Inviting people into harmony with themselves, each other and the Earth

Virginia Mudd.com

## Dear Virginia,

# It Can't Happen Here!



# It can happen here unless we choose democracy over dictatorship. And work and vote for it!

**Donald Trump's plan for America, if he is elected, is no secret. It is outlined in Project 2025.** The Lincoln Project looks at the terrible future Donald Trump would impose on America if he wins in November. <u>Watch and share</u> <u>this 4 minute video, "Aftermath,"</u> which gives a clear picture of what's ahead for us if Trump is elected to a second term as president. The Lincoln Project is a leading pro-democracy organization in the United States — dedicated to the preservation, protection, and defense of democracy. "Our fight against Trumpism is only beginning. We must combat these forces everywhere and at all times — our democracy depends on it. "

(This video was created before President Biden withdrew from the presidential election but the real possibility of Project 2025 being implemented that is presented here remains a clear and present danger.)

Here are past articles: <u>"How Far Would Trump Go?"</u> <u>"Believe Him When He Says It"</u>

# This Month's Featured Videos and Article



# Have Election Anxiety? You're not alone!

Election seasons are known to be tense, but this year stress is at another level. The frenzied atmosphere surrounding this year's



Stories, insights and action for a world that works for all of us

Justice is what love looks like in public. Jim Hightower

~~~

~~~

## **Favorite Resources**

<u>Fix the News</u> (Future Crunch) <u>Reasons to be Cheerful</u> <u>Chop Wood, Carry</u> <u>Water</u> <u>350.org</u> <u>Climate Reality</u> <u>Project</u> <u>Local Futures</u>

\*\*\* <u>Desert Rose Press</u> <u>VirginiaMudd.com</u> election is causing worry that impacts our mental health,

relationships, and daily lives. Election anxiety is a growing problem, particularly as political tensions deepen and intensify. Understanding the causes of this distinct type of stress and how to deal with it will help navigate this election season with more serenity and stability. Read about symptoms and strategies here.



#### "I do not recognize my party."

#### Republican Mayor of Mesa, Arizona, John Giles

"I do not recognize my party. The Republican Party has been taken over by extremists that are committed to forcing people in the center of the political

spectrum out of the party. I have something to say to those of us who are in the political middle: You don't owe a damn thing to that political party.... You don't owe anything to a party that is out of touch and is hell-bent on taking our country backward. And by all means, you owe no displaced loyalty to a candidate that is morally and ethically bankrupt.... In the spirit of the great Senator John McCain, please join me in putting country over party and stopping Donald Trump, and protecting the rule of law, protecting our Constitution, and protecting the democracy of this great country. That is why I'm standing with Vice President Harris and Governor Walz."



## **Action Sites for Democracy and Climate**

Given the threats to our democracy and our Earth, I am leaving this resource guide in until the election in November. **Everyone is needed to do** whatever they can!

#### **Protect Our Democracy: Every Action Counts!**

<u>Chop Wood, Carry Water</u>: Provides daily actions for our democracy. thecivicscenter.org : Mobilizing the youth vote in America. civicinfluencers.org: Also working to register young voters. iwillvote: Everything you need to know to vote. steady.substack.com: Dan Rather's excellent commentary on current affairs. RobertHubbell.substack.com: Reflections on and summary of today's news. guides.vote: Non-partisan guide to how candidates stand on issues. votefwd.org: Write letters to encourage folks to vote. **Blue Wave Postcards: Clifford and I are doing this. Easy and straightforward.** statesproject.org: A pro-democracy organization working at the state level. VoteRiders will tell you what you need to know in order to ensure you can vote.

## **Climate Action: Every Action Counts!**

<u>100 Things You Can Do to Help in the Climate Crisis</u> <u>15 Actions to Make a Difference</u>

# All Kinds of Good News



**Global Debt-for-Nature Swaps** 



Since the first debt-for-nature swap in 1987, over \$380 million has been invested in projects across 14 countries to conserve critical tropical forests and coral reefs while supporting local and Indigenous communities. World Wildlife Fund CEO says, "Debt-for-nature swaps are more than an innovative financial mechanism; they are a means to keep the whole intact." <u>Read more here.</u>



### **Rights of a River**

On July 7th, an Ecuadorian court ruled that pollution violates the rights of the Machángara River, which flows through the country's capital, Quito. This decision, hailed as "historic" by environmental campaigners, highlights Ecuador's progressive approach to environmental protection. Similar court decisions are happening all over the world. <u>Here's the article.</u>

#### The Great Green Wall of Africa

The Great Green Wall Initiative, launched in 2007 by the African Union, aims to restore 100 million hectares (almost 250 million acres) of degraded land across the Sahel and create 10 million green jobs by 2030. Since its start, it has successfully restored 18 million hectares (almost 45 million acres) and created 350,000 jobs across the 11 participating countries in North and West Africa. <u>Here's the article.</u>



### South Africa's Climate Change Act

South Africa enacted its first Climate Change Act, a comprehensive law that aims to tackle climate change by limiting greenhouse gas emissions and mandating municipal adaptation plans. The act seeks to connect South Africa's climate efforts with its commitments under the Paris Agreement. <u>Read here.</u>

# Wisdom for Our Time



Each of us has a responsibility to get off the sidelines, to get in the game, and to do our part. Are you ready to do your part? Are you ready to form a more perfect union? Are you ready to build an America where no matter what you look like, where you come from, who you love, or who you pray to, that this will be a place for you? And are you ready to look the next president of the United States in the eye and say, 'Hello, Madam President?" I am too, so let's get to work!" *Josh Shapiro, Governor of Pennsylvania* 

## "With mighty wings..."

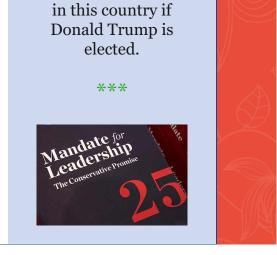


#### The night sky

# My Column

We've all heard quite a lot about Project 2025 and my column gives another abbreviated summary presented by Dan Rather. The Project is unpopular with a majority of Americans and it's easy to see why. Share with others the reality of what could happen One of our favorite news commentators, Robert Hubbell, is also a skilled amateur photographer specializing in telescopic photographs of the night sky. Of this image he says, "The North America Nebula is 2,600 light-years from Earth and 90 light-years in diameter. To me, the nebula looks like a giant pair of wings flying through space. (A classic case of pareidolia.) But I am nonetheless taken back to my days as an English major in college and John Milton's opening passage from *Paradise Lost*, invoking the Heavenly Muse, whom Milton describes as follows: 'With mighty wings outspread Dove-like . . . brooding on the vast Abyss.'"

> I hope your month is full of joy! Virginia / Gibi



Virginia Mudd | Box 50 | San Jose, NM 87565 US

Unsubscribe | Update Profile | Constant Contact Data Notice



Try email marketing for free today!