

1-1-2010

## Citizens for Peace Minutes 8-10-10

Linda J. Lieder

Wayne State University, [linda.lieder@yahoo.com](mailto:linda.lieder@yahoo.com)

---

### Recommended Citation

Lieder, Linda J., "Citizens for Peace Minutes 8-10-10" (2010). *Citizens for Peace*. Paper 32.  
[http://digitalcommons.wayne.edu/cpcs\\_cfp/32](http://digitalcommons.wayne.edu/cpcs_cfp/32)

This Article is brought to you for free and open access by the Peace and Justice Digital Resource Center at DigitalCommons@WayneState. It has been accepted for inclusion in Citizens for Peace by an authorized administrator of DigitalCommons@WayneState.

## CITIZENS FOR PEACE

### Minutes

**August 10, 2010**

Our 2<sup>nd</sup> Annual Vegetarian Pot-Luck started at 6:30 pm with a blessing by Rev. Dennis Skiles. The room was filled to capacity with members and guests and the aroma of healthy food. Our President, Colleen Mills, distributed the following list of quotes to discuss at the tables:

- ...”If Americans were to reduce their meat consumption by only 10%, it would free up over 12 million tons of grain annually for human consumption. That, all by itself, would be enough to adequately feed every one of the 60 million human beings who will starve to death on the planet this year.” – Lester Brown, excerpt from “Diet For a New America” by John Robbins
- The beef industry has contributed to more American deaths than all the wars of the century, all the natural disasters and all the automobile accidents combined. If beef is your idea of “real food for real people” you’d better live real close to a real good hospital. – Neil Barnard
- 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
- Vegetarianism preserves lives, health, peace, the ecology, creates a more equitable distribution of resources, helps to feed the hungry, encourages nonviolence for the animal and human members of the planet, and is a powerful aid for the spiritual transformation of the body, emotions, mind and spirit. – Gabriel Cousins, “Conscious Eating”

### **Video Presentation:**

After an hour of lively conversation and good eating, Colleen introduced a video of Ocean Robbins, whose father, John Robbins, chose not to follow in the family’s Baskin & Robbins ice cream business and gain any wealth. Instead, Ocean’s family moved to California, where they’ve lived a sustainable life and have had an opportunity to take a stand with their values to preserve this precious life we’re given.

Ocean, the recipient of the Jefferson Award for outstanding public service by someone under the age of 35, founded the group YES! in 1990, when he was 16. Ocean and YES! have informed, inspired and empowered more than 650,000 students nationwide. He has also participated in hundreds of youth empowerment workshops, worldwide. He believes:

“The vital work of our times doesn’t take place only in the spotlight of the media or the drama of politics. It takes place also in the examination of our values, beliefs, and actions. It asks us to reflect deeply on how we treat ourselves and how we interact with the other people in our lives and in our world. I believe that we have more than enough creativity and commitment to create a world free from the madness of war and starvation, a world of sustainability, a world where all children are loved and have their basic needs met. I believe that our greatest obstacle isn’t too little time, insufficient money, or dwindling natural resources. It is the apathy that keeps us from finding, in ourselves and in one another, the power and the beauty to not just endure, but to thrive.”

He stated in the video that “Sometimes it may seem overwhelming, but through our struggles, comes the courage to make changes for the betterment of humanity. Life is here to be shared. Friendships lead to trusting each other, which leads to identifying the courage in each other, which can grow and help to weather the storms in life. We can all do something to help move this world forward.”

In closing he stated “Youth is not a time of life, but a state of mind. We do not grow old by a number of years; we grow old when we abandon our ideals. There’s a youthful spirit in all of us!”

### **Announcements:**

Colleen was pleased to announce that Kevin Szawala, Mr. Peace, has volunteered to be the Michigan State Coordinator for the Peace Alliance / Department of Peace! He was congratulated by the group and we look forward to his leadership.

- Linda Lieder encouraged everyone to join us at our September Meeting and share a brief book report from one of the books in the Library Peace Collection. It should be informative and fun!
- Dennis Mazurek spoke about our 5<sup>th</sup> Annual Walk for Peace through the streets of Royal Oak on Sept. 15<sup>th</sup>.
- Rosemary Doyle announced we are taking a break from the Peace Essay Contest.
- Colleen spoke about our One Peace event at the Livonia Civic Center Library on September 21<sup>st</sup>.

The meeting closed at 9:05 pm.