

1-1-2012

Citizens for Peace Minutes 8-14-12

Linda J. Lieder

Wayne State University, linda.lieder@yahoo.com

Recommended Citation

Lieder, Linda J., "Citizens for Peace Minutes 8-14-12" (2012). *Citizens for Peace*. Paper 47.
http://digitalcommons.wayne.edu/cpcs_cfp/47

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 – Annual Vegetarian Feast
Minutes
August 14, 2012

Our meeting opened at 6:30 pm with a welcome by President, Colleen Mills. She introduced Inner Peace Director, Sally Peck, who led us in a peace meditation, before we enjoyed the many dishes prepared by our members and guests.

Special Presentation:

After enjoying the many delicious dishes, we were pleased to watch a video clip by journalist, author and avid cook, Mark Bittman - **“What’s Wrong With What We Eat?”** He starts with some shocking statistics:

- Global Warming is real and dangerous
- Livestock production is the 2nd highest contributor to greenhouse gasses (18%), after energy production and just ahead of transportation
- Livestock production contributes to land degradation, water shortages, air and water pollution and more
- Lifestyle diseases are far more prevalent in cultures following the Western diet – we don’t need animal products and junk food for health (these items are marketed heavily creating unnatural demand)
- There are so many animals raised for consumption in the US, that you could string them, end to end, to the moon and back – five times!
- Evidence is overwhelming that plants promote health

Mark went on to share the history of food in the US:

- 100 years ago – All people were locavores, with one cook, usually Mom. There was no philosophy on food – you just ate. People grew food and ate food and it was all local.
- 1930s and on - Trucks were used to transport food across the county, replacing slower railroads. Suburbs took over farmland = death of the family farm. Convenience foods (frozen) were created. Meat was everywhere.
- 1950s – 2000 - The world population doubled. Fast food arrived. Many women entered the workforce, with no time to cook. Soy and corn used in many foods and bulk and binders. Fried foods are readily available. High fat and spice contents of fast food more appealing than cooking at home.
- Circa 2000 - Organic food reaches supermarkets. However some questionable practices exist.

What can we do?

Mark stated that there’s no good reason to produce as much livestock as we do now. (1/3 the Earth’s surface is taken up with livestock production. Remember, meat is not required for good health. Progressive and forward-thinking people need to spread the word about these excesses. Advocate for a better diet. Basically, eat less meat and less junk food and eat more plants. If we do this we will eat well, reduce calories and reduce our carbon footprint. We have to choose that path!

Business Meeting:

- Colleen introduced our new members and guests
- Member, Bob Frank, spoke about our Blog
- Member, Linda Lieder, invited all to attend our Sept 11th meeting at which we will share brief book reports from our Peace Collection
- Member, Keith Gunter, shared that CDs of last month’s presentation are available to support the Halt Fermi 3project

Colleen thanked all in attendance for joining us, and looked forward to hearing our book reports on September 11th. It will be a fitting way to remember such a solemn day. With no further business to conduct, the meeting closed at 8:45 pm.

In Memory of member, Jerry Trout, all read aloud:

The Optimist Creed

Promise Yourself

To be so strong that nothing can disturb your peace of mind.
To talk health, happiness and prosperity to every person you meet.
To make all your friends feel that there is something in them.
To look at the sunny side of everything and make your optimism come true.
To think only of the best, to work only for the best, and to expect only the best.
To be just as enthusiastic about the success of others as you are about your own.
To forget the mistakes of the past and press on to the greater achievements of the future.
To wear a cheerful countenance at all times and give every living creature you meet a smile.
To give so much time to the improvement of yourself that you have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.