



Dear Virginia,

"C'mon people now, Everybody get together"



We the people did just that on April 5th in over 1,300 cities and small towns across the country and around the world to protest the Trump administration's destructive agenda.

We are saying NO to oligarchy. NO to eliminating vital services in health care, environmental protection, emergency relief aid, social security, Medicaid, education. NO to tariffs causing global economic chaos. NO to betraying our allies around the world. NO to illegally deporting people. NO to billionaires running our country. NO to hatred, mistrust, lies and fear.

We are saying YES to the Constitution, the rule of law, justice and due process for all. YES to the practice of diversity, equality and inclusion. YES to moral leadership. YES to truth. YES to human rights. YES to action on climate change. YES TO DEMOCRACY.

We are essentially saying get your Hands Off our democracy and our government that is functioning to serve the needs of the American people and was doing well before you came along to destroy what we hold dear in this country.

The title for this newsletter is inspired by the Youngbloods' song "Get Together." [Listen here.](#)



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

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*Justice is what love  
looks like in public.*

Jim Hightower

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Favorite Resources

[Fix the News](#)

(Future Crunch)

[Reasons to be Cheerful](#)

[Chop Wood, Carry](#)

[Water](#)

[350.org](#)

[Climate Reality](#)

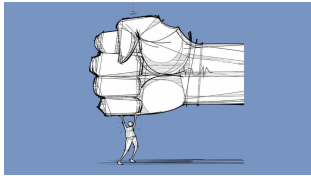
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## Lessons On Tyranny

**Tyranny describes "a nation under cruel and oppressive government." That is what Donald Trump and his billionaire cronies and MAGA loyalists are creating as they go about destroying the fabric of this country and the stability of the world.** Timothy Snyder, an American historian and author of *On Tyranny*, lays out "20 lessons on tyranny," such as: Do not obey in advance. Believe in truth. Investigate. Defend institutions. Practice corporeal politics. Listen for dangerous words. Be calm when the unthinkable arrives. Be a patriot. Be as courageous as you can. [Here are those 20 lessons read by John Lithgow.](#) [The printed version is here.](#)

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**"The battle of our day** is no longer about Democrats versus Republicans or left versus right. The choice right now is democracy or dictatorship. And we're sliding faster than I ever thought possible into the latter. Everyone must choose which side they're on. Ultimately, what happens to our country will come down to our own courage and resolve: To engage in peaceful protest. To organize and mobilize others. To work against hate and bigotry. To fight for justice and democracy." Robert Reich

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**"Each time we show solidarity with others,** or support those who are protecting the rule of law, helping the targeted, or exposing the lies and the corruption, we are standing up for democratic values of justice, accountability, equality, and more. In doing so, we model the behaviors the authoritarian state wants us to abandon. Joining with others, we transform our individual righteous indignation into a potent moral force for good." Ruth Ben-Ghiat



## Action Sites for Democracy and Our Planet

Given the continued threats to our democracy and our Earth, this resource guide lists our favorite sources of information, opportunities for action and hope.

### Reclaiming and Protecting Our Democracy is Every Day

[Chop Wood, Carry Water](#): Provides daily actions for our democracy. Always encouraging.

[Steady](#), by Dan Rather: Excellent commentary on current affairs.

[Today's Edition Newsletter by Robert Hubbell](#): Reflections on and summary of today's news.

[Letters from an American, by Heather Cox Richardson](#): Commentary on current news.

[The Status Kuo, by Jay Kuo](#): Commentary and analysis of today's news. (I recommend "Surviving the Next Four Years" for strategies such as: avoid doom and despair; be a voice of hope, not fear; unplug from network news; commit small acts of resistance." [Read here.](#))

### Climate Action: Every Action Counts!

[Climate Action Now!](#): Subscribe and get an action to do every day, plus climate hope.

[100 Things You Can Do to Help in the Climate Crisis](#)

[15 Actions to Make a Difference](#)

**An old saying: We can all be the someone who is doing something.**



# All Kinds of Good News



## China's Environmental Successes

**China re-greened the most eroded place on Earth.** The Grain to Green project was launched in 1999 to reverse the damage from grazing and farming across the Loess plateau. Offering cash and tax benefits to offset farming losses and initiating widespread tree-planting and employment programmes, by 2016 almost 30,000 km<sup>2</sup> of cropland [7,413.161 acres; about the size of Connecticut and Rhode Island put together] had been restored to forest or grassland. Read how ["All the birds returned."](#)

**In 2024 China planted 76,700 km<sup>2</sup> of forest [30,000 sq. miles; about the size of So. Carolina].** More than 6,200 pocket parks were created around urban areas, 50,000 km of highways [31,000 miles] were greened and over 50,000 km<sup>2</sup> hectares of land underwent ecological restoration. The country also made significant progress in combating desertification, rehabilitating around 38,000 km<sup>2</sup> [15,000 sq. miles] of sandy and stony land as part of the Three-North Shelterbelt Forest Program. [Read here.](#)



## Conservation and Climate News

**A new study finds that global conservation efforts are reliably bringing species back from the brink.** A major review of over 67,000 animal species by the University of Cambridge has found that targeted conservation measures like habitat protection, captive breeding and reintroductions are successfully restoring populations of endangered animals. We are facing an ecological crisis - but it is possible to do something about it. [Read more here.](#)

## Wisdom for Our Time



**"This isn't about left or right. It's about right or wrong. . . .** These are not normal times in America, and they should not be treated as such. This is our moral moment. This is when the most precious ideas of our country are being tested.... Where does the Constitution live, on paper or in our hearts?"

[Watch this 13 minutes presentation as Senator Cory Booker joins Rachel Maddow to reflect on his historic speech. March 31 - April 1.](#)

# "Freedom"



“When I move my body just like this, I don’t know why but I feel like Freedom!” Thanks to Dan Rather (*Steady*) for this video. Rather calls Jon Batiste a musical genius. Batiste is a "singer-songwriter-musician-composer-bandleader, he plays drums, acoustic and electric guitar, saxophone, and melodica, but on the piano he is a virtuoso. He started taking classical piano lessons at age 11 and learned to meld classical with the jazz, blues, and gospel of his native Louisiana. He sang the Star Spangled Banner at the Super Bowl." [This video](#) will lift the darkest spirits and give you FREEDOM!

*May your month of May be filled  
with love, Spring and Freeedom!  
Virginia / Gibi*



### **A bedtime story.**

Jay Kuo, political analyst, author of "The Status Kuo," and father of two small children, tells Riley this bedtime story, a story for all of us.

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

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