OMNI
VEGETARIAN/VEGAN ACTION NEWSLETTER,
WEDNESDAY (2ND WEDNESDAYS), JANUARY 8, 2020.

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

To be removed from this mailing, drop me a note unsubscribe, but please continue your urgent advocacy of vegetarianism and veganism.

OMNI’s NEXT VEGETARIAN/VEGAN POTLUCK (NEWSLETTER #62), is Wednesday, JANUARY 8, 2020 (2ND Wednesdays), at OMNI, Center for Peace, Justice, and Ecology. We start eating at 6:00.

This Newsletter is about food and its consequences in 3 categories: human health or harm, kindness or cruelty to animals, and stability or catastrophe to the climate. Tell people about OMNI, our Veg Potluck, its comprehensive message, and Newsletter. All are welcome to the experience of eating together and becoming better informed for a healthier and safer life for all sentient beings and for the atmosphere and soils. Each of you is invited to tell about your favorite Vegan recipe and your potluck recipe for the evening.

SPECIAL FOR THIS EVENING IS THE FILM GAME CHANGERS.

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! Or bike to OMNI. For example the Trail goes from MLKJr. Blvd. north passing OMNI to the west, and it is a short and easy route along Appleby to Fiesta Square then across 71B to OMNI a few blocks farther.
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OMNI Vegetarian Action Table of Contents Nov. 13, 2019
The Game Changers is a 2018 documentary film about the benefits of plant-based eating for athletes. It covers multiple success stories of plant-based athletes, references scientific studies, and touches on other arguments for plant-based diets that extend to non-athletes.

**Release date:** January 19, 2018

**Starring:** James Wilks; Arnold Schwarzenegger; ... 

**Directed by:** Louie Psihoyos

**Written by:** Joseph Pace; Mark Monroe; Shann...

**The Game Changers Official Film Website | Documentary**
https://gamechangersmovie.com

Watch the Game Changers movie about plant-based eating, protein, and strength. Presented by James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis ...  

**Where to Watch**  
- Food  
- Film  
- The Cast

**The Game Changers Movie Review and Fact Check**
https://www.menshealth.com › nutrition › the-game-changers-movie-fact-c...

Sep 16, 2019 - And a new documentary called The Game Changers is pushing the "plant-based" lifestyle even further. The film, produced by James Cameron, ...

**The Game Changers (2019) - Rotten Tomatoes**
https://www.rottentomatoes.com › the_game_changers

Rating: 70% - 10 reviews 

Directed by Oscar (R)-winner Louie Psihoyos, The Game Changers mixes ... The film features some of the strongest, fastest and toughest athletes on the planet ...  

**In Theaters:** Sep 16, 2019 limited 

**Genre:** Documentary

**'The Game Changers' Review: A Pumped-Up Documentary ...**
https://variety.com › film › reviews › the-game-changers-review-1202721...

Mar 8, 2018 - Film Review: 'The Game Changers'. There's nothing subtle about 'The Cove' docmaker Louie Psihoyos's glossy pro-vegan tract, but it's out to ...

**The Game Changers - Home | Facebook**
https://www.facebook.com › Pages › Media › TV & Movies › Movie

The Game Changers is a new film executive produced by James Cameron, Arnold .... The Game Changers is now streaming on @Netflix in 190 countries!

**The Game Changers | Netflix**
https://www.netflix.com › title

The Game Changers ... Genres. Documentary Films, Sports Documentaries, Food & Travel TV, Lifestyle, Sports Movies, Sports & Fitness. This movie is.

**Game Changers Movie Review: Fact vs. Fiction - Perfect Keto**
The Game Changers movie is a new film about plant-based eating, protein, and strength. This article looks at fact vs. fiction when it comes to...

COMPASSION FOR HUMANS: HEALTH, NUTRITION
Misc. health info. from bacon to advertising.
“The Perfect Vegan Picnic.” PETA GLOBAL (Summer 2019).
Get ready for summer. “Hearty sandwiches and one-pot meals...are simple to make and perfectly portable. More recipes at RobinRobertson.com
“Native American Medical Centers Provide Planet-Based Prescription.” Good Medicine (Autumn 2019).
“Mocking Arby’s ‘Marrot.’” Good Medicine (Autumn 2019). Teaching link between colorectal cancer and meat through satire.
READ ALL ABOUT IT!

Coming Soon!

“Grassroots Rising outlines a logical and very achievable pathway for how we can shift from degeneration to regeneration and make this an environmentally robust world for all of us.”—André Leu, international director, Regeneration International, former president, International Federation of Organic Agriculture Movements (IFOAM); author, “The Myth of Safe Pesticides”

Ready to organize and do your part to prevent ecological collapse? Grassroots Rising, written by Organic Consumers Association's founder Ronnie Cummins, is your “good news” instruction manual for fixing our broken food and farming system, and our broken climate.

COMPASSION FOR ALL ANIMALS
for January—no meat or animal products—especially for kindness to animals and the environment and climate. Contact Wendy Matthews, Veganuary.

Ingrid Newkirk. Tribune News Service. “Preventing Animal Cruelty and Torture Bill Gives Us Some Hope.” NWAG (12-29-20). Bipartisan bill making torturing and killing animals for fetish videos was signed by the Pres. Newkirk and Gene Stone authored Animalkind on animals’ rich emotional life. Newkirk is also the president of PETA.

Because of her lifetime search for inner and world peace through simplicity and love, PEACE PILGRIM is honored world-wide as a visionary champion of peace and nonviolence, as in a recent special program on Visionary Women organized by the National Women’s History Alliance in Washington, D.C. PEACE PILGRIM WAS ALSO A VEGETARIAN AND WAS COMMITTED TO PEACE WITHIN OUR ENVIRONMENT, WHO “LIVED HER LIFE AS A PILGRIM WITH ONE OF THE SMALLEST CARBON FOOTPRINTS THAT CAN BE IMAGINED,” FOR SHE WALKED ALMOST EVERYWHERE. From “Thoughts on Peace Pilgrim and Climate Change” in Autumn 2019 number of the newsletter p. 5. The newsletter lists 8 publications and 3 videos (interviews, lectures, documentaries) about her, and see the website for more. Everything is free, thanks to continuing contributions from her admirers, but if any of you would like to see a copy of the magazine, just give me a call.

For more information about Peace:
Friends of Peace Pilgrim (organization and name of newsletter)
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www.peacepilgrim.org; friends@peacepilgrim.org
--Dick

Brains congeal every Thanksgiving.
NADG 11-27-19, 1A. Foreground photo of Turkey, President (smiling) and Mrs. Trump behind.
Caption: “Poultry Pardon.” Text: “First Lady Melania Trump watches Tuesday as President Donald Trump pardons Butter, the national Thanksgiving turkey, in the Rose Garden of the White House in Washington. “A million sentient turkeys executed, one spared for a Thanksgiving photo-op, and all is well in compassionate USA.
“Chicken’s Got Talent! Enter PETA’s ‘Make Your Chicken a Star’ Contest.”  PETA GLOBAL (Summer 2019)

If your chicken is a star, fill out the entry form at PETA.org/MakeYourChickenAStar. Star chickens’ owners will receive several nice gifts including the t-shirt “EquALLity.”

“Chickens are inquisitive, intelligent animals who form friendships and social hierarchies.”

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**a nightmarish mess**

**Katherine, Organic Consumers Association** no-reply@organicconsumers.org via us.e-activist.com

**What you don't know . . .**

Dear Dick,

We don’t need to tell *you* about the health and environmental (not to mention animal welfare) horrors of factory farms. But we *do* need to tell a lot more people—*millions more*—if we want to bring down this degenerative farming system.

**Help end factory farms! Your donation will create an army of informed consumer activists who will disrupt industrial meat production with their buying, campaigning, voting and legal power.**

Thank you!

In gratitude, Katherine

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**COMPASSION FOR PLANET, ENVIRONMENT, SPECIES, RESOURCES**

See above on Peace Pilgrim, saint of simplicity.

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**Organic Consumers Association** campaigns@organicconsumers.org via us.e-activist.com

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**ESSAY OF THE WEEK**

**2020 Vision**

The end of the modern era is at hand, writes Ronnie this week:
END FACTORY FARMS

Doesn't Add Up

The next time somebody tells you how industrial factory farming is a critical part of the economy—all those jobs, right?—you can point them to a new study that says otherwise.

Researchers at Carnegie Mellon University have determined that U.S. farms cost the economy more in health and environmental damage than they contribute to the economy.

According to an article in Forbes, the study focuses on particulate pollution, which the U.S. Environmental Protection Agency says is the cause of 90 percent of the 100,000 premature deaths attributed every year to air pollution.

Among industrial factory farms, poultry farms (like the one Costco is building in Nebraska) are the biggest offenders.

The study adds to the litany of reasons to end factory farming—and that's without even including the health costs associated with eating factory farm meat, or the economic costs of other forms of pollution, such as greenhouse gas emissions and their impact on the climate.

Read ‘Animal Agriculture Costs More in Health Damage Than It Contributes to the Economy’

Make a tax-deductible contribution to our End Factory Farms campaign

VIDEO OF THE WEEK

Double Feature

Al Jazeera News marked the end of the decade by interviewing two activists: Xiuhtezcatl Martinez, cofounder of Earth Guardians, and Dr. Vandana Shiva, activist, author, founder of Navdanya and a member of our sister organization, Regeneration International’s steering committee.

The two activists may be worlds—and decades in age—apart, but they’re on the same page when it comes to defending Mother Earth against corporate crime and corruption.

Nineteen-year-old Martinez, who’s been campaigning against climate change since he was six years old, emphasizes the need to see Indigneous communities not just as victims of the climate
crisis, but as integral to finding solutions because, as he says:

“Indigenous communities have carried the knowledge and wisdom of how to live in balance with nature and the planet for generations.”

Shiva agrees with Martinez that there’s no crisis more urgent than climate change. She blames the crisis on chemical-industrial fossil-fuel-based farming, and proposes this solution: ecological biodiverse farming.

Referring to Bolivia President Evo Morales’ historic Law of the Rights of Mother Earth, Shiva says “that’s the future, that’s the Green New Deal—to live better without fossil fuels, without chemicals, without poisons.

Watch the Al Jazerra News interviews with Vandana Shiva and Xiuhetzcatl Martinez

SIGN UP for the Regeneration International newsletter

SIGN THE PETITION: Consumers for a Regenerative Green New Deal

Ronnie’s new book won’t be out until mid-February, but you can reserve a copy now.

The timing couldn’t be better.

As we head into a new year, the climate emergency is bearing down on us. Our family farmers are going bankrupt, and our food is increasingly contaminated and less nutritious.

But there’s hope on the horizon.

Politicians are finally waking up to regenerative agriculture as a climate, health, food security and rural economy revitalization solution. And more than 100 members of Congress have officially endorsed the Green New Deal as the framework for transforming our food and farming (and climate) policy.

It’s a great start. But it will take a lot more pressure from millions of grassroots activists to make the Regenerative Green New Deal a reality.
Want to be part of the Regeneration Revolution? “Grassroots Rising” is your handbook.

**Place your pre-sale order now!**

**TAKE ACTION:** Donate $100 or more and get a copy of Ronnie's book as soon as it's available (mid-February)

**SIGN THE PETITION:** Consumers Want a Regenerative Green New Deal!

### After a Rough Year, Farmers and Congress Are Talking About Climate Solutions

December 26, 2019

*Inside Climate News*

by Georgina Gustin

*Environment & Climate, Politics & Globalization*

The Midwest floods revealed another benefit of sustainable agriculture: fields that had been farmed with conservation practices recovered faster.

As millions of acres of American farmland sat under historic floodwaters this spring, a remarkable pattern began to emerge. Even among fields that sat side-by-side, with the same crops and the same soil type, researchers and farmers noticed that some bounced back faster than others.

What made the difference?

The fields that were slow to drain and remained waterlogged longer had been farmed conventionally — tilled, left bare and unplanted over the winter. The fields that drained quickly and were ready for sowing hadn’t been tilled in years and had been planted every winter with cover crops, like rye and clover, which help control erosion, improve soil health and trap carbon in the soil.

“There’s a pretty stark contrast,” said William Salas, the interim CEO of Dagan Inc., a firm that specializes in geospatial data.

[Read the Full Article](#)

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HEALTH AND NUTRITION

Forks Over Knives Film Review and Website

Salt, Sugar, Fat by Michael Moss, Book Review

Meatonomics Book Review

Articles in Good Medicine (Autumn 2019)
- Dietary Guidelines: Stop Meat and Dairy
- Doctors Need Nutrition Education
- Plants v. Crohn’s Disease

PROTECTION OF ANIMALS

Lab-produced Meat

3 Articles from PETA Global (Fall 2019) on Speciesism

CLIMATE

11,000 Scientists Declare a Climate Emergency

UU World
- Article praising Extinction Rebellion
- Full-page ad v. carnivorism

Zacharias, Eat for the Planet
- Chris Hedges Interviewed

END VEGETARIAN ACTION NEWSLETTER,
JANUARY 8, 2020
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