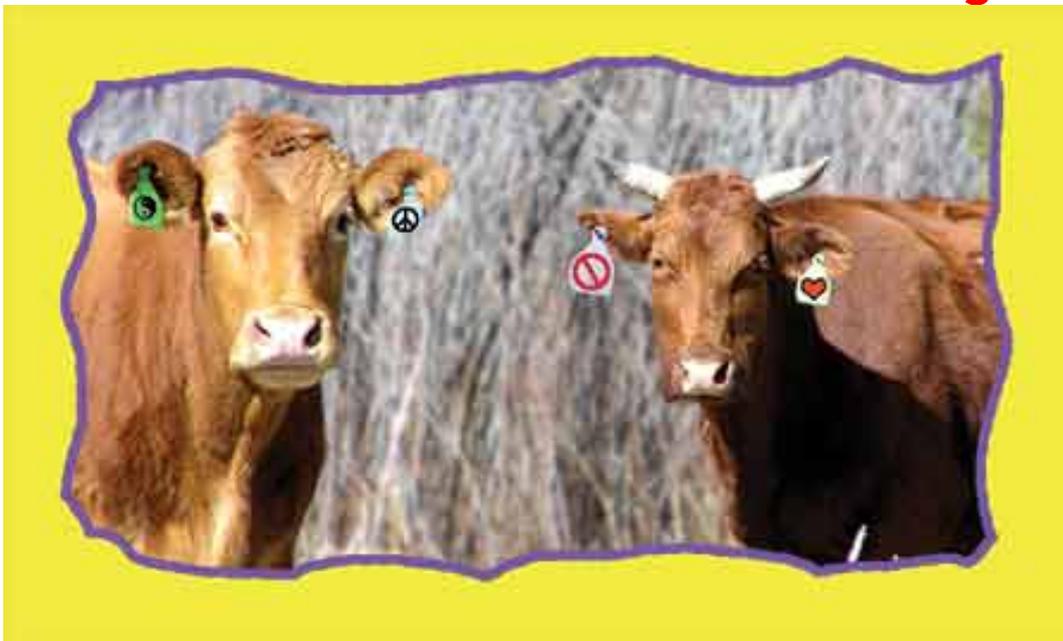




Greetings!

Are Cows the Cause of Global Warming?



You can bet Big Mac and Patty here are paying a lot of attention to this because they have so much at steak here. We do too.

Eye-opening facts, articles and food for thought

Raising animals for food produces more greenhouse gas emissions than all the cars, planes and other forms of transportation combined. According to the Food and Agriculture Organization of the United Nations, carbon dioxide emissions from raising farmed animals make up about 15 percent of global human-induced emissions, with beef and milk production as the leading culprits. [1][5]

There are 1.5 billion cows and bulls on the planet worldwide. [1]

Methane gas from farting and belching cows has a negative effect on climate change 23 times higher than CO2.[1]

1 kg of meat from	produces kg CO2e
beef	34.6
lamb	17.4



Good news, insights and action for positive change

~ ~ ~

PERSIST
INSIST
PROTECT
DEFEND
DEMAND
DEFY
DISRUPT
GUIDE
CREATE

~ ~ ~

"Imagine"
John Lennon

Justice is what love looks like in public.
Cornel West

~ ~ ~

Because I always have a choice, I choose love.
Deepak Chopra

*Come, Come, whoever you are.
Ours is not a caravan of despair. --Rumi*

pork	6.35
chicken	4.57

Globally, over one third of the world's cereal harvest, including 97% of the world's soy, is fed to livestock. In the US 60% of our corn goes to feeding animals. [2] [3]

It takes 6 lbs. of grain to produce 1 lb. of pork. It takes 16 lbs. of grain to produce 1 lb. of beef. [2]

It takes roughly 25 times more energy to produce one calorie of beef than one calorie of corn. [4]

[\[1\] Are Cows the Cause of Global Warming?](#)

[\[2\] What if Everyone Stopped Eating Meat?](#)

[\[3\] How Does Meat Consumption Affect the Environment?](#)

[\[4\] Energy Use and Food Production](#)

[\[5\] The Best Diet for the Planet](#)

"Livestock are one of the most significant contributors to today's most serious environmental problems. Urgent action is required to remedy the situation." (Food and Agriculture Organization of the United Nations)

Climate Action, Meat & The Bigger Picture



I appreciate what the editors of *The Optimist Daily* said as they introduced the article "[The True Cost of Eating Meat:](#)"

"The conversation surrounding the production and consumption of meat usually involves the emissions

that come as a result of raising livestock. What we rarely think about is how the meat industry employs workers and supports the livelihoods and food security of almost a 1.3 billion people. We also give little thought to the cultural and social role meat has in our society. The point is that the meat industry has a direct role in many facets of society, and if we want to drastically reduce the consumption of meat, we have to keep all the consequences of doing so in mind."

The article gives a large and important perspective on the environmental and social issues facing us as we "[Address Climate Change With Our Fork,](#)"

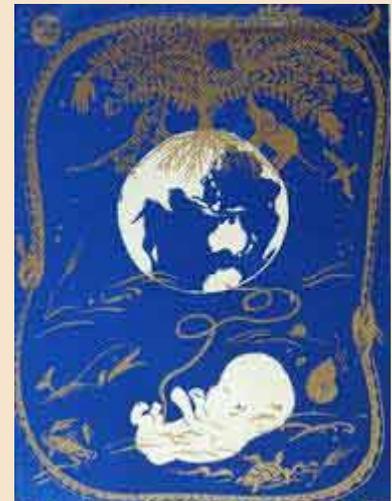
PLASTIC ACTION

Every single person on this earth has the power to change the world.
Emma Thompson
Actress and Activist

When the people lead, the leaders follow.
Gandhi



FOR THE LOVE OF EARTH



Print by Mayumi Oda

[For the Love of Earth](#)

David Korten

A new way to look at how we might heal and regenerate our Earth. Great article.

[Our Global Ecological Footprint and Earth Overshoot Day 2017](#)

David Korten

[Climate Change or System Change?](#)
by Local Futures



The UK steps up its work to cut plastic pollution, banning plastic straws at Wimbledon and single-use plastics at music festivals. Sorry, no straws in your Pimm's Cup at the tennis tournament (400,000 went into the trash last year), and figure out how to drink and eat at the music festival without plastic by 2021. Much appreciated by the cleanup crew! (It is thought that 91% of the 38.5 million plastic bottles used everyday in the UK is not recycled.)

[No straws at Wimbledon](#)

[No single-use plastic at music festivals by 2021](#)

Your Good News for the Month



Rights of Nature

On April 6 the Colombia Supreme Court of Justice issued a decision declaring that the Amazon region in Colombia possesses legal rights. . . The Court declared that the "Colombian Amazon is recognized as an entity, a subject of rights" which include the right to "legal protection, preservation, maintenance and restoration."



The Community Environmental Legal Defense Fund, with its International Center for the Rights of Nature, has been at the

UPLIFTING STORIES & INNOVATIONS



[POOPOO PAPER](#)

You gotta love this!
Paper made from cow, horse & elephant poop.
Pull up a stool and explore the [PooPooPaper website](#).
{Note: I bought some paper and cards; pretty neat stuff!}



FAVORITE RESOURCES

[350.org](#)

[Climate Reality Project](#)

[The Small Planet Institute](#)

[Local Futures](#)

[Network of Spiritual Progressives](#)

[Project Heaven on Earth](#)

[Yes! magazine](#)

[The Optimist Daily](#)

[The Shift Network, Catalyst e-zine](#)



[VirginiaMudd.com](#)

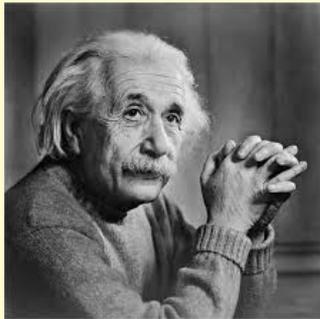
[Desert Rose Press](#)

[Raventalk](#)

forefront of the movement to secure legal rights of nature,
partnering with communities, indigenous peoples, and
governments in developing the world's first Right of Nature laws.

[Read the press release.](#)

AGELESS WISDOM



*Nothing will benefit human health and
increase chances for survival of life on
Earth as much as the evolution to a
vegetarian diet*
--Albert Einstein



Diane Ackerman

*In the name of the daybreak
and the eyelids of morning
and the wayfaring moon
and the night when it departs.
I swear I will not dishonor
my soul with hatred,
but offer myself humbly
as a guardian of nature,
as a healer of misery,
as a messenger of wonder,
as an architect of peace.*

Since we're talking turkey. . .



To be clear I'm not advocating eating turkey, especially not this one! See the story at the right, *The Tale of This Turkey*.

I *am* advocating that we take a close look at our diet and how it dramatically affects our own and Earth's health. I'm also advocating that we take a lesson from this guy and strut our stuff!

Virginia / Gibi



Talking Turkey



[In this month's column](#) I reflect on our love affair with eating meat, beef in particular, and explore how we might transition to a more plant-based diet. for Earth's sake, for people's sake.

The Tale of This Turkey

In 22 years of living in the woods of northern New Mexico, and frequently seeing flocks of wild turkey pass through, this is the first sighting of a male turkey in full display as he courts the local girls. He was just 30 feet from the house! In the photo on the right you can see that his wattles are red; they are full of the blood of excitement and passion! The two ladies who were with him seemed unimpressed. We found him irresistible and hope that eventually they'd fall for his splendid self.

