



Greetings!

### A Whale of a Story



"Skyscraper," a whale made of 10,000 lbs. of plastic waste collected from the Pacific Ocean rises from a canal in Bruges, Belgium. It was created by a Brooklyn-based architectural firm to bring awareness to the stark reality that virtually all the plastic created since its innovation still exists in some form today.

There are great pictures and a video of how this was created. [See here.](#)

### Buyer Be Aware

As you saw from [my July newsletter](#) I am passionate about bringing awareness to the catastrophic impact our meat and dairy-based diet has on the planet and people. I am enthusiastic



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

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

about us adopting a more plant-based diet and I linked to some of the good alternatives we've replaced in our own diet.

**However**, a subscriber friend pointed out to me that we need to be cautious about some of these new products. The burgers are highly processed foods and some of the ingredients are questionable. We need to ask if this emerging alternative to eating beef is effectively going to address the serious problems of factory farming. Here are two of several articles on this issue.



[Food and Wine: The Veggie Burger Debate](#)  
[The Health Detective: Is Beyond Meat Burger Good for You?](#)

## PLASTIC ACTION



[The MacRebur Plastic Roads Company](#) has provided plastic pellets for roads in the UK, the Gulf, Canada, Australia and New Zealand. Every ton of asphalt contains about 20,000 single-use plastic bottles or 70,000 plastic bags. India has been using plastic in roads for some time.

## Climate Action A Billion Tree Tsunami

[Pakistan's Green Gold](#): In northwestern Pakistan hundreds of millions of trees have been planted to address deforestation. "Before it was completely burnt land. Now they have green gold in their hands. The new trees will reinvigorate the area's scenic beauty, act as a control against erosion, help mitigate climate change, decrease the chances of floods and increase the chances of precipitation."



## Corporations Stepping Up

**IKEA** will eliminate all single-use plastic from its products by 2020 [Read here](#), and sets new climate goals to address unsustainable consumption. A company



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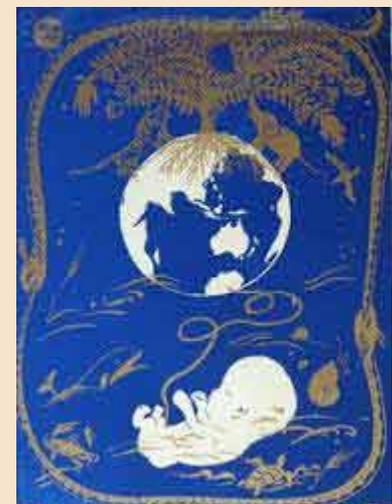
*Every single person on this earth has the power to change the world.*  
Emma Thompson  
Actress and Activist

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*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

spokesman said, "Climate change is no longer a distant threat, but a visible reality. It's one of the biggest challenges that humanity faces." [Read more.](#)

[Dannon North America](#) has been granted B Corps status as a mission-based "benefit corporation" serving not only shareholders but also the community, environment and employees. It is the world's largest company to receive this legal certification. [Read more about B Corps.](#)



## UPLIFTING STORIES & INNOVATIONS



### [Power to the Strip!](#)

A Billion-Dollar Solar Project to Help Power Las Vegas and Beyond.



### 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](#)



**Factory Food**  
What are we eating?

## WISDOM FOR OUR TIMES

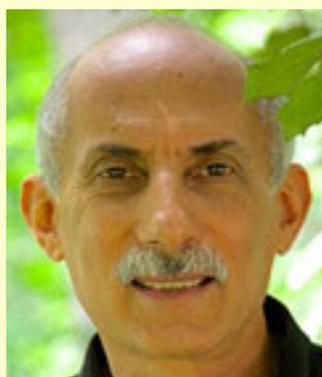
Recently I've gotten a lot out of a program called "[Conversations with the Wise, Insights and Practices for Difficult Times](#)" a series of interviews hosted by James Baraz, author of *Awakening Joy*. While the participants are rooted in the Buddhist tradition, you don't need to be acquainted with Buddhist teachings or philosophy because these teachers offer us wisdom and practical guidance that speak to our shared human nature. There are short excerpts on the site, but I recommend the full interviews. Those with Graham and Kornfield were two of my favorites.



Linda Graham

*To do something small and little is fine. It's just fine, because that's how the world changes. When we take wise action with a full, loving heart, with intention to make a difference, it makes a difference.*

[I particularly appreciated her observations about three basic human biases that can be seen today: fear, negativity and a tendency to create Us and Them, the Other.]



Jack Kornfield

*It's not my job to take care of the world. It's my job to do what I can do. The main thing that we have to offer people is to not let the outside terror, anxiety, fear and confusion (and politics is basically fear-mongering) take over our heart.*

[Kornfield offers a large perspective that I find calming and uplifting. I've listened to this several times. He read this quote from activist and author Molly Ivins.



*So keep on fighting for freedom and justice, beloveds, but don't forget to have fun doing it. Be outrageous. Rejoice in all the oddities that freedom can provide and produce, and when you get through celebrating the sheer joy of a good fight,*

Molly Ivins

*be sure to tell those who come after how much fun it was.*

Color your day bright and fun



in these modern neighborhoods of Istanbul

*Virginia / Gibi*



Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat		15g	28%	Total Carb.	31g	19%
Soc. Fat 8g		40%	Fiber 2g	6%		
Trans Fat 0g			Sugars 4g			
Cholest.		40mg	14%	Protein	20g	
Sodium		1040mg	43%			

\*Percent Daily Values (DV) are based on a diet of 2,000 calories a day.  
 Vitamin A 15% • Vitamin C 6% • Calcium 35% • Iron 15%

INGREDIENTS: Pizza Crust (Wheat Flour, Water, Soybean Oil, Yeast, Sugar, Salt, Calcium Propionate, L-cysteine), Low Moisture Part Skim Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), Tomato Sauce (Tomato Concentrate Made From Red Ripe Tomatoes, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spice), Beef Sausage Crumbles (beef, water, salt, spice, sugar, monosodium glutamate, sodium phosphate, BHA, propyl gallate, citric acid), Water, Tomato Paste, tomato, citric acid, Pork Pizza Topping (pork, water, isolated vegetable protein (soy flour, isolated soy protein, caramel coloring), spices, salt, sodium phosphate, sugar, garlic powder, monosodium glutamate), Canadian Style Bacon water added (cured with water, salt, dextrose, corn syrup, sodium phosphate, sodium erythorbate, sodium nitrite), Peppercorn (pork, beef, salt, contains 2% or less of water, dextrose, natural flavorings, natural smoke flavoring, sodium ascorbate, garlic powder, oleoresin of paprika, lactic acid starter culture, sodium nitrite, citric acid, BHA, BHT), Pizza Sauce Seasoning (salt, spices, onion, garlic, natural flavors, parsley)

CONTAINS: MILK, SOYBEANS, WHEAT

This is not the label for the Beyond Burger but you get the idea. In [my monthly column](#) I ruminate more about our planet-friendly (or not-so-friendly) diet and the bigger picture of what we eat.

