
https://jamesrichardbennett.blogspot.com/2020/03/omni-vegetarianveganaction-newsletter.html

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.

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.

TABLE OF CONTENTS MARCH 2020

NUTRITION, HEALTH

NAVS Summerfest
From Organic Consumers Association
AR PBS Veg Programs
Ban Factory Farms
“Right to Harm” documentary (fecal dust)
“Taking Beef Out of Burgers”
Plant-based Foods Increasing
PETA’s Veg. Recipes

PROTECTION OF ANIMALS

President of PETA’s New Book: Animalkind
“End Speciesism. Go Vegan”
Pigs Are Individuals Too
Animal Leather Down, Vegan Up
“Chicken Slaughter Speed-Up”
CLIMATE
Cut Back on Meat
Organic Consumers
Novels about Climate Catastrophe: Jonathan Foer
Big Tech Can Save Us?

TEXTS

HEALTH, NUTRITION

NAVS NORTH AMERICAN VEGETARIAN SOCIETY

46TH ANNUAL VEGAN SUMERFEST. JULY 1-5, JOHNSTOWN, PA.

VEGANSUMMERFEST.OR, 518-568-7970

Essential Reading from Organic Consumers Association

Do These Fermented Fruits Protect Your Health?

Glyphosate and Roundup Disrupt Gut Microbiome, Contradicting Regulator’s Assumptions, Study Says

A Texas Community Chokes on Fecal Dust from Texas Feedlots

Chemical Toxicity and the Baby Bust

Arkansas PBS (ch. 13) presented a brilliant speaker 3-2 urging the audience to eat fresh veggies, avoid sugar from all sources, etc. "Food Fix with Mark Hyman, M.D." Food Policy Action Network.
The next night 3-3: "Longevity Paradox with Steven Gundry, MD" and "Change Your Brain, Heal Your Mind with Daniel Amen".
Really, We Don’t.

A growing number of communities are fighting back against factory farms.

One way they’re doing that, is by asking lawmakers to ban factory farms, or at least put a moratorium on new industrial mega-farms.

As this recent article explains:

“In places as far afield as Faulk County, South Dakota, and Mount Judea, Arkansas, rural residents are petitioning their local officials to issue temporary or permanent bans on new concentrated animal feeding operations (CAFOs). They say these moratoriums are a longer-term and more holistic solution to the environmental concerns posed by CAFOs than a more incremental approach.”

Fortunately, federal lawmakers are starting to pay attention. But if we want enough lawmakers on our side to actually succeed, we’ll need tens of thousands of people to contact their members of Congress.

Where to start? By asking Congress to support a bill, introduced by Sen. Cory Booker (D-N.J.) that could, among other things, lead to the end of industrial factory farms.

According to this recent study, factory farming isn't just bad for your health and the environment—it's bad for the economy, too.

We don’t need factory farms to “feed the world.” Really, we don’t.

What we need is a Green New Deal that helps farmers transition to organic regenerative agriculture.

TAKE ACTION to ban factory farms! Tell Congress to pass the Farm System Reform Act of 2019.

VIDEO OF THE WEEK

'Right to Harm'

Maybe you’ve heard of “Right to Farm” laws? They’re designed to protect large-scale industrial farming operations by stripping neighboring citizens’ right to sue factory farms that pollute their air and water.

“Right to Harm” is a film from executive producer Mark Bittman that illustrates the sickening (literally—read this story about “fecal dust” causing a multitude of health problems for people
living near Texas cattle feedlots) impact of factory farms on rural communities—and shares inspiring stories of people who are fighting back against a system rigged against them.

In the end, the film suggests, it comes down to this: whether the economic rights of the agribusiness corporation are more important and will take priority over the basic human rights of people.

It also comes down to how many citizens are willing to organize, and how many consumers are willing to boycott meat, dairy and eggs that come from these horrendous factories, masquerading as “farms.”

WATCH: ‘Right to Harm’ trailer

FIND A SCREENING NEAR YOU

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

Examines meatless burgers’ popularity, their ingredients and process, healthiness pro (mainly) and con, and meat industry response. A subsection summarizes the harmful environmental impact of livestock.

Nathan Owens. “Plants-rooted Meatlike Food Still on Uptick.” NADG (Feb. 16, 2020). “This month alone, Starbucks, KFC, and Denny’s said they would test or debut new plant-based products….”

PETA’S RECIPES: Winter 2020 PETA GLOBAL

“Vegan Nirvana”: Orange Ginger Chia Fresca, Beetroot Carpaccio, Vegan Seitan Steak

PROTECTION OF ANIMALS

President of PETA has a new book, Animalkind: Remarkable Discoveries about Animals and the Remarkable Ways We Can Be Kind to Them by Ingrid Newkirk. Winter 2020 PETA GLOBAL

Explores how humans and other animals share emotions, such as compassion. "It is not solely a human characteristic to experience the ecstasy of love and the anguish of loss."
More from Winter 2020 PETA GLOBAL

Back Cover “We Are All Animals. End Speciesism. Live Vegan.” With Joaquin Phoenix (and photo of Phoenix’s face, eye, and live chicken’s eye over his other, Phoenix seeing through a chicken’s eye!).

“Seeing the Person Inside Every Pig,” pp. 22-23.
“I’m ME, Not MEAT. See the individual. Go Vegan” >From Texas to Australia, PETA opposes cruelty to pigs.

“From Pineapples to Tea, The New Leather Is Animal-Free,” pp. 18-19. “In the first half of 2019, sales of vegan clothing, accessories, and footwear increased 54% at US stores,” while the “leather industry [was] in a death spiral.”

“Chicken-slaughter speed-up draws suit.” NADG (2-27-20).
Many slaughterhouses shackle chickens by their legs to a fast-moving line where they are stunned, killed, and submerged in scalding water at a rate of 140 birds per minute. “‘millions (if not billions) of birds suffer extreme cruelty.’”

CLIMATE

Cut Back on Eating Meat

The solution to the egregious production of greenhouse gases by carnivorism is “to cut back drastically on the amount of meat we eat,” and by that “you can make a difference immediately. Stop eating meat every day; it’s that simple.”

The Nordic Diet (2010).

Essential Reading from Organic Consumers Association

A Green New Deal Must Offer Farmers a Way to Transition to Regenerative Agriculture
Growing Food, Growing Climate Change: Why We Need an Agricultural Shift

Thousands of People Are Growing ‘Climate Victory Gardens’ to Save the Planet

Jonathan Foer.  *We Are the Weather: Saving the Planet Begins at Breakfast.* Farrar, Straus and Giroux, 2020.  Rev. in *The Nation* (Nov. 11/18, 2020) by Kate Aronoff, “Things Are Bleak! Jonathan Foer’s Quest for Planetary Salvation.”  Foer joins several “other novelists turned climate catastrophists” influenced by the failure by environmentalists to decrease fossil fuel emissions meaningfully.  But to Aronoff “our best hope” is the New Deal mobilization of the Green New Deal or like that of WWII, to take back power from the sociopaths causing global warming.

Investments to combat climate change are increasing, “to help us understand climate data.”

TABLE OF CONTENTS for FEBRUARY
https://jamesrichardbennett.blogspot.com/2020/02/omni-vegetarianvegan-action-newsletter.html
In Coetzee’s Novel Most People Are Vegetarians
**NUTRITION, HEALTH**
Alternatives to Meats Booming
News from The Vegan Way by Jackie Day
Dr. Greger’s Book, *How Not to Die*
**Organic Consumers Association Health News and Actions**
Wake-up Call, What’s for Lunch, etc.
**PROTECTION OF ANIMALS**
*PETA Global*  (Winter 2020)
“We’re Not the Only Species on Earth”
**DEFENSE OF CLIMATE**
*Capitalism’s Destructive Dynamos*
Jonathan Foer, *We Are the Weather*
*Kate Aronoff, A Planet to Win: Why We Need a Green New Deal*
The Nordic Diet v. Meat


END VEGETARIAN ACTION NEWSLETTER MARCH 11, 2020

OMNI Peace Newsletter | OMNI Facebook | OMNI Website

Dick Bennett

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