OMNI
VEGETARIAN/VEGAN ACTION NEWSLETTER,
WEDNESDAY (2ND WEDNESDAYS), APRIL 10, 2019.

https://jamesrichardbennett.blogspot.com/2019/04/vegetarianvegan-action-newsletter-april.html
Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology
http://omnicenter.org/donate/

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OMNI’s APRIL VEGETARIAN/VEGAN POTLUCK (NEWSLETTER #57), is Wednesday, APRIL 10, 2019 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. We start eating at 6:00. All are welcome.

OMNI’s director is Gladys Tiffany. OMNI is located at 3274 Lee Avenue parallel to N. College southeast of the Village Inn and 2ND building south of Liquor World. More information: 935-4422; 442-4600. Or 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. We’re the gray brick on the corner, 2nd house south of Liquor World, solar panels on roof!

This Newsletter is about food and its consequences. Tell people you know who would like to know about us, our Potluck and Newsletter. Read Jacy Reese’s book, The End of Animal Farming. How Scientists, Entrepreneurs, and Activists Are Building an Animal-Free Food System. The movement away from animal agriculture of factory farming is producing healthier food and is part of humanity’s expanding moral circle.
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Health

Articles in Good Medicine (Spring 2015) by Physicians Committee for Responsible Medicine

Articles for Nutrition

Articles against Animal Testing

2 Progressive Bills Pass in CA Lege

Center for Science in the Public Interest, Nutrition Action Health Letter

Healthline, EcoWatch, Vegan Sources of Calcium

Burger King Expanding Plant-based “Meat”

2 Chemicals in US Food Banned in EU

Farm Animals

PCRM’s Campaign against Experimenting with Animals

PETA v. Industrial Food Production

Climate

Google Search: Climate Change, Global Warming, Cattle, Meat

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TEXTS #57 April 2019

Thinking about become a vegetarian or vegan? Start the week off with Meatless Mondays.

Visit humansociety.org/trymeatlessmonday

HEALTH

Physicians Committee for Responsible Medicine’s journal Good Medicine
Articles on Nutrition include:

“Kickstarting Your Health with a Vegan Diet”

“Carbs and Plant Protein Lead to Weight Loss”

“Protect Patients from Hazardous Hot Dogs”

“Doctors Launch ‘Break Up with Bacon’ Campaign

6 Articles against animal tests

“Victory Party in the Hollywood Hills” celebrated the passage of two historic bills in CA legislature: SB1249 ending sale of cosmetic products tested on animals, and SB1138 requiring availability of vegan meals in CA hospitals and prisons.

CENTER FOR SCIENCE IN THE PUBLIC INTEREST, NUTRITION ACTION HEALTH LETTER

CSPI describes itself as “America’s Food Watchdog,” and its promotion materials seem to justify the claim. If you are familiar with the magazine, write something about for Vegetarian/Vegan Action.

**Top 10 Vegan Sources of Calcium**

[Healthline](https://www.ecowatch.com/tag/vegan)

EcoWatch, Mar 17, 2019.

Calcium plays crucial roles in your body.

https://www.ecowatch.com/tag/vegan

“Burger King Tests Impossible Whopper.” NADG (4-2-19).

The vegan Whoppers mimic meat using heme with a genetically modified yeast.

The European Union bans some drugs harmful to humans that are used on farm animals in the United States, including bovine growth hormone (to increase milk production) and ractopamine (to increase weight gain in pigs, cattle, and turkeys.

**ENDING CRUELTY TO FARM ANIMALS**

**Physicians Committee for Responsible Medicine** strenuously opposes using animals to test drugs. “Forgotten Animals: Getting Fish, Birds, and Amphibians Out of Experiments and Education,” *GM* (Spring 2019). *Vegetarian/Vegan Action Newsletter* focuses on the millions of farm animals tortured and slaughtered by carnivores to satisfy their irrational demand for unhealthy meat that also contributes to CO2-causing climate change.

**PETA**

At the potluck pick up pamphlets from PETA: Advancing the Animal Rights Revolution. “Think Before You Eat,” “This Is Factory Farming,” and more. PETA is dedicated to protecting animals from cruelty and destruction.

*PETA GLOBAL* (Winter 2019) vs. Industrial Food Production.


“'Rotting Alive’: PETA Investigation Reveals the Agony in Every Egg.” “Chickens’ Suffering won’t stop until we stop eating them and their eggs.” Go to: PETA.org/EggCruelty

**CLIMATE**

Google search scholarly articles for *climate change, global warming, cattle, meat* 4-5-19

*Effects of climate changes on animal production and ...* - Nardone - Cited by 522

*Measuring impacts and adaptations to climate change: ...* - Seo - Cited by 299

*... warming: impacting and mitigating climate change* - Koneswaran - Cited by 180
Are cows the cause of global warming? | Time for change

timeforchange.org › Issues

But the negative effect on the climate of Methane is 23 times higher than the effect of ... of beef leads to the emission of greenhouse gases with a global warming ...

Beef: 34.6 1 kg of meat from: produces kg CO2e

Animal agriculture and eating meat are the biggest causes of global ...


So, animal agriculture and meat consumption are significant contributors to global warming, but ... How does animal agriculture cause global warming? .... To full address climate change impacts, we need to consider different types of livestock ...

Meat and global warming - The New York Times


Climate change: combat it by cutting beef and lamb, report says - CNN


Nov 15, 2018 - A new report by a British government advisory body has called for a 20%-50% cut in the number of sheep and cattle to help combat climate ...

Cattle, Cleared Forests, and Climate Change: Scoring Global ...

https://www.ucsusa.org/global-warming/stop.../beef-deforestation-scorecard

Tropical deforestation is responsible for about 10 percent of global warming ... and Climate Change: Scoring Global Companies on their Deforestation-Free Beef ...

Global Warming and Pasture-Raised Beef Production in the United ...

https://www.savory.global/global-warming-and-pasture-raised-beef-production-in-the...

Aug 4, 2018 - This report evaluates the prospects for changing management practices to reduce the climate impact of the time beef cattle spend on pasture or ...

Don't blame cows for climate change - Futurity

https://www.futurity.org/dont-blame-cows-for-climate-change/

UC DAVIS (US)—Consuming less meat and dairy products will not help stop climate ... confusion over meat and milk's role in climate change to two sentences in a ... we should focus on cutting our use of oil and coal for electricity, heating, and ... no generally accepted global breakdown of gas production by industrial sector.

Fighting global warming, one cow belch at a time | Reuters

https://www.reuters.com/...global-livestock.../fighting-global-warming-one-cow-belch...

Jul 19, 2018 - Fighting global warming, one cow belch at a time ... The U.N.'s Intergovernmental Panel on Climate Change says transport is responsible for 14 ... The environmental group called for global meat and dairy production and ...

[PDF]
The Impact of Animal Agriculture on Global Warming and Climate ...

https://www.humanesociety.org/.../default/.../hsus-report-agriculture-global-warming-...

Meat, egg, and milk production are not narrowly focused on the rearing and ... Global warming is one facet of climate change and refers to an average increase ...
CONTENTS Vegetarian Action #56 March 13, 2019

Health and Enjoyment

Why People Become Vegans
Best Vegan Restaurants
Vegan Drinks
No Meat Athlete
  Cookbook, Podcast
  “Protein for Vegetarians”
AETN Vegetarian Programs
Center for Science in the Public Interest, Nutrition Action Newsletter
Physicians Committee for Responsible Medicine, Good Medicine

Reducing Cruelty, Protecting Animals

Jacy Reese, Sentience Institute, The End of Animal Farming
Jackie Day, The Vegan Way

Kravitz, “Should Plant-Based Protein Be called ‘Meat.’?”
PETA GLOBAL: ADVANCING THE ANIMAL RIGHTS REVOLUTION (WINTER 2019).

Climate

“Climate Change: Is Veganism the Answer?”

Google Search 3-11-19

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Dick Bennett
Eaarth

Dick’s Wars & Warming Blog
Click here for text of Dick’s KPSQ radio editorials

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