

SONOMA COUNTY

peace press

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in this issue

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- Health Care: We Pay Too Much and Get Too Little
- Freedom Flotilla Sails in 2020
- Climate Friendly Eating: Best Choice for Every Diet

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Sonoma County
**UNITED
IN CRISIS**

Newsletter of the Peace & Justice Center of Sonoma County,
an affiliate of the Fellowship of Reconciliation (FOR).
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Deadline: May 1, 2020

Email articles in MSWord to peacentr@sonic.net

Word limit up to 700 words – space is limited.

Shorter pieces under 400 words welcome about local activism and events.

Authors are encouraged to delineate fact from opinion and wherever possible to substantiate their facts with references.

Poems are limited to 30 lines.

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The Editorial Collective selects articles that serve the movement for peace and justice in a positive way. Articles are edited for clarity, syntax, grammar, length and spelling. If needed, authors will be contacted to assist with editing. Submissions must contain author's name, address, phone number, word count and a brief – one or two sentence bio. Decisions about editing fall within these guidelines and are the final judgment of the Peace Press editorial collective.

Articles are the opinion of the author unless otherwise noted.

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Events on topics of social justice, environmental, and related items to be placed in the PJC weekly email calendar, can be sent to peacentr@sonic.net
Include CALENDAR (in caps) on subject line.

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EDITORIAL COLLECTIVE

Rebel Fagin, Terra Freedman, Eszter Freeman, Larry Harper, Earl Herr, Attila Nagy

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*“If you don't like the news...
go out and make some of your own!”*

Wes “Scoop” Nisker

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GETTING CENTERED

Staying Centered

Shekeyna Black

“Knowing what must be done does away with fear.”

– Rosa Parks, Civil Rights Activist (1913–2005)

Staying Centered in challenging times is vital. Citizens around the world are now familiar with the phrase, “Social Distancing” as a way of lessening the spread of the Covid-19 pandemic. Events have been cancelled in our communities, businesses have had to close their doors, and grocery stores have experienced an uptick in sales as people stock up in order to weather the shelter in place recommendations. What happens to the most vulnerable in our community, especially the homeless? The end of January saw the inhumane “sweep” of the homeless folks living on the Joe Rodota Trail in Santa Rosa, scattered once again to fend for themselves in isolation.

On February 20, 2020, the Board of Directors of the Peace & Justice Center of Sonoma County promoted me to Executive Director. It is a responsibility I do not take lightly, especially during these uncertain times. The Annual Spring Appeal will be arriving in our members mailboxes and we ask that you donate what you are able so that we may continue the work of our Mission Statement: *to inform, support and energize the Sonoma County community to create peace and social justice through active nonviolence.* Sign-up on

our website, www.pjcsoco.org to receive our weekly email calendar that features Social Justice and Peace events around the county. We recommend that you double check with event organizers to ensure that meetings and special events are still taking place.

As soon as it's safe to come out of our shelter in place mode, Dennis Bernstein of KPFA's Flashpoints radio program will do a Poetry Reading and multi-media presentation around his book, *Five Oceans in a Teaspoon*, (<https://fiveoceansinateaspoon.com>) at Redwood Cafe in Cotati. Date to be announced. Mr. Bernstein was adamant that the event be a Benefit for the Peace & Justice Center County. Thank you, Dennis!

And let us not lose sight of the fact that this is an election year. Voters need to hold elected officials in all levels of government accountable and that is precisely why Voting Matters! Policy needs to be in place to protect people in regards to healthcare, affordable housing and access to nutritious food. We cannot be lulled back into complacency.

If there is one lesson that can be learned from this global pandemic, it is that we are living on a shared planet, breathing the same air and accessing the same limited precious resources. Perhaps this time, we can get it right! Heed the words of wisdom by Marshall B. Rosenberg in his book, *Nonviolent Communication: A Language of Compassion*, “Defuse stress by empathizing with others.”

Sonoma County United in Crisis

North Bay Jobs With Justice

Just as our fires brought to the surface the vast inequalities in Sonoma County, so too has the COVID-19 pandemic. Rather than corporate... bailouts and commitments to simply not evict families 'for now' we need a real community bailout. One in five Sonoma County residents are living in poverty¹ and hundreds of thousands are now out of work. Members of our community need to know they will not lose work permanently only to come out of this pandemic owing thousands of dollars to landlords and banks.

A 2019 report found 40% of Americans would not be able to respond to a \$400 unexpected expense without some kind of help². This agenda was created in unity by those very community members and leaders from across our County. The stakes are the highest they've ever been. We may be in this pandemic for months.

We call on our local governments to step up to their responsibility of caring for the whole community and prioritize these policies below. If we do this right, we will not just survive but thrive. Our communi-

ties cannot wait. Every day bold action is not taken is another day families, tenants, seniors, immigrants, workers, and our unhoused community struggle to survive.

WE HAVE THE RIGHT FOR OUR BASIC NEEDS TO BE MET

1. The County provides funds for undocumented workers whose work was impacted by COVID19.
2. The Right to Language Justice: all alerts must be multilingual, in both English and Spanish as well as other languages spoken in the county - including indigenous languages such as Mixteco, Triqui, Chatino. Information must be proactively shared with the unhoused community.
3. Ensure employers do not lay off workers until all means of securing needed funds have been exhausted. Should workers be laid off, ensure employers offer jobs back to those workers in order of seniority when re-hiring.
4. Assure accessible health care for those experiencing actual or possible COVID-19 symptoms and allow laid-off workers to keep their healthcare. Since many companies are receiving emergency taxpayer

money, we should ensure all medical costs incurred by “essential” workers who have no access to health insurance be covered by the Employer. This includes farmworkers, domestic workers or undocumented workers.

WE HAVE THE RIGHT TO HOME

1. By August 1st the Board of Supervisors will comply with state law SB54 to participate in and fund a countywide town hall meeting on issues impacting the immigrant community, including a TRUTH Act report from Sheriff Essick. To ensure language and cultural competency, this will be planned and facilitated by community organizations.
2. A moratorium on all evictions, rent increases, and foreclosures that is extended to at least 6 months after the end of the COVID-19 outbreak. No rent debt accumulated and any tenant relocations will be temporary.
3. Secure and allocate relief funding and rental and mortgage assistance for all who will be impacted economically by this virus.

United in Crisis...see page 3

Hong Kong – The Fragrant Harbor (Part 1)

Grace Cheung-Schulman

When I accepted the *Peace Press* invitation to write an article about Hong Kong, I was already planning to visit Hong Kong in February this year. I thought it would be interesting to do an on-the-ground report about the weekly political riots which were still going on since June 2019.

means “Fragrant Harbor” in Chinese – was most likely named for its past as a major trading post for fragrant incense. It was ceded by the Chinese imperial Qing dynasty to Britain after the Opium War. In 1898, Britain obtained a 99-year lease for an additional rural land-mass called New Territories.

Right after WWII, there were waves of

laissez-faire capitalism.

Not even Hong Kong’s return to Chinese sovereignty under a Hong Kong Basic Law and “One Country, Two System” principle in 1997 slowed its economic momentum. The Basic Law provided Hong Kong with a high degree of autonomy and protection of rights and freedom as under British rule, as well as a

capitalist system and way of life that would remain unchanged for 50 years. In fact, Hong Kong grew even more prosperous as it became an important financial center for foreign companies doing business with China.

China started to ease its economic policies while it continued to tighten



Hong Kong Harbor, photo Base64, Creative Commons

Then, at the end of December 2019, the coronavirus broke out in Wuhan, China. Within a few weeks, it quickly spread to several Asian countries including Hong Kong. By January 26, Hong Kong declared a virus emergency, cancelled Lunar New Year celebrations and imposed travel restrictions. So I cancelled the trip.

Suddenly that little bit of land that I turned my back on so many years ago loomed large in the local news. My friends who know that I’m originally from Hong Kong asked me about the riots and the virus, and whether my family was safe back home. This made me reflect again on my experiences as a young Chinese adult abroad.

I left Hong Kong for the first time to study music in Toronto, Canada. In Canada, I had a wonderful time enjoying the great outdoors, fantastic educational institutions and facilities, a wide diversity of cultures to learn about and new people to meet. I was able to escape the confines of the physical, social and cultural environment of Hong Kong.

The Hong Kong I was born into was a tiny British Crown colony, just a little island and a peninsula. “Hong Kong” – which literally

mass migration to Hong Kong. Many left Mainland China to flee the horrors of the country’s civil war and the communist revolution that followed. Hundreds of thousands risked their lives to sneak across the guarded border under the cloak of darkness or to swim through shark-infested waters to the haven that is Hong Kong. Cheap refugee labor during the 1960-70s helped to power the manufacturing boom in Hong Kong.

As a colonial overlord, Britain was a benevolent dictator. We had law and order, a quality educational system, freedom of speech and freedom of movement. We had no voting rights but Hong Kong practiced a laissez-faire capitalist economy with free enterprise, free market, low taxes and almost no tariffs. Everybody was free to make money as best they could.

During the five decades after WWII, Hong Kong developed from a small fishing village into an entry port for China and the rest of Asia, to a light-manufacturing center and eventually into an international financial powerhouse. The well-known American economist Milton Friedman called Hong Kong an “Economic Miracle” – a perfect example of

political rule. However, in the years leading up to 1997, people in Hong Kong were very distrustful of the Communist Chinese government, particularly after the Tiananmen Square massacre of 1989. Tens of thousands of people applied for foreign citizenship, cashed in their expensive apartments, bringing their whole families to countries like Canada and Australia. An estimated \$4.2 billion flowed directly from Hong Kong to Canada as a result. At the same time, many poorer people were trapped without the ability to leave, while the 50-year clock continues to count down. After 1998, one year after the transfer of sovereignty, many Hong Kong-born emigrants returned to Hong Kong with foreign citizenship – to continue to make money in the free capitalism system.

So, what caused the 2019-20 anti-government protests in Hong Kong? I will discuss this in Part 2 in the June/July 2020 *Peace Press*.

Grace Cheung-Schulman is a freelance fine art and documentary photographer living in Santa Rosa. She relocated to Sonoma County in 2003 after a long career in music education, music copyright administration, and arts and nonprofit management in Hong Kong, Canada, and the US.

United in Crisis... from page 1

4. Provide emergency shelter, food and sanitation stations to our homeless population, Cease displacement of homeless encampments. Ensure quarantine options are made available.

WE HAVE THE RIGHT TO BE SAFE AND PROTECTED

1. The Board of Supervisors mandate the Sheriff to stop all communication with ICE. Assurance from the County of Sonoma that the County Courthouse will abide by the new 2020 state law related to access to ICE agents. Courthouse personnel will receive the relevant training.

2. Enact mandatory Paid Sick Leave for all employees. Waive the 90-day requirement to receive paid sick time. Notice regarding current State paid sick leave requirements will be given to all employees in their preferred language.

3. Frontline "essential workers", Healthcare and domestic workers must be provided adequate safety protection including but not limited to N95 masks, gloves, face shields, and gowns. Requesting or using adequate safety protection is not grounds for retaliation. Every attempt should be made to ensure tests are provided when needed.

4. Advocate for the release of all COVID-19 vulnerable persons from ICE detention centers in California.

SoCo United In Crisis Members:

North Bay Jobs with Justice

North Bay Organizing Project

North Bay Labor Council

National Union of Healthcare Workers (NUHW)

Graton Day Labor Center

Alianza Laboral de Mujeres Activas y Solidarias (ALMAS)

Sonoma County Tenants Union

Service Employees International Union (SEIU), Local 1021

Comité VIDA

Sunrise Movement

Sources:

1 http://northbayjobswithjustice.org/State%20of%20Working%20Sonoma%202018_Final%20Report3_%202-25-19.pdf

2 <https://www.federalreserve.gov/publications/files/2018-report-economic-well-being-us-households-201905.pdf>

HEALTHCARE: We Pay Too Much and Get Too Little

Maria Behan

Local healthcare professionals and community leaders – including State Senator Mike McGuire – joined about 150 interested community members in Santa Rosa's Odd Fellows Hall on February 8 to talk about America's broken healthcare system and how it could be fixed. Hosted by three local groups – Health Professionals for Equality and Community Empowerment (HPEACE), North Bay Jobs With Justice, and the Sonoma County Democratic Party – the forum examined how universal healthcare is delivered in other countries and explored how America might travel down the same road – and what that would mean for individuals, families and businesses.

"As health professionals and community activists in Sonoma County, we believe that bold, meaningful changes are desperately needed," said Terry Winter, a retired nurse and HPEACE co-founder who presented at the forum. "America's healthcare 'system' is overpriced, underperforming and inequitable. Our costs are by far the highest in the world and we don't adequately cover everyone."

"Why are US costs so high and the quality so low?" asked Dr. Toni Ramirez, another HPEACE co-founder who addressed the forum. "Because corporations extract billions of dollars a year in profits, redirecting resources to fund administrators rather than care."

A recent Yale study published in *The Lancet* supports the idea that Medicare for All may be the way forward. The study's authors estimated that Medicare for All's single-payer, universal healthcare system would likely save more than 68,000 lives each year while delivering 13% savings, equivalent to savings of more than \$450 billion annually.

The lead author of the study, Alison Galvani, says alternative plans that keep private insurance in the mix – like the public option – would cost more and save fewer lives. Appearing on *Democracy Now*, Galvani observed, "If we strip away the savings identified in Medicare for All and expanded healthcare through the Medicare for All Who Want It plan, we'd still have all these private entities and we'd be continuing the inefficiencies that makes our healthcare system so expensive."

In today's heated political environment, some equate ending for-profit insurance with

taking away medical care. However, Medicare for All would replace private insurance with less expensive and more comprehensive public insurance – and far from doing harm, that would benefit people's health and pocketbooks. "Everyone would have more choice, because with Medicare for All, there would be no distinction between out-of-network and in-network barriers," Galvani explained. "So, not only would you be able to keep your doctor; if there was a different doctor you preferred, you would be able to switch."

Here are some facts about the American healthcare system and proposed reforms that were presented at last month's forum in Santa Rosa:

The US is the only one of the 33 most highly developed countries that does not offer universal healthcare. One-third of Americans skip care because they can't afford it. According to a Harvard study, 45,000 people die every year – that averages out to more than 120 deaths a day – because we ration care based on patients' ability to pay. Under Sanders' Medicare for All plan (a 4% tax on household income greater than \$29,000): Households with an annual income of \$50,000 would pay about \$840 a year. Those making \$100,000 would pay \$2,840.

All medically necessary care would be covered, including long-term care for seniors and the disabled, as well as vision, hearing and dental care. No more premiums, deductibles, co-payments or out-of-pocket expenses.

About 90% of families would pay less for healthcare than they do now. For the middle class, Medicare for All would be the biggest increase in take-home pay in 40 years. By eliminating out-of-pocket costs, it's estimated that Medicare for All would increase the income of the poor by about 29%, lifting roughly 8 million people out of poverty. It would be the most effective anti-poverty program in American history. Despite expanding coverage to every US resident, Medicare for All would save trillions of dollars over a ten-year period.

To get more information, join the efforts of the Healthcare for All Working Group or request a healthcare-reform presentation for your local group or organization, email hpeacesantarosa@gmail.com or call (707) 480-2271.

Freedom Flotilla Sails in 2020

Rebel Fagin

In 2008, Israel deployed a sea blockade surrounding the coast of Gaza and denying the Palestinians all sea-borne shipments of food, medicine and other basic supplies. In 2009, Israel invaded Gaza with Operation Cast Lead. Netanyahu called this invasion “mowing the lawn.” 1,383 Palestinians were killed, 333 of them children. This isn’t mowing the lawn, this is a war crime.

These crimes have continued with recurrent



invasions, and life in Gaza has become unlivable. Gaza contains over two million people living in an area roughly the length of from Graton to Penngrove by a width from Cotati to Sebastopol. Half of these people are children. Unemployment is over 67%. Households may get four to six hours of electricity a day and, according to UNICEF, “sewage treatment plants can’t operate fully and the equivalent of forty-three Olympic-sized swimming pools of raw or partially treated sewage is pumped into the sea *every day*.” Palestinians in Gaza are denied basic human rights daily: the rights to adequate housing, healthcare, education, clean water, food and freedom of movement. The Palestinians endure with steadfastness beyond steadfastness called *samud*. They are not alone.

In 2008, activists from all over the world challenged the blockade when the first Free Gaza boats sailed into ports in Gaza with humanitarian supplies. No other boats have

gotten through the blockade since.

In 2010, in an act of piracy, the Israeli Navy boarded the *Mari Marmara*, killing ten and wounding fifty-six. The *Mari Marmara* was part of a Freedom Flotilla. Since then the International Freedom Flotilla Coalition has continued to sail for Gaza with medicine, food, clothes and other forms of basic aid. Over 35 flotillas have sailed so far. This year’s flotilla will focus on the children of Gaza.

“The children of Gaza deserve the same rights as children in every other country of the world,” stated Ann Wright of US Boats to Gaza.

The 2020 flotilla will sail in May. Retired Colonel Ann Wright will be speaking on this year’s flotilla at the Peace & Justice Center this spring. The International Freedom Flotilla Coalition (FCC) is a global, civil solidarity movement that *you* can join. Learn more at jfp.freedomflotilla.org or www.nonviolenceinternational.net. The road to peace is paved with justice.

Sources: Common Dreams, 7/23/19; freedomflotilla.org, 12/4/19; Middle East Monitor, 12/2/19; Speaking of Palestine, 2020-02-03.

Join Us in Palestine/Israel this Fall

Linda Sartor and Mya Klein

The long-standing problems of land domination and citizen suppression have taken their toll on Palestinian people trying to live on their land. Palestinians invite members of the international community to provide a protective presence, witness the abuses and raise awareness about their situation in our home countries.

Linda remembers some of the moments during her previous trip:

“Israeli forces often arrest people from their homes during the night in one West Bank community where we spent some time when I was there with Meta Peace Team a couple of years ago. The reason given for the arrests was that these young men were involved in protests in years past. If there is an arrest in the night while we are there, we will get a call to go and witness (sort of like our Emergency Response Network here in Sonoma County). It would be unsafe for any of the local Palestinians to go outside their own homes at such times.

In another West Bank community, Israeli settlers have to walk through the Palestinian area to

attend Friday night services at their synagogue, and Israeli army are posted along the way to ‘protect’ the settlers. We are present to observe the interactions between the Israelis (both army and settlers) and the Palestinians. All is quiet this evening with Venus and Jupiter emerging as the sky turns from the light blue of day to a deep dark blue and then the black of night.

While observing, I am thinking about how important it is for internationals to continue to provide a presence in the West Bank. The Palestinians are resilient people and they are taking a strong stand in the face of the long term and constant oppression with which they have been faced since 1949. Those who still live in the West Bank refuse to leave their homeland despite the harassment they receive (and have received for generations) from Israeli settlers and military. We from the US can provide two means of support: first by standing with the Palestinians providing this protective presence and second, by reporting back to as many US citizens as possible to encourage all of us to refuse to allow our government to continue financial support to

Israel and the atrocities committed in the West Bank with our tax money.”

A note from Mya:

“I first met Linda Sartor while volunteering at The Peace & Justice Center in Santa Rosa. Shortly after that I bought her book, *Turning Fear Into Power: How I Confronted the War on Terror*. The chapter about her first Palestine/Israel trip in 2002 especially took me into a place of knowing that I must be a part of the healing there whenever possible. I’m heading to Palestine this fall with the team after some training. This is a calling and I hope you find it in your hearts to join us.”

Mya and Linda are planning to go to Palestine to serve as unarmed civilian peacekeepers with Meta Peace Team (metapeaceteam.org) for a month this coming fall. We would love for others from Sonoma County to join this team. Applications are due May 20. All team members will attend a training in Michigan for close to a week at the end of June. Then we will start raising funds to cover the estimated \$3,500 it will cost each of us for the plane fare to and from Israel and four weeks in the country. If you are interested in coming, don’t let the cost deter you from applying. There are partial scholarships available. Contact Linda at linda@monansrill.org if you want more information.

Climate Friendly Eating: Best Choices For Every Diet

Occupy Sonoma County

According to UN studies, raising livestock accounts for 14.5% of all greenhouse gas emissions. Including all the direct and indirect emissions from animal agriculture, it can be as high as 51%. Breeding and killing billions of animals for human consumption requires vast amounts of land, water and fossil fuels. A shift to plant-based foods is essential to preventing a climate catastrophe. You can reduce your carbon footprint by participating in our May Meat Challenge.

We encourage people who consume animal products to consider an 80-100% plant-based diet during our May Meat Challenge to reduce greenhouse gas and climate change. We also encourage conscientious eating that is locally sourced, organic, and minimally processed, with sustainable packaging. Experiment with plant-based choices that are delicious, nutritious, local and sustainable for a lasting climate-friendly diet.

People who choose to eat animal products have access to grass-fed, grass-finished, pasture-raised foods from farms that utilize carbon farming practices, mitigating the large amounts of methane produced by animal agriculture. Seafood products that are sustainably farm-raised without GMOs or toxic chemicals are not depleting or polluting the oceans. Eggs from chickens that are pasture raised are widely available and vastly different than so-called cage-free or free range eggs that are raised in overcrowded warehouses. Pasture eggs are from chickens that run around outside on rotating pastures and have a coop to sleep in at night. Look for organic, non-GMO, pasture eggs for a more conscientious choice, if you eat eggs.

Grass-fed, grass-finished, pasture-raised, organic... these animal products cost more than cheaper meats, dairy and eggs. However, these choices are healthier for the environment and for your body. In the long run it is more economical to stay healthy and limit the quantity to remain within your budget. A normal 4-ounce serving of meat or fish is the size of your palm. For information about best choices for seafood and other products go to our GMO Shopper's Guide on our website.

Beans and rice are still one of the cheapest and most nutritious meals. Balance your diet

with lentils, beans, whole grains and fresh, organic fruits and vegetables. Fill most of your plate with vitamin-rich foods such as a beautiful salad, steamed veggies, sautéed greens or a baked yam. Regularly consume iron-rich foods such as beets, black beans and leafy greens. Beans, legumes, nuts, seeds and vegetables are all great sources of minerals and adequate protein. Make homemade non-dairy milk, cream and sour cream, in your blender from nuts, oats or seeds. Delicious, local, non-dairy butter is also available now in all paper packaging.

Photosynthesis pulls carbon from the atmosphere and puts it back in the soil. Some of the best solutions to climate change are growing plants organically – with minimal or no tilling – composting and shifting to a plant-based diet.

On Monday, May 4, from 6-9 pm we will be hosting a teach-in and plant-based potluck at the PJC about carbon farming, regenerative agriculture and other climate friendly farming practices.

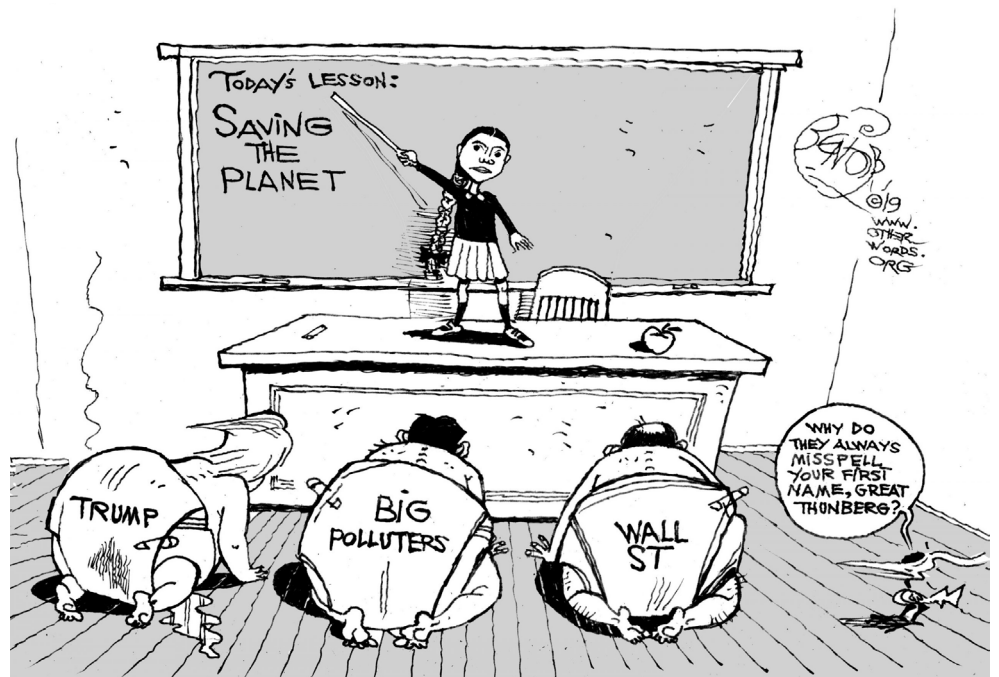
Presenter Terry Harrison from Community Alliance with Family Farmers (CAFF) Sonoma Chapter has been working in the area of sustainable agriculture since 1980. CAFF works locally to build sustainable food and farming systems that create resilient family farms and ecosystems. The primary speaker

will be Jeffrey Creque from the Carbon Cycle Institute in Petaluma, where Jeff provides senior leadership on carbon farming and land management to stop and reverse global climate change, advancing science-based solutions that reduce atmospheric carbon by building soil carbon and critical farm ecosystems. Jeff is a State Board of Forestry Certified Rangeland Manager, a USDA Nutrient Management Specialist and holds a Ph.D. in Rangeland Ecology. He farmed organically in Marin County from 1979 to 2014, and is a co-founder of the Marin Carbon Project.

We invite you to participate in the OSC May Meat Challenge Campaign. Download our challenge handout at OccupySonomaCounty.org/MayMeatChallenge. Participants will receive a discount coupon from our co-hosts at Community Market.

Join our Earth Action Campaign every third Monday, 7-9 pm at the PJC to get involved in climate change, climate justice, toxic chemicals and Earth-related issues. We are making plans for Plastic Free July and other campaigns. Join our Earth Action listserv with a news-packed weekly newsletter.

Occupy Sonoma County embraces the egalitarian, deep democracy principles of the Occupy Movement with a regional strategy for effectively organizing countywide social justice campaigns that are globally relevant. For more information go to OccupySonomaCounty.org or call 707-877-6650.



How I Became a Better Feminist Through Animal Rights Activism

Kamal S. Prasad

Before I became an animal rights activist, I was an armchair feminist. I believed in women's rights, signed petitions for gender equality and got dutifully mad at reports of sexual harassment and other acts of violence against women. It wasn't until I became an animal rights activist that I realized what it means to be a true feminist. Not only can I better understand the plight of oppressed women in this male-dominated society, I can finally empathize.

Learning about the environmental harms of animal agriculture led me to become a vegan. As I continued learning about the pros and cons of different types of animal agriculture, I realized that most of our environmental problems were just a symptom of how we breed and treat farmed animals. This led me to becoming an animal rights activist.

As I continued to inform myself about animal agricultural practices, I saw the role of the unjust dominance and subjugation of female animals. Female animals are bred in a higher ratio to males to keep this system alive and grow it. The lucky ones are those bred for their flesh as their lives will be cut short by the butcher. Those bred for their secretions (milk and eggs) or reproduction purposes suffer the most horrible fates and prolonged torture.

Sows (female pigs) and cows are artificially impregnated as early in their life as possible. Even hens (female chickens, ducks and turkeys) are put in barns by the thousands where they undergo unnatural fertilization. This process continues as often as possible – without the animals' consent – until their bodies can no longer bear to go on at the desired "production" rate of the industry. Then, maimed, diseased and scarred, they too are sent off to slaughter at a fraction of their normal lifespans.

It is no coincidence that farming animals is often referred to as animal husbandry, originating from a term in which the man was the owner of his wife, children and other property, including animals. It gave the man the right to use and abuse his property as he saw fit

without the other's consent.

This begs the question, can animals give consent? Anyone who has ever pet a cat or a dog has been granted consent by the animal to do so. Indeed, not only do they consent to being petted, they can rescind that consent when they pull themselves away and leave our presence.

However, can or do animals give consent for harm to be done to them? I argue they do. When a dog comes between their guardian and an apparent assailant, they are telling the attacker, "if you want to get to my guardian, you have to go through me."

Mother hens, sows and cows will put themselves in between a potential predator and their babies to protect them. There are many instances of different species of animals putting themselves in harm's way to protect an animal of another species. (A quick search on YouTube will provide ample illustrations.)

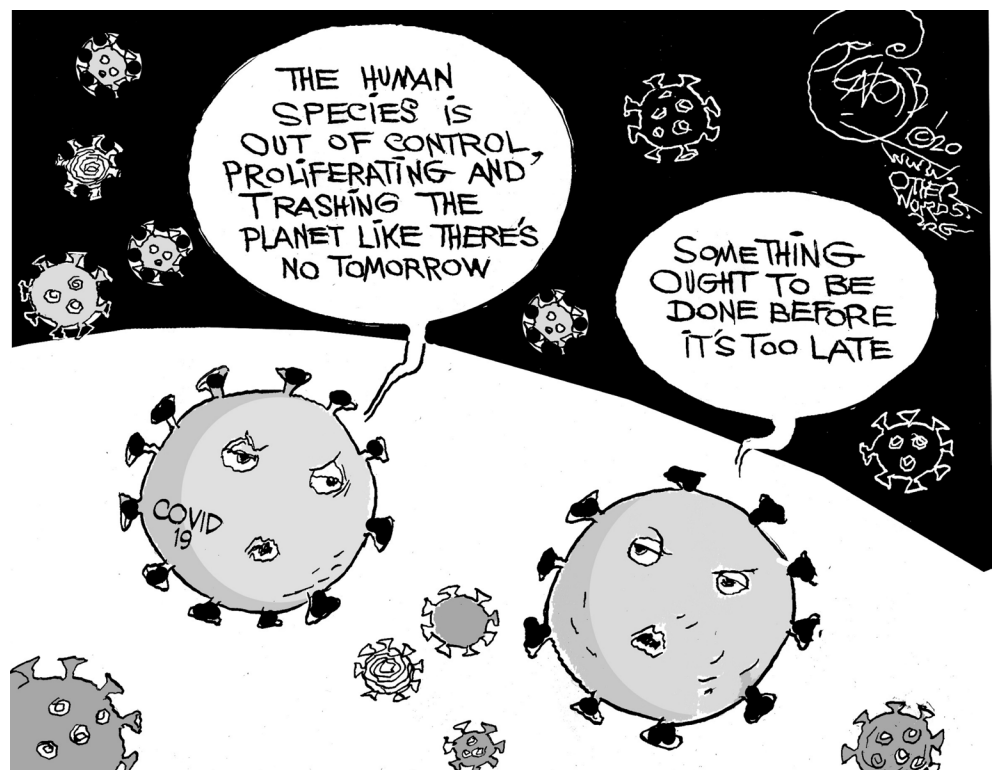
But no farmed mammal gives the consent to being (artificially) impregnated as early in their life and as often as possible, just so we can steal their milk and raise their babies for slaughter or raise them to become future

milk cows. Hens do not give consent to be put in large sheds with their feed and source of light manipulated to force them to produce eggs year-round.

Maya Angelou noted, "Do the best you can until you know better. Then when you know better, do better." Commercial animal agriculture, regardless of labels like humane or free-range, would not exist without the exploitation and abuse of female-farmed animals.

As an armchair feminist, I am ashamed to say that I still engaged in laughing at sexist jokes or letting inappropriate comments or actions against women around me pass, particularly when women weren't objecting to them. I no longer do that and speak up against misogynistic actions regardless of who does or doesn't appear to be offended by it. Witnessing the abuses of female-farmed animals has made me better understand the #MeToo movement and I'm a better feminist because of it.

For more information, visit the author's video, <https://youtu.be/P85tspnn34U> or this video, <https://youtu.be/-DvUbf3pqba> or his website at <http://kamalprasad.com>



An Immigrant Child's Experience in the US

Varnika Kailash, Maria Carrillo High School Senior, First Place Awardee of the 2020 Dr. King Speech Contest

When my parents immigrated from South India to the United States in 1996, they eagerly carried the hope of the American Dream. “A doctor and a lawyer in the family” people would marvel when my brother and I declared what we wanted to become. But when I was little, my version of the American Dream was rooted in Barbies and Disney princesses. I did not know that in the 1950s Martin Luther King, Jr. and his fellow demonstrators were marching. Attacked by vicious dogs. Hosed with water at intense forces. Lynched. Girls younger than me were dying in bombed churches in Mississippi because of their dark skin. The American Dream is not equally accessible to all. The land of “be true, be you” was nothing more than the Barbie slogan I grew up seeing on the plastic boxes carrying the dolls inside.

Being in America meant I had to look the part, which my Disney princesses and dolls gave me guidance on. But there always seemed to be a cultural gap that set me apart from the girls surrounding me. The most obvious difference was the color of my skin.

This is why Princess Jasmine and I had an instant bond! Apparently, according to all my non-Indian friends, I looked exactly like her! She was the only example I had of a brown girl who was a beautiful princess American girls actually admired, too. I felt like I had to be just like her in order to hope to be seen as valuable despite my darker skin, to offset the crippling embarrassment I felt over my turmeric and saffron infused food, my wildly intricate clothing, or the unfamiliar way my native language now seems to roll off my tongue.

In his Beloved Community speech, King said, “A beloved community is formed by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world.” What exactly does this mean? What does this mean, when last summer, my four-year old cousin comes up to me, sobbing, saying, “I don’t want to be an ugly Indian anymore. Rapunzel isn’t Indian!” She would vigorously scratch her own skin with a white colored pencil.

Light skinned, blue-eyed figures like Barbie grace the entirety of Disney films, while each

Cosmopolitan issue featuring skinny models with voluminous blond hair urged readers to sculpt the “irresistible bombshell body.” This standard was curated. And I succumbed to trying to fit these standards. After defiantly staying out of the beach so my skin wouldn’t get darker from the sun, my skin wasn’t light enough. If I replaced my Bollywood playlist with 101.7 on the radio, the number of Western pop songs I could sing along to with my friends wasn’t enough. And if I learned English, my thick accent wasn’t hidden well enough. It was never enough.

How do we make King’s vision of embracing diversity come alive today, while simultaneously grappling with the constant insecurity that America, land of the free, home of the brave, does not want you in return? I am that “outsider,” the girl with brown skin, the girl who can’t talk to her grandparents in public without anticipating another passerby to bark out, “Speak English!”

But I’m tired of trying to learn a language that doesn’t bother to learn how to properly say my own name. My mother would walk two miles everyday to the library, so she could learn English from a teacher and divert as much attention from her as she possibly could. I remember hearing her slowly murmur the words spoken so fluently on the television screen. She would try to swallow those words over and over again, nervously adjusting the burgundy dupatta draped over her shoulders. It is exhausting, spending endless hours, day in and day out, to learn a language that tells you, “Go back to your own country!” – the same country many risked their own lives to escape from.

I have noticed, looking back on my days of playing with Barbie and at girls playing with them today, that though she is supposedly the epitome of femininity, there is something ineffably masculine about her, something so

strained in her beyond her kilowatt smile. She lacked softness, subtlety, and had this bluntness about her amidst the lustrous hair and big chest. She was obvious in her pursuit to be perfect. Having these as glamourized figures in merchandising during our early years teaches us that that’s what we have to do in order to be accepted and loved.

Martin Luther King said it best: “Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.” If we reject diversity, if people deliberately choose to surround themselves with suffocating walls that prevent them from exploring the world outside, people will shrivel up without the

If we reject diversity, if people deliberately choose to surround themselves with suffocating walls that prevent them from exploring the world outside, people will shrivel up without the nourishment of new ideas.

nourishment of new ideas. Our spirits will wither, overwhelmed with too much familiarity, too much predictability.

Like a child’s Barbie or obsession with Disney princesses, Anglo-conformity standards greet us as children and play a role in how we embrace multicultural beauty. Making King’s vision alive in 2020 means recognizing that an American doesn’t blend in, because contrary to the popular sentiment that America is a melting pot, we don’t blend. We stick out, and only when we embrace these differences and develop empathy towards other’s differences can we hope to be a beloved, unified and productive community.

To all immigrant children growing up in 2020, you are called first generation for a reason. The American dream was always, always meant for you. Take your native tongue and speak, learn, run, fall, speak, learn, run, fall, and get back up. The best of America lives in you, too. So speak.

Popular Uprisings Worldwide

Barry Barnett

Correspondents on location are reporting that sectarian wars may be winding down, while popular uprisings making demands on their corrupt, inept and/or puppet governments have been increasing in number, participation and intensity on almost all continents.

Wars in Lebanon, Iraq and Sudan are over, replaced by impoverished, angry populaces demonstrating en masse. Huge crowds of protesters are sweeping the landscapes in Indonesia, Hong Kong, India, Pakistan, Azerbaijan, Georgia, Iran, Iraq, Syria, Lebanon, Palestine, Libya, Tunisia, Algeria, Sudan, South Sudan, Guinea, Zimbabwe, DR Congo, South Africa, Haiti, Honduras, Nicaragua, Colombia, Venezuela, Brazil, Ecuador, Peru, Chile, Russia, Georgia, the Netherlands, France, the UK, Spain, Italy and sometimes even in the US Empire. Did I leave any place out?

Great wealth inequality, corrupt leadership, rising prices, unemployment, housing precarity and bigoted nationalism, combined with a

frustrating lack of change for decades has made whole nations collectively fed up and feeling they have nothing to lose in rocking the entire ship of state – both because and in spite of dire impoverishment in many cases. Billions in funding plague nations supposedly rebuilding after war, like Iraq, robbed by their putative administrators. No wonder people are screaming mad.

In France and the Netherlands, government price hikes were not the whole story. They were the last straw. US, IMF, World Bank, GATT/WTO, EU and NAFTA neoliberal austerity measures sapped many 20th century labor movement gains and labor unions themselves. Now the elite assault threatens to cut welfare in the US, privatize the UK National Health Service, ruin farmers from Mexico to the Netherlands, and has already decimated economies and to an extent sovereignty in Greece, Cypress, Spain, Portugal, Italy, Zimbabwe, Haiti, Mexico and elsewhere.

A recent study calculates protest movements to be increasing, now at about 50 a year, but 20% less effective in the past ten years in creating desired changes. Social media has made it easier to organize events, but governments have also used (and shut down) the internet and utilized other technologies to surveil and subvert.

Demonstrations like the Gilets Jaunes (Yellow Vests) in France and the Great March of Return in Palestine, however persistent, are not cohering into movements with political leaders winning office in order to change policies. While governments in France, Hong Kong, Chile and elsewhere have rescinded the laws being protested, many – as in India, Iraq, Sudan, Algeria, Guinea, France, Bolivia, Brazil, Honduras and the US – are employ-

ment works and sets a good example.

Crass corporate media have been compliant at best and complicit at worst. Industry-funded print, radio and video have a virtual blackout on Venezuela's gigantic pro-government, anti-Yanqui marches in favor of the US-led (non-indigenous) opposition. In Bolivia, indigenous citizens – 62% of the population – protesting the US-fomented White supremacist theocratic-military coup have been gunned down from helicopters, but you would have to peruse online sources to know it.

However, massive demonstrations have often been successful and continue to be. Highly visible movements such as those in the US for civil rights in the 1950s and 60s, women's rights – including suffrage and sexual and reproductive freedom from the late 1800s to the 1970s and continuing today – and antiwar protests in the 1960s and 70s changed history and demonstrated the power of mass organizing. A people strong and united against oppres-

sion, as in Venezuela, Nicaragua and Cuba, will not be overthrown. So, let's forgo complacency and get up off our fat masses and rise up!

Sources: A World on Fire: All the major protests happening around the globe, Juliana Kaplan and Allana Akhtar, Business Insider, 10/22/19; Pacifica evening news, various days; All Things Considered, NPR, 11/30/19; Lessons of Uprisings Around the World: The Present Moment and Possible Future, Hardy Merriman, International Center on Nonviolent Conflict, 11/21/19; Hong Kong Police and Protesters Clash, Tyrone Siu, Reuters, 8/24/19; live video of Bolivia and Venezuela on Twitter; 1,000+ Arrested as Extinction Rebellion Protests in London Enter Second Week, Olivia Rosane, EcoWatch, 4/22/19.

Barry Barnett is a writer, activist, health professional and musician living on the left coast of the US Empire. Follow him on Twitter, in CounterPunch archives and Patreon.com/BarryBarnett, with 50+ political and environmental articles, satire, stories and poetry.



ing increasingly violent police reaction with militarized weapons.

Water Protectors demonstrating at Standing Rock were violently harassed by police and Koch-funded laws criminalizing oil pipeline protest have been passed. In the UK and US, huge sporadic demonstrations against environmental degradation have occurred. London banned Extinction Rebellion after 1,000 were arrested, even after Greta Thunberg convinced Parliament to declare a climate emergency. Millions worldwide walk out of school on Skolstrejk for Klimatet, Fridays for Future.

Many support the "pro-democracy" demonstrators in Hong Kong, but there is evidence of outside interference, citing covert US Empire/CIA (Coup Instigating Agency) involvement, one chess move toward Western hegemony over China. As of this writing, some demonstrators are becoming increasingly violent. This writer and activist cautions that nonvio-



Larry Harper

Tsuru for Solidarity stands on the moral authority of the unjust imprisonment of Japanese Americans in US concentration camps during WWII. This is a nonviolent, direct action project by Japanese American social justice advocates to end immigrant detention sites and support front-line immigrant and refugee communities facing racist, abusive policies and practices. Remembering our own unjust incarceration, the protest will demand that no matter where someone came from or how they arrived to the United States, they be treated with dignity and respect. We will stand with immigrant communities to condemn the policies that dehumanize them, including ICE detention, jailing and separation of parents, families and children, and the Muslim ban. Tsuru means ‘crane’ in Japanese, and symbolizes peace, compassion, hope and healing. We are using the traditional Japanese folk art of paper folding (origami) to call for justice for immigrants and refugees.

There will be a national recitation ceremony on June 6 in Washington, D.C. as part of our protest against mass incarceration. Japanese Americans from across the country will gather for a “National Pilgrimage to Close the Camps.” We plan to bring 125,000 paper cranes, or tsuru, as expressions of solidarity

with immigrant and refugee communities that are under attack today. The 125,000 cranes represent the members of our community who were rounded up and incarcerated in US concentration camps during World War II, including both Japanese Americans and Japanese Latin-Americans. The ceremony

will include a brief Buddhist service that is followed by the recitation of the names of 200 immigrants and 13 children who died in ICE detention centers in the past year and of the 120,000 names of Americans of Japanese ancestry who were incarcerated in internment camps during World War II, to honor their memory and lives.

“We expect this to be the largest gathering of Nikkei (a Japanese emigrant or a descendant thereof) since World War II, when we were forcibly removed from our homes and incarcerated in US concentration camps,” said Mike Ishii, one of the lead organizers.

At the same time, Enmanji Buddhist Temple in Sebastopol will hold a brief Shin Buddhist service that will be followed by reciting the names of those immigrants who died and reciting a partial list of names of the 120,000 Americans of Japanese ancestry, at 8:15 am. The ceremony will take 10-12 minutes which coincides with the ceremony in Washington, D.C.

Add a string of tsuru with your organization’s name to our 125,000-crane testimony! JACL will provide an origami teacher and supply all materials. Email us at Tsuru.SonomaCoJACL@gmail.com.

We say, “Stop Repeating History!” We demand that no matter where someone came from or how they arrived to the United States, they be treated with dignity and respect.

Larry Harper is a retired woodworker who worked on restoration of Japanese antiques. He is a member of the Japanese American Citizens League and a former member of the board of the Peace & Justice Center.

End Bail – Not Only During the Current Crisis

PushBlack

Black activists have long been demanding an end to bail, the unjust way people who can’t afford to pay their way out are kept behind bars. Now, prisons and jails are trying to release as many people as possible, because the system will suffer more if Coronavirus spreads on the inside - but there’s more to it than just that.

In addition to releases of “low-risk” people from prisons and jails, police departments will not be enforcing evictions in many places. People can’t work and the market is in major trouble thanks to COVID-19. Arrests will decrease in many places as police staff also declines, which reveals something extremely important.

Black America has been facing a crisis with the criminal justice system for generations. It shouldn’t take a pandemic to show that people *do not* have to be caged up, dragged through the system, and have their life ruined! This could have been happening all along!

Don’t think these changes mean the system is going to stay this way. While these are supposed to be temporary, we need to demand that this be permanent. People don’t need to be locked in high-risk facilities by an unjust system during a pandemic *or* any other time!

PushBlack, (www.facebook.com/wearepushblack) is a nonprofit media company dedicated to raising up Black voices. We are a small team but we have an outsized impact.

CONGAS – Coalition Opposing New Gas Stations

Jenny Blaker

The mission of the Coalition Opposing New Gas Stations (CONGAS) is to stop the construction of new gas stations in Sonoma County and its nine cities. Our message is that we don't need new gas stations in 2020, that we have enough already, that fossil fuel infrastructure is fast becoming outdated, and that we need instead to create a transition to a fossil fuel free future by supporting reliable, affordable, accessible public transit, advocating for bicycle and pedestrian safety and connectivity, and promoting electric charging infrastructure for electric vehicles.

CONGAS effectively began in February 2019 when a new gas station with carwash and 24-hour convenience store was planned for construction in an unincorporated area of the county two miles west of Cotati on Hwy 116/Stony Point Road. So much opposition was stirred up at a community meeting in June, that the developers withdrew their application two weeks later. Sometimes we win!

The celebrations weren't even over before we heard of another proposed gas station, this time at 5300 Sebastopol Road (Hwy 12 at Llano Road), in an unincorporated area of Sonoma County between Sebastopol and Santa Rosa. This location is in the Laguna de Santa Rosa, next to the Joe Rodota trail, less than 1 mile from an existing gas station and within a few miles of several others. Over 100 letters of opposition were submitted to the County Planning Department, including 12 from organizations representing a much larger number of people. The next step will be a public hearing before the Board of Zoning Adjustments, part of the Sonoma County Planning Commission, probably on April 23, 2020 at 1 pm. There will be a concurrent CEQA hearing with a 45-day public comment period.

Another gas station is proposed at 874 North Wright Road/Hwy 12 in the City of Santa Rosa on an undeveloped greenfield site studded with vernal pools and oak trees. The project had received various approvals as early as 2013 but had been on hold for a while, subject to approval by the Planning Committee's Subdivision Committee. The three-committee members were taken aback when about 14 of us showed up at their December 12, 2019 meeting. They approved the next phase of the project and CONGAS immediately filed an appeal. The appeal will

be heard by the City of Santa Rosa Planning Commission, which meets on 2nd and 4th Thursdays at 4 pm (date TBA).

The most recent application, which quickly became the most urgent, is at 43 Middle Rincon Road/Hwy 12 in Santa Rosa. 7-Eleven plans to build a gas station, carwash and expanded convenience store; in the process evicting a family that has lived on the site for 35 years in a 100-year old house. The site is right across from an existing gas station and there are ten others within a 5-mile radius. On February 24, about two dozen protesters showed up with signs, chanting and singing, during the busy early morning commute hour, attracting quite a bit of attention and sending a clear message that we don't want a new gas station at this site.

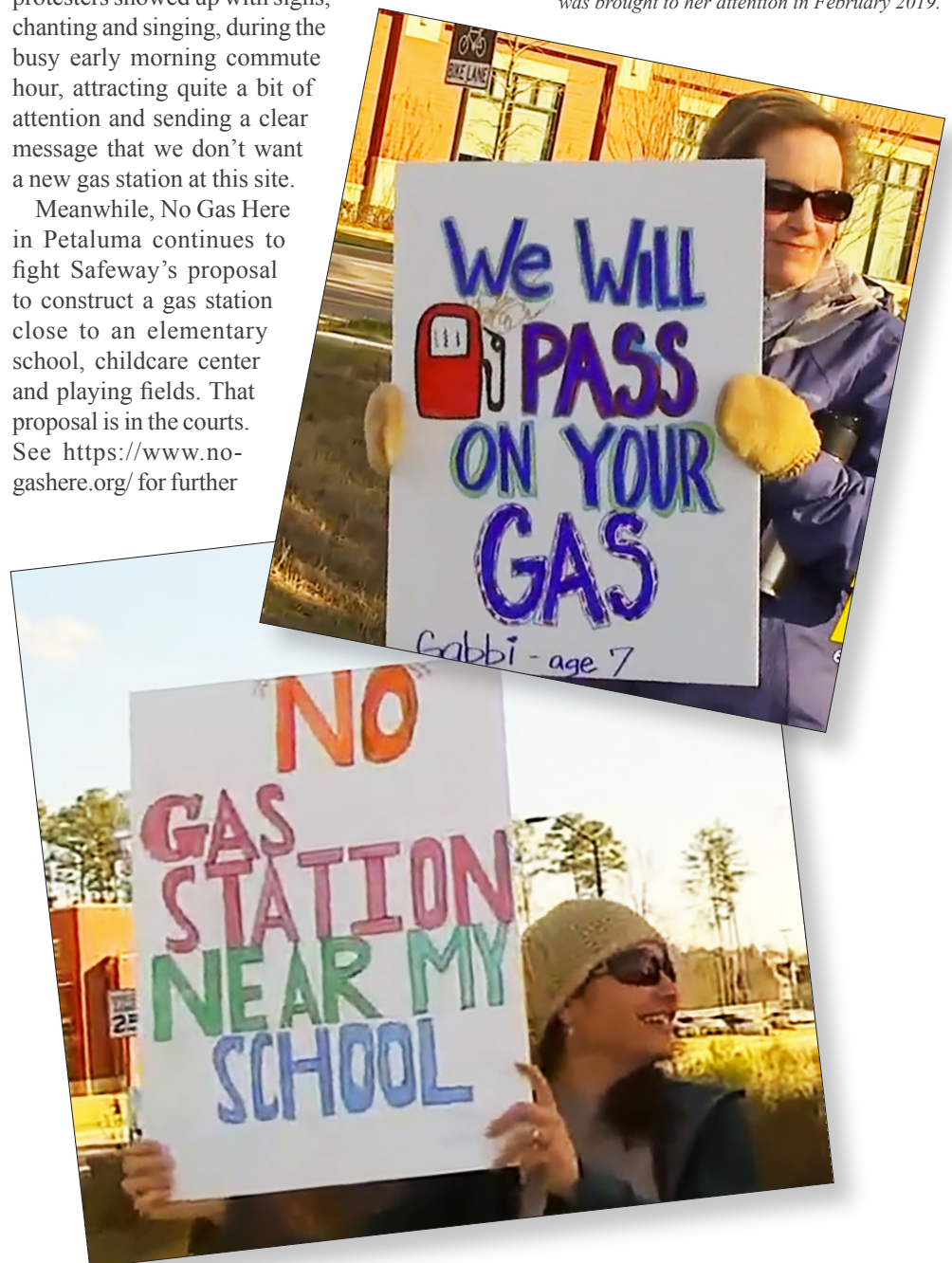
Meanwhile, No Gas Here in Petaluma continues to fight Safeway's proposal to construct a gas station close to an elementary school, childcare center and playing fields. That proposal is in the courts. See <https://www.nogasphere.org/> for further

information.

Rather than putting out one gas station fire after another, we are also looking at how to put a hold on permits for any new gas stations until the county has had time to review their current, outdated permitting requirements.

For further information or to get involved with CONGAS, please contact Woody Hastings at congas.contact@gmail.com or call 707-238-2298.

Jenny Blaker is involved with a number of local environmental and social justice organizations and issues. She lives in Cotati and helped raise the alarm after the first of these gas station proposals at Hwy 116/Stony Point Road, was brought to her attention in February 2019.



poetry page

A Recipe for Disaster

Rob DeLoss

Ingredients:

"Reality T.V."

FOX "News"

Facebook

Twitter

Breitbart

Apathy

Willful ignorance

Half-cup of shameless republicans

Half-cup of spineless democrats

A good dose of post-literate society

"Smart phones"

Google

Cup of Trump yeast

Mix thoroughly with a dash of conspiracy theory, Glenn Beck, some Rush Limbaugh and 1/4 cup of Alex Jones.

Add a public education system constantly under attack.

Blend all the ingredients in a terrorist mixing bowl & bake at Fahrenheit 9/11 for 40 years.

Yield: A Nation Divided as badly as the American Civil War, if not worse?

The Wages of Shame

Granny Vee

He did not die a violent death
Like Duncan at the hands of Macbeth;
Nor did he perish by the sword
of Damocles above his gourd;
Nor did he risk the battlefield,
a shirk behind his bonespur shield;
Nor did the painful pospartum woe
of a stillborn brainchild lay him low;
Nor did he fail to save his hide
by choking on his swallowed pride;
Nor pined away with love, because
the loving kind he never was;
Nor did he kick the bucket of spit,
just lees of lies and drivel in it.

Though not spit out by whale and beached
- as once was Jonah's claim to fame -
for deeds beyond the pale impeached,
he died a thousand deaths of shame.

The Trees of Escalante National Monument

Laure Reichel

Because you are in the way
of proposed mining explorations
in previously protected lands,
you, ancient trees,
have to go.

Because companies are given dominion
over lands, air, water,
you, first residents,
have to go.

By chains between two bulldozers
advancing in unison,
you will be pulled,
pulled until you crack,
pulled, torn away
from your home, your community,
your sap oozing over the soil,
your groans silenced
by the roar of the machines
moving inexorably forward,
leaving the earth gaping,
aghast at the ignorance,
stupidity, and cruelty of
their controllers.

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Help Prevent the Public Charge Rule's Chilling Effect

The new public charge rule went into effect in California on February 24, even as multiple legal challenges continue to move through the federal courts. The rule is a radical and harmful change in federal policy. Among many other changes, the use of federally funded, nonemergency Medi-Cal for those 21 and older (unless pregnant), CalFresh, and federal housing assistance will now count against immigrants applying for a green card or for a visa to enter the country.

Even before the new rule was implemented, it created a chilling effect: Many immigrant families — including those not subject to a public charge test — are avoiding use of public benefits, including health care, for fear of hurting their or their family's immigration status.

The Legal Aid Society of San Mateo County, with input from key partners and funding from CHCF and the Silicon Valley Community Foundation, is com-

batting the impact of the rule by creating texting and web-based screening tools to help immigrant families and those who conduct outreach and education get basic information about the public charge rule. Available in multiple languages and with clear prompts and answers, the tools pose a series of questions that help immigrants to understand how using public benefits may affect immigration status (their own or that of a friend or family member), which benefits are safe to use, and when and how to seek legal advice.

Access and share the tools today:

- Send a text message to 650-376-8006. The message should simply say "benefits" for English, "libre" for Spanish.
- Go online to visit KeepYourBenefitsCA.org. This information is also available in Spanish and Chinese.

Source: California Health Care Foundation (CHCF)



Immigrant and human rights advocates held a Press Conference in February on the steps of Sonoma County Courthouse, informing the public about the ICE (Immigration and Customs Enforcement) arrests in the County, calling on local officials to guarantee stronger protections for undocumented communities. ICE defied the new state law that bars civil immigration arrests at California courthouses.

ENGAGE YOUR GOV.

Sonoma County Supervisors (707) 565-2241

District 1 - Susan.Gorin@sonoma-county.org
District 2 - David.Rabbitt@sonoma-county.org
District 3 - Shirlee.Zane@sonoma-county.org
District 4 - James.Gore@sonoma-county.org
District 5 - Linda.Hopkins@sonoma-county.org

State Senator Mike McGuire

50 D St., Ste. 120A, Santa Rosa, CA 95404
(707) 576-2771, Fax: (707) 576-2773
senator.McGuire@sen.ca.gov

Assemblymember Marc Levine

Petaluma City Hall, Petaluma
11 English Street, Petaluma, CA 94952
Tel: (707) 576-2631, Fax: (707) 576-2735
Rattigan State Building, Santa Rosa
50 D Street, Suite 301, Santa Rosa, CA 95404
Tel: (707) 576-2631, Fax: (707) 576-273

Assemblymember Jim Wood

50 D Street, Suite 450, Santa Rosa, CA 95404
(707) 576-2526, Fax: (707) 576-2297
California Assembly Website: assembly.ca.gov

U.S. Representative Jared Huffman

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Washington, DC 20515
202-225-5161, 202-225-5163 (Fax)
Nearest local office:

999 Fifth Ave., #290, San Raphael 94901
415-258-9657, 415-258-9913 (Fax)

U.S. Representative Mike Thompson

231 Cannon Bldg., Washington D.C. 20515
(202) 225-3311, Napa (707) 226-9898
Fax: (202) 225-4335, Santa Rosa (707) 542-7182
Fax (707) 542-2745

m.thompson@mail.house.gov

U.S. Senator Kamala Harris

112 Hart Senate Office Bldg.
Washington, D.C. 20510
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Relay Fax: 202-224-0454

harris.senate.gov/content/contact-senator

U.S. Senator Dianne Feinstein

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feinstein@senate.gov

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Lt. Gov. Eleni Kounalakis

State Capital, Rm. 1114, Sacramento, CA 95814
(916) 445-8994, Fax (916) 323-4998

Citizen Comment: (202) 456-1111

(A 1-minute call before 8 am costs 29 cents; caller's message is recorded for reference of public opinions)

Congressional Switchboard

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President D. J. Trump

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president@whitehouse.gov

*Democracy is NOT
a spectator sport!*

Sonoma County Social Justice Groups

ALL PHONE AREA CODES ARE (707)
UNLESS NOTED OTHERWISE

350 Sonoma County – Engaging our community in the work of 350.org to solve the climate crisis. 350sonomacounty.org

ACLU Sonoma Co., working to preserve individual working rights and liberties. Meets each second Monday. Contact patriciamorandi@sbcglobal.net, or davhen@sonic.net.

Allies Safety Network – compiling a phone chain/helpline to build a safety network for those at risk of harassment to provide a supportive presence in situations of hateful threats. Join the Network Call List: 583-9168

Alternatives to Violence – Presents experiential workshops in personal growth in the community and prisons. 545-1798

Comité VIDA – Defends the human and civil rights of immigrants. 523-1740, cirsc@yahoo.com,

Daily Acts – Offers sustainable solutions rooted in the power of inspired daily actions. 789-9664, dailyacts.org

Fukushima Response – works to inform about the Fukushima melt downs, monitor the consequences, advocate for the shut down of Diablo Canyon. fukushimaresponse.org. 823-9203

Green Party of Sonoma County – sonomagreenparty.org

Green Sangha – Spiritually engaged environmental action. info@greensangha.org

HPEACE – Health Professionals for Equality and Community Empowerment. hpeacesonomacounty.wordpress.com

Healdsburg Peace Project – Peace and social justice action group, Healdsburg. 431-1129, healdsburgpeaceproject.org

Hate Free Petaluma Progressive organization. www.facebook.com/hatefreepetaluma/

Homeless Action – Advocating for people without shelter. 795-2890

Indivisible Goups – All the groups are on Facebook.

Indivisible Sonoma County: indivisiblesoco.com
Indivisible Petaluma: indivisiblepetaluma@gmail.com, or follow on Twitter at @IndivisibleLuma

Indivisible Sebastopol: indivisible.wsc@gmail.com

Indivisible Healdsburg

Indivisible Windsor

LezResist! was formed to be a visible and unified Lesbian presence in support of each other, and to stand in solidarity with the many communities, causes, and policies under attack by the current U.S. administration. Info @ at LezResist@gmail.com.

Listening for a Change – Programs support listening and oral history to create a caring community. 578-5420, listeningforachange.org

MEChA de Sonoma – Student group that focuses on issues affecting the Chicano/Latino community. info@mechadesonoma.org

Metta Center for Nonviolence – Works to promote nonviolence worldwide and to build a nonviolent culture. 774-6299

MOVES-Minimizing Occurrences of Violence in Everyday Society – Stresses nonviolence as the answer to society's violence. 524-1900

NAACP - National Association for the Advancement of Colored People – Seeks to eliminate racial hatred, racial profiling and discrimination. 332-1573

National Women's History Project – coordinates observances of Women's History month around the country. 636-2888, nwhp@aol.com

North Bay Jobs with Justice – organized for better conditions and a living wage for workers. Email: northbayjobswithjustice@gmail.com, Website: northbayjobswithjustice.org, Facebook, North Bay Jobs With Justice Ph: 346-1187

North Bay Organizing Project – a regional faith and values based peoples' organization. 318-2818

North Coast Coalition for Palestine – Brings greater awareness to the plight of the Palestinian people and works to end US military support for Israel. 575-8902. www.nccpal.org or find us on Facebook.

NOW of Sonoma County – local chapter of the National Organization for Women. 545-5036

Occupy Sonoma County – Embraces the egalitarian, deep democracy principles of the Occupy Movement with a regional strategy for effectively organizing county-wide social justice campaigns that are globally relevant. 877-6650, OccupySonomaCounty.org

Organizing for Action: Progressive organizing project. Contact Linda Hemenway: whatisworking@gmail.com or 707-843-6110 and Facebook

Peace Alliance – Mission is to campaign for a cabinet-level US Department of Peace. 838-8647, maggik3@sonic.net, thepeacealliance.org

Peace Roots Alliance – We seek to create a peaceful, just and sustainable world for future generations. 765-0196, Linda@peaceroots.org

Petaluma Blacks for Community Development – facebook.com/pb4cd

Petaluma Progressives – Grassroots, political education and action group. Producers of the Progressive Festival. 763-8134, info@progressivefestival.org

Praxis Peace Institute – Peace Education organization, 939-2973, praxispeace.org

Progressive Sonoma – Peaceful Resistance Network. An umbrella association to network Sonoma's local progressive action groups. peacefulresistance9.wixsite.com/progressivesonoma. Facebook at Peaceful Resistance Sonoma

Project Censored/Media Freedom Foundation – Publishes the top 25 most censored news stories each year. 874-2695, Peter@projectcensored.org, Mickey@projectcensored.org. projectcensored.org.

Racial Justice Allies – Developing anti-racist practices among white social justice activists. 795-2890 racialjusticeallies@gmail.com, www.racialjusticeallies.org

Sonoma County Chapter of Physicians for a National Health Program (PNHP). In support of single payer health insurance. 763-1925. sngold@juno.com. www.pnhpca.org.

Sonoma County Climate Activist Network (SoCo CAN!) Groups and individuals working address and reverse climate change. Meet in months with a 5th Monday, 7-9 PM at the PJC. Info: 595-0320 or SonomaCounty-CAN@gmail.com (email preferred).

Sonoma County Coastal Hills: gardens@mcn.org

Sonoma County Nonviolence Training Collective offers free trainings in methods and principles for progressive social change and peace. soconvtc@gmail.com.

Sonoma County Resistance via change.org

Sonoma Solidarity with Standing Rock – Supporting indigenous rights and fossil fuel resistance. SonomaSolidarity.org, Facebook: Sonoma Solidarity with Standing Rock. 792-4422.

Sonoma Valley Peace & Justice – Peace and social justice group for Sonoma Valley. audreyvh@sbcglobal.net

Sonoma County Black Forum: Our mission is to lead, serve, and thrive, by promoting positive community and youth engagement events. Monthly meetings. sonomacounty-blackforum@gmail.com

SURJ (Showing Up For Racial Justice, Sonoma County) – facebook.com/SURJSonomaCounty

United Farm Workers – 1700 Corby Ave., Santa Rosa 528-3039

United Nations Association – Builds public understanding and support for the United Nations. Facebook

Veterans for Peace – Organization of vets working together for peace and justice through nonviolence. 536-6002

Women in Black – Women who stand in silent vigil to protest war and human rights abuses.

Women's Justice Center – Advocacy for victims of rape, domestic violence, and child abuse, particularly in the Latina community. 575-3150, justicewomen.com

*Please email zenekar@comcast.net
for additions or changes to this list.*

No meetings will be held at the Peace & Justice Center until further notice.

To receive the PJC weekly email calendar, call 575-8902

Add Your Voice to the Vision of the Peace & Justice Center



Let us know what issues the PJC can assist with, and how you can help the Center

Contact us if you would you like to use your skills to help the Center advance, by:

- ▶ Serving on the Board
- ▶ Joining the Peace Press Collective
- ▶ Helping to maintain and expand our social media
- ▶ Assisting at Center Events
- ▶ Helping with grant writing
- ▶ Fundraising or Donating to the Center
- ▶ Sponsoring our bi-monthly Peace Press Newsletter

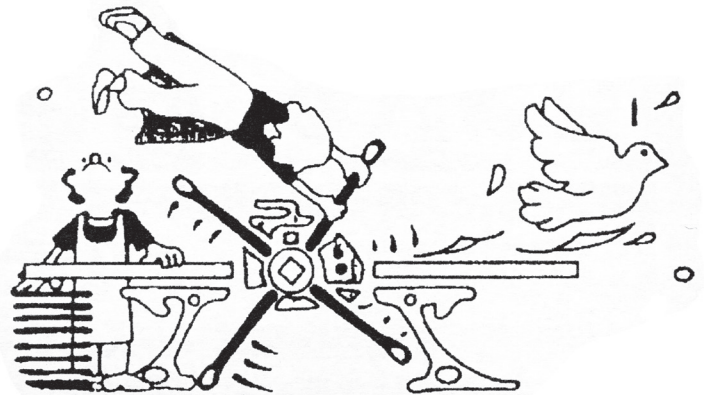
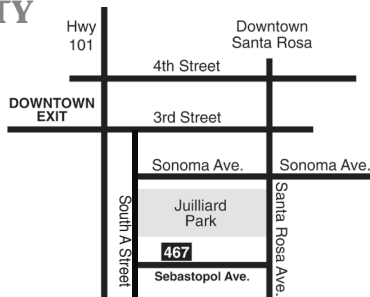
Please call (707) 575-8902 or visit PJCso.co.org

PEACE & JUSTICE CENTER OF SONOMA COUNTY

467 Sebastopol Ave. Santa Rosa, CA 95401 (707) 575.8902

peacentr@sonic.net PJCso.co.org

OPEN TO THE PUBLIC HOURS: Mon-Fri 1-4PM



JOIN THE PEACE & JUSTICE CENTER OF SONOMA COUNTY

467 Sebastopol Ave, Santa Rosa, CA 95401 ♦ (707) 575-8902 ♦ PJCso.co.org

Yes, I want to be a member of the Peace & Justice Center and receive one year of the Peace Press

Please check one: I am renewing my membership. I am a new member. How I learned about the Center:

Annual Membership Dues, tax deductible (includes the bimonthly Peace Press mailed to your address for one year).

\$15 Low Income & Student Membership \$35 Basic Membership \$60 Family or Business Membership

I would like to volunteer time or donate materials as follows:

Payment method: Check enclosed, payable to Peace & Justice Center of Sonoma County

Credit/Debit Card No. _____ 3-digit Code: _____ Expires: _____ Signature: _____

Print name _____ Phone: _____

Address _____ Email: _____

City/State/Zip _____ (or call the PJC, 1-4 pm, weekdays)

Return by mail or fax to Peace & Justice Center. Thank you for your membership! Visit PJCso.co.org for activities and hours.