



stanislaus CONNECTIONS

Working for peace, justice and a sustainable environment

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Modesto Sound Awarded “Arts and Public Media” Grant

Modesto, CA – The California Arts Council announced its plans to award \$8,608 to Modesto Sound as part of its Arts and Public Media program.

The Arts and Public Media program is rooted in the California Arts Council’s vision to create a state where the arts are a central component of daily life and accessible to all, reflecting contributions from all of California’s diverse populations and fostering civic engagement. The Arts and Public Media program supports the production and programming of multiplatform media projects that engage Californians with authentic local stories and experiences centered on the value of arts, culture, and creative expression.

Since Modesto Sound opened in 2005, the studio’s staff and programs have stayed true to the organization’s mission: “to empower youth with real-world job skills to create music and artistic media.” Modesto Sound has now been awarded a grant for its newest program entitled California Roots Media Project. This grant of \$8,608 will be used to engage the underserved families of youth who through scholarships were able to attend Modesto Sound’s programs, such as music camps and audio technology classes, due to their families’ low-income. Family members will be recording themselves and each other to share stories about their lives and about living in California.

Multiple small groups of eight people will convene with Modesto Sound’s guest, artist poet and librarian, Stella Beratlis, along with audio engineer and producer, Lucky Lew, to record their experiences of living in California and their life stories however they wish to relay them. They will record each other via interviews, storytelling, poetry, and music (if applicable). Audio engineers and student interns will finalize completed projects and issue to area radio stations, such as Valley Media’s KGIG 104.9fm/KPHD

93.3fm and Modesto Peace/Life Center’s New Community Radio Station, KCBP 95.5 FM, along with providing television sound beds for Central Valley Media Center’s MyTV26. The recordings will also be available for streaming on the internet as podcasts.

Anticipated outcomes include building communication skills, using creativity and teamwork, cross-cultural understanding, mentoring, and increasing self-confidence. After all the recordings are done, a culminating event will be held at the public library free and open to the public where participants can all network with the community and each other. The guest artist, Stella Beratlis, will emcee the event and announce milestones achieved and have willing individuals share their stories on stage in a showcase format.

Founder, Brenda Francis, says “We are thrilled to bring this program to the community and are still looking for sponsors to help support the project in ways such as providing refreshments and helping us to purchase a CD duplicator. Having support in purchasing a CD duplicator will allow every participant to

receive a CD of their recordings and enable us to distribute CDs at the showcase. Our current duplicator is outdated; it costs \$1,700 to upgrade it. Feel free to join our mailing list on <http://www.modestosound.com/> and we will keep you apprised of all of our programs including the California Roots Media Project recording sessions and its free culminating event at the Modesto Public Library.”

Modesto Sound is one of just 13 grantees chosen for this competitive program. The news of Modesto Sound’s grant was featured as part of a larger announcement from the California Arts Council, which can be viewed at <http://arts.ca.gov/news/pressreleases.php>.

“Public media is crucial to the Arts Council’s mission of providing access and exposure to the arts for all Californians,” said Donn K. Harris, Chair of the California Arts Council. “Expanding the reach of arts coverage and fostering community dialogue and engagement through arts and culture-based media activities broadens overall support for the arts.”

To view a complete listing of all

Arts and Public Media grantees, visit http://arts.ca.gov/programs/files/CAC_APM_Grantees_2016-17_FINAL.pdf.

For more information about Modesto Sound call 209-573-0533 or visit <http://www.modestosound.com/>

Modesto Sound’s mission is to empower youth with real-world job skills to create music and artistic media. They have a recording studio open to all ages. They offer media duplication and live sound services while providing job training to youth. Modesto Sound has recorded over 500 artists, held hundreds of concerts, and recorded thousands of public service announcements for radio.

Modesto Sound operates as a non-profit 501(c)3 organization for the benefit of the community and networks with other organizations to maximize its efforts (and theirs). A group of professionals, young and old, volunteer their time to serve on our Board of Directors. We thank them and encourage others to join in our efforts. Each year we hold an annual fundraiser concert to support scholarships to our music camp and music technician certification programs.

The Great Central Valley Awakening – Part I

BY SALLY MEARS-BOWDEN

An incredible thing happened when our country found itself in a national predicament no one could ever have fathomed. But it lit a spark that would not have happened on such a large scale unless the situation were this drastic. In our region (Stanislaus, San Joaquin) something wonderful happened where first timers and seasoned activists came together for a common cause; our very existence. The group *Our Revolution* started last year as a post-Bernie Sanders campaign grassroots group. *Brand New Congress* started as well. Then, after the election, a new energy exploded: *Indivisible*, *Swing Left*, *Our Resistance*

and many other groups formed nationally. Here’s what many still don’t know – right here in our Valley hundreds (thousands?) of locals stepped up, creating groups and becoming active, more than I have ever witnessed here. According to one of our local activist leaders, Crystal Sousa, “We are one of the most active regions in our state, possibly the country.”

My intention is to highlight this movement that has been growing stronger each month. I will introduce you to four local people: One, whom I now consider my brother, is Floyd Clark, whom I met in the summer of 2015,

continued page 8



INSIDE CONNECTIONS

LOCAL	2
PEACE CENTER	3
LIVING LIGHTLY	4
NUCLEAR WEAPONS	5

NON-VIOLENCE

RESIST	6-7
GATHERING OF VOICES	8
WATCH OUT!	9
DIRECT ACTION	10
	11

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New Resources for the LGBTQ+ Community

From **JOHN AGUIRRE**, Stanislaus LGBTQA Collaborative

According to the 2010 U.S. Census, more than one million Californians identify as LGBTQ+, making up more than 4% of California's population. Due to complex factors including lack of access to treatment, culturally unresponsive service provision, and higher levels of stigma and discrimination,



LGBTQ+ people are almost three times more likely than non-LGBTQ+ peers to experience a mental health challenge.

To address these barriers, **Each Mind Matters** collaborated with a strategic council of LGBTQ+ community leaders and stakeholders to create mental health materials for three key segments of the LGBTQ+ population: youth/young adults, older adults and (coming soon) providers working with Latinx youth. These materials are a culmination of many months of outreach, research and interviews with community, county and state representatives to determine what was most needed in the community.

LGBT Mental Health and Aging Support Guide: click on the links or visit the Each Mind Matters website

[Print-ready version](#) [Low resolution version](#)

Be True and Be You: A Basic Guide for LGBTQ+ Youth:

[Print-ready version](#) [Low resolution version](#)

John Aguirre, Facilitator (559) 280-3864; jpamodesto@gmail.com Melynda Rodriguez, Facilitator; melynda.rodriguez@yahoo.com Jenna Stone, Treasurer

Peace/Life Center looking for volunteers

The Modesto Peace/Life Center needs volunteers to assist with projects, events, our radio project (radio knowledge, skills needed), fundraising, and administrative activities. No experience necessary. Experience in social media, Word, Excel, or other special skills are desired for some volunteer positions. We need volunteers for a few hours per week, or an ongoing commitment.

For more information, contact our volunteer/outreach coordinators: Susan Bower or Jocelyn Cooper at the Peace Life Center (209) 529-5750.

Community Rally brings people together despite heat

Photo: **KEN SCHROEDER**

On Tuesday, June 20 a group of about 100 people rallied in Modesto at the 1st Community/Unity Rally. During this record-setting week of high temperatures we gathered in Graceada Park to affirm our shared values for social justice, to learn about the many good efforts at advocacy happening in our community and to strengthen our relationships.

Thanks to all who participated and to all who helped organize this special event.



The Great Central Valley Awakening

from page 1

and worked with throughout the Bernie Sanders campaign. He is currently with *Our Revolution* and *Rapid Resist*. The other three I met just this year through one of these new local groups, and at least two have lived in this region, like me, for years, and I probably never would have met them: Donna Endsley from *be the change-Turlock* and Denise Hunt of *Indivisible Stanislaus*. The fourth activist I still haven't really met officially, except for the awesome activist art I've seen at local marches and protests, is Michelle Park who is with *be the change Turlock* and *Indivisible*. I hope to join her and others in her art activism 'department' in the future. Let's hear from them:

Let's start with **Denise Hunt**.

SMB: Tell us about how you got started in this new activism.

DH: I started a Facebook group titled *Indivisible Stanislaus* in January, 2017... I was looking online for an *Indivisible* group in this area and there were no active groups, so I decided to put it together initially as a way of sharing posts from my newsfeed about politics with a group of about five of my friends. The group took on its own identity and the membership grew, and I became more involved with other local grassroots progressive groups. I still introduce myself as the "administrator of the Facebook page for *Indivisible Stanislaus*, but I belong to several other local groups as well, including *be the Change Turlock*. (A Vietnam war protester in the 1970's Denise then left the political world and worked in behavioral health field till retirement in 2010.)

Donna Endsley: I belong to *be the change Turlock*. I became enfolded into the group in about February. I had attended one of the mobile Denham meetings in Turlock because I was very concerned about Betsy DeVos' nomination as Secretary of Education. I quickly realized that my representative was a no-show at most all meetings. I met people at that meeting who were getting together and invited myself..... They were kind enough to let me become part of them. My role is grandmother to the group. Ha Ha. Honestly, everyone is respectful of all opinions and we have had some discussions! There are many leaders in this group, which we seem to like. Most decisions are made by consensus. People do different jobs and take leadership roles at that time. I am involved in the *Artists Against Denham* group and the *Letter Writing Group*. I've attended training and taken information back to the group. I'm doing a bit of voter registration and imagine that that job will pick up this fall. (New to activism,

Donna was a stay-at-home mom, then became a teacher at 40. Side note: Donna became a local hero to us activists when she scolded very sternly our Congressman at the raucous town hall meeting this year—she made history)

Michelle Park, who was a long time activist here and before throughout this country, and beyond! And she and her wife and kids are well known at our marches and protests for the giant (customized) Statue of Liberty puppet they made, which is a hit, and makes a strong statement every time.

MP: I was invited to join *be the change Turlock* (BTC) first because I had gone to a Mobile District Office Hour and met Janet Smith. I had gone on my own with a list of issues I wanted to discuss. Janet had very similar issues she wanted to discuss and she was well spoken, so I stayed after and we exchanged contact info. She invited me to my first BTC meeting and I became an outreach liaison who was going to



try to attend other similar groups and tell them about BTC and report back about what other groups were doing and how we could help each other. As it turned out, I went to the first *Swing Left* meeting at Crystal Souza's house and invited her to BTC, and went to the first face-to-face *Indivisible Stanislaus* meeting and invited Denise Hunt to our meetings as well. When I went to my second BTC meeting, we said what we might want to take on or what our skill set was, and someone said, "protest art was my superpower" I thought we needed an art group in BTC, so I started a committee and we work regularly on visual projects and props to enhance our message at protests and other venues. We communicate through an app called GroupMe and we meet at different homes to work on our projects. We are creating a puppet show/diorama right now that will take most of the summer to complete. It's a ton of fun.

Floyd Clark

FC: I am not new to activism. I'm a Navy veteran, and as a core member locally with the Bernie Sanders campaign, and

continued page 10

Summer Film Nights: July 19: *I Am Not Your Negro*

By DAN ONORATO

Want to stimulate your reflections on significant issues of our time? The Modesto Peace/Life Center's summer picks for its Film Night series will give you a boost. Film Night is always on the third Wednesday of the month, is free, and includes a brief discussion after each film showing.

July 19's film, *I Am Not Your Negro*, features the great American writer James Baldwin and his penetrating insights on race. I'll let A.O. Scott in his February 2, 2017 *New York Times* review introduce this provocative film.

"Whatever you think about the past and future of what used to be called 'race relations' — white supremacy and the resistance to it, in plainer English — this movie will make you think again, and may even change your mind. Though its principal figure, the novelist, playwright and essayist James Baldwin,



is a man who has been dead for nearly 30 years, you would be hard-pressed to find a movie that speaks to the present moment

with greater clarity and force, insisting on uncomfortable truths and drawing stark lessons from the shadows of history. . .

"The voice-over narration (read by Samuel L. Jackson) is entirely drawn from Baldwin's work. Much of it comes from notes and letters written in the mid-1970s, when Baldwin was somewhat reluctantly sketching out a book, never to be completed, about the lives and deaths of Medgar Evers, Malcolm X and Martin Luther King Jr. . .

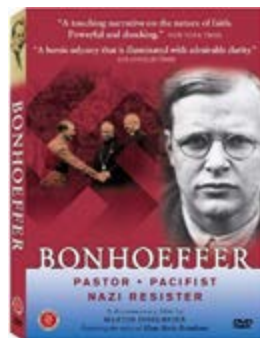
"His published and unpublished words — some of the most powerful and penetrating ever assembled on the tortured subject of American identity — accompany images from old talk shows and news reports, from classic movies and from our own decidedly non-post-racial present. . .

"He understood the deep, contradictory patterns of our history, and articulated, with a passion and clarity that few others have matched, the psychological dimensions of racial conflict: the suppression of black humanity under slavery and Jim Crow and the insistence on it in African-American politics and art; the dialectic of guilt and rage, forgiveness

August 16: *Bonhoeffer*

and denial that distorts relations between black and white citizens in the North as well as the South; the lengths that white people will go to wash themselves clean of their complicity in oppression."

August's Film Night features *Bonhoeffer*, directed by Martin Doblmeier. At a time when the word "resist" has become a mantra for many, this film offers us a model of moral courage who, as a Christian minister, publicly opposed Hitler's brutal anti-Semitism and urged German Christian churches to defend Jews in their hour of need. Despite his earlier pacifist background, he joined a plot to assassinate Hitler that failed, and he was executed two weeks before the war ended.



Dietrich Bonhoeffer was a prominent theologian and Lutheran minister who, like Martin Luther King, Jr., based his actions on his understanding of the Gospel. But this film is not only about a rare man of faith. Everyone who values

integrity and living out one's conscience, whether grounded in a faith tradition or not, will find this movie stirring. It may well inspire viewers to honor and support whistleblowers and all who risk their lives and reputations to speak truth to power.

Desson Thomson of the *Washington Post* writes, "It's right and fitting that such a life gets our attention." Other critics call the film "an invaluable study of a man of conscience" and "poignant and thought provoking."

For many people in our society today, life isn't easy. Many parents are pressed to the edge to provide for their children. Stories of racial and religious bigotry are frequent. Economic inequality and increasing poverty go unattended. We need voices to stand up. We need people of moral clarity and integrity to speak out and join together. These films might give us a nudge in that direction.

Mark your calendars now.

Films start at 6:30 p.m. at the Peace/Life Center at 720 13th St. in Modesto. All are welcome.

RADIO UPDATE: Peace Center radio surges forward!

By DAN ONORATO

We are KCBP 95.5 FM! But we are not on the air... yet!

UPDATE: Our enthusiastic Programming Committee is hard at work learning about and creating various offerings for broadcast. We have also affiliated with the Pacifica Network which gives us a great resource for terrific programming. We are now members of the National Association of Community Broadcasters and, membership in the National Association of Broadcasters is pending.

Our Operations Committee is engaged in intense discussions with our radio engineers to formulate equipment lists and agreements to place our antenna on a tower just West of Patterson in conjunction with the sharer of our frequency, Calvary Chapel of Turlock.

We now have over \$17,000.00 in our radio account! Thank you to our enthusiastic donors and volunteers!

Our community radio station, KCBP FM 95.5 will offer a lively and diverse blend of local programming highlighting important issues and events and spotlighting local talent in music and the arts.

Besides offering a wide range of music, selected by local DJs, we want to increase public awareness of issues important in our schools and local government and for diverse groups in our region. We'll air civil debates and discussions with city and county leaders and people active in the issues. We seek broad support and participation by various community groups and individuals who share our vision of a unique radio station that focuses on local issues, engaging entertainment, public service, and a commitment to improve our community.

We plan to web stream later this summer. To make this and the radio station happen, we need **YOUR HELP!** With equipment and technical assessments estimated to cost over \$70,000, we need money. Besides generous donations from individuals and underwriting support from organizations and businesses, we need people who'd like to help with fundraising. We also need people who want to create programs ranging from music to discussions of issues to public service announcements.

Anyone donating \$500 or more will become a Founding Member of KCBP FM. And when you volunteer your help, you'll have the satisfaction that you helped create a valued voice on radio that enriches our community and region.

ACTION: To volunteer your help in fundraising or programming, contact Sue Bower at suebower@prodigy.net. To donate, send your check to Dave Tucker, memo: Radio KCBP, at Modesto Peace/Life Center, P.O. Box 134, Modesto, CA 95353. Or go the the Center's website at peacelifecenter.org and on the Home Page click on Donate, on the right. Thank you!



NEW MODESTO RADIO STATION COMING SOON!

The Modesto Peace/Life Center has been granted a full power radio station license and needs YOUR help!

- ⇒ Donations, Donations, Donations!
- ⇒ Feedback on future programming from YOU!
- ⇒ Volunteers with radio backgrounds & experience
- ⇒ Local Music, Arts and Entertainment connections
- ⇒ Community partners

To get involved or learn more about the new station, contact James Costello, (209) 402-9191 or jcostello@igc.org. You can donate by sending your check to the Modesto Peace/Life Center, P.O. Box 134, Modesto, CA 95353 with "Radio Station" in the memo. You can also donate online at <http://peacelifecenter.org>

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Don't plant a pest!

By ANNE of GREEN GARDENS

The plants you choose to put in your landscape can make a big impact on the ecosystems in your community. Recently, a plant called Mexican feathergrass (*Stipa tenuissima*) has become popular at nurseries and garden centers. Unfortunately, the plant has turned out to be invasive.

Often people use the term "invasive plant" to refer to ornery plants in their garden that are hard to manage. But the California Plant Council defines them as plants that have been moved from one region to another (by humans), that flourish and crowd out native vegetation and wildlife. These plants have a competitive advantage because they are no longer controlled by their natural predators, and can quickly spread out of control.

Why does this matter? Because these plants cost California over \$2.4 billion dollars yearly in management costs when they invade pastures, waterways and farmland. And they can also add fuel to wildfires.

Since 2005, an organization called PlantRight has been working to stop the sale of horticultural invasive plants at nurseries and garden centers in ways that are good for business and the environment. You can help stop the spread of these plants by going to their web site and looking at the plant list and familiarizing yourself with it. A few plants on the list you may be surprised to see include vinca or periwinkle (*Vinca major*), pampassgrass, and one species of iceplant (*Carpobrotus edulis*).

When you purchase plants at nurseries and garden centers, avoid the plants on this list. And, if you have a moment, ask the place of business not to carry them anymore. Visit <http://www.plantright.org/> for more information.

You can read more articles from Anne of Green Gardens at www.anneofgreengardens.com Follow her on Facebook, twitter and Instagram.

Green Tips for a Green Planet: Remembering the 3 Rs – REDUCE, REUSE, RECYCLE

By TINA ARNOPOLE DRISKILL

Though most tend to remember end use recycling, it never hurts to be reminded of the first two and most important Rs – REDUCE then REUSE. THEN RECYCLE what is left over with the aid of some free programs provided by the City of Modesto and other county agencies.

City of Modesto residents are being offered a free food scrap composting bucket per household by contacting their collection company, either Gilton Solid Waste (209) 527-3781 or Bertolotti Disposal (209) 537-8000.

Biodegradable green can waste includes grass, leaves, brush, and plant clippings, tree limbs less than 4 feet; food waste, including all parings, table scraps, meat and bones; and all paper products, including newspapers, magazines, wrapping paper, napkins, paper towels (the last two can be reduced through the use of reusable hand towels and cloth napkins), plus cardboard and chip board.

If it is biodegradable and fits easily into the green can, it



is probably ok. What is **not ok** is any kind of plastic, including Styrofoam and plastic bags, litterbox or other animal waste, wood or lumber, or any kind of non-biodegradable household garbage like metal pieces or glass.

If you follow these guidelines you will find you have few items to put into the black can, and there are several collection areas and buy-back options for cans, glass, and plastic bottles (these are some of the easiest items to reduce and find alternatives for reusing).

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<http://stanislausconnections.org/>



HUGHSON ARBORETUM AND GARDENS
Those who plant trees plant hope.

Hughson Arboretum and Gardens/Yokuts Summer Gathering

By ELAINE GORMAN

Please join Yokuts Sierra Club members and friends at the lovely and unique Hughson Arboretum on Friday July 7, 6-7:30 p.m.

We can relax under the shade of mature trees and sip cool beverages. Or you can stroll through the grounds with a trail guide and learn about the hundreds of plants that are grown there.

Started in 1994 by Hughson resident Margaret Sturtevant and her family, the arboretum is a secret gem of Stanislaus County. There are oaks, pines, coastal habitat, desert habitat, historic trees and more. Be prepared to take a fun tree quiz!

The arboretum is located at 2490 Euclid Avenue, Hughson, 95326, just east of Hughson High School on Whitmore Ave. Parking is available on the grounds off Euclid Ave. Bring a chair, beverages and munchies to share, sun hat and sunscreen.

Sierra Club membership forms will be available. New members will receive a small gift. For more info., contact Elaine Gorman, 209-300-4253.

<http://hughsonarboretum.org/home/>

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ROCKWELL, KELLY & DUARTE, LLP

DAVID N. ROCKWELL
SHARON E. KELLY
JEFFREY DUARTE
MARKUS URSTOEGER
Attorneys/Abogados

1600 G Street
Suite 203
P.O. Box 0142
Modesto, CA
95353-0142
(209) 521-2552
FAX (209) 526-7898

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**Free/Low-cost ID and/or
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Volunteers ready to assist!

Call 209-222-8624 to set an appointment!

Modesto Peace/Life Center
720 13th, Modesto, CA 95354



Hiroshima Remembrance Aug. 6

Join the Modesto Peace/Life Center's Annual Hiroshima Remembrance and Potluck at Legion Park, Modesto on Sunday, August 6th at 6:00 PM. Bring food, drinks to share as we converse and rededicate ourselves to reversing the efforts to rebuild and proliferate nuclear weapons. Bring your own table service.

The evening will conclude with a candlelight vigil on the banks of the Tuolumne River.

Operation 9-2-99 Clean-Up Success

By CHRIS GUPTILL

I would like to thank everyone who participated in our latest river cleanup on June 10th. This was our 30th cleanup event over the course of the last 3 years and the first one in 6 months due to high river flows. We were able to completely clean the entire north bank of the river from Beardbrook Park to Dryden golf course. This area is free of shopping carts, tires, illegal encampments, styrofoam, plastic, and garbage. Check out the totals from our 30 cleanups here. Here is a map of the Dry Creek and Tuolumne Riverside Trails that runs along this stretch of park, creek, and river for hiking, biking, riding, and paddling. It is a great place to recreate both in and along the Tuolumne River and we are currently in the process of restoring the 5 miles of trail damaged due to the high river flows. There are numerous trails in Gateway Park that you can run, ride, or walk as well.

Saturday's 30 volunteers did an outstanding job of returning this entire area to a state the community can be proud of and can recreate along. We had numerous students from the Davis high Key Club as well as many returning veteran volunteers. In all we removed 25 shopping carts, 4 tires, completely filled a 40 cubic yard dumpster and removed 8 tons of material from the riverbank and adjacent trail. Special thanks to Captain Phil McKay with Fish and Wildlife, Duane Becker and his truck driving crew, Modesto City Parks Department for providing the restroom, garbage bags, gloves, and trash grabbers, Edgar Garibay with the Tuolumne River Trust, Vicki Rice with the City of Modesto for recycling the tires, Mike McCormick with Pepsi for providing beverages, Collins Electric for providing the tools, and Del Ambris with Cost Less Foods who helped recycle the shopping carts. Another true community effort.

We have a lot more work to do and we need as many volunteers and partners as we can get. Spread the word via social media. Tell a friend, a family member, a church or club or team member, a neighbor, or a co-worker that we need them. Direct them to the website at <http://tinyurl.com/operation9-2-99> Have them sign up on the form to receive reminders via e-mail. We are taking July off so I hope to see people at our **Saturday, August 12th** cleanup as we continue to combat blight in our parks, waterways, and open spaces. Check out the details on the website or the links below to see the difference we are making.

Website - <http://tinyurl.com/operation9-2-99>

If you are interested, join or donate to our partner the Tuolumne River Trust here

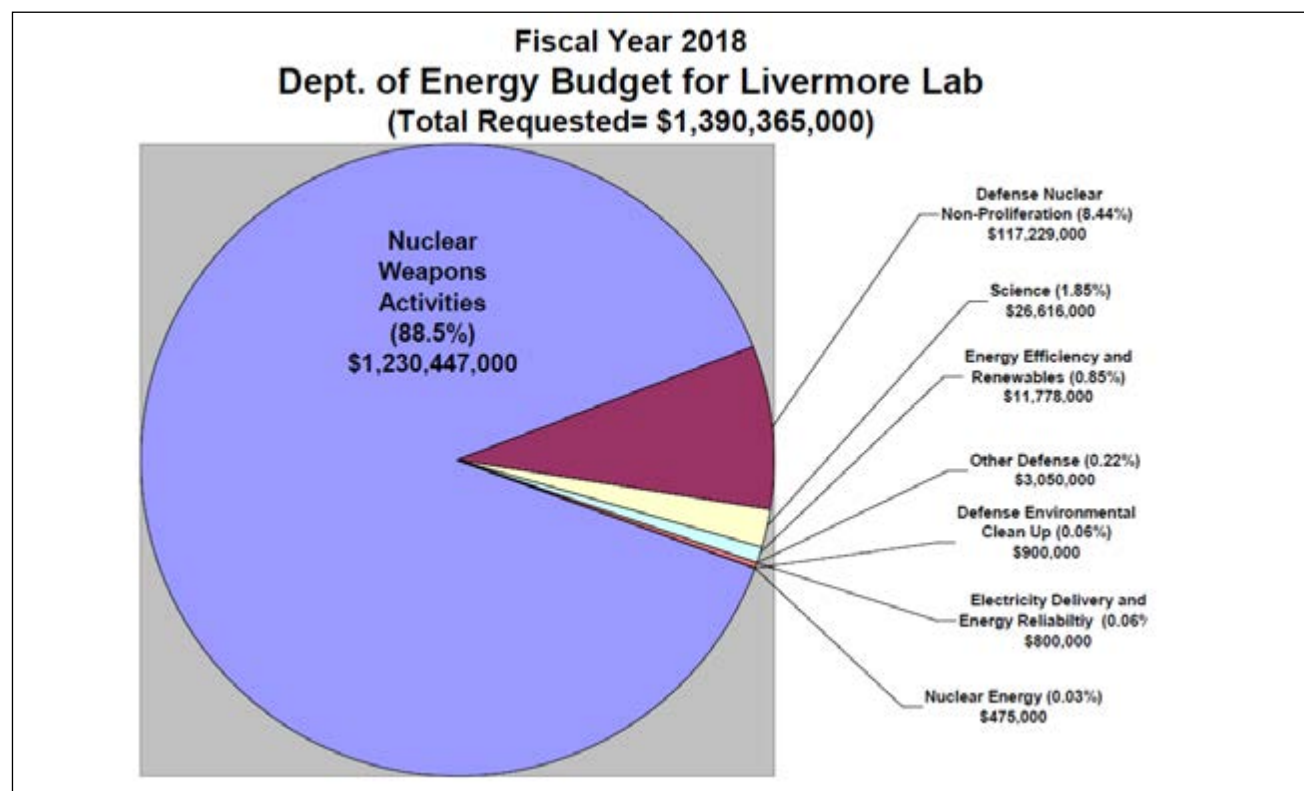
Livermore's Nuclear Weapons Activities Spending Surges in FY2018 Budget Request

By SCOTT YUNDT

The National Nuclear Security Administration released its Fiscal Year 2018 Budget Request to Congress today asking for a large increase in spending on Nuclear Weapons. At Lawrence Livermore National Lab (LLNL) the spending request for nuclear weapons activities goes from and already astronomical \$1.069 billion to \$1.23 billion! The

spending request for Science, Fossil Fuel Energy Research, Environmental Cleanup, and Electricity Delivery and Energy Reliability all significantly decrease. It appears that under this administration LLNL will grow, rather than shrink, its nuclear weapons focus. We have our work cut out for us...

To get involved, contact Tri-Valley CARES, <http://www.trivalleycares.org/>



March for Nuclear Abolition & Global Survival

No Nukes! No Walls! No Wars! No Warming!

Wed., August 9, 2017, 8am

Livermore Lab, corner of Vasco & Patterson Pass Roads

Rally, March & Direct Action

Commemorate the atomic bombings of Hiroshima and Nagasaki at the place where new US nuclear weapons are still being developed today; Change the future!

8 am rally with speakers and musicians. 9 am march to the gates of Livermore Lab, where those who choose will peaceably risk arrest. RSVP for Peace Camp the night before at Lake Del Valle. All ages are welcome!

Stop Trump's dangerous nuclear weapons policies

More information: 925.443.7148 or 510.839.5877

Why the moral argument for nonviolence matters

By KAZU HAGA

“Bernard? Oh yeah, he’s great. He was always the principles guy.”

That was what an old Student Nonviolent Coordinating Committee, or SNCC, organizer told me when I mentioned that I had been trained by Bernard Lafayette, co-author of the Kingian Nonviolence curriculum and a legend of the civil rights era.

“I was always a strategies guy,” this elder went on to tell me. “I believed in nonviolence as an effective strategy, but Bernard was always talking about nonviolence as a principle.”

I let out a little laugh. In that moment, I was proud to have been trained by “the principles guy.”

When people talk about nonviolence in the context of social change, they’re typically talking about nonviolent organizing, nonviolent direct action, nonviolent civil resistance; arenas where the word “nonviolence” is only an adjective describing the absence of physical violence within a set of tactics and strategies. The philosophy of nonviolence and the moral question of violence are often considered too messy or complicated, even by those who do believe it to be a principle.

The civil rights movement was led largely by leaders who believed in nonviolence as a moral imperative. It was not only the most effective thing, but also the right thing. While Martin Luther King Jr. and his closest allies held to this belief, some other movement leaders — as well as the vast majority of people who mobilized for the movement — only understood nonviolence as a strategy.

Most of the movements I have participated in, even those that had a strict policy of nonviolence, tend to shy away from the moral question — possibly for fear of turning away potential participants.

And I get that. Making the argument that nonviolence should be seen as a way of life is a much harder sell than convincing people that it is the most effective strategy to accomplish a goal. Convincing people to remain nonviolent during a demonstration is a lot easier than convincing people to look at how to practice nonviolence in all areas of our life.

We find ourselves in an urgent moment in history. From climate change to the Trump agenda, we do not have the luxury to wait until tomorrow. We need a movement today. So maybe trying to make the moral argument is not the most strategic thing.

But King taught us that it is never the wrong time to do the right thing. And so, I believe the time is right to make the argument that violence itself is our biggest enemy.

Honoring violence

Making the moral argument for nonviolence does not mean placing a moral judgment on those who use or advocate for violence, especially as a means for self-defense.

As an advocate for nonviolence, I have learned a great deal from the likes of the Black Panther Party, the Zapatistas, the Deacons for Defense and the anarchists in the Spanish Civil

War, among others. Their struggles and sacrifices should never be discounted, nor should we ignore the many lessons from their movements.

We should also never judge those who have used violence for self-defense in interpersonal relationships — abusive relationships, robberies, assaults, etc. If people felt like that was their only means of protecting themselves, I only pray that they were okay.

Finally, we need to acknowledge the extreme levels of violence that many people are born into because of systemic injustice. We put people into generations of poverty and invest in a culture of violence, then judge them for reacting with violence? As inarticulate as it may be, even riots are typically a cry for peace from a people who have never had it.

So violence can be an effective tool to protect yourself and others against a threat, and it can be used to express outrage about injustice. There is great value in both.

Yet violence is also limited in one very important way, and that is that violence can never create relationships.

Violence can never get you closer to reconciliation, closer to King’s “beloved community,” the reconciled world with justice for all people. And that is perhaps the most significant difference between a principled nonviolent approach and an approach using violence or nonviolence that is strictly strategic. The goals are different.

Resolution vs. reconciliation

In movements that are violent or simply use nonviolent tactics, the goal is victory, where victory is defined as “your” people beating “those” people to win your demands. The victory is over your opponents. But in a principled approach, there is no victory until you’ve won your opponents over.

In a principled nonviolent approach, the goal is always reconciliation and steps toward beloved community. The goal is always to build and strengthen relationships and to bring people and communities together, not separate them. If we are not able to find ways to bring communities together, we will always have separation, violence and injustice.

Even if you are able to achieve short-term gains, if relationships between people were harmed in the conflict and you are further away from each other as a result, then it is not a victory at all. If only your tactics are nonviolent and not your worldview, whatever issue you’re working on may get resolved, but the relationships don’t get repaired.

It was a team of incarcerated Kingian Nonviolence trainers in Soledad Prison that taught me this during a conversation we

were having about the difference between conflict resolution and conflict reconciliation.

Conflict resolution is about fixing issues. Conflict reconciliation is about repairing relationships. Resolving an issue is about the mind. It’s about policies, structures, laws — the causes of violence. Reconciling a relationship is about the heart. It’s about the people, the stories, the history — the human impact of violence.

The levels of violence today are so heightened that there will be times when movements will need to use assertive and militant nonviolent tactics to stop the immediate harm and demand change.

As Marshall Rosenberg, the founder of nonviolent communication, says, we need to, “use the minimum amount of force necessary to stop the immediate harm.” And we never think about what the “minimum amount” looks like.

That is the realm of nonviolent strategies and tactics like noncooperation and civil disobedience. Tactics that could stop the construction of a pipeline, pass voter protection laws or even lead to a political revolution.

But if we stop there, the relationships between the communities are still divided, and there could still be fear, mistrust and resentment. If the human relationships are not healed, the conflict will resurface again on some other issue. Any peace gained through political revolution but not a revolution of relationships is short-lived.

Reconciliation is what a principled nonviolent approach demands.

The need for healing

The very nature of violence is unjust. As Rev. James Lawson, one of the lead trainers for the civil rights movement, has said, “Violence has a very simple dynamic. I make you suffer more than I suffer. I make you suffer until you cry uncle.” It is the very idea that we can use force, fear and intimidation to get what we want that is our enemy.

Because violence hurts. Period.

We all know that. We’ve all experienced it — physical, emotional and spiritual. It hurts to get punched, but it hurts more to feel abandoned, alone, ashamed, hopeless, desperate, unworthy, afraid, used. And too often, we are made to feel those things by people in our own families, in our own movements, in our own communities.

Being committed to a principled approach to nonviolence requires us to look at the pain that we carry ourselves, and the pain that we inflict on each other within our communities. It is easy to point the finger and say that the violence is “over there.”

I have talked to too many people who shared that the traumas they carry were only re-triggered and made worse by the violence they witnessed within movements. When we say that we are committed to nonviolence, we are not only

In a principled nonviolent approach, the goal is always reconciliation and steps toward beloved community. The goal is always to build and strengthen relationships and to bring people and communities together, not separate them.

Non-violence matters

continued

saying that we want to stop the violence “over there” that “those people” are committing. We also try to work on the ways we ourselves perpetuate harm as a result of our own unhealed traumas. We are working to heal our own selves as much as anyone we perceive as our enemies. We are working to change how we relate to each other in our communities as much as we are working to change any policy.

Whether you live in an impoverished community or work in law enforcement where your job is to dehumanize people all day,** we are not a healthy society. It hurts to witness violence, it hurts to experience violence, and it hurts to inflict violence. Each causes trauma.

Yes, we need to fight. But only so that we can create spaces to heal and to build.

Beloved community

“We are caught in an inescapable network of mutuality, tied in a single garment of destiny,” King wrote in his Letter from a Birmingham Jail. “Whatever affects one directly, affects all indirectly.”

This universal truth comes out in many cultures and traditions throughout the world. The aboriginal peoples in Australia teach us, “If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”

That is the vision of beloved community. A world where we acknowledge our interdependence — our “inter-being,” as Buddhist teacher Thich Nhat Hanh says.

My liberation is bound up in yours. That is a beautiful concept, and a popular quote in many progressive circles. But to what extent do we really believe it? Is our liberation bound up with the liberation of some and not others? How about people who voted for Donald Trump or people who have hurt us personally? Who draws that line? Do some people fall out of the “network of mutuality” that King talked about?

What does it look like to work together to “liberate” those who commit harm? What does it mean to acknowledge that being oppressed hurts, but being an oppressor also destroys your soul? The privileges of being an oppressor doesn’t take away the violence that gets internalized when you hurt someone.

Beloved community is not about loving the people who are easy to love. It is about cultivating “agape” — a Greek word for unconditional love for all of humanity, including those who are difficult to love.

King said that the civil rights movement was a movement for the bodies of black folks and the souls of white folks. He acknowledged that being a white supremacist destroys your soul. To have so much judgment and hatred in your heart is an act of violence you do to yourself, and part of the goal of the movement was to help them. To bring them back into the network of mutuality and to remind them that they are part of beloved community.

Because our liberation depends on it.

WAGING NONVIOLENCE

PEOPLE-POWERED NEWS & ANALYSIS

Faith in people

The core of the theory of nonviolence for me has become an unwavering faith in the nature of humanity. That at our core, we are a species that wants to live in peace and wants to be in service and relationship; that we have the resiliency to heal no matter how hurt we are, and we have the ability to transform no matter how much harm we’ve caused.

We get asked all the time in our workshops, “Well, isn’t violence just part of human nature?” And I used to struggle responding to it, because it was hard to argue. It has always been part of our history.

Then several years ago, I met Paul Chappell, a graduate of West Point turned peace activist. During his presentation at a conference, he said that every study that has ever been conducted shows that violence is traumatic. It can cause PTSD, depression, anxiety and permanent damage to our brain. And yet not a single person has ever been traumatized by an act of love.

He then asked, “If violence is part of our nature, then why does it short-circuit our brain?” Shouldn’t we be able to engage in it and not have it cause permanent damage?

That to him was evidence that violence isn’t in our nature, that at the core of human nature are the things that fulfill us: love, joy, community, peace.

And that is what we need today: a determined and dogged belief in the goodness of people. We need the fierce tactics of nonviolence to stop the immediate harm, and the principles of nonviolence to transform the pain. Without one or the other, we are always going to be spinning our wheels, fighting the next injustice or addressing the next hurt.

I’ve been very privileged in my life. I’ve gotten to see so many people transformed from the most violent circumstances, that it might be easier for me to have faith in people. It is the greatest honor being able to work with incarcerated communities. Everyday, I get to learn from people who have survived so much violence and in many cases have inflicted so much harm, yet have transformed to become some of the greatest peacemakers I’ve ever met. It gives me faith in the resiliency of people and in the core of human nature.

And if I can have faith in their core and their ability to transform, why not the prison guards? Why not the politician who passed the laws that filled the prison? Or the corporate lobbyist who pushed for that legislation? Or the conservative voter who put those lawmakers into office?

It may take seven generations, but if we are not working for a world that works for all of us, then what exactly are we working for? If we are working to change laws and policies, but the hearts and minds of the people are still corrupt and we still see each other as exactly that — “others” — will we

ever know peace?

We are in need of a truly nonviolent revolution, not just of systems and policies, but also of worldviews and relationships. We need to understand that people are never the enemy, that violence and injustice itself is what we need to defeat, and that the goal of every conflict must be reconciliation.

Each conflict we face has to be seen as an opportunity to strengthen understanding between members of a human family that have grown so far apart that we have forgotten our dependence on each other.

That is why we need a principled nonviolent approach to society’s ills. Because it is not just laws and systems that have poisoned us. It is a worldview that has made us forget that our liberation is bound up in the liberation of all people.

And only a holistic nonviolent approach — one that involves both strategies and principles — can muster the force to stop injustice in its tracks while bringing communities towards reconciliation.

Kazu Haga is a Kingian Nonviolence trainer based in Oakland, California. Born in Japan, he has been involved in many social change movements since he was 17. He conducts regular trainings with youth, incarcerated populations and activists. He is the founder and coordinator of East Point Peace Academy, and is on the board of Communities United for Restorative Youth Justice, PeaceWorkers and the OneLife Institute.

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Original article <https://wagingnonviolence.org/feature/moral-nonviolence-healing-king/>

Ed note: The author enlarges on his comment at <https://wagingnonviolence.org/feature/policing-isnt-working-for-cops-either/>. However, I cannot agree with his comment. I posted a reply to it at the original articles website. It reads: I just stumbled onto your fine article and I am very impressed, so much so that I’m going to reprint it in our peace and justice newspaper dedicated to the promotion of nonviolence. However, when speaking of the police, we should not lose the individual humanity of a police person in generalizations about police as a whole. It is not the job of a policeman to “dehumanize people all day.” My son is a policeman and that is not what he does all day. My son is the man who ran into a burning trailer to save a two-year-old child from a suicidal father. He is the man who reaches into his pocket to give money to a homeless person when they don’t have any. I certainly recognize that there are people who are police who should never be found in that occupation. And, there are certainly dysfunctional departments who have officers who profile people because of their color, and brutalize them as well. And there are officers who lose control in situations where they shouldn’t. However, there are many good people in law enforcement who actually try to do their jobs well without dehumanizing the people they encounter. My son is one of them.

New book: *The Resistance Handbook: 45 Ways to Fight Trump* by Markos Moulitsas

Founder and Publisher, *Daily Kos*, answers the number one question the author has received since the election: “What more can I do to fight Trump?” Turns out, there’s quite a lot we can do.

Donald Trump may have lost the popular vote, he may suck at getting actual legislation signed, and he’s so incompetent that he can’t even nominate people for open executive-branch positions. But he’s still a clear and present danger to our planet, our country, our culture, and the issues we care about the most. The Resistance has stymied many of his efforts, like the Muslim Ban, and has driven his disapproval ratings to record highs (in the 60s!). But he’s not quitting, and neither can we. In fact, we have to be smarter, sharper, and more efficient.

The Resistance Handbook will be a critical tool in that effort, giving individuals and resistance groups a virtual menu of actions to take, as well as connecting them to some of the best traditional and new progressive organizations fighting the good fight digitally and on the ground.

The book is split into four sections:

- The nuts and bolts of resisting.
- How to protect our culture from Trump’s misogyny, racism, xenophobia, bullying, and religious intolerance.
- How to protect the issues we care about.
- And how to build the infrastructure to help us win elections from city council to the White House—not just the next cycle or two, but long into the future.

Pick up a copy!



Trump budget would leave low-income families feeling the heat

The elimination of the Low-Income Home Energy Assistance Program could impact millions of people, according to the NAACP

By JOHN R. PLATT, *The Revelator*

A little-noticed provision of Trump’s so-called “Taxpayer First Budget” would eliminate funding for the Low-Income Home Energy Assistance Program (LIHEAP), which has assisted millions of families annually with their heating and cooling costs since 1981. The \$3.09 billion dollar program provides block grants to states, territories and tribal organizations, which then distribute funding to constituents in need.

Those families already struggle with their heating and cooling bills, which is why the program was created in the first place. According to a report issued earlier this year by the NAACP, low-income and African-American families disproportionately suffer overly high energy burdens. Not only do utility rates take up an overly large portion of expenses for these households, the report details how some utilities routinely shut off service to customers who have trouble keeping up with their bills. Many states offer little to no protection to get those utilities turned back on, even during the dangerous heat of summer or below-freezing winter temperatures.

According to the NAACP:

- 7 states offer no payment plans to cure delinquency
- 8 states have no medical protection policies on affecting disconnection of services;
- 11 states have no disconnection limitation policies
- 14 states have no date-based protection policies, which set specific dates of when customers cannot, without due diligence, be disconnected from a utility service
- 28 states have no temperature-based policies — meaning, regardless of how cold it becomes, utilities can be shut-off
- 11 states have no disconnection limitations
- And 36 states have reconnection fees, requiring customers to pay even more to get their service turned back on.

The NAACP calculates that the elimination of the energy assistance program would impact over one million African Americans and nearly 7 million Americans in total. They also estimate that thousands of people a year would face health risks without the program — a number that would only increase in the face of climate change.

“As summertime temperatures increase, and heat waves

and droughts become more frequent, people with fewer means are increasingly vulnerable,” says Marcus Franklin, environmental and climate justice program specialist with the NAACP. “Heat is already the number-one weather-related killer in the U.S., triggering asthma attacks, heart attacks and other serious health impacts. The fact that states across the nation do not have seasonal protections in place should be frightening for socially vulnerable communities.”


About half of the program’s current funding goes toward winter heating, but Franklin says he is particularly worried about the need for cooling during hot summers. Specifically, the urban heat island effect, which can cause city temperatures to rise as much as 22 degrees above normal, will be hard on low-income city populations. “The hottest parts of the country, including Texas, the Southwest and Florida, have already experienced large increases in extreme heat days, including days over 90, 95 and 100 degrees,” he says. “Extreme heat paired with rising humidity levels make blistering hot days more dangerous.” These areas, which include several of the fastest-growing cities in the country according to the U.S. Census Bureau, are projected to encounter dangerous increases in heat in the coming decades. “Heat-related deaths due to urban extreme heat are common in other regions as well, notably in large cities like Los Angeles and New York. Air conditioning is a luxury many cannot afford.”

Franklin says the release of their report in March, which received surprisingly little media attention, still generated a lot of outrage among the organization’s members and partners. He says one of the most common comments they received about the report “is that it articulates a vision for an energy future that society can strive toward: energy access as a basic right.”

The NAACP’s full report on this issue breaks down existing utility shut-off protections — or lack of them — state by state, while also providing a roadmap for working with utilities and regulators to improve the situation. Franklin says gathering more information and personal stories about utility shut-offs will help to secure a brighter, and safer, future for all customers around the country regardless of the political climate.

John R. Platt, editor of *The Revelator*, is an award-winning environmental journalist. His work has appeared in *Scientific American*, *Audubon*, *Motherboard*, and numerous other magazines and publications.

<http://therevelator.org/trump-budget-families-heat/>



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With a storm
With a gull
With your breath
Goes the thought
With a vague vision
Beyond the bogland
With your heart
Hawking aloud in the wild
With dripping blood
An unformed concept
A shoal of consciousness
Bubbling with feeling
With a photon
With a quantum
With your mind concentrated
On a twisted other

Copse

Standing straight against the frozen sky
Your skeletons are the exquisite calligraphy
Of the season
Your name is writ
Not in water
But with wind

Swirling

Among the mixtures of
Seven primary colors, the painting
Gives rise to a swirl
Turning fast enough
To send you up to a little cloud
Like the Zhuangzian Peng gliding through
The serenity of autumn sky
Neither the bird nor you cast
Any shadow down as the earth
Keeps rotating as leisurely
As any other day beyond the black hole
When you return and stand on a
Hilltop, the painting is still
Unfolding itself, but the bird has
Vanished high up into another universe

Directory of Directions (2)

South: not unlike a raindrop
on a small lotus leaf
unable to find the spot
to settle itself down
in an early autumn shower
my little canoe drifts around
near the horizon
beyond the bare bay
West: like a giddy goat

wandering among the ruins
of a long lost civilization
you keep searching
in the central park
a way out of the tall weeds
as nature wraps new york
with mummy blue

East: within her beehive-like room
so small that a yawning stretch
would readily awaken
the whole apartment building
she draws a picture on the wall
of a tremendous tree
that keeps growing
until it shoots up
from the cemented roof

North: after the storm
all dust hung up
in the crowded air
with his human face
frozen into a dot of dust
and a rising speckle of dust
melted into his face
to avoid this cold climate
of his Antarctic dream
he relocated his naked soul
at the dawn of summer

Karma Casting: a Wuxing Poem

-Believe it or not, the ancient Chinese 5-Element Theory
accounts for us all.

1 Metal (born in a year ending in 0 or 1)
-helps water but hinders wood; helped by earth but
hindered by fire
he used to be totally dull-colored
because he came from the earth's inside
now he has become a super-conductor
for cold words, hot pictures and light itself
all being transmitted through his throat

2 Water (born in a year ending in 2 or 3)
-helps wood but hinders fire; helped by metal but hindered
by earth
with her transparent tenderness
coded with colorless violence
she is always ready to support
or sink the powerful boat
sailing south

3 Wood (born in a year ending 4 or 5)
-helps fire but hinders earth; helped by water but hindered
by metal
rings in rings have been opened or broken



POET: Changming Yuan

Changming Yuan, is a nine-time Pushcart and one-time Best of the Net nominee. He started to learn English at age 19 and published monographs on translation before moving out of China.

“[I] have now had little connection to China since i moved to Canada 30 years ago, except for regular visits to my native place, where my mother and brother try to live a happy life with heavy pollution. In recent years, my social involvement has been restricted only to volunteering at a local food bank on a weekly basis. Because of health problems, I do not move around, nor can I even use my eyes as much as I wish.”

Currently, Changming edits *Poetry Pacific* with Allen Yuan in Vancouver, and has poetry appearing in *Best Canadian Poetry*, *BestNewPoemsOnline*, *Threepenny Review* and 1249 other publications worldwide.

like echoes that roll from home to home
each containing fragments of green
trying to tell their tales
from the forest's depths

4 Fire (born in a year ending 6 or 7)
-helps earth but hinders metal; helped by wood but
hindered by water
your soft power bursting from your ribcage
as enthusiastic as a phoenix is supposed to be
when you fly your lipless kisses
you reach out your hearts
until they are all broken

5 Earth (born in a year ending in 8 or 9)
-helps metal but hinders water; helped by fire but hindered
by wood
i think not; therefore, I am not
what I am, but I have a color
the skin my heart wears inside out
tattooed intricately
with footprints of history

For the first six months of Donald Trump's presidency, what exactly have he and Congress been working on?

By **CELINE McNICHOLAS**, Labor Counsel, Economic Policy Institute

While the media and many advocacy groups have been focused on the Trump-Russia investigation and health care repeal, EPI's Perkins Project is monitoring, analyzing, and publicizing any attempts to dismantle the laws and regulations that protect working people and their families.

Six policies that you might have missed that Donald Trump and Congress are trying to enact:

Wall Street vs. Retirees—Earlier this month, the “Fiduciary Rule”—passed by President Obama’s Department of Labor—went into effect. But Donald Trump’s Department of Labor is refusing to enforce it. The Fiduciary Rule requires Wall Street advisers to provide retirement investment advice that’s in your best interests, not the adviser’s. Stopping these conflicts of interest would save retirees \$17 billion each year in charges and fees. **Donald Trump is siding with Wall Street over current and future retirees.**

Corporations vs. Working People—Last year, we worked hard to update the overtime pay rule, which would allow 12.5 million people to receive the overtime pay they deserve. But now, Donald Trump’s Department of Labor is preparing to open up a new comment period in an attempt to undermine and kill this new rule. **Trump is siding with corporate lobbyists who are trying to rob working people of their right to overtime pay.**

Union Busters in the White House and Congress—Donald Trump’s Department of Labor is rescinding the “persuader rule,” which previously required employers to disclose if they had hired a consultant to “persuade” employees against joining together in union. Scrapping this rule gives union-busting CEOs a break and robs working people of the freedom to make an informed choice in a union election. **Donald Trump is turning his back on working people by allowing corporations—with no consequences or oversight—to stop their employees from joining together to improve their jobs.**

And, while the President’s Department of Labor is giving union-busting CEOs a break, Congress is trying even harder to prevent working people from joining together to negotiate for a fair return on their work. This month, the U.S. House Subcommittee on Health, Labor, Employment and Pensions discussed three anti-union bills.

The Workforce Democracy and Fairness Act would enable employers to disrupt workers trying to organize in union by packing the vote with workers who do not share the interests of those who are organizing. This would make it very difficult for working people to win a union. And—in a true double standard—this bill would make it harder for working people to grow their power in numbers because it restricts the freedom to easily add new staff to an existing union. **The true goal of the legislation has nothing to do with employee fairness. It’s to ensure that working people don’t have the freedom to come together and negotiate with their employers for a fair return on their work.**

The Employee Privacy Protection Act, also being debated in Congress, would unfairly restrict people organizing a union from contacting employees. Under current law, a

union has the right to a list of names, job classifications, work locations, shifts, and contact information for potential union members within two days after a group of working people decide to negotiate together. The EPPA would require that the voter information be provided to the union “not earlier than 7 days” after it is requested. **However, the bill does not provide a maximum waiting time. So, the employees organizing in union could receive the information the day before the election.** Further, the EPPA restricts the contact information that would be shared. The bill forces a worker to select, in writing, one form of contact information (telephone, email, or mailing address) to provide. If a worker wanted to provide multiple contacts, this bill would prohibit that.

The Employee Rights Act is the most far-reaching of the three measures considered by the committee. It requires that a union **win the support of the majority of all employees**

eligible to vote in the union election—not just those workers who actually cast a ballot. **Imagine if congressional elections worked that way! None of the members who sponsored this legislation would have been elected!**

It’s clear that these rules aren’t about protecting working people or creating jobs—they’re about who gets to benefit from our hard work. When working people lose the freedom to speak up together, the rich and powerful will continue to rig the rules in their favor and at our expense.

EPI’s Perkins Project Policy Watch will continue to track the Trump administration and Congress

EPI is an independent, nonprofit think tank that researches the impact of economic trends and policies on working people in the United States.

The Great Central Valley Awakening

from page 2

throughout that campaign I was active in numerous marches, protests, voter registration drives and much more. Being gay I have been involved in the local LGBTQ community as an activist as well. I am with *Our Revolution* and attend meetings, events of various other new progressive groups.

I will continue this series, as I have much more to share from my interviews with Floyd, Denise, Michelle and Donna. I hope to interview others, too. I encourage everyone to get involved! These groups are not only productive and effective, but they are creating lasting friendships with neighbors you may never have known otherwise. I belong to most of these groups, and most activists that I know also belong to numerous groups and are very supportive of each other – no counter productive “territorial” issues. On the contrary. As

in the meeting we had just this week (June 13), *Indivisible Stanislaus*, moderated by Denise, several other groups’ members were in attendance and many gave reports on upcoming events. Here is a partial list of some groups you can find on Facebook and join in our area! *Indivisible Stanislaus*, *Stanislaus Resistance*, *be the change Turlock*, *Patterson Progressive Alliance*, *Swing Left*, *Indivisible Manteca*, *Our Revolution California District 10*, *Our Revolution Stanislaus*, *Our Revolution Turlock*, *Our Revolution San Joaquin*, *California Democratic Party*, *Our Revolution Central Valley*.

Contact the author at 40ryke209@gmail.com

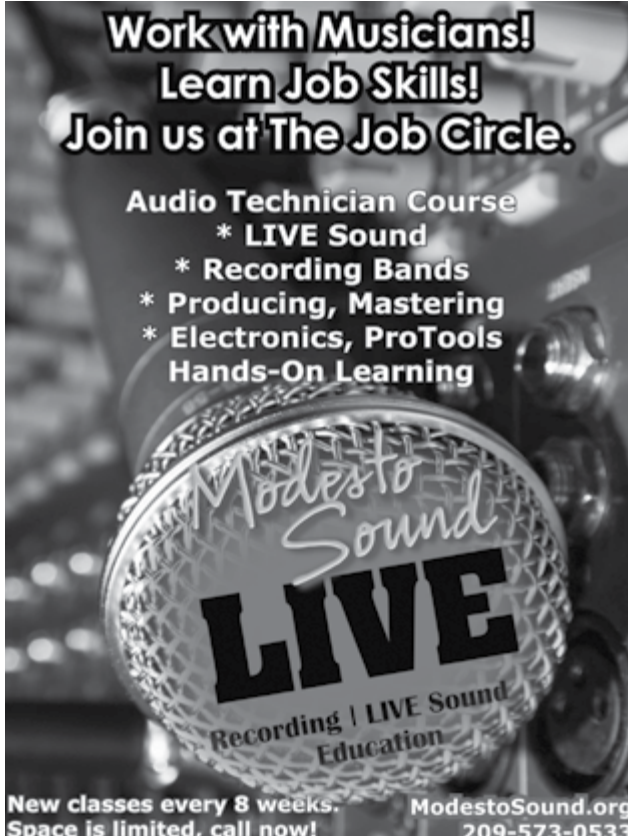


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Veganism Is Direct Action!

By VASU MURTY

“A diet that can lead to heart attacks, cancer, and numerous other diseases cannot be a natural diet,” writes Keith Akers in *A Vegetarian Sourcebook* (1983). “A diet that pillages our resources of land, water, forests, and energy cannot be a natural diet. A diet that causes the unnecessary suffering and death of billions of animals each year cannot be a natural diet.”

“It seems disingenuous for the intellectual elite of the first world to dwell on the subject of too many babies being born in the second-and third-world nations while virtually ignoring the overpopulation of cattle and the realities of a food chain that robs the poor of sustenance to feed the rich a steady diet of grain-fed meat.”

— Jeremy Rifkin, pro-life and pro-animal author, *Beyond Beef: The Rise and Fall of the Cattle Culture*, and president of the Greenhouse Crisis Foundation

A pamphlet put out by Compassion Over Killing says raising animals for food is one of the leading causes of both pollution and resource depletion today. According to the 2006 United Nations report, *Livestock's Long Shadow*, raising chickens, turkeys, pigs, and other animals for food causes more greenhouse gas emissions than all the cars, trucks and other forms of transportation combined. Researchers from the University of Chicago similarly concluded that a vegetarian diet is the most energy efficient, and the average American does more to reduce global warming emissions by not eating animal products than by switching to a hybrid car.

“Livestock are one of the most significant contributors to today's most serious environmental problems. Urgent action is required to remedy the situation.”

— Union Nations Food and Agriculture Association

Nearly 75% of the grain grown and 50% of the water consumed in the U.S. are used by the meat industry. (Audubon Society)

Over 260 million acres of U.S. forest have been cleared to grow grain for livestock. (Greenpeace)

It takes nearly one gallon of fossil fuel and 2,500 gallons of water to produce just one pound of conventionally fed beef. (*Mother Jones*)

The following points and facts are excerpted from *Please Don't Eat the Animals* (2007) by the mother-daughter writing team of Jennifer Horsman and Jaime Flowers:

“A reduction in beef and other meat consumption is the most potent single act you can take to halt the destruction of our environment and preserve our natural resources. Our

choices do matter: what's healthiest for each of us personally is also healthiest for the life support system of our precious, but wounded planet.”

— John Robbins, author, *Diet for a New America*, and President, Earth Save Foundation

One study puts animal waste in the United States to be between 2.4 trillion to 3.9 trillion pounds per year. The United States produces fifteen thousand pounds of manure per person. This is 130 times the amount of waste produced by the entire human population of the United States. A thousand-cow dairy can produce approximately 120,000 pounds of waste per day. This is the functional equivalent of the amount of sanitary waste produced by a city of twenty thousand people. A 20,000-chicken factory produces about 2.4 million pounds of manure a year. Poultry factories are one of the fastest growing industries throughout Asia. One pig excretes nearly three gallons of waste per day, or 2.5 times the average human's daily total. One hog farm with fifty thousand pigs in France produces more waste than the entire city of Los Angeles, and some pig farms are much larger.

Factory farm pollution is the primary source of damage to coastal waters in North and South America, Europe, and Asia. Scientists report that over sixty percent of the coastal waters in the United States are moderately to severely degraded from factory farm nutrient pollution. This pollution creates oxygen-depleted dead zones, which are huge areas of ocean devoid of aquatic life. The World Conservation Union lists over a thousand different fish species that are threatened or endangered. According to the United Nations Food and Agriculture Organization estimate, over sixty percent of the world's fish species are either fully exploited or depleted. Commercial fish populations of cod, hake, haddock, and flounder have fallen by as much as 95 percent in the north Atlantic.

Meat production causes deforestation, which then contributes to global warming. Trees convert carbon dioxide into oxygen, and the destruction of forests around the globe to make room for grazing cattle furthers the greenhouse effect.

Agricultural meat production generates air pollution. As manure decomposes, it releases over four hundred volatile organic compounds, many of which are extremely harmful to human health.

Livestock production affects a startling 72 to 85 percent of the land area of the United States, United Kingdom, and the European Union. That includes the public and private rangeland used for grazing, as well as the land used to produce the crops that feed the animals. By comparison, urbanization only affects three percent of the United States land area, slightly larger for the European Union and the United Kingdom. Meat production consumes the world's land resources.

The United States and Europe lose several billion tons of

topsoil each year from cropland and grazing land, and 84 percent of this erosion is caused by livestock agriculture. While this soil is theoretically a renewable resource, we are losing soil at a much faster rate than we are able to replace it. It takes one hundred to five hundred years to produce one inch of topsoil, but due to livestock grazing and feeding, farming areas can lose up to six inches of topsoil a year.

The United States government spends ten million dollars each year to kill an estimated one hundred thousand wild animals, including coyotes, foxes, bobcats, badgers, bears, and mountain lions just to placate ranchers who don't want these animals killing their livestock. The cost far outweighs the damage to livestock that these predators cause.

“The impact of countless hooves and mouths over the years has done more to alter the type of vegetation and land forms of the West than all the water projects, strip mines, power plants, freeways, and sub-division developments combined.”

— Philip Fradkin, in *Audubon*, National Audubon Society, New York

Thirty-three percent of our nation's raw materials and fossil fuels go into livestock destined for slaughter. In a vegan economy, only two percent of our resources will go to the production of food.

“Carl Pope could probably affect the world more by being a vegetarian than through his job as president of the Sierra Club,” quipped Jennifer Horsman.

Half of all fresh water worldwide is used for thirsty livestock. Producing eight ounces of beef requires an unimaginable 25,000 liters of water, or the water necessary for one pound of steak equals the water consumption of the average household for a year. The Worldwatch Institute estimates one pound of steak from a steer raised in a feedlot costs: five pounds of grain, a whopping 2,500 gallons of water, the energy equivalent of a gallon of gasoline, and about 34 pounds of topsoil.

Brother David Steindl-Rast, a Benedictine monk said in the February 1995 issue of *Harmony: Voices for a Just Future* (a peace and justice periodical on the religious left): “...the survival of our planet depends on our sense of belonging—to all other humans, to dolphins caught in dragnets to pigs and chickens and calves raised in animal concentration camps, to redwoods and rainforests, to kelp beds in our oceans, and to the ozone layer.”

Veganism is direct action. The number of animals killed for food in the United States is nearly 75 times larger than the number of animals killed in laboratories, thirty times larger than the number killed by hunters and trappers, and five hundred times larger than the number of animals killed in animal pounds.

Les Brown of the Overseas Development Council calculates that if Americans reduced their meat consumption by only ten percent per year, it would free at least twelve million tons of grain for human consumption — or enough to feed sixty million people.



Be informed!
Read the Valley Citizen at
<http://thevalleycitizen.com>



Help keep our readers informed. We urge people participating in an event to write about it and send their story to *Connections*.

Stockton

PEACE AND JUSTICE NETWORK OF SAN JOAQUIN COUNTY (<http://www.pjnsjc.org>). Info: James Walsh, jwprod1956@clearwire.net

JULY

4 TUES: Visit MoPride's Fireworks booth, Coffee Rd. and Mabel Ave., Modesto.

5 WED: Modesto Peace/Life Center VIGIL: Immigration. McHenry & J St., 4:30-5:30 pm.

7 FRI: join Yokuts Sierra Club for the Hughson Arboretum and Gardens/**Yokuts Summer Gathering**. Relax under mature shade trees, sip cool beverages or stroll through the grounds with a trail guide and learn about the hundreds of plants that are grown there. 6-7:30 pm, 2490 Euclid Avenue, Hughson. Info: Elaine Gorman, 209-300-4253.

10-15 MON-SAT: Recording Arts Camp at Modesto Sound and Gallo Center for the Arts for ages 8-12 and 13-18, \$175. 10 am-2 pm. 209-573-0533. <http://www.modestosound.com/camp>

14 FRI: FREE concert at Gallo Center for the Arts. Modesto Sound Youth Campers. Original Songs; Professional Sound. 7 pm. 209-573-0533. <http://www.modestosound.com/camp>

16 SUN: The Modesto Film Society presents *The Exorcist*. State Theatre, 1307 J. St., 2:00 pm. Visit <http://www.thestate.org/calendar/event/894>

30 SUN: The State Theatre presents *Summer of (Movie) Love, Peace & Understanding*: Monterey Pops. 1307 J. St., 2:00 pm. Visit <http://www.thestate.org/calendar/event/937#>

AUGUST

2 WED: Modesto Peace/Life Center VIGIL: Healthcare. McHenry & J St., 4:30-5:30 pm.

6 SUN: Modesto Peace/Life Center's Annual Hiroshima Remembrance and Potluck, Legion Park, Modesto, 6:00 PM. Bring food, drinks to share as we converse and rededicate ourselves to reversing the efforts to rebuild and proliferate nuclear weapons. Bring your own table service. Evening concludes with a candlelight vigil on the banks of the Tuolumne River.

9 WED: March for Nuclear Abolition & Global Survival. No Nukes! No Walls! No Wars! No Warming! 8 am, Livermore Lab, corner of Vasco & Patterson Pass Rds. More information: 925.443.7148 or 510.839.5877. See article, this issue.

12 SAT: Operation 9-2-99 Clean-Up. See article, this issue. Visit <http://tinyurl.com/operation9-2-99>

REGULAR MEETINGS

SUNDAYS

Modesto Vineyard Christian Fellowship, 10:00 am at the MODSPOT, 1220 J St. Call or text 209-232-1932, email modestovineyard@gmail.com; All Welcome.

Weekly insight meditation and dharma talk, 9:00 am-10:15 am, 2172 Kiernan Ave., Modesto (in the UUFSC sanctuary). Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: insightmeditationcentralvalley@gmail.com

Food Addicts Anonymous In Recovery. Sundays 6:30 pm, 2467 Veneman Ave. Modesto. Info: Emily M., 209 480-8247.

MONDAYS

StanCounty Radical Mental Health: a peer facilitated support group open to people living with mental health issues. Mondays, 7 pm at the Modesto Peace/Life Center 720 13th St., Modesto. We strive to create a safe, non-judgmental space. Information: email stancountymrh@gmail.com or contact Sue at 209-247-4659.

Walk With Me, a women's primary infertility support group and Bible study. 6:00 pm to 7:30 pm the first and third Mondays of each month (September only meeting 9/15/14 due to Labor Day). Big Valley Grace Community Church. Interested? Email WalkWithMeGroup@gmail.com or call 209.577.1604.

Silver & Gold Support Group 50+ years of age. Ongoing support group for mental health and wellness to meet the needs of the mature Lesbian, Gay, Bisexual, and Transgender (LGBT) community. Every Monday 3:00 - 4:00 pm, Community-Hope-Recovery, 305 Downey Ave. Modesto. Info: Monica O, Tiamonica64@gmail.com or Susan J, SusanthePoet@gmail.com

TUESDAYS

Exploring Whiteness & Showing Up For Racial Justice Meetings. Fourth Tuesday, monthly 7:00 p.m., Central Grace Hmong Alliance Church, 918 Sierra Dr., Modesto. Info: <https://www.facebook.com/events/247655549018387/>

Pagan Family Social, third Tuesdays, Golden Corral, 3737 McHenry Ave, Modesto, 6:00 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

Ukulele Jam led by Lorrie Freitas. 6 p.m. Songbooks provided. Telle Classrooms Trinity Presbyterian Church, 1600 Carver, Modesto. Donation. Info: 209-505-3216. www.funstrummers.com

Weekly insight meditation and dharma talk, 6:30 pm-8:30 pm, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC parking lot). Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: insightmeditationcentralvalley@gmail.com

Adult Children Of Alcoholics, Every Tuesday, 7 pm at 1320 L St., (Christ Unity Baptist Church). Info: Jeff, 527-2469.

WEDNESDAYS

Ongoing meditation class based on Qi Gong Principals. Practice a 3 Step Guided Meditation Process I have been doing for over a decade. Fun and Easy. JOIN ME! Donations accepted but optional. Call 209.495.6608 or email Orlando Arreygue, CMT RYT, orlando@arreygue.com

Merced LGBT Community Center offers a variety of monthly meetings and written materials. Volunteers, on site Wed-Fri, offer support. Ph: 209-626-5551. Email: mercedboard@gaycentralvalley.org – 1744 G St. Suite H, Merced, CA. www.mercedlgbtcenter.org

Merced Full Spectrum meets the second Wednesday of every month, 6 p.m. 1744 G St., Suite H, Merced <http://www.lgbtmerced.org/> Merced Full Spectrum is a division of Gay Central Valley, a 501(c)(3) nonprofit organization. <http://www.gaycentralvalley.org/>

Unity Tai Ji Qi Gong (A Journey Within) - First United Methodist Church Multipurpose Rm - 6 pm - Wednesdays - freewill offering. Michele, 209 602-3162.

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center VIGILS: held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), (NOTE TIME), 4:30-5:30 pm. Call the Center for info: 529-5750.

MEDIA: Listen to local Valley Community Radio KQRP 104.9 FM, <http://www.kqrp.com>

PEACE LIFE CENTER BOARD MEETING, FIRST Thursdays, 720 13th St., Modesto, 6:30 pm, 529-5750.

MEDIA COMMITTEE of Peace Life Center. Meetings TBA. Call John Lucas, 527-7634.

CONNECTIONS EDITORIAL MEETINGS: Info: 537-7818, jcostello@igc.org

PEACE/LIFE CENTER MODESTO, 720 13th St. Call 529-5750. We'll get back to you with current info on activities.

Modesto Folk Dancers All levels welcome. Raube Hall, Ceres (call for address), 480-0387.

GLBT Questioning Teen Support Group (14-19 years old). 2nd & 4th Wednesdays, College Ave. Congregational Church, 1341 College Ave., Modesto. 7 – 9 pm. Safe, friendly, confidential. This is a secular, non-religious group. Info: call 524-0983.

TRANSGENDER SUPPORT GROUP, 2nd & 4th Wed., 7:30 to 9 pm. Info: (209) 338-0855. Email info@stanpride.org, or tgsupport@stanpride.org

MINDFUL MEDITATION: Modesto Almond Blossom Sangha, 7 - 9 pm. Info: Anne, 521-6977.

COMPASSIONATE FRIENDS GROUPS, 2nd Wed., 252 Magnolia, Manteca.

THURSDAYS

LGBTQA Collaborative Meetings 4th Thursdays. Agendas are the same for each meeting. Lunch meeting: Peer Recovery Art Center, 1222 J St, Modesto, Noon to 1:30 pm. Dinner meetings: Stanislaus BHRS – Redwood Room, 800 Scenic Dr., Modesto, CA 95354, 5:30 pm to 7 pm. Meeting dates: Sept. 29, Oct. 27, Nov. 17, Dec. 15: No meeting/ Winter Mixer. Dedicated to promoting well-being in the LGBTQA community. John Aguirre, jpamodesto@gmail.com, 559-280-3864.

Green Team educational meetings the 3rd Thursday of each month, 10 to 11 am, Kirk Lindsey Center, 1020 10th St. Plaza, Suite 102, Modesto. www.StanislausGreenTeam.com

Third Thursday Art Walk, Downtown Modesto, downtown art galleries open – take a walk and check out the local art scene. 5-8 pm every third Thursday of the month. Info: 579-9913, <http://www.modestoartwalk.com>

A Buddhist Approach to Recovery from Addiction. Jana Lynn Community Rm., 500 N. 9th St., Modesto. Thursdays 6:30-8 pm. FREE (donations accepted). Info: email RefugeRecoveryModesto@gmail.com

The Book Group, First & third Thursdays. College Ave UCC Youth Bldg., Orangeburg & College Ave., 3:30 pm. Info: mzjurkovic@gmail.com

The Compassionate Friends, Modesto/Riverbank Area Chapter. 2nd Thursday of the month. Contact: Joanna Rose-Murray, 209-484-8276, jrmcompassionate@gmail.com, <http://www.tcfmodesto-riverbankarea.org>

NAACP. King-Kennedy Center, 601 S M.L. King Dr., Modesto, 7 pm, 3rd Thursdays. 549-1991.

Valley Heartland Zen Group: every Thurs 6:30 to 8:30 pm, Modesto Church of the Brethren, 2310 Woodland Ave. Meditation. Newcomers welcome. Info: 535-6750 or <http://emptynestzen.org>

Pagan Community Meeting, 1st Thursdays, Cafe Amore, 3025 McHenry Ave, Suite S., Modesto, 8 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

FRIDAYS

Funstrummers Ukulele Band every Friday, 9:15 am-noon, Church of the Brethren, 2301 Woodland Ave., Modesto. Donation. Info: 209-505-3216; www.funstrummers.com

Latino Emergency Council (LEC) 3rd Fridays, 8:15 am, El Concilio, 1314 H St. Modesto. Info: Dale Butler, 522-8537.

VILLAGE DANCERS: Dances from Balkans, Europe,

USA and more. Fridays, Carnegie Arts Center, 250 N. Broadway, Turlock. 7:30-9:30 pm, \$5 (students free). Info: call Judy, 209-480-0387.

SIERRA CLUB: Yokuts group. Regular meetings, third Friday, College Ave. Congregational Church, 7 pm. Info: 549-9155. Visit <http://www.sierraclub.org/mother-lode/yokuts> for info on hikes and events.

MUJERES LATINAS, last Friday, lunch meetings, Info: Cristina Villego, 549-1831.

HISPANIC LEADERSHIP COUNCIL, 1st & 3rd Fridays at 7:00 am, El Concilio, 1314 H St. Other meetings at Terrace Cafe, Double Tree Hotel. Info: Yamilet Valladolid, 523-2860.

SATURDAY

Citizens' Climate Lobby, Modesto Chapter, meets every first Saturday, 10:30 a.m., 937 Oxford Way, Modesto. Questions: Call Kathy, 523-5907.

So Easy ~ So Good: Vegetarian/Vegan/Wannabe Group. Potlucks, guest speakers, field trips, activist activities, movie nights, etc. Third Saturday of every month. Info: Kathy Haynes (209) 250-9961 or email kathyhaynesSESG@gmail.com

SERRV: Saturdays, 10 - Noon and after church Sundays or by appointment. Call Mary, 522-6497 or 523-5178. Gifts from developing countries. Church of the Brethren, 2301 Woodland, Rm. #4, Modesto. nonprofit organization. <http://www.gaycentralvalley.org/>

ONGOING

THE JOB CIRCLE Modesto Sound offers Audio Technician training classes for those 13 and older. Work with musicians; hands-on learning Live Sound, Recording Bands, Producing, Mastering, Electronics, and Pro Tools. Call or email for more information and class times. Modesto Sound, 110 Santa Barbara Ave., Modesto. \$200 (limited scholarships available). 209-573-0533, studio@modestosound.org; ModestoSound.org

Prepare for virtually any natural disaster with the **Natural Disaster Preparedness Guide:** www.expertise.com/home-and-garden/home-preparation-for-natural-disasters

Complete guide to support groups at <http://www.friendsaregoodmedicine.com/pdf/FriendsDirectory.pdf>

Calculators for a sustainable environment: valuable website which contains car payment and car use calculators and links to many calculators to help people reduce their energy footprints. <http://www.carpaymentcalculator.net/calcs/environmental.php>

Valley Improvement Project's mission is to improve the quality of life of under-represented and marginalized residents of California's Central Valley. For ongoing events visit V.I.P. at <http://valleyimprovementprojects.org/about>. Email: valleyimprovementprojects@gmail.com Facebook: https://www.facebook.com/ValleyImprovementProjects?ref=br_tf

DEADLINE to submit articles to CONNECTIONS: Tenth of each month. Submit peace, justice, environmental event notices to Jim Costello, jcostello@igc.org Free Calendar listings subject to space and editing.