This short address 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).

CLIMATE CHANGE

At the next Veggie Potluck we will be showing a new movie called COWSPIRACY. It will be shown AFTER the meal and is an option to stay and watch. It is about 1 & 1/2 hours long and WORTH it. It is not graphic but thought provoking and talks about how the raising of agricultural farming of animals for meat is the #1 cause of Global Warming and Rainforest depletion! Donna

SEE FLYER, SEND OUT ONLINE, HAND AROUND

Attachments area

Preview attachment cowspiracy flyer.jpeg
To Save the Planet, Eat Less Meat, Report Urges


For first time, top nutritional panel says American consumers must cut back on red meat to prevent irreversible climate change

By Nadia Prupis, staff writer

Red meat production and consumption are some of the biggest contributors to climate change and poor American health, the top U.S. nutritional panel said Thursday. (Photo: Robert Couse-Baker/flickr/cc)

To prevent ruinous climate change and stave off an influx of preventable chronic diseases, Americans must reduce their meat intake and switch to a sustainable, plant-based diet, the top U.S. nutritional panel has announced for the first time.

The Dietary Guidelines Advisory Committee, which convenes every five years, released its newest report Thursday calling for Americans to change the way they think about food and make the health of the planet as much of a priority as their own well-being.

According to the report, “The average U.S. diet has a larger environmental impact in terms of increased greenhouse gas emissions, land use, water use, and energy use,” compared to vegan, vegetarian, and Mediterranean-style diets, which favor fruits and vegetables, whole grains, nuts, and legumes over red meat, dairy, sugar, and processed foods.

“Access to sufficient, nutritious, and safe food is an essential element of food security for the U.S. population. A sustainable diet ensures this access for both the current population and future generations,” the report continues. “The environmental impact of food production is considerable and if natural resources such as land, water and energy are not conserved and managed optimally, they will be strained and potentially lost.”

The report’s findings confirm numerous recent studies that have sounded the alarm over the climate impacts of a red meat-based diet.
In November, a paper published in Nature found that current diet trends are fueling greenhouse gas emissions, particularly through grain-based livestock production. And that paper came hot on the heels of a study published in May that declared the meat industry to be one of the biggest contributors to climate change, both directly and indirectly.

Diana Donlon, director of the Cool Foods Program at the Center for Food Safety, told Common Dreams, “Americans need to understand that the way food is produced can have a positive or negative impact on the environment. Food produced under the dominant industrial system relies heavily on climate disrupting fossil-fuel inputs including fertilizers, pesticides, processing and packaging as well as animals raised in factories.

“It doesn’t have to be this way!” Donlon continued. “Our food purchases can promote more sustainable methods, including agro-ecological and organic agriculture as well as well-managed pasture-based livestock systems. When properly managed these systems promote soil health, conserve freshwater and protect pollinators and other beneficial organisms. They are healthier for people who work the land, eat the food and a better bet for the climate.”

Speaking to the Washington Post on Thursday, Princeton University agricultural researcher Timothy Searchinger said, “It’s pretty much a consensus view among global environmental scientists that we would be better off if we ate less meat.”

Moreover, consumers must change their diets to combat rising numbers of preventable chronic diseases which occur from poor nutrition and physical inactivity, the report states. About 117 million Americans are obese or suffer from diabetes, cardiovascular disease, certain types of cancer, and other health problems, due to their diet and lifestyle.

Committee member and report co-author Marian Neuhouser told the Washington Post that the findings are not “gloomy... [they’re] reality.”

Donlon added, “Promoting systems that work with nature instead of against her is an investment in our children’s future.”

The committee’s findings are not official guidelines, but are used to inform the government’s updated versions of dietary rules. The
Department of Health and Human Services and the USDA will issue their own guidelines later this year based on the report.

THINKPROGRESS

Follow Us On...

FOOD WASTE IS COSTING COUNTRIES BILLIONS EVERY YEAR AND CONTRIBUTING TO CLIMATE CHANGE
Nutrition, Health
Dr. Barnard’s 21 Day Jump Start to a Vegan Diet
Package of Messages from Organic Consumers Association
Dan Buettner’s Books on “Blue Zones”

Animal Protection and Rights
Dr. Schweitzer, Reverence for Life
Armageddon: The True Cost of Cheap Meat
The Washington Post: Expose the Cruelty

Climate Change
PETA: Fight Global Warming, Go Vegan
The Guardian: Eat Less Meat, Prevent Catastrophe
The Baltimore Sun: Mitigate Climate Change, Reduce Driving, Energy Use, and MEAT

Contact State Legislators
Recent OMNI Newsletters
Contents of Vegetarian Newsletter #15 January 2015

END VEGETARIAN ACTION #17 March 2015

OF COURSE WE MUST PROSELYITIZE
THE ACTIVISM SPECTRUM AND OMNI
Unfortunately “activism” is a word that has taken on a negative connotation in recent years with the label being applied pejoratively by anti-activists who fear any change in their status quo. Activism is at the root of democracy. We should encourage it. We should revel in the fact that citizens are vigilant, even if we disagree with them. And, we should preserve that belief, so strongly held by our founding fathers, in the basic intelligence of the public to sort out conflicting claims of the truth. Unfortunately, we have become lazy. We like labels. In a world where we are overloaded with information from the moment we wake up each morning, labels serve to make our lives easier. Things get confusing when criminal activities, like eco-terrorism, are mistakenly given the label of “activists”. True activism works within the law. Yes, labeling makes it easier to sort out the confusion, but, labels are dangerous! They stifle the thinking, and thinking is the lifeblood of any democracy; thinking makes us what we like to believe we are: “intelligent beings.”

So, what do we at OMNI mean when we say we are activists for peace and justice and the environment? Some say we should not proselytize, not wishing to be confrontational. But, I assume that most of us want to be truth-tellers for those things we believe in. So, if some feel that proselytizing sounds even slightly confrontational with a hint of arm-twisting, or at worst bears a resemblance to force-feeding of information that people do not want, can we just say we are ADVOCATES for those policies, products, and practices that advance our mission. So, can we find some guidelines for our advocacy that have the positive connotation of sharing rather than any negative
undertones? Of course we can, because we are intelligent beings. While I’d like to take back the original meaning of activism as being part of a citizen’s duty, I’m also a realist. I understand that our language is continually changing. And that we have to change with it if we hope to be successful advocates for our core beliefs. (However, it is good to remember that there are times when confrontation is necessary, like standing in front of tanks in Red Square, and chaining one’s self to trees that have more heritage value than they do as saw logs.)

Given that activism is the physical expression of an emotional desire, it’s probably at its best when the emotion is clearly evident. For example the creative celebration of the joy of vegetarianism through potlucks, sharing, music, readings, and so forth is likely to win over more non-vegetarians than expending an equal amount of energy demonstrating against Tyson products. As a way of provoking discussion, let me suggest some principles for successful, positive, non-confrontational advocacy:

AS AN ORGANIZATION dedicated to advancing the benefits of peace, justice and a sustainable environment, OMNI seeks to promote its goals through non-confrontational methods such as:

1. Sponsoring informational activities and messages that exemplify the values of peace, justice, and sustainability.
2. Conducting public programs and events that demonstrate our commitment to a better world through respect for all living things.
3. Supporting the efforts of others who share our values and our goals.

4. Maintaining a positive focus on being a part of the joy of helping to create a spark to light a better world.

5. Sharing information that will encourage healthy and compassionate change throughout society.

(After the majority of members of Veg. Potluck in 2013 rejected my draft Resolution of Commitment to Vegetarianism, and after the group treated his wife Susan Cockrell coldly after her talk advocating veganism, they quit the group and soon thereafter moved away from Fayetteville! –Dick)


Forwarded announcement of Jan. potluck to these people:

Donna, Daniels       <donna@uark.edu>,
Don                  <therapydon@aol.com>,
Edward Hejtmanek     <shejtmanek1949@msn.com>,
Emily Kaitz          <emilykaitz@hotmail.com>,
Joe and Lena Reagan  <wellspringpt@sbcglobal.net>,
JULIE and ANDY FEINSTEIN <the_feinsteins@sbcglobal.net>,
Henry Roger          <rhenry@uark.edu>,
Dorjee Geshe         <tdorjee@uark.edu>,
Kitty Gay            <Kitty_Gay@arwd.uscourts.gov>,
Takemoto Karen       <karentakemoto@gmail.com>,
Jacqueline Froelich  <froelich@exchange.uark.edu>,
Unitarian Universalist Church <uuff@sbcglobal.net>

DAN’S MAILING LIST 8-12
Lena Leonard (lenaleonard@gmail.com); Peggy Allen (pjallen95@yahoo.com); David Orr (david@omnicenter.org); Andrew Beekman (anbeekm@gmail.com); Patricia (livablefutureproject@gmail.com); McKenna Potter (mackiepotter@yahoo.com); Heather Day (scarletfaery00@hotmail.com); Shawn Armstrong (shawnfc22@yahoo.com); Judy Paynesmith (leangreencuisine@gmail.com); Charlie Colerette (charlosc@aol.com); Chad Pollock (chad.pollock@gmail.com); Greg Leding (gregleding@gmail.com); Gladys Tiffany (gladystiffany@yahoo.com); Andrea Love (andrealove@gmail.com); Janet Johnson-Mertz (jjohnso2mer@gmail.com); Scott & Catalina (esandse@yahoo.com); Wellness Secrets (wellness.secrets@yahoo.com); Dan Kelley (danedenim@yahoo.com); Bill Goliff (goliffw@yahoo.com); Scott Eidelman (eidelman@uark.edu); UA VEG (vegarkansas@gmail.com); Amanda Bancroft (amandabancroft@gmail.com); Eden (teknovagrant@gmail.com); Laura Kelly (elkel@hotmail.com); Liev & Eden Black (liev.black@gmail.com); Rachael Johnson (rejohnso@uark.edu); Nan Lawler (nlawler@uark.edu); Karen Idlet (karen@troutmusic.com); Jessica Keahey (steelcutcoffee@yahoo.co.uk); Shelley Buonaiuto (goodhelp@cybermesa.com); Stillonthehill@sbcglobal.net (stillonthehill@sbcglobal.net); stillonthehill@sbcglobal.net (stillonthehill@sbcglobal.net); Julie Thacker (jthacker@uark.edu); Susan (wildarkansas@earthlink.net); Ryan Billingsley (ryan.billingsley@gmail.com); Joanna Pollock (gqq73@hotmail.com); Barrett Disney (barrettdisney@gmail.com); Heather (hgs001@uark.edu); Jody Miskell (jmiskell@hotmail.com); Susie Hoeller (susie@hoellerlaw.com); Ryan Bancroft (rpbancroft@gmail.com); Ann Mesrobian (mesrobian@gmail.com); B Taylor (btaylorblt@yahoo.com); Kristin1065@mail.com (kristin1065@mail.com); Kristin1065@mail.com (kristin1065@mail.com); Paul Leonard (paul172704@gmail.com); Emuna@cox.net (emuna@cox.net); Emuna@cox.net (emuna@cox.net); Seajay Crosson (stellar.frog.pond@gmail.com); Dick Bennett (jbennet@uark.edu); meowxfour@aol.com; skrueger@rps.k12.ar.us; hisc375@wildblue.net

NEW OMNI VEGETARIAN GROUP 2008

INTERESTED PEOPLE
Bancroft,
?Brinnon, Susannah?
Dean, Dan
Kelly, Laura
Killeen, Erin:  erin.killeen@gmail.com
Maringer, Tom
Rawn, Molly

Sent to Blog, WS, Veg Pot, indivs

OMNI

VEGETARIAN ACTION NEWSLETTER #16, February 11, 2015.

http://jamesrichardbennett.blogspot.com/2015/02/vegetarian-action-newsletter-16.html

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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015.).

OMNI MONTHLY VEGETARIAN POTLUCK WEDNESDAY NIGHT FEB. 11, 6PM AT OMNI.

GOOD FOOD AND FRIENDLY COOKS OR YOUR MONEY BACK. Special Guest: Donna Mulhollan to tell about her Earth Day plans.
Please forward to your friends and lists.

**What’s at stake:** To heal our earth as well as our own bodies physically and ethically, we must REDUCE MEAT CONSUMPTION.

OMNI’S Blog

[http://jamesrichardbennett.blogspot.com/](http://jamesrichardbennett.blogspot.com/)

OMNI Newsletters


Index:

[http://www.omnicenter.org/omni-newsletter-general-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 at end**

**Contents Vegetarian Action #16 Feb. 11, 2015**

**Nutrition, Health**
Dr. Barnard’s 21 Day Jump Start to a Vegan Diet

Package of Messages from Organic Consumers Association

Animal Protection and Rights

Dr. Schweitzer, Reverence for Life

Armageddon: The True Cost of Cheap Meat

The Washington Post: Expose the Cruelty

1.

Climate Change

PETA: Fight Global Warming, Go Vegan

The Guardian: Eat Less Meat, Prevent Catastrophe

The Baltimore Sun: Mitigate Climate Change, Reduce Driving, Energy Use, and MEAT

Contact State Legislators

Recent OMNI Newsletters

Contents of Vegetarian Newsletter #15 January 2015

DR. NEIL BARNARD’S NEW BOOK 21 DAY JUMP START TO A VEGAN
DIET

http://www.pcrm.org/health/diets/kickstart/kickstart-programs/

Connect with Us http://www.pcrm.org/health/diets/kickstart/kickstart-programs/

The Physicians Committee

Includes:

21-Day Weight Loss Kickstart book

Kickstart Your Health DVD

Vegetarian Starter Kit

Kickstart Book and DVD special offer

Based on research by Neal Barnard, M.D., one of America’s leading health advocates, this program is designed for anyone wanting to explore the health benefits of a vegan diet.

Learn more about Dr. Barnard > http://www.pcrm.org/health/diets/kickstart/kickstart-programs/

21-Day Vegan Kickstart

Get ready to kickstart your health

Win the food fight. Register now http://www.pcrm.org/health/diets/kickstart/kickstart-programs/

ORGANIC CONSUMERS ASSOCIATION

https://www.organicconsumers.org/

ESSAY OF THE WEEK
Cleaning Up after Unregulated Big Ag

A Cow Palace in Washington State that threatens public health with its acres of untreated animal waste.

A city in Iowa spending $1 million a year to keep illness-causing nitrates from farm runoff out of public drinking water.

And who can forget the plight of Toledo, Ohio, residents whose water last summer was so contaminated by farm runoff that they couldn’t even bathe in it, much less drink it?

For decades, America’s chemical-intensive, industrial farming operations have spewed nitrates and other toxic chemicals, animal waste, ammonia, antibiotics, carbon dioxide, nitrous oxide and methane gases into public air, waterways and communities.

How do they get away with it? Largely because lobbyists have seen to it that Big Ag is exempt from many of the rules and regulations that other industries, and even municipalities, are required to follow under laws such as the Clean Air Act (comments on exemptions here), the Clean Water Act (comments on exemptions here) and the Resource and Conservation Recovery Act (RCRA).

Concerned about the growing threat to public health, and tired of picking up the tab for cleaning up the mess, citizens and local and state governments are turning to the courts for help.

In some cases, they’re winning. But the real win will come when the conversation turns from mitigating pollution, to preventing it, by transitioning to pesticide-free, chemical-free, non-GMO organic regenerative agriculture.

Read the essay

TAKE ACTION: Tell the EPA: Please Protect U.S. Waters from Factory Farm Pollution!

BLOG POST OF THE WEEK

Cowbells for #milktruth? [Dairy PR]

Last week, OCA’s political and media consultant, Charlotte Warren, attended the International Dairy Foods Association (IDFA) conference in Boca Raton, Fla. There she learned that Big Dairy is feeling “under attack” by consumers who, well, simply want to know what’s in their milk and cheese, how factory farm dairies treat their animals, and by the way just how much pollution are
those farms unleashing into U.S. waterways?

But instead of focusing on addressing consumers’ legitimate concerns, Warren learned, Big Dairy has hired public relations firms and a team of young social media wizkids to post and tweet about the wonderful wholesomeness of milk (produced in unwholesome conditions using unwholesome practices).


But the best session of all was “Telling the Milk Story: Safeguarding Consumer Confidence in Milk’s Goodness,” which included the launch of the “Get Real” social media campaign, complete with hashtag (#MilkTruth). And cowbells.

Yes, cowbells.

Read the blog post

TAKE ACTION: Tell these Organic Dairies: Support Consumers, not the IDFA!

ACTION ALERT

Hey CSPI—Step Up to the Plate! Debate!

The Center for Science in the Public Interest (CSPI) is probably the only consumer advocacy group that opposes mandatory GMO labeling. And CSPI executives are quick to defend the organization’s position.

Gregory Jaffe, CSPI’s Director of Biotechnology and official spokesman for the organization’s anti-labeling position, has no problem writing pro-GMO articles, serving on government panels as a GMO supporter, or making speaking appearances at industry events to tout the benefits of GMOs.

Yet when challenged to a public debate on the subject of GMOs, Jaffe refused.

As consumers, we’d love to see Jaffe agree to a debate with Consumers Union senior scientist Michael Hansen. Will you help us convince him?

TAKE ACTION: Tell Gregory Jaffe from the Center for Science in the Public Interest: Step Up to the Plate! It’s Time to Debate!
SUPPORT THE OCA & OCF

It Takes an Online Village

In December, as we were organizing consumers to protest Rep. Mike Pompeo’s DARK Act—a federal bill to preempt state GMO labeling laws—we reached out to many of our allies who share our concerns about GMO foods, pesticides and states’ rights to pass laws to protect their citizens.

Many groups responded positively, pitching in to mobilize their members, organize buses, and do whatever else necessary to make the December 10 protest a success. Because as we’ve all learned over the years, it will take all of us, working together, to fight some of these battles.

CREDO was one of those groups. As it turns out, there are a lot of CREDO members and action-takers who share your concerns about food safety and protecting the environment. Many of you who have signed OCA petitions have likely also signed CREDO petitions addressing similar issues.

We believe in working with other groups to achieve our—and your—goals. That’s why we were pleased to learn that CREDO has selected OCA as one of three nonprofits that will receive CREDO funding this month (February).

How does the CREDO funding work? It’s based on a vote count. The more people who vote for OCA between February 1 – 28, the more funding we’ll receive.

Who can vote? Anyone who has ever signed a CREDO petition, or purchased CREDO mobile or credit card services.

So this month, we’re asking that you support OCA with your vote. Of course, good old-fashioned, regular donations are always welcome, too. Thank you!

Sign a Credo petition to be eligible to vote

Vote for OCA

Donate to the Organic Consumers Association (tax-deductible, helps support our work on behalf of organic standards, fair trade and public education)

Donate to the Organic Consumers Fund (non-tax-deductible, but necessary for our GMO labeling legislative efforts)

MORE FROM OUR BLOG

A ‘Lively’ Day at Monsanto
On January 30, OCA participated in a protest and confrontation at Monsanto’s annual shareholder meeting. The meeting was held at Monsanto corporate headquarters outside St. Louis, Mo., in a town called Creve Coeur—which in French means Broken Heart.

It’s a fitting name for the location of a company that has caused so much heartache with its toxic chemicals.

OCA’s mission on January 30 was to let Monsanto know, in no uncertain terms, that its so-called science—bought and paid for with dirty corporate money—is no match for the research being conducted by honest, independent scientists.

As the meeting was winding down, Monsanto CEO Hugh Grant told attendees, “We’ve had a lively afternoon.”

To Mr. Grant we say be prepared. Things are about to get a lot livelier.

Read the blog post

Watch the video

Download the Monsanto Makes Us Sick leaflet

More on the health hazards of Roundup

VIDEO OF THE WEEK

TPP—It’s NAFTA on Steroids

The Trans-Pacific Partnership. It’s the worst trade deal you’ve never heard of. A “Trojan Horse in a global race to the bottom,” says Robert Reich.

What does it mean to consumers if Congress passes this anti-consumer trade deal?

The TPP will give corporations a free pass to bypass laws and regulations—like those governing food safety and environmental protection—that get in the way of their profits.

Watch the video

TAKE ACTION: Don’t Let Congress ‘Fast-Track’ Dangerous Trade Deals!
More on the TPP

FROM THE OCA BOOKSHELF

Effortless Healing

Regaining your health isn’t as difficult as you might think. And it definitely doesn’t mean adding a long list of prescription drugs to your daily regimen.

In his new book Effortless Healing, Dr. Joseph Mercola explains how your body is actually designed to heal itself—if you follow some basic principles.

Effortless Healing includes a long list of valuable tips, including:

• The single most important health step the average person can take
• An inexpensive way to remove some of the pesticides on non-organic vegetables
• The best 3 vegetables to use if you’re new to juicing
• The common mistake people make when they add fermented vegetables to their diet
• The most important lifestyle improvement you can make to prevent and treat chronic disease
• A simple lesson you can learn from children and wild animals to improve your health

And many more.

Order the book

Video and more about the book

LITTLE BYTES

Essential Reading for the Week

Carbon Sequestration: A Climate Change Solution Often Ignored

[OCA does venture into Climate Change matters. -D]

Monsanto’s Newest GM Crops May Create More Problems than They Solve
KINDNESS TO ANIMALS AND THE PLANET

I ran across this unattributed statement recently and thought you all might appreciate it. Did one of you write it?

Achieving ecological respect and sanity through reducing the amount of meat we eat. -- We have been reawakened to the first two factors of three aspects of eco-sanity: ; how animals are killed, and how they live their lives (so eco-kashrut must forbid factory farming, etc); Still deeper: It is all too clear that the obsession of many people with eating a great deal of meat is a twin to our addiction to oil and coal as a way to poison the planet. Huge farms of cows and pigs pour methane - an even more dangerous global-scourching agent than CO2 - into the atmosphere. And the obsession with meat forces us into factory farming, to meet the demand. To heal our earth as well as our own bodies, we must return to our forebears’ diet of eating meat no more than once or twice a week.

ANIMAL RIGHTS, PROTECTION OF ANIMALS

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).  -Dick

FARMAGEDDON: the True Cost of Cheap Meat

Compassion in World Farming (UK)

http://www.raw.info/the-problem/animal-cruelty

1. Find out more! Join us!

2. THE PROBLEM  OUR SOLUTION  TAKE ACTION!

3. ANIMAL CRUELTY

4. Get the full-size version of this infographic to share with others.

5. WANT TO FIGHT ANIMAL CRUELTY? PLEDGE YOUR SUPPORT TO END FACTORY FARMING  http://www.raw.info/the-problem/animal-cruelty
6. What matters most to you?

7. YOUR HEALTH

8. PEOPLE AND POVERTY

9. THE ENVIRONMENT

10. ANIMAL CRUELTY

11. SEE ALL IMPACTS

12. MORE IN THIS SECTION

13. ANIMAL CRUELTY

14. ANIMAL CRUELTY IN DETAIL

15. Take action and step up to the plate!

16. OUR MAJOR NEW BOOK LAUNCHES

17. Join us and help stop Farmageddon!

18. CONTACT

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22. Brought to you by ciwf.org

- See more at: http://www.raw.info/the-problem/animal-cruelty#sthash.2vOwETnn.dpuf

The Post’s View

Cruelty to farm animals demands exposure

The Washington Post By Editorial Board April 26, 2013
SO GUT-WRENCHING are the images — cows being shocked, turkeys being stomped, horses being burned with chemicals, piglets kicked like soccer balls — that the videos recorded by animal rights organizations at factory farms are almost impossible to watch. That, though, has helped make them effective tools in the fight against illegal and cruel treatment of farm animals. It’s alarming that a number of states have bowed to pressure from agribusiness and enacted laws to criminalize this useful undercover work.

Other states that are considering following suit should think twice about whether the best way to deal with the important issues of how animals are treated and food is produced is to keep U.S. consumers in the dark. Six states in the West and Midwest have enacted legislation cracking down on the undercover videotaping of animal facilities that has been the foundation of investigations by organizations including the Humane Society of the United States and Mercy for Animals. So-called ag-gag bills are pending in six other states, including Pennsylvania and North Carolina.

Some of the measures, the New York Times reported, would make it illegal to secretly videotape farms, livestock ranches, slaughterhouses and other food production facilities or to apply for a job at one of them without reporting an affiliation with an animal rights group. Others, such as one the Tennessee legislature passed this month, demand that any video that chronicles possible illegal activity be handed almost immediately to law enforcement authorities, a seemingly innocuous requirement that would have the effect of
preventing meaningful investigations documenting patterns of abuse.

Defenders of the legislation say the videos cast farms and other livestock concerns in a bad light and have caused financial suffering. They say activists use the footage to raise funds and advance their cause of getting people to stop eating meat. Those are weak justifications for extreme legislation that inhibits the rights of employees, denies vital assistance to law enforcement and tramples First Amendment rights. Sufficient laws exist to protect property from trespass.

Animal investigations have proved their value. In 2007 the Humane Society documented unsafe practices at a California slaughterhouse that resulted in the largest recall of beef in U.S. history and a new federal policy to prevent downer cows (cows that cannot stand on their own), at risk for mad cow disease, from entering the food supply. If not for video footage, prosecutors in Tennessee would not have been able to take action against workers using illegal methods to improve the gait of walking horses. The same is true for authorities in North Carolina, who charged workers at a turkey farm with abuse and neglect of animals.
Global warming has been called humankind’s “greatest challenge” and the world’s gravis environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the Worldwatch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” 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 effective thing you can do” to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions. 

**Carbon Dioxide**

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.
You could exchange your “regular” car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago, being vegan is more effective in the fight against global warming; a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater.

A German study conducted in 2008 concluded that a meat-eater’s diet is responsible for more than seven times as much greenhouse gas emissions as a vegan’s diet. Rajendra Pachauri, the head of the U.N.’s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to “please eat less meat—meat is a very carbon-intensive commodity.”

Methane

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both during digestion and from the acres of cesspools filled with feces that they excrete. Scientists report that every pound of methane is more than 84 times as effective as carbon dioxide is at trapping heat in our atmosphere. The EPA shows that animal agriculture is the single largest source of methane emissions in the U.S.

Nitrous Oxide

Nitrous oxide is about 300 times more potent as a global warming gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for a staggering 65 percent of worldwide nitrous oxide emissions. (Use the N-Calculator to calculate your nitrogen footprint and to see how you could lower your nitrogen usage.)

You Can Help Stop Global Warming!

The most powerful step that we can take as individuals to avert global warming is to stop eating meat, eggs, and dairy products. Order PETA’s free “Vegetarian/Vegan Starter Kit” and do your part to start saving the planet and animals today!
Climate change

Eat less meat to prevent climate disaster, study warns

Fertilisers used in growing feed crops for cattle produce the most potent of the greenhouse gases causing climate change. Eating less meat will help environment, a new study says.

Suzanne Goldenberg, US environment correspondent

Friday 13 April 2012 07.56 EDT

Meat eaters in developed countries will have to eat a lot less meat, cutting consumption by 50%, to avoid the worst consequences of future climate change, new research warns.

The fertilisers used in farming are responsible for a significant share of the warming that causes climate change. A study published in Environmental Research Letters warns that drastic changes in food production and at the dinner table are needed by 2050 in order to prevent catastrophic global warming.

It’s arguably the most difficult challenge in dealing with climate change: how to reduce emissions from food production while still producing enough to feed a global population projected to reach 9 billion by the middle of this century.
The findings, by Eric Davidson, director of the Woods Hole Research Centre in Massachusetts, say the developed world will have to cut fertiliser use by 50% and persuade consumers in the developed world to stop eating so much meat.

Davidson concedes it’s a hard sell. Meat is a regular part of the diet in the developed world. In developing economies, such as China and India, meat consumption has risen along with prosperity.

“I think there are huge challenges in convincing people in the west to reduce portion sizes or the frequency of eating meat. That is part of our culture right now,” he said.

Researchers have been paying closer attention in the past few years to the impact of agriculture on climate change, and the parallel problem of growing enough food for an expanding population. Some scientists are at work growing artificial meat which would avoid the fertilisers and manure responsible for climate change.

Nitrous oxide, released by fertilisers and animal manure, is the most potent of the greenhouse gases that cause climate change. The UN’s climate body has called for deep cuts to those emissions.

Growing feed crops, for cattle and pigs, produces more of those emissions than crops that go directly into the human food chain. Eating less meat would reduce demand for fertiliser as well as reduce the amount of manure produced.

Davidson also suggests changes in current farming practice – such as growing winter ground cover crops – would help absorb nitrogen and prevent its release into the atmosphere.

In reaching his conclusion, Davidson draws on figures from the Food and Agricultural Organisation suggesting the world population will reach 8.9 billion by 2050, and that daily per capita calorie intake will also rise to 3130 calories.
Meat consumption is also projected to increase sharply to 89kg per person a year in rich countries and 37kg per person a year in the developing world.

Such a trajectory would put the world on course to more severe consequences of climate change.

Davidson is not suggesting people give up meat entirely. “The solution isn’t that everyone needs to become a vegetarian or a vegan. Simply reducing portion sizes and frequency would go a long way,” he said. So would switching from beef and pork, which have a high carbon footprint, to chicken or fish.

Climate change

The meat industry

Farming

Food

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  26 Oct 2009

- UN urges global move to meat and dairy-free diet
  2 Jun 2010
UN urges global move to meat and dairy-free diet

Do the UN's new numbers for livestock emissions kill the argument for vegetarianism?

[NO THEY DO NOT. -DICK]

Less meat eaten, more planet saved

The Baltimore Sun, May 20, 2013

A review of 12,000 papers on climate change in the May 15 issue of "Environmental Research Letters," found that 97 percent of scientists attribute climate change to human activities. Although we’re unlikely to reverse climate change, we can mitigate its effects by reducing our driving, energy use, and meat consumption.

Yes, meat consumption. A 2006 U.N. report estimated that meat consumption accounts for 18 percent of man-made greenhouse gases. A 2009 article in the respected World Watch magazine suggested that it may be closer to 50 percent.

Contact State Legislators

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David Whitaker djwhitaker@swbell.net
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JANUARY 25 2015, ANTI-WAR, ANTI-IMPERIALISM, ANTI-CANT NEWSLETTER #4
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Climate Change
Cowspiracy Video
Dr. Best, Meat and Rain Forests

END VEGETARIAN ACTION NEWSLETTER #16

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VEGETARIAN ACTION NEWSLETTER #15, JANUARY 14, 2015.
Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8 June 11, 2014; #9 July 9, 2014; #10 August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13 November 12, 2014; #14 December 10, 2014; #15 January 14, 2015.).

As of Oct 24, 2014, OMNI had published 1455 newsletters on peace, justice, and ecology, with 150,363 page views. Thanks to Marc Quigley.

OMNI MONTHLY VEGETARIAN POTLUCK TONIGHT 6PM AT OMNI. GOOD FOOD AND FRIENDLY COOKS OR YOUR MONEY BACK.

Please forward to your friends and lists.

What’s at stake: “A new mythos, affirming cooperation, freedom, peace, life, and unity, is struggling to be born to replace the old mythos based on competition, separateness, war, exclusion, and the idea that might makes right. Food is a critical key to this birth, because our food habits condition our mentality profoundly. . . .” Will Tuttle, The World Peace Diet, p. xiv

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OMNI NATIONAL/INTERNATIONAL DAYS PROJECT
October World Vegetarian MONTH. Oct. 16, UN World Food DAY.

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Nutrition, Health

Facts About the Meat Industry

NUTRITION, HEALTH

Shocking Facts About the Meat Industry
There are many reasons to switch to grass-fed beef. For example, I’ve discussed the nutritional differences between organic pastured beef and that from animals raised in confined animal feeding operations (CAFOs) on many occasions.

Here, I will focus more on the current farming model, which is what makes CAFO beef such an inferior product in the first place, and the regulatory restrictions that sometimes make grass-fed meats hard to come by in the US.

Our food system is in dire need of change in order to protect human health, but it’s a system that is difficult to change. It’s not impossible, but it will require more people to change their shopping habits in order to drive up demand, and hence the industry’s resolve to address the shortcomings.

**Multi-Faceted Problems Stemming from Industrial Farming Practices**

Industrial-scale farming has wide-ranging problems. Typically, the focus is on deteriorating food quality and safety. Certainly, the factory farm model directly contributes to Americans’ increasing reliance on processed junk foods; the very same foods that are making us obese and riddled with chronic disease.

Emerging diseases in livestock, wildlife, and humans are also traceable to industrial farming practices. This includes antibiotic-resistant diseases, mad cow disease in cows, and chronic wasting disease (CWD) in deer and elk.

Infectious proteins causing mad cow and CWD have also been implicated in Alzheimer’s disease in humans—the only differentiating factor being the time it takes for symptoms and death to occur.

According to one estimate, up to 13 percent of all Alzheimer’s victims may actually have mad cow infection, acquired from eating contaminated CAFO meat.

The USDA Food Safety and Inspection Service (FSIS) also attribute nearly 133,000 illnesses each year to contaminated chicken parts. The agency has set a goal to reduce illness by 34 percent.
As for salmonellosis cases, the USDA estimates contaminated chicken and turkey cause about 200,000 illnesses a year. FSIS’ goal is to reduce that number by at least 25 percent by 2020. Factory farmed chicken is by far the greatest culprit when it comes to food poisoning.

Beef is also frequently tainted, and a USDA rule requiring labeling of mechanically tenderized beef has been under consideration for six years already, for the fact that the procedure compresses pathogens from the surface down into the meat, where it can more easily thrive and survive cooking. Mechanically tenderized beef has been blamed for at least five E.Coli outbreaks between 2003 and 2009.

But like a multi-headed hydra, the adverse effects of industrial farming sprout in many other directions as well. For example, large-scale factory farming is also responsible for:

- Loss of water quality through nitrogen and phosphorus contamination in rivers, streams, and ground water (which contributes to “dramatic shifts in aquatic ecosystems and hypoxic zones”)
- Agricultural pesticides also contaminate streams, ground water, and wells, raising safety concerns to agricultural workers who use them
- A decline in nutrient density of 43 garden crops (primarily vegetables), which suggests possible tradeoffs between yield and nutrient content
- Large emission of greenhouse gases including carbon dioxide and nitrous oxide
- Negative impact on soil quality through such factors as erosion, compaction, pesticide application, and excessive fertilization

**Industrial Farming Is Destroying Food Quality**

“How do you alert people to the problems of industrial-scale farming?” a recent article in National Geographic asks.

“The issues are urgent, but they are also difficult to confront: The indifference to animal welfare, the strip-mining of poor countries’
resources to feed the rich, the environmental damage and antibiotic overuse can be so hard to face that many people just turn away.”

Philip Lymbery, an animal-welfare activist and author of the book Farmageddon: The True Cost of Cheap Meat, notes that one of the techniques used to perpetuate factory farming is secrecy. For example, in Europe, eggs from caged hens are marked “battery eggs,” whereas in the US, those same eggs are labeled as “farm fresh” or “country fresh.”

If you don’t know there’s a problem, you won’t root for change, and that is exactly why the food industry is fighting tooth and nail to prevent labeling of genetically modified organisms (GMOs) in the US, as well as legislation that would prevent them from fraudulently labeling GMOs as “Natural.”

It is imperative for the food and chemical technology industries that currently monopolize agriculture to keep you in the dark about how your food is produced.

They’ve even lobbied for gag laws that make it a felony to video tape animal cruelty or other heinous activities occurring on factory farms, lest sympathy start upsetting the proverbial apple cart... When asked if he’s opposed to animal farming for food altogether, Lymbery replies:

“This is not, in any way, a call to vegetarianism. This is a call to put animals back on the farm. Pasture is one of the most ubiquitous habitats on the planet, covering 25 percent of the ice-free land surface.

This is about using that ubiquitous habitat to produce great food in a way which is environmentally friendly and kinder to animals, leaving much-scarcer arable to grow crops directly for people...

Three times a day, through our meal choices, we have an opportunity to change our lives and thereby help change the world.

It’s as simple as buying free-range eggs, pasture-raised beef and chicken, and looking for milk that has come from cows that have been able to graze... We’ll start to support family farms, will help to support a better environment, and will help to feed the world in a more humane and efficient way.”

The US Meat Racket

Most all conventional meat and poultry (beef, pork, chicken, turkey, etc.) is raised in CAFOs. It’s a corporate-controlled system characterized by large-scale, centralized, low profit-margin production, processing, and distribution systems.
This is the cheapest way to raise meat, for the largest profits. But the ultimate price is high, as there’s a complete disregard for human health, the environment, and ethical treatment of animals and plant workers alike.

A series of recent articles, listed on NewAmerica.org, delve into the various aspects of the monopoly that is America’s meat market. In one, titled “The Meat Racket,” Christopher Leonard reveals how the US meat industry has been seized by a mere handful of companies, and how this tightly controlled monopoly drives small livestock farmers out of business.

Other articles detail the drugs used in CAFO farming, and the risks this drug based farming poses to human health. One side effect is the creation of antibiotic-resistant superbugs, which I’ve addressed on numerous occasions.

Martha Rosenberg also recently highlighted a USDA Inspector General Report, which revealed that beef sold to the public have been found to be contaminated with a staggering 211 different drug residues, as well as heavy metals. Hazardous growth-promoting drugs like Zilmax and Ractopamine are also routinely used in American CAFOs, and as much as 20 percent of the drug administered may remain in the meat you buy. Their use is disturbing when you consider that side effects in cattle include brain lesions, lameness, heart failure, and sudden death. Salon Magazine also recently ran an article on the subject of factory farming, penned by Lindsay Abrams, in which she discusses journalist Ted Genoways’ new book, The Chain—an expose of the American pork industry. She writes in part:

“What journalist Christopher Leonard recently did for Tyson and the chicken industry, Genoways... does for pork, recounting the history of Hormel Foods... as it evolved from humble beginnings to an industrial giant with a nearly myopic focus on expansion and acceleration, regardless of the costs.

And boy, are there costs... a mysterious neurological disorder linked to a machine that has workers breathing in a fine mist of pork brains... abuse suffered by the animals on whom workers’ frustrations are instead taken out; and a decline in food safety that, unbelievably, is set to become the new industry standard.”

Genoways book reveals how societal issues “fan out in all directions,” as he puts it, from the way our pork is produced. Sure, there are many disturbing safety issues, but it doesn’t end there. According to
Genoways, another hidden issue is that many of the health hazards that affect plant workers affect already exploited immigrant workers to a disproportionate degree.

MORE
- See more at:
http://bullhorn.nationofchange.org/shocking_facts_about_the_meat_industry#sthash.oB1IXFN3.dpuf

ANIMAL RIGHTS AND PROTECTION

Steven Best


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ISBN 9781137471116
Publication Date November 2014
Formats Hardcover Ebook (PDF) Ebook (EPUB)
Publisher Palgrave Macmillan
Series Critical Political Theory and Radical Practice

The Politics of Total Liberation vividly articulates the crises haunting the social and natural worlds, which are coming apart under the impact of global capitalism, human overpopulation, species extinction, and runaway climate change. Steven Best contextualizes the 21st century as the decisive moment in human history wherein our
actions will determine whether the future will be merely burdensome or catastrophic. Overcoming this crisis demands a new politics of total liberation that unites the disparate movements for human, animal, and earth liberation. Avoiding bravado or false optimism, Best questions humanity’s ability to rise to the occasion, and dares to imagine a “world without us.”


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About the Author

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Steven Best is an award-winning writer, noted international speaker, public intellectual, and seasoned activist with over 30 years in diverse political movements. He is Associate Professor of Humanities and Philosophy at the University of Texas at El Paso, USA.

DR. STEVE BEST, Google Search, Jan. 12, 2014

1. Dr. Steve Best | philosopher. writer. activist. https://drstevebest.wordpress.com/

Nov 16, 2014 - Interview with Animal Rights Zone on Total Liberation ... In this bold and timely book, Steven Best writes from, and has documented, the ...

2. Dr. Steve Best www.drstevebest.org/

Home.


Essays - Vegetarianism, Environmentalism, Animal Rights. The Iron Cage of Movement Bureaucracy · My Dog or Your Child? Ethical Dilemmas and the ...

4. Steven Best - Wikipedia, the free encyclopedia en.wikipedia.org/wiki/Steven_Best

Wikipedia
**Steven Best** (born December 1955) is an American animal rights advocate, author ... Best is co-founder of the Institute for Critical Animal Studies (ICAS), formerly .... Jump up “Intellectual Biography Statement Dr. Steven Best”. [drstevebest.org](http://drstevebest.org).

5. [Bring Back Dr. Steve Best - Oppose UK Police State ...](https://www.facebook.com/bringbackbest)

Pages & People who Remain Loyal to Human, Animal & Earth Liberation January ... As the kind lady says: “Dr Steve Best is a true inspiration, with words of ...

6. [Dr. Steven Best | Facebook](https://www.facebook.com/pages/Dr-S.../304183326389834)

... about this. Dr. Steven Best (Philosopher, writer, activist) / Unofficial Page / Greece. ... Interview w Dr Steve Best World Vegan Radio Animal Rights flv YouTube.

7. [Prof. Steven Best gets a taste of his own medicine... and ...](https://www.speakingofresearch.com/...)/prof-steven-best-gets-a-..)

Speaking of Research

Oct 23, 2012 - Every motherfucker who hurts animals is gonna feel the fear!” The words come courtesy of Dr. Steven Best, from the Philosophy Department at ...

8. [Dr. Steven Best at Animal Rights Conference 2014 - YouTube](https://www.youtube.com/watch?v=XPIznRrKc7Q)

Jul 16, 2014 - Uploaded by DoggyTV

Dr. Steven Best is introduced by Michael Webermann, Executive Director at Farm Animal Rights Movement ... 

Images for Dr. Steve Best and animals  Report images

More images for Dr. Steve Best and animals

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CLIMATE CHANGE
This film, formerly available only by private showing, can now be watched online:

http://www.filmsforaction.org/watch/cowspiracy-the-sustainability-secret-2014/

MEAT EATING AND THE ENVIRONMENT, Essays by Steve Best

Rainforest Destruction: What’s Meat Got To Do With It?

“I have no doubt that it is part of the gradual destiny of the human race in its gradual development to leave off the eating of animals.”
- Henry David Thoreau

Everyone knows that the rainforests are disappearing, but few realize how rapidly and how their food choices play a key role. Since 1945, half of the world’s rainforests have been burned, bulldozed, and mined into oblivion. Each day, 140,000 acres of tropical forest are demolished, 8 acres every few seconds, and 50 to 150 different species become extinct. In fifty years, mining, logging, oil, cattle, and banking interests have destroyed what has taken nature hundreds of millions of years to create. At the current rate of devastation, the rainforests of the world will be completely leveled in another fifty years.

A world without rainforests is unsustainable for complex life forms. The rainforests deliver oxygen to the air, stabilize climates, and they regulate humidity, wind, and convection patterns. Although only 7% of the earth’s total area, the rainforests provide a lush habitat for 50% of all animal and plant species, and a home for many indigenous peoples. They yield a rich bounty of fruit, nuts, spices, gums, and medicinal compounds; while rainforest plants have already provided cures for many diseases, only 1% of them have been studied. The rainforests are the oldest and the most diverse ecosystems on this planet.
Left standing, trees absorb carbon dioxide and produce oxygen. Burned or chopped down, they release concentrated amounts of carbon dioxide into the atmosphere, undermining the ozone layer. There is a growing consensus among the world’s scientists that we are indeed in a new epoch of earth history: the Age of Global Warming. The evidence of global warming is visible everywhere: unprecedented heat waves and drought, super-ferocious storms, a dramatic rise in skin cancer rates, the breaking up of the Antarctic Ice Shelf, and increased pests and diseases.

While corporations like Mitsubishi, Arco, Texaco, and Honshu Paper are the main culprits in deforestation, every person who consumes meat also plays a role. One of the principle reasons for deforestation is to provide grazing ground for cattle. In terms of global warming, this means that enormous amounts of carbon dioxide are released into the atmosphere. The grazing of cows and other ruminant animals also causes the emission of two other major ozone destroying gases: nitrous oxide (in fertilizer) and over a hundred million tons of methane gas a year -- which some scientists see as becoming the primary global warming gas in the next 50 years.

Americans eat more beef than any other country in the world, consuming 32% of the total production. Meat-eaters are not only destroying their own health by consuming these toxic products, they are contributing to numerous other problems such as world hunger (the land needed to feed cattle is 20 times the amount needed to feed people), the expropriation of people from their lands (used to graze cattle), the destruction of human and animal habitat, and the aggravation of global warming. Experts estimate that every person who switches to a pure vegetarian (vegan) diet saves an acre of trees every year.

Before biting into the next hamburger, one might consider the real cost -- 55 square feet of rainforest, 12 pounds of grain, and 2500 gallons of water. I for one believe that the earth and its teeming life forms are worth much more than fast food chains and Big Macs. The best way to care for the environment is to become a vegetarian; to be consistent in one’s beliefs, an environmentalist must also be a vegetarian.
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VEGETARIAN ACTION NEWSLETTER #14, DECEMBER 10, 2014.


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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; November 12, 2014.).

As of Oct 24, 2014, OMNI had published 1455 newsletters on peace, justice, and ecology, with 150,363 page views.

OMNI VEGETARIAN POTLUCK WEDNESDAY DECEMBER 10, 6:00.
What’s at stake: healthy, empathic, and sustainable living for all.

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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 1 began World Vegetarian Month. See Oct. 16, UN World Food Day.

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Vegetarian Times (Nov. 2014)
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Dick: Melanie Joy, Chapter 7, Why We Love Dogs, Eat Pigs, and Wear Cows
Steve Best, Liberation of Animals

Responding to Climate Change
Chris Hedges, Veganism Will Save the Planet
Meat Eating Creates a Lot of CO2

How many of us are vegetarian or vegan?
By Lisa Hymas in GRIST on 21 Feb 2012 122 comments

In the course of writing my two recent posts on vegetarianism, I came across some interesting data. According to a 2011 poll conducted by Harris Interactive:

About 2.5 percent of Americans are vegan, saying they never eat meat, poultry, fish, seafood, eggs, or dairy.

Another 2.5 percent are lacto-ovo vegetarian, meaning they also skip the flesh but still eat eggs and/or dairy.

Add those up and you get 5 percent vegetarian (or, if you take into account the margin of error, 2 to 8 percent).

In addition to the vegetarians, 33 percent of Americans eat meatless meals on a regular basis, the poll found.

There are lots of signs that veggie meals becoming more common even amongst omnivores, from the success of the Meatless Monday campaign to the proliferation of vegetarian ideas in the MSM to recent figures showing declining meat consumption. And more people are trying to eat ethical, eco-friendly meat when they do partake, following the example of food-movement leaders like Michael Pollan and Tom Philpott. As Pollan put it so well, “Eat food. Not too much. Mostly plants.”

On the flip side, 48 percent of poll respondents said they eat meat, poultry, or fish at all meals. All meals? Really? Who has time to fry up bacon for breakfast every morning? Or maybe they’re sprinkling bacon bits on their cereal.
Vegetarian Times (Nov. 2014)

This magazine is about the enjoyment and health of being vegetarian. I find many delicious looking recipes, though some include ingredients not even in my dictionary! But that’s part of the fun. It has almost zero concern for protecting animals or for the environment. In the Nov. number, for example, in a six-page article titled “The Veg Hot List” the magazine interviews “our favorite veg chefs, authors, activists, and other luminaries” to discuss “people, places, and discoveries they think are shaping the future of vegetarianism.” Two pages are about animals (Neal Barnard, M.D., and Jane Goodall) but not in reference to food (end chemical testing on live animals, stop illegal killing of elephants and rhinos), and nothing about climate change. I’ll be glad to loan the year’s collection to you. --Dick

Federal Government to Double the Value of Food Stamps if Spent on Fruits and Vegetables


Charles writes: “The federal government is about to put $100 million behind a simple idea: doubling the value of SNAP benefits – what used to be called food stamps – when people use them to buy local fruits and vegetables.”

ANIMAL RIGHTS AND PROTECTION

EMPATHY and COMPASSION by Dick Bennett
Chapter 7 of Melanie Joy’s *Why We Love Dogs, Eat Pigs, and Wear Cows* concentrates on the concept and practice of empathy and compassion she understands will lead hardened and blind people to a greater ethical life—“the empathy that will help you walk through that [carnism] door to create a more humane society.” With these concepts, vegetarianism joins the world peace, justice, and ecology movement that exposes the harms of war and warming.

Sometimes the two concepts are perceived as one, but their usefulness is enlarged by dividing them, as does *Webster’s College Dictionary*.

**Empathy:** the identification with or vicarious experiencing of the feelings, thoughts, etc. of another.

**Compassion:** a feeling of deep sympathy and sorrow for someone struck by misfortune, accompanied by a desire to alleviate the suffering; mercy. Syn. Sympathy.

Former Senator J. William Fulbright appropriately described his student/faculty exchanges as acts of empathy leading to peace. Chapter 7 of *The Price of Empire* is titled “Seeing the World as Others See It.” That is a geo-political definition of empathy. Throughout his book, Fulbright appeals to the power of empathy to rescue our nation, by preventing wars, from the catastrophes of empire. So long as we are bounded by perceptions of one nation, by its traditions and ideologies and myths, and other nations are different, we are preparing for war.

Recall that Senator Fulbright was once the President of the University of Arkansas and his Exchange Program is for students and teachers. Above all, Colleges of Arts and Science encourage the capacity for multiple perspectives, to be in varying degrees citizens of the world.

Compassion is a sub-set or extension or deepening of empathy—the capacity to enter into a suffering individual so completely that you wish to assist the sufferer. Mother Teresa illustrates that capacity. Empathy is the foundation of an international getting to know each other program, particularly the future leaders of nations, sharing knowledge, teaching and learning. Compassion seeks out those who seem doomed to misery and death unless rescued.

In her chapter 7, Melanie Joy relates the story of Emily the Cow, whose escape from a slaughterhouse inspired empathy and compassion in
many, which saved her life, and turned people away from carnism. “The carnistic defenses broke down and were replaced by compassion.” Now a statue of Emily stands above her grave at the Peace Abbey, a center for nonviolent living. The statue “stands as a witness to the billions of animals who are the nameless victims of carnism.” This witnessing is fundamental to the experiences of empathy and compassion. Thus “we close the gap in our consciousness. . .that enables the violence of carnism to endure.”

Steve Best, Ph.D. is chair of the Philosophy Department at University of Texas, El Paso. With Anthony J. Nocella II, he is co-editor of Terrorists or Freedom Fighters? Reflections on the Liberation of Animals, published by Satya. Many of his writings can be found at: http://utminers.utep.edu/best/.

RESPONDING TO CLIMATE CHANGE

Saving the Planet, One Meal at a Time

Chris Hedges, Op-Ed. Nation of Change, Nov. 11, 2014. Is becoming vegan the most important and direct change we can immediately make to save the planet and its species? It seems we don’t have any other option. Read the full story...

MEAT AND CO2

Here is the study about meat causing 51% of emissions

http://www.independent.co.uk/environment/climate-change/study-claims-meat-creates-half-of-all-greenhouse-gases-1812909.html
Recent OMNI Newsletters
Snowden #6, 12-4
Prisoners for Peace DAY #3, 12-1
Causes and Prevention of Wars #5, 11-30
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Thanksgiving DAY #5, 11-27

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T. Colin Campbell, The China Study

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Rapper Chokeules
Dick, Melanie Joy, ...An Introduction to Carnism
The Story of Emily the Cow
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United Nations Protection

Climate Change
Cowspiracy, Documentary
Two Greatest Dangers and Vegetarianism
Dick, To Zero and Vegetarianism

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Lisa Hymas, Vegetarians 5%

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Vegetarian Times (Nov. 2014)
Dan Charles, SNAP Value Doubles for Local Fruits and Vegetables

Animal Rights and Protection: Empathy and Compassion for Animals

Dick: Melanie Joy, Chapter 7, Why We Love Dogs, Eat Pigs, and Wear Cows

Steve Best, Liberation of Animals

Responding to Climate Change

Chris Hedges, Veganism Will Save the Planet

Meat Eating Creates a Lot of CO2

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OMNI

VEGETARIAN ACTION NEWSLETTER #13, NOVEMBER 12, 2014.


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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8 June 11, 2014; July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014). As of Oct 24, 2014, 1455 OMNI newsletters on peace, justice, and ecology have been published, with 150,363 page views.

OMNI VEGETARIAN POTLUCK WEDNESDAY NOV. 12, 6:00.
What’s at stake: healthy, compassionate, and ecological living for all.

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 1 began World Vegetarian Month. See Oct. 16, UN World Food Day.

Nos. 4-12 at end

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Rapper Chokeules

Dick, Melanie Joy, ...An Introduction to Carnism

The Story of Emily the Cow
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

Ve•gan•ist (vee guhn ist)
n. 1. Someone who looks closely at all of the implications of their food choices and chooses to lean into a plant-based diet;

2. Progress, not perfection.

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.

Order Veganist now!
### About Kathy

Kathy Freston is a New York Times bestselling author with a focus on healthy living and conscious eating.

### Books

- **The Lean Veganist**
- **Quantum Wellness Cleanse**
- **Quantum Wellness**

### Ask Any Question

Kathy answers the most frequently asked questions about healthy living and conscious eating.

### Articles

Read articles and blog posts by Kathy on health, environment, etc.

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**T. COLIN CAMPBELL, THE CHINA STUDY**

- [T. Colin Campbell - Wikipedia, the free encyclopedia](en.wikipedia.org/wiki/T._Colin_Campbell)

T. Colin Campbell Center for Nutrition Studies ... and two books, Whole (2013), and The China Study (2005, co-authored with his son), which became one of ...

- [T. Colin Campbell Center for Nutrition Studies nutritionstudies.org/](nutritionstudies.org/)

Newsletter · Books · Videos · The China Study References ...

Certificate offered by the T. Colin Campbell Center for Nutrition Studies in partnership with eCornell.

- [What Dr. Campbell Won't Tell You About the China Study](www.cholesterol-and-health.com/China-Study.html)

Famous vegetarian T. Colin Campbell’s new book The China Study is reviewed with a critical eye, and refuted with data from the original publication of the study.

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**ANIMAL RIGHTS AND PROTECTION**

Toronto-based rap artist **Chokeules** adds some beat 4 those you eat --- a plant based diet
**Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism** by Melanie Joy is an instructive yet easy read. The simple sentences and the summaries of the preceding chapters at the beginning of chapters make it accessible to all. And its subject possesses great importance: How we learn “to not feel” and why so few people are aware of the causes and practices of carnism are explained through the “mechanisms of psychic numbing” (19) producing invisibility of the facts of killing animals for our food (21). Go to: melaniejoy.org and carnism.com. See her bibliography 177-200.

-Dick

**Emily the Cow**

*From Wikipedia, the free encyclopedia*

This article is an orphan, as no other articles link to it. Please introduce links to this page from related articles; try the Find link tool for suggestions. (September 2014)

The statue of Emily the Cow on her grave

**Images for Story of Emily the Cow**

Report images More images for Story of Emily the Cow

Emily was a cow that escaped from a slaughterhouse in Hopkinton, Massachusetts, by jumping a gate and wandered for 40 days eluding capture, who then found lasting refuge at “Peace Abbey” at Sherborn, Massachusetts, till its death in 2003. During its 8 years’ stay in the abbey, the cow became a charismatic spokesperson on animal rights and a meat-free diet.
A memorial named “Sacred Cow Animal Rights Memorial” was built on its grave with a life-sized statue of it.

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· 1 Escape from the slaughterhouse
· 2 Life at the Peace Abbey
· 3 Death and memorial
· 4 Legacy
· 5 References
· 6 Bibliography
· 7 External links

Escape from the slaughterhouse[edit]

On November 14, 1995, Emily, a three-year-old heifer weighing 1,600 pounds,[1] escaped from a slaughterhouse in Hopkinton by jumping a 5-foot gate, minutes before its turn at the abattoir. The cow was said to have been helped by townspeople for 40 days to elude capture. In record amounts of snow, Emily was spotted through backyards foraging for food. Oftentimes, it was seen running with a herd of deer, which made headlines in local newspapers. The cow was then purchased from the slaughterhouse by the Randa family. Meg and Lewis Randa, Life Experience School co-directors, then brought Emily to live in sanctuary at the Peace Abbey on Christmas Eve.[2]

Life at the Peace Abbey[edit]

During its stay at the Peace Abbey, Emily was visited by national and international visitors and soon became a representative of animal rights and vegetarianism, forcing many of its visitors to adopt a meat-free diet.[2]

Death and memorial[edit]

Emily suffered from uterine cancer (a side-effect of rBGH)[1] and died on March 30, 2003. A week before its death, Emily was visited and blessed by a local Hindu priest named Krishna Bhatta of the Lakshmi Temple, who placed a golden thread around its wrist and one through the hole in its ear that once held the number tag when it arrived at the slaughterhouse.[2]
Emily was buried on April 2, 2003, between the statues of Mother Teresa and Mahatma Gandhi. Meg and Lewis Randa commissioned artist Lado Goudjabidze to sculpt a life-sized bronze statue of Emily, adorned with a blanket and flowers, the Hindu signs of respect, to stand above its grave. The statue was unveiled on Earth Day.[3]

Legacy[edit]

After Emily’s death, hair clippings from its markings on the forehead and from the tail tip, traces of her blood, and a piece of golden thread placed through its ear by the Hindu priest were released into river Ganges at Benares, India, in April 2003.[4]

The Story of Emily the Cow: Bovine Bodhisattva

Lewis Randa

Author House, Aug 3, 2010 - Nature - 292 pages

0 Reviews

Bovine Bodhisatva is the story of Emily the cow that escaped from the slaughterhouse in 1995. A heartwarming story of a family of vegetarians who during the Christmas Holiday dropped everything and went in search for an extraordinarily intelligent, cunning and brave bovine.

More □

VEGETARIANISM, EMPATHY, VIOLENCE, AND WARS

MELANIE JOY, An Introduction to Carnism

Chapter 3, The Way Things Really Are, connects the mechanisms of numbing and invisibility in all violent ideologies. Everything Joy says in Chap. 3 regarding the cruelty to and slaughter of animals applies to the cruelty and killing of wars (humans and other animals!). For example, pp. 71-72, perpetrators of violence,
ideologues of violence, surely include leaders of violent nations, invading and occupying, shooting and bombing, who, like the owners of slaughterhouses, know that most people “don’t want to know the way things really are.” The same is true about ending slaughterhouses and wars. “Naming carnism and demystifying the practices of meat production can help us begin to see through the façade not only of the meat but of the war system. To reduce and end slaughterhouses of meat and wars, we must witness—we must see and feel their consequences.

A chief force for reducing the mechanisms of numbing and invisibility is empathy—seeing the world through the eyes and feelings of the victims. Without empathy we have a gap in our consciousness whereby we fail to connect the meat we eat with its source. “The gap blocks our disgust and empathy’ (138). Witnessing closes the gap and makes real “the suffering the [carnist/war] system works so hard to hide….” “Think about it: virtually every atrocity in the history of humankind was enable by a populace that turned away from a reality…while virtually every revolution for peace and justice has been made possible “ by those “who chose to bear witness.” “Because mass witnessing is the single greatest threat to carnism, the entire system is organized around preventing this process. . . .” (139).

The rest of the book hammers this nail against whitewashing, covering-up, softening, deflecting, distracting from the truth, lying. See Chap. 5, “The Mythology of Meat: Justifying Carnism,” Chap. 6, “Internalized Carnism,” and Chap. 7, “From Carnism to Compassion.” Everything said applies to all systems of mass killing.

I taught at the University of Arkansas, where former Senator J. William Fulbright was once Chancellor. The College of Arts and Sciences is now named the Fulbright College of A&S, and his statue stands outside the university’s original building, Old Main, along with the Fulbright Peace Fountain. Reading Melanie Joy’s book resonates immediately with those of Fulbright. He is most famous for his international Exchange programs, but it is only a main expression of his advocacy of empathy. The last chapter of his final book, The Price of Empire, is entitled “Seeing the World As Others See It.” Therein he argues that “the one thing that gives me some hope” is the education of leaders who have “acquired some feeling and understanding of other peoples’ cultures” (193-4). In understanding
the mechanisms of numbing and invisibility, Fulbright adds the apparatuses—the system—of propaganda. His *The Pentagon Propaganda Machine* undertakes to expose how systemic is the military sell, how thoroughly directed it is at the US public. Believing the public generally unaware of the machine, he attempted to describe its parts and procedures.

Joy and Fulbright, by their exposure of violent US ideologies—carnism and militarism—, and their provision of the great counter-power of empathy, offer hope for the future. —Dick

**Migratory Birds, Fish and Mammals Get New UN Protection**

*Agence France-Presse. Reader Supported News, Nov. 10, 2014*

Excerpt: “Polar bears, whales, sharks and gazelles were among 31 new species granted new protection status by the UN conservation body, following six days of ‘intense’ talks by leading conservationists.”

[READ MORE](http://www.fair.org/press releases/press_release/51231.html)

**CLIMATE CHANGE**

*COWSPIRACY, THE SUSTAINABILITY SECRET*, Google Search, October 25, 2014

Search Results

1. [Cowspiracy | The Sustainability Secret](http://cowspiracy.com/)
   - cowspiracy.com/

   “COWSPIRACY: The Sustainability Secret” is a groundbreaking feature-length environmental documentary following an intrepid filmmaker as he uncovers the ...

2. [Cowspiracy Official Trailer HD - YouTube](http://www.youtube.com/watch?v=nV04zyfLyN4)

   ▶️ 2:14 ▶️ 2:14
Jun 6, 2014 - Uploaded by COWSPIRACY: the sustainability secret

COWSPIRACY: The Sustainability Secret (http://cowspiracy.com) is a groundbreaking feature-length ...

3. Why Ranchers Should Care About The Documentary ...

beefmagazine.com › Blogs › BEEF Daily

Beef
Jul 21, 2014 - A new documentary entitled, “Cowspiracy,” paints the beef business in a very negative light, citing cattle as the sole reason we have ...

4. Cowspiracy: The Sustainability Secret | Facebook

https://www.facebook.com/cowspiracymovie

Cowspiracy: The Sustainability Secret. 24773 likes · 6518 talking about this. There is one single industry destroying the planet more than any other....

5. Cowspiracy (@Cowspiracy) | Twitter

https://twitter.com/Cowspiracy

The latest Tweets from Cowspiracy (@Cowspiracy). One industry is destroying the planet more than any other—but no one wants to talk about it. Documentary.

6. Tugg - Cowspiracy: The Sustainability Secret

www.tugg.com/titles/cowspiracy

COWSPIRACY: The Sustainability Secret is a groundbreaking feature-length environmental documentary following an intrepid filmmaker as he uncovers the ...

7. COWSPIRACY: the sustainability secret | Indiegogo

https://www.indiegogo.com/.../cowspiracy-the-sustainability-se...

Indiegogo
COWSPIRACY: The Sustainability Secret, is a groundbreaking feature length environmental documentary, following an intrepid filmmaker as he uncovers the ...

8. Cowspiracy: The Sustainability Secret (2014) - IMDb
Directed by Kip Andersen, Keegan Kuhn. The World’s largest environmental organizations are failing to address the single most destructive force facing the...

9. **Meatless Monday -- 'Cowspiracy:'** - Huffington Post

The Huffington Post

Aug 4, 2014 - Kip Andersen, co-producer/director of “Cowspiracy: The Sustainability Secret,” considered himself to be an environmentalist. He recycled to...

10. **“Environmentalists” Called Out in Cowspiracy - Peta**

People for the Ethical Treatment of Animals

Jun 16, 2014 - “Cowspiracy” could just do to the meat and dairy industries what “Blackfish” is doing to SeaWorld.

Searches related to COWSPIRACY

cowspiracy trailer

watch conspiracy online

cowspiracy review

cowspiracy release date

**Veganism will save planet and species**

Saving the Planet, One Meal at a Time

Chris Hedges, Op-Ed. Nation of Change, Nov. 11, 2014

Is becoming vegan the most important and direct change we can immediately make to save the planet and its species? It seems we don’t have any other option.

Read the full story...
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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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

SEE PAST NEWSLETTERS FOR ABUNDANCE OF MATERIALS FOR NEXT NEWSLETTERS ESP. ANIMAL RIGHTS

SEE INTERNATIONAL VEGETARIAN WEEK OCT. 1-7

SEE VEGETARIAN VOICE SPRING 2014 PP. 20-22 FOR BOOKS FOR JUNE

SEND THESE NEWSLETTERS TO VETERINARIANS IN NWA, and to...

WHY DO I HAVE 2 DOCS?????? DELETE THE OTHER ONE????

Aug newsletter: discuss transportation and food, C Parenti’s book/my review in CC and Wars, select items from Animal Rights Google Search,

RESPONSE FROM DONNA TO #12 AND MY REPLY

Dick,
I loved your postings about Vegetarianism...do you have the new book called Why We Love Dogs, Eat Pigs & Wear Cows??? I really want to read that as I want to create an Art Happening around that very subject...called DRESSED TO KILL. I’m cutting out images of women from Vogue Magazine wearing girdles or corsets, some with fur coats, or leather...and putting on them heads of Cows, Pigs, Goats, Rabbits, Chickens, Turkeys, Fish...any animal we consume.

I want to do this for next Earth Day. I think it would be cool to have a ‘fashion show’ with real models sporting such clothing with Animal Masks.

My sister is a world class body painter and it would be very evocative for her to paint corsets on REAL models (they would be nude but you wouldn’t know it for the art work. She is AMAZING and that would create quite a stir, but she lives in California...hmmm.

Just one of my crazy thoughts!

Donna

Dick

Bennett <j.dick.bennett@gmail.com>

8:59 AM (2 minutes ago) to Kelly

Donna, Your crazy thoughts are the oxygen of NWA! May your sister come to do your Dressed to Kill, and count on me to help....but body paint? Let me know how your project progresses.

I have just now ordered Joy’s book on carnism, Why We...Wear Cows.

I’m glad you liked my newsletter. I do put some time into them.

By the way, only a handful attended the potluck Wed. Now’s the time for a counter-coup? Relaxation with good food is the least important of the purposes of vegetarianism and doesn’t interest many people? So infuse the event with vegetarians who understand how important it is, how really revolutionary for nutrition, animals, and climate? I know only a few vegetarians, but those I know I think would come if the potlucks had more substance. Whatever, that so-
called “mediation” when our OMNI veg potluck was changed to a church covered-dish social without the values and concerns of the church! was greatly beneficial to me personally, for what I have learned. Do you like my analytical framework: (Enjoyment of course), nutrition/health, compassion for rights and protection of animals, and resistance to climate change? Surely those powerful purposes can ignite commitment.

See you Sunday at 2 with a dessert.

Yesterday was John Lennon’s birthday. Next year let’s help Yoko remember.

Dick

LETTER TO DONNA ABOUT WHY WE LOVE DOGS

Donna and Kelly,
I like your Dressed to Kill response to carnism. I’ll help if I can. Joy’s book will help.

Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism is an instructive yet easy read. The simple sentences and the summaries of the preceding chapters at the beginning of chapters make it accessible to youth. And its subject possesses great importance: how we learn “to not feel” and why so few people are unaware of that foundation of carnism are explained through the “mechanisms of psychic numbing” (19) producing invisibility of the facts of killing animals for our food (21). I am reading several other books now, so if you want to look at the book now, just let me know.

Dick

Sent to Blog, WS, individuals: VP list, Jack Fine
OMNI

WORLD VEGETARIAN DAY, OCTOBER 1, 2014
INTERNATIONAL VEGETARIAN WEEK OCTOBER 1-7
VEGETARIAN ACTION NEWSLETTER #12, OCTOBER 8, 2014.

http://jamesrichardbennett.blogspot.com/2014/10/vegetarian-action-newsletter-12-oct-8.html

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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; July 9, 2014; #10, August 11, 2014; #11 September 10, 2014).

OMNI VEGETARIAN POTLUCK TONIGHT 6:30.

What’s at stake: healthy, compassionate, and ecological living.

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 1 begins World Vegetarian Month. See Oct. 16, UN World Food Day.

Nos. 4-12 at end

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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

WORLD VEGETARIAN DAY

From Wikipedia, the free encyclopedia

Jump to: navigation, search
World Vegetarian Day is observed annually on October 1. It is a day of celebration established by the North American Vegetarian Society in 1977 and endorsed by the International Vegetarian Union in 1978, “To promote the joy, compassion and life-enhancing possibilities of vegetarianism.”[1] It brings awareness to the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle.

World Vegetarian Day initiates the month of October as Vegetarian Awareness Month, which ends with November 1, World Vegan Day, as the end of that month of celebration. Vegetarian Awareness Month has been known variously as Reverence for Life month, Month of Vegetarian Food, and more.

Several additional days of vegetarian significance are included in Vegetarian Awareness Month:

- October 1 - World Vegetarian Day
- October 2 - World Farm Animals Day (WFAD) or World Day for Farm(ed) Animals
- October 4 - The Feast Day of St. Francis of Assisi
- First full week + additional ‘straggler’ days (in order to include as many weekends as possible for church, mosque, and temple involvement - World Week of Prayer for Animals (always includes The Feast Day of St. Francis of Assisi). This may have been initiated by the now-defunct INRA, International Network for Religion and Animals, founded in 1985 by the late Virginia Bourquardez (aka Ginnie Bee).
- October 16 - United Nations World Food Day (often a time of global reckoning with issues of human food security) - the date of the founding of the Food and Agriculture Organization of the United Nations in 1945.
- November 1 - International Vegan Day aka World Vegan Day - a vegan holiday celebrated since 1994 on November 1 - the anniversary of the creation of The Vegan Society
VEGAN, ORGANIC FOOD VS. FACTORY FOOD

“somebody give me a cheeseburger” - https://www.youtube.com/watch?v=jyV41-tFPcQ

Hot in the news this week is a new study (http://bit.ly/1mzD4Q6) suggesting that consuming probiotics can slightly reduce blood pressure, a major risk factor for cardiovascular disease. So, now everyone is running out and eating yogurt, hoping for a miracle cure. There are no pills, procedures, or superfoods that prevent or cure chronic disease. These pills and procedures are band aids being placed on top of a core problem that many prefer to cover up and “fix”... Yet, research is building on the ability to prevent and now reverse cardiovascular disease, its risk factors, type 2 diabetes, and more, with a whole food, plant-based diet. Overall diet and lifestyle need to be the focus of health and medicine today in order to shift away from the downward spiral of the current healthcare crisis...

*Some of the research:

---Kaiser Permanente Thrive’s Permanente Journal Review: “Research shows that plant- based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C [blood glucose control over time], and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.” http://1.usa.gov/1k20IIi

---The CHIP Program, a 6-year study emphasizing a whole food, plant-based diet, can lead to rapid and meaningful reductions in chronic disease risk factors: http://1.usa.gov/1k9TrIG


---Dean Ornish, MD regression of coronary atherosclerosis with intensive lifestyle changes - 10% fat whole foods vegetarian diet, aerobic exercise, stress management training, smoking cessation,
group psycho-social support - for 5 years (1998):
http://bit.ly/1rv42iM

→→"An 18-week dietary intervention using a low-fat plant-based diet in a corporate setting improves body weight, plasma lipids, and, in individuals with diabetes, glycemic control.”:
http://1.usa.gov/1k9Urwy

→→“Vegetarian diets confer protection against cardiovascular diseases, cardiometabolic risk factors, some cancers and total mortality. Compared to lacto-ovo-vegetarian diets, vegan diets seem to offer additional protection for obesity, hypertension, type-2 diabetes, and cardiovascular mortality.”:
http://1.usa.gov/1nh1dPA

→→Adventist Health Study-2 “Vegetarian dietary patterns were associated with lower body mass index, lower prevalence and incidence of diabetes mellitus, lower prevalence of the metabolic syndrome and its component factors, lower prevalence of hypertension, lower all-cause mortality, and in some instances, lower risk of cancer.”:
http://1.usa.gov/1nQzQIj

→→“The dietary portfolio approach of combining a range of cholesterol-lowering plant foods may benefit cardiovascular disease risk both by reducing serum lipids and also blood pressure.”:
http://1.usa.gov/1mzzG7Q

→→5 Ways to Avoid Cardiovascular Disease Without Medication:
http://bit.ly/1o4XHZn
health, and contributing to environmental contamination, global warming and animal torture.

You’re also fattening Monsanto’s bottom line—because 90 percent of America’s non-organic animal feed comes from genetically engineered crops.

Unless, of course, you choose meat, egg and dairy products that were not produced on a factory farm. (Or you eat a vegan diet).

Today’s factory farm model is a disaster. And the premise on which it was founded—cheap food—has proven false.

A system that dumps tons of untreated waste into waterways, that puts the public at risk of antibiotic-resistant “superbugs,” that contributes to poor personal health, that pollutes entire communities (usually poor and rural), that makes workers sick, that is fueled by unsustainable GMO crops that can only be grown using increasingly toxic chemicals, and that contributes more greenhouse gas emissions to the atmosphere than the entire transportation industry, is not cheap.

Someone is paying for the environmental cleanup. The healthcare costs. The government (taxpayer)-subsidized GMO crops. The extreme droughts, floods, hurricanes and temperatures caused by global warming.

That somebody is you, the consumer.

Fortunately, consumers have the power to bring down the factory farms. Let’s get started.

TAKE ACTION: Take the 4F “Factory Farm Free Friday” Pledge! www.organicconsumers.org/bytes/ob420.html

From David Druding 9-24-14

PROTECTION AND RIGHTS OF ANIMALS

CARNISM
In her groundbreaking new book, *Why We Love Dogs, Eat Pigs, and Wear Cows*, Melanie Joy explores the invisible system that shapes our perception of the meat we eat, so that we love some animals and eat others without knowing why. She calls this system carnism. Carnism is the belief system, or ideology, that allows us to selectively choose which animals become our meat, and it is sustained by complex psychological and social mechanisms. Like other “isms” (racism, ageism, etc.), carnism is most harmful when it is unrecognized and unacknowledged. *Why We Love Dogs, Eat Pigs, and Wear Cows* names and explains this phenomenon and offers it up for examination. Unlike the many books that explain why we shouldn’t eat meat, Joy’s book explains why we do eat meat -- and thus how we can make more informed choices as citizens and consumers.

Author [Melanie Joy](https://www.aspc.org) takes a look at the debate over our diets -- from a psychological and social perspective. She argues that the simple act of naming someone a vegetarian or vegan without a specific name for meat-eaters automatically makes eating meat “normal.”

This sidesteps the ultimate truth -- we make the choice to eat meat. With an out-of-sight, out-of-mind mentality, we continue to believe stereotypes about certain animals and ignore their suffering to placate our decision to eat meat. This book will change the way you think about your food.

---

**AGAINST CRUELTY TO ANIMALS, GOOGLE SEARCH, October 2, 2014**

Search Results

1. [ASPCA | Official Site for the American Society for the ...](https://www.aspc...
American Society for the Prevention of Cruelty to Animals

Promotes humane principles, prevents cruelty, and alleviates pain, fear and suffering of animals through nationwide information, awareness and advocacy programs.

Adopt - Mobile Spay/Neuter Clinic - Adoptable Dogs - Contact Us

2. People for the Ethical Treatment of Animals (PETA): The...

www.peta.org/

People for the Ethical Treatment of Animals

Take vital steps to cut thoughtless cruelty to animals out of your life and to educate others around you. Check out the most ... Doctors Against Animal Experiments ...

3. Cruelty to animals - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Cruelty_to_animals

Wikipedia

As of 2010, Hong Kong has supplemented or replaced the laws against cruelty with a positive approach using laws that specify how animals should be treated.

4. Are you against animal cruelty?

www.whosagainstanimalcruelty.org/
See the shocking reality of modern farms - then take action.

5.  
**Report Animal Cruelty**: The Humane Society of the United States

www.humanesociety.org/.../cru...

The Humane Society of the United States

Every state has laws prohibiting **animal cruelty**, and 49 of them contain felony ... have proven excellent tools in cementing criminal cases against animal abusers.

6.  
**Animal Abuse and Neglect**: The Humane Society of the United States

www.humanesociety.org/.../abu...

The Humane Society of the United States

Either way, and whether the animal is a pet, a farm animal, or wildlife, the victim can suffer terribly. Don’t despair, though—anyone can take steps against cruelty.

In the news

7.  
**FBI turns animal cruelty into top-tier felony, allowing easier tracking of crimes against pets**

Star Tribuneý - 7 hours ago

LOS ANGELES — Young people who torture and kill animals are prone to violence against people later in life if it goes unchecked, studies ...
8. **Opinion: Cruelty toward animals can lead to violence against people**

Courier Mail – 8 hours ago

9. **KIDS AGAINST ANIMAL CRUELTY | Facebook**

https://www.facebook.com/kidsagainstanimalcruelty

KIDS AGAINST ANIMAL CRUELTY. 25216 likes · 476 talking about this. KAAC was founded by teen actor/animal advocate Lou Wegner....

10. **Fighters Against Animal Cruelty | Facebook**

https://www.facebook.com/FightersAgainstAnimalCruelty

Fighters Against Animal Cruelty. 32513 likes · 2337 talking about this. Fighters Against Animal Cruelty aims to promote animal welfare organisations...

1. **Against Cruelty To Animals – Over 100 Million Visitors**

Adwww.ask.com/Against+Cruelty+To+Animals

Discover and Explore on Ask.com!

Ask.com has 17,299 followers on Google+

- Videos
- News
1. **Peaceable Kingdom: The Journey Home, a New Documentary from...**

www.peaceablekingdomfilm.org/

A riveting story of transformation and healing, this film explores the awakening conscience of several farmers who have now come to question the basic ...

Watch video - peace festival ... - Harold Brown - Story - Tribe of Heart

2. **Peaceable Kingdom (film)** - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Peaceable_Kingdom_(film)

*Peaceable Kingdom* is a documentary produced in 2004 by Tribe of Heart that shows how some farmers refuse to kill animals and how they convert to veganism ...

3. **Amazon.com: Peaceable Kingdom: A Tribe of Heart Documentary ...**

www.amazon.com › Movies & TV › TV

“Peaceable Kingdom” is at times sad, shocking, and depressing... but it is ultimately uplifting and inspiring. Who knew all these terrible things were happening to ...
4. **Tribe of Heart: The Art of Peaceful Transformation | Award-winning ...**

[www.tribeofheart.org/](http://www.tribeofheart.org/)

Award winning, life-changing *documentaries* about the journey of awakening conscience: *Peaceable Kingdom* The Journey Home and *The Witness*. May be the ... 

5. **Peaceable Kingdom (2004) - IMDb**


70 min - *Documentary* - 28 February 2004 (USA) ... what is its connection to Tribe of Heart’s 2009 *documentary* titled *Peaceable Kingdom: The Journey Home?*

**FOOD AND GLOBAL WARMING**

The Carbon Underground: Reversing Global Warming

[organicconsumers.org/bytes/ob420.html](http://organicconsumers.org/bytes/ob420.html)

“If humanity wishes to preserve a planet similar to that on which civilization developed and to which life on Earth is adapted, paleoclimate evidence and ongoing climate change suggest that CO2 will need to be reduced from its current levels [398 ppm.] to at most 350 ppm...” - Dr. James Hansen

Since Dr. James Hansen, a leading climatologist, warned in 2008 that we need to reduce the amount of CO2 in the Earth’s atmosphere to 350 parts-per-million (ppm) in order to preserve life on Earth, little has been done to get us there.
It’s getting late. If we’re going to preserve a livable Earth, we the global grassroots, must do more than mitigate global warming. We must reverse it.

But how?

Hint number one: not by politely asking out-of-control corporations and politicians to please stop destroying the planet.

Hint number two: not by pinning our hopes for survival and climate stability on hi-tech, unproven and dangerous, “solutions” such as genetic engineering, geoengineering, or carbon capture and sequestration for coal plants.

Hint number three: not by naively believing that soon (or soon enough) ordinary consumers all over the planet will spontaneously abandon their cars, air travel, air conditioning, central heating, and fossil fuel-based diets and lifestyles just in time to prevent atmospheric concentrations of greenhouse gases from moving past the tipping point of 450 ppm or more of CO2 to the catastrophic point of no return.

We can reverse climate change by sequestering several hundred billion tons of excess CO2 using the “tools” we already have at hand: regenerative, organic farming, ranching and land use.

And we can make this world-changing transition by mobilizing a vast green corps of farmers, ranchers, gardeners, consumers, climate activists and conservationists to begin the monumental task of moving the Carbon Behemoth safely back underground.
ADVOCATES OF VEGETARIANISM AND VEGANISM

COMFORTABLY UNAWARE

What We Choose to Eat Is Killing Us and Our Planet

by Richard A. Oppenlander

KIRKUS REVIEW

In his debut, Oppenlander derides our animal-based diets and encourages awareness of food choices as they affect our lives and the planet.

Eating meat, fish or dairy products, writes the author, depletes the planet’s resources and is the single most devastating factor that affects global warming and our environment. Oppenlander explores how our appetite for meat and fish affects our land, water, air, pollution, biodiversity, sustainability and personal health, noting that we “collectively raise, feed, water, kill, and eat over 70 billion animals each year for food.” The author uses the concept of global depletion to describe the degradation of our resources on earth, in detriment to our general health. Through well-researched statistics, Oppenlander claims that it is “what we eat and the choices we make in our diet, not the car we drive, that affects our supply of water, land, and air and will affect our success or failure on our planet.” For example, one person can save more water by not eating a pound of beef than by not showering for a full year. Oppenlander discusses the effect of raising livestock on the rain forests, biodiversity, water usage and water pollution, and he examines the issue of overfishing on the world’s oceans, outlining how government subsidies and inaccurate information perpetuate these problems. The author ridicules the locavore movement for its pieties about grass-fed beef, noting that there isn’t enough land on the planet for this practice to be sustainable. To reduce global depletion, Oppenlander suggests education, legislation banning meat consumption and ecotaxes reflecting the true cost of the food we eat. The book is filled with hefty statistics but has little narrative thread to carry readers through.

Not a feel-good book, but a stat-packed call to salads.

A children’s book that will be released next week is stirring up controversy among parents. It’s called “Vegan is Love,” and according to the publisher, is a young readers’ introduction “to veganism as a lifestyle of compassion and action.” The details, however, including images of animals behind bars in crowded cages and graphic passages about animal testing are being called unsuitable for children -- the book is intended for kids as young as 6-years-old.

The pro-vegan message of the book isn’t in dispute. While there is debate about whether an animal-product-free diet from birth is appropriate, nutritionists (and activists including Alicia Silverstone) agree that a vegan regimen can be healthy for little kids as long as their meals include enough supplemental nutrients and proteins. That said, the tone and wording in “Vegan Is Love” has experts concerned.

Child psychologist Jennifer Hart Steen told Matt Lauer on the "Today" show this morning that, “there’s so much fear presented in the book and if you would just give it to a child as a children’s book they don’t understand it. So now they’re just going to be afraid.”

Nicole German, a registered dietitian wrote on her blog that “Vegan is Love” might scare impressionable children into becoming vegan and “without proper guidance, that child could become malnourished.”

The author, Ruby Roth, is raising her 7-year-old stepdaughter, Akira, whose favorite food is kale, to be vegan. Roth told “Today” that it is not her intention to instill fear. “If it’s too scary to talk about, the reality of where those pieces of meat come from, then it’s certainly too scary to eat,” she said. Instead, the book is supposed to encourage “compassion and action,” Roth told ABC.

The book promotes a no meat, no diary diet, but also suggests that kids should boycott the zoo, the circus and aquariums because
“animals belong to this earth just as we do.” Hart Steen worries that the title, “Vegan is Love” can send a message to kids that, if you don’t follow this lifestyle, you don’t get to feel love or “you’re clearly creating hate or bad feelings.”

Dr. David Katz, HuffPost blogger and director of the Yale Prevention Center supports Roth’s efforts and told ABC that childhood might be “the best time to create awareness and change behavior accordingly.”

The illustrations are eye-opening and topics mature, but Katz says that, “the torture and maltreatment of animals are real.” So, what’s worse? “Telling kids about what’s going on? Or raising them in a world where it is going on and keeping them in the dark about it so they become complicit to it?”

Here is the link to all OMNI newsletters:
http://www.omnicenter.org/newsletter-archive/

Join/Renew

Subscribe to Vegetarian Voice!

When you become a member of the North American Vegetarian Society, you’ll receive a subscription to our quarterly magazine, which will keep you up-to-date on current medical and nutrition studies. Vegetarian Voice also explores compelling consumer, environmental, animal rights and lifestyle issues. Plus delicious vegan recipes are always featured. Members also receive a 10% discount on all merchandise, including those items listed on our internet site.

Join now and receive 2 free gifts
New members will receive our 40 recipe-card set featuring favorite recipes from seven popular cookbook authors. This collection (not available for purchase) includes entrées, salads, soups, side dishes, desserts and more. Plus you’ll receive Vegetarianism: Answers to the most commonly asked questions. This handy 16-page booklet provides answers to those difficult questions and includes recipes. One year membership is $22.

Recent Newsletters:
WWI 9-28
US Westward Imperialism 9-24
UN International Day of Peace, UN Climate Summit, People’s March 9-21
UN Climate/Enviro Organizations 9-20
Constitution Week 9-17
US Continental Imperialism 9-13
US Capitalism 9-12
Families for Peaceful Tomorrows 9-11

END VEGETARIAN ACTION NEWSLETTER #12, OCTOBER 8, 2014

Sent to Blog, Marc/Newsl, indivs: Potluck group, Jack Fine

OMNI

VEGETARIAN ACTION NEWSLETTER #11, SEPTEMBER 10, 2014.
Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.


(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; July 9, 2014; #10, August 11, 2014).

What’s at stake: Vegetarianism offers significant guidance—principles and practices—to our nutrition and health, to our treatment of animals, and to 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/


Nos. 4-10 at end

Contents Vegetarian Action Newsletter #11, September 10


Potluck tomorrow...sorry for the short notice. I made a facebook event and forgot to send an email. If you’re also on Facebook, make sure to join our group (OMNI Center Vegetarian Potluck Dinners). Big thanks to Dick Bennett for alerting me to my error!
Details:
Wednesday, September 10th  6:30pm-8pm  at OMNI Center’s Bennett House
(visit OMNI center’s website for detailed directions.)

It’s that time again! Let’s get together to share some delightful
vegetarian dishes, friendship and conversation! Bring your lovely
selves, FRIENDS, and some delicious vegetarian friendly food to share
(you need not be a vegetarian to attend).

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 park in Liquor World’s parking lot
if OMNI’s lot is full!

Nutrition, Health
Dr. Fuhrman

Animal Rights and Protection
The Abolitionist Approach: Veganism
John Griffith, Abolitionist Vegan Advocate from Jonesboro,
johnbengriffith@gmail.com
The Abolitionist Vegan Society
World Day for Farmed Animals
10 Billion Lives
World Peace Diet

Global Warming, Climate Change
National Wildlife Federation
Climate Change, Animals, the Future: Google Search
NUTRITION, HEALTH

Dr. Fuhrman

Dr. Fuhrman coined the word, *Nutritarian* to describe his recommended diet which concentrates on eating the most micronutrient rich foods.

What is Dr. Fuhrman’s Nutritarian Diet?

Simply put, a *Nutritarian* diet is a way of eating which bases food choices on maximizing the micronutrients per calorie. A Nutritarian diet is designed with food that has powerful disease-protecting and therapeutic effects and delivers a broad array of micronutrients via a wide spectrum of food choices. It is not sufficient to merely avoid fats, consume foods with a low glycemic index, lower the intake of animal products, or eat a diet of mostly raw foods. A truly healthful Nutritarian diet must be micronutrient rich and the micronutrient richness must be adjusted to meet individual needs. The foods with the highest micronutrient per calorie scores are green vegetables, colorful vegetables, and fresh fruits. For optimal health and to combat disease, it is necessary to consume enough of these foods that deliver the highest concentration of nutrients.

A Nutritarian diet is guided by nutritional quality.

Dr. Fuhrman’s Prescription for Improving and Maintaining Great Health

**NUTRITARIAN FOOD PYRAMID**

- Dr. Fuhrman’s food pyramid is based on his principles of the health equation Health = Nutrients / Calories (H=N/C).
- He advocates that at least 90% of the daily diet should be comprised of whole plant foods that naturally contain health-promoting phytochemicals.*
- The pyramid promotes foods that are richest in micronutrients and benefit health and longevity.
The quality of a diet can be based on three simple criteria:

1. Levels of micronutrients (vitamins, minerals, phytochemicals) per calorie
2. Amounts of macronutrients (fat, carbohydrate, protein) to meet individual needs, without excessive calories that may lead to weight gain or health compromise
3. Avoidance of potentially toxic substances (such as trans fats) and limited amounts of other potentially harmful substances (such as sodium)

Dr. Fuhrman created The Health Equation: H=N/C or Health = Nutrients/Calories (first published in 1999 in his work, The Health Equation and later described in more detail in his book, Eat To Live) to define how the quality of calories impacts health. This equation means your future health can be predicted by the micronutrient per calorie density of your diet. Micronutrient per calorie density is important in devising and recommending menu plans and dietary suggestions that are the most effective for tackling weight loss and for preventing and reversing disease.

Assuring superior nutrition means meeting an individual’s unique nutritional needs to profound therapeutic effects for preventing, treating and reversing disease. Dietary micronutrient quality must be increased accordingly to utilize dietary recommendations therapeutically for disease reversal or to protect high-risk individuals.

Though micronutrient density is critically important, it is not the only factor that determines health. For example Vitamin D levels, B12, and proper omega-3 intake are important for optimal long-term health as well as avoidance of sodium and other toxic excesses. These concerns are not addressed in the H = N/C equation. However, if the focus is consuming more micronutrient-rich natural foods then the other important nutritional benefits automatically will follow, such as lower sodium, reduced calories, high fiber and volume, a low glycemic index, and a high satiety and phytochemical index to name a few.

Eating low nutrient foods fuels overeating behavior and toxic hunger.
Last, but not least, Dr. Fuhrman’s unique contribution to the science of nutritional care, disease reversal and weight loss is his explanation of the physiology behind hunger and food cravings.

It is important to recognize that low nutrient eating (and toxic eating) leads to increased cellular toxicity with undesirable levels of free radicals and advanced glycation end products (AGE’s), lipofuscin, lipid A2E and other toxins that contribute to the development of chronic disease. His findings are that these toxic substances lead to addictive withdrawal symptoms (toxic hunger) which result in the desire to eat more frequently and overeat. Low nutrient eating, therefore, establishes a mechanism that leads to food addictions and food cravings that can’t be ignored. This is the reason why calorie counting diets fail. Without addressing dietary quality, excess food cravings are almost impossible to ignore.

Fortunately the drive to over-consume calories is blunted by high micronutrient, high food antioxidant, consumption and the symptoms that people thought were hypoglycemia or even hunger, simply disappear after following his dietary recommendations. Not only do people lose the symptoms of fatigue, headaches, irritability and stomach cramping, but they get back in touch with true hunger felt in the throat, which simply makes eating more pleasurable and directs them to a more appropriate amount of calories for their body’s biological needs.

Download a printable PDF version of the Nutritarian Checklist to help you keep on track every day.

In a portion controlled (calorie counting) diet it is likely that the body will not get adequate fiber or micronutrients. The body will have a compounded sensation of hunger and cravings which for most is simply overwhelming. It invariably results in people either being unable to lose weight or unable to keep the weight off and eventually gaining it back. The biochemistry and physiology behind food cravings are more thoroughly explained in Dr. Fuhrman’s books and lectures, but without a thorough understanding of these principles weight loss attempts are typically doomed to fail.
Are you striving to adopt a Nutritarian diet to extend lifespan and reverse and prevent disease?
Here are 5 basic rules that may help you:

1. Consume a large green salad every day, and put some raw onion and shredded cruciferous veggies on top.

2. Eat at least a 1/2 cup of beans or lentils each day, in a soup, stew, or top of a salad or in another dish.

3. Eat at least 3 fresh fruits a day, especially berries, pomegranate, cherries, plums, and oranges.

4. Eat at least 1 ounce of raw seeds and nuts daily, utilizing some chia seeds, flax seeds and walnuts.

5. Consume a double-sized serving of steamed greens daily, and utilize mushrooms and onions in your dishes.

Test Dr. Fuhrman, sent to me by a MD friend

Click here: NIHSeniorHealth: Eating Well As You Get Older - Choose Nutrient-dense Foods

Dick, this is an informative email series on various health topics from www.nihseniorhealth.gov

ANIMAL RIGHTS AND PROTECTION

THE ABOLITIONIST APPROACH: VEGANISM

Search Results

1. Animal Rights: The Abolitionist Approach - ...and Abolition ...
www.abolitionistapproach.com/

Aug 8, 2014 - The mission of this website is to provide a clear statement of a nonviolent approach to animal rights that (1) requires the abolition of animal ...
Six principles of the abolitionist ...

The Six Principles of the Abolitionist Approach to Animal ...

FAQs

FAQs. Excerpt from Introduction to Animal Rights: Your Child or the ...

Video

Gary L. Francione is Board of Governors Professor ...

About

Mission Statement. The mission of this w

John Griffith - Vegan abolitionist ...

· John Griffith - Vegan abolitionist friends. I want to take ...

https://www.facebook.com/VeganFriendMe/posts/646616882019661

Vegan abolitionist friends. I want to take our message beyond the Internet into Northeast Arkansas. To where or to whom should I go...
Benefits to health, hunger and climate should only be regarded as positive impacts of veganism adopted from a moral conviction not as reasons to advocate veganism in their own right. John Griffith (https://www.facebook.com/johnbengriffith?fref=ts)

"The argument from health says you should be vegan because animal products are bad for your health. If you feel good or if you only eat a moderate amount that minimally affect your health the argument is negated and you won’t be vegan.

The argument from hunger says you should be vegan because it frees up resources to feed more. If you can transition to eating “more efficient calorie converters” the argument is negated and you won’t be vegan.

The argument from climate says you should be vegan because animal agriculture is a major contributor to climate change. If you can transition to eating non-ruminant animals that produce fewer emissions the argument is negated and you won’t be vegan.

The argument from abolition says that you cannot justify treating another sentient being as property. This argument has no negation. Animal liberation is only achievable in any lasting and significant way through the moral argument with abolition as the moral baseline."
https://www.facebook.com/abolitionistvegansociety/.../69671078041843...

Let’s celebrate the growth of the abolitionist vegan movement where we ... John Griffith I love the parenthetical, in light of Gary’s recent post on the failure of the ...

· Arguments for Veganism by John Griffith - Vegan.lv

vegan.lv › ... › Dzīvnieku tiesības, filosofija, ētika □Dzīvnieku tiesības

Aug 13, 2013 - John Griffith (https://www.facebook.com/johnbengriffith?fref=ts) tells us why: ... The argument from abolition says that you cannot justify treating ...

· Anders Branderuds blogg: Abolitionist veganism - articles ...

bloganders.blogspot.com/2014/05/abolitionist-veganism-articles.html

May 5, 2014 - Abolitionist veganism - articles, arguments and refutations of ... Introduction to Abolitionist veganism and anti-speciesism ....... John Griffith:

WORLD DAY FOR FARMED ANIMALS, OCTOBER 2
TEN BILLION LIVES

FARM ANIMAL RIGHTS MOVEMENT (FARM)

We’re changing hearts, minds, and diets by the thousands!

According to USDA reports, nearly 10 billion land animals are raised and killed every year for food in the U.S. alone. Farm Animal Rights Movement (FARM), is bringing this injustice to the country’s attention by showing the hard-hitting 10 Billion Lives video at college campuses, music festivals and street fairs.

Our dedicated staff and volunteers offer passersby $1 to watch the video – an outreach method known as “pay-per-view.” After watching, viewers are encouraged to decrease consumption of animals and work towards a vegan diet. The results speak for themselves – more than 80% of viewers commit to eating fewer animal products!

This has information about the 4 min. video

http://10billionontour.org/

THE WORLD PEACE DIET

Dr. Will Tuttle is an award-winning speaker, educator, author, and musician. A vegan since 1980, his writings, music, and presentations focus on compassion, creativity, intuition, and the intersectionality of social justice, animal liberation, and environmental, health, spiritual, and peace issues.

On this website, you can find out more about Dr. Tuttle’s book, The World Peace Diet, about his writings and teachings promoting compassion and justice for nonhuman animals, and there are also links to his original piano music, his seminars and retreats on developing
intuition, altruism, and meditative equanimity, and about the individualized music and art portraits he does with his spouse Madeleine.

*The World Peace Diet* has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. Dr. Tuttle offers lecture presentations, workshops, and trainings internationally on *The World Peace Diet*, veganism, spirituality, effective activism, meditation, and intuition development.

See the [Tour Schedule](http://www.worldpeacediet.com/) for details of upcoming events.

This person has it right--the world peace diet


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**CLIMATE CHANGE, ANIMALS, AND FUTURE**

**NATIONAL WILDLIFE FEDERATION**


Wildlife Library

Wild Places

Wildlife Conservation

Threats to Wildlife

Global Warming

What’s Happening?
Human Impact

Effects on Wildlife and Habitat

Polar Bears
Moose
Pika
Ringed Seals
Waterfowl
Coldwater Fish
Blue Crab
Lake Sturgeon
Salmon
Walleye
Coral Reefs
Pest Species
Eastern Hemlock Forests
Coastal Wetlands
Great Lakes
Mangroves
Prairie Potholes
Sagebrush Steppe
Southwestern Streams
Western Forests
Southern Forests
Extreme Weather
Habitat Loss
Invasive Species
Overexploitation
Pollutants
Disease
Our country is home to a diverse array of wildlife ranging from the highest peaks, to the driest deserts, to freshwater and marine environments and to all the places in between. The abundant and diverse wildlife resources, which are so important to our culture and well-being, face a bleak future if we do not address global warming.

Featured Species:

Polar bear family

Polar Bears

Polar bears rely heavily on Arctic sea ice, which is rapidly disappearing due to global warming. In Hudson Bay, polar bears are starving during the long summer months as the ice they rely on to hunt for food melts earlier each spring and later in the fall. Learn more >>

pika

Pika

The American pika, a small mammal that lives on Western mountaintops, is being forced to move to higher and higher altitudes to find the
tolerable alpine temperatures it calls home. As global warming increases average temperatures, the pika may soon run out of places to go. Learn more >>

Wood Duck
Waterfowl

Ducks, geese and other waterfowl across the country are changing behaviors and migration patterns and suffering the consequences of more extreme weather, including drought and floods. This not only threatens the birds themselves, but has greatly impacted the hunting businesses that depend on ducks showing up for duck season. Learn more >>

FIND OUT HOW CLIMATE CHANGE IS IMPACTING...

Ringed Seals | Coldwater Fish | Salmon | Coral Reefs | Eastern Hemlock Forests | Estuaries and Coastal Wetlands | Great Lakes | Mangroves | Prairie Potholes | Sagebrush Steppe | Southwestern Streams | Western Forests | Southern Forests | Invasive Species


Wildlife depends on healthy habitats. They need:

The right temperatures
Fresh water
Food sources
Places to raise their young

Climate change is altering key habitat elements that are critical to wildlife’s survival and putting natural resources in jeopardy.

TEMPERATURE
Melting arctic ice removes hunting ground from Polar Bears.
Warmer water temperatures will cause population declines for trout, salmon and many other species that require cold water to survive.
Rising ocean temperatures have already caused massive coral bleaching, leading to the collapse of these ecosystems which sustain huge numbers of fish.

WATER

Larger floods are expected to increase erosion levels, reducing water quality and degrading aquatic habitat.

Severe droughts stress and can kill plants on which wildlife depend for food and shelter, and deprives wildlife of water sources.

FOOD

Climate change has altered food availability for migratory species; birds arrive on schedule to find their food sources—insects, seeds, flowering plants—have hatched or bloomed too early or not at all.

Milder winters cause seasonal food caches to spoil, so wildlife species like the Gray Jay depending on food stores to survive the winter are left without sustenance.

PLACES TO RAISE YOUNG

Droughts caused by global warming could dry up 90 percent of central U.S. wetlands, eliminating essential breeding habitat for ducks, geese and other migratory species.

Rising sea level and changes in salinity could decimate mangrove forests, leaving many fish, shellfish, and other wildlife without a place to breed, feed or raise offspring.

Often overlooked, just as important as the many ways in which our climate is changing, is that it is changing so fast and thus the need to address global warming. Species may not be able to adapt to this rapid climate change or to move fast enough to more suitable areas as their current areas become less suitable for them. Unless significant action is taken now, global warming will likely become the single most important factor to affect wildlife since the emergence of mankind.

CLIMATE CHANGE, ANIMALS, AND FUTURE, Google Search, Sept. 8, 2014.
Scholarly articles for CLIMATE CHANGE, ANIMALS, AND FUTURE

Extinction risk from climate change - ýThomas - Cited by 3803

Climate change, coral bleaching and the future of the... - ýHoegh-Guldberg - Cited by 2307

Climate change and human health: present and future ... - ýMcMichael - Cited by 965

Search Results

Images for CLIMATE CHANGE, ANIMALS, AND FUTURE Report images

More images for CLIMATE CHANGE, ANIMALS, AND FUTURE

1. Climate change: the effects on ocean animals

www.neaq.org/.../climate_change/effects_on_oc...

New England Aquarium

But sea ice is decreasing throughout their Arctic range due to climate change. ... by the year 2050, even with moderate projections for future climate change.

2. Climate change and animals - how does climate change...

www.ypte.org.uk/.../climate-c...

Young People’s Trust for the Environment

This factsheet takes a look at some of the challenges that animals might have to face in the future. How does climate change effect them? Frogs, toads and newts

3. WWF - Species threatened by climate change

wwf.panda.org › ... › Nature at risk

World Wide Fund for Nature

Climate change and global warming impacts on species in a number of ways. ... could contribute to the mass extinction of wild animals in the near future.

4. Preparing for the Future | A Student's Guide to Global Climate

www.epa.gov/climatestu...
Preparing for the Future. Because carbon dioxide and other greenhouse gases have been building up in the atmosphere, climate change is already happening, ...

5. Effects of global warming - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Effects_of_global_warming

Wikipedia

General circulation models project that the future climate change will bring .... Effects of climate change on terrestrial animals and Effects of climate change on ...

6. Scientific Facts on Arctic Climate Change - GreenFacts
www.greenfacts.org/en/arctic-climate-change/

How has the climate changed in the Arctic so far, and what future changes are ... The Arctic is home to an array of plants, animals, and people that survive in ...

7. Arctic Climate Change: 5. How will animals be affected by ...
www.greenfacts.org › Home › Arctic Climate Change › Level 2

Many Arctic animals, such as polar bears, seals, walruses, and seabirds, rely on the ... Such international agreements will be crucial in future as climate change ...

8. Can animals and plants adapt to global warming?
www.skepticalscience.com/Can-animals-and-plants-adapt-to-global-warming...

Skeptical Science

Dec 22, 2011 - Because current climate change is so rapid, the way species typically adapt ... But extrapolating these observed impacts to predictions of future ...

9. Predicting future biodiversity under climate change | John ...
www.theguardian.com › ... › Climate Consensus - the 97%

The Guardian

Mar 28, 2014 - John Abraham: A new study predicts how climate change affects the ... change will affect the plant and animals communities of the future.
PATACAKE AND DALAILAMAS, KNOW THE WORST BUT KEEP ON STRUGGLING by Dick Bennett

When faced with a powerful, dire threat many people, feeling helpless, or just wishing to remain comfortable, deny, avoid, evade in all the ways humans are so expert, and our commercial society so adept at exploiting. Let’s call it, to change the metaphor, the patacake response, with smiling face. (Wal-Mart’s Smiley Face sells!)

Many fewer recognize reality, try to understand it, to alert others, and prepare for and prevent the worst while keeping their eyes on the goal of a caring society. Let’s call them the dalailamas, who see clearly and still smile (good psychology). OMNI was established to provide this public service. Of course nobody invited us either to seek or tell the truth, so we shouldn’t get bent out of shape if we’re not always welcome.

But because serious, probably catastrophic, dangers are ahead, we ought to try to stop or reduce the old harms (violence in general, nuclear war specifically) and new approaching harms (climate change rushing in, even our supposedly responsible officials disregarding and denying).

How does Vegetarianism come in? If we know people (species!) are in danger, shouldn’t we use every nonviolent means available to protect them, and since eating meat is a major fact of violence and
cause of CO2/warming/rising seas/extreme weather, and since the effects of climate change are contributing to the sixth great extinction of animals, shouldn’t we seek to project the immense benefits of vegetarianism wherever we can?

To ask, how does OMNI fit in? is to ask, what is the mission of OMNI?

We seek:

- a world free of war and the threat of war,
- a society with equity and justice for all,
- a community where every person’s potential may be fulfilled,
- and an earth restored.

That is, the entire peace, justice, and ecology movement, of which OMNI is a part, seeks to create a better world (actually the statement is much stronger than that). That is OMNI’s promise. And it is profoundly, inescapably political, involving choices affecting others, and resources the organization of which is essential to human survival.

So I welcome the possibility of a community to speak out and work for the great hope of vegetarianism.

Most people like to think they are not naïve, and in this case, we are not. The question, for example, of whether humans are inevitably warlike has been thoroughly researched: homo sapiens is obviously violently aggressive, but not always and therefore not inevitably. Prof. Fry in *The Human Potential for Peace* found some 500 societies throughout human history who lived cooperative lives. And humans change. Numerous examples of humans abandoning vicious practices are well-known: slavery in the nineteenth century; in the twentieth apartheid in S. Africa (legalized color discrimination) and Jim Crow apartheid in the US South; and European genocidal wars. Who would have thought, before King and Mandela, or at the end of WWI and WWII that such bigotry and persecution or such slaughter would ever end? Or smoking: who could have guessed only a few decades ago that perhaps the most tenacious addiction could be severely reduced as it is today.

Eating meat is no different. My childhood town was rigid with what were assumed natural hatreds: anti-Semitic, racist, and anti-Catholic bigots dominated conversations, but of course so deeply
woven into the culture were these prejudices that nobody thought they were bigots, and certainly not they themselves. But gradually informed people began to call these bigots out by challenging their false, hateful claims. And now, at least in most communities the practice is, like smoking, much reduced, and mainly without employing law.

Knowing that human effort can reverse human error is a strong foundation for future action. Undergirding the hopeful mission of OMNI, is our certain knowledge of successes in the past. But those successes required struggle.

Contents Vegetarian Action Newsletter #10, August 13, 2014

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“Round-up” vs. Health
Antibiotics in Meat vs. Health

Animal Rights and Protection
Dick’s Letter to AETN
Better World for Animals
Assisi International Animal Institute
Interspecies Friendships

Global Warming, Climate Change
Animals and Climate Change
END VEGETARIAN ACTION NEWSLETTER #11, SEPTEMBER 10, 2014

GO THROUGH THIS CORRESPONDENCE AND DELETE AS MUCH AS POSSIBLE OR USE IN NEXT NEWSLETTER

JUXTAPOSITIONS OF BUSINESS AS USUAL

INATTENTION TO US WARS AND WARMING

ASSUMPTIONS: WARMING IS AN UNPRECEDENTED DANGER TO ALL LIFE ON OUR PLANET. EATING MEAT IS ONE OF THE GREATEST CAUSES OF WARMING. BY REJECTING MEAT, VEGETARIANISM IS ONE WAY TO LESSEN THE DESTRUCTION COMING..
DONNA’S FACTS OF HARMS OF EATING MEAT

BUSINESS AS USUAL USA

TV 24/7

Reinforces all the old practices of production, consumption, growth. Including the Weather Channel, operated by meteorologists, who should know about climate and weather.

UNIVERSITY OF ARKANSAS RESEARCH FRONTIERS (Fall-Winter 2013-14). Fifteen items short and long. One is about making the solar cell more efficient. Another finds US corporations more attentive to environment than similar companies abroad (read carefully).

Etc. Choose anything.

OMNI’S VEGETARIAN POTLUCK

Had that meeting occurred just a few years ago we would have felt our glass almost full, for at least we were discussing the subject of warming, and you two were presenting both unpleasant facts and an active solution as far as VP is concerned. The trouble is, we now know atmospheric temperature has risen 1 degree and another is certain, and three will be catastrophic, and I may be understating the situation. Now that discussion last night seems a glass half empty or worse.

Also, we have OMNI’s mission to deal with. I’ll elaborate on that: With the Quakers we seek: a world free of war and the threat of war,
a society with equity and justice for all,
a community where every person’s potential may be fulfilled,
and an earth restored.

That is, the Quakers recommend very high goals, and the entire
peace, justice, and ecology movement, of which OMNI is a part, seeks
at least to create a better world. For that task we cannot be and
passive: we must be engaged in making peace and justice. We must not
seek distractions from the world that so urgently needs our help; and
anyway our society like no other in history offers escape 24-7.

And VP? Unlimited activities are available in NWA for people
seeking merely to enjoy a meal and to visit with other folks. No one
would deny anybody their right to do that. But VP meets only once a
month for two hours under the mission of OMNI. We have two hours
once a month to add vegetarianism to OMNI’s program. And it’s no
small opportunity. Vegetarianism offers great assistance to the
world—for reasons given in these newsletters and elsewhere. Surely
we do not want to spend that brief, precious time avoiding the goals
of the peace, justice, and ecology movement; surely as a project of
OMNI we should promote the goals of vegetarianism—to make the world
physically and mentally healthier for all, to reduce cruelty to
animals and the violence in the world, and especially to help slow
and eventually stop and reverse (an earth restored!) the increasing
temperature and moisture, melting ice, rising and acidic seas, and
weather extremes.

So for me only one goal seems possible—to try to adhere to VP’s
OMNI mission to help realize the promise of vegetarianism regarding
nutrition, ethics, and warming. At the moment I foresee two paths.
Continue to prepare my newsletter of knowledge and to attend VP and
urge members to study and reflect. And work outside VP (OMNIUA,
related groups, Sierra) to promote vegetarianism. Will you join
me, or with some variation?

In one clear way our glass is half full. Nobody supported
Barbara’s false claim that ending meat eating was impossible given
‘human nature.’ Human nature is malleable, and in countless ways it
has changed, and can be changed.
Kelly Mulhollan via uark.edu

Jan 10 (1 day ago) to James

Dick,

I was talking to Gladys about the Vegi Potluck and she mentioned to me that you were working on a resolution for the group to consider as to whether or not to include a ‘political content’ component in the potluck.

I have some strongly held thought on this. While I agree that it would be wonderful if we could include a political message in our potlucks, I also feel like doing so will jeopardize it’s existence. One thing I have learned in my 37 years as a vegetarian is that people are VERY sensitive, and even defensive about what they choose to eat. Proselytizing for vegetarianism in my experience, usually backfires.

BUT THOSE WHO ATTEND VP HAVE CHOSEN 1) TO BE A MEMBER OF OR AT LEAST TO ASSOCIATE WITH OMNI AND ITS VALUES AND ACTION ORIENTATION, AND 2) HAVE CHOSEN TO ATTEND A VEGETARIAN ACTIVITY.

Our potluck has enjoyed surprising popularity over the past couple of years but it is in danger at the moment. I feel like if we push a discussion as to whether or not to be political at our next event could lead to the end of the whole event. For instance, if the group were to adopt the political component, then we would loose Kristin as the coordinator and then where we be? It would be like a vote on whether to self destruct or not. I was at a omni meeting last night and heard complaints from several people about the political discussions that have soured a couple of potlucks recently. I believe we are danger of loosing scores of people at the moment. There is strong sentiment against politicizing the potluck among our ranks. Especially from the younger folks.

SILENCE IS A POLITICAL CHOICE AND HAS POLITICAL CONSEQUENCES. POLITICS, BY THE WAY, REFERS TO THE BODY POLITIC, THE STRUCTURES OF SOCIETY THAT MAKE IT THE WAY IT IS. EATING MEAT OR VEGETABLES HAS DEFINITE, COLOSSAL EFFECTS ON THE BODY POLITIC, WHETHER REGARDING HUMAN NUTRITION, THE RIGHTS OF OR CRUELTY TO ANIMALS, THE LEVEL OF VIOLENCE IN SOCIETY, AND MOST OF ALL THE INCREASE OF CO2, WARMING, CLIMATE CHANGE, AND WEATHER EXTREMES. GIVEN ALL OF THESE CONSIDERATIONS, WHY WOULD I WANT TO ATTEND A POTLUCK WHERE I WAS PROHIBITED TO REFER TO WHAT I CONSIDER SO
URGENT JUST BECAUSE A FEW UNINFORMED, UNAWARE YOUNG PEOPLE WOULD BE OFFENDED. BETTER NOT TO HAVE THE EVENT THAN TO PARTICIPATE IN ADDING TO/NOT TRYING TO PREVENT SUFFERING DONE TO ANIMALS AND INCREASINGLY TO THE GENERATIONS OF HUMANS TO COME.

Here is what I think-- that whoever is willing to do the work- to be the host of this event should have complete autonomy as to how it is done. If the host wants to include a political component, fine. If not, fine. I believe that ultimately, it is the simple act of sharing a meal and having conversation that will bring more folks into the fold. Perhaps I am wrong, but that is my guess. Perhaps the kind of agenda you are wanting would more gracefully fit into Omni 350.

Let me know your thoughts on this. My priority is to simply keep the event alive. We are having a hard time holding onto host lately and without a host, it will die. We must tread carefully.

MY REPLY TO KELLY M

Kelly, thank you for letting me know about this. I agree we should give this careful thought, for it is one of the oldest and commonest controversies in any organization even minimally controversial. Should we be silent and agreeable, or should we be bold? How hard should we push for our goals? You and I have watched these hands played (songs sung!) often in OMNI.

I could play bridge or golf or attend the “Gentlemen’s Lunch” a friend of mine arranges monthly, but instead of that I helped create OMNI, in which eating together was inseparable from proselytizing for peace, justice, and ecology. And then I started OMNI VP to focus on the relation of food to peace, justice, and ecology. I put OMNI in bold because it was not just a potluck but an OMNI event. Given the world I perceived then (and now), gathering once a month and deliberately avoiding the urgent conditions of the world connected to food was antithetical to the purpose of nonviolent, anti-warming OMNI.. .
What food we eat involves pleasure, nutrition, and health, but even more importantly cruelty to animals or not and global warming. Knowing this how can I easily attend an OMNI event I began, how can anyone attend an OMNI event that escapes from and pretends about the world? Why would OMNI have such an event? To provide another diversion in a commercial nation saturated with distractions and evasions? Just to increase events and count more “members”? It certainly didn’t bring us in much money. How can anybody we want to spend time with not ask themselves at an OMNI VEGETARIAN Potluck WHY be a vegetarian?

Tread carefully? Let’s understand that to mean: consider our options. What are they?

1. At the Feb meeting clarify who wants what kind of group? How many have been soured by discussing the human issues inseparable from food? Does discussion of the immense positive value of vegetarianism to the people of the world turn people off? Proselytism (advocacy) is negative, when that is what reversed smoking in this country and saved and saves millions of lives? Should there be an OMNI VP or a potluck of diverse people using OMNI’s building? These questions will send us all to thought. But so will this one: Is anyone suggesting that nobody can discuss food and nutrition or cruelty to or killing sentient beings or warming? And another: Does anybody think that NOT discussing them is NOT A Political Choice? It may be, I hope this happens, that we’ll need discuss no more options and can continue on with OMNI VEGETARIAN POTLUCK as in the past but without a few people sniping at others for bringing in so-called: “political content”!

2. Let a meaningless non-OMNI group go. There are two possibilities. A) Just end it period. B) Create two VPs. One limited, informal conversation VP, the other inclusive about vegetarianism (from pleasure, to nutrition, to ethics, to climate change, as I have explained in my newsletters), OMNI VP.
On the upside: An hour and a half of feeling good by shutting out the cruelty to animals and the increase of CO2 that vegetarianism opposes may actually result in people choosing the active option.

2. Make the struggle for a genuine OMNI VP. What you and I are talking about here has happened a million times in organizations—whether or not to struggle for a 10 hour work day for women and children, for example, or go along to avoid offending. So let’s ask for a debate and vote. At least let’s try to induce some reflection, ask people to read and think. First, let’s not allow people who wish to avoid the suffering of the world label it “political.” Let’s make them specify, be concrete about the cruelty, misery, factory food production, torture, desolation, hunger, refugees. That’s not “political content,” that’s the condition of existence for millions and millions of individual animals and humans. Use the situation as an opportunity to draw to OMNI VP those who haven’t attended because it was so feeble and purposeless. Let the others go.

My newsletters offer much food for thought pun intended. (And note my invitation to others to become editor of the newsletter if they want to change the contents. And note in my last newsletter the debate I inserted into the materials on cruelty, for those who come to VP and still think it’s ok to kill another sentient creature.) And then we’ll vote in say March.

If the majority chooses to ban discussion (but surely not thought) of torturing and killing animals and of whether vegetarianism produces more or less CO2 than meat eating, then so be it. That does not mean that I will fold up my tent and go home, especially after receiving such a heartfelt letter from you. I have thanked Kristin for being our moderator, and I will continue to attend and bring food. But I will also continue my newsletter unless the group votes to silence it, but that would be a scandal.

3. Make a stand for OMNI principles in all we do. Denounce the lukewarm. Decry all fake OMNI activities.

More broadly it’s also an opportunity to consider how for the first time an OMNI group opposes advocacy of OMNI’s values, when OMNI from
its beginning was a proselytizing organization seeking to mobilize people for peace, justice, and ecology.

Again, thanks for your letter, and I look forward to seeing you tomorrow.

Dick.

And VP? Unlimited activities are available in NWA for people seeking merely to enjoy a meal and to visit with other folks. No one would deny anybody their right to do that. But VP meets once a month for two hours. Vegetarianism offers great assistance to the world—for reasons given in these newsletters and elsewhere. Surely we do not want to spend that brief, precious time avoiding the goals of the peace, justice, and ecology movement, or specifically the goals of vegetarianism—to make the world physically and mentally healthier for all, to reduce cruelty to animals and the violence in the world, and to help slow and eventually stop and reverse the increasing temperature, melting ice, and rising seas.

SEE JAN. 8, 2014 NEWSLETTER FOR THE RESOLUTION REJECTED BY THE GROUP

SEE PAST NEWSLETTERS FOR ABUNDANCE OF MATERIALS FOR NEXT NEWSLETTERS ESP. ANIMAL RIGHTS
Aug newsletter: discuss transportation and food, C Parenti’s book/my review in CC and Wars, select items from Animal Rights Google Search,

Sent to Blog, Marc/Newsl, indivs: Potluck group and climate group.

John, thanks for your talk yesterday. I’ll tell about you in my Sept. Veget. Newsletter. Dick

OMNI

VEGETARIAN ACTION NEWSLETTER #10, AUGUST 13, 2014.

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

(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; July 9, 2014).

http://jamesrichardbennett.blogspot.com/2014/08/vegetarian-action-newsletter-10-august.html

What’s at stake:

The time will come when men such as I will look upon the murder of animals as now they look upon the murder of men.

—Leonardo da Vinci, 1452-1519
Towards a Better World that Honors Animals

Gandhi once said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

OMNI’S Blog

http://jamesrichardbennett.blogspot.com/

OMNI Newsletters

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

Index:

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


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Dick’s Letter to AETN

Better World for Animals

Assisi International Animal Institute

Interspecies Friendships

Global Warming, Climate Change

Animals and Climate Change

Endangered Species Day

Contents #9, July 9, 2014

NUTRITION, HEALTH

Mostly Martha (2001) “Bella Martha” (original title)

109 min - Comedy | Romance | Drama - 18 April 2002 (Germany)

When a headstrong chef takes charge of her equally stubborn 8-year-old niece, the tensions between them mount... until an Italian sous-chef arrives to lighten the mood.

Director: Sandra Nettelbeck
Nutrition Action Healthletter

https://www.cspinet.org/nah/

Center for Science in the Public Interest

Its award-winning newsletter, Nutrition Action Healthletter, is the ... 2 million people read every information-packed issue of Nutrition Action Healthletter, making ...

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The Physicians Committee’s Legislative Expert Colin Schwartz

Victory! Southern Illinois University Cancels Plan to Use Pigs

Physicians Committee Online

Victory! Southern Illinois University Cancels Plan to Use Pigs

Read more in this issue >
NEWS and FEATURES

Passion for Compassion: A Benefit in the Hamptons for the Physicians Committee

Special Event | Aug. 9, 2014

Join Neal Barnard, M.D., Physicians Committee president and members in the Hamptons on August 9 to support efforts to create a better future for animals and people.

International Conference on Diabetes

News Release | July 19, 2014

Diabetes is a worldwide escalating epidemic. Help stop it by sharing information about the International Conference on Diabetes, where leading experts shared the latest insights on the causes of diabetes, the critical role of nutrition, and priorities for research.

Fish is Not a Health Food

From Boulder to NYC: Meeting and Exceeding School Lunch Requirements

Congressional Briefing | July 7, 2014

On July 1, school lunch leaders from around the country spoke to a packed room of Capitol Hill staffers at a congressional briefing co-hosted by the Physicians Committee and Rep. Jared Polis, D-Colo.

a diet rich in plant-based foods, such as soy beans

Researchers Unveil Six Dietary Guidelines for Cancer Prevention

News Release| June 9, 2014

Six dietary guidelines - more aggressive than previous cancer prevention advice will be unveiled in the June 30 issue of the Journal of the American College of Nutrition.

Processed meat causes colorectal cancer

Physicians Committee Begins Recruitment for the Had I Known Processed Meat Campaign

News Release | May 29, 2014
Modeled off of the CDC’s Tips from Former Smokers, the campaign will feature real people who have or have had colorectal cancer and will alert the public to the health risks associated with processed meat consumption.

### 7 tips to boost brain health

International Researchers Identify Seven Dietary and Lifestyle Guidelines for **Alzheimer’s Prevention**

Breaking Medical News | May 16, 2014

Seven dietary and lifestyle guidelines to boost brain health and reduce the risk of Alzheimer’s are available as an online advance on May 16, 2014, as a special supplement in *Neurobiology of Aging*.

**Physicians Committee Supporter Patricia E**

**Remembering Rodney Society Wall of Appreciation**

See photos and comments from Remembering Rodney Society members who support PCRM with monthly donations.

**PUBLICATIONS**

**Good Medicine Magazine Summer 2014**

PCRM is a nutritional, wellness organization, but it also speaks out against cruelty to animals. The Summer 2014 number of *Good Medicine* includes articles on protecting dogs in Taiwan, ending chimpanzee invasive experimentation, and lamb experiments at Texas A&M.

**Good Medicine Magazine Vegetarian Starter Kit**

**Healthy Eating for Life: Food Choices for Cancer Prevention and Survival**

**Kids Get Healthy**

**Nutrition for Kids**  **Diet and Diabetes: Recipes for Success**
MONSANTO’S Round-up and BIRTH DEFECTS

Fran Alexander

http://www.truth-out.org/opinion/item/25122-exposing-monsanto-herbicide-linked-to-birth-defects-the-vitamin-a-connection

CORPORATE PROFITS, ANTIBIOTICS, AND SUPERBUGS

Thom Hartmann | Government Fails to Protect Americans From Superbug Epidemic

Thom Hartmann, EcoWatch, Reader Supported News, August 8, 2014. Hartmann reports: “Each year, Big Agriculture feeds millions and millions of pounds of antibiotics to factory farm animals, all to slightly increase their profits by plumping up their meat.”

READ MORE

ANIMAL RIGHTS, PROTECTION, FRIENDSHIPS

INTERSPECIES FRIENDSHIPS

I wrote Mona Dixon of AETN the following letter accompanied by VA #9

Thank you Mona. I am a long-time contributor to and watcher of AETN—music, science, mysteries, Moyers, Frontline. A specific program I’ll point to with appreciation are those teaching humans to understand and have compassion for other animals, esp. programs in which animals of different species become friends. The film about the 16 wild turkeys raised by Mr. Hutto was truly exceptional. One small criticism from my particular point of view—vegetarianism. You urge us to love and protect animals, but also to kill and eat them! (Recipe of the month.) Pay some attention to the consistent vegetarian view that walks its talk about loving animals?

Thanks, Dick Bennett

[No reply from Mona. And last week AETN presented another film on cross-species friendship—a man and a seal. Maybe that was her positive reply!]
For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extensions of the ...

Try to stop animal cruelty and abuse. You can make this world a better place.

Animal Legal Defense Fund

A Better World for Animals is at Your Fingertips! Posted by Jennifer Molidor, ALDF’s Staff Writer on February 21, 2014. Today’s daily action for National Justice for ...

Towards a Better World that Honors Animals. Gandhi once said, “The greatness of a nation and its moral progress can be judged by the way its animals are .

Want to know more?

Send an email to info (at) assisianimals.org
Towards a Better World

The time will come when men such as I will look upon the murder of animals as now they look upon the murder of men.

—Leonardo da Vinci, 1452-1519

Towards a Better World that Honors Animals

Gandhi once said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.” His words speak to a deep truth about humans and our animal brethren – the quality of the relationship mirrors where we are in our collective evolution.

By virtue of superior tools, humans now have an unprecedented level of power in relationship to other animals. What we choose to do with this power reflects how far we’ve grown in compassion and wisdom. Abuse or domination of animals reflects (and reinforces) our own wounds, splits, and disease, whereas loving respect of animals encourages our integration and health.

When we practice communicating with animals, we begin to cultivate a different kind of relationship, one based on honoring their sovereignty, intelligence, and capacity to feel and think. We move beyond being masters of animals into the more enduring joy that is born of communion. And we also shift our worldview towards a deeper appreciation of the inner life of our fellow travelers on planet earth.

Over time, the practice of animal communication can deepen into a love that encompasses all of the inhabitants of our planet. It is this kind of love – a compassionate concern for the whole – that is the ultimate solution to our ecological, political, and spiritual crises. Communicating with animals is thus a practice that contributes to the evolution of human civilization, as well as creating a richer experience of life for each of us that undertake the journey. The better world towards which we are all striving will be one in which humans and animals have a relationship built upon respect and honoring.
Non-human animals have abilities that have often atrophied in humans, which can lead our animal companions to have a healing influence on us. Humans, by virtue of the environments we create, can provide an opportunity for animals to move beyond survival-level challenges and experience a more fully supportive existence. In this way, humans and non-human animals can establish a mutually enriching relationship that moves our world towards greater integration, health, and wholeness.

Site: DesignbyKarl ©2014

* The Assisi International Animal Institute has Federal and State non-profit tax exempt status. *

INTERSPECIES FRIENDSHIPS, GOOGLE SEARCH PAGE ONE, AUGUST 12, 2014

1. Images for animal human friendships Report images

More images for animal human friendships

2. Wild Cute Animals Making Human Friends Compilation ...

► 2:47 ► 2:47

www.youtube.com/watch?v=L9-bXf8CEWM

Apr 11, 2014 - Uploaded by mihaifrancu

Wild Animals | Animals | Cute Animals | Animals And Humans | Friends | Human | Wild Animals And Human ...

3. Friendship of wild animals and a human - YouTube

► 1:33 ► 1:33

www.youtube.com/watch?v=uKq6S_EroAU

Apr 7, 2013 - Uploaded by BetterWorldForAnimal
Friendship of wild animals and a human. Better World For Animals ...
22 minutes of the strongest ...

4. Man's best friends: 11 animals who saved humans - today ...
www.today.com/.../pet-saviors-animals-who-saved-hum...

The Today Show

For many of us, the animals in our lives are faithful pals who make us laugh, keep us ... Here are 11 outstanding examples of animals who saved humans.

5. 13 Animal Friendships Sure To Melt Your Heart - Neatorama
www.neatorama.com/.../13-animal-friendships-sure-to-melt-your-heart/

by Jill Harness - Feb 4, 2011 - What is it about interspecies animal friendships that make humans so infatuated? Is it the unlikelihood of the partnerships or the simple ...

6. Top 10 Unusual Animal Friendships - Listverse
listverse.com/2012/11/23/top-10-unusual-animal-friendships/

Nov 23, 2012 - Competition between animals drives evolution, and will never be removed... ... 10 Amazing Extremes Of Our Solar System. August 11, 2014 f Humans... Here are ten of the most surprising interspecies animal friendships. 10.

7. [PDF]

Animals as Friends - DigitalCommons@CalPoly
digitalcommons.calpoly.edu/cgi/viewcontent.cgi?article=1107...bts

by C Townley - ý2010 - ýCited by 1 - ýRelated articles

friendship can include (other than human) animals more easily than others. I present an argument in favour of characterising some animal-human connections.

o Animal Friends Humane Society w.animalfriendshs.org/
Newsletter recipients are the first to know about our events, recent happenings and stories about families finding their new best friends. Email: Hills Pet. Pepsi.

8. **15 Sweet Animal/Human Friendships** - BuzzFeed


Sep 11, 2012 - Dogs are man’s best friend, but we can be BFFs with other animals, too. These adorable human/animal pairs prove that friendship comes in...

9. **Friendship between humans and animals?** - Yahoo Answers


Jan 17, 2013 - Dogs definitely do share emotions both with their owners and their other canine or feline companions in the home. You have I’m sure seen the many ...

10. **15 Unusual Animal Friendships That Will Melt Your Heart**...


Jan 9, 2014 - Why did these animals form their friendships? ... for us all - be we beast or human - just open your heart and close your eyes - and feel it flow in.

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Searches related to animal human friendships

animal friends humane society

animal friends connection humane

animal friends humane

animal friends humane society+pgh

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**ANIMALS AND CLIMATE CHANGE**

**ANIMALS AND CLIMATE CHANGE, GOOGLE SEARCH PAGE ONE, AUGUST 12, 2014**
1. 7 Species Hit Hard by Climate Change—Including One That's
news.nationalgeographic.com/.../2014/.../14...

National Geographic Society

Climate change has already brought “widespread and consequential” impacts, a new report ... Published March 31, 2014. Climate change is doing “widespread and consequential” harm to animals and plants, which are struggling to adapt to ...

2. Tropical Fish Cause Trouble as Climate Change Drives Them
news.nationalgeographic.com/.../2014/.../14...

National Geographic Society

Jul 25, 2014 - Climate change drives sea creatures toward the Poles and into conflict with ... not only on native plants and animals, but also on commercial fisheries. ..... for ice lingering on Great Lakes into July of 2014 and greatest extant of ...

3. Climate change: the effects on ocean animals
www.neaq.org/.../climate_change/effects_on_oc...

New England Aquarium

Climate Change and Ocean Animals; Climate Change in New England · Climate Change 101 · Live blue: ... But sea ice is decreasing throughout their Arctic range due to climate change. ...... Sydney Morning Herald 2014-08-11T09:00-05:00.

4. Animal Agriculture & Climate Change : Humane Society ...
www.hsi.org/issues/climate_change/

Raising enormous numbers of land animals for food–67.5 billion globally in 2008–causes significant emissions of ... HSI works to address climate change and other issues related to the environment and animal agriculture. ... May 19, 2014 ...

5. Happy Endangered Species Day! Here Are 5 Animals At ...
thinkprogress.org/climate/2014/.../endangered-species-day...
ThinkProgress

Here Are 5 Animals At Risk Of Extinction From Climate Change. by Emily Atkin Posted on May 16, 2014 at 1:43 pm. facebook icon 2,985Share This twitter icon ...

6. Humans, Not Climate Change, To Blame For Ice Age Animal ...
www.iflscience.com/...animals/humans-not-climate-change-blame-ice-ag...


7. Climate change: Animals struggle for survival in California ...
www.desertsun.com/story/.../2014/.../climate-change...animals/10035779...

Jun 8, 2014 - Scorched Earth: How Climate Change is Altering the Deserts of the Southwest ... by climate change are posing new threats for desert animals in the ...... during a research outing at Joshua Tree National Park on April 13, 2014.

8. Scientists Race to Develop Farm Animals to Survive Climate ...
www.infowars.com/scientists-race-to-develop-farm-animals-to...

Alex Jones

Scientists Race to Develop Farm Animals to Survive Climate Change. Share on Facebook 0 Tweet about this on ... May 4, 2014. Naked Neck chickens / Photo: ...

9. Climate Change Animals - Huffington Post
www.huffingtonpost.com/.../climate-change-animals...

The Huffington Post

The Huffington Post | Cate Matthews | Posted 02.14.2014 | Green ... If nothing else gets you antsy about climate change, the prospect of animals getting hot and ...
Defenders of Wildlife

Climate change occurs as increased amounts of gases in the atmosphere allow the sun’s light to reach the ... and flowering plants that other animals depend on, like the critically endangered Sonoran pronghorn. ... July 17, 2014 | 9.17 AM.

ENDANGERED SPECIES DAY IS EVERY DAY

“On May 16, 2014 the U.S. Fish and Wildlife Service will observe Endangered Species Day in order to recognize the national conservation effort to protect our ...
Contents Vegetarian Action Newsletter #9, July 9, 2014

Nutrition, Health

Environmental Importance of Vegetarianism: Don’t Eat Meat
    Abel Tomlinson, Boycott Monsanto and Tyson

Animal Rights and Protection

Earthlings Film

Rod Kuipers, Operation Bite Back

Wayne Pacelle, HSUS, The Bond

Friedrich Fustian, Humane Treatment of Food Animals

Warming, Climate Change, Meat, Forests, Population

Grazing Animals vs. Forests

NASA, Climate Effects on Food Supply

Weisman, Countdown on Exponential Population Growth

END VEGETARIAN ACTION NEWSLETTER #10

The following numbers were somehow corrupted with Greek-looking letters, so I copied and pasted #9 to #1 from another file that looked straight.

Sent to marc, blog, Veg Pot

OMNI

VEGETARIAN ACTION NEWSLETTER #9, JULY 9, 2014.
What’s at stake: “While human population quadrupled over the past hundred years, [Bernstein] calculates that our consumption of resources…increased by a factor of seventeen. This gorging at the planetary buffet has been enjoyed by a comparative few, and at the expense of many. An unequal distribution of goods, which caused woes and wars even in biblical times, has never been so skewed as today.” Alan Weinstein, Countdown

OMNI Newsletters

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

Index:

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


Nos. 4-8 at end

Contents Vegetarian Action Newsletter #9, July 9, 2014

Nutrition, Health

Environmental Importance of Vegetarianism: Don’t Eat Meat

Abel Tomlinson, Boycott Monsanto and Tyson
Greetings Everyone!

We are gathered here today because we know something is very wrong with Monsanto. And let’s be clear: Monsanto is no agricultural company, at its heart it is a petrochemical corporation. But is that the only reason we are here?

Will a diatribe against Monsanto be productive enough? Will banning GMOs and even revoking Monsanto’s corporate charter be enough, if that is possible? There is so much more wrong with our entire industrial agriculture system. There are many corporations involved in GMO and toxic pesticide manufacturing, including Syngenta, Bayer,
Cargill, Dow, Dupont and many others, all causing disease in our bodies and environment.

If Monsanto was gone, like a hydra you cut its head off, and many other similar corporations would take its place. If all GMOs were banned today, we are still left with an agriculture system that uses millions of tons of toxic pesticides that have been proven to be biologically more dangerous to humans and other organisms than GMOs have yet proven to be.

Don’t get me wrong. I want to see GMO seeds and Monsanto disappear as much as you, but we need more than just that.

We all know the history of Monsanto manufacturing toxic substances including PCBs, dioxin, DDT and bovine growth hormone. We know the history of Monsanto making Agent Orange for our military to defoliate the rainforest of Vietnam, and those people are still suffering its legacy of cancer and birth defects today. Like many corporations, Monsanto has a very dirty history.

Having studied agriculture, molecular genetics and biotechnology for six years at the UA, I have an intimate relationship with GMOs. I actually engaged in creating Genetically Modified bacteria for a PhD in plant pathology. Thankfully, I quit half way into it. If I had completed it, I could be making a lot more money right now working for Monsanto as some of my peers did.

However, my concerns with corporate power, corruption and war compelled me to quit. I’m sure I am happier now than I would be working in the laboratories of what many consider “the most evil corporation on the planet”.

Since most of you know the details of Monsanto’s dangers and I would be preaching to the choir, I would like to shift gears and dig deeper.

Monsanto is one among many corporations involved in an unsustainable and suicidal industrial agriculture system. They are a great poster child of a corrupt food system. However, the Tyson corporation right here in Springdale, Arkansas is equal, and all these corporations are tightly interwoven like a natty dreadlock soaked in petrochemicals.
In fact, in terms of environmental destruction Tyson is likely far worse. Tyson is the largest producer of factory farmed meat in the world. Scientific studies have shown that meat production as it is done cause more global warming pollution than the entire transportation sector. This includes not only the horrific factory farms, but also the fact that a leading cause of rainforest deforestation is beef production. 200,000 acres of the most biodiverse terrestrial ecosystem in the world are destroyed each day, and 70 percent of that land is used for grazing cattle or to grow soybeans for factory farms. Moreover, over half of the water used in the US is for beef production.

Millions of gallons of oil are burned annually to plow fields, plant seeds, distribute petrochemical fertilizer and pesticides, harvest and process crops, transport the grain, and then feed it to cows, pigs and chickens in disgusting factory farms, and then to slaughter the animals, and transport meat packages of unknown origin to grocery stores and fast food chains. Millions of gallons of water are used to grow these crops, often unsustainably drawn from depleting aquifers. Millions of tons of chemical fertilizer and pesticide are placed in our fields, streams and rivers.

When Lewis & Clark explored the rivers of our nation, they noted that the rivers teemed with fish. Due to extensive fertilizer and animal feces runoff, our rivers face algal blooms and become hypoxic as the oxygen is sucked from the water. They are increasingly lifeless. In fact, there is now a deadzone at the gulf of the Mississippi that is nearly 10,000 square miles.

We grow millions of tons of grain each year and feed over half of it to animals in factory farms, and it takes somewhere around 16 pounds of grain to make 1 pound of beef, which is a 90% inefficient loss of usable protein. There are around a one billion chronically malnourished or starving people in the world and if the grain we feed to factory farmed animals was fed directly to humans it would feed that many and more.

So, how are Monsanto and Tyson in bed together you may ask? Well...65 percent of Genetically modified grains are fed to the over 50 billion cows, pigs and chickens in factory farms. So when we talk of boycotting Monsanto...buying less processed foods that contain corn syrup and soybean oil is helpful, but meat is the elephant in
the room. Over 300 million acres of US land is planted for food and half of it is planted in corn and soybeans, and 85% of corn and 95% of soy is now genetically modified, and as previously mentioned 65% of that is fed to animals in factory farms, and the other largest segment is used for pointless biofuels. Only 2% of the corn we grow is actually consumed by humans.

90 percent of American meat is factory farmed and most are fed GMO corn & soy, so boycotting unlabeled meat of unknown origin, is the single most powerful thing you can do to undercut the Monsanto corporation, and Tyson all in one fell swoop. This is also the single most powerful thing we can do to help the environment in countless ways, not to mention the ethical treatment of animals. If you want to see the reality of factory farming please watch “Meet your Meat” on youtube and other videos available they don’t want you to see. The industry acts like the horrors in conditions and cruel treatment by humans is an exception, but I assure you that is a lie. This is the norm, and that is why they very actively try to prevent such sunlight from entering their meat gulags.

The point is virtually all unlabelled meat at grocery stores and fast food chains is factory farmed and fed GMO corn and soy, so if you really oppose Monsanto & GMOs and support the environment, don’t buy it. Very simple. And the same goes for products with corn syrup and soybean oil. It is virtually all genetically modified.

In terms of political action, protests like this are wonderful to raise consciousness and stimulate thought and debate. After this event, it is our duty to continue productive discussions with friends and family whenever possible. Cultural enlightenment is the most fundamental shift needed on this issue and every other.

A better agricultural system is possible. I have to believe this because I have a daughter, and refuse to give in to despair. The system is unsustainable in countless ways. With unsustainable systems, they are doomed to collapse or evolve. Please join me in working toward an evolutionary, sustainable food system and a government not controlled by massive corporations that care only for profit.

A healthy environment and sustainable agriculture are true wealth, not GDP, growth, stock markets and billions of digital dollars in a bank computer. If we destroy nature, the soil and water, we are
destroying the real economy, and destroying our species. It is our duty to our grandchildren to do whatever we can to protect the real economy. Nothing is more vital to human survival than sustainable food and water. The shareholders and CEOs of Monsanto and other corporations can’t see this through the mountains of money they make. As a Native American once said, “When the last tree is cut, the last fish is caught, and the last river is polluted; when to breathe the air is sickening, you will realize, too late, that wealth is not in bank accounts and that you can’t eat money.”

Everyone here knows what is going on and has many answers to these problems, but the challenge is for us to open the eyes of everyone around us. You may be amazed at how powerful you are. If you help awaken one person, then that person may awaken ten others, and those ten may awaken 100 others.

We are pebbles. Pebbles make ripples when thrown correctly. It is time to start skipping stones in the waters of the mind.

Thank you!

SPECIESISM, RIGHTS AND PROTECTION OF ANIMALS

Earthlings

EARTHLINGS is a feature length documentary about humanity’s absolute dependence on animals (for pets, food, clothing, entertainment, and scientific research) but also illustrates our complete disrespect for these so-called “non-human providers.” The film is narrated by Academy Award nominee Joaquin Phoenix (GLADIATOR) and features music by the critically acclaimed platinum artist Moby.

With an in-depth study into pet stores, puppy mills and animals shelters, as well as factory farms, the leather and fur trades, sports and entertainment industries, and finally the medical and scientific profession, EARTHLINGS uses hidden cameras and never
before seen footage to chronicle the day-to-day practices of some of the largest industries in the world, all of which rely entirely on animals for profit. Powerful, informative and thought-provoking, EARTHLINGS is by far the most comprehensive documentary ever produced on the correlation between nature, animals, and human economic interests. There are many worthy animal rights films available, but this one transcends the setting. EARTHLINGS cries to be seen. Highly recommended!

Streaming

Download

‘Operation Bite Back’ by Dean Kuipers

REV. BY DEANNE STILLMAN

PetsCrime, Law and JusticeColleges and UniversitiesDeathNatureCrime

Operation Bite Back: Rod Coronado’s War to Save American Wilderness by Dean Kuipers.


In Samuel Taylor Coleridge’s epic poem “The Rime of the Ancient Mariner,” a ship strays into uncharted waters and an albatross appears out of the mists, guiding it to safety. At first a savior, the albatross is soon blamed for the ship’s misfortune, and the mariner shoots it with his crossbow. A plague of terrors visits the crew, dice are thrown to determine the mariner’s fate, and he is finally cast ashore to wander the Earth, doomed to recount his deed to wayfarers along the path.

Over time, countless animals have died for our sins, our greed, our wants and our desires, and we bury the stories, for it is impossible to have them in our hearts. Every now and then, however, someone is cast forth to not just deliver the news but also to act on behalf of the wild ones. In recent years, our mariner has been Rod Coronado, whose story is told in the important, fascinating new book “Operation
Bite Back” by Dean Kuipers, a Times editor. Haunted by the fate of wild things endlessly pursued, trapped, farmed, flayed, caged and tormented for their pelts, their organs and their secrets, Coronado believed we were all culpable in the obliteration of animals if we did not intervene on their behalf. For him, that meant heading directly to the front lines of the war against what’s wild, freeing the four-leggeds and then returning under the guise of another persona to publicize the deeds -- a schizophrenic situation that led a friend to describe Coronado as the great fictional superhero, Superman.

The book follows Coronado along the warrior path, from whaling stations in Iceland through the punk scene in London (pivotal lyric of the era: “We say all sentient beings have the right to live, free from pain, torture, and suffering”) and animal prisons in remote pockets of the American West, where livings are made as lives are taken and the acts appear only on accounting logs. How can a man ask for God’s favor, Isaac Bashevis Singer wrote in his story “The Slaughterer,” when he destroys other creatures for profit? Ultimately, Singer’s character embraces all that “crawls and flies, breeds and swarms”; in another Singer story, a character suggests that, for some animals, life is an “eternal Treblinka.”

Coronado’s alliance with four-leggeds was forged when he first saw them in their natural state during family trips to the California wilderness as a child. Part Yaqui Indian, he was later drawn to books such as “Geronimo’s Story of His Life” and “Bury My Heart at Wounded Knee,” which led him into a deep kinship with his native brothers and sisters, one that would ultimately provide sanctuary and solace as his campaign to liberate animals escalated and he became a wanted man.

After a stint with Paul Watson’s Sea Shepherd Crew (now featured on Animal Planet’s “Whale Wars”), Coronado hit the road and spent a decade infiltrating the fur industry, venturing in and out of charnel houses where minks and foxes languished as they awaited their fate, apologizing to coyotes and other incarcerated animals he could not free as he and various accomplices made off with the caged, sleek-coated critters. Along the way, he destroyed documents and set fires and attracted many to the “green anarchism” of the Animal Liberation Front. His activities also led to a crackdown by law enforcement, which apparently included the dissemination of misinformation (for
instance, the announcement in a leaflet that he was “armed”) and byzantine post- 9/11 laws that have elevated vandalism to terrorism (to the dismay of various jurists). As Kuipers notes, the new laws could even result in the author himself getting into trouble for talking about some of the charges against Coronado, who recently finished a one-year sentence related to his answering a question about making an incendiary device during a 2003 speech in San Diego.

And yet, Coronado himself has had a change of heart, one that has involved the full spectrum of his Native American experience, from an early vision quest in sacred Lakota territory to more recent journeys on the Yaqui reservation in Arizona. While he was a fugitive during the 1990s, he issued a statement offering himself in an exchange for “grizzly bears held hostage as experimental subjects” by a particular university and asking for the suspension of tax-funded research on mink, coyotes and otters at other colleges. The sign-off on that letter was: “In the spirit of Crazy Horse.” But three years ago, while serving time for freeing a mountain lion from a leg trap, Coronado sent another letter to friends and supporters. By then, he was married and had a son. The letter contained no language of retribution or anger. Rather, he renounced direct action, writing that violence begets violence and that that was not a lesson he wanted to pass on -- an echo of the old mariner, unexpectedly channeled in modern times by Iron Maiden who sang that “we must love all things that God made” -- an awesome ring tone, if ever there was one (and there is).

Still there comes disturbing news: A fur craze in China has led to a wave of cruel bobcat trappings in the West, wild horses in government corrals were recently shot and killed by persons unknown, and canned hunts continue across the land. As Kuipers notes, it was almost as if Coronado were asking to be relieved of his burden when he wrote that letter. But now, thanks to this book -- a significant chronicle of our time -- the bloody tale has been passed on to the ages, and perhaps one man’s heavy heart can be lightened, even if our war against what’s wild goes on.

Stillman’s latest book is “Mustang: The Saga of the Wild Horse in the American West,” now in paperback.

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Wayne Pacelle

From Wikipedia, the free encyclopedia

External images

[1]

Wayne Pacelle

Wayne Pacelle at a book signing event, Ann Arbor, Michigan

Born August 4, 1965 (age 48)
New Haven, Connecticut

Nationality American

Education B.A. (History and Studies in the Environment), 1987
Alma mater Yale University

Known for President of the Humane Society of the United States

Notable work(s) The Bond: Our Kinship with Animals, Our Call to Defend Them

Predecessor Paul Irwin

Movement Animal Protection

Opponent(s) Center for Consumer Freedom

Spouse(s) • Kirsten Rosenberg (divorced)
Lisa Fletcher: 2013-present

Website
Wayne Pacelle (born August 4, 1965[1]) is the President and Chief Executive Officer (CEO) of the Humane Society of the United States (HSUS), the nation’s largest animal advocacy organization,[2] with nearly 10 million members as of 2006.[3] Pacelle took office June 1, 2004, after serving for nearly 10 years as the organization’s chief lobbyist and spokesperson. Since becoming CEO, he has substantially expanded the organization’s membership base and its influence on public policy.[2]

Contents

[hide]

Career with the Humane Society of the United States[edit]

Since he joined the HSUS in 1994, Pacelle has played a role in the passage of more than 15 federal statutes to protect animals, including laws to ban the sale of videos depicting animal cruelty (1999), protect great apes in their native habitats (2000), halt interstate transport of fighting animals (2002), halt commerce in big cats for the pet trade (2003), and require government agencies to include pets in disaster planning (2006). Pacelle has testified before U.S. House and Senate committees on animal protection issues, including farm animal welfare, “canned hunting”, funding for the Animal Welfare Act and other programs, trophy hunting of threatened and endangered species, cockfighting and dogfighting, puppy mills, the exotic pet trade, bear baiting, and chronic wasting disease. In addition, he has successfully advocated for a number of amendments to end federal subsidies for programs that harm animals, including one involving the mink industry.[6][7]

Pacelle has been associated with 26 successful statewide ballot measure initiatives to protect animals, including measures to prohibit cockfighting, prohibit mourning dove hunting, restrict steel traps and certain poisons, and ban inhumane factory farming methods. [8] He has also been instrumental in the passage of numerous state laws dealing with animal protection. In addition, he has been vocal in criticizing individuals and groups who resort to intimidation, vandalism, or violence in pursuit of animal protection goals.[7]
Pacelle is a cofounder of the Humane Society Legislative Fund (HSLF), a 501(c)(4) social welfare organization that lobbies for animal welfare legislation and works to elect humane-minded candidates to public office. He also cofounded Humane USA, a strictly nonpartisan political action committee (PAC) that supports candidates of any political party based on their support for animal protection. These two organizations have helped to defeat hostile anti-animal lawmakers in Congress, including Rep. Chris John of Louisiana (2004), Rep. Richard Pombo of California (2006), and Senator Conrad Burns of Montana (2006).[9]

Under Pacelle’s direction, the HSUS has secured the adoption of “cage-free” egg-purchasing policies by several hundred universities and corporations;[10] the exposure of an international trophy hunting scam;[11] successful congressional votes and litigation to end horse slaughter; and an agreement from the United States Department of Agriculture to begin enforcement of federal laws concerning the transportation of farm animals. In addition, the HSUS’s campaign to stop the killing of seal pups in Canada secured pledges to boycott Canadian seafood from more than 1,000 restaurants and grocery stores and 300,000 individuals.

Animal cruelty

In early 2008, the HSUS’s investigation of cruelty to animals at the Hallmark/Westland Meat Packing Company sparked the largest beef recall in American history and congressional calls for reform of the slaughterhouse inspection system.[12] In late February, 2008, Pacelle testified on the downer cow issue before a subcommittee of the Senate Agriculture Committee on a panel with USDA Secretary Edward Schafer.[13]

Successes

Two November 2006 ballot initiatives conducted with HSUS’s support outlawed dove hunting in Michigan and abusive farming practices in Arizona. In January, 2007, several months after passage of the Arizona ballot measure, Smithfield Foods, the largest pork producer in the world, announced that it would phase out the use of gestation crates that immobilize pregnant sows through confinement.[14] During the same month, Maple Leaf Foods, Canada’s largest pork producer, did the same. The Strauss Veal company, whose CEO commented that veal crates were “inhumane and archaic”[15] also followed suit.
Corporate combinations

The HSUS has experienced major growth since 2004, primarily as a result of corporate combinations Pacelle forged with The Fund for Animals in 2005 and the Doris Day Animal League in 2006. During the first 30 months of Pacelle’s tenure, overall revenues and expenditures grew by more than 50 percent. HSUS’s annual budget for 2006 was $103 million. The organization has nearly 10 million members and constituents.[3]

Recognition[edit]


Publications[edit]

The Bond

Published in April 2011, Pacelle’s book The Bond: Our Kinship with Animals, Our Call to Defend Them is an exploration of mankind’s bond with animals, and a call to respond to the needs of at-risk animals. Jane Goodall says of this book, “If the animals knew about this book, they would, without doubt, confer on Wayne Pacelle, their highest honor.” The book debuted at #11 on The New York Times, #8 on the Los Angeles Times, and #8 on The Washington Post best-seller lists.

In addition to The Bond, Pacelle has contributed to the following publications:


See also[edit]

- List of animal rights activists
- List of vegans

References

COMMENTARY ON

Symposium on Food Animal Well-Being

At University of Arkansas, July 2014. By Friedrich Fustian, Professor of Food Animal Protection, University of Bloden

An important corollary to this conference is the way it enables us to understand the basic humaneness of the Nazi Jewish extermination program. At first, Jews, for example, were rounded up and machine-gunned or gassed in enclosed trucks parked in woods by the truck’s own carbon monoxide. But these were crude methods. Too often individuals were only wounded by the guns, requiring searching through the bodies to shoot those still alive, and the carbon monoxide was too slow, and the screams were audible to residents nearby.

Both for efficiency, the psychology of the soldiers, and the least suffering of the pests (communists, socialists, other dissenters, gypsies, mentally and physically disabled, Jews) other methods were sought. Like the Center for Food Animal Well-Being, the SS (Schutzstaffel) developed objective measurements of wellbeing for all
involved, from the stress experienced by all, to efficiency, as the transportation of more and more Jews from their homes increased. Efficiency translated immediately and universally into the welfare for all involved.

Much progress was made during the first years of the program. But from the beginning more efficient methods were sought. Early on consultation with the German chemical conglomerate I. G. Farben, produced the pesticide Zyklon A, that released hydrogen cyanide, but soon a better pesticide, Zyklon B, was created to relieve the pressure of the endless cattle-train loads arriving night and day at the efficient, humane gas chambers at Auschwitz and other centers. We can speak with pride about the orderly use of the chambers to expedite the passing of over a million of these unnecessary, harmful pests.

One of the blind injustices after the war, by the way, was the execution by the British of the brilliant co-inventor of the pesticide Zyklon B, chemist and businessman Bruno Tesch. But Reichsführer of the Schutzstaffel (SS), Heinrich Himmler, recognized Tesch and all of the designers and planners with the Nazis' highest awards. Faculty at the University of Bloden were particularly distinguished for their development of better techniques of genetic studies, and the efficient and humane gathering, assembling, handling, and transporting.

Since the end of the war, of course, from Himmler to Tesch, participants in the struggle to develop humane ways of eliminating Europe’s pests have been treated as criminals. To the victor go the spoils. Had we, I mean if Germany had won the war the criminals would have been Churchill and Truman and all of the Bomber Command.

EATING MEAT AND CO2/WARMING

WARMING AND WORLD FOOD SUPPLY
This article makes the point that deforestation of land to provide grazing is a major factor in meat production. 24% of usable land on the planet is occupied by grazers. For every pound of central American hamburger produced, 55 square feet of rain forest is destroyed.

Does that justify industrialized meat production? 8 billion animals are killed each year just in the United States for food. Or is it an argument for vegetarianism? Not eating meat protects the forests and protects animals from the torture of industrialized production of meat. Dick

CLIMATE VS. FOOD

Socioeconomic Data and Applications Center (sedac)

A Data Center in NASA’s Earth Observing System Data and Information System (EOSDIS) — Hosted by CIESIN at Columbia University

Climate Effects on Food Supply
What is the mission of OMNI?

With the Quakers (the AFSC, FCNL) we seek:

- a world free of war and the threat of war,
- a society with equity and justice for all,
- a community where every person’s potential may be fulfilled,
- and an earth restored.

The Quakers and the entire peace, justice, and ecology movement, of which OMNI is a part, seek to create a better world. OMNI was created precisely because numerous social organizations existed in
NWA, but not one to promote world peace, both social and economic justice, human rights, and democracy, and to demote violence, cruelty, secrecy, and political repression, connecting the dots between local and global. Later (by 2006) we added the even more urgent problems arising from warming. OMNI was never perceived as a passive or lukewarm or entertaining undertaking. Plenty of organizations exist for that. Or turn on Prime Time.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>

Date: September 19, 2013, 5:36:29 AM CDT

After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

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See Thanksgiving Day Newsletter.

Recent Related OMNI Newsletters:

5-4 Kent State Killings Remembrance Day

4-18 Climate Change and Media
Big Dairy Is Putting Microscopic Pieces of Metal in Your Food

It turns out that if you break common substances like silver and nickel into really, really tiny particles—measured in nanometers, which are billionths of a meter—they behave in radically different ways.

According to the Project on Emerging Nanotechnologies, there are more than 1,600 nanotechnology-based consumer products on the market today, including 96 food items currently on US grocery shelves. Examples include brands of Greek yogurt, soy milk, and Kraft’s iconic American Cheese Singles. [READ MORE]
Chlorine in Your Chicken: Why Poultry Is More Dangerous Than Ever

Tracie McMillan, OnEarth.org

McMillan writes: “Usually she packed drumsticks, but whichever part of the bird she happened to be packing on a given shift, the smell was as constant as it was noxious: a combination of raw poultry and chlorine, the latter emanating from the pathogen-killing chemical bath that the carcasses—often contaminated with fecal matter—would receive during processing.”

READ MORE

REPLY TO ABEL’S TALK

good morning AT

Your talk May 24th during the recent March Against Monsanto rally here about the dangers of consuming meat from factory farm raised chickens (or pigs or beef) that this region has become internationally famous for was right on target. Local activists are raising some related environmental degradation issues as they battle to shut down the pig Concentrated Animal Feeding Operation (CAFO) in the watershed of the Buffalo River in Newton Co.

I would hope that this anti-CAFO effort can expand its educational focus to include the issue of how dangerously unhealthy the US model of animal meat production for human consumption is in addition to how completely inhumane this practice is to the animals.

A tall order I understand but by completing the picture it makes a more compelling argument for the disastrous consequences on so many fronts of following this Big Ag unsustainable profit driven model.

david d for Peoples’ Action for a Safe Environment (PASE)

RIGHTS OF ANIMALS
Bees

• Did Scientists Just Solve the Bee Collapse Mystery?
• Are Your Delicious, Healthy Almonds Killing Bees?

Sixty percent of the nation’s managed honeybees pollinate California’s almond harvest. And they’re getting doused with some gnarly chemicals.

• First We Fed Bees High-Fructose Corn Syrup, Now We’ve Given Them a Killer Virus?

Research sheds new light on the colony collapse whodunit.

• The EPA Moves to Save Bees from Pesticides—Sort Of
• "Promiscuous" Bees and Vanishing Insects Mean Less Food for Us

Two studies reveal how insects are having a harder time pollinating essential food crops.

Christian Debate Over Animal Well-Being

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Good News for Animals?

Christian Approaches to Animal Well-Being


Book Description: In Good News for Animals? fifteen men and women debate the ambiguous legacy of Christian approaches to animals and their well-being. The book is structured by four questions: What has been said about animals in the past? What is being said about animals today? How should Christians respond to current concerns about animals?

Contributors:

Carol Adams
John Berkman
Richard M. Clugston
John B. Cobb Jr.
Gary Comstock
George Frear
William French
Stanley Hauerwas
L. Shannon Jung
Norway’s Military Does ‘Meatless Mondays’ for the Climate

Liz Pleasant, News Report: The “Meatless Mondays” campaign was originally thought up to support the war effort during World War I, but now a modern army is using it to fight an even bigger battle—the one against climate change. Last fall, the Norwegian army announced their plan to join the campaign by preparing their soldiers (both at home and overseas) a meatless breakfast, lunch and dinner once a week. According to the UN, the livestock industry contributes almost 15 percent to the total greenhouse gas emissions caused by humans.

Christina Sarich, News Report, NationofChange, May 26, 2014: Not only are people around the world capable of growing nutrient-dense, nourishing food that will feed their communities, even if they live in an urban setting, but they can also do it with élan. Some of the most creative urban gardening projects around the globe can inspire us to create our own green space in the city, or add luster to a space that’s already underway which just needs a little oomph.

New Environmentalists Taking Bold Actions and Its Working

Kevin Zeese and Margaret Flowers, Op-Ed, NationofChange, May 26, 2014: No longer dominated by the traditional “Big Green” groups that were taking big donations from corporate polluters, the new environmental movement is broader, more assertive and more creative. With extreme energy extraction and climate change bearing down on the world, environmental justice advocates are taking bold actions to
stop extreme energy extraction and create new solutions to save the planet.

MAYBE ADD COMMENTS ON VEGET SOLUTIONS

Contact Your Congressional Delegation

See end of newsletter #6 for calling or writing the Arkansas delegation. What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming and its consequences. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas? --Dick]
Animal Rights

Christina Sarich, Humane Society and Others Oppose Tyson Factory Raised Pigs

Prof. Steven Best, Strong Advocate of Animal Rights, Google Search

Charles Carnosy, a Christian Perspective Offers Us a Consistent Ethic

Dr. David Katz, a Middle Position, a Vegetable Diet is Better for Health and Ethics

Warming, Climate Change

Nathan Fiala, Meat Production and Consumption Contributes to Global Warming,

Climate Change

PETA, Vegetarianism versus Climate Change

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies of Emissions: Meat vs. Other Causes

Contents #5 March 12, 2014 Animal Rights, Meat Production, Consumption and CO2, Warming, Climate Change

Mission of OMNI

Monbiot, Public Mobilization

Robert Neubecker, Linus the Vegetarian T-Rex
PROTECTING ANIMALS (for more compassionate action organizations or for
more information about them see earlier newsletters)

UUA First Principle Project
Action for Animals PETA
Animal Legal Defense Fund
In Defense of Animals
Best Friends Animal Society
Mercy for Animals
Physicians Committee for Responsible Medicine
Farm Sanctuary
Yeats and Felder on Complicity

Vegetarianism Against Increase of CO2 and Global Warming

Arkansas’ Congressional Representatives
Vegetarian Newsletters Nos. 1-4

Contents Vegetarian Newsletter #6 April 9, 2014

NUTRITION

Twisting “Natural”

DIVERSE HARMs FROM EATING MEAT AND RESISTANCE TO CRUELTY

Center for Bio-Diversity: “Take Extinction Off Your Plate”

Welfare and Rights of Farm Animals, Cruelty to Animals

Conversation Between David and Kyle on Eating Pork
Rick, Visitor at March VP: Vegan Outreach, Oppose Cruelty.org, Pamphlet

“Compassionate Choices”
Bernard Rollin, Farm Animal Welfare
Benson and Rollin, eds., The Well-Being of Farm Animals

VEGETARIANISM AN IMPORTANT CHOICE AGAINST CO2 WARMING

Contents of Vegetarian Action #7
Will Anderson, Article, Book
Will Anderson, This Is Hope: Green Vegans and the New Human Ecology
Melanie Joy, Why We Eat Some Animals, and Not Others
“Twas the Night Before Thanksgiving,” a Book for Children
North American Vegetarian Society Magazine, Vegetarian Voice

END VEGETARIAN ACTION NEWSLETTER #8
Hey guys, let's share some food this week!

Date: Wednesday, May 12, 2014

Time: 6:30 to 8

Location: OMNI Center Bennett House

Bring your wonderful self, delicious (vegetarian) food, friends, etc. Can't wait to see you there!!

Kristin Klemm

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This Is Hope compares the outcomes of two human ecologies; one is tragic, the other full of promise. See below.

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Index:

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Nos. 4-6 at end

Will Anderson, This Is Hope: Green Vegans and the New Human Ecology

Melanie Joy, Why We Eat Some Animals, and Not Others

“Twas the Night Before Thanksgiving,” a Book for Children

North American Vegetarian Society Magazine, Vegetarian Voice

WILL ANDERSON, “VEGAN HUMAN ECOLOGY,” VEGETARIAN VOICE (SPRING 2014). “Veganism is about more than what we choose to eat. It is a value system based on empathy, nonviolence, compassion, justice, as well as self-interest.”

EARTH BOOKS: ENVIRONMENT

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This Is Hope: Green Vegans and the New Human Ecology


Will Anderson

THE FOLLOWING IS BY THE AUTHOR VIA AMAZON

Though categorized as Ecology/Environment, “This Is Hope” is a crossover book for self-identified environmentalists, species rights advocates, vegans and vegetarians, those dedicated to true sustainability, fish and wildlife “management” professionals, students of deep ecology, and those who want to know the biocentric story behind our dietary, consumer, and reproductive choices.

The issues most important to us converge at our human ecology. Our human ecology consists of our relationships with and between other people, other species, our institutions, and the physical environment -- between us and our external environment. Because of its comprehensive consideration of these relationships to all else, an examination of our human ecology reveals how multiple issues are connected--issues that advocates from diverse causes care about deeply.

In “This is Hope”, I compare the outcomes of two human ecologies; one is tragic, the other is full of promise. I describe in depth our current human ecology to illustrate how we are living inappropriately, cruelly, and unsustainably. It is obsolete and has been for a long time. Our current human ecology is the cause of our overpopulation, our overconsumption of resources, the poverty of ecosystems and people, and our disregard for the rights of individuals from other species. I propose the new human ecology to replace it.

The new human ecology is characterized by Seven Results that we create the moment we change our personal behaviors. The Results include reduced human populations, increased possibilities for social
and economic justice, and a vegan human ecology. Building on deep ecology, the topics I consider include our impacts on ecosystems; species rights as a concept that is essential to environmental advocates; fish and wildlife management and how it cannot stop the loss of biodiversity in the presence of our current human ecology; carnism; human overpopulation; the poverty found in social and economic injustice; and the environmental communities’ misguided reliance on the omnivore movement.

I examine Michael Pollan’s Omnivore’s Dilemma among other works and popular media’s distorted portrayal of veganism. I critique his misuse of biological terms, describe how he misleads readers in his accounting of philosophers associated with animal rights, and describe the flaws in his methodology that led him to dismiss vegans as misguided urbanites.

Over a span of three decades, I managed campaigns for species rights and environmental organizations. We operated without the overarching context we needed to make the connections between those and other issues that pulled at my heart. Environmentalists seemed unaware that there is immense suffering in ecosystem destruction. Animal rightists ignored the innate value of all species and too often chose sentience as the ultimate test for responding to issues. They failed to acknowledge the dependence of the sentient upon the nonsentient and their ecosystems. During and since then I wrote “This Is Hope: Green Vegans and The New Human Ecology / How We Will Find Our Way to a Humane and Environmentally Sane Future.”

For the first time, advocates from many fields will see that our human ecology is the context they have been seeking to further their successes. Above all, I explain why all of these issues are connected by a common thread—our human ecology. Because of the depth and breadth of the subject matter, I substantiate my work with several hundred citations from the scientific and reliable popular literature.
This is Hope compares the outcomes of two human ecologies: one is tragic, the other is full of promise. As Will explains in his Introduction, ‘Our human ecology is the expression of everything we do and is represented by every interaction we have on earth…it consists of the multitude of relationships we have with other people, other species, and our physical environment’. He describes our current human ecology in depth to illustrate how we are living inappropriately, cruelly, and unsustainably. This is obsolete and has been for a long time; it is the cause of our overpopulation, our overconsumption of resources, the poverty of ecosystems and people, and our disregard for the rights of individuals from other species. This is Hope proposes a new human ecology to replace it.

REVIEWS & ENDORSEMENTS

• In my environmentally-focused Sociology department and in my graduate classes, I was very disappointed at how Nonhuman Animals were either objectified or ignored altogether in the green discourse. For the first time, we have a comprehensive piece where Nonhuman Animals are included in the discussion as meaningful participants, victims, communities, and individuals. Other work touches on the inclusion of Nonhuman Animals, but this book acts a sort of environmentally-themed version of Singer’s Animal Liberation. Anderson argues that environmentalism makes no sense so long as we encourage and protect violence against Nonhuman Animals: “We are not environmentalists if our vision and effort allow continued ecosystem collapses, extinctions, untold suffering, and unsustainability to continue” (172). Most environmental literature speaks of Nonhuman Animals, not as individuals, but as a “species.” When the individual is lost from consideration, any number of injustices can be enacted upon individuals in the name of species “conservation,” like “hunting” and “wildlife management.” We learn how hunting artificially removes individuals from the environment, thus tampering with evolution as genes are eliminated from populations in ways that would not otherwise occur naturally (as happens when hunters go for males and animals with the largest tusks or antlers). We see how humans intentionally create fragile ecosystems that ultimately
require human management. The projects of “humane washing” and “green washing” emerge to justify this management and continued exploitation, ignoring the ethical and logical vegan solution. Anderson’s book offers an extensive overview of how Nonhuman Animals, both domesticated and free-living, are impacted by human activity. In many ways, it offers a rather sociological view of how Nonhuman Animals are otherized. There is a discussion of how nature and the human/nonhuman divide are socially constructed by humans. His approach is personal, often sharing his interactions with various Nonhuman Animal communities, environmental groups and agencies, and his travels across the world. We learn how Nonhuman Animals matter, with a variety of anecdotal stories, case studies, research reviews, and a discussion of sentience. He discusses the complexities involved with navigating violence against Nonhuman Animals among indigenous populations. There is also a discussion of the complexities of human and nonhuman oppression. Poverty, ecocide, misogyny, speciesism and other oppressions, he insists, are all interrelated. Anderson presents a case for “neo-predation,” that is, human predation on Nonhuman Animals is exacerbated because it is based on our increasing population and our increasing consumption. In simply taking up space, creating noise pollution, laying roads and road barriers, and introducing invasive species (like cows and crops), we inflict unimaginable damage. However, important barriers to creating a vegan ecology exist. For one, environmentalists are wary to adopt veganism for fear of appearing too sentimental (a problem with many “feminized” social movements striving for social change under a patriarchy). The Non-Profit Industrial Complex also seems to be at work, as professionalized, funding-dependent NGOs dominate the arena and stifle radical discourse: Environmentalists and other advocates should lead and inspire our journey out of the current human ecology and into the humane and sustainable new human ecology. Instead, they are not telling us the entire story about what is required for our biological and moral survival. (179) Anderson explains that differing cultural beliefs on the environment and Nonhuman Animals mean we have no agreed upon goals, which makes collaboration difficult. This is aggravated by the hyperfocus on membership and financial support in the professionalized organizations. Hunters, being important funders, enjoy protected interests and silenced anti-specieism discourse. Likewise, professionalized groups generally don’t want to associate with veganism to avoid seeming unreasonable. He also analyzes a wealth of counter-claimsmaking promulgated by “fur,” “fishing,” and
“wildlife management” industries. On that note, I did find it very strange to see a list of recommended Nonhuman Animal NGOs at the end of the book, given that Nonhuman Animal rights NGOs are just as guilty of selling out Nonhumans for fear of losing credibility and funding. The inclusion of Vegan Outreach was especially disturbing, given their strong stance against veganism! That said, at least four issues stood out to me as potentially problematic. First, the entire theory of the book rests on his case for “empathy.” When we are speaking of rights, “empathy” makes me nervous. I think we should be worried about creating a strong foundation for equality based on the logic of social justice. “Empathy” can often come off as condescending in a manner that upholds human superiority. For instance, we would not argue that women deserve rights because men should “empathize” with them, we would argue that women deserve rights because we recognize that as sentient beings, women deserve to be free of murder, rape, harassment, etc. Empathy is important in motivating concern, but I would hesitate to build a theory of social justice on wavering emotional states. Secondly, I am hugely deterred by the framing of violence against Nonhuman Animals as “carnism.” “Carnism” is a term coined by Dr. Melanie Joy, and in many ways, is a corruption of the more inclusive term, “speciesism.” Carnism refers specifically to consuming Nonhuman Animals for food, but a true vegan approach would recognize that it is much more than what we eat, it’s also using Nonhuman Animals for clothes, entertainment, etc. Speciesism encapsulates that. Secondly, even in the realm of food, carnism only refers to “flesh.” If you read between the lines in Joy’s writing, you can figure out that she really means to include birds’ eggs, cows’ milk, etc., but that is not made clear. I really think the entire “carnism” concept is distracting, confusing, and unnecessary. Third, Anderson also runs into problems with his focus on population. He often speaks of quelling the growth of human population in general, but it is developing countries where this is happening specifically. Population has largely stagnated or even declined in the West, where individuals have greater wealth and greater access to education and other social services. So, when we talk about reducing human population, we need to be careful about what groups of people we are talking about—it is usually the world’s poor and disadvantaged. These people are not the ones creating the massive amount of destruction and occupying all the space, that’s the privileged people living in the West. Many areas of high population growth are also areas where people live on a dollar a day and are
crammed into the highly confined spaces of ghettos and slums. Anderson acknowledges these social inequalities throughout the text, he just fails to do so in the context of population discussion. Population growth needs to be stopped and reversed, but he never explains exactly how that will be implemented. I fear the explanation will lie in targeting poor brown peoples, specifically vulnerable women. Relatedly, Anderson also suggests that people living in areas where food must be transported at high cost and where considerable energy must be invested into heating and cooling might consider moving. But, this is an option generally only available to the socially privileged. I’ve heard this same argument used for poor Americans of color living in food deserts, but simply moving is not a realistic solution. Indeed, the same problem arises when Anderson suggests that all populations of the world are “uniquely responsible” for the environmental crisis: “There are no exceptions” (303): Rich and poor, indefensible over-consumers and low-scale consumers, all are drawn into the fray because we each have our varying degrees of impact that require responses. (304) However, we know that the majority of the world’s human population is so incredibly impoverished, their responsibility lies in surviving to see tomorrow and putting food in their children’s mouths. Under such strained, day-to-day survivalist existence, I’m not sure how they couldn’t be excepted. Furthermore, it is the world’s privileged who have created these drastic inequalities to begin with. Anderson calls for us to adopt “humanity” as our primary identity, not nationality, ethnicity, or tribal identification. But, this position overlooks serious social and global hierarchies. White male Western capitalists have created this problem, not starving, illiterate villagers with dying children who are scraping to exist in the slums and countrysides of Africa, India, and China. I feel that when he speaks to how we are all “uniquely responsible,” he really means those of us with the privilege of taking responsibility: those of us who will not have to choose between eating or not eating, living or not living. Dismantling inequalities of this scale will require institutional change, which will first require an attitude shift. People living in these conditions don’t want to live in those conditions, it’s not their attitude we need to change, it’s our Western, individual, hyper-consumption colonialist attitude that needs to go. When we see education spread and wealth redistributed, I think there will be a much easier case for environmental stewardship. Overall, an incredibly sad read. It was distressing to read of suffering
individuals, diminishing communities, human arrogance, NGO corruption, political irrationality, etc. I will warn you, some of the stories are extremely graphic and traumatizing (like a detailed description of how coyotes react as they are murdered by poison, or how elk slowly meet their death in a disemboweled panic at the hands of bow “hunters”). But, the book is uplifting in that Anderson constantly reminds us that the solution is at our fingertips. Finally, a strong case is being made for veganism as the most important way of diminishing social inequality and suffering in human and nonhuman societies. Overall, I think this is a very powerful book that is appropriate for a curious public, nonvegan environmentalists, and college students. A very engaging read. ~ Corey Wrenn Blog, http://academicabolitionistvegan.blogspot.com/

- This is Hope: Green Vegans and the New Human Ecology is about how our relationship with the other beings on the planet determines the future of the planet itself, and about what has happened and will happen when that relationship is selfish and violent, as it is now. Author Will Anderson is a peaceful man, miraculously non-judgmental and hopeful considering his subject matter. In this intensively researched book, he clearly and inarguably reveals the harm that how we think and what we eat is doing to the planet that we all live on. Green Vegan is not a comfortable easy read, for several reasons: 1. This book introduces the unfamiliar concept of human ecology. This is nothing new, but it is a holistic framework that we’ve lost with the rise of a fragmented, technology dominated, materialistic and self-centered style of human existence. We’ve become alienated from the natural world which nourishes us – if we let it, or if it still can. No matter how inclined we are to agree with Will Anderson’s point of view – and I am very much inclined – it is still a mental challenge to grasp that everything that we do and think is responsible for everything else that happens everywhere on the planet – as an everyday reality, not just an abstraction. As Will Anderson says in his introduction, ‘Our current human ecology is characterized by a worldview that asserts we have dominion over all the Earth. It believes that Earth is here for our purposes and that all other species are below and inferior to us.’ Very few human beings don’t consciously or unconsciously share that point of view, no matter how otherwise enlightened they may be. Will Anderson’s Concise Definition of The New Human Ecology: “The new human ecology ... incorporates and expands upon deep ecology (which) recognizes that all species,
individuals of these species, and their ecosystems have intrinsic value. This is the biocentric perspective. Deep ecology is explicitly present throughout the new human ecology and missing from the current human ecology.” 2. Will Anderson tells in exhaustive, gut wrenching, well-documented detail what, when, and how we’re destroying the planet. That’s hard to take - like watching a train wreck in slow motion, knowing that you helped to cause it! Some of the topics that he covers: The carnist view and world hunger, man as mega-predator, the incomplete environmentalist, veganism as a new human ecological niche, systemic public corruption, cultural objections, blue and green washing, and finally, in the last chapter, his message of hope.

3. If you weren’t vegan before reading this book, it would be difficult not to feel that you should go vegan by the end of Chapter 19. Ironically, it’s the last chapter of the book, You Are the Hope, which fell short for me, and induced a feeling of unreality. Will Anderson says in Chapter 20: “My hope is that you are convinced to embrace the new human ecology and its Seven Results because of what you now know.” From the introduction: “Those results include reducing our population, increasing social and economic justice, reclaiming lands for restoring ecosystems to the extent possible, and establishing a sustainable vegan human ecology.” To my way of thinking, the only way to change how you think and act is to change your consciousness, which is the basis of thought and action. Green Vegans shows why a global change in consciousness is critical to our survival as a species, and the survival of the planet, but not how it might be accomplished on the scale that’s needed. However, it’s only fair to say that’s a task beyond the scope of this book. I am grateful to Will Anderson for illuminating the problems that we humans face, and for showing that widespread adoption of vegan diet is critical for saving the planet and all who inhabit it. My hope is that this book will inspire all those who read it to start forging a path in a new direction. My fear is that it may not get the readership it deserves. That’s why I recommend Green Vegans and The New Human Ecology as a Must Read! ~ Savvy Vegetarian Website, http://www.savvyvegetarian.com/articles/green-vegans-new-human-ecology.php

• As a vegetarian of more than 30 years, I did not think this book would offer much in the way of new ideas. I was wrong. This is a huge campaign of a book, packed with thought-provoking information that underlines yet again that mostly we do not make informed choices.
Most people do not realise the impact of their food choices or the far ranging effects of their consumerism generally. Courageous and compassionate author Will Anderson also got me thinking about how the most minute ecosystems are essential to the health of the whole. He describes how the disruption of the synchronicity of the food chain has disastrous ripple effects, causing serious consequences for the more impoverished human beings on the planet, those human beings who are actually competing with other species for food. The book explores the ecological and moral arguments for a new way of living that is strongly compelling. It is thoroughly researched and presented in an accessible format which would make fascinating reading for anyone who wants to make a difference. Chapter 20 is entitled “You are the Hope”, and certainly if we don’t take action, the planet will suffer, all creatures on the planet will suffer, and that includes us. Read this book and take action! ~ Interfaith Minister & Tutor, Rev Elaine Walker

• Useful reading with good documentation for environmentalists and species rights advocates as well as professionals who want to work on changes. ~ , Compendium Newsletter

• In this is a remarkable book, Will Anderson carefully, thoroughly makes an overwhelming case that the future of humanity hangs in the balance. And what will tip that balance one way or another will be whether or not humanity embraces a broad ethic of environmental responsibility and animal rights. Humans must radically alter their ecological footprint by reversing population growth, living sustainably with renewable resources, and minimizing pollution. Otherwise, we will degrade the environment to the point that the world will become essentially uninhabitable for us (as well as countless other species). At the same time, we must embrace animal rights. It won’t suffice for humans to ruthlessly exploit nonhumans while “conserving” enough animal, plant, mineral, and fossil fuel “resources” to satisfy human needs. In addition to being morally bankrupt, such an attitude inevitably devastates ecosystems and species populations. Only respectful attitudes towards the entire nonhuman world will preserve or regenerate natural ecosystems, which are essential for sustaining life as we know it. For example, if we allowed forests and grasslands that have been converted to croplands to grow back, they would sequester much of the excess carbon dioxide that currently warms our planet. Anderson thoughtfully considers many ethical dilemmas. Is it acceptable to kill members of prey species
because their populations have been altered by “predator control” programs? Anderson carefully considers all viewpoints and concludes that killing animals is an unacceptable solution to the problem. Should we respect the hunting traditions of indigenous people? Anderson rejects these policies as well, noting that we do not regard “tradition” as an acceptable excuse for slavery or female genital mutilation, and we should not accept it as an excuse for killing nonhumans either. Anderson calls for “green vegan” living, which entails more than abstinence from animal products. He sees veganism as an ideology that includes human population control and a hands-off approach to the natural world. Borrowing from the important work of Melanie Joy (Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism), Anderson contrasts the ideology of green vegans with that of carnism. The latter sees humans as special creations who are entitled to use and abuse nonhumans as humans please. Green veganism doesn’t call for a modest reform of modern living. Rather it calls for a comprehensive orientation toward compassion, concern, and sustainability. Anything less might slow the rate of humanity’s self-destruction but will not save our species, as well as the nonhuman world. Anderson hopes that humans, upon recognizing the necessity of green vegan living, will choose this lifestyle. Unfortunately, I see little evidence that more than a small fraction of the populace has embraced his call, even though it strikes me as obvious that there is a the growing ecological crisis. Indeed, I find it hard to understand why those who insist on maintaining a course that is self-destructive for humanity still have children. Perhaps we are dealing with the psychology of denial, akin to the attitude of people living at the base of an active volcano who choose to ignore the clear threat in their midst. In this case, humanity isn’t just denying the problem; it’s continually worsening the problem. It’s like fracking over the San Andres Fault. When there is no immediate danger, when change is slow, and when actions don’t have immediate, obvious impacts, it is difficult to encourage people to act, particularly when action means significant lifestyle changes. The challenge, it seems to me, is to find ways to make visible the growing ecological crisis – the “elephant in the room.” Otherwise, within 2-3 generations there won’t be elephants, other creatures, and perhaps humans, anywhere. This observation might encourage people to give up in despair, but I don’t think that is the Christian way. We are called to be faithful, and that means living as if our actions will meaningfully change the world. Indeed, that possibility exists,
This recent book by Will Anderson offers a devastating critique of the human impact on animals and the biosphere. Using careful arguments and references, the author leaves no room for half measures: we must rapidly wind down animal agriculture, hunting, fishing and all other unnecessary uses of animals. This will allow ecosystems to begin to recover from the downward spiral that has been caused by animal agriculture and human predation. This is an ambitious book spanning a number of topics. Although there is detailed discussion around preserving and restoring ecosystems, the author also emphasises the suffering that individual animals endure at the hands of humans, and asks us to develop more empathy for sentient beings. There is a consideration of traditional hunting cultures, so often given as an excuse by others not to embark on becoming vegan. There are many nuances to this issue that Anderson covers very well. The author also criticises international aid organisations for promoting livestock agriculture as a way out of poverty. Anderson is particularly critical of the boutique (locavore) animal farming movement, pointing out that it is steeped in green-washing, and what he calls “humane washing” – creating an impression of care for animals, whilst cruelty is at the heart of it all. People who are already vegan don’t get a free pass either – everyone must look deeply into their purchases to ensure they use resources wisely, are fair trade and cruelty free. It is argued that everyone is effectively a predator through the purchases we make and the space that we take up. We need to be aware of this and minimise the harm caused. In addition, there needs to be a global population decline. The author concludes with a hopeful prescription of 7 things that must necessarily develop in order for the planet to have a future. These are all things that individuals can implement in their daily lives, central to which is a vegan lifestyle. After all the bad news there is optimism for change. We get the impression that the world of the future will look very different from what it is now. The e-book version has hyperlinked end notes so that further reading can be undertaken if desired. There is a wealth of information in these references. I hope one day the book will be translated into other languages. ~ Canberra Vegans (nonprofit), website

In This Is Hope: Green Vegans and the New Human Ecology (Earth Books), author Will Anderson, founder of greenvegans.org, lays out
the hard numbers: 67 billion farm animals used to produce meat; 700 million people worldwide depending on farmed animals for much of their income; 1.5 planets’ worth of resources being used by humankind. He notes that “carnism” underlies an unsustainable reality that has led to exploiting land, polluting water and generating massive emissions and takes direct aim at celebrated food writer Michael Pollan whose book The Omnivore’s Dilemma Anderson argues does not go nearly far enough in identifying necessary changes. In The Omnivore’s Dillema, Pollan writes that domestication of farm animals “has allowed us and them to prosper together as we could never have prospered apart.” To this, Anderson responds with a litany of ways that humans have mistreated these animals—cows with huge udders; turkeys with oversized breasts that are unable to walk; butchered calves. It’s a grim picture, and one that is not remedied, in Anderson’s view, by the small-scale farm operations so often championed by environmentalists. The truth, he writes, can again be found in the numbers—26% of Earth’s arable land used for grazing and a third of all arable land used for feed crop production. It’s a staggering amount of lost habitat for the farm animals Anderson calls “an invasive species.” Pollan may argue that people are animals and eating other animals is natural, but Anderson counters that “A new era is unfolding...I am vegan because of what I have seen and experienced with ecosystems and other species...” In This Is Hope, Anderson ties true environmentalism to veganism. His words may be hard for meat eaters to read, but he makes it clear they have never been more necessary. ~ Brita Belli, editor, E Magazine (the environmental magazine)

• Self-interest and empathy for other species, then, are entwined, and Anderson appeals to the reader on both the practical and the emotional level. Although humans are fond of the illusion that their lives, habits, governments and societies are rational, it is actually on the emotional level that events are decided, and Will Anderson is not afraid to appeal to our emotions. In the end, he hands the responsibility for saving Earth and other species to the reader: his valedictory sentence is “you are the hope.” ~ Barbara Julian, Animal Science and Literature: http://www.animalit.ca/2013/06/this-is-hope-green-vegans-and-new-human.html

• ...one of the most important works of our time. Thank you for giving this vital book life. ~ Brian Graff, National Anti-Vivisection Society US
Finally! A MUST READ for anyone seeking a practical planetary path from the current trajectory of death and desperation to one that truly engages and embraces hope for all species. This book provides a pioneering path for those who truly want to be the change we want—and need—to see in this world. As a scientist in wildlife management and conservation, I can attest to tragically ridiculous and archaic methods that continue to be used to (mis)manage wildlife and plant species for human ignorance and greed rather than for the planet and successive generations. This Is Hope incorporates the best and the brightest of science while allowing for the potential of humanity. ~ Toni Frohoff, Ph.D., Author, Dolphin Mysteries and Between Species

We are at the precipice where human existence and that of all other species is in doubt. Can we commit to a course of action in time to stop the loss of biodiversity, while increasing human prosperity? In This Is Hope, we realize that our old way of thinking about our place in the world must change. Here you will find not just another explanation of where we have gone wrong; but also that we have the power to create the world all of us would hope for ourselves and future generations. ~ Brenda Peterson, author

I had the very great pleasure of working with Will Anderson in 1998 when we both stood in opposition to the resurrection of whaling in Washington State by the Makah Tribe. I was impressed by his passion, his compassion and his courage. We share the same view that we must make significant changes in our approach to our relationship with non-human species and we both agree that the world must move towards veganism as a means of restoring harmony between human kind and the natural world for only by living in accordance with the principles of ecological laws and realities will humanity have a future at all. ~ Captain Paul Watson, Founder – Sea Shepherd Conservation Society, Co-Founder of the Greenpeace Foundation

In THIS IS HOPE Will Anderson proposes a unifying and comprehensive approach to stop the loss of ecosystems and biodiversity and to end the wanton abuse of wild and domesticated nonhuman animals (animals). It’s essential for people with different agendas but often overlapping goals to talk with, not at, one another, and make every attempt to come to agreeable solutions concerning our inevitable interactions with ecosystems, species, and especially individual animals. This is no easy ask. However, Anderson covers most of the issues with which deep ecologists, environmentalists, species and
animal rights activists, students of human ecology, vegetarians, and vegans are concerned. In this ambitious and heartfelt book a wide range of people will find common ground and a shared language for developing and implementing a unified approach to bring an end to the wanton redecoration and destruction of landscapes and to end the egregious harm to individual animals for which humans are uniquely responsible. Globally, there are many passionate people who care deeply about the world in which we all live, so as we attempt to expand our compassion footprint and rewild our hearts we need to step out of comfort zones and think and act out of the box. Whether you agree or disagree with Anderson here or there is of little concern for this book will make you think deeply about a large number of issues that are closely connected—although at first glance this might not seem to be the case. I learned a lot from reading THIS IS HOPE and I’m sure you will as well. ~ Marc Bekoff, Ph.D., author, professional

- This is Hope: Green Vegans and the New Ecology is thoughtful and thought-provoking. In this comprehensive and well-researched book, Will Anderson weaves together the impact our behaviors have on the web of life, without leaving loose ends. As a vegan, somebody with a comparatively light footprint on the planet, I appreciated the reminder that when I buy non organic vegan products I poison the Earth and thereby the animals. That may be what Anderson does best -- he challenges us to do better. I liked the challenge and know that other readers will too. ~ Karen Dawn, author, professional

- This is Hope is filled with well-documented insights, eloquently expressed, into the causes and conditions of the malaise that is spreading over the Earth and afflicting all of its occupants as a result of the human desire to coerce the planet to conform to our will and our will alone. Ironically, our drive entails a death wish that can be seen not only in the extinction of other species but in the destruction of the ecological systems and networks upon which all beings on Earth, including ourselves, depend and into which all of us are integrated, for better or worse. As terrible as species extinction is (I have often thought of what it must be like for a creature to experience being the last of its kind, like the last Dusky Seaside Sparrow who was so uncaringly reported in the news media as having drowned in “its” water cup at the zoo and whose death as a species was said to matter only because of what it could portend for humans) - as terrible as species extinction is, I say: equally
terrible and in some ways worse is the endless proliferation of animals to fit the procrustean beds of global industrial agriculture, experimental research and all of the other human horrors that not even death can rescue them from being forced to endure in endless rebirths of an agonized Phoenix. Apathy or Empathy, Apathy or Action: These are the questions that confront us and that are affirmatively addressed in This is Hope. This book presents its solid conceptual arguments in lucid prose while evoking the experiences of actual beings who, once you have lived with them in its pages, you will never again be able to forget or abandon for “someone else” to care about. ~ Karen Davis, Ph.D., author, professional

Changing

the liberation of both animals and humans.”

— Zoe Weil, president of the Institute for Humane Education and author of Most Good, Least Harm
In her groundbreaking book, Why We Love Dogs, Eat Pigs, and Wear Cows, Melanie Joy explores the invisible system that shapes our perception of the meat we eat, so that we love some animals and eat others without knowing why. She calls this system carnism. Carnism is the belief system, or ideology, that allows us to selectively choose which animals become our meat, and it is sustained by complex psychological and social mechanisms.

Like other “isms” (racism, sexism, etc.), carnism is most harmful when it is unrecognized and unacknowledged. Why We Love Dogs, Eat Pigs, and Wear Cows names and explains this phenomenon and offers it up for examination. Unlike the many books that explain why we shouldn’t eat meat, Joy’s book explains why we do eat meat – and thus how we can make more informed choices as citizens and consumers.

Praise for Why We Love Dogs, Eat Pigs, and Wear Cows

“Through the use of narrative, often bordering on biography, the arguments being put forth by Joy are very well exemplified....The volume is extremely readable, theory and jargon free as it is. However, that is not to say that the analysis is nonscientific or arbitrary. Rather, the arguments are firmly anchored to sound psychological theorization....People advocating vegetarianism, professors and students of psychology, scholars from other areas of social science, and even public administrators in food departments would gain considerably from this extremely well written book.” — Rita Agrawal, PhD, co-author, Applied Social Psychology: A Global Perspective
Let the Scholastic Bookshelf be your guide through the whole range of your child’s experience—laugh with them, learn with them, read with them! Twelve classic, best-selling titles are available now.

The incomparable Dav Pilkey adapts Clement Moore’s classic Christmas poem to tell his wacky Thanksgiving tale. The day before Thanksgiving, eight boys and girls take a field trip to a turkey farm. They have fun playing with eight exuberant turkeys but are shocked to learn that Farmer Mack Nuggett plans to kill all the turkeys for Thanksgiving dinners. So the children decide to smuggle all the turkeys home, and all their Thanksgiving dinners become vegetarian this year. The turkeys’ lives are saved!

THE NORTH AMERICAN VEGETARIAN SOCIETY (NAVS)

Its magazine: VEGETARIAN VOICE, navs@telenet.net, www.navs-online.org

Notes on its Spring 2014 number [Dick]:

Remembering Rynn Berry, NAVS’ Historical Adviser.

Will Anderson’s article, based on his book.

Article on making vegan “cheese” with recipes.

Article on questions people ask vegans.

3pp. on the July “Vegetarian Summerfest” in Pennsylvania.

Two books reviewed—one on teaching kids to cook, the other on recipes for leafy veggies.

Four pages of books and films annotated.
Contact Your Congressional Delegation

See end of newsletter #6 for calling or writing the Arkansas delegation. What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming and its consequences. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas? [--Dick]

Contents #4 Animal Rights, Meat Production, Global Warming, Climate Change, Feb. 4, 2014

Animal Rights

Christina Sarich, Humane Society and Others Oppose Tyson Factory Raised Pigs

Prof. Steven Best, Strong Advocate of Animal Rights, Google Search

Charles Carnosy, a Christian Perspective Offers Us a Consistent Ethic

Dr. David Katz, a Middle Position, a Vegetable Diet is Better for Health and Ethics

Warming, Climate Change

Nathan Fiala, Meat Production and Consumption Contributes to Global Warming, Climate Change
PETA, Vegetarianism versus Climate Change

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies of Emissions: Meat vs. Other Causes

Contents #5 March 12, 2014 Animal Rights, Meat Production, Consumption and CO2, Warming, Climate Change

Mission of OMNI

Monbiot, Public Mobilization

Robert Neubecker, Linus the Vegetarian T-Rex

PROTECTING ANIMALS (for more compassionate action organizations or for more information about them see earlier newsletters)

  UUA First Principle Project
  Action for Animals   PETA
  Animal Legal Defense Fund
  In Defense of Animals
  Best Friends Animal Society
  Mercy for Animals
  Physicians Committee for Responsible Medicine
  Farm Sanctuary

Yeats and Felder on Complicity

Vegetarianism Against Increase of CO2 and Global Warming
Arkansas’ Congressional Representatives

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NUTRITION

Twisting “Natural”

DIVERSE HARMs FROM EATING MEAT AND RESISTANCE TO CRUELTY

Center for Bio-Diversity: “Take Extinction Off Your Plate”

Welfare and Rights of Farm Animals, Cruelty to Animals

Conversation Between David and Kyle on Eating Pork

Rick, Visitor at March VP: Vegan Outreach, Oppose Cruelty.org, Pamphlet

“Compassionate Choices”

Bernard Rollin, Farm Animal Welfare

Benson and Rollin, eds., The Well-Being of Farm Animals

VEGETARIANISM AN IMPORTANT CHOICE AGAINST CO2 WARMING

END VEGETARIAN ACTION NEWSLETTER #7, MAY 14, 2014
What is the mission of OMNI?

With the Quakers we seek:

a world free of war and the threat of war,

a society with equity and justice for all,

a community where every person’s potential may be fulfilled,

and an earth restored.

The Quakers and the entire peace, justice, and ecology movement, of which OMNI is a part, seek to create a better world. OMNI was created precisely because numerous social organizations existed, but not one to promote world peace, both social and economic justice, human rights, and democracy, and to demote violence, cruelty, secrecy, and political repression, connecting the dots between local and global. Later (by 2006) we added the even more urgent problems arising from warming. OMNI was never perceived as a passive or lukewarm undertaking. Plenty of organizations exist for that.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>

Date: September 19, 2013, 5:36:29 AM CDT
After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

SEND THESE NEWSLETTERS TO VETERINARIANS IN NWA.

OMNI Newsletters

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

Index:

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


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VEGETARIANISM AN IMPORTANT CHOICE AGAINST CO2 WARMING

Contact Your Representatives

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NUTRITION

Big Food Companies Want to Call GMO Foods “Natural”


Upton reports: “Is genetically engineered food natural? The Grocery Manufacturers Association, a trade group representing some of the world’s biggest food and food-related companies, including ConAgra Foods, Bayer CropScience, and the Coca-Cola Company, thinks so.”

READ MORE

HARMS OF EATING MEAT

MEAT EATING VS. ALL ANIMALS AND THE LAND

New Meat Campaign -- Take Extinction Off Your Plate

Meat production comes at a steep price to endangered species and the environment, whether it’s through deforestation, climate change,
habitat destruction, drought or the direct killing of keystone carnivores like wolves.

So this week the Center for Biological Diversity launched a groundbreaking new campaign urging Americans to “take extinction off their plates.” Eating less meat is one of the best ways you can reduce your environmental footprint. Cutting just one-third of the meat from your diet can save as much as 340,667 gallons of water, more than 4,000 square feet of land, and the greenhouse gas equivalent of driving 2,700 fewer miles a year.

“Many people don’t realize the devastating toll meat production has on wildlife and the planet,” said Stephanie Feldstein, our population and sustainability director.

Learn more at our brand-new website, share this awesome infographic (“Meatstinction!”), and take our pledge to eat less meat.

CRUELTY TO ANIMALS

Conversation Between David and Kyle on Eating Pork 3-14-14

Kyle
glad you are looking at these issues

yes, i watched the other video you just sent of the sadistic torture that baby pigs and pregnant females are subjected to in these factory farms like we now have operating in the Buffalo River watershed at C&H Farms in partnership with Cargill Big Ag
barbaric is the least offensive term I can use to describe it but that does not accurately describe the inhumane cruelty being done day in and day out

and yes, there is a difference, a big difference, between this factory farming animal slaughter house meat production and raising an animal oneself or hunting wild game

but any slaughter of sentient beings for food is such unnecessary cruelty

tofu hot dogs will do just fine

On Thu, Mar 13, 2014 at 7:39 PM, Kyle Druding <kyledruding@gmail.com> wrote:

The more I learn about what is in food, the more I understand you eating decisions. I don’t think I will eat pork anymore. This, along with a video of how pigs a treated makes me unable to eat them. I could buy a pig from a farmer....that’s about it.

Kyle

Check out this video on YouTube:

http://youtu.be/2mUBO0zjBKY

Sent from my iPhone
I assume most of us actively opposing this CAFO are already aware of the cruel, inhumane treatment that these pregnant sows caged within these Cargill supplied “gestation crates” that are banned in the European Union and terrible treatment their baby pigs receive.

Contrary to what Mr Jerry Masters of Dover, AR with the AR Pork Producers stated last nite supporting the C&H Farms operator of this CAFO, I myself believe no “good, honest, God fearing” AR farmer could possibly operate such a hideous, cruel Cargill suppiled factory farm CAFO as is presently polluting the Buffalo River.

If you have not already seen one of these secretly recorded expose videos of how these CAFO’s operate and have a strong stomach, watch this video my son recently sent me when he explained he no longer eats pork.

Warning: this video contains graphic, disturbing footage of the cruelty these female pigs and their babies are subjected to every day in these US operated CAFO facilities. This must be stopped.

http://youtu.be/2mUBQOzjBKY

david druding

VEGAN OUTREACH, GOOGLE SEARCH, March 15, 2014

1. Vegan Outreach | Working to End Cruelty to Animals

www.veganoutreach.org/
Vegan Outreach

Vegan Outreach is an organization working to end animal exploitation through the promotion of a vegan lifestyle.

Booklets and Other Resources

In addition to the resources on this page, Vegan Outreach offers ... Why Vegan?

A brochure explaining why people choose to follow a vegan lifestyle.

Guide

Vegan Outreach’s starter guide covers everything from nutrition ... What Do Vegans Eat?

But according to most vegans, quite the opposite happens ... About Vegan Outreach

About Vegan Outreach. VO’s approach, simultaneously ... Video Links

Video Links. Text and pictures can’t begin to describe the ...

More results from veganoutreach.org

________________________________________

2. Vegan Outreach - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Vegan_Outreach

Wikipedia

Vegan Outreach is an American grassroots animal advocacy group working to promote veganism through the widespread distribution of printed informational ...

3. Vegan Outreach | Facebook

https://www.facebook.com/veganoutreach
Farm Animal Welfare: Social, Bioethical, and Research Issues

Description

Animals born with bones and muscles are meant to move. In modern systems of intensive agriculture, however, many animals -- notably, swine, veal calves, and poultry -- are rigorously confined. In this book Professor Bernard E. Rollin describes problems of animal welfare in today’s agriculture, discusses the research that exists for improving these systems, and proposes topics for further study.

Rollin urges animal producers and agricultural scientists to begin now to address welfare problems. He cites the biomedical research community, which ignored issues of pain control and animal welfare until public concern led to federal legislation. Promising work has already been done in Europe, where the public has demanded that livestock not suffer. A new social ethic in the United States calls for humane agricultural systems that meet the needs and natures of the animals we use. Striking a balanced and rational approach, Rollin’s thoughtful text is valuable reading for animal producers, agricultural scientists, veterinarians, animal advocates, and the general public.

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   The Inadequacy of the Traditional Ethic.
   The Rise of the New Ethic.
   The Nature of the Emerging Ethic: Beyond Cruelty
   Evidence for the Presence of the New Ethic.
   The Relevance of the New Social Ethic to Agriculture.

2. Welfare Research and Scientific Ideology.
   Scientific and Producer Attitudes toward Animal Welfare
   Can Animal Suffering Be Assessed Scientifically?
   What Sorts of Research Should Be Undertaken?
   How, Morally, Ought Welfare Research Be Conducted?
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   Part 2 Research Issues in Farm Animal Welfare.

3. The Beef Industry.
   Welfare Issues in Ranching.
   Branding
   Castration.
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   Cancer Eye
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   Transportation.
   Downer Cattle.
Slaughter
Gomer Bulls.

Feedlot Problems.

4. The Swine Industry.
Swine Behavior.

Confinement of Sows.

Modification of Existing Systems.

Development of New Systems.

Looking at Traditional Systems.

Farrowing Crates

Other Sow Welfare Problems.

Piglet Welfare.

Grower-Finishers.

Handling and Transport

Other Issues.

5. The Dairy Industry.

Ethograms for Cattle.

Calf Welfare.

Welfare Issues of Cows

Future Technology.

6. The Veal Industry.

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Research Issues.

Welfare Issues in Battery-Cage Egg Production.

Improving Hen Welfare.

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Alternative Systems.

Problems in Broiler Welfare.

Handling, Transportation, and Slaughter of Poultry.

8. Reflections.

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Author Information

Rollin, Bernard E., PhD (Colorado State Univ)

Related Titles

Equine Welfare

by C. Wayne McIlwraith (Editor), Bernard E. Rollin (Editor)

Ethics of Animal Use

by Peter Sandoe, Stine B. Christiansen, Bernard E. Rollin (Foreword by)

An Introduction to Veterinary Medical Ethics: Theory and Cases, 2nd Edition

by Bernard E. Rollin
Complementary and Alternative Veterinary Medicine Considered

by David W. Ramey, Bernard E. Rollin

The Well-Being of Farm Animals: Challenges and Solutions

G. John Benson, Bernard E. Rollin

ISBN: 978-0-8138-0473-6

378 pages

January 2004, Wiley-Blackwell

Description

The Well-Being of Farm Animals: Challenges and Solutions is the first title in Blackwell Publishing Professional’s groundbreaking series Issues in Animal Bioethics. This important book examines the ethical and economic importance of production animal well-being and pain management—topics of increasing concern to consumers.

The Well-Being of Farm Animals: Challenges and Solutions offers veterinarians, veterinary and agriculture students, animal scientists, and food animal producers both practical methods to enhance farm animal well-being, and greater understanding of the theoretical underpinnings of those methods. With a variety of perspectives from respected experts and specialists, this book conveys new research findings and promotes valuable discourse on critical issues. Most importantly, editors Benson and Rollin provide feasible instruction to put theory into practice.
The theories and applications presented in this book are likely to be legislated in the future. Therefore, it is important for veterinarians in production animal medicine to keep abreast of the latest issues in promoting animal well-being, and implement sound animal welfare methods every day. The Well-Being of Farm Animals: Challenges and Solutions provides the information veterinarians need to do both.

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15. Rethinking Painful Management Practices (Daniel M. Wary and David Fraser).
16. Alternatives to Conventional Livestock Production Methods
(Michael C. Appleby).


Appendix: U. S. and Canadian Veterinary Medical Associations
Positions on Food Animals.

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See More

Author Information

G. John Benson, DVM, MS, is a professor and Chief of Anesthesiology
in Veterinary Clinical Medicine at the University of Illinois,
Urbana. Dr. Benson also holds joint appointments in the Department s
of Veterinary Pathobiology (Comparative Medicine Division) and
Veterinary Biosciences (Pharmacology Division).

Bernard E. Rollin, PhD, is University Distinguished Professor and
Professor of Philosophy, Physiology, and Animal Sciences , as well as
University Bioethicist at Colorado State University, Fort Collins,
Dr. Rollin is the founder of the fields of veterinary medical ethics
and is a principal architect of laws protecting laboratory animals.
He addressed animal welfare as the keynote speaker at the 2003
American Dairy Science Association/American Society of Animal Science
joint meeting.
Fight Global Warming by Going Vegetarian

Global warming has been called humankind’s “greatest challenge” and the world’s gravest environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the Worldwatch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” 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 effective thing you can do” to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions.

Carbon Dioxide

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.

You could exchange your “regular” car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago,
being vegan is more effective in the fight against global warming; a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater. A German study conducted in 2008 concluded that a meat-eater’s diet is responsible for more than seven times as much greenhouse gas emissions as a vegan’s diet. Rajendra Pachauri, the head of the U.N.‘s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to “please eat less meat—meat is a very carbon-intensive commodity.”

Methane

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both during digestion and from the acres of cesspools filled with feces that they excrete. Scientists report that every pound of methane is more than 20 times as effective as carbon dioxide is at trapping heat in our atmosphere. The EPA shows that animal agriculture is the single largest source of methane emissions in the U.S.

Nitrous Oxide

Nitrous oxide is about 300 times more potent as a global warming gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for a staggering 65 percent of worldwide nitrous oxide emissions. (Use the N-Calculator to calculate your nitrogen footprint and to see how you could lower your nitrogen usage.)

You Can Help Stop Global Warming!

The most powerful step that we can take as individuals to avert global warming is to stop eating meat, eggs, and dairy products. Order PETA’a free “Vegetarian/Vegan Starter Kit” and do your part to start saving the plant and animals today!

Read more: http://www.peta.org/issues/animals-used-for-food/global-warming/#ixzz2yLSwDNqZ
Contact the Arkansas Congressional Delegation

What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas?

Arkansas is represented in Congress by two senators and four representatives. Here is how to reach them. None of the senators or representatives publishes his e-mail address, but each can be contacted by filling in forms offered through his website.

SENATORS

Sen. John Boozman
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Fax: (202) 228-1371
Arkansas offices:
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JONESBORO: (870) 268-6925
LITTLE ROCK: (501) 372-7153
LOWELL: (479) 725-0400
MOUNTAIN HOME: (870) 424-0129
STUTTGART: (870) 672-6941
EL DORADO: (870) 863-4641
Website: www.boozman.senate.gov

Sen. Mark Pryor
Democrat, second term
255 Dirksen Office Building
Constitution Avenue and
First Street NE
Washington, D.C. 20510
Phone: (202) 224-2353
Fax: (202) 228-0908
Little Rock office: (501) 324-6336
Website: www.pryor.senate.gov

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Independence Avenues SE
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Fax: (202) 225-5602
JONESBORO: (870) 203-0540
CABOT: (501) 843-3043
MOUNTAIN HOME: (870) 424-2075
Website: www.crawford.house.gov
Rep. Tim Griffin
2ND DISTRICT
Republican, second term
1232 Longworth Office Building
New Jersey and
Independence Avenues SE
Washington, D.C. 20515
Phone: (202) 225-2506
Fax: (202) 225-5903
Arkansas offices:
LITTLE ROCK: (501) 324-5491
Website: www.griffin.house.gov
Rep. Steve Womack
3RD DISTRICT
Republican, second term
1119 Longworth Office Building
New Jersey and
Independence Avenues SE
Washington 20515
Phone: (202) 225-4301
Con

Factories make hot dog by blending animals

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

Vegetarian Voice
Vegetarian Times
Vegetarian Living
VegNews (Vegan)

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PETA’s Animal Times

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Why People Become Vegetarians

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Moss, Addictive Junk Food

Nutrition and Ethics

Google Search, Food, Inc.

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Google Search: Factory Farming
Humane Society of the US
Society for the Prevention of Cruelty to Animals

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Contents #5 March 12, 2014 Animal Rights, Meat Production, Consumption and CO2, Warming, Climate Change

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Monbiot, Public Mobilization

Robert Neubecker, Linus the Vegetarian T-Rex

PROTECTING ANIMALS (for more compassionate action organizations or for more information about them see earlier newsletters)

UUA First Principle Project
Action for Animals       PETA

Animal Legal Defense Fund

In Defense of Animals

Best Friends Animal Society

Mercy for Animals

Physicians Committee for Responsible Medicine

Farm Sanctuary

Yeats and Felder on Complicity

Vegetarianism Against Increase of C02 and Global Warming

Arkansas’ Congressional Representatives

Vegetarian Newsletters Nos. 1-4

END VEGETARIAN NEWSLETTER #6 APRIL 9, 2014

Sent to WS, Blog, David D, Randy Dixon, Sonia DG, Pattie, Alexander, Sid, VP (late),

OMNI

What is the mission of OMNI?

With the Quakers we seek:

a world free of war and the threat of war,
a society with equity and justice for all,
a community where every person’s potential may be fulfilled,
and an earth restored.

That is, the Quakers and the entire peace, justice, and ecology movement, of which OMNI is a part, seek to create a better world. This is no passive: undertaking.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>

Date: September 19, 2013, 5:36:29 AM CDT

After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

OMNI Newsletters

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

Index:

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


Nos. 1-4 at end
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Arkansas’ Congressional Representatives

Vegetarian Newsletters Nos. 1-4
Linus the Vegetarian T. Rex Hardcover

by Robert Neubecker  (Author, Illustrator)

Meet Linus—a Tyrannosaurus rex who is very brave, very tough, and very...vegetarian?

Ruth Ann Mackenzie knows everything about dinosaurs. She knows their names. She knows when they lived. And she certainly knows what they ate. So when she meets Linus, a towering, toothy T. rex who prefers picking vegetables to preying on his herbivorous neighbors, she’s not sure what to think. Is something wrong with Linus? Or does Ruth Ann maybe, just maybe, not know everything there is to know about dinosaurs?

Dino lovers young and old will delight in this picture book chock-full of prehistoric personality—and don’t forget to search for the naughty velociraptor duo hidden throughout the book!

PROTECTING ANIMALS

(For other anti-violence, anti-cruelty organizations see preceding newsletters.

For financial appraisal of each, see Charity Navigator.)


Asks what if the UUA’s First Principle were “the inherent worth and dignity of every being”? And invites us all to join the discussion.
1. Animal Legal Defense Fund

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 - ... Employment

For more than three decades, the Animal Legal Defense Fund has ...

Contact Us

For more than three decades, the Animal Legal Defense Fund has ...

Resources

ALDF provides the legal resources necessary for rescuers and ...

Cases & Campaigns

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

Student Animal Legal Defense ...

Student Animal Legal Defense Fund (SALDF) chapters are law ...

More results from aldf.org □

2. News for Animal Legal Defense Fund

1. Proposed bill protects animals from abusive parents

Morris Daily Herald ý- 17 hours ago

They worked closely with Chris Green from the Animal Legal Defense Fund to research the steps needed to include Illinois offenders in the ...

3. Animal Legal Defense Fund - Wikipedia, the free encyclopedia

en.wikipedia.org/wiki/Animal_Legal_Defense_Fundý
The Animal Legal Defense Fund (ALDF) is an American non-profit law organization that aims to protect the rights and advance the interests of animals through ...

4. Animal Legal Defense Fund - Cotati, CA - Law Practice | Facebook
   https://www.facebook.com/AnimalLegalDefenseFund

Since 1979, the Animal Legal Defense Fund (ALDF) has fought to protect the lives and advance the interests of animals through the legal system. Founded by ...

5. Charity Navigator Rating - Animal Legal Defense Fund
   www.charitynavigator.org/index.cfm?bay=search...

Charity Navigator

The Animal Legal Defense Fund (ALDF) fights to protect the lives and advance the interests of animals through the legal system. Founded in 1979 by attorneys ...

6. Animal Legal Defense Fund - Charity Reports - Give.org
   www.bbb.org › Home › Reports

Better Business Bureau

Educate yourself on charities and donations with information, reviews, ratings and accreditation of charities and nonprofit organizations in the United States at ...

7. HLS Student Animal Legal Defense Fund - HLS Orgs
   www3.law.harvard.edu/orgs/saldf/

Harvard Law School

Feb 3, 2014 - Providing support, education, and work opportunities for students who are interested in animal rights or welfare law. Mission, activities, and ...

8. Expose Animal Abusers
exposeanimalabusers.org/ý

Does an animal abuser live in your neighborhood? Communities ... Keep your animals and your families safe. ... Copyright 2010 Contact UsPrivacy Policyaldf.org.

• In Defense of Animals

Nonprofit organization

• In Defense of Animals is an animal rights organization founded in 1983 in San Rafael, California, USA. It has 60,000 members and an annual budget of $650,000. The group’s slogan is “working to protect the rights, welfare, and habitats of animals”. Wikipedia

• Tax ID: 68-0008936

• Nonprofit category: Animal related Alliance/Advocacy Organizations

• Assets: 5.276 million USD (2011)

• Income: 4.365 million USD (2011)

• Tax deductibility code: 501(c)(3)

• Recent posts

IDA’s Hope Animal Sanctuary (HAS) investigative team joined law enforcement officers in Panola and Yalobusha Counties to take part in two seizures of ... Feb 17, 2014

• Best Friends Animal Society
1,582 followers on Google+

• Best Friends Animal Society, founded in its present form in 1984, is an American nonprofit 501 animal welfare organization. Wikipedia
  • Founded: 1984
  • CEO: Gregory Castle
  • Nonprofit category: Animal Protection and Welfare
  • Assets: 53.01 million USD (2011)
  • Income: 52.54 million USD (2011)
  • Founders: Gregory Castle, Ernst Paul Eckhoff, Michael Mountain

• Recent posts

Pets of the Week: Dottie is a young, silky beauty who’s never known what a home is. She loves to climb and play and can live with other felines or as the sole kitty.

1. Mercy for Animals

Non-profit

2. Mercy For Animals is a national non-profit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies, founded in October 1999. Nathan Runkle is the group’s executive director and founder. Wikipedia

3.

4. Founder: Nathan Runkle

5. Founded: October 1999

6. CEO: Nathan Runkle


• Farm Sanctuary
  Nonprofit organization
  • Farm Sanctuary is an American animal protection organization, founded in 1986 as an advocate for farm animals. Wikipedia
  • Founder: Gene Baur
  • Founded: 1986
  • Nonprofit category: Animal Protection and Welfare (includes Humane Societies and SPCAs)
  • Assets: 9.703 million USD (2011)
  • Income: 9.732 million USD (2011)
  • Tax deductibility code: 501(c)(3)
  • Recent posts

For Mother goose and her friends Shawnee and Annabelle, life is a fairy tale. 3 hours ago

• Physicians Committee for Responsible Medicine
  Non-profit
  • The Physicians Committee for Responsible Medicine is a non-profit organization based in Washington, D.C., which promotes a vegan diet, preventive medicine, alternatives to animal research, and encourages ... Wikipedia
• Founder: Neal D. Barnard

• Founded: 1985

• Nonprofit category: Health—General & Rehabilitative

• Assets: 6.607 million USD (2011)

• Income: 24.35 million USD (2011)

• Tax deductibility code: 501(c)(3)

American Anti-Vivisection Society
Nonprofit organization

• The American Anti-Vivisection Society is an organization created with the goal of eliminating a number of different procedures done by medical and cosmetic groups in relation to animal cruelty in the United States. Wikipedia

• Founder: Caroline Earle White

• Founded: 1883

Yeats and Felder

Yeats, “The Second Coming”: “The best lack all conviction while the worst/Are full of passionate intensity.” Here Yeats is referring to the constant fight between good and evil, or better and baser human instincts. In these violent times, good unfortunately seems down and out—paralyzed or “drowned” as described in the previous line. Intelligent and decent people fail to act with confidence, while ignorant and malicious people run roughshod over society.

From a poem by Brian Felder, “Watching Fox News at the VA Hospital”: 
“the ones who know shit from Shinola
But say nothing; their silence, [is] complicity.”

MEAT PRODUCTION AND GLOBAL WARMING

GOOGLE SEARCH

1. Fight Global Warming by Going Vegetarian | Animals Used for Food ... [repeated in full in #6]
   www.peta.org/.../animals.../global-warming...

People for the Ethical Tre...

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 ...”

2. Want To Stop Global Warming? Stop Eating Meat: Reducing ...
   www.isciencetimes.com/.../global-warming-eating-meat-beef-cattle-cows...

Dec 20, 2013 - Ruminant animals, like cows, are a more pressing cause of climate change than CO2 emissions, a new study claims. (Photo: Shutterstock).

3. Tax Meat to Reduce Methane Emissions and Global Warming, Say ...
   ecowatch.com/.../meat-tax-reduce-methane-emissions-global-warming/

Dec 26, 2013 - One way to mitigate climate change would be a tax on meat, a scientific ... to eat less meat to cut down on the rate at which the earth is warming.
Contact Arkansas Congressional Delegation

Arkansas is represented in Congress by two senators and four representatives. Here is how to reach them. None of the senators or representatives publishes his e-mail address, but each can be contacted by filling in forms offered through his website.

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STUTTGART: (870) 672-6941

EL DORADO: (870) 863-4641

Website: www.boozman.senate.gov

Sen. Mark Pryor

Democrat, second term

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Constitution Avenue and
First Street NE
Washington, D.C. 20510

Phone: (202) 224-2353
Fax: (202) 228-0908

Little Rock office: (501) 324-6336

Website: www.pryor.senate.gov

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Republican, second term
Rep. Steve Womack
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HARRISON: (870) 741-7741
FORT SMITH: (479) 424-1146
Website: www.womack.house.gov

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415 Cannon House Office Building
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Arkansas offices:
CLARKSVILLE: (479) 754-2120
EL DORADO: (870) 881-0631
HOT SPRINGS: (501) 520-5892
PINE BLUFF: (870) 536-3376
Website: www.cotton.house.gov

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Cahill, Cruelty and Kindness

Schweitzer, Ethics of Vegetarianism

From Rolling Stone, Cruelty of Factory Farms

Google Search: Cruelty of Meat Eating

Google Search: Factory Farming

Humane Society of the US

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PETA, *Vegetarianism versus Climate Change*

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies of Emissions: Meat vs. Other Causes

END VEGETARIAN NEWSLETTER #5


Newsletters

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

Index:

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

See: Animal Cruelty, Animal Rights, Compassion/Empathy, Ecology, Human Health, Global Warming/Causes,
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Google Search

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PETA, Vegetarianism versus Climate Change

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies

ANIMAL RIGHTS
Tyson: Big Ag Corp. Practicing Animal Cruelty Calls for More Space for Animals

Christina Sarich, News Report, NationofChange, Feb. 2, 2014: If you aren’t aware that your morning bacon was made from a pig grown in a gestation crate that barely gives an animal the ability turn over, let alone roam freely on the green earth, then you probably didn’t know that Tyson Foods is one of the few remaining meat processors who have clung to this abhorrent trend. Recently, Green Century Capital Management, the Humane Society, and the United Methodist Church Benefit Board submitted a resolution to Tyson’s annual general meeting for shareholders asking that they report on their reasons for carrying on with the use of gestational crates.

GOOGLE SEARCH, DR. STEVEN BEST, ANIMAL RIGHTS ADVOCATE, JANUARY 13, 2014

1. Steven Best - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Steven_Bestý

Steven Best (born December 1955) is an American animal rights advocate, author, and associate professor of philosophy at the University of Texas at El Paso.

2. The Ethics Of Vegetarianism - DR. STEVE BEST, PHD
www.drstevebest.org/TheEthicsofVegetarianism.htmý

The Ethics of Vegetarianism. 1. Introduction. 2. What is Ethics? 3. Arguments Against Animal Rights and Vegetarianism. a. argument from the bible. b. argument ...

3. My Dog or Your Child? Ethical Dilemmas and the ... - Dr. Steve Best
Ethical Dilemmas and the Hierarchy of Moral Value

Too often, animal rights advocates (ARAs) are challenged with the hysterical hypothetical of the “burning ...”

4. Philosophy - General - Animal Liberation Front

Dr. Steven Best - on Abolition and Activism - October 2011. Dr. Steven Best ... 9/2011. Launch of a New Veterinary Animal Welfare and Ethics Institute - 9/2011

5. The Peter Singer Controversy - Animal Liberation Front

By Dr. Steven Best ... His more than two dozen books include two international best-sellers, Animal Liberation (1975) and Practical Ethics (1979), which have ...
also concerned about animals. Camosy’s Christian argument transcends secular politics.

The book’s starting point for a Christian position on animals—from the creation story in Genesis to Jesus’ eating habits in the Gospels—rests in Scripture. It then moves to explore the views of the Church Fathers, the teachings of the Catholic Church, and current discussions in both Catholic and Protestant theology. Ultimately, however, the book is concerned not with abstract ideas, but with how we should live our everyday lives. Should Christians eat meat? Is cooperation with factory farming evil? What sort of medical research on animals is justified? Camosy also asks difficult questions about hunting and pet ownership.

This is an ideal resource for those who are interested in thinking about animals from the perspective of Christian ethics and the consistent ethic of life. Discussion questions at the end of each chapter and suggestions for further reading round out the usefulness of this important work.

DR. DAVID KATZ

Eating Well Vs. Being Good: Can We Ethically Eat Animals?

www.huffingtonpost.com/david.../ethics-of-eating-animals_b_961242.htm...

Sep 20, 2011 - www.davidkatzmd.com

“On the basis of both health and ethics, the case for eating a mostly plant-based diet is strong. The health case is all but irrefutable. . . .
As for the ethics... The combination of our multitudes and our appetites results in the mass production of animal foods, which in turn results in -- or at least invites -- terrible abuses... 

There is, however, some latitude left in the solution.

It would be fine if all of us were to eat only plants. But if most of us were to eat mostly plants, we could raise many fewer animals for food, and could treat those we do... ethically."

Dr. David L. Katz; www.davidkatzmd.com

www.turnthetidefoundation.org

MEAT, GLOBAL WARMING, CLIMATE CHANGE

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February 2009

See Inside

How Meat Contributes to Global Warming

Producing beef for the table has a surprising environmental cost: it releases prodigious amounts of heat-trapping greenhouse gases
By Nathan Fiala. Feb. 2, 2014

Andy Potts

Most of us are aware that our cars, our coal-generated electric power and even our cement factories adversely affect the environment. Until recently, however, the foods we eat had gotten a pass in the discussion. Yet according to a 2006 report by the United Nations Food and Agriculture Organization (FAO), our diets and, specifically, the meat in them cause more greenhouse gases carbon dioxide (CO2), methane, nitrous oxide, and the like to spew into the atmosphere than either transportation or industry. (Greenhouse gases trap solar energy, thereby warming the earth’s surface. Because gases vary in greenhouse potency, every greenhouse gas is usually expressed as an amount of CO2 with the same global-warming potential.)

The FAO report found that current production levels of meat contribute between 14 and 22 percent of the 36 billion tons of “CO2-equivalent” greenhouse gases the world produces every year. It turns out that producing half a pound of hamburger for someone’s lunch a patty of meat the size of two decks of cards releases as much greenhouse gas into the atmosphere as driving a 3,000-pound car nearly 10 miles.

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Global warming has been called humankind’s “greatest challenge” and the world’s gravest environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the Worldwatch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” 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 effective thing you can do” to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions.

Carbon Dioxide

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.

You could exchange your “regular” car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago, being vegan is more effective in the fight against global warming; a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater.

A German study conducted in 2008 concluded that a meat-eater’s diet is responsible for more than seven times as much greenhouse gas emissions as a vegan’s diet. Rajendra Pachauri, the head of the U.N.’s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to “please eat less meat—meat is a very carbon-intensive commodity.”

Methane

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both during digestion and from the acres of cesspools filled with feces that they excrete.

Read more: http://www.peta.org/issues/animals-used-for-food/global-warming/#ixzz2zsC6FvrR3
REDUCE CLIMATE CHANGE BY REDUCING MEAT PRODUCTION AND CONSUMPTION,

4. How Meat Contributes to Global Warming - Scientific American

www.scientificamerican.com › ... › February 2009ý

Scientific American

Until recently, however, the foods we eat had gotten a pass in the discussion. ... 2014; Keystone Pipeline Will Impact Climate Change, State Department Reports ...

5. Fight Global Warming by Going Vegetarian | Animals Used for Food

www.peta.org/.../animals.../global-warmi...ý

People for the Ethical Tre...

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 ...

6. Want To Stop Global Warming? Stop Eating Meat: Reducing ...

www.isciencetimes.com/.../global-warming-eating-meat-beef-cattle-cows...ý

Dec 20, 2013 - Ruminant animals, like cows, are a more pressing cause of climate change than CO2 emissions, a new study claims. (Photo: Shutterstock).

7. Tax Meat to Reduce Methane Emissions and Global Warming, Say ...

ecowatch.com/.../meat-tax-reduce-methane-emissions-global-warming/ý

Dec 26, 2013 - One way to mitigate climate change would be a tax on meat, a scientific ... to eat less meat to cut down on the rate at which the earth is warming.
8. Gut Check: Here’s the Meat of the Problem - Washington Post

www.washingtonpost.com › Arts & Living › Food

The Washington Post

Jul 29, 2009 - The debate over climate change has reached a rarefied level of policy ...But there’s one activity that’s not on the list and should be: eating a hamburger. ... It’s not simply that meat is a contributor to global warming; it’s that it is a ...
May 15, 2012 - We can slow global warming by eating fewer animal products. ...Even most climate change experts focus on new forms of energy — which ...

13. Eating Burgers Causes Global Warming - TakePartw.takepart.com/.../does-eating-burgers-cause-global-warmi...ý
TakePart

May 7, 2013 - Raising livestock contributes to climate change—cutting back on our meat consumption is an easy way to help the problem.

Diet and the environment: Does what you eat matter?

Marlow HJ, Hayes WK, Soret S, Carter RL, Schwab ER, Sabaté J.

Author information

Abstract

Food demand influences agricultural production. Modern agricultural practices have resulted in polluted soil, air, and water; eroded soil; dependence on imported oil; and loss of biodiversity. The goal of this research was to compare the environmental effect of a vegetarian and nonvegetarian diet in California in terms of agricultural production inputs, including pesticides and fertilizers, water, and energy used to produce commodities. The working assumption was that a greater number and amount of inputs were associated with a greater environmental effect. The literature supported this notion. To accomplish this goal, dietary preferences were quantified with the Adventist Health Study, and California state agricultural data were collected and applied to state commodity production statistics. These data were used to calculate different dietary consumption patterns and indexes to compare the environmental effect associated with dietary preference. Results show that, for the combined differential production of 11 food items for which consumption differs among vegetarians and nonvegetarians, the nonvegetarian diet required 2.9 times more water, 2.5 times more primary energy, 13 times more
fertilizer, and 1.4 times more pesticides than did the vegetarian diet. The greatest contribution to the differences came from the consumption of beef in the diet. We found that a nonvegetarian diet exacts a higher cost on the environment relative to a vegetarian diet. From an environmental perspective, what a person chooses to eat makes a difference.

Am J Clin Nutrition 2009 May 89(5)

MISCELLANEOUS INTERNATIONAL STUDIES OF MEAT PRODUCING MORE EMISSIONS THAN TRANSPORTATION AND OTHER SECTORS OF NATIONAL ECONOMIES

See the UN Food and Agriculture Organization (FAO) study directly about this, but also one by the UN Environmental Program (UNEP), as well as a study by a European organization called GUE/NGL. I am attaching multiple news stories about these studies, and links to the studies themselves should be embedded in the articles.

FAO Study:

newsID=20772&CR1=warning#.UvsGh_ldWkg
http://www.scientificamerican.com/article/the-greenhouse-hamburger/

UNEP Study:

https://www.commondreams.org/headline/2010/06/02-7?vm=r&s=1

GUE/NGL:
http://meatclimate.org/home

http://meatclimate.org/sites/default/files/reports/meatclimate_english.pdf

(from Abel T)

END VEGETARIAN NEWSLETTER #4: ANIMAL RIGHTS, WARMING, CLIMATE

Sent to Web Site, Blog, Vegetarian Potluck members, and David D,


Newsletters

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

Index:

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

See: Animal Cruelty, Animal Rights, Compassion/Empathy,

MY NEW EMAIL ADDRESS

j.dick.bennett@gmail.com

(479) 442-4600
VP, like all of OMNI’s activities, is a member-run group. If you would like to compile these Newsletters, take my place, start next month! And the newsletter is open to all opinions. Send yours to me for the next newsletter.

JANUARY POTLUCK CANCELED, ICE AND SNOW

Wednesday, January 8, 2014, 6:30p.m.

OMNI, 3274 Lee Ave. north of Office Depot, SE of FedEx.

For those who wish: bring a copy of your recipe and the/or a cookbook to show.

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

Climate Change and Food

Google Search
Last month we discussed briefly the relation between VP and the values of vegetarianism.

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.

The initial question for each of us to ask is: Do I believe in these values? And then: Will these values contribute to a better world? And: Do I wish to see more people embrace these values? And: If we do can we be effective? Finally: Should OMNI’s VP promote the values, and to what extent, and in what ways?

Each one of these questions is complicated, so I’ll tackle only two of them right now: Can we be effective if we advocate the values of vegetarianism? Is meat-eating harmful to animals, humans, and the planet?

Recently in the Arkansas Democrat-Gazette 9(9-27-13) Dana Kelley explained how drunk driving was dramatically reduced in the US in the short span of 15 years. Before 1980 more than half of all fatal motor vehicle crashes were alcohol-related, and more than a third of all drivers in those crashes were drunk.

Mothers Against Drunk Drivers was founded by Candy Lightner in 1980 after her 13-year old daughter was killed by a repeat DWI offender. The target of MADD was not alcohol but the behavioral problem of drinking too much and driving. Her supporters became MADD, for they shared her determination to stop drunk driving and save people’s lives. Within 15 years drunken driving had become socially stigmatized and criminally punitive, and drunk-driving rates and deaths had plummeted by half.

The key to MADD’s success was their conviction and concentration. They would accomplish nothing if they simply met occasionally to enjoy each other’s company. No. Drunken driving was harmful, wrong, criminal, and it could be reduced if they put their minds to it.
Of course, alcohol-related deaths by traffic accidents continue, but the epidemic’s growth was stopped and reversed. (Kelley continues by applying the example of MADD to the problem of gun abuse. We can reduce gun killings.)

And their example applies to OMNI’s Potluck as well, if, that is, we believe in the values of vegetarianism and that those values—nutritional, ethical, and climatological—resist and can reverse the drunk driving of meat-eating.

Each person’s convictions are their private matter, but considerable evidence shows that vegetarianism is more healthy, ethical, and environmentally friendly than meat. Newsletter #1 included two essays on the poisons in meat, an essay and book on the ethics of eating vegetables instead of meat, and several references to writings about the role of meat in the warming of the atmosphere. Newsletter #2 covered the same ground (and more).

The evidence of the harms of meat seems persuasive, but the debate over refusing meat is not over obviously (see below). The evidence of successful public relations campaigns is powerful, but of course failures have occurred. We can make a difference as a group, if we decide to. Several considerations remain, but let’s pause to be sure we have sifted the present questions sufficiently. –Dick

Vegetarian Times: Food, Pleasure, Nutrition

The entire Jan.-Feb. 2014 issue is devoted to this one field of interest, almost excluding ethical and climate change considerations. With occasional exceptions, the magazine seems to offer a vegetarian (some vegan) gourmet/nutritional magazine. But of course it excludes meat also, which makes an indirect statement regarding other subjects.

And gourmet is a problem at least for me. The recipe for Baked Chips sounds delicious and easy, but what is truffle oil? And the Greek salad calls for Mexican oregano, Fuyu persimmons, radicchio, and lacinato kale, among other ingredients. I have all the ingredients for the tomato soup recipe, but the author suggests I
use mini-cutters to cut sliced bread into shapes such as stars, footballs, snowflakes!   --Dick

HISTORY: EARLY VEGETARIANISM

SHELLEY, “ON VEGETARIANISM”

There is no disease, bodily or mental, which adoption of vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried.

Percy Bysshe Shelley from Wikipedia on Shelley’s nutritional and ethical preference for vegetables.

Percy Bysshe Shelley (1792–1822) aligned most of his views on vegetarianism with those of Ritson. Like Ritson, Shelley believed that a meatless diet was the best mode of consumption for a healthy, disease-free life. He believed that human disease could be alleviated by a simple reversion back to a plant-based diet. . . . In A Vindication of Natural Diet he wrote, “Should ever a physician be born with the genius of Locke, I am persuaded that he might trace all bodily and mental derangements to our unnatural habits,”[17] these unnatural habits being the consumption of meat. He compared the negative effects of a meat-based diet to alcoholism, asking, “How many thousands have become murderers and robbers, bigots and domestic tyrants, dissolve and abandoned adventurers, from the use of fermented liquors?”.[18] He goes on to suggest that, a human of gentle disposition towards animals, “rising from a meal of roots,” will be a healthy man whose only threat of death will be that of his own natural, old age.[19]

GOOGLE SEARCH, PERCY BYSSHE SHELLEY VEGETARIANISM, Jan. 6, 2014

1. Vegetarianism and Romanticism - Wikipedia, the free encyclopedia
Jump to Percy Bysshe Shelley - [edit]. Percy Bysshe Shelley (1792–1822) aligned most of his views on vegetarianism with those of Ritson.

2. Shelley - the first celebrity vegan - Vegsource.com

www.vegsource.com/john-davis/shelley---the-first-celebrity-vegan.html

Jan 5, 2011 - Percy Bysshe Shelley, known as Bysshe to his friends, was the rock star of his day - glamorous, controversial, fought over by teenage girls, ...

3. Percy Bysshe Shelley - Essay on Vegetarianism... - Taroscopes

www.taroscopes.com/miscellanous-pages/shelley.html

Percy Bysshe Shelley (1792-1822). The language spoken, however, by the mythology of nearly all religions seems to prove that at some distant period man ...

4. History of Vegetarianism - Percy Bysshe Shelley (1792-1822)

www.ivu.org/history/shelley/

Jan 23, 2012 - A large collection of articles about the development of vegetarianism around the world for thousands of years.

5. Joseph Ritson, Percy Shelley and the Making of... - Academia.edu

www.academia.edu/.../Joseph_Ritson_Percy_Shelley_and_the_Making...

Percy Shelley’s copy of Joseph Ritson’s groundbreaking book on vegetarianism reveals a lot about his politics and philosophy.
NEW BOOK BY THOMAS CAHILL, HERETICS AND HEROES

Bill Moyers, on PBS Moyers & Co., Dec. 29, 2013, interviewed Cahill, who proposed the dichotomy of kindness and cruelty as the fundamental ethical poles. Which life should we choose, was the question.

ETHICS OF VEGETARIANISM

“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.” Albert Schweitzer, “The Problem of Ethics in the Evolution of Human Thought.”

FACTORY FARMS OR MORE HUMANE MEAT PRODUCTION OR NO MEAT?

The Stomach-Churning Reason Why Meat Is So Cheap

By Lindsay Abrams, Salon

14 December 13

Rolling Stone lifts the veil on animal abuse at factory farms

Rolling Stone just posted an in-depth, Snowfall-esque feature on the litany of abuses carried out by Big Meat. It covers, in horrific detail, the extent to which meat and dairy producers will go - and the extent to which the government will overlook or even approve of their behavior - in order to raise the estimated 9 billion broiler chickens, 113 million pigs, 33 million cows and 250 million turkeys consumed each year in the U.S.
It includes sound effects, pop-up factoids and some truly brutal descriptions of conditions on factory farms, like the following:

You’re a typical milk cow in America, and this is your life. You are raised, like pigs, on a concrete slab in a stall barely bigger than your body. There, you never touch grass or see sun till the day you’re herded to slaughter. A cocktail of drugs, combined with breeding decisions, has grossly distended the size of your udder such that you’d trip over it if allowed to graze, which of course you’re not. Your hooves have rotted black from standing in your own shit, your teats are scarred, swollen and leaking pus - infected by mastitis - and you’re sick to the verge of total collapse from giving nearly 22,000 pounds of milk a year. (That’s more than double what your forebears produced just 40 years ago.) By the time they’ve used you up (typically at four years of age), your bones are so brittle that they often snap beneath you and leave you unable to get off the ground on your own power.

That account of the typical doesn’t include the instances of extraordinary abuse (one activist: “I had a job at a barn with this sick-fuck boss who was proud of the stuff he did to cows. One day, we’re doing repairs on a gate in the barn and a couple of cows stroll over to watch us work. Well, one grazes him with her snout, just to be playful, and he smashes her in the face with his wrench. I also got him bragging about past assaults, like tying a cow to a fence and taking turns beating her, getting the other guys to work her over.”) For the very not-faint-of-heart, there are videos, too.

The article fingers companies like Tyson and Perdue for transforming meat production into a tightly controlled, top-down system, under which they “began treating animals as production units, not living, feeling creatures with basic rights.” And it’s not enough that laws and USDA regulators aren’t protecting these abusive and unsafe practices from happening, it continues. A new spate of lobbyist-driven “ag-gag” legislation is keeping activists from stepping in and doing the government’s job for them. Various state laws make it illegal, for example, to film a farm from a public road, or to hold on to evidence for longer than 48 hours before presenting it to the police.

After a whole lot of bleakness, the article ends with a vision of humane slaughter, imagining a future when we can subsist on a more
natural and regional food system. Everything that comes before it presents a solid case for us making the necessary sacrifices to get to that point – as one activist told Rolling Stone: “Wherever you stand on the issue of eating animals, I think we agree that making their lives hell is too high a price for cheap food.”  (forwarded by David D)

ETHICS OF EATING MEAT, GOOGLE SEARCH, JANUARY 6, 2014

1. Ethics of eating meat – Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Ethics_of_eating_meat

In many societies, controversy and debate have arisen over the ethics of eating animals. Two of the main ethical objections have been to (1) the unnecessary ...

2. The Winner of Our Contest on the Ethics of Eating Meat – NYTimes
www.nytimes.com/.../the-winner-of-our-contest-on-the-ethics-of-eating-

May 3, 2012 – Is it ethical to eat meat? That short question, posed in these pages a few weeks ago, inspired a debate heated enough to roast a fatted calf (or a ... 

3. Why It’s Ethical to Eat Meat | Michael Ruhlman
ruhlman.com/2012/05/why-its-ethical-to-eat-meat/

by Michael Ruhlman - in 239 Google+ circles

May 29, 2012 – It’s no secret that I am a vigorous & unapologetic carnivore. I believe: to eat humanely raised & slaughtered animals is not only ethical, it’s ...

4. Why Vegetarians Are Eating Meat | Food & Wine
www.foodandwine.com/articles/why-vegetarians-are-eating-meat
Yes, my husband has started eating meat again after a seven-year hiatus as an ethically motivated and health-conscious vegetarian. About a year ago, we ...

5. BBC - Ethics - Animal ethics: Eating animals

www.bbc.co.uk/ethics/animals/using/eating_1.shtml

Is it wrong in principle to raise and kill animals so that human beings can eat meat and fish? Does it stop being wrong if the processes involved are carried out ...

6. Bulletproof Editorial for the New York Times: Why Eating Meat is ...

www.bulletproofexec.com/bulletproof-editorial-for-the-new-york-times-...

Several weeks ago the New York Times gave an invitation to its readers: “Tell us why it is ethical to eat meat.” The winner, Jay Bost, a vegetarian returned to ...

7. Why It’s Unethical To Eat Animals - Woodstock Farm Animal Sanctuary

www.woodstocksanctuary.org/learn-3/why-its-unethical-to-eat-animals/

In any discussion concerning the ethics of eating animals, it’s important to begin ...insist that meat-eating is “natural”—and therefore morally neutral—because ...


www.huffingtonpost.com/paul.../ethics-of-eating-meat_b_1510173.html

May 14, 2012 - Asking whether eating meat is “ethical” is like asking whether having sex is ethical. Biological imperatives do not pander to such arbitrary ...

9. How To Be An Ethical Carnivore - io9

io9.com/how-to-be-a-conscious-carnivore-1370968240

by George Dvorsky - in 107 Google+ circles
Sep 23, 2013 - Not everybody can or wants to become a vegetarian. But for those of us who insist on eating meat, that doesn’t mean we have to be complete ...

10. The Ethics of Eating Meat - The Weston A. Price Foundation
www.westonaprice.org/health-issues/ethics-of-eating-meat

Jun 30, 2002 - A philosophical look at meat eating, including effects on environment, factory farming, productivity, the moral imperative, science, theology, and ...

Searches related to ethics of eating meat

ethics of eating meat definition
vegetarianism the ethics of eating meat
eating meat is unethical
ucsc debate is eating meat ethical part
ethics eating meat essay
ethics of eating meat peter singer

pages ethics of eating meat 142615929087310

comments the ethics of eating meat

FACTORY FARMING, CRUELTY TO FARM ANIMALS GOOGLE SEARCH, PAGE ONE, JANUARY 1, 2014

1. Factory Farming: Cruelty to Animals | Animals Used for Food | The ...

www.peta.org › Issues › Animals Used for Food

Your source for great-tasting vegan and vegetarian recipes, information on all aspects of vegan and vegetarian living, news about PETA’s campaigns to stop ...
2. Farm Animal Cruelty | ASPCA

[www.aspca.org](http://www.aspca.org) › Fight Cruelty

At every step of their lives, all animals should be treated with compassion and protected from suffering. Sadly, billions of farm animals lack even the most basic ...

3. Undercover Investigations of Factory Farms and Slaughterhouses

[www.mercyforanimals.org/investigations.aspx](http://www.mercyforanimals.org/investigations.aspx)

DiGiorno quickly cut ties with the dairy factory farm, while MFA and a state lawmaker ...Less than a year after an MFA investigation led to criminal animal cruelty ...

4. Cruel Confinement of Farm Animals : The Humane Society of the ... [www.humanesociety.org/issues/confinement_farm/](http://www.humanesociety.org/issues/confinement_farm/)

Factory farms cram egg-laying hens into cages so tiny they can’t even spread their wings. Breeding pigs and veal calves are stuffed into cramped individual ...

5. Protect Farm Animals : The Humane Society of the United States

[www.humanesociety.org/issues/campaigns/factory_farming/](http://www.humanesociety.org/issues/campaigns/factory_farming/)

This video, narrated by James Cromwell, reveals the cruelty animals suffer on factory farms, and tells you what you can do to help. Working to reduce the ...

6. Last Chance for Animals - Factory Farming


97% of the 10 billion animals tortured and killed each year are farm animals ... The consequences of this agribusiness are institutionalized animal cruelty, ...Factory Farming | Farm Sanctuary

[www.farmsanctuary.org/learn/factory-farming/](http://www.farmsanctuary.org/learn/factory-farming/)

Far from the idyllic, spacious pastures that are shown in advertisements for meat, milk, and eggs, factory farms typically consist of large numbers of animals ...

7. Taping of Farm Cruelty Is Becoming the Crime - NYTimes.com
Apr 6, 2013 - On one covert video, farm workers illegally burn the ankles of Tennessee... in Wyoming charged nine farm employees with cruelty to animals.

8. Raw.info: Animal cruelty >> A raw truth of factory farming

Factory farming prioritises maximum production above all else, ignoring the welfare of animals.

9. Cruelty to farm animals demands exposure - The Washington Post

Apr 26, 2013 - That, though, has helped make them effective tools in the fight against illegal and cruel treatment of farm animals. It’s alarming that a number of ...News for cruelty to farm animals (blog) ý- 5 days ago

This year, 15 bills in 11 states attempted to make undercover videos on farms illegal. Not a single one passed. Activists say a broad-based ...

1. Clean fun or animal cruelty?

SKNVibes.comý - 1 day ago
Animal cruelty can be either deliberate abuse or simply the failure to take care of an animal. Either way, and whether the animal is a pet, a farm animal, or wildlife, the victim can suffer terribly. Don’t despair, though—anyone can take steps against cruelty.

People with emotional problems may beat, shoot, or stab animals or set them on fire. Those who abuse animals are very likely to be violent to other people—even their own family—too.

Neglect is not giving an animal the right food, water, shelter or vet care. Because their misery goes on for so long, animals who die of neglect can suffer just as much as animals who are harmed on purpose.

All U.S. states have animal cruelty laws, and 47 states treat some forms of abuse as felonies. Farmers and researchers can do cruel things to animals that other people can’t do legally, but all states have some protection for pets like dogs and cats.

Take Action Against Animal Cruelty

If you think an animal is being abused, either through violence or through cruel neglect, you can take action to help!

LEARN MORE  

Fight Cruelty

Adopt
We fight for animals. Will you join the fight?

Next

New FDA Rules Won’t Fix Factory Farmed Superbugs— or Suffering

Last week the U.S. Food and Drug Administration (FDA) proposed new guidelines designed to curb the rampant over- and misuse of antibiotics on factory farms. Eighty percent of all antibiotics bought in the United States are purchased to give to farm animals.

Read More ▸ Connect with Us

END VEGETARIANISM NEWSLETTER #3

THE ACTIVISM SPECTRUM AND OMNI

By Will Le Page

Unfortunately “activism” is a word that has taken on a negative connotation in recent years with the label being applied pejoratively by anti-activists who fear any change in their status quo. Activism
is at the root of democracy. We should encourage it. We should
revel in the fact that citizens are vigilant, even if we disagree
with them. And, we should preserve that belief, so strongly held by
our founding fathers, in the basic intelligence of the public to sort
out conflicting claims of the truth. Unfortunately, we have become
lazy. We like labels. In a world where we are overloaded with
information from the moment we wake up each morning, labels serve to
make our lives easier. Things get confusing when criminal activities,
like eco-terrorism, are mistakenly given the label of “activists”.
True activism works within the law. Yes, labeling makes it easier to
sort out the confusion, but, labels are dangerous! They stifle the
thinking, and thinking is the lifeblood of any democracy; thinking
makes us what we like to believe we are: “intelligent beings.”

So, what do we at OMNI mean when we say we are activists for peace
and justice and the environment? Some say we should not proselytize,
not wishing to be confrontational. But, I assume that most of us
want to be truth-tellers for those things we believe in. So, if some
feel that proselytizing sounds even slightly confrontational with a
hint of arm-twisting, or at worst bears a resemblance to force-
feeding of information that people do not want, can we just say we
are ADVOCATES for those policies, products, and practices that
advance our mission. So, can we find some guidelines for our advocacy
that have the positive connotation of sharing rather than any
negative undertones? Of course we can, because we are intelligent
beings. While I’d like to take back the original meaning of activism
as being part of a citizen’s duty, I’m also a realist. I understand
that our language is continually changing. And that we have to change
with it if we hope to be successful advocates for our core beliefs.
(However, it is good to remember that there are times when
confrontation is necessary, like standing in front of tanks in Red
Square, and chaining one’s self to trees that have more heritage
value than they do as saw logs.)

Given that activism is the physical expression of an emotional
desire, it’s probably at its best when the emotion is clearly
evident. For example the creative celebration of the joy of
vegetarianism through potlucks, sharing, music, readings, and so
forth is likely to win over more non-vegetarians than expending an equal amount of energy demonstrating against Tyson products. As a way of provoking discussion, let me suggest some principles for successful, positive, non-confrontational advocacy:

AS AN ORGANIZATION dedicated to advancing the benefits of peace, justice and a sustainable environment, OMNI seeks to promote its goals through non-confrontational methods such as:

1. Sponsoring informational activities and messages that exemplify the values of peace, justice, and sustainability.

2. Conducting public programs and events that demonstrate our commitment to a better world through respect for all living things.

3. Supporting the efforts of others who share our values and our goals.

4. Maintaining a positive focus on being a part of the joy of helping to create a spark to light a better world.

5. Sharing information that will encourage healthy and compassionate change throughout society.
Sent to WS and Blog and indivs

OMNI VEGETARIAN NEWSLETTER #2, December 11, 2013. Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

“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.” Albert Schweitzer, “The Problem of Ethics in the Evolution of Human Thought.”

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

DECEMBER POTLUCK

Wednesday, December 11, 6:30p.m.

OMNI, 3274 Lee Ave. north of Office Depot, SE of FedEx.

Program. . . .

Newsletters

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

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Contents #1  Nov. 12, 2013

Vegetarian Organizations, Magazines, Books, Films:

  Vegetarian Voice
  Vegetarian Times
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Organizations, Magazines, Books, Films for Preservation of Animals

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Foundations of Vegetarianism

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Nutrition and Ethics

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

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Eliz. Renter, Poisons in Meat

Get the Antibiotics Out of Turkeys

Ethics

Schweitzer, Reverence for Life

Susie Hoeller, Ethical Food

Climate Change and Food

Google Search
Sent to WS and ? Blog and to Veg Potluck

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National/International Days

MY NEW EMAIL ADDRESS

j.dick.bennett@gmail.com

(479) 442-4600

2582 Jimmie Ave.

Fayetteville, AR 72703

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  Google Search, Food, Inc.

Food and Climate Change

  Google Search

  Meat vs. Climate
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.

POST A COMMENT

RESIZE TEXT + | - | R

PLAIN TEXT

PRINT

SHARE

EMAIL

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.

NationofChange is a 501(c)3 nonprofit funded directly by our readers. Please make a small donation to support our work.

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.

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).

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.. o

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... ý
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 ...

www.peta.org › Issues › 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

www.theguardian.com › Environment › Climate change

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

articles.baltimoresun.com/.../bs-ed-climate-letter-20130520_1_climate-c...

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

SOMETIME WHEN TIME CHANGE FOLLOWING TO BLACK
Sent WS and Blog, and SC, Gladys, Will, Pattie W, Nancy Harris, Seajay, Allee Anabal

OMNI VEGETARIAN NEWSLETTER #1, November 12, 2013. Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

[VP, like all of OMNI’s activities, is a member-run group. If you would like to assemble Newsletter #2, contact Dick.]

NOVEMBER POTLUCK

Wednesday THE 13th, 6:30p.m.

OMNI, 3274 Lee Ave., north of Office Depot, SE of FedEx.

Program to be announced.

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

Analytical, Arguments for Vegetarianism

Nutrition: Keeping Healthy

Ethics: Protecting and Enhancing Lives of Animals

Ecology: Protecting Environment, Mitigating and Adapting to Climate Change

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Nutrition and Ethics

  Google Search, Food, Inc.

Food and Climate Change
VEGETARIAN AND VEGAN ORGANIZATIONS, MAGAZINES, BOOKS, FILMS,

1. Vegetarian Times - Great Food, Good Health, Smart Living

www.vegetariantimes.com/ý

Vegetarian Times delivers healthy, delicious recipes, plus expert nutrition and lifestyle information that is exclusively vegetarian but inviting to all. ... Center • Marketplace • Join us on • Join us on Join us on • MAGAZINE • VT_1113_Cover_web ...

ýVegetarian Recipes - ýClassic Israeli Salad - ýZucchini Croquettes with Bell ... - ýMyVT

2. Favorite Vegetarian Magazines Reviewed ... - Vegetarian Food

vegetarian.about.com › Food › Vegetarian Food › Vegetarian Lifestyleý

If you need something to inspire you to create a fabulous meal tonight while you’re in the waiting room in the doctor’s office, then read on to find out where you ...

3. Vegetarian Times (1-year): Amazon.com: Magazines

www.amazon.com › ... › Organic & Natural Foodsý
Amazon.com: Vegetarian Times (1-year) Magazine Subscription: Subscribe at Amazon for discounts, simple renewals, free shipping, gift notifications and easy ...

4. A New Food Quarterly for Vegans and Vegetarians: Chickpea ...

www.thekitchn.com/new-food-quarterly-for-vegans-and-vegetarians-chi...
y

Jun 18, 2012 - Remember this list of our favorite quarterly food journals? Now we have another one to add to the list: Chickpea Magazine, a new vegan online ...

5. Are there any good vegan magazines out there? - Yahoo! Answers

answers.yahoo.com › ... › Food & Drink › Vegetarian & Veganý

Mar 1, 2008 - Please don’t suggest Vegetarian Times as most of t...

6. Vegetarian Living Magazine | Vegetarian Living magazine

www.vegetarianliving.co.uk/ý

Vegetarian Living is a new magazine for people who want to be inspired by vegetarian cooking – whether you are vegetarian, vegan or simply want to cut down ...

7. Top Vegetarian Magazines

vegetarianmagazines.blogspot.com/ý

Top Vegetarian Magazines.

8. Vegan Magazine’s Faux-Meat Recipe Photos Actually Real Meat

www.huffingtonpost.com/.../vegetarian-magazine-photos-real-meat_n_8...ý

Apr 14, 2011 - VegNews, the “premier magazine to focus on a vegetarian lifestyle” according to its website, has been using real meat photos to accompany its ...

9. Vegetarian Times Magazine Subscription, 9 Digital Issues | Zinio ...

us.zinio.com/magazine/Vegetarian%20Times/pr-235728019ý
Vegetarian Times is written for those at the forefront of the healthy living movement. Published nine times a year, it provides delicious recipes, expert wellness ...

Ads related to Vegetarian Magazines

1. Vegetarian Magazines

www.amazon.com/magazines

VEGETARIAN VOICE

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• Membership
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Join/Renew

Subscribe to Vegetarian Voice!

When you become a member of the North American Vegetarian Society, you’ll receive a subscription to our quarterly magazine, which will keep you up-to-date on current medical and nutrition studies. Vegetarian Voice also explores compelling consumer, environmental, animal rights and lifestyle issues. Plus delicious vegan recipes are always featured. Members also receive a 10% discount on all merchandise, including those items listed on our internet site.

Join now and receive 2 free gifts
New members will receive our 40 recipe-card set featuring favorite recipes from seven popular cookbook authors. This collection (not available for purchase) includes entrées, salads, soups, side dishes, desserts and more. Plus you’ll receive Vegetarianism: Answers to the most commonly asked questions. This handy 16-page booklet provides answers to those difficult questions and includes recipes. One year membership is $22.

- Membership
- Support Our Efforts
- © North American Vegetarian Society
- PO Box 72
- Dolgeville, NY 13329

VEGETARIAN TIMES

The November 2013 is almost entirely about nutrition and food fun: masterful menus, magnificent mains (entrees), accompaniments, sunchokes, beyond pumpkin pie, and so on. This number is like what a Vegetarian Gourmet magazine might be. -Dick
I haven’t read this magazine from the UK, but this advertisement suggests it is primarily for nutrition and consuming. But one item deals with ethics and climate change, which I have copied following. --Dick

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Recipes

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& features

Kids’ zone

Man’s world

Gardening

Save it

Foraging

Health & beauty

Eco ideas
Vegan hero

Vegan marathon runner Fiona Oakes is, quite simply, incredible. Sara Niven Smith caught up with Fiona who ... Read more ▸

Interview with...

Ethical debate

Tara Gold, the founder of online children’s store Ethical Kidz, talks to us about why ethical shop...Read more ▸

Latest news

Take a stand

Shelley Feldman talks to us about 1066 Cake Stand.... Read more ▸

Most popular recipes

Warm sticky spice cake
Category Dessert Serves 8 Preparation 20 mins Cooking 40 mins

Allow to cool completely, cover and freeze for up to 3 months. Thaw at room temperature for 3 hours and serve either cold or warmed slightly in a medium oven. Read recipe □

Freckle bread
Type Main course Makes 1 loaf
Preparation 15 mins + proving
Cooking 30 mins
Read recipe □

Ethical debate
Tara Gold, the founder of online children’s store Ethical Kidz, talks to us about why ethical shopping is so important today.

An increasing number of parents are considering eco-credentials and ethical values when they shop for kids’ kit. Vegetarian Living spoke to Tara Gold, the founder of online children’s store Ethical Kidz, about why ethical shopping is so important today, and how a local approach can help to tackle a global problem...

When and why did you set up Ethical Kidz?

In 2007, after my third child, Ellen, was born. I wanted to be at home with my children, but also wanted to work at something I enjoyed.

What are your core values as a business?

The wellbeing of our family, friends and community is at the heart of our business. We wanted to form a company that would start taking steps towards tackling some of the issues that will affect the future
of these special people and places, as well as protect other families and communities around the globe.

We believe that global warming is the biggest threat we face as we move into the future. As a result, our business values have developed around environmental considerations, ethical practices and sustainable behaviour.

We want our children to be healthy, happy and part of a caring community, as well as helping them to understand the issues our planet is facing. We have tried to set up a company that supports these goals.

Where and how do you source products?

We select suppliers that share our ethos – a concern for the environment and a belief in the need for ethical and sustainable practices. We choose products that fulfil certain criteria – they should be environmentally friendly, handmade, locally and ethically produced, with the ability to be reused or recycled; they should also be educational and encourage active, imaginative or creative play; and support cottage industries and sustainable practices. The more criteria each product fulfils the better!

However, we realise that some compromises still have to be made. Rather than disregard a supplier because they don’t tick every box on our list, we decided to credit them for their positive aspects. Sometimes we have to sacrifice one credential for another. For example, our Oskar & Ellen products offer a great range of hand-sewn fabric toys that encourage imaginative play. Although these products are made ethically and encourage sustainable business practices, they are made in sewing studios in the Philippines so are not produced locally to us.

Local suppliers are contributing more and more products to our range. We are surrounded by some extremely creative cottage industries and we like to offer these small businesses a chance to promote and sell their work on a website without the need to set one up themselves. Included in this range are handmade children’s clocks, knitting and baking sets, pencil cases and cushions.

Why is ‘green’ so important for kids – and parents?
Global warming will dramatically change the way we live our lives, if not during our lifetime, certainly during the lifetime of our children and our grandchildren. What we do now will make a difference. This is why we must act now.

What’s new on the site – and what’s next?

We’re aiming to add more sections to our free activities and factsheet pages during the coming year. In particular, we want to add more information pages about how the environment works and also more healthy-eating sections. We are continually on the lookout for more handmade products too.

We are moving our family and Ethical Kidz to Bath this winter, and we hope to be seen attending the farmers’ markets around Bath. We are currently an online store; however, following the move we also hope to set up a small shop.

• Visit Ethical Kidz at www.ethicalkidz.co.

VEGAN MAGAZINE

10. VegNews Magazine | Vegan Recipes, Food, News, Travel, Health ...

vegnews.com/

VegNews is an award-winning vegan magazine and website packed with recipes, travel, news, food, reviews, and so much more.

Current Issue - Subscribe - 5 Amazing Vegan Subscription ... - Contact Us

BOOK ON VEGANISM

1. “Forks Over Knives”: Is the Science Legit? (A Review and Critique ...
Sep 22, 2011 – As most of you probably know, a documentary called “Forks Over Knives” recently hit the theaters after months of private screenings. Vegans ...

**ORGANIZATIONS, MAGAZINES, BOOKS, FILMS DEVOTED TO ANIMAL WELFARE**

**PETA**

**ANIMAL TIMES**

**PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS, PETA’S ANIMAL TIMES: THE MAGAZINE THAT SPEAKS UP FOR ANIMALS (#3, 2013).** [www.PETA.org](http://www.PETA.org)

PETA is a comprehensive animal support organization. This number of its magazine promotes healthy food, rescuing distressed, abused, neglected, abandoned animals, vegetarianism, veganism, books on all aspects of animals, defenders of animals, sanctuaries, adoption rather than purchase; and it rejects animal use for cosmetic testing, killing animals for fur, killing ducks and geese for foie gras; and much more.

See below for more,.and see OMNI’s Animal Rights Newsletter

**ORGANIZATIONS, MAGAZINES, BOOKS, FILMS STUDying FOOD AND CLIMATE**

(see below for more)

1. Food and climate change - David Suzuki Foundation
It’s not only what vehicle we drive or how we heat our homes that determines our carbon footprint. The food we eat also has an impact - on our health, and on the ...

FOUNDATIONS OF VEGETARIANISM

Nutritional, Ethical, and Climate Arguments

NUTRITIONAL ARGUMENTS

Why Eating Meat is Harmful, and Vegetables Better for you than Meat:

Antibiotics.


ETHICAL ARGUMENTS Against Injuring and Killing Animals


“Farm to Fridge—The Truth Behind Meat Production” by Mercy for Animals, narrated by James Cromwell.
Vegetarians | Vegetarian Foods | Vegetarian Diets

Why People Become Vegetarians from Vegetarian Voice

Most people wonder what drives vegetarians to give up meat and adopt an entirely different lifestyle. There is no single answer to this question.

Vegetarians have decided to eat this way for a reason - some even for multiple reasons. Most of them claim that they became a vegetarian for one of four reasons.

1. The majority of vegetarians have ethical problems with eating meat.

They disagree with how chickens are debeaked, forced to live in small cages, and are then slaughtered when they do not produce eggs fast enough. Most vegetarians also disagree with the crowded and stressful environments animals are forced into and the hormone-laden feed used to make them grow faster and produce more.

People who become vegetarians for this purpose often draw ethical boundaries in different spots, depending on their personal beliefs. For instance, some staunch vegans won’t consume yeast, wear wool or silk, or even eat certain vegetables, such as carrots, that require killing the plant to harvest.

On the opposite side of the spectrum, some vegetarians (sometimes referred to as pseudo-vegetarians) will actually eat fish and chicken on a regular basis.

2. Health concerns are the second biggest reason.

Many of these people have high cholesterol and perhaps a heart condition. Sometimes it’s just a worry that because heart disease or strokes run in their families and they want to do all they can to prevent themselves from having these problems. Others do not eat it
because it often contains high concentrations of hormones and preservatives.

It could just be that they feel better physically when eating a vegetarian diet.

3. Some vegetarians simply do not like the texture and taste of meat. Much like some non-vegetarians don’t like the taste of vegetables.

4. The fourth and smallest group of vegetarians cite environmental reasons for not consuming meat.

They complain that consumption of meat causes farmers to continually deforest land to create grazing land for cattle. They say if you use the crops grown to feed animals for meat production is used to feed humans, there would be such a surplus of grain that no hunger or starvation would exist anywhere in the world.

There are many more varied and often personal reasons people decide to adopt the vegetarian lifestyle. Some of them maintain it for life while some give it up after a period of time and add fish or chicken back into their diet.

MISCELLANEOUS ADDITIONAL ARTICLES AND FILMS

NUTRITION

New York Times Magazine

The Extraordinary Science of Addictive Junk Food
On the evening of April 8, 1999, a long line of Town Cars and taxis pulled up to the Minneapolis headquarters of Pillsbury and discharged 11 men who controlled America’s largest food companies. Nestlé was in attendance, as were Kraft and Nabisco, General Mills and Procter & Gamble, Coca-Cola and Mars. Rivals any other day, the C.E.O.’s and company presidents had come together for a rare, private meeting. On the agenda was one item: the emerging obesity epidemic and how to deal with it. While the atmosphere was cordial, the men assembled were hardly friends. Their stature was defined by their skill in fighting one another for what they called “stomach share—the amount of digestive space that any one company’s brand can grab from the competition.
James Behnke, a 55-year-old executive at Pillsbury, greeted the men as they arrived. He was anxious but also hopeful about the plan that he and a few other food-company executives had devised to engage the C.E.O.’s on America’s growing weight problem. “We were very concerned, and rightfully so, that obesity was becoming a major issue,” Behnke recalled. “People were starting to talk about sugar taxes, and there was a lot of pressure on food companies.” Getting the company chiefs in the same room to talk about anything, much less a sensitive issue like this, was a tricky business, so Behnke and his fellow organizers had scripted the meeting carefully, honing the message to its barest essentials. “C.E.O.’s in the food industry are typically not technical guys, and they’re uncomfortable going to meetings where technical people talk in technical terms about technical things,” Behnke said. “They don’t want to be embarrassed. They don’t want to make commitments. They want to maintain their aloofness and autonomy.”

A chemist by training with a doctoral degree in food science, Behnke became Pillsbury’s chief technical officer in 1979 and was instrumental in creating a long line of hit products, including microwaveable popcorn. He deeply admired Pillsbury but in recent years had grown troubled by pictures of obese children suffering from diabetes and the earliest signs of hypertension and heart disease. In the months leading up to the C.E.O. meeting, he was engaged in conversation with a group of food-science experts who were painting an increasingly grim picture of the public’s ability to cope with the industry’s formulations — from the body’s fragile controls on overeating to the hidden power of some processed foods to make people feel hungrier still. It was time, he and a handful of others felt, to warn the C.E.O.’s that their companies may have gone too far in creating and marketing products that posed the greatest health concerns.
The discussion took place in Pillsbury’s auditorium. The first speaker was a vice president of Kraft named Michael Mudd. “I very much appreciate this opportunity to talk to you about childhood obesity and the growing challenge it presents for us all,” Mudd began. “Let me say right at the start, this is not an easy subject. There are no easy answers — for what the public health community must do to bring this problem under control or for what the industry should do as others seek to hold it accountable for what has happened. But this much is clear: For those of us who’ve looked hard at this issue, whether they’re public health professionals or staff specialists in your own companies, we feel sure that the one thing we shouldn’t do is nothing.”

As he spoke, Mudd clicked through a deck of slides — 114 in all — projected on a large screen behind him. The figures were staggering. More than half of American adults were now considered overweight, with nearly one-quarter of the adult population — 40 million people — clinically defined as obese. Among children, the rates had more than doubled since 1980, and the number of kids considered obese had shot past 12 million. (This was still only 1999; the nation’s obesity rates would climb much higher.) Food manufacturers were now being blamed for the problem from all sides — academia, the Centers for Disease Control and Prevention, the American Heart Association and the American Cancer Society. The secretary of agriculture, over whom the industry had long held sway, had recently called obesity a “national epidemic.”

This article is adapted from “Salt Sugar Fat: How the Food Giants Hooked Us.”

Michael Moss is an investigative reporter for The Times. He won a Pulitzer Prize in 2010 for his reporting on the meat industry.

WORLD PEACE, LIVING IN HARMONY WITH ALL LIFE

An idea whose time has come...

“Love is understanding...”
Dr. Will Tuttle, author of The World Peace Diet, is a pianist, composer, educator, and recipient of the Courage of Conscience Award. A former Zen monk, his Ph.D. from U.C. Berkeley focused on educating intuition and altruism. He presents ongoing events promoting peace through compassion for all life. More...

Videos

Downloads

The World Peace Diet

Eating For Spiritual Health And Social Harmony

By Will Tuttle, Ph.D.

Trade paperback, 350 pages, $22.00

Published by Lantern Books, New York, NY

No trees killed! - 100% post-consumer recycled paper

Signed by author & includes free CD by author, when ordered from this website. Also includes “Intuitive Cooking” by Madeleine Tuttle.

Look Inside - (Table of Contents & Preface)

WPD Facilitator Training Program --

New self-paced WPD course -

8-week online training in becoming a World Peace Diet Facilitator.

Also 4-week WPD Mastery course.

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Click here to see reviews, articles, and
The missing book that illuminates the hidden core of our culture and helps us understand...

The World Peace Diet, which became a #1 Amazon best-seller in March, 2010, offers a compelling and liberating new understanding of our food and our culture. It has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our culture, our food, and the source of our broad range of problems—and the way to a positive transformation in our individual and collective lives.

The World Peace Diet is an award-winning book. If you want to understand the big picture of our culture and why we have the unyielding dilemmas we face, and how we can solve them, this book is for you.
The World Peace Diet lists for $22. When you order from this website, your book is only $20, and will be signed by the author, and will include a copy of Living in Harmony With All Life, a 75-minute CD discourse by Dr. Tuttle on some of the main ideas in The World Peace Diet, with musical interludes. It will also include a free copy of Madeleine’s “Intuitive Cooking.” Click here to order a printed copy of The World Peace Diet and have it shipped to your door, with the Living in Harmony With All Life CD and “Intuitive Cooking.”

Click here to download a complimentary mp3 sound file of Living in Harmony With All Life, the 75-minute discourse by Dr. Tuttle on The World Peace Diet and/or a PDF file of Madeleine’s “Intuitive Cooking,” or the book.

John Stephens: “I was at Green Festival today in Seattle, and attended a talk by Congressman Dennis Kucinich, where he talked about how individuals can make a difference by changing their diet. He recommended your book, The World Peace Diet, and even held up a copy of it for everyone to see, during his talk.”

“If I could afford it, I’d place a copy of The World Peace Diet in every hotel room in the country.”

M.A. Lederer, Cincinnati

NUTRITION AND ETHICS

Food, Inc. - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Food,_Inc.

Food, Inc. is a 2008 American documentary film directed by Emmy Award-winning filmmaker Robert Kenner. The film examines corporate farming in the United ...

Robert Kenner - Eric Schlosser - Diana DeGette

1. Food, Inc. | POV | PBS
Food, Inc. will be accompanied by Notes on Milk, a short variation of the 2007 feature documentary Milk in the Land: Ballad of an American Drink. Ariana ...

2. Film Description | Food, Inc. | POV | PBS

This 2010 Oscar-nominated film lifts the veil on our nation’s food industry, exposing the highly mechanized underbelly that’s been hidden from the American ...

3. Food, Inc. (2008) - IMDb

Rating: 7.8/10 - 29,092 votes

Food, Inc. -- An unflattering look inside America’s corporate controlled food ... A documentary on Al Gore’s campaign to make the issue of global warming a ...

Robert Kenner - Earthlings - Plot Summary - User Reviews

4. Food, Inc - TakePart

Food, Inc. has become more than a film—it’s fostered a loyal community committed to living healthier lives and taking action to change the food industry. This fall ...

5. Food, Inc. | Top Documentary Films

topdocumentaryfilms.com  Healthý

For most Americans, the ideal meal is fast, cheap, and tasty. Food, Inc. examines the costs of putting value and convenience over nutrition and...

6. Monsanto | Food, Inc. Movie

www.monsanto.com  Food, Inc. Movieý
We’ve heard from a number of you who have seen the film during the past several months. You have questions about Monsanto and we’re answering them.

7. Food, Inc. – Rotten Tomatoes

www.rottentomatoes.com/m/food_inc/ý

Rating: 96% – ý106 reviews

An activist-made film of considerable interest, Food, Inc is also a piece of investigative journalism that tells us a thousand things that are pertinent to eating ...

FOOD AND CLIMATE CHANGE

GOOGLE Search, Nov. 6, 2013, First Page

2. Food and climate change – David Suzuki Foundation

www.davidsuzuki.org › What you can do › Food and our planetý

It’s not only what vehicle we drive or how we heat our homes that determines our carbon footprint. The food we eat also has an impact – on our health, and on the ...

3. Climate Impacts on Agriculture and Food Supply | Climate Change ...

www.epa.gov/climatechange/impacts-adaptation/agriculture.htmlý

Agriculture and fisheries are highly dependent on specific climate conditions. Trying to understand the overall effect of climate change on our food supply can be ...

News for Food and Climate Change

1. Climate Change Seen Posing Risk to Food Supplies

New York Times ý– 4 days ago

A leaked draft of a report by the Intergovernmental Panel on Climate Change said that climate change could reduce output and send prices ...
2. Unchecked climate change to lower food production
Economic Times - 22 hours ago

3. Climate change draft report predicts war, heat waves, starvation
CBC.ca - 3 days ago

4. Climate Change | WFP | United Nations World Food Programme ...
www.wfp.org/climate-change

Climate change is not only a future concern. Even today, most of the food-insecure communities that WFP supports suffer from extreme weather events, and ...

5. Home | CCAFS: CGIAR research program on Climate Change ...
www.ccafs.cgiar.org/

CCAFS: CGIAR research program on Climate Change, Agriculture and Food Security... Challenging gender assumptions within farming and climate change ...

6. UN Climate Change Food Production Report - Business Insider
www.businessinsider.com/un-climate-change-food-production-report-20...3 days ago - The New York Times’ Justin Gillis reports a soon-to-be-released study now says climate change will cut food production by 2% each decade.

7. Climate change is already affecting food supplies (Wired UK)
www.wired.co.uk/news/archive/2013-11/03/climate-food

by Duncan Geere - in 545 Google+ circles

3 days ago - A leaked draft of an IPCC report due in 2014 shows how climate change is already affecting food security around the world.

8. Climate Change: The Unseen Force Behind Rising Food Prices ...
www.worldwatch.org/node/5434
That sneaking suspicion you get every time you arrive at the grocery checkout counter is right: food generally costs more than it did just 12 months ago.

9. Global food supply at severe risk from climate change, warns leaked ...

www.theverge.com/.../ipcc-leaked-climate-change-report-warns-severe-f...

5 days ago - A scientific panel set up by the United Nations has found that climate change will pose a serious threat to the world’s food supply in the coming ...

10. Potential Impacts of Climate Change on World Food Supply ...

sedac.ciesin.columbia.edu/giss_crop_study/...Detailed analysis of a modeling study of the effects on crop production and its economic implications, coordinated by the Goddard Institute for Space Studies, for ...

MEAT VS. FORESTS AND CLIMATE

Karen <karenkimrey@cox.net>

3/7/07

to still, jbennet

http://www.ajcn.org/cgi/reprint/59/5/1099S.pdf

here’s a good article which makes the point that deforestation of land to provide grazing is a major issue in meat production. 24% of
usable land on the planet is occupied by grazers. i was shocked by that statistic...that’s a lot!!!

for every pound of central American hamburger produced, 55 square feet of rain forest is destroyed.

and 8 billion animals are killed each year just in the united states for food...read that somewhere else.

thanks, karen

HISTORY

Rynn Berry’s Famous Vegetarians and their Favorite Recipes.

Pythagorean Books, Post Office Box 8174, JAF Stn., New York, NY 10116. USA. US$16.95, softcover. [I have cooked from an old copy of this book and have enjoyed making dishes enjoyed by Shelley or da Vinci. –Dick]

Reviewed by Lavina Melwani

Leo Tolstoy, the man who gave the world War and Peace and Anna Karina, was a strict vegetarian. For an aristocrat in Czarist Russia to renounce meat was unheard of, but then Tolstoy was a man with a social conscience.

Leonardo da Vinci, the great artist, engineer and creator of the Mona Lisa, was such a fervent vegetarian that he would buy caged birds from poultry vendors and set them free.

Dr. John Harvey Kellogg, inventor of cornflakes and a brilliant surgeon, was a vegetarian who set up a chain of vegetarian restaurants in Skid Row where the poor could get a meatless meal for a penny.
These are some of the remarkable people you meet in Rynn Berry’s Famous Vegetarians and their Favorite Recipes. If you are a vegetarian, you will be pleased to know that you are in some very distinguished company. Pythagoras, the ancient Greek sage who gave us the Pythagorean theorem, was also the father of vegetarianism in the West. In fact, Berry explains that until the late 19th-century people who ate meatless diets were called “Pythagoreans.” Plutarch, Buddha, Socrates, Plato, Percy Bysshe Shelley, Henry Salt and George Bernard Shaw were all vegetarians as were social reformer Annie Besant, writer Malcolm Muggeridge and Sylvester Graham, inventor of graham flour and the graham cracker.

Famous Vegetarians and their Favorite Recipes (Pythagorean Publishers) is an intriguing book which takes you into the lives of famous people who left the meat out of eating, and also gives you their recipes. The book contains 70 recipes for soups, pastas, entrees and desserts right from George Bernard Shaw’s Savory Rice to Swami Prabhupada’s Pleasingly Bitter Vegetable Stew. His prodigious research included historical accounts, cookbooks and family notes. Berry says the work was arduous but very stimulating.

For Buddha’s recipes Berry studied Food and Drink in Ancient India and found that spinach was one of the vegetables Buddha urged his followers to eat. Using the spices and curry-recipes which were prevalent in those days, Berry recreates Buddha’s probable recipe for Curried Spinach. He has also found and published the vegetarian recipes of Leonardo da Vinci which he translated from medieval Latin into English. Interestingly, these are in De Honesta Voluptate, written in 1475 and considered the first modern cook book.

Berry even contends that Jesus Christ was a vegetarian! He writes: “Although the evidence for Jesus’ vegetarianism is largely circumstantial, it is nonetheless compelling. Even Dr. Hugh Schonfield, writing in The Passover Plot—probably the most rigorous and demythologized life of Jesus ever written—asserts that Jesus belonged to a strict vegetarian branch of the Essenes in northern Judea—the Nazoreans.”

Famous Vegetarians, which is subtitled Lives and Lore from Buddha to the Beatles, also includes present-day celebrities such as the ex-Beatles—George Harrison, Paul McCartney and his wife Linda—Hollywood stars Dennis Weaver and Cloris Leachman and even the wrestling star
Killer Kowalski, who was the first professional athlete in the West to go vegetarian. Kowalski, who is very interested in spiritualism, observes: “No one who eats the flesh of animals can progress spiritually beyond the average.”

Rynn Berry, who is himself a diehard vegetarian, has written several books on vegetarianism including The Vegetarians and The New Vegetarians and is a frequent lecturer on the subject. He turned vegetarian when he was a teenager. He recalls, “I was a bookworm and I read widely. I found my intellectual heroes—George Bernard Shaw, Shelley, Gandhi—were all vegetarians. That’s what propelled me.” Berry found the vegetarian diet made him feel lighter and more energetic although in those days it was considered eccentric, even bizarre, to be a vegetarian.

Today, of course, the prospects for vegetarians are much better with many restaurants catering to them. Berry is an avid cook himself, especially of Indian and Chinese cuisine. He says, “The first thing I studied was Indian cooking. It’s the highest, the most sophisticated form of vegetarian cooking.”

Vegetarianism has taken Berry as far as China to do research on the vegetarian aspects of Taoism. He points out that Taoism itself was influenced by Hinduism and Jainism in the first century BCE, and according to some historians, Tao Te Ching, the sacred book of Taoism, is a thinly disguised manual of yoga. India has, of course, been an important part of Berry’s research and he recently spent three months living with a Jain family in Bombay.

Berry believes that earlier on most of the ethical vegetarians in the West were living in London, and that India had a tremendous influence on British culture: “Very often the country that is colonized influences the parent country. More books have been written in English on vegetarianism than any other language.”

Although Berry interviewed many distinguished vegetarians, he particularly remembers his conversations with the Nobel prize winning writer Isaac Bashevis Singer: “Vegetarian themes and motifs have sounded through even his earliest work.” Asked whether he turned vegetarian for his health, Singer replied, “I didn’t do it for my health but for the health of the animals.”
Rynn Berry is not a Hindu, though he says he is, spiritually. He indentifies very strongly with Indian culture, and when he is in India he is often mistaken for an Indian and asked for directions on the street.

Currently he is researching a book on the vegetarian representatives of the major religions of the world, including a Catholic monk who was expelled from his order for trying in his capacity as monastery cook to introduce vegetarian food into the Franciscan order.

Berry believes that even the earliest Western vegetarian movement such as Pythagorean can be traced to Indian influences, and that India with the traditions of Hinduism, Buddhism and Jainism has been the cradle of vegetarianism: “Today, in our time, the Indian influence in America is quite prevalent with the arrival of Swami Satchidananda and Swami Prabhupada and other swamis who have had a tremendous influence on the dietary habits of the world. Vegetarianism is burgeoning in the West and a lot of it is proceeding from Hinduism, the American version of Hinduism. We owe a tremendous debt to India and it continues to be a source of inspiration to the world.”

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OMNI HAS A LIBRARY ON VEGETARIANISM, TO WHICH DAN DEAN DONATED HIS COLLECTION WHEN HE MOVED TO WINSLOW.

Dan Dean: List of Publications donated to OMNI Library

DVD’s
Invisible Children Update.  2007

Meatrix.  www.themeatrix.com

Sierra Club. The True Cost of Food.  2004

Books

Meltzer, Albert.  Anarchism:  For and Against.  1996


Quinn, Bill.  How Wal Mart is Destroying America (and the World) And What You Can Do About It.  2000

Benjamin, Medea, Ed. etal. Stop The Next War Now: Effective Responses To Violence And Terrorism.  2005

Magazines

Synthesis/Regeneration: A Magazine of Green Social Thought.  8 copies

The Mindfulness Bell: published by students of Thich Nhat Hanh

Co-op Quarterly: Building Economic Alternatives


Turning Wheel: The Journal of Engaged Buddhism

Other items

Assorted pamphlets about vegetarianism, Walmart Watch and fair trade

Template for making a Flyer for World Vegetarian Awareness month in Oct.
What’s at stake: “While human population quadrupled over the past hundred years, [Bernstein] calculates that our consumption of resources...increased by a factor of seventeen. This gorging at the planetary buffet has been enjoyed by a comparative few, and at the expense of many. An unequal distribution of goods, which caused woes and wars even in biblical times, has never been so skewed as today.” Alan Weinstein, *Countdown*

OMNI Newsletters


Index:
Greetings Everyone!

**Got Beef with Monsanto? The Tyson Corporation Does, and It Tastes Killer.** By Able Tomlinson

Got Beef with Monsanto? The Tyson Corporation Does, and It Tastes Killer. By Able Tomlinson
We are gathered here today because we know something is very wrong with Monsanto. And let’s be clear: Monsanto is no agricultural company, at its heart it is a petrochemical corporation. But is that the only reason we are here?

Will a diatribe against Monsanto be productive enough? Will banning GMOs and even revoking Monsanto’s corporate charter be enough, if that is possible? There is so much more wrong with our entire industrial agriculture system. There are many corporations involved in GMO and toxic pesticide manufacturing, including Syngenta, Bayer, Cargill, Dow, Dupont and many others, all causing disease in our bodies and environment.

If Monsanto was gone, like a hydra you cut its head off, and many other similar corporations would take its place. If all GMOs were banned today, we are still left with an agriculture system that uses millions of tons of toxic pesticides that have been proven to be biologically more dangerous to humans and other organisms than GMOs have yet proven to be.

Don’t get me wrong. I want to see GMO seeds and Monsanto disappear as much as you, but we need more than just that.

We all know the history of Monsanto manufacturing toxic substances including PCBs, dioxin, DDT and bovine growth hormone. We know the history of Monsanto making Agent Orange for our military to defoliate the rainforest of Vietnam, and those people are still suffering its legacy of cancer and birth defects today. Like many corporations, Monsanto has a very dirty history.

Having studied agriculture, molecular genetics and biotechnology for six years at the UA, I have an intimate relationship with GMOs. I actually engaged in creating Genetically Modified bacteria for a PhD in plant pathology. Thankfully, I quit half way into it. If I had completed it, I could be making a lot more money right now working for Monsanto as some of my peers did.
However, my concerns with corporate power, corruption and war compelled me to quit. I’m sure I am happier now than I would be working in the laboratories of what many consider “the most evil corporation on the planet”.

Since most of you know the details of Monsanto’s dangers and I would be preaching to the choir, I would like to shift gears and dig deeper.

Monsanto is one among many corporations involved in an unsustainable and suicidal industrial agriculture system. They are a great poster child of a corrupt food system. However, the Tyson corporation right here in Springdale, Arkansas is equal, and all these corporations are tightly interwoven like a natty dreadlock soaked in petrochemicals.

In fact, in terms of environmental destruction Tyson is likely far worse. Tyson is the largest producer of factory farmed meat in the world. Scientific studies have shown that meat production as it is done cause more global warming pollution than the entire transportation sector. This includes not only the horrific factory farms, but also the fact that a leading cause of rainforest deforestation is beef production. 200,000 acres of the most biodiverse terrestrial ecosystem in the world are destroyed each day, and 70 percent of that land is used for grazing cattle or to grow soybeans for factory farms. Moreover, over half of the water used in the US is for beef production.

Millions of gallons of oil are burned annually to plow fields, plant seeds, distribute petrochemical fertilizer and pesticides, harvest and process crops, transport the grain, and then feed it to cows, pigs and chickens in disgusting factory farms, and then to slaughter the animals, and transport meat packages of unknown origin to grocery stores and fast food chains. Millions of gallons of water are used to grow these crops, often unsustainably drawn from depleting aquifers. Millions of tons of chemical fertilizer and pesticide are placed in our fields, streams and rivers.

When Lewis & Clark explored the rivers of our nation, they noted that the rivers teemed with fish. Due to extensive fertilizer and animal feces runoff, our rivers face algal blooms and become hypoxic as the oxygen is sucked from the water. They are increasingly lifeless. In fact, there is now a deadzone at the gulf of the Mississippi that is nearly 10,000 square miles.

We grow millions of tons of grain each year and feed over half of it to animals in factory farms, and it takes somewhere around 16 pounds of grain to make 1 pound of beef, which is a 90% inefficient loss of usable protein. There are around a one
billion chronically malnourished or starving people in the world and if the grain
we feed to factory farmed animals was fed directly to humans it would feed that
many and more.

So, how are Monsanto and Tyson in bed together you may ask? Well...65 percent of
Genetically modified grains are fed to the over 50 billion cows, pigs and chickens
in factory farms. So when we talk of boycotting Monsanto...buying less processed
foods that contain corn syrup and soybean oil is helpful, but meat is the elephant
in the room. Over 300 million acres of US land is planted for food and half of it
is planted in corn and soybeans, and 85 % of corn and 95% of soy is now genetically
modified, and as previously mentioned 65% of that is fed to animals in factory
farms, and the other largest segment is used for pointless biofuels. Only 2% of
the corn we grow is actually consumed by humans.

90 percent of American meat is factory farmed and most are fed GMO corn & soy, so
boycotting unlabeled meat of unknown origin, is the single most powerful thing you
can do to undercut the Monsanto corporation, and Tyson all in one fell swoop. This
is also the single most powerful thing we can do to help the environment in
countless ways, not to mention the ethical treatment of animals. If you want to
see the reality of factory farming please watch “Meet your Meat” on youtube and
other videos available they don’t want you to see. The industry acts like the
horrors in conditions and cruel treatment by humans is an exception, but I assure
you that is a lie. This is the norm, and that is why they very actively try to
prevent such sunlight from entering their meat gulags.

The point is virtually all unlabelled meat at grocery stores and fast food chains
is factory farmed and fed GMO corn and soy, so if you really oppose Monsanto &
GMOs and support the environment, don’t buy it. Very simple. And the same goes
for products with corn syrup and soybean oil. It is virtually all genetically
modified.

In terms of political action, protests like this are wonderful to raise
consciousness and stimulate thought and debate. After this event, it is our duty
to continue productive discussions with friends and family whenever possible.
Cultural enlightenment is the most fundamental shift needed on this issue and every
other.

A better agricultural system is possible. I have to believe this because I have a
daughter, and refuse to give in to despair. The system is unsustainable in
countless ways. With unsustainable systems, they are doomed to collapse or
evolve. Please join me in working toward an evolutionary, sustainable food system
and a government not controlled by massive corporations that care only for profit.
A healthy environment and sustainable agriculture are true wealth, not GDP, growth, stock markets and billions of digital dollars in a bank computer. If we destroy nature, the soil and water, we are destroying the real economy, and destroying our species. It is our duty to our grandchildren to do whatever we can to protect the real economy. Nothing is more vital to human survival than sustainable food and water. The shareholders and CEOs of Monsanto and other corporations can’t see this through the mountains of money they make. As a Native American once said, “When the last tree is cut, the last fish is caught, and the last river is polluted; when to breathe the air is sickening, you will realize, too late, that wealth is not in bank accounts and that you can’t eat money.”

Everyone here knows what is going on and has many answers to these problems, but the challenge is for us to open the eyes of everyone around us. You may be amazed at how powerful you are. If you help awaken one person, then that person may awaken ten others, and those ten may awaken 100 others.

We are pebbles. Pebbles make ripples when thrown correctly. It is time to start skipping stones in the waters of the mind.

Thank you!

SPECIESISM, RIGHTS AND PROTECTION OF ANIMALS

Earthlings

EARTHLINGS is a feature length documentary about humanity’s absolute dependence on animals (for pets, food, clothing, entertainment, and scientific research) but also illustrates our complete disrespect for these so-called “non-human providers.” The film is narrated by Academy Award
nominee Joaquin Phoenix (GLADIATOR) and features music by the critically acclaimed platinum artist Moby.

With an in-depth study into pet stores, puppy mills and animals shelters, as well as factory farms, the leather and fur trades, sports and entertainment industries, and finally the medical and scientific profession, EARTHLINGS uses hidden cameras and never before seen footage to **chronicle the day-to-day practices of some of the largest industries in the world, all of which rely entirely on animals for profit.** Powerful, informative and thought-provoking, EARTHLINGS is by far the most comprehensive documentary ever produced on the correlation between nature, animals, and human economic interests. There are many worthy animal rights films available, but this one transcends the setting. EARTHLINGS cries to be seen. Highly recommended!

‘Operation Bite Back’ by Dean Kuipers

**REV. BY DEANNE STILLMAN**

Pets, Crime, Law and Justice, Colleges and Universities, Death, Nature, Crime

Operation Bite Back: Rod Coronado’s War to Save American Wilderness by Dean Kuipers.


In Samuel Taylor Coleridge’s epic poem “The Rime of the Ancient Mariner,” a ship strays into uncharted waters and an albatross appears out of the mists, guiding it to safety. At first a savior, the albatross is soon blamed for the ship’s misfortune, and the mariner shoots it with his crossbow. A plague of terrors visits the
crew, dice are thrown to determine the mariner’s fate, and he is finally cast ashore to wander the Earth, doomed to recount his deed to wayfarers along the path.

Over time, countless animals have died for our sins, our greed, our wants and our desires, and we bury the stories, for it is impossible to have them in our hearts. Every now and then, however, someone is cast forth to not just deliver the news but also to act on behalf of the wild ones. In recent years, our mariner has been Rod Coronado, whose story is told in the important, fascinating new book “Operation Bite Back” by Dean Kuipers, a Times editor. Haunted by the fate of wild things endlessly pursued, trapped, farmed, flayed, caged and tormented for their pelts, their organs and their secrets, Coronado believed we were all culpable in the obliteration of animals if we did not intervene on their behalf. For him, that meant heading directly to the front lines of the war against what’s wild, freeing the four-leggeds and then returning under the guise of another persona to publicize the deeds — a schizophrenic situation that led a friend to describe Coronado as the great fictional superhero, Superman.

The book follows Coronado along the warrior path, from whaling stations in Iceland through the punk scene in London (pivotal lyric of the era: “We say all sentient beings have the right to live, free from pain, torture, and suffering”) and animal prisons in remote pockets of the American West, where livings are made as lives are taken and the acts appear only on accounting logs. How can a man ask for God’s favor, Isaac Bashevis Singer wrote in his story “The Slaughterer,” when he destroys other creatures for profit? Ultimately, Singer’s character embraces all that “crawls and flies, breeds and swarms”; in another Singer story, a character suggests that, for some animals, life is an “eternal Treblinka.”
Coronado’s alliance with four-leggeds was forged when he first saw them in their natural state during family trips to the California wilderness as a child. Part Yaqui Indian, he was later drawn to books such as “Geronimo’s Story of His Life” and “Bury My Heart at Wounded Knee,” which led him into a deep kinship with his native brothers and sisters, one that would ultimately provide sanctuary and solace as his campaign to liberate animals escalated and he became a wanted man.

After a stint with Paul Watson’s Sea Shepherd Crew (now featured on Animal Planet’s “Whale Wars”), Coronado hit the road and spent a decade infiltrating the fur industry, venturing in and out of charnel houses where minks and foxes languished as they awaited their fate, apologizing to coyotes and other incarcerated animals he could not free as he and various accomplices made off with the caged, sleek-coated critters. Along the way, he destroyed documents and set fires and attracted many to the “green anarchism” of the Animal Liberation Front. His activities also led to a crackdown by law enforcement, which apparently included the dissemination of misinformation (for instance, the announcement in a leaflet that he was “armed”) and byzantine post-9/11 laws that have elevated vandalism to terrorism (to the dismay of various jurists). As Kuipers notes, the new laws could even result in the author himself getting into trouble for talking about some of the charges against Coronado, who recently finished a one-year sentence related to his answering a question about making an incendiary device during a 2003 speech in San Diego.

And yet, Coronado himself has had a change of heart, one that has involved the full spectrum of his Native American experience, from an early vision quest in sacred Lakota territory to more recent journeys on the Yaqui reservation in Arizona. While he was a fugitive during the 1990s, he issued a statement offering himself in an exchange for “grizzly bears held hostage as experimental subjects” by a particular university and asking for the suspension of tax-funded research on
mink, coyotes and otters at other colleges. The sign-off on that letter was: “In the spirit of Crazy Horse.” But three years ago, while serving time for freeing a mountain lion from a leg trap, Coronado sent another letter to friends and supporters. By then, he was married and had a son. The letter contained no language of retribution or anger. Rather, he renounced direct action, writing that violence begets violence and that that was not a lesson he wanted to pass on -- an echo of the old mariner, unexpectedly channeled in modern times by Iron Maiden who sang that “we must love all things that God made” -- an awesome ring tone, if ever there was one (and there is).

Still there comes disturbing news: A fur craze in China has led to a wave of cruel bobcat trappings in the West, wild horses in government corrals were recently shot and killed by persons unknown, and canned hunts continue across the land. As Kuipers notes, it was almost as if Coronado were asking to be relieved of his burden when he wrote that letter. But now, thanks to this book -- a significant chronicle of our time -- the bloody tale has been passed on to the ages, and perhaps one man’s heavy heart can be lightened, even if our war against what’s wild goes on.

Stillman’s latest book is “Mustang: The Saga of the Wild Horse in the American West,” now in paperback.

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Wayne Pacelle
From Wikipedia, the free encyclopedia

External images
Wayne Pacelle

Wayne Pacelle at a book signing event, Ann Arbor, Michigan

Born  
August 4, 1965 (age 48)  
New Haven, Connecticut

Nationality  
American

Education  
B.A. (History and Studies in the Environment), 1987

Alma mater  
Yale University

Known for  
President of the Humane Society of the United States

Notable work(s)  
The Bond: Our Kinship with Animals, Our Call to Defend Them

Predecessor  
Paul Irwin

Movement  
Animal Protection

Opponent(s)  
Center for Consumer Freedom  
• Kirsten Rosenberg (divorced)

Spouse(s)  
Lisa Fletcher: 2013-present

Website  
http://www.HSUS.org

Wayne Pacelle (born August 4, 1965) is the President and Chief Executive Officer (CEO) of the Humane Society of the United States (HSUS), the nation’s largest animal advocacy organization, with nearly 10 million members as of 2006. Pacelle took office June 1, 2004, after serving for nearly 10 years as the organization’s chief lobbyist and spokesperson. Since becoming CEO, he has
substantially expanded the organization’s membership base and its influence on public policy.[6]

## Career with the Humane Society of the United States

Since he joined the HSUS in 1994, Pacelle has played a role in the passage of more than 15 federal statutes to protect animals, including laws to ban the sale of videos depicting animal cruelty (1999), protect great apes in their native habitats (2000), halt interstate transport of fighting animals (2002), halt commerce in big cats for the pet trade (2003), and require government agencies to include pets in disaster planning (2006). Pacelle has testified before U.S. House and Senate committees on animal protection issues, including farm animal welfare, “canned hunting”, funding for the Animal Welfare Act and other programs, trophy hunting of threatened and endangered species, cockfighting and dogfighting, puppy mills, the exotic pet trade, bear baiting, and chronic wasting disease. In addition, he has successfully advocated for a number of amendments to end federal subsidies for programs that harm animals, including one involving the mink industry.[6][7]

Pacelle has been associated with 26 successful statewide ballot measure initiatives to protect animals, including measures to prohibit cockfighting, prohibit mourning dove hunting, restrict steel traps and certain poisons, and ban inhumane factory farming methods.[8] He has also been instrumental in the passage of numerous state laws dealing with animal protection. In addition, he has been vocal in criticizing individuals and groups who resort to intimidation, vandalism, or violence in pursuit of animal protection goals.[7]

Pacelle is a cofounder of the Humane Society Legislative Fund (HSLF), a 501(c) (4) social welfare organization that lobbies for animal welfare legislation and works to elect humane-minded candidates to public office. He also cofounded Humane USA, a strictly nonpartisan political action committee (PAC) that supports candidates of any political party based on their support for animal protection. These two organizations have helped to defeat hostile anti-animal

Under Pacelle’s direction, the HSUS has secured the adoption of “cage-free” egg-purchasing policies by several hundred universities and corporations; the exposure of an international trophy hunting scam; successful congressional votes and litigation to end horse slaughter; and an agreement from the United States Department of Agriculture to begin enforcement of federal laws concerning the transportation of farm animals. In addition, the HSUS’s campaign to stop the killing of seal pups in Canada secured pledges to boycott Canadian seafood from more than 1,000 restaurants and grocery stores and 300,000 individuals.

Animal cruelty

In early 2008, the HSUS’s investigation of cruelty to animals at the Hallmark/Westland Meat Packing Company sparked the largest beef recall in American history and congressional calls for reform of the slaughterhouse inspection system.[12] In late February, 2008, Pacelle testified on the downer cow issue before a subcommittee of the Senate Agriculture Committee on a panel with USDA Secretary Edward Schafer.[13]

Successes

Two November 2006 ballot initiatives conducted with HSUS’s support outlawed dove hunting in Michigan and abusive farming practices in Arizona. In January, 2007, several months after passage of the Arizona ballot measure, Smithfield Foods, the largest pork producer in the world, announced that it would phase out the use of gestation crates that immobilize pregnant sows through confinement.[14] During the same month, Maple Leaf Foods, Canada’s largest pork producer, did the same. The Strauss Veal company, whose CEO commented that veal crates were “inhumane and archaic”[15] also followed suit.

Corporate combinations

The HSUS has experienced major growth since 2004, primarily as a result of corporate combinations Pacelle forged with The Fund for Animals in 2005 and the Doris Day Animal League in 2006. During the first 30 months of Pacelle’s tenure, overall revenues and expenditures grew by more than 50 percent. HSUS’s annual budget for 2006 was $103 million. The organization has nearly 10 million members and constituents.[3]

Recognition[edit]

Pacelle has been the subject of profiles by the New York Times Magazine (2008), the Los Angeles Times (2008), The New York Times (2007), The Wall Street
Journal (2006), The Washington Post (2004), Newsweek (2007), and other major publications. For his management of HSUS’s response to Hurricane Katrina, The NonProfit Times named Pacelle “Executive of the Year” (2005).[16] In 2008, Pacelle also received a Special Achievement Award for Humanitarian Service from the National Italian American Foundation.[17] The same year, Supermarket News named Pacelle one of its “Power 50”, citing his leadership on farm animal welfare issues.[18]

Publications[edit]

The Bond

Published in April 2011, Pacelle’s book The Bond: Our Kinship with Animals, Our Call to Defend Them is an exploration of mankind’s bond with animals, and a call to respond to the needs of at-risk animals. Jane Goodall says of this book, “If the animals knew about this book, they would, without doubt, confer on Wayne Pacelle, their highest honor.” The book debuted at #11 on The New York Times, #8 on the Los Angeles Times, and #8 on The Washington Post best-seller lists.


In addition to The Bond, Pacelle has contributed to the following publications:


See also[edit]

- List of animal rights activists
- List of vegans
An important corollary to this conference is the way it enables us to understand the basic humaneness of the Nazi Jewish extermination program. At first, Jews, for example, were rounded up and machine-gunned or gassed in enclosed trucks parked in woods by the truck’s own carbon monoxide. But these were crude methods. Too often individuals were only wounded by the guns, requiring searching through the bodies to shoot those still alive, and the carbon monoxide was too slow, and the screams were audible to residents nearby.

Both for efficiency, the psychology of the soldiers, and the least suffering of the pests (communists, socialists, other dissenters, gypsies, mentally and physically disabled, Jews) other methods were sought. Like the Center for Food Animal Well-Being, the SS (Schutzstaffel) developed objective measurements of wellbeing for all involved, from the stress experienced by all, to efficiency, as the transportation of more and more Jews from their homes increased. Efficiency translated immediately and universally into the welfare for all involved.

Much progress was made during the first years of the program. But from the beginning more efficient methods were sought. Early on consultation with the German chemical conglomerate I. G. Farben, produced the pesticide Zyklon A, that released hydrogen cyanide, but soon a better pesticide, Zyklon B, was created to relieve the pressure of the endless cattle-train loads arriving night and day at the efficient, humane gas chambers at Auschwitz and other centers. We can speak with pride about the orderly use of the chambers to expedite the passing of over a million of these unnecessary, harmful pests.
One of the blind injustices after the war, by the way, was the execution by the British of the brilliant co-inventor of the pesticide Zyklon B, chemist and businessman Bruno Tesch. But Reichsführer of the Schutzstaffel (SS), Heinrich Himmler, recognized Tesch and all of the designers and planners with the Nazis’ highest awards. Faculty at the University of Bloden were particularly distinguished for their development of better techniques of genetic studies, and the efficient and humane gathering, assembling, handling, and transporting.

Since the end of the war, of course, from Himmler to Tesch, participants in the struggle to develop humane ways of eliminating Europe’s pests have been treated as criminals. To the victor go the spoils. Had we, I mean if Germany had won the war the criminals would have been Churchill and Truman and all of the Bomber Command.

EATING MEAT AND CO2/WARMING
WARMING AND WORLD FOOD SUPPLY

MEAT VS. FORESTS

3/7/07

This article makes the point that deforestation of land to provide grazing is a major factor in meat production. 24% of usable land on the planet is occupied by grazers. For every pound of central American hamburger produced, 55 square feet of rain forest is destroyed.

Does that justify industrialized meat production? 8 billion animals are killed each year just in the United States for food. Or is it an argument for vegetarianism? Not eating meat protects the forests and protects animals from the torture of industrialized production of meat. Dick
Introduction

In the coming decades the agricultural sector faces many challenges stemming from growing global populations, land degradation, and loss of cropland to urbanization. Although food production has been able to keep pace with population growth on the global scale [Green Revolution], periodically there are serious regional deficits, and poverty related nutritional...
deficiencies affect close to a billion people globally. In this century climate change is one factor that could affect food production and availability in many parts of the world, particularly those most prone to drought and famine.

These data sets are based on two studies that use similar methods to identify likely impacts of climate change on crop yields. The first, Potential Impacts of Climate Change on World Food Supply: Data Sets from a Major Crop Modeling Study, was released in 2001, and the second, Effects of Climate Change on Global Food Production from SRES Emissions and Socioeconomic Scenarios, was released in 2009.

POPULATION AND FOOD

Alan Weisman, Countdown: Our Last Best Hope for a Future on Earth? [to reduce population]. Public Affairs, 2014. Discusses the role of growing population in increasing warming, consumption by the affluent countries, number of people in the poor countries, and these liabilities are speeding up: “it took only twelve years for the world to go from 6 to 7 billion.” This is a magnificent book. --Dick

What’s at Stake for June: This newsletter is divided into three closely related parts: I. Nutrition and Health; II. Animal Rights and Human Obligations; and III. Increasing Global CO2, Warming, and Extreme Weather. Global warming and population/consumption increases require a keener, more serious and realistic campaign for feeding the
people and animals of the planet. The demands and stresses upon people will mean increasing and worse stresses upon animals. A global future of increasing CO2, warming, and more extreme and intense weather is certain. Their impact upon food production for a still rapidly increasing 7 billion—soon to be 9 billion—people and for all their animals can only be vaguely estimated, but it is sure to be horrendous and at places catastrophic. Because preparation for that future has hardly begun because of so many ill-educated, denying, wishful-thinking, escapist leaders, particularly Republicans, the people must be responsible for building capable affirmative government. Dick

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

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Sarich, Urban Gardens Have Several Advantages
Zeese and Flowers, New Environment Movement Seeking Bold Actions
POTLUCK Potluckies, listen up!! You’re super lucky because it’s that time again...time for delicious food and fellowship!!

June 11th, 2014
6:30-8pm
@ OMNI Center’s Bennett House
3274 N Lee Ave
Fayetteville, AR

Let’s get together to share some delightful vegetarian dishes, friendship and conversation! Bring your lovely selves, FRIENDS, and some delicious vegetarian friendly food to share (you need not be a vegetarian to attend).

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
kristin1065@gmail.com
(828) 777-6196

NUTRITION, HEALTH

THANKS TO ABEL TOMLINSON FOR HIS TALK ON FACTORY FOOD

good morning AT

Your talk May 24th during the recent March Against Monsanto rally here about the **dangers of consuming meat from factory** farm raised chickens (or pigs or beef) that this region has become internationally famous for was right on target. Local activists are raising some related environmental degradation issues as they battle to shut down the pig Concentrated Animal Feeding Operation (CAFO) in the watershed of the Buffalo River in Newton Co.
I would hope that this anti-CAFO effort can expand its educational focus to include the issue of how dangerously unhealthy the US model of animal meat production for human consumption is in addition to how completely inhumane this practice is to the animals.

A tall order I understand but by completing the picture it makes a more compelling argument for the disastrous consequences on so many fronts of following this Big Ag unsustainable profit driven model.

david d for Peoples’ Action for a Safe Environment (PASE)

Big Dairy Is Putting Microscopic Pieces of Metal in Your Food

It turns out that if you break common substances like silver and nickel into really, really tiny particles—measured in nanometers, which are billionths of a meter—they behave in radically different ways.

According to the Project on Emerging Nanotechnologies, there are more than 1,600 nanotechnology-based consumer products on the market today, including 96 food items currently on US grocery shelves. Examples include brands of Greek yogurt, soy milk, and Kraft’s iconic American Cheese Singles. [READ MORE]

Chlorine in Your Chicken: Why Poultry Is More Dangerous Than Ever

Tracie McMillan, OnEarth.org

McMillan writes: “Usually she packed drumsticks, but whichever part of the bird she happened to be packing on a given shift, the smell was as constant as it was noxious: a combination of raw poultry and chlorine, the latter emanating from the pathogen-killing chemical bath that the carcasses—often contaminated with fecal matter—would receive during processing.”

READ MORE
Bees

· Did Scientists Just Solve the Bee Collapse Mystery?

· Are Your Delicious, Healthy Almonds Killing Bees?

Sixty percent of the nation’s managed honeybees pollinate California’s almond harvest. And they’re getting doused with some gnarly chemicals.

· First We Fed Bees High-Fructose Corn Syrup, Now We've Given Them a Killer Virus?

Research sheds new light on the colony collapse whodunit.

· The EPA Moves to Save Bees from Pesticides—Sort Of

· "Promiscuous" Bees and Vanishing Insects Mean Less Food for Us

Two studies reveal how insects are having a harder time pollinating essential food crops.

Christian Debate Over Human Obligations to Animals

Good News for Animals?

Retail Price: $31.00
Web Price: $24.80
Pages: 270

Good News for Animals? is a book that explores the ambiguous legacy of Christian approaches to animals and their well-being. The book is structured by four questions: What has been said about animals in the past? What is being said about animals today? How should Christians respond to current concerns about animals?

Contributors:
Carol Adams
Animal rights is the idea that some, or all, non-human animals are entitled to the possession of their own lives, and that their most basic interests—such as an...
News for animal rights

1. **Glastonbury: Animal rights activists launch petition to ban ...**
   
   *Telegraph.co.uk* - 1 day ago
   
   An online petition has been launched by animal rights activists to ban Metallica from performing at Glastonbury later this month. Since it was ...

2. **Animal-rights group calls for MIT fine after death of rabbit in lab**
   
   *Chicago Tribune (blog)* - 1 day ago

3. **Animal shelter offers hope to feral cats, abandoned pets**
   
   *Arab News* - 20 hours ago

More news for animal rights

2. **Why Animal Rights? | Uncompromising Stands on ... - Peta**
   
   *www.peta.org/.../why-animal..

People for the Ethical Treatment of Animals

This is an important distinction when talking about animal rights. People often ask if animals should have rights, and quite simply, the answer is “Yes!” Animals ...

3. **People for the Ethical Treatment of Animals (PETA): The ...**
   
   *www.peta.org/

People for the Ethical Treatment of Animals

PETA’s animal rights campaigns include ending fur and leather use meat and dairy consumption fishing hunting trapping factory farming circuses bull fighting ...

4. **Images for animal rights**

More images for animal rights

5. **Animal Rights: The Abolitionist Approach | ...and Abolition ...**
   
   *www.abolitionistapproach.com/*
Gary L. Francione

May 13, 2014 - The mission of this website is to provide a clear statement of a nonviolent approach to animal rights that (1) requires the abolition of animal...

6. Primer on Animal Rights -- The Vegetarian Resource Group
www.vrg.org/nutshell/animalrights.htm

Vegetarian Resource Group

Animal rights is the philosophy of allowing non-human animals to have the most basic rights that all sentient beings desire: the freedom to live a natural life free ...

7. Animal Welfare Act | Animal Welfare Information Center
awic.nal.usda.gov/.../animal...

United States National Agricultural Library

The Animal Welfare Act was signed into law in 1966. It is the only Federal law in the United States that regulates the treatment of animals in research, exhibition, ...

8. BBC - Ethics - Animal ethics: Animal rights
www.bbc.co.uk/ethics/animals/rights/rights_1.shtml

BBC

This article discusses whether non-human animals have rights, and what is meant by animal rights.

9. Animal Rights Coalition
animalrightscoalition.com/

The Animal Rights Coalition’s Minnesotans Exposing Petland campaign demonstrates outside Petland stores to educate the public about Petland’s selling of ...

10. Animal Concerns Community
www.animalconcerns.org/

Information and FAQs on the animal rights movement.

11. In-depth articles

Animal Rights by Roger Scruton, City Journal ...

City Journal

The U.S. Constitution specifies our rights but is silent about our obligations. The Founders took for granted that people knew what their duties were. After all, they were brought up on the Bible and the ...

12. Animal Cruelty Is the Price We Pay for Cheap Meat

Rolling Stone -
Dec 2013

A small band of animal rights activists have been infiltrating the factory farms where animals are turned into meet under the most horrific circumstances. Now the agribusiness giants are ...

Explore: animal abuse

13. Animal Liberation at 30
The New York Review of Books-
May 2003

The Animal Question: Why Non-human Animals Deserve Human Rights ... become known as the “animal rights movement”—although the ethical position on which the movement rests ...

Explore: peter singer

+ More in-depth articles

Searches related to animal rights
animal rights laws
animal rights facts
animal rights articles
animal rights essay
animal cruelty
animal welfare
animal testing
animal rights quotes

GLOBAL WARMING, CLIMATE CHANGE

REVIEW OF BOOK ON CONTEXTS OF FOOD SECURITY IN A WARMING C02 WORLD, PASKAL’S GLOBAL WARRING by Dick Bennett

Paskal writes to readers who readers who understand the facts of warming. Her concern is with future effects of more extreme and intense weather globally; for example, Paskal pays attention to India’s droughts and flooding monsoon rains.

Thus Paskal seeks to “use the best science available to understand the implications of the inevitable [climate change] in order to
minimize the geopolitical, economic, and security fallout. That is what this book is about.” “Environmental change” is her encompassing subject, of which climate change is a part. Consequently she has read large-scale assessments, such as the Pentagon’s 2007 National Security and the Threat of Climate Change, and she studies such problems as “massive population and consumption increases” which have resulted “in major environmental change” (groundwater depletion, deforestation, etc.). In her search to understand the carrying capacity of the planet, she factors in all aspects of environmental change for global stability. Katrina is a recurrent topic “to show how poor regulations, planning, and emergency response [“the myriad ways we interact with our environment”] can aggravate the crises that will almost certainly increase as a result of climate change.” Each nation, state, city must know its vulnerabilities: New Orleans was struck by a hurricane made disastrous by large-scale subsidence, caused in part by wetland drainage and extraction of groundwater, and caused also by poorly designed waterways, faulty levee design and implementation, poor town planning, incompetent emergency services, and a breakdown in chain of command. Only knowledge of all conditions will enable us to minimize the fallout; only such knowledge can “create a solid base upon which we can start to build a sound analysis of what the future may bring. I hope very much that others will then take a more detailed look at the range of specific implication.”

She divides her book into four parts: I. How the West might be affected by rising sea levels and storm surges, and how major nations are “shockingly vulnerable.” II. The importance of transportation routes and how climate change is changing those routes. III. Changing precipitation patterns and resulting national relations. IV. Rising sea levels especially as they affect China and Pacific nations. And the Conclusion “assesses various national adaptation programs, with a view to finding out which nations have the best chance of making it...” All sections touch upon internal and cross-borders disruptions and conflicts, access to natural resources, and changing political alliances and opponents.

Her hope? If we have some idea of what is coming, we can plan for it.

But she stops short of assessing the violence, the wars resulting from the dislocations she describes. Coincidentally, another new book engages these very futures: Parenti’s Tropic of Chaos.
Rising CO2 Levels Will Make Staple Crops Less Nutritious

By Todd Datz, EcoWatch. 11 May 14

At the elevated levels of atmospheric carbon dioxide (CO2) anticipated by around 2050, crops that provide a large share of the global population with most of their dietary zinc and iron will have significantly reduced concentrations of those nutrients, according to a new study led by Harvard School of Public Health (HSPH). Given that an estimated 2 billion people suffer from zinc and iron deficiencies—resulting in a loss of 63 million life years annually from malnutrition—the reduction in these nutrients represents the most significant health threat ever shown to be associated with climate change.

“This study is the first to resolve the question of whether rising CO2 concentrations—which have been increasing steadily since the Industrial Revolution—threaten human nutrition,” said Samuel Myers, research scientist in the Department of Environmental Health at HSPH and the study’s lead author. The study appears online May 7 in Nature.

Some previous studies of crops grown in greenhouses and chambers at elevated CO2 had found nutrient reductions, but those studies were criticized for using artificial growing conditions. Experiments using free air carbon dioxide enrichment (FACE) technology became the gold standard as FACE allowed plants to be grown in open fields at elevated levels of CO2, but those prior studies had small sample sizes and have been inconclusive.

The researchers analyzed data involving 41 cultivars (genotypes) of grains and legumes from the C3 and C4 functional groups (plants that use C3 and C4 carbon fixation) from seven different FACE locations in Japan, Australia and the U.S. The level of CO2 across all seven sites was in the range of 546 to 586 parts
per million (ppm). The researchers tested the nutrient concentrations of the edible portions of wheat and rice (C3 grains), maize and sorghum (C4 grains), and soybeans and field peas (C3 legumes).

The results showed a significant decrease in the concentrations of zinc, iron and protein in C3 grains. For example, zinc, iron and protein concentrations in wheat grains grown at the FACE sites were reduced by 9.3 percent, 5.1 percent, and 6.3 percent, respectively, compared with wheat grown at ambient CO2. Zinc and iron were also significantly reduced in legumes; protein was not.

The finding that C3 grains and legumes lost iron and zinc at elevated CO2 is significant. Myers and his colleagues estimate that 2 billion to 3 billion people around the world receive 70 percent or more of their dietary zinc and/or iron from C3 crops, particularly in the developing world, where deficiency of zinc and iron is already a major health concern.

C4 crops appeared to be less affected by higher CO2, which is consistent with underlying plant physiology, as C4 plants concentrate CO2 inside the cell for photosynthesis, and thus they might be expected to be less sensitive to extracellular changes in CO2 concentration.

The researchers were surprised to find that zinc and iron varied substantially across cultivars of rice. That finding suggests that there could be an opportunity to breed reduced sensitivity to the effect of elevated CO2 into crop cultivars in the future.

In addition to efforts to reduce CO2 emissions, breeding cultivars with reduced sensitivity to CO2, biofortification of crops with iron and zinc, and nutritional supplementation for populations most affected could all play a role in reducing the human health impacts of these changes, said Myers. “Humanity is conducting a global experiment by rapidly altering the environmental conditions on the only habitable planet we know. As this experiment unfolds, there will undoubtedly be many surprises. Finding out that rising CO2 threatens human nutrition is one such surprise,” Myers said.

Other HSPH authors include Antonella Zanobetti, Itai Kloog and Joel Schwartz.
Norway’s Military Does ‘Meatless Mondays’ for the Climate

Liz Pleasant, News Report: The “Meatless Mondays” campaign was originally thought up to support the war effort during World War I, but now a modern army is using it to fight an even bigger battle—the one against climate change. Last fall, the Norwegian army announced their plan to join the campaign by preparing their soldiers (both at home and overseas) a meatless breakfast, lunch and dinner once a week. According to the UN, the livestock industry contributes almost 15 percent to the total greenhouse gas emissions caused by humans.


Christina Sarich, News Report, NationofChange, May 26, 2014: Not only are people around the world capable of growing nutrient-dense, nourishing food that will feed their communities, even if they live in an urban setting, but they can also do it with élan. Some of the most creative urban gardening projects around the globe can inspire us to create our own green space in the city, or add luster to a space that’s already underway which just needs a little oomph.

New Environmentalists Taking Bold Actions and Its Working

Kevin Zeese and Margaret Flowers, Op-Ed, NationofChange, May 26, 2014: No
longer dominated by the traditional “Big Green” groups that were taking big donations from corporate polluters, the new environmental movement is broader, more assertive and more creative. With extreme energy extraction and climate change bearing down on the world, environmental justice advocates are taking bold actions to stop extreme energy extraction and create new solutions to save the planet.

Contact Your Congressional Delegation

See end of newsletter #6 for calling or writing the Arkansas delegation. What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming and its consequences. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas? --Dick]

Recent Related OMNI Newsletters:

6-3 Internationalism
6-1 Activism, Resistance
5-28 Education
5-28 World Hunger Day
5-26 Victims of Wars
5-25 Lawlessness
Animal Rights

Christina Sarich, Humane Society and Others Oppose Tyson Factory Raised

Pigs

Prof. Steven Best, Strong Advocate of Animal Rights, Google Search

Charles Carnosy, a Christian Perspective Offers Us a Consistent Ethic

Dr. David Katz, a Middle Position, a Vegetable Diet is Better for Health and Ethics

Warming, Climate Change

Nathan Fiala, Meat Production and Consumption Contributes to Global Warming,

Climate Change

PETA, Vegetarianism versus Climate Change

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies of Emissions: Meat vs. Other Causes
Contents #5 March 12, 2014 Animal Rights, Meat Production, Consumption and CO2, Warming, Climate Change

Mission of OMNI
Monbiot, Public Mobilization
Robert Neubecker, Linus the Vegetarian T-Rex

PROTECTING ANIMALS (for more compassionate action organizations or for more information about them see earlier newsletters)

UUA First Principle Project
Action for Animals PETA
Animal Legal Defense Fund
In Defense of Animals
Best Friends Animal Society
Mercy for Animals
Physicians Committee for Responsible Medicine
Farm Sanctuary
Yeats and Felder on Complicity

Vegetarianism Against Increase of CO2 and Global Warming

Arkansas’ Congressional Representatives
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NUTRITION
Twisting “Natural”

DIVERSE HARMs FROM EATING MEAT AND RESISTANCE TO CRUELTY
Center for Bio-Diversity: “Take Extinction Off Your Plate”
Welfare and Rights of Farm Animals, Cruelty to Animals
Conversation Between David and Kyle on Eating Pork
Rick, Visitor at March VP: Vegan Outreach, Oppose Cruelty.org, Pamphlet
“Compassionate Choices”
Bernard Rollin, Farm Animal Welfare
Benson and Rollin, eds., The Well-Being of Farm Animals
VEGETARIANISM AN IMPORTANT CHOICE AGAINST CO2 WARMING

Contents of Vegetarian Action #7
Will Anderson, Article, Book
Will Anderson, This Is Hope: Green Vegans and the New Human Ecology
Melanie Joy, Why We Eat Some Animals, and Not Others
“Twas the Night Before Thanksgiving,” a Book for Children
North American Vegetarian Society Magazine, Vegetarian Voice

END VEGETARIAN ACTION NEWSLETTER #8
HEY GUYS, LETS SHARE SOME FOOD THIS WEEK!

DATE: WEDNESDAY, MAY 12, 2014
TIME: 6:30 TO 8
LOCATION: OMNI CENTER BENNETT HOUSE

BRING YOUR WONDERFUL SELF, DELICIOUS (VEGETARIAN) FOOD, FRIENDS, ETC. CAN’T WAIT TO SEE YOU THERE!!

KRISTIN KLEMM

WHAT IS THE MISSION OF OMNI?

WITH THE QUAKERS (THE AFSC, FCNL) WE SEEK:
A WORLD FREE OF WAR AND THE THREAT OF WAR,
A SOCIETY WITH EQUITY AND JUSTICE FOR ALL,
A COMMUNITY WHERE EVERY PERSON’S POTENTIAL MAY BE FULFILLED,
AND AN EARTH RESTORED.

THE QUAKERS AND THE ENTIRE PEACE, JUSTICE, AND ECOSYSTEM MOVEMENT, OF WHICH OMNI IS A PART, SEEK TO CREATE A BETTER WORLD. OMNI WAS CREATED PRECISELY BECAUSE NUMEROUS SOCIAL
organizations existed in NWA, but not one to promote world peace, both social and economic justice, human rights, and democracy, and to demote violence, cruelty, secrecy, and political repression, connecting the dots between local and global. Later (by 2006) we added the even more urgent problems arising from warming. OMNI was never perceived as a passive or lukewarm or entertaining undertaking. Plenty of organizations exist for that. Or turn on Prime Time.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>
Date: September 19, 2013, 5:36:29 AM CDT
After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

This Is Hope compares the outcomes of two human ecologies; one is tragic, the other full of promise. See below.

OMNI Newsletters

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Will Anderson, This Is Hope: Green Vegans and the New Human Ecology

Melanie Joy, Why We Eat Some Animals, and Not Others

“Twas the Night Before Thanksgiving,” a Book for Children

North American Vegetarian Society Magazine, Vegetarian Voice

WILL ANDERSON, “VEGAN HUMAN ECOLOGY,” VEGETARIAN VOICE (SPRING 2014). “Veganism is about more than what we choose to eat. It is a value system based on empathy, nonviolence, compassion, justice, as well as self-interest.”

This Is Hope: Green Vegans and the New Human Ecology


THE FOLLOWING IS BY THE AUTHOR VIA AMAZON
Though categorized as Ecology/Environment, “This Is Hope” is a crossover book for self-identified environmentalists, species rights advocates, vegans and vegetarians, those dedicated to true sustainability, fish and wildlife “management” professionals, students of deep ecology, and those who want to know the biocentric story behind our dietary, consumer, and reproductive choices.

The issues most important to us converge at our human ecology. Our human ecology consists of our relationships with and between other people, other species, our institutions, and the physical environment -- between us and our external environment. Because of its comprehensive consideration of these relationships to all else, an examination of our human ecology reveals how multiple issues are connected--issues that advocates from diverse causes care about deeply.

In “This is Hope”, I compare the outcomes of two human ecologies; one is tragic, the other is full of promise. I describe in depth our current human ecology to illustrate how we are living inappropriately, cruelly, and unsustainably. It is obsolete and has been for a long time. Our current human ecology is the cause of our overpopulation, our overconsumption of resources, the poverty of ecosystems and people, and our disregard for the rights of individuals from other species. I propose the new human ecology to replace it.

The new human ecology is characterized by Seven Results that we create the moment we change our personal behaviors. The Results include reduced human populations, increased possibilities for social and economic justice, and a vegan human ecology. Building on deep ecology, the topics I consider include our impacts on ecosystems; species rights as a concept that is essential to environmental advocates; fish and wildlife management and how it cannot stop the loss of biodiversity in the presence of our current human ecology; carnism; human overpopulation; the poverty found in social and economic injustice; and the environmental communities’ misguided reliance on the omnivore movement.

I examine Michael Pollan’s Omnivore’s Dilemma among other works and popular media’s distorted portrayal of veganism. I critique his misuse of biological terms, describe how he misleads readers in his
accounting of philosophers associated with animal rights, and
describe the flaws in his methodology that led him to dismiss vegans
as misguided urbanites.

Over a span of three decades, I managed campaigns for species rights
and environmental organizations. We operated without the overarching
context we needed to make the connections between those and other
issues that pulled at my heart. Environmentalists seemed unaware that
there is immense suffering in ecosystem destruction. Animal rightists
ignored the innate value of all species and too often chose sentience
as the ultimate test for responding to issues. They failed to
acknowledge the dependence of the sentient upon the nonsentient and
their ecosystems. During and since then I wrote “This Is Hope: Green
Vegans and The New Human Ecology / How We Will Find Our Way to a
Humane and Environmentally Sane Future.”

For the first time, advocates from many fields will see that our
human ecology is the context they have been seeking to further their
successes. Above all, I explain why all of these issues are connected
by a common thread—our human ecology. Because of the depth and
breadth of the subject matter, I substantiate my work with several
hundred citations from the scientific and reliable popular
literature.

THE FOLLOWING CAME FROM THE PUBLISHER

This is Hope compares the outcomes of two human ecologies;
one is tragic, the other is full of promise. As Will explains
in his Introduction, ‘Our human ecology is the expression of
everything we do and is represented by every interaction we have on
earth…it consists of the multitude of relationships we have with
other people, other species, and our physical environment’. He
describes our current human ecology in depth to illustrate how we are
living inappropriately, cruelly, and unsustainably. This is obsolete
and has been for a long time; it is the cause of our overpopulation,
our overconsumption of resources, the poverty of ecosystems and
people, and our disregard for the rights of individuals from other
species. This is Hope proposes a new human ecology to replace it.
REVIEWS & ENDORSEMENTS

- In my environmentally-focused Sociology department and in my graduate classes, I was very disappointed at how Nonhuman Animals were either objectified or ignored altogether in the green discourse. For the first time, we have a comprehensive piece where Nonhuman Animals are included in the discussion as meaningful participants, victims, communities, and individuals. Other work touches on the inclusion of Nonhuman Animals, but this book acts a sort of environmentally-themed version of Singer’s Animal Liberation. Anderson argues that environmentalism makes no sense so long as we encourage and protect violence against Nonhuman Animals: “We are not environmentalists if our vision and effort allow continued ecosystem collapses, extinctions, untold suffering, and unsustainability to continue” (172). Most environmental literature speaks of Nonhuman Animals, not as individuals, but as a “species.” When the individual is lost from consideration, any number of injustices can be enacted upon individuals in the name of species “conservation,” like “hunting” and “wildlife management.” We learn how hunting artificially removes individuals from the environment, thus tampering with evolution as genes are eliminated from populations in ways that would not otherwise occur naturally (as happens when hunters go for males and animals with the largest tusks or antlers). We see how humans intentionally create fragile ecosystems that ultimately require human management. The projects of “humane washing” and “green washing” emerge to justify this management and continued exploitation, ignoring the ethical and logical vegan solution.

Anderson’s book offers an extensive overview of how Nonhuman Animals, both domesticated and free-living, are impacted by human activity. In many ways, it offers a rather sociological view of how Nonhuman Animals are otherized. There is a discussion of how nature and the human/nonhuman divide are socially constructed by humans. His approach is personal, often sharing his interactions with various Nonhuman Animal communities, environmental groups and agencies, and his travels across the world. We learn how Nonhuman Animals matter, with a variety of anecdotal stories, case studies, research reviews, and a discussion of sentience. He discusses the complexities involved with navigating violence against Nonhuman Animals among indigenous populations. There is also a discussion of the complexities of human and nonhuman oppression. Poverty, ecocide, misogyny, speciesism and other oppressions, he insists, are all interrelated. Anderson presents a case for “neo-predation,” that is, human predation on
Nonhuman Animals is exacerbated because it is based on our increasing population and our increasing consumption. In simply taking up space, creating noise pollution, laying roads and road barriers, and introducing invasive species (like cows and crops), we inflict unimaginable damage. However, important barriers to creating a vegan ecology exist. For one, environmentalists are wary to adopt veganism for fear of appearing too sentimental (a problem with many “feminized” social movements striving for social change under a patriarchy). The Non-Profit Industrial Complex also seems to be at work, as professionalized, funding-dependent NGOs dominate the arena and stifle radical discourse: Environmentalists and other advocates should lead and inspire our journey out of the current human ecology and into the humane and sustainable new human ecology. Instead, they are not telling us the entire story about what is required for our biological and moral survival. (179) Anderson explains that differing cultural beliefs on the environment and Nonhuman Animals mean we have no agreed upon goals, which makes collaboration difficult. This is aggravated by the hyperfocus on membership and financial support in the professionalized organizations. Hunters, being important funders, enjoy protected interests and silenced anti-specieism discourse. Likewise, professionalized groups generally don’t want to associate with veganism to avoid seeming unreasonable. He also analyzes a wealth of counter-claims making promulgated by “fur,” “fishing,” and “wildlife management” industries. On that note, I did find it very strange to see a list of recommended Nonhuman Animal NGOs at the end of the book, given that Nonhuman Animal rights NGOs are just as guilty of selling out Nonhumans for fear of losing credibility and funding. The inclusion of Vegan Outreach was especially disturbing, given their strong stance against veganism! That said, at least four issues stood out to me as potentially problematic. First, the entire theory of the book rests on his case for “empathy.” When we are speaking of rights, “empathy” makes me nervous. I think we should be worried about creating a strong foundation for equality based on the logic of social justice. “Empathy” can often come off as condescending in a manner that upholds human superiority. For instance, we would not argue that women deserve rights because men should “empathize” with them, we would argue that women deserve rights because we recognize that as sentient beings, women deserve to be free of murder, rape, harassment, etc. Empathy is important in motivating concern, but I would hesitate to build a theory of social justice on wavering emotional states. Secondly, I am hugely deterred
by the framing of violence against Nonhuman Animals as “carnism.” “Carnism” is a term coined by Dr. Melanie Joy, and in many ways, is a corruption of the more inclusive term, “speciesism.” Carnism refers specifically to consuming Nonhuman Animals for food, but a true vegan approach would recognize that it is much more than what we eat, it’s also using Nonhuman Animals for clothes, entertainment, etc. Speciesism encapsulates that. Secondly, even in the realm of food, carnism only refers to “flesh.” If you read between the lines in Joy’s writing, you can figure out that she really means to include birds’ eggs, cows’ milk, etc., but that is not made clear. I really think the entire “carnism” concept is distracting, confusing, and unnecessary. Third, Anderson also runs into problems with his focus on population. He often speaks of quelling the growth of human population in general, but it is developing countries where this is happening specifically. Population has largely stagnated or even declined in the West, where individuals have greater wealth and greater access to education and other social services. So, when we talk about reducing human population, we need to be careful about what groups of people we are talking about--it is usually the world’s poor and disadvantaged. These people are not the ones creating the massive amount of destruction and occupying all the space, that’s the privileged people living in the West. Many areas of high population growth are also areas where people live on a dollar a day and are crammed into the highly confined spaces of ghettos and slums. Anderson acknowledges these social inequalities throughout the text, he just fails to do so in the context of population discussion. Population growth needs to be stopped and reversed, but he never explains exactly how that will be implemented. I fear the explanation will lie in targeting poor brown peoples, specifically vulnerable women. Relatedly, Anderson also suggests that people living in areas where food must be transported at high cost and where considerable energy must be invested into heating and cooling might consider moving. But, this is an option generally only available to the socially privileged. I’ve heard this same argument used for poor Americans of color living in food deserts, but simply moving is not a realistic solution. Indeed, the same problem arises when Anderson suggests that all populations of the world are “uniquely responsible” for the environmental crisis: “There are no exceptions” (303): Rich and poor, indefensible over-consumers and low-scale consumers, all are drawn into the fray because we each have our varying degrees of impact that require responses. (304) However, we know that the
majority of the world’s human population is so incredibly impoverished, their responsibility lies in surviving to see tomorrow and putting food in their children’s mouths. Under such strained, day-to-day survivalist existence, I’m not sure how they couldn’t be excepted. Furthermore, it is the world’s privileged who have created these drastic inequalities to begin with. Anderson calls for us to adopt “humanity” as our primary identity, not nationality, ethnicity, or tribal identification. But, this position overlooks serious social and global hierarchies. White male Western capitalists have created this problem, not starving, illiterate villagers with dying children who are scraping to exist in the slums and countrysides of Africa, India, and China. I feel that when he speaks to how we are all “uniquely responsible,” he really means those of us with the privilege of taking responsibility: those of us who will not have to choose between eating or not eating, living or not living. Dismantling inequalities of this scale will require institutional change, which will first require an attitude shift. People living in these conditions don’t want to live in those conditions, it’s not their attitude we need to change, it’s our Western, individual, hyper-consumption colonialist attitude that needs to go. When we see education spread and wealth redistributed, I think there will be a much easier case for environmental stewardship. Overall, an incredibly sad read. It was distressing to read of suffering individuals, diminishing communities, human arrogance, NGO corruption, political irrationality, etc. I will warn you, some of the stories are extremely graphic and traumatizing (like a detailed description of how coyotes react as they are murdered by poison, or how elk slowly meet their death in a disemboweled panic at the hands of bow “hunters”). But, the book is uplifting in that Anderson constantly reminds us that the solution is at our fingertips. Finally, a strong case is being made for veganism as the most important way of diminishing social inequality and suffering in human and nonhuman societies. Overall, I think this is a very powerful book that is appropriate for a curious public, nonvegan environmentalists, and college students. A very engaging read. ~ Corey Wrenn Blog, http://academicabolitionistvegan.blogspot.com/

This is Hope: Green Vegans and the New Human Ecology is about how our relationship with the other beings on the planet determines the future of the planet itself, and about what has happened and will happen when that relationship is selfish and violent, as it is now. Author Will Anderson is a peaceful man, miraculously non-judgmental
and hopeful considering his subject matter. In this intensively researched book, he clearly and inarguably reveals the harm that how we think and what we eat is doing to the planet that we all live on. Green Vegan is not a comfortable easy read, for several reasons: 1. This book introduces the unfamiliar concept of human ecology. This is nothing new, but it is a holistic framework that we’ve lost with the rise of a fragmented, technology dominated, materialistic and self-centered style of human existence. We’ve become alienated from the natural world which nourishes us - if we let it, or if it still can. No matter how inclined we are to agree with Will Anderson’s point of view - and I am very much inclined - it is still a mental challenge to grasp that everything that we do and think is responsible for everything else that happens everywhere on the planet - as an everyday reality, not just an abstraction. As Will Anderson says in his introduction, ‘Our current human ecology is characterized by a worldview that asserts we have dominion over all the Earth. It believes that Earth is here for our purposes and that all other species are below and inferior to us.’ Very few human beings don’t consciously or unconsciously share that point of view, no matter how otherwise enlightened they may be. Will Anderson’s Concise Definition of The New Human Ecology: “The new human ecology ... incorporates and expands upon deep ecology (which) recognizes that all species, individuals of these species, and their ecosystems have intrinsic value. This is the biocentric perspective. Deep ecology is explicitly present throughout the new human ecology and missing from the current human ecology.” 2. Will Anderson tells in exhaustive, gut wrenching, well-documented detail what, when, and how we’re destroying the planet. That’s hard to take - like watching a train wreck in slow motion, knowing that you helped to cause it! Some of the topics that he covers: The carnist view and world hunger, man as mega-predator, the incomplete environmentalist, veganism as a new human ecological niche, systemic public corruption, cultural objections, blue and green washing, and finally, in the last chapter, his message of hope. 3. If you weren’t vegan before reading this book, it would be difficult not to feel that you should go vegan by the end of Chapter 19. Ironically, it’s the last chapter of the book, You Are the Hope, which fell short for me, and induced a feeling of unreality. Will Anderson says in Chapter 20: “My hope is that you are convinced to embrace the new human ecology and its Seven Results because of what you now know.” From the introduction: “Those results include reducing our population, increasing social and economic justice, reclaiming
lands for restoring ecosystems to the extent possible, and establishing a sustainable vegan human ecology.” To my way of thinking, the only way to change how you think and act is to change your consciousness, which is the basis of thought and action. Green Vegans shows why a global change in consciousness is critical to our survival as a species, and the survival of the planet, but not how it might be accomplished on the scale that’s needed. However, it’s only fair to say that’s a task beyond the scope of this book. I am grateful to Will Anderson for illuminating the problems that we humans face, and for showing that widespread adoption of vegan diet is critical for saving the planet and all who inhabit it. My hope is that this book will inspire all those who read it to start forging a path in a new direction. My fear is that it may not get the readership it deserves. That’s why I recommend Green Vegans and The New Human Ecology as a Must Read! ~ Savvy Vegetarian Website, http://www.savvyvegetarian.com/articles/green-vegans-new-human-ecology.php

As a vegetarian of more than 30 years, I did not think this book would offer much in the way of new ideas. I was wrong. This is a huge campaign of a book, packed with thought-provoking information that underlines yet again that mostly we do not make informed choices. Most people do not realise the impact of their food choices or the far ranging effects of their consumerism generally. Courageous and compassionate author Will Anderson also got me thinking about how the most minute ecosystems are essential to the health of the whole. He describes how the disruption of the synchronicity of the food chain has disastrous ripple effects, causing serious consequences for the more impoverished human beings on the planet, those human beings who are actually competing with other species for food. The book explores the ecological and moral arguments for a new way of living that is strongly compelling. It is thoroughly researched and presented in an accessible format which would make fascinating reading for anyone who wants to make a difference. Chapter 20 is entitled “You are the Hope”, and certainly if we don’t take action, the planet will suffer, all creatures on the planet will suffer, and that includes us. Read this book and take action! ~ Interfaith Minister & Tutor, Rev Elaine Walker

Useful reading with good documentation for environmentalists and species rights advocates as well as professionals who want to work on changes. ~ Compendium Newsletter
In this remarkable book, Will Anderson carefully, thoroughly makes an overwhelming case that the future of humanity hangs in the balance. And what will tip that balance one way or another will be whether or not humanity embraces a broad ethic of environmental responsibility and animal rights. Humans must radically alter their ecological footprint by reversing population growth, living sustainably with renewable resources, and minimizing pollution. Otherwise, we will degrade the environment to the point that the world will become essentially uninhabitable for us (as well as countless other species). At the same time, we must embrace animal rights. It won’t suffice for humans to ruthlessly exploit nonhumans while “conserving” enough animal, plant, mineral, and fossil fuel “resources” to satisfy human needs. In addition to being morally bankrupt, such an attitude inevitably devastates ecosystems and species populations. Only respectful attitudes towards the entire nonhuman world will preserve or regenerate natural ecosystems, which are essential for sustaining life as we know it. For example, if we allowed forests and grasslands that have been converted to croplands to grow back, they would sequester much of the excess carbon dioxide that currently warms our planet. Anderson thoughtfully considers many ethical dilemmas. Is it acceptable to kill members of prey species because their populations have been altered by “predator control” programs? Anderson carefully considers all viewpoints and concludes that killing animals is an unacceptable solution to the problem. Should we respect the hunting traditions of indigenous people? Anderson rejects these policies as well, noting that we do not regard “tradition” as an acceptable excuse for slavery or female genital mutilation, and we should not accept it as an excuse for killing nonhumans either. Anderson calls for “green vegan” living, which entails more than abstinence from animal products. He sees veganism as an ideology that includes human population control and a hands-off approach to the natural world. Borrowing from the important work of Melanie Joy (Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism), Anderson contrasts the ideology of green vegans with that of carnism. The latter sees humans as special creations who are entitled to use and abuse nonhumans as humans please. Green veganism doesn’t call for a modest reform of modern living. Rather it calls for a comprehensive orientation toward compassion, concern, and sustainability. Anything less might slow the rate of humanity’s self-destruction but will not save our species, as well as the nonhuman world. Anderson hopes that humans, upon
recognizing the necessity of green vegan living, will choose this lifestyle. Unfortunately, I see little evidence that more than a small fraction of the populace has embraced his call, even though it strikes me as obvious that there is a the growing ecological crisis. Indeed, I find it hard to understand why those who insist on maintaining a course that is self-destructive for humanity still have children. Perhaps we are dealing with the psychology of denial, akin to the attitude of people living at the base of an active volcano who choose to ignore the clear threat in their midst. In this case, humanity isn’t just denying the problem; it’s continually worsening the problem. It’s like fracking over the San Andres Fault. When there is no immediate danger, when change is slow, and when actions don’t have immediate, obvious impacts, it is difficult to encourage people to act, particularly when action means significant lifestyle changes. The challenge, it seems to me, is to find ways to make visible the growing ecological crisis - the “elephant in the room.” Otherwise, within 2-3 generations there won’t be elephants, other creatures, and perhaps humans, anywhere. This observation might encourage people to give up in despair, but I don’t think that is the Christian way. We are called to be faithful, and that means living as if our actions will meaningfully change the world. Indeed, that possibility exists, however remote it might seem. ~ Christian Vegetarian Association, Magazine

This recent book by Will Anderson offers a devastating critique of the human impact on animals and the biosphere. Using careful arguments and references, the author leaves no room for half measures: we must rapidly wind down animal agriculture, hunting, fishing and all other unnecessary uses of animals. This will allow ecosystems to begin to recover from the downward spiral that has been caused by animal agriculture and human predation. This is an ambitious book spanning a number of topics. Although there is detailed discussion around preserving and restoring ecosystems, the author also emphasises the suffering that individual animals endure at the hands of humans, and asks us to develop more empathy for sentient beings. There is a consideration of traditional hunting cultures, so often given as an excuse by others not to embark on becoming vegan. There are many nuances to this issue that Anderson covers very well. The author also criticises international aid organisations for promoting livestock agriculture as a way out of poverty. Anderson is particularly critical of the boutique (locavore) animal farming movement, pointing out that it is steeped in green-
washing, and what he calls “humane washing” – creating an impression of care for animals, whilst cruelty is at the heart of it all. People who are already vegan don’t get a free pass either – everyone must look deeply into their purchases to ensure they use resources wisely, are fair trade and cruelty free. It is argued that everyone is effectively a predator through the purchases we make and the space that we take up. We need to be aware of this and minimise the harm caused. In addition, there needs to be a global population decline. The author concludes with a hopeful prescription of 7 things that must necessarily develop in order for the planet to have a future. These are all things that individuals can implement in their daily lives, central to which is a vegan lifestyle. After all the bad news there is optimism for change. We get the impression that the world of the future will look very different from what it is now. The e-book version has hyperlinked end notes so that further reading can be undertaken if desired. There is a wealth of information in these references. I hope one day the book will be translated into other languages. ~ Canberra Vegans (nonprofit), website

· In This Is Hope: Green Vegans and the New Human Ecology (Earth Books), author Will Anderson, founder of greenvegans.org, lays out the hard numbers: 67 billion farm animals used to produce meat; 700 million people worldwide depending on farmed animals for much of their income; 1.5 planets’ worth of resources being used by humankind. He notes that “carnism” underlies an unsustainable reality that has led to exploiting land, polluting water and generating massive emissions and takes direct aim at celebrated food writer Michael Pollan whose book The Omnivore’s Dilemma Anderson argues does not go nearly far enough in identifying necessary changes. In The Omnivore’s Dilemma, Pollan writes that domestication of farm animals “has allowed us and them to prosper together as we could never have prospered apart.” To this, Anderson responds with a litany of ways that humans have mistreated these animals—cows with huge udders; turkeys with oversized breasts that are unable to walk; butchered calves. It’s a grim picture, and one that is not remedied, in Anderson’s view, by the small-scale farm operations so often championed by environmentalists. The truth, he writes, can again be found in the numbers—26% of Earth’s arable land used for grazing and a third of all arable land used for feed crop production. It’s a staggering amount of lost habitat for the farm animals Anderson calls “an invasive species.” Pollan may argue that people are animals and eating other animals is natural, but Anderson counters that “A new
era is unfolding...I am vegan because of what I have seen and experienced with ecosystems and other species...” In This Is Hope, Anderson ties true environmentalism to veganism. His words may be hard for meat eaters to read, but he makes it clear they have never been more necessary. ~ Brita Belli, editor, E Magazine (the environmental magazine)

· Self-interest and empathy for other species, then, are entwined, and Anderson appeals to the reader on both the practical and the emotional level. Although humans are fond of the illusion that their lives, habits, governments and societies are rational, it is actually on the emotional level that events are decided, and Will Anderson is not afraid to appeal to our emotions. In the end, he hands the responsibility for saving Earth and other species to the reader: his valedictory sentence is “you are the hope.” ~ Barbara Julian, Animal Science and Literature: http://www.animalit.ca/2013/06/this-is-hope-green-vegans-and-new-human.html

· ...one of the most important works of our time. Thank you for giving this vital book life. ~ Brian Graff, National Anti-Vivisection Society US

· Finally! A MUST READ for anyone seeking a practical planetary path from the current trajectory of death and desperation to one that truly engages and embraces hope for all species. This book provides a pioneering path for those who truly want to be the change we want - and need - to see in this world. As a scientist in wildlife management and conservation, I can attest to tragically ridiculous and archaic methods that continue to be used to (mis)manage wildlife and plant species for human ignorance and greed rather than for the planet and successive generations. This Is Hope incorporates the best and the brightest of science while allowing for the potential of humanity. ~ Toni Frohoff, Ph.D., Author, Dolphin Mysteries and Between Species

· We are at the precipice where human existence and that of all other species is in doubt. Can we commit to a course of action in time to stop the loss of biodiversity, while increasing human prosperity? In This Is Hope, we realize that our old way of thinking about our place in the world must change. Here you will find not just another explanation of where we have gone wrong; but also that we have the power to create the world all of us would hope for ourselves and future generations. ~ Brenda Peterson, author
I had the very great pleasure of working with Will Anderson in 1998 when we both stood in opposition to the resurrection of whaling in Washington State by the Makah Tribe. I was impressed by his passion, his compassion and his courage. We share the same view that we must make significant changes in our approach to our relationship with non-human species and we both agree that the world must move towards veganism as a means of restoring harmony between human kind and the natural world for only by living in accordance with the principles of ecological laws and realities will humanity have a future at all.

~ Captain Paul Watson, Founder - Sea Shepherd Conservation Society, Co-Founder of the Greenpeace Foundation

In THIS IS HOPE Will Anderson proposes a unifying and comprehensive approach to stop the loss of ecosystems and biodiversity and to end the wanton abuse of wild and domesticated nonhuman animals (animals). It’s essential for people with different agendas but often overlapping goals to talk with, not at, one another, and make every attempt to come to agreeable solutions concerning our inevitable interactions with ecosystems, species, and especially individual animals. This is no easy ask. However, Anderson covers most of the issues with which deep ecologists, environmentalists, species and animal rights activists, students of human ecology, vegetarians, and vegans are concerned. In this ambitious and heartfelt book a wide range of people will find common ground and a shared language for developing and implementing a unified approach to bring an end to the wanton redecoration and destruction of landscapes and to end the egregious harm to individual animals for which humans are uniquely responsible. Globally, there are many passionate people who care deeply about the world in which we all live, so as we attempt to expand our compassion footprint and rewild our hearts we need to step out of comfort zones and think and act out of the box. Whether you agree or disagree with Anderson here or there is of little concern for this book will make you think deeply about a large number of issues that are closely connected—although at first glance this might not seem to be the case. I learned a lot from reading THIS IS HOPE and I’m sure you will as well.

~ Marc Bekoff, Ph.D., author, professional

This is Hope: Green Vegans and the New Ecology is thoughtful and thought-provoking. In this comprehensive and well-researched book, Will Anderson weaves together the impact our behaviors have on the web of life, without leaving loose ends. As a vegan, somebody with a
comparatively light footprint on the planet, I appreciated the reminder that when I buy non organic vegan products I poison the Earth and thereby the animals. That may be what Anderson does best -- he challenges us to do better. I liked the challenge and know that other readers will too. ~ Karen Dawn, author, professional

· This is Hope is filled with well-documented insights, eloquently expressed, into the causes and conditions of the malaise that is spreading over the Earth and afflicting all of its occupants as a result of the human desire to coerce the planet to conform to our will and our will alone. Ironically, our drive entails a death wish that can be seen not only in the extinction of other species but in the destruction of the ecological systems and networks upon which all beings on Earth, including ourselves, depend and into which all of us are integrated, for better or worse. As terrible as species extinction is (I have often thought of what it must be like for a creature to experience being the last of its kind, like the last Dusky Seaside Sparrow who was so uncaringly reported in the news media as having drowned in “its” water cup at the zoo and whose death as a species was said to matter only because of what it could portend for humans) -- as terrible as species extinction is, I say: equally terrible and in some ways worse is the endless proliferation of animals to fit the procrustean beds of global industrial agriculture, experimental research and all of the other human horrors that not even death can rescue them from being forced to endure in endless rebirths of an agonized Phoenix. Apathy or Empathy, Apathy or Action: These are the questions that confront us and that are affirmatively addressed in This is Hope. This book presents its solid conceptual arguments in lucid prose while evoking the experiences of actual beings who, once you have lived with them in its pages, you will never again be able to forget or abandon for “someone else” to care about. ~ Karen Davis, Ph.D., author, professional
In her groundbreaking book, *Why We Love Dogs, Eat Pigs, and Wear Cows*, Melanie Joy explores the invisible system that shapes our perception of the meat we eat, so that we love some animals and eat others without knowing why. She calls this system *carnism*. Carnism is the belief system, or ideology, that allows us to selectively choose which animals become our meat, and it is sustained by complex psychological and social mechanisms. Like other “isms” (racism, sexism, etc.), carnism is most harmful when it is unrecognized and unacknowledged. *Why We Love Dogs, Eat Pigs, and Wear Cows* names and explains this phenomenon and offers it up for examination. Unlike the many books that explain why we shouldn’t eat meat, Joy’s book explains why we do eat meat — and thus how we can make more informed choices as citizens and consumers.

“Through the use of narrative, often bordering on biography, the arguments being put forth by Joy are very well exemplified....The volume is extremely readable, theory and jargon free as it is. However, that is not to say that the analysis is nonscientific or arbitrary. Rather, the arguments are firmly anchored to sound psychological theorization....People advocating vegetarianism, professors and students of psychology, scholars from other areas of social science, and even public administrators in food departments would gain considerably from this extremely well written book.” — Rita Agrawal, PhD, co-author, *Applied Social Psychology: A Global Perspective*

‘Twas the Night Before Thanksgiving Hardcover/Paperback

by Dav Pilkey 83 customer reviews

Let the Scholastic Bookshelf be your guide through the whole range of your child’s experience—laugh with them, learn with them, read with them! Twelve classic, best-selling titles are available now.

The incomparable Dav Pilkey adapts Clement Moore’s classic Christmas poem to tell his wacky Thanksgiving tale. The day before Thanksgiving, eight boys and girls take a field trip to a turkey farm. They have fun playing with eight exuberant turkeys but are shocked to learn that Farmer Mack Nuggett plans to kill all the turkeys for Thanksgiving dinners. So the children decide to smuggle all the turkeys home, and all their Thanksgiving dinners become vegetarian this year. The turkeys’ lives are saved!
THE NORTH AMERICAN VEGETARIAN SOCIETY (NAVS)

Its magazine: VEGETARIAN VOICE, navs@telenet.net, www.navs-online.org

Notes on its Spring 2014 number [Dick]:

Remembering Rynn Berry, NAVS’ Historical Adviser.

Will Anderson’s article, based on his book.

Article on making vegan “cheese” with recipes.

Article on questions people ask vegans.

3pp. on the July “Vegetarian Summerfest” in Pennsylvania.

Two books reviewed—one on teaching kids to cook, the other on recipes for leafy veggies.

Four pages of books and films annotated.

Contact Your Congressional Delegation

See end of newsletter #6 for calling or writing the Arkansas delegation. What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming and its consequences. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas? [--Dick]
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Dr. David Katz, a Middle Position, a Vegetable Diet is Better for Health and Ethics

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VEGETARIANISM AN IMPORTANT CHOICE AGAINST CO2 WARMING
What is the mission of OMNI?
With the Quakers we seek:
a world free of war and the threat of war,
a society with equity and justice for all,
a community where every person’s potential may be fulfilled,
and an earth restored.

The Quakers and the entire peace, justice, and ecology movement, of which OMNI is a part, seek to create a better world. OMNI was created precisely because numerous social organizations existed, but not one to promote world peace, both social and economic justice, human rights, and democracy, and to demote violence, cruelty, secrecy, and political repression, connecting the dots between local and global. Later (by 2006) we added the even more urgent problems arising from warming. OMNI was never perceived
as a passive or lukewarm undertaking. Plenty of organizations exist for that.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>
Date: September 19, 2013, 5:36:29 AM CDT
After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

SEND THESE NEWSLETTERS TO VETERINARIANS IN NWA.

OMNI Newsletters

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

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NUTRITION

Big Food Companies Want to Call GMO Foods “Natural”
Upton reports: “Is genetically engineered food natural? The Grocery Manufacturers Association, a trade group representing some of the world’s biggest food and food-related companies, including ConAgra Foods, Bayer CropScience, and the Coca-Cola Company, thinks so.”
READ MORE
CRUELTY TO ANIMALS

Conversation Between David and Kyle on Eating Pork
3-14-14
Kyle

glad you are looking at these issues

yes, i watched the other video you just sent of the sadistic torture that baby pigs and pregnant females are subjected to in these factory farms like we now have operating in the Buffalo River watershed at C&H Farms in partnership with Cargill Big Ag
barbaric is the least offensive term I can use to describe it but that does not accurately describe the inhumane cruelty being done day in and day out

and yes, there is a difference, a big difference, between this factory farming animal slaughter house meat production and raising an animal oneself or hunting wild game

but any slaughter of sentient beings for food is such unnecessary cruelty

tofu hot dogs will do just fine

On Thu, Mar 13, 2014 at 7:39 PM, Kyle Druding <kyledruding@gmail.com> wrote:

The more I learn about what is in food, the more I understand you eating decisions. I don’t think I will eat pork anymore. This, along with a video of how pigs a treated makes me unable to eat them. I could buy a pig from a farmer....that’s about it.

Kyle

Check out this video on YouTube:

http://youtu.be/2mUBQOzjBKY

Sent from my iPhone

I assume most of us actively opposing this CAFO are already aware of the cruel, inhumane treatment that these pregnant sows caged within these Cargill supplied “gestation crates” that are banned in the European Union and terrible treatment their baby pigs receive.

Contrary to what Mr Jerry Masters of Dover, AR with the AR Pork Producers stated last nite supporting the C&H Farms operator of this CAFO, I myself believe no ”good, honest, God fearing” AR farmer could possibly operate such a hideous, cruel Cargill supplied factory farm CAFO as is presently polluting the Buffalo River.

If you have not already seen one of these secretly recorded expose videos of how these CAFO’s operate and have a strong stomach, watch this video my son recently sent me when he explained he no longer eats pork.

Warning: this video contains graphic, disturbing footage of the cruelty these female pigs and their babies are subjected to every day in these US operated CAFO facilities. This must be stopped.

http://youtu.be/2mUBQOzjBKY

david druding
VEGAN OUTREACH, GOOGLE SEARCH, March 15, 2014

1. **Vegan Outreach | Working to End Cruelty to Animals**
   www.veganoutreach.org/

Vegan Outreach is an organization working to end animal exploitation through the promotion of a vegan lifestyle.

**Booklets and Other Resources**
In addition to the resources on this page, Vegan Outreach offers ...

**Why Vegan?**
A brochure explaining why people choose to follow a vegan lifestyle.

**Guide**
Vegan Outreach’s starter guide covers everything from nutrition ...

**What Do Vegans Eat?**
But according to most vegans, quite the opposite happens ...

**About Vegan Outreach**
About Vegan Outreach. “VO’s approach, simultaneously ...

**Video Links**
Video Links. Text and pictures can’t begin to describe the ...

More results from veganoutreach.org »

2. **Vegan Outreach – Wikipedia, the free encyclopedia**
en.wikipedia.org/wiki/Vegan_Outreach

Wikipedia

Vegan Outreach is an American grassroots animal advocacy group working to promote veganism through the widespread distribution of printed informational ...

3. **Vegan Outreach | Facebook**
https://www.facebook.com/veganoutreach

Vegan Outreach. 49333 likes · 21224 talking about this. Vegan Outreach is dedicated to promoting vegetarianism and reducing suffering. Order booklet and/or ...
Animals born with bones and muscles are meant to move. In modern systems of intensive agriculture, however, many animals -- notably, swine, veal calves, and poultry -- are rigorously confined. In this book Professor Bernard E. Rollin describes problems of animal welfare in today's agriculture, discusses the research that exists for improving these systems, and proposes topics for further study.

Rollin urges animal producers and agricultural scientists to begin now to address welfare problems. He cites the biomedical research community, which ignored issues of pain control and animal welfare until public concern led to federal legislation. Promising work has already been done in Europe, where the public has demanded that livestock not suffer. A new social ethic in the United States calls for humane agricultural systems that meet the needs and natures of the animals we use. Striking a balanced and rational approach, Rollin's thoughtful text is valuable reading for animal producers, agricultural scientists, veterinarians, animal advocates, and the general public.

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The Rise of the New Ethic.

The Nature of the Emerging Ethic: Beyond Cruelty

Evidence for the Presence of the New Ethic.

The Relevance of the New Social Ethic to Agriculture.

2. Welfare Research and Scientific Ideology.

Scientific and Producer Attitudes toward Animal Welfare

Can Animal Suffering Be Assessed Scientifically?

What Sorts of Research Should Be Undertaken?

How, Morally, Ought Welfare Research Be Conducted?

Animal Welfare and Genetic Engineering.

Part 2 Research Issues in Farm Animal Welfare.

3. The Beef Industry.

Welfare Issues in Ranching.

Branding

Castration.
Dehorning.

Cancer Eye

Cattle Handling.

Transportation.

Downer Cattle.

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Feedlot Problems.

4. The Swine Industry.

Swine Behavior.

Confinement of Sows.

Modification of Existing Systems.

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Looking at Traditional Systems.

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Other Sow Welfare Problems.

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Future Technology.

6. The Veal Industry.

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Research Issues.


Welfare Issues in Battery-Cage Egg Production.

Improving Hen Welfare.

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Equine Welfare
by C. Wayne McIlwraith (Editor), Bernard E. Rollin (Editor)

Ethics of Animal Use
by Peter Sandoe, Stine B. Christiansen, Bernard E. Rollin (Foreword by)

An Introduction to Veterinary Medical Ethics: Theory and Cases, 2nd Edition
by Bernard E. Rollin

Complementary and Alternative Veterinary Medicine Considered
by David W. Ramey, Bernard E. Rollin

The Well-Being of Farm Animals: Challenges and Solutions
G. John Benson, Bernard E. Rollin

ISBN: 978-0-8138-0473-6

378 pages

January 2004, Wiley-Blackwell

Description
The Well-Being of Farm Animals: Challenges and Solutions is the first title in Blackwell Publishing Professional’s groundbreaking series Issues in Animal Bioethics. This important book examines the ethical and economic importance of production animal well-being and pain management—topics of increasing concern to consumers.

The Well-Being of Farm Animals: Challenges and Solutions offers veterinarians, veterinary and agriculture students, animal scientists, and food animal producers both practical methods to enhance farm animal well-being, and greater understanding of the theoretical underpinnings of those methods. With a variety of perspectives from respected experts and specialists, this book conveys new research findings and promotes valuable discourse on critical issues. Most importantly, editors Benson and Rollin provide feasible instruction to put theory into practice.

The theories and applications presented in this book are likely to be legislated in the future. Therefore, it is important for veterinarians in production animal medicine to keep abreast of the latest issues in promoting animal well-being, and implement sound animal welfare methods every day. The Well-Being of Farm Animals: Challenges and Solutions provides the information veterinarians need to do both.

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Author Information

G. John Benson, DVM, MS, is a professor and Chief of Anesthesiology in Veterinary Clinical Medicine at the University of Illinois, Urbana. Dr. Benson also holds joint appointments in the Department of Veterinary Pathobiology (Comparative Medicine Division) and Veterinary Biosciences (Pharmacology Division).

Bernard E. Rollin, PhD, is University Distinguished Professor and Professor of Philosophy, Physiology, and Animal Sciences, as well as University Bioethicist at Colorado State University, Fort Collins, Dr. Rollin is the founder of the fields of veterinary medical ethics and is a principal architect of laws protecting laboratory animals. He addressed animal welfare as the keynote speaker at the 2003 American Dairy Science Association/American Society of Animal Science joint meeting.
Fight Global Warming by Going Vegetarian

Global warming has been called humankind’s “greatest challenge” and the world’s gravest environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the Worldwatch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” 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 effective thing you can do” to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions.

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.

You could exchange your “regular” car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago, being vegan is more effective in the fight against global warming; a
vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater. 

A German study conducted in 2008 concluded that a meat-eater’s diet is responsible for more than seven times as much greenhouse gas emissions as a vegan’s diet. Rajendra Pachauri, the head of the U.N.’s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to “please eat less meat—meat is a very carbon-intensive commodity.”

The billions of chickens, turkeys, pigs, and cows who are crammed into factory farms each year in the U.S. produce enormous amounts of methane, both during digestion and from the acres of cesspools filled with feces that they excrete. Scientists report that every pound of methane is more than 20 times as effective as carbon dioxide is at trapping heat in our atmosphere. The EPA shows that animal agriculture is the single largest source of methane emissions in the U.S.

Nitrous oxide is about 300 times more potent as a global warming gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for a staggering 65 percent of worldwide nitrous oxide emissions. (Use the N-Calculator to calculate your nitrogen footprint and to see how you could lower your nitrogen usage.)

The most powerful step that we can take as individuals to avert global warming is to stop eating meat, eggs, and dairy products. Order PETA’a free “Vegetarian/Vegan Starter Kit” and do your part to start saving the plant and animals today!

Read more: http://www.peta.org/issues/animals-used-for-food/global-warming/#ixzz2yLSwDNqZ

Contact the Arkansas Congressional Delegation

What do you say to them? Tell the person who answers you are a constituent of the Congressman, you are a vegetarian, and you would like to know if he is also? If he is, cheer, and say goodbye. If he is not, ask if he is aware that vegetarianism is good for one’s health. (Be prepared to adduce some stats and examples. My
newsletters provide an abundance of evidence.) Then ask if the congressman is aware that vegetarianism reduces cruelty to animals, and in general, cruelty. (Again, some data.) And finally ask if he is aware that vegetarianism resists global warming. Expect a sympathetic listener; don’t assume rejection. The congressman prefers poor health, torture, and rising seas?

Arkansas is represented in Congress by two senators and four representatives. Here is how to reach them. None of the senators or representatives publishes his e-mail address, but each can be contacted by filling in forms offered through his website.

**SENATORS**

**Sen. John Boozman**  
Republican, first term  
320 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: (202) 224-4843  
Fax: (202) 228-1371  
Arkansas offices:  
FORT SMITH: (479) 573-0189  
JONESBORO: (870) 268-6925  
LITTLE ROCK: (501) 725-0400  
LOWELL: (479) 424-0129  
STUTTGART: (870) 672-6941  
EL DORADO: (870) 863-4641  
Website: [www.boozman.senate.gov](http://www.boozman.senate.gov)

**Sen. Mark Pryor**  
Democrat, second term  
255 Dirksen Office Building  
Constitution Avenue and First Street NE  
Washington, D.C. 20510  
Phone: (202) 224-2353  
Fax: (202) 228-0908  
Little Rock office: (501) 324-6336  
Website: [www.pryor.senate.gov](http://www.pryor.senate.gov)

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Fax: (202) 225-5602  
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CABOT: (501) 843-3043  
MOUNTAIN HOME: (870) 424-2075  
Website: [www.crawford.house.gov](http://www.crawford.house.gov)

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LITTLE ROCK: (501) 324-5491  
Website: [www.griffin.house.gov](http://www.griffin.house.gov)

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HARRISON: (870) 741-7741
FORT SMITH: (479) 424-1146
Website: www.womack.house.gov

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Washington 20515
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Arkansas offices:
CLARKSVILLE: (479) 754-2120
EL DORADO: (870) 881-0631
HOT SPRINGS: (501) 520-5892
PINE BLUFF: (870) 536-3376
Website: www.cotton.house.gov

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  UUA First Principle Project
  Action for Animals      PETA
  Animal Legal Defense Fund
  In Defense of Animals
  Best Friends Animal Society
  Mercy for Animals
  Physicians Committee for Responsible Medicine
  Farm Sanctuary

Yeats and Felder on Complicity

Vegetarianism Against Increase of CO2 and Global Warming

Arkansas’ Congressional Representatives

Vegetarian Newsletters Nos. 1-4

END VEGETARIAN NEWSLETTER #6 APRIL 9, 2014

Sent to WS, Blog, David D, Randy Dixon, Sonia DG, Pattie, Alexander, Sid, VP (late),
What is the mission of OMNI?
With the Quakers we seek:
a world free of war and the threat of war,
a society with equity and justice for all,
a community where every person’s potential may be fulfilled,
and an earth restored.

That is, the Quakers and the entire peace, justice, and ecology movement, of which OMNI is a part, seek to create a better world. This is no passive: undertaking.

A Call to the People by George Monbiot

From: Robert McAfee <robertjmcal@gmail.com>
Date: September 19, 2013, 5:36:29 AM CDT
After more than a quarter of a century of environmental campaigning I’ve come to see that the only thing that really works is public mobilisation: the electorate putting so much pressure on governments that they are obliged to take a stand against powerful interests.

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

Index:

Nos. 1-4 at end

Contents #5 March 12, 2014 Animal Rights, Meat Production, Consumption and CO2, Warming, Climate Change

Mission of OMNI
Monbiot, Public Mobilization
Robert Neubecker, Linus the Vegetarian T-Rex

PROTECTING ANIMALS (for more compassionate action organizations or for more information about them see earlier newsletters)

UUA First Principle Project
Action for Animals PETA
Animal Legal Defense Fund
In Defense of Animals
Best Friends Animal Society
Mercy for Animals
Physicians Committee for Responsible Medicine
Farm Sanctuary
Yeats and Felder on Complicity

Vegetarianism Against Increase of CO2 and Global Warming

Arkansas’ Congressional Representatives
Vegetarian Newsletters Nos. 1-4
Linus the Vegetarian T. Rex Hardcover

by Robert Neubecker (Author, Illustrator)

Meet Linus—a Tyrannosaurus rex who is very brave, very tough, and very... vegetarian?

Ruth Ann Mackenzie knows everything about dinosaurs. She knows their names. She knows when they lived. And she certainly knows what they ate. So when she meets Linus, a towering, toothy T. rex who prefers picking vegetables to preying on his herbivorous neighbors, she’s not sure what to think. Is something wrong with Linus? Or does Ruth Ann maybe, just maybe, not know everything there is to know about dinosaurs?

Dino lovers young and old will delight in this picture book chock-full of prehistoric personality—and don’t forget to search for the naughty velociraptor duo hidden throughout the book!

PROTECTING ANIMALS

(For other anti-violence, anti-cruelty organizations see preceding newsletters.)

For financial appraisal of each, see Charity Navigator.)


Asks what if the UUA’s First Principle were “the inherent worth and dignity of every being”? And invites us all to join the discussion.

1. Animal Legal Defense Fund
aldf.org/ý

Animal Legal Defense Fu...
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**
For more than three decades, the Animal Legal Defense Fund has ...

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

**Employment**
For more than three decades, the Animal Legal Defense Fund has ...

**Resources**
ALDF provides the legal resources necessary for rescuers and ...

**Student Animal Legal Defense**
Student Animal Legal Defense Fund (SALDF) chapters are law ...

More results from aldf.org »

2. [News for Animal Legal Defense Fund](#)
1. [Proposed bill protects animals from abusive parents](#)

*Morris Daily Herald*- 17 hours ago

They worked closely with Chris Green from the Animal Legal Defense Fund to research the steps needed to include Illinois offenders in the ...

3. [Animal Legal Defense Fund - Wikipedia, the free encyclopedia](#)

*en.wikipedia.org/wiki/Animal_Legal_Defense_Fund*

Wikipedia

The Animal Legal Defense Fund (ALDF) is an American non-profit law organization that aims to protect the rights and advance the interests of animals through ...

4. [Animal Legal Defense Fund - Cotati, CA - Law Practice | Facebook](#)

*https://www.facebook.com/AnimalLegalDefenseFund*

Since 1979, the Animal Legal Defense Fund (ALDF) has fought to protect the lives and advance the interests of animals through the legal system. Founded by ...
5. **Charity Navigator Rating – Animal Legal Defense Fund**

The Animal Legal Defense Fund (ALDF) fights to protect the lives and advance the interests of animals through the legal system. Founded in 1979 by attorneys ...

6. **Animal Legal Defense Fund – Charity Reports – Give.org**

Educate yourself on charities and donations with information, reviews, ratings and accreditation of charities and nonprofit organizations in the United States at ...

7. **HLS Student Animal Legal Defense Fund – HLS Orgs**

Feb 3, 2014 - Providing support, education, and work opportunities for students who are interested in animal rights or welfare law. Mission, activities, and ...

8. **Expose Animal Abusers**

Does an animal abuser live in your neighborhood? Communities ... Keep your animals and your families safe....Copyright 2010 Contact UsPrivacy Policyaldf.org.

---

**In Defense of Animals**

Nonprofit organization

In Defense of Animals is an animal rights organization founded in 1983 in San Rafael, California, USA. It has 60,000 members and an annual budget of $650,000. The group’s slogan is “working to protect the rights, welfare, and habitats of animals”. **Wikipedia**

**Tax ID:** 68-0008936

**Nonprofit category:** Animal related Alliance/Advocacy Organizations

**Assets:** 5.276 million USD (2011)
**Income**: 4.365 million USD (2011)  
**Tax deductibility code**: 501(c)(3)

Recent posts
IDA’s Hope Animal Sanctuary (HAS) investigative team joined law enforcement officers in Panola and Yalobusha Counties to take part in two seizures of ... Feb 17, 2014

Best Friends Animal Society  
1,582 followers on Google+  
Best Friends Animal Society, founded in its present form in 1984, is an American nonprofit 501 animal welfare organization. [Wikipedia](http://en.wikipedia.org)  
**Founded**: 1984  
**CEO**: [Gregory Castle](http://en.wikipedia.org)  
**Nonprofit category**: Animal Protection and Welfare  
**Assets**: 53.01 million USD (2011)  
**Income**: 52.54 million USD (2011)  
**Founders**: [Gregory Castle](http://en.wikipedia.org), [Ernst Paul Eckhoff](http://en.wikipedia.org), [Michael Mountain](http://en.wikipedia.org)  

Recent posts
Pets of the Week: Dottie is a young, silky beauty who’s never known what a home is. She loves to climb and play and can live with other felines or as the sole kitty.

1. Mercy for Animals  
Non-profit

2. Mercy For Animals is a national non-profit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies, founded in October 1999. Nathan Runkle is the group’s executive director and founder. [Wikipedia](http://en.wikipedia.org)  

3.  
4. **Founder**: Nathan Runkle  
5. **Founded**: October 1999
6. **CEO:** [Nathan Runkle](#)

7. **Nonprofit category:** Animal Protection and Welfare

8. **Assets:** 1.22 million USD (2011)

9. **Income:** 1.694 million USD (2011)

Farm Sanctuary

Nonprofit organization

Farm Sanctuary is an American animal protection organization, founded in 1986 as an advocate for farm animals. [Wikipedia](#)

**Founder:** [Gene Baur](#)

**Founded:** 1986

**Nonprofit category:** Animal Protection and Welfare (includes Humane Societies and SPCAs)

**Assets:** 9.703 million USD (2011)

**Income:** 9.732 million USD (2011)

**Tax deductibility code:** 501(c)(3)

**Recent posts**

For Mother goose and her friends Shawnee and Annabelle, life is a fairy tale. 3 hours ago

---

Physicians Committee for Responsible Medicine

Non-profit

The Physicians Committee for Responsible Medicine is a non-profit organization based in Washington, D.C., which promotes a vegan diet, preventive medicine, alternatives to animal research, and encourages ... [Wikipedia](#)

**Founder:** Neal D. Barnard

**Founded:** 1985

**Nonprofit category:** Health—General & Rehabilitative

**Assets:** 6.607 million USD (2011)

**Income:** 24.35 million USD (2011)

**Tax deductibility code:** 501(c)(3)
American Anti-Vivisection Society
Nonprofit organization
The American Anti-Vivisection Society is an organization created with the goal of eliminating a number of different procedures done by medical and cosmetic groups in relation to animal cruelty in the United States. Wikipedia

**Founder:** Caroline Earle White

**Founded:** 1883

Yeats and Felder

Yeats, “The Second Coming”: “The best lack all conviction while the worst/Are full of passionate intensity.” Here Yeats is referring to the constant fight between good and evil, or better and baser human instincts. In these violent times, good unfortunately seems down and out—paralyzed or “drowned” as described in the previous line. Intelligent and decent people fail to act with confidence, while ignorant and malicious people run roughshod over society.

From a poem by Brian Felder, “Watching Fox News at the VA Hospital”: “the ones who know shit from Shinola

But say nothing; their silence, [is] complicity.”

MEAT PRODUCTION AND GLOBAL WARMING

GOOGLE SEARCH

1. Fight [Global Warming](https://www.peta.org/.../animals.../global-warming) by Going Vegetarian | [Animals](https://www.peta.org/.../animals.../global-warming) Used for Food

People for the Ethical Tre...

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 ...
2. **Want To Stop Global Warming? Stop Eating Meat: Reducing ...**
[www.isciencetimes.com/.../global-warming-eating-meat-beef-cattle-cows...]

Dec 20, 2013 - Ruminant animals, like cows, are a more pressing cause of climate change than CO2 emissions, a new study claims. (Photo: Shutterstock).

3. **Tax Meat to Reduce Methane Emissions and Global Warming, Say ...**
[ecowatch.com/.../meat-tax-reduce-methane-emissions-global-warming/]

Dec 26, 2013 - One way to mitigate climate change would be a tax on meat, a scientific ... to eat less meat to cut down on the rate at which the earth is warming.

Contact Arkansas Congressional Delegation

Arkansas is represented in Congress by two senators and four representatives. Here is how to reach them. None of the senators or representatives publishes his e-mail address, but each can be contacted by filling in forms offered through his website.

**SENNATORS**

Sen. John Boozman  
Republican, first term  
320 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: (202) 224-4843  
Fax: (202) 228-1371  
Arkansas offices:  
FORT SMITH: (479) 573-0189  
JONESBORO: (870) 268-6925  
LITTLE ROCK: (501) 372-7153  
LOWELL: (479) 725-0400  
MOUNTAIN HOME: (870) 424-0129  
STUTTGART: (870) 672-6941  
EL DORADO: (870) 863-4641

**REPRESENTATIVES**

Rep. Rick Crawford  
1ST DISTRICT  
1771 Longworth Office Building  
New Jersey and Independence Avenues SE  
Washington, D.C. 20515  
Phone: (202) 225-4076  
Fax: (202) 225-5602  
CABOT: (501) 843-3043  
MOUNTAIN HOME: (870) 424-2075  
Website: [www.crawford.house.gov](http://www.crawford.house.gov)

Rep. Tim Griffin
Sen. Mark Pryor
Democrat, second term
255 Dirksen Office Building
Constitution Avenue and
First Street NE
Washington, D.C. 20510
Phone: (202) 224-2353
Fax: (202) 228-0908
Little Rock office: (501) 324-6336

Website: www.pryor.senate.gov

2ND DISTRICT
Republican, second term
1232 Longworth Office Building
New Jersey and
Independence Avenues SE
Washington, D.C. 20515
Phone: (202) 225-2506
Fax: (202) 225-5903
Arkansas offices:
LITTLE ROCK: (501) 324-5491
Website: www.griffin.house.gov

Rep. Steve Womack
3RD DISTRICT
Republican, second term
1119 Longworth Office Building
New Jersey and
Independence Avenues SE
Washington 20515
Phone: (202) 225-4301
Fax: (202) 225-5713
Arkansas offices:
ROGERS: (479) 464-0446
HARRISON: (870) 741-7741
FORT SMITH: (479) 424-1146
Website: www.womack.house.gov

Rep. Tom Cotton
4TH DISTRICT
Republican, first term
415 Cannon House Office Building
Washington 20515
Phone: (202) 225-43772
Arkansas offices:
CLARKSVILLE: (479) 754-2120
EL DORADO: (870) 881-0631
HOT SPRINGS: (501) 520-5892
PINE BLUFF: (870) 536-3376
Website: www.cotton.house.gov
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 Nutrition, Ethics of Eating Meat, Climate Change

Declaration for Consideration

Nutrition
Eliz. Renter, Poisons in Meat
Get the Antibiotics Out of Turkeys

**Ethics**
Schweitzer, Reverence for Life
Susie Hoeller, Ethical Food

**Climate Change and Food**
Google Search

**Contents #3 Ethics of Eating Meat: Factory Farms, Killing**
Dick, Vegetarianism Discussion
*Vegetarian Times*
Early History of Vegetarianism; Percy Bysshe Shelley
Cahill, Cruelty and Kindness
Schweitzer, Ethics of Vegetarianism
From *Rolling Stone, Cruelty of Factory Farms*
Google Search: Cruelty of Meat Eating
Google Search: Factory Farming
Humane Society of the US
Society for the Prevention of Cruelty to Animals

**Contents #4 Animal Rights, Meat Production, Global Warming, Climate Change, Feb. 4, 2014**

**Animal Rights**
Christina Sarich, Humane Society and Others Oppose Tyson Factory Raised Pigs
Prof. Steven Best, Strong Advocate of Animal Rights, Google Search
Charles Carnosy, a Christian Perspective Offers Us a Consistent Ethic
Dr. David Katz, a Middle Position, a Vegetable Diet is Better for Health and Ethics
Warming, Climate Change

Nathan Fiala, Meat Production and Consumption Contributes to Global Warming, Climate Change

PETA, Vegetarianism versus Climate Change

Vegetarianism versus Climate Change, Google Search

Stress on Environment: Vegetables vs. Meat

Misc. International Studies of Emissions: Meat vs. Other Causes

END VEGETARIAN NEWSLETTER #5


OMNI VEGETARIAN NEWSLETTER #4, ANIMAL RIGHTS, ATMOSPHERIC WARMING/CLIMATE CHANGE and MEAT, February 12, 2014.

Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology. (#3 Jan. 12, 2014)

Newsletters

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

Index:

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

See: Animal Cruelty, Animal Rights, Compassion/Empathy, Ecology, Human Health, Global Warming/Causes,
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 Nutrition, Ethics of Eating Meat, Climate Change

Declaration for Consideration

Nutrition
Eliz. Renter, Poisons in Meat
Get the Antibiotics Out of Turkeys

Ethics
Schweitzer, Reverence for Life
Susie Hoeller, Ethical Food

Climate Change and Food
Google Search

Contents #3 Ethics of Eating Meat: Factory Farms, Killing (Jan. 8, 2014)
Dick, Vegetarianism Discussion
Vegetarian Times
Early History of Vegetarianism; Percy Bysshe Shelley
Cahill, Cruelty and Kindness
Schweitzer, Ethics of Vegetarianism
From Rolling Stone, Cruelty of Factory Farms
Google Search: Cruelty of Meat Eating
Google Search: Factory Farming
Humane Society of the US
Society for the Prevention of Cruelty to Animals

Contents #4 Animal Rights, Meat Production, Global Warming, Climate Change (Feb. 12, 2014)

Animal Rights
Christina Sarich, Humane Society and Others Oppose Tyson Factory Raised Pigs
If you aren’t aware that your morning bacon was made from a pig grown in a gestation crate that barely gives an animal the ability turn over, let alone roam freely on the green earth, then you probably didn’t know that Tyson Foods is one of the few remaining meat processors who have clung to this abhorrent trend. Recently, Green Century Capital Management, the Humane Society, and the United Methodist Church Benefit Board submitted a resolution to Tyson’s annual general meeting for shareholders asking that they report on their reasons for carrying on with the use of gestational crates.
Steven Best (born December 1955) is an American animal rights advocate, author, and associate professor of philosophy at the University of Texas at El Paso.

The Ethics of Vegetarianism. 1. Introduction. 2. What is Ethics? 3. Arguments Against Animal Rights and Vegetarianism. a. argument from the bible. b. argument ...

Ethical Dilemmas and the Hierarchy of Moral Value Too often, animal rights advocates (ARAs) are challenged with the hysterical hypothetical of the “burning ...

Dr. Steven Best ... 9/2011. Launch of a New Veterinary Animal Welfare and Ethics Institute - 9/2011

By Dr. Steven Best... His more than two dozen books include two international best-sellers, Animal Liberation (1975) and Practical Ethics (1979), which have ...

For Love of Animals: Christian Ethics, Consistent Action by Charles Camosy
For Love of Animals is an honest and thoughtful look at our responsibility as Christians with respect to animals. Many Christians misunderstand both history and their own tradition in thinking about animals. They are joined by prominent secular thinkers who blame Christianity for the Western world’s failure to seriously consider the moral status of animals.

This book explains how traditional Christian ideas and principles—like nonviolence, concern for the vulnerable, respect for life, stewardship of God’s creation, and rejection of consumerism—require us to treat animals morally. Though this point of view is often thought of as liberal, the book cites several conservatives who are also concerned about animals. Camosy’s Christian argument transcends secular politics.

The book’s starting point for a Christian position on animals—from the creation story in Genesis to Jesus’ eating habits in the Gospels—rests in Scripture. It then moves to explore the views of the Church Fathers, the teachings of the Catholic Church, and current discussions in both Catholic and Protestant theology. Ultimately, however, the book is concerned not with abstract ideas, but with how we should live our everyday lives. Should Christians eat meat? Is cooperation with factory farming evil? What sort of medical research on animals is justified? Camosy also asks difficult questions about hunting and pet ownership.

This is an ideal resource for those who are interested in thinking about animals from the perspective of Christian ethics and the consistent ethic of life. Discussion questions at the end of each chapter and suggestions for further reading round out the usefulness of this important work.

Eating Well Vs. Being Good: Can We Ethically Eat Animals?

www.huffingtonpost.com/david.../ethics-of-eating-animals_b_961242.ht...ý

Sep 20, 2011 - www.davidkatzmd.com
“On the basis of both health and ethics, the case for eating a mostly plant-based diet is strong. The health case is all but irrefutable. . . .

As for the ethics. . . The combination of our multitudes and our appetites results in the mass production of animal foods, which in turn results in -- or at least invites -- terrible abuses. . . .

There is, however, some latitude left in the solution.

It would be fine if all of us were to eat only plants. But if most of us were to eat mostly plants, we could raise many fewer animals for food, and could treat those we do... ethically. “

Dr. David L. Katz; www.davidkatzmd.com
www.turnthetidefoundation.org

MEAT, GLOBAL WARMING, CLIMATE CHANGE

Energy & Sustainability □
February 2009

How Meat Contributes to Global Warming
Producing beef for the table has a surprising environmental cost: it releases prodigious amounts of heat-trapping greenhouse gases

By Nathan Fiala. Feb. 2, 2014

Andy Potts

Most of us are aware that our cars, our coal-generated electric power and even our cement factories adversely affect the environment. Until recently, however, the foods we eat had gotten a pass in the discussion. Yet according to a 2006 report by the United Nations Food
and Agriculture Organization (FAO), our diets and, specifically, the meat in them cause more greenhouse gases carbon dioxide (CO2), methane, nitrous oxide, and the like to spew into the atmosphere than either transportation or industry. (Greenhouse gases trap solar energy, thereby warming the earth’s surface. Because gases vary in greenhouse potency, every greenhouse gas is usually expressed as an amount of CO2 with the same global-warming potential.)

The FAO report found that current production levels of meat contribute between 14 and 22 percent of the 36 billion tons of “CO2-equivalent” greenhouse gases the world produces every year. It turns out that producing half a pound of hamburger for someone’s lunch a patty of meat the size of two decks of cards releases as much greenhouse gas into the atmosphere as driving a 3,000-pound car nearly 10 miles.

“Fight Global Warming by Going Vegetarian.”

Global warming has been called humankind’s “greatest challenge” and the world’s gravest environmental threat. Many conscientious people are trying to help reduce global warming by driving more fuel-efficient cars and using energy-saving light bulbs. Although these measures help, science shows that going vegan is one of the most effective ways to fight global warming. A staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture, according to a report published by the Worldwatch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” 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 effective thing you can do” to reduce your climate change impact. Carbon dioxide, methane, and nitrous oxide together cause the vast majority of global warming. Raising animals for food
is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous-oxide emissions.

Burning fossil fuels (such as oil and gasoline) releases carbon dioxide, the primary gas responsible for global warming. Producing one calorie from animal protein requires 11 times as much fossil fuel input—releasing 11 times as much carbon dioxide—as does producing a calorie from plant protein. Feeding massive amounts of grain and water to farmed animals and then killing them and processing, transporting, and storing their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during the destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide.

You could exchange your “regular” car for a hybrid Toyota Prius and, by doing so, prevent about 1 ton of carbon dioxide from entering the atmosphere each year, but according to the University of Chicago, being vegan is more effective in the fight against global warming; a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than is a meat-eater.

A German study conducted in 2008 concluded that a meat-eater’s diet is responsible for more than seven times as much greenhouse gas emissions as a vegan’s diet. Rajendra Pachauri, the head of the U.N.’s Nobel Prize-winning Intergovernmental Panel on Climate Change (and a vegetarian himself), urges people to “please eat less meat—meat is a very carbon-intensive commodity.”

Read more: [http://www.peta.org/issues/animals-used-for-food/global-warming/#ixzz2sC6FvrR3](http://www.peta.org/issues/animals-used-for-food/global-warming/#ixzz2sC6FvrR3)

4. How Meat Contributes to Global Warming | Scientific American
[www.sciencamerician.com](http://www.sciencamerician.com) › ... › [February 2009](http://www.sciencamerician.com)
Until recently, however, the foods we eat had gotten a pass in the discussion. ... 2014; Keystone Pipeline Will Impact Climate Change, State Department Reports ...  

5. **Fight Global Warming by Going Vegetarian | Animals Used for Food ...**  
   www.peta.org/.../animals.../global-warmi...ý  

People for the Ethical Tre...  

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 ...  

   www.iscienctetimes.com/.../global-warming-eating-meat-beef-cattle-cows...ý  

Dec 20, 2013 - Ruminant animals, like cows, are a more pressing cause of climate change than CO2 emissions, a new study claims. (Photo: Shutterstock).  

7. **Tax Meat to Reduce Methane Emissions and Global Warming, Say ...**  
   ecowatch.com/.../meat-tax-reduce-methane-emissions-global-warming/ý  

Dec 26, 2013 - One way to mitigate climate change would be a tax on meat, a scientific ... to eat less meat to cut down on the rate at which the earth is warming.  

8. **Gut Check: Here's the Meat of the Problem - Washington Post**  
   www.washingtonpost.com › Arts & Living › Food  

The Washington Post  

Jul 29, 2009 - The debate over climate change has reached a rarefied level of policy ... But there’s one activity that’s not on the list and should be: eating a hamburger. ... It’s not simply that meat is a contributor to global warming; it’s that it is a ...  

9. **Climate Depot's Round Up on Global Warming and Meat Eating ...**  
   www.climatedepot.com/.../climate-depots-round-up-on-global-warming-...ý
Jun 13, 2013 - The global warming activists are still convinced meat eating is evil for... Paul McCartney calls for meat-free Mondays to combat climate change.

10. Should We Fight Climate Change By Taxing Meat?
| Mother Jones
www.motherjones.com/tax-meat-cut-methane-emissions

Mother Jones

Dec 21, 2013 - Several high-profile figures, from the chief of the UN’s climate science ...have previously advocated eating less meat to tackle global warming.

11. Eating Less Meat Is World's Best Chance For Timely Climate - Forbes
www.forbes.com/.../eating-less-meat-is-worlds-best-cha...

Forbes

by Michelle Maisto - in 50 Google+ circles

Apr 28, 2012 - “The entire goal of today’s international climate objectives can be ...thus on the rate the climate is warming — than actions to replace fossil fuels ...

12. Less Meat, Less Global Warming - NYTimes.com
opinionator.blogs.nytimes.com/2012/05/15/we-could-be-heroes/

May 15, 2012 - We can slow global warming by eating fewer animal products.... Even most climate change experts focus on new forms of energy — which ...

13. Eating Burgers Causes Global Warming
TakePart

May 7, 2013 - Raising livestock contributes to climate change—cutting back on our meat consumption is an easy way to help the problem.

Diet and the environment: Does what you eat matter?

Marlow HJ, Hayes WK, Soret S, Carter RL, Schwab ER, Sabaté J.
Author information

Abstract

Food demand influences agricultural production. Modern agricultural practices have resulted in polluted soil, air, and water; eroded soil; dependence on imported oil; and loss of biodiversity. The goal of this research was to compare the environmental effect of a vegetarian and nonvegetarian diet in California in terms of agricultural production inputs, including pesticides and fertilizers, water, and energy used to produce commodities. The working assumption was that a greater number and amount of inputs were associated with a greater environmental effect. The literature supported this notion. To accomplish this goal, dietary preferences were quantified with the Adventist Health Study, and California state agricultural data were collected and applied to state commodity production statistics. These data were used to calculate different dietary consumption patterns and indexes to compare the environmental effect associated with dietary preference. Results show that, for the combined differential production of 11 food items for which consumption differs among vegetarians and nonvegetarians, the nonvegetarian diet required 2.9 times more water, 2.5 times more primary energy, 13 times more fertilizer, and 1.4 times more pesticides than did the vegetarian diet. The greatest contribution to the differences came from the consumption of beef in the diet. We found that a nonvegetarian diet exacts a higher cost on the environment relative to a vegetarian diet. From an environmental perspective, what a person chooses to eat makes a difference.


Am J Clin Nutrition 2009 May 89(5)

MISCELLANEOUS INTERNATIONAL STUDIES OF MEAT PRODUCING MORE EMISSIONS THAN TRANSPORTATION AND OTHER SECTORS OF NATIONAL ECONOMIES

See the UN Food and Agriculture Organization (FAO) study directly about this, but also one by the UN Environmental Program (UNEP), as well as a study by a European organization called GUE/NGL. I am attaching multiple news...
stories about these studies, and links to the studies themselves should be embedded in the articles.

FAO Study:

http://www.scientificamerican.com/article/the-greenhouse-hamburger/

UNEP Study:

https://www.commondreams.org/headline/2010/06/02-7?vm=r&s=1

GUE/NGL:

http://meatclimate.org/home
http://meatclimate.org/sites/default/files/reports/meatclimate_english.pdf
(from Abel T)

END VEGETARIAN NEWSLETTER #4: ANIMAL RIGHTS, WARMING, CLIMATE

Sent to Web Site, Blog, Vegetarian Potluck members, and David D,

Newsletters

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

Index:

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

See: Animal Cruelty, Animal Rights, Compassion/Empathy,

MY NEW EMAIL ADDRESS

j.dick.bennett@gmail.com

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

VP, like all of OMNI’s activities, is a member-run group. If you would like to compile these Newsletters, take my place, start next month! And the newsletter is open to all opinions. Send yours to me for the next newsletter.

JANUARY POTLUCK CANCELED, ICE AND SNOW

Wednesday, January 8, 2014, 6:30p.m.

OMNI, 3274 Lee Ave. north of Office Depot, SE of FedEx.

For those who wish: bring a copy of your recipe and the/or a cookbook to show.
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
Last month we discussed briefly the relation between VP and the values of vegetarianism.

**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.

The initial question for each of us to ask is: Do I believe in these values? And then: Will these values contribute to a better world? And: Do I wish to see more people embrace these values? And: If we do can we be effective? Finally: Should OMNI’s VP promote the values, and to what extent, and in what ways?

Each one of these questions is complicated, so I’ll tackle only two of them right now: Can we be effective if we advocate the values of vegetarianism? Is meat-eating harmful to animals, humans, and the planet?

Recently in the Arkansas Democrat-Gazette 9(9-27-13) Dana Kelley explained how drunk driving was dramatically reduced in the US in the short span of 15 years. Before 1980 more than half of all fatal motor vehicle crashes were alcohol-related, and more than a third of all drivers in those crashes were drunk.

Mothers Against Drunk Drivers was founded by Candy Lightner in 1980 after her 13-year old daughter was killed by a repeat DWI offender. The target of MADD was not alcohol but the behavioral problem of drinking too much and driving. Her supporters became MADD, for they shared her determination to stop drunk driving and save people’s lives. Within 15 years drunken driving had become socially
stigmatized and criminally punitive, and drunk-driving rates and deaths had plummeted by half.

The key to MADD’s success was their conviction and concentration. They would accomplish nothing if they simply met occasionally to enjoy each other’s company. No. Drunken driving was harmful, wrong, criminal, and it could be reduced if they put their minds to it.

Of course, alcohol-related deaths by traffic accidents continue, but the epidemic’s growth was stopped and reversed. (Kelley continues by applying the example of MADD to the problem of gun abuse. We can reduce gun killings.)

And their example applies to OMNI’s Potluck as well, if, that is, we believe in the values of vegetarianism and that those values—nutritional, ethical, and climatological—resist and can reverse the drunk driving of meat-eating.

Each person’s convictions are their private matter, but considerable evidence shows that vegetarianism is more healthy, ethical, and environmentally friendly than meat. Newsletter #1 included two essays on the poisons in meat, an essay and book on the ethics of eating vegetables instead of meat, and several references to writings about the role of meat in the warming of the atmosphere. Newsletter #2 covered the same ground (and more).

The evidence of the harms of meat seems persuasive, but the debate over refusing meat is not over obviously (see below). The evidence of successful public relations campaigns is powerful, but of course failures have occurred. We can make a difference as a group, if we decide to. Several considerations remain, but let’s pause to be sure we have sifted the present questions sufficiently. —Dick
Vegetarian Times: Food, Pleasure, Nutrition

The entire Jan.-Feb. 2014 issue is devoted to this one field of interest, almost excluding ethical and climate change considerations. With occasional exceptions, the magazine seems to offer a vegetarian (some vegan) gourmet/nutritional magazine. But of course it excludes meat also, which makes an indirect statement regarding other subjects.

And gourmet is a problem at least for me. The recipe for Baked Chips sounds delicious and easy, but what is truffle oil? And the Greek salad calls for Mexican oregano, Fuyu persimmons, radicchio, and lacinato kale, among other ingredients. I have all the ingredients for the tomato soup recipe, but the author suggests I use mini-cutters to cut sliced bread into shapes such as stars, footballs, snowflakes! --Dick

HISTORY: EARLY VEGETARIANISM

SHELLEY, “ON VEGETARIANISM”

*There is no disease,* bodily or mental, which adoption of vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried.*

Percy Bysshe Shelley (1792–1822) aligned most of his views on vegetarianism with those of Ritson. Like Ritson, Shelley believed that a meatless diet was the best mode of consumption for a healthy, disease-free life. He believed that human disease could be alleviated by a simple reversion back to a plant-based diet. . . . In *A Vindication of Natural Diet* he wrote, “Should ever a physician be born with the genius of Locke, I am persuaded that he might trace all bodily and mental derangements to our unnatural habits,”[17] these unnatural habits being the consumption of meat. He compared the negative effects of a meat-based diet to alcoholism, asking, “How many thousands have become murderers and robbers, bigots and domestic tyrants, dissolute and abandoned adventurers, from the use of
fermented liquors?”. He goes on to suggest that, a human of gentle disposition towards animals, “rising from a meal of roots,” will be a healthy man whose only threat of death will be that of his own natural, old age.

GOOGLE SEARCH, PERCY BYSSHE SHELLEY VEGETARIANISM, Jan. 6, 2014

1. Vegetarianism and Romanticism – Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Vegetarianism_and_Romanticism

Jump to Percy_Bysshe_Shelley – [edit]. Percy Bysshe Shelley (1792–1822) aligned most of his views on vegetarianism with those of Ritson.

2. Shelley – the first celebrity vegan – Vegsource.com
www.vegsource.com/john-davis/shelley---the-first-celebrity-vegan.html

Jan 5, 2011 - Percy Bysshe Shelley, known as Bysshe to his friends, was the rock star of his day - glamorous, controversial, fought over by teenage girls, ...

3. Percy Bysshe Shelley – Essay on Vegetarianism... – Taroscopes
www.taroscopes.com/miscellanous-pages/shelley.html

Percy Bysshe Shelley (1792–1822). The language spoken, however, by the mythology of nearly all religions seems to prove that at some distant period man ...

4. History of Vegetarianism – Percy Bysshe Shelley (1792-1822)
www.ivu.org/history/shelley/

Jan 23, 2012 - A large collection of articles about the development of vegetarianism around the world for thousands of years.

5. Joseph Ritson, Percy Shelley and the Making of... – Academia.edu
www.academia.edu/.../Joseph_Ritson_Percy_Shelley_and_the_Making...xford

Percy Shelley’s copy of Joseph Ritson’s groundbreaking book on vegetarianism reveals a lot about his politics and philosophy.
NEW BOOK BY THOMAS CAHILL, HERETICS AND HEROES

Bill Moyers, on PBS Moyers & Co., Dec. 29, 2013, interviewed Cahill, who proposed the dichotomy of kindness and cruelty as the fundamental ethical poles. Which life should we choose, was the question.

ETHICS OF VEGETARIANISM

“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.” Albert Schweitzer, “The Problem of Ethics in the Evolution of Human Thought.”

FACTORY FARMS OR MORE HUMANE MEAT PRODUCTION OR NO MEAT?

The Stomach-Churning Reason Why Meat Is So Cheap

By Lindsay Abrams, Salon

14 December 13

Rolling Stone lifts the veil on animal abuse at factory farms

Rolling Stone just posted an in-depth, Snowfall-esque feature on the litany of abuses carried out by Big Meat. It covers, in horrific detail, the extent to which meat and dairy producers will go - and the extent to which the government will overlook or even approve of their behavior - in order to raise the estimated 9 billion broiler
chickens, 113 million pigs, 33 million cows and 250 million turkeys consumed each year in the U.S.

It includes sound effects, pop-up factoids and some truly brutal descriptions of conditions on factory farms, like the following:

*You’re a typical milk cow in America, and this is your life. You are raised, like pigs, on a concrete slab in a stall barely bigger than your body. There, you never touch grass or see sun till the day you’re herded to slaughter. A cocktail of drugs, combined with breeding decisions, has grossly distended the size of your udder such that you’d trip over it if allowed to graze, which of course you’re not. Your hooves have rotted black from standing in your own shit, your teats are scarred, swollen and leaking pus — infected by mastitis — and you’re sick to the verge of total collapse from giving nearly 22,000 pounds of milk a year. (That’s more than double what your forebears produced just 40 years ago.) By the time they’ve used you up (typically at four years of age), your bones are so brittle that they often snap beneath you and leave you unable to get off the ground on your own power.*

That account of the typical doesn’t include the instances of extraordinary abuse (one activist: “I had a job at a barn with this sick-fuck boss who was proud of the stuff he did to cows. One day, we’re doing repairs on a gate in the barn and a couple of cows stroll over to watch us work. Well, one grazes him with her snout, just to be playful, and he smashes her in the face with his wrench. I also got him bragging about past assaults, like tying a cow to a fence and taking turns beating her, getting the other guys to work her over.”) For the very not-faint-of-heart, there are videos, too.

The article fingers *companies like Tyson and Perdue* for transforming meat production into a tightly controlled, top-down system, under which they “began treating animals as production units, not living, feeling creatures with basic rights.” And it’s not enough that laws and USDA regulators aren’t protecting these abusive and unsafe practices from happening, it continues. A *new spate of lobbyist-driven "ag-gag" legislation* is keeping activists from stepping in and doing the government’s job for them. Various state laws make it illegal, for example, to film a farm from a public road, or to hold on to evidence for longer than 48 hours before presenting it to the police.
After a whole lot of bleakness, the article ends with a vision of humane slaughter, imagining a future when we can subsist on a more natural and regional food system. Everything that comes before it presents a solid case for us making the necessary sacrifices to get to that point – as one activist told Rolling Stone: “Wherever you stand on the issue of eating animals, I think we agree that making their lives hell is too high a price for cheap food.” (forwarded by David D)

ETHICS OF EATING MEAT, GOOGLE SEARCH, JANUARY 6, 2014

1. Ethics of eating meat - Wikipedia, the free encyclopedia
   en.wikipedia.org/wiki/Ethics_of_eating_meat

   In many societies, controversy and debate have arisen over the ethics of eating animals. Two of the main ethical objections have been to (1) the unnecessary ... Ethical views on eating meat - Treatment of animals - Animal consciousness

2. The Winner of Our Contest on the Ethics of Eating Meat - NYTimes
   www.nytimes.com/.../the-winner-of-our-contest-on-the-ethics-of-eating-

   May 3, 2012 - Is it ethical to eat meat? That short question, posed in these pages a few weeks ago, inspired a debate heated enough to roast a fatted calf (or a ...

3. Why It's Ethical to Eat Meat | Michael Ruhlman
   ruhlman.com/2012/05/why-its-ethical-to-eat-meat/

   by Michael Ruhlman - in 239 Google+ circles

   May 29, 2012 - It’s no secret that I am a vigorous & unapologetic carnivore. I believe: to eat humanely raised & slaughtered animals is not only ethical, it’s ...

4. Why Vegetarians Are Eating Meat | Food & Wine
   www.foodandwine.com/articles/why-vegetarians-are-eating-meat

   Yes, my husband has started eating meat again after a seven-year hiatus as anethically motivated and health-conscious vegetarian. About a year ago, we ...
5. BBC - Ethics - Animal ethics: Eating animals
www.bbc.co.uk/ethics/animals/using/eating_1.shtml

Is it wrong in principle to raise and kill animals so that human beings can eat meat and fish? Does it stop being wrong if the processes involved are carried out ...

6. Bulletproof Editorial for the New York Times: Why Eating Meat is ...
www.bulletproofexec.com/bulletproof-editorial-for-the-new-york-times-...

Several weeks ago the New York Times gave an invitation to its readers: “Tell us why it is ethical to eat meat.” The winner, Jay Bost, a vegetarian returned to ...

7. Why It's Unethical To Eat Animals - Woodstock Farm Animal Sanctuary
www.woodstocksanctuary.org/learn-3/why-its-unethical-to-eat-animals/

In any discussion concerning the ethics of eating animals, it’s important to begin...insist that meat-eating is “natural”—and therefore morally neutral—because ...

www.huffingtonpost.com/paul.../ethics-of-eating-meat_b_1510173.html

May 14, 2012 - Asking whether eating meat is “ethical” is like asking whether having sex is ethical. Biological imperatives do not pander to such arbitrary ...

9. How To Be An Ethical Carnivore - io9
io9.com/how-to-be-a-conscious-carnivore-1370968240

by George Dvorsky - in 107 Google+ circles

Sep 23, 2013 - Not everybody can or wants to become a vegetarian. But for those of us who insist on eating meat, that doesn’t mean we have to be complete ...

10. The Ethics of Eating Meat - The Weston A. Price Foundation
www.westonaprice.org/health-issues/ethics-of-eating-meat

Jun 30, 2002 - A philosophical look at meat eating, including effects on environment, factory farming, productivity, the moral imperative, science, theology, and ...
FACTOR FARMING, CRUELTY TO FARM ANIMALS GOOGLE SEARCH, PAGE ONE, JANUARY 1, 2014

23. **Factory Farming: Cruelty to Animals | Animals Used for Food | The ...**
www.peta.org › Issues › Animals Used for Food

Your source for great-tasting vegan and vegetarian recipes, information on all aspects of vegan and vegetarian living, news about PETA’s campaigns to stop ...

24. **Farm Animal Cruelty | ASPCA**
www.aspca.org › Fight Cruelty

At every step of their lives, all animals should be treated with compassion and protected from suffering. Sadly, billions of farm animals lack even the most basic ...

25. **Undercover Investigations of Factory Farms and Slaughterhouses**
www.mercyforanimals.org/investigations.aspx

DiGiorno quickly cut ties with the dairy factory farm, while MFA and a state lawmaker ... Less than a year after an MFA investigation led to criminal animal cruelty ...

26. **Cruel Confinement of Farm Animals : The Humane Society of the ...** www.humanesociety.org/issues/confinement_farm

Factory farms cram egg-laying hens into cages so tiny they can’t even spread their wings. Breeding pigs and veal calves are stuffed into cramped individual ...
27. **Protect Farm Animals**: The Humane Society of the United States
www.humanesociety.org/issues/campaigns/factory_farming/

This video, narrated by James Cromwell, reveals the cruelty animals suffer on factory farms, and tells you what you can do to help. Working to reduce the ...

28. **Last Chance for Animals - Factory Farming**
www.lcanimal.org/index.php/campaigns/other-issues/factory-farming/

97% of the 10 billion animals tortured and killed each year are farm animals... The consequences of this agribusiness are institutionalized animal cruelty, ... Factory Farming | Farm Sanctuary
www.farmsanctuary.org/learn/factory-farming/

Far from the idyllic, spacious pastures that are shown in advertisements for meat, milk, and eggs, factory farms typically consist of large numbers of animals...

29. **Taping of Farm Cruelty Is Becoming the Crime**
NYTimes.com

Apr 6, 2013 - On one covert video, farm workers illegally burn the ankles of Tennessee... in Wyoming charged nine farm employees with cruelty to animals.

1. **Clean fun or animal cruelty?**
SKNVibes.com - 1 day ago

* NEWS  
* VIDEO  
* ANIMALS  
* OUR WORK  
  - Campaigns »  
  - Issues A-Z »  
* MAGAZINES
Animal cruelty can be either deliberate abuse or simply the failure to take care of an animal. Either way, and whether the animal is a pet, a farm animal, or wildlife, the victim can suffer terribly. Don’t despair, though—anyone can take steps against cruelty.

People with emotional problems may beat, shoot, or stab animals or set them on fire. Those who abuse animals are very likely to be violent to other people—even their own family—too.

Neglect is not giving an animal the right food, water, shelter or vet care. Because their misery goes on for so long, animals who die of neglect can suffer just as much as animals who are harmed on purpose.

All U.S. states have animal cruelty laws, and 47 states treat some forms of abuse as felonies. Farmers and researchers can do cruel things to animals that other people can’t do legally, but all states have some protection for pets like dogs and cats.

Take Action Against Animal Cruelty

If you think an animal is being abused, either through violence or through cruel neglect, you can take action to help!

We fight for animals. Will you join the fight?

New FDA Rules Won’t Fix Factory Farmed Superbugs—or Suffering

Last week the U.S. Food and Drug Administration (FDA) proposed new guidelines designed to curb the rampant over- and misuse of antibiotics on factory farms. Eighty percent of all antibiotics bought in the United States are purchased to give to farm animals.
“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

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DECEMBER POTLUCK

Wednesday, December 11, 6:30p.m.
OMNI, 3274 Lee Ave. north of Office Depot, SE of FedEx.
Program. . . .

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National/International Days

MY NEW EMAIL ADDRESS

j.dick.bennett@gmail.com

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

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OMNI VEGETARIAN NEWSLETTER #2, December 11, 2013. Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.

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DECLARATION for Vegetarianism

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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.

Therefore, Vegetarian Potluck, an OMNI Project, declares its commitment to Vegetarianism and urges all of OMNI’s members to reduce meat-eating.

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
HARMFUL 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.

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).


Ethical principles applied to food consumption, production and regulation.

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

   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...ý

   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 ... 

END VEGETARIAN NEWSLETTER #2

Sent WS and Blog, and SC, Gladys, Will, Pattie W, Nancy Harris, Seajay, Allee Anabal

OMNI VEGETARIAN NEWSLETTER #1, November 12, 2013. Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.
[VP, like all of OMNI’s activities, is a member-run group. If you would like to assemble Newsletter #2, contact Dick.]

NOVEMBER POTLUCK

Wednesday THE 13\textsuperscript{th}, 6:30p.m.

OMNI, 3274 Lee Ave., north of Office Depot, SE of FedEx.

Program to be announced.

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

Analytical, Arguments for Vegetarianism

Nutrition: Keeping Healthy
Ethics: Protecting and Enhancing Lives of Animals
Ecology: Protecting Environment, Mitigating and Adapting to Climate Change

Newsletters

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

Index:

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

National/International Days
MY NEW EMAIL ADDRESS

j.dick.bennett@gmail.com

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

Contents Vegetarian Action Newsletter #1

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, Rights of Animals, Stop Killing

    Google Search, Food, Inc.

Food and Climate Change

    Google Search
    Meat vs. Climate

World Peace

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

History: Recipes from Famous People
VEGETARIAN AND VEGAN ORGANIZATIONS, MAGAZINES, BOOKS, FILMS,

1. **Vegetarian Times - Great Food, Good Health, Smart Living**
   www.vegetariantimes.com/ý

Vegetarian Times delivers healthy, delicious recipes, plus expert nutrition and lifestyle information that is exclusively vegetarian but inviting to all. ...

VEGETARIAN VOICE

- Home
- Vegetarian Summerfest
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VEGETARIAN TIMES

The November 2013 is almost entirely about nutrition and food fun: masterful menus, magnificent mains (entrees), accompaniments, sunchokes, beyond pumpkin pie, and so on. This number is like what a Vegetarian Gourmet magazine might be. –Dick
I haven’t read this magazine from the UK, but this advertisement suggests it is primarily for nutrition and consuming. But one item deals with ethics and climate change, which I have copied following.

--Dick

**Download the app now!**

*Vegetarian Living magazine*

*on your iPad, iPhone and iPod Touch*

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**Vegan hero**

Vegan marathon runner Fiona Oakes is, quite simply, incredible. Sara Niven Smith caught up with Fiona - who ... Read more »

**VEGAN MAGAZINE**

2. *VegNews Magazine | Vegan Recipes, Food, News, Travel, Health ...*

*Current Issue - Subscribe - 5 Amazing Vegan Subscription ... - Contact Us*

1. **“Forks Over Knives”**: Is the Science Legit? (A Review and Critique ...)

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**ORGANIZATIONS, MAGAZINES, BOOKS, FILMS DEVOTED TO ANIMAL WELFARE**
Food and climate change - David Suzuki Foundation

Foundations of Vegetarianism

Nutritional, Ethical, and Climate Arguments

Nutritional Arguments


Environmental, Climatic Arguments (see at end)

Miscellaneous Additional Articles and Films

Nutrition

Magazine

The Extraordinary Science of Addictive Junk Food
On the evening of April 8, 1999, a long line of Town Cars and taxis pulled up to the Minneapolis headquarters of Pillsbury and discharged 11 men who controlled America’s largest food companies. Nestlé was in attendance, as were Kraft and Nabisco, General Mills and Procter & Gamble, Coca-Cola and Mars. Rivals any other day, the C.E.O.’s and company presidents had come together for a rare, private meeting. On the agenda was one item: the emerging obesity epidemic and how to deal with it. While the atmosphere was cordial, the men assembled were hardly friends. Their stature was defined by their skill in fighting one another for what they called “stomach share” — the amount of digestive space that any one company’s brand can grab from the competition.

James Behnke, a 55-year-old executive at Pillsbury, greeted the men as they arrived. He was anxious but also hopeful about the plan that he and a few other food-company executives had devised to engage the C.E.O.’s on America’s growing weight problem. “We were very concerned, and rightfully so, that obesity was becoming a major issue,” Behnke recalled. “People were starting to talk about sugar taxes, and there was a lot of pressure on food companies.” Getting the company chiefs in the same room to talk about anything, much less a sensitive issue like this, was a tricky business, so Behnke and his fellow organizers had scripted the meeting carefully, honing the message to its barest essentials. “C.E.O.’s in the food industry are typically not technical guys, and they’re uncomfortable going to meetings where technical people talk in technical terms about technical things,” Behnke said. “They don’t want to be embarrassed. They don’t want to make commitments. They want to maintain their aloofness and autonomy.”

A chemist by training with a doctoral degree in food science, Behnke became Pillsbury’s chief technical officer in 1979 and was instrumental in creating a long line of hit products, including microwaveable popcorn. He deeply admired Pillsbury but in recent years had grown troubled by pictures of obese children suffering from diabetes and the earliest signs of hypertension and heart disease. In the months leading up to the C.E.O. meeting, he was engaged in conversation with a group of food-science experts who were painting an increasingly grim picture of the public’s ability to cope with the industry’s formulations — from the
body’s fragile controls on overeating to the hidden power of some processed foods to make people feel hungrier still. It was time, he and a handful of others felt, to warn the C.E.O.’s that their companies may have gone too far in creating and marketing products that posed the greatest health concerns.

The discussion took place in Pillsbury’s auditorium. The first speaker was a vice president of Kraft named Michael Mudd. “I very much appreciate this opportunity to talk to you about childhood obesity and the growing challenge it presents for us all,” Mudd began. “Let me say right at the start, this is not an easy subject. There are no easy answers — for what the public health community must do to bring this problem under control or for what the industry should do as others seek to hold it accountable for what has happened. But this much is clear: For those of us who’ve looked hard at this issue, whether they’re public health professionals or staff specialists in your own companies, we feel sure that the one thing we shouldn’t do is nothing.”

As he spoke, Mudd clicked through a deck of slides — 114 in all — projected on a large screen behind him. The figures were staggering. More than half of American adults were now considered overweight, with nearly one-quarter of the adult population — 40 million people — clinically defined as obese. Among children, the rates had more than doubled since 1980, and the number of kids considered obese had shot past 12 million. (This was still only 1999; the nation’s obesity rates would climb much higher.) Food manufacturers were now being blamed for the problem from all sides — academia, the Centers for Disease Control and Prevention, the American Heart Association and the American Cancer Society. The secretary of agriculture, over whom the industry had long held sway, had recently called obesity a “national epidemic.”

This article is adapted from “Salt Sugar Fat: How the Food Giants Hooked Us.”

Michael Moss is an investigative reporter for The Times. He won a Pulitzer Prize in 2010 for his reporting on the meat industry.
LETTER FROM WILL AND MY RESPONSE FOLLOWING A DISCUSSION AT Veg Potluck of my Proposal we become an active voice for Veg’s values.

Hi Dick!

How about getting together for coffee some morning? I’m free most mornings except Wednesdays. Could be either here or at one of Fayetteville’s many excellent coffee shops.

I’d love to visit with you on a number of subjects, possibly including vegetarianism. My take yesterday evening is it won’t fly as a resolution. You may well disagree. However after you left, the young lady sitting beside you said she was very uncomfortable with the whole idea.

I’m in awe of how you’ve been able to get as much done as you have!.

I suppose we could always share recipes!

All the best!
Dick, I’ve drafted something for your consideration (below). Seems like OMNI’s position needs to be customized because of its broad concerns? I am interested in your reasons for considering that VP is the right forum. Wouldn’t a position endorsed unanimously by the board be the thing to go for? It would seem (to an outsider like myself) that persuading people at the board level would be easier given the broader concerns of the board. Of course my biases direct me, so I tend to believe that there can be no peace and no justice until we have a sustainable environment. Peace and justice go out the window when one belligerent wants what the other has. And, it seems that, while all three are thorny problems, the environment is still manageable on a micro-level. For example:

1. **The biggest single thing an individual can do for the environment** is to stop eating meat (repeatedly proven in UN studies), and since OMNI is committed to the larger issue of the environment, vegetarianism and humane treatment are naturals for us.

2. **The war on the environment has never stopped**, so how can we hope to attain peace between cultures until we address this long-standing aggression toward the environment and therefore against all people? What’s wrong with a little enlightened self-interest?

2. **The rape of the environment in third-world countries** has been shown to be an injustice deeply rooted in disregard for lower classes and non-white races. We
see it repeated here using Hispanic migrants on the killing line at minimum wage and deplorable conditions.

Will

**Draft:** (Very rough preliminary thoughts. Feel free to discard or revise.)

**BACKGROUND:** The desire for peace and justice, while having been with us for millennia, is perhaps stronger today than ever in the past. Peace and justice is not a utopian dream, it can be realistically achieved through a series of logical, orderly, connected, and achievable steps.

**OMNI’s POSITION** is that peace and justice, world-wide, is achievable only through the conscious recognition of the:

- Inextricable linkage of peace and justice to a sustainable environment; and that:
- Achieving environmental sustainability is everyone’s job, a job requiring:
- Individual action by recognizing the power of one in our own environments, through:

  1.) Exercising the power of the market place by buying locally and certified sustainable products whenever possible;

  2.) Speaking out against injustice and disrespect wherever and whenever it exists, in the workplace, in the home, the marketplace, and our leisure lives;
3.) Appreciating the interconnectedness of all life through increased awareness of our life-styles, and uncompromising rejection of: a.) mistreatment of animals, wild, farm, and domestic; b.) mistreatment of the environments of others from poisonous domestic runoff to deep ocean pollution; c.) mistreatment of natural resources from the failure to recycle to the wanton destruction of rain forests; and d.) mistreatment of the rights of others to live decent, respectable, and hope-filled lives.

**OMNI SUPPORTS RATIONAL ACTIVISM** on behalf of the environment as an essential step towards peace and justice for all.

**DICK’S RESPONSE TO WILL**

Will,

Thank you for this proposal to be sent to OMNI’s Board. I apologize for the long delay.

I believe resolutions are important to the moral and political life of an organization like OMNI. And OMNI has passed resolutions ranging from support of a separate state for Palestinians to opposition of raising tuition at UA.

Susan stated: *The worldview of vegetarianism is “the absolute least that anyone can do to deal with the world’s overwhelming environmental, health, and humane problems.”* Will declared a commitment to the
interconnectedness of life, to the linkage of peace and justice, to protection of the environment, and to avoidance of cruelty/empathy with all animals.

These are certainly OMNI principles, which we have expressed during our existence as “peace, justice, and ecology” (world peace, world organization for peace/UN, social justice, economic justice, democracy, human rights etc.). If you wish to ask the Board to affirm this “worldview of vegetarianism,” I cannot anticipate any objection.

And since Susan has specified “vegetarianism,” and you wish to create in our “potluck” an active proponent of its values, I would offer a leaner resolution, something like this:, rearranging the order to health, humane, and environment/climate change. Please feel free to make any statement you wish and to pursue whatever avenue you wish for this good proposal, and I will support you.

I am exceedingly glad you have moved to Fayetteville.
Dick

A PROPOSED RESOLUTION TO THE OMNI BOARD BY WILL LE PAGE AND SUSAN COCKRILL:

OMNI advocates and celebrates vegetarianism

Comment on “Spiritual” by Dick Bennett. The word “spiritual” is ambiguous because it expresses so many diverse meanings. I have cited
the word in critical thinking classes for caution in using complex words. My 1991 Random House Webster’s College Dictionary gives 10 definitions. The first pertains to spirit” or “soul” (both words themselves complex) as distinguished from physical nature. Three definitions relate to religion, religious, sacred, church. One refers to spiritualism and supernatural. Quite a different definition is “pertaining to mind or intellect” (I suppose reason, learning, knowledge). One definition not given is critical of “spiritual” as one more evasion of action for change. Tuttle uses the word throughout his book, but cites it only twice in his Index, pp. 240 “spiritual health” and 251 “spiritual quest.” I’ll leave it to readers to decide what he means there and elsewhere in his book.

VEGETARIAN POTLUCK

Hi Potluckies!

The next OMNI Center Vegetarian Potluck will be
Wednesday, August 8th, 2012 at 6:00pm
at the OMNI Center Bennett House (3274 N. Lee St.)

Last month we heard an inspirational presentation from Don Bennett about Tricycle Urban Farm.

This month, as a few of you have recommended, we will watch excerpts from one of several films: Food Inc, The Future of Food, or Food Matters. If anyone has a strong preference for one of the three, let me know via email or post a comment on the Facebook Page event (if you do that sort of thing). And, as always, there will be lots of yummy vegetarian food to share.
Dan

[As it turned out, Sharon Krueger told about her trip to Venezuela.]

OMNI MONTHLY VEGETARIAN POTLUCK

See: OMNI World Vegetarian Day October 1.doc

Here is Chris’s advertisement for the Vegie Potluck

I just came across this and I thought you might like to share it. It is great--and is applicable to all the vegie potlucks.

http://www.youtube.com/watch?v=8XLv7vn5yTU&feature=channel&list=UL

OMNI VP BEGAN 2008
OMNI’S VEGETARIAN POTLUCK: WHAT WE HAVE DONE, WHERE WE ARE GOING

dan dean, 2–22–12

Dear OMNI Potluckies

Last month we celebrated FOUR years of OMNI Vegetarian Potlucks. A great group of folks brought delicious food, as always. SO POTLUCK BEGAN 2008

After we ate, about half of us watch “Earthlings” a grim but poignant expose of the “5 ways in which animals serve human kind”

I’m writing primarily because I need your input concerning what you would like to happen at future potlucks.

Are there particular discussions you’d like to have, films you’d like to see, or books you’d like to talk about?
RECENT EVENTS

I have tried to arrange presentations that fall under OMNI’s main tenets of Peace, Justice, & Ecology as they relate to our food choices as well as the five main considerations concerning vegetarianism: Health, Environment, Ethics, and Economics. We have watched “Forks Over Knives,” “Earthlings,” “The Meatrix,” “The Simpsons: Lisa Becomes Vegetarian,” and “Eating” and have discussed Diet for a Small Planet, The Ethical Food Manifesto, Worship Your Food, The Ethics of What We Eat, and had presentations from Jacqueline Froelich, Summer of Solutions, Wellness Secrets, Fayetteville Time Bank, Wenqi Clark, and music from Chris Mikkelson, Candy Lee, and Donna Stjerna.

My hope is that folks in this group will eventually take turns hosting potlucks and arranging specific presentations.

Also,

Also, I attached the flier for free Vegan cooking classes at the Jones Center. There’s one more scheduled for next Tuesday Feb 28th at 6PM

Please reply with any ideas or feedback.
Thanks!
Dan

flyer feb 2012[1].pdf
173K View Download

ATTENDEES beginning Nov. 9, 2011
Data entered directly into Veg Potluck group email
Happy World Vegetarian Awareness Day!

We will be celebrating World Vegetarian Awareness Month on Wednesday, October 13th at 6:00 PM at the OMNI Center Bennett House.

This month, we’ll start with a discussion during dinner about the ethics of vegetarianism led by Susie Hoeller, author of The Ethical Food Manifesto.

Afterwards, we’ll watch The Meatrix short cartoons together. These irreverent parodies of the Matrix movies criticize the methods of industrial agriculture and factory farming. http://www.themeatrix.com/ And if we have time and interest, we can watch a classic episode of The Simpsons called “Lisa Becomes a Vegetarian”

Also, McKenna had the great idea to decorate World Vegetarian Month t-shirts, so bring a light-colored or white t-shirt and some creative ideas!

And finally, the North American Vegetarian Society is working to get non-vegetarians to pledge to go meatless for even just one day in October at www.worldvegetarianday.org They will be entered to win up to $1000! I will have pledge cards to hand out at the potluck too.

Hope to see you there

Dan
FILM ON PESTICIDES

www.livingdownstream.com  Documentary about Sandra Steingraber’s campaign against certain pesticides. She questions why environmental causes of cancer are so often dismissed.

Large enthusiastic turnout mainly of young people, with excellent food: cabbage and carrots, spinach salad, apple juice, and more, plus cookies, cake, and jam turnovers. We went around the room to hear why each person became or is becoming a vegetarian or vegan. The great variety of motives was revealed. Amanda and Ryan were hosts while Dan and Laura away, with strong support from Kelly Mulhollan. Pres. of UA’s Veg Club (Kelsey) was there; we’ll work more with them. I’ll mention the food I brought to encourage discussion of recipes in the future. Oriental salad: green beans, acre peas, Chinese veggies, water chestnuts, pimentos, celery, green onions, sugar, vinegar, salt and pepper. Join the Club, every 2nd Wednesday 6 pm at OMNI, next potluck: May 13. Year? 2008?

2013???
Correspondence with Gladys

VEGETARIAN POTLUCK

Summer 2013, July? Aug.?

Susan Cockrell (husband of Will) gave an impassioned talk advocating veganism. Reception was cool. They quit coming. I ran into them at Farmer’s Market in Sept. and appealed to them to return and help me build it up as an engaged organizations. They did not attend the Oct. meeting.

OCTOBER

OCT. 1 WORLD VEGETARIAN DAY

OCT. VEGETARIAN AWARENESS MONTH

LETTER TO DON no reply

[ 2-9-15 forwarded to K&D and asked them to invite him again.] Don, that OMNI’s Vegetarian Potluck is faltering for a moment caused Kelly and Donna to suggest you might want to extend your Tri Cycle food enterprise
to include, to some extent, our Vegetarian enterprise. One of our members, Susan Cockrell, wrote, “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.’” Vegetarians/Vegans know the immense significance their values offer the world nutritionally, ethically, and during climate change.

Vegetarian Potluck has a large contributory potential for many of OMNI’s major goals.

Will you make our Veg Potluck an ally of Tri Cycle, attend the monthly potluck, urge people to attend, explain how Tri Cycle food can become a literal part of the monthly meal, help with programs, and promote Veg values? We meet every 2nd Wed. 6:30: next potluck Nov. 13.

Thanks, Dick I sent this to K&D 9-10-15. Last night at Sept. Potluck we discussed changes we might make to increase attendance.

I. FILMS SHOWN
II. BOOKS, MAGAZINES, AND ARTICLES DISCUSSED

Correspondence with Gladys

VEGETARIAN POTLUCK

Summer 2013, July? Aug.?
*This month we will hear a joint presentation from Rachel Townsend with the [Arkansas Hunger Relief Alliance](http://www.arkansashungerrelief.org) and Alena DeGrado, Episcopal Service Corps member with [Feed Fayetteville](http://www.feedfayetteville.org).

*Come learn what these fantastic organizations are doing to provide hunger relief, education and advocacy, and create community food security by cultivating a sustainable local food network.

*Also, Dick Bennett will share his thoughts on the book [Famous Vegetarians and their Favorite Recipes](http://www.ivu.org/books/reviews/famous-vegetarians.html).

See a review here: [http://www.ivu.org/books/reviews/famous-vegetarians.html](http://www.ivu.org/books/reviews/famous-vegetarians.html)

As always, folks who don’t identify as vegetarians are welcome at our potlucks.
Check out the OMNI [Vegetarian Potluck page](http://www.omni.org/potluck) on the OMNI website.
Facebook users can join our group at [http://www.facebook.com/groups/omni.veggie/](http://www.facebook.com/groups/omni.veggie/)

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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

[DB1]

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Dick Bennett

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