



Dear Virginia,

TO BE DEEPLY AMERICAN



While on tour in the UK Bruce Springsteen said to his audience that he didn't think Donald Trump knew what it meant "to be deeply American." As I considered what it means to me *to be deeply American* I came upon the thoughts of these well-known Americans.

"Loyalty to country ALWAYS. Loyalty to government, when it deserves it." —Mark Twain

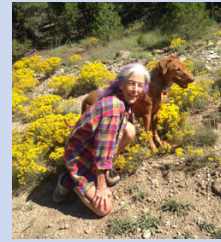
"A patriot must always be ready to defend his country against his government." —Edward Abbey

"If ever a time should come, when vain and aspiring men shall possess the highest seats in Government, our country will stand in need of its experienced patriots to prevent ruin." —Samuel Adams

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free." —President Ronald Reagan

"This nation, under God, shall have a new birth of freedom; and that government of the people, by the people, for the people, shall not perish from the earth." —President Abraham Lincoln

"I have a dream that one day this nation will rise up and live out the true meaning of its creed — 'We hold these truths to



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

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*Justice is what love  
looks like in public.*

Jim Hightower

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Favorite Resources

[Fix the News](#)

(Future Crunch)

[Reasons to be Cheerful](#)

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*We will and must  
resist and protest as  
long as it takes to get  
our democracy back*

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be self-evident: that all men are created equal."
—Martin Luther King, Jr.

This Month's Feature



It's hard to bear, but we won't give up

I highly recommend this 30 minute podcast of 6/28 in which Robert Hubbell acknowledges how hard it is to bear the inhumanity and destruction of our democracy we witness every single day under this current regime. As he says, if we didn't feel depressed, angry and heartsick we wouldn't be human. To counter the urge to despair, depression and to give up he gives us historical perspective of past American resistance efforts and movements that encourage us to keep on with our resistance and fight. Well worth your time. [Listen here.](#)



Is Cruelty the Point?

President Trump and his collaborators have demonstrated cruelty in many ways on many levels, from arresting people and deporting them to camps, working to cut aid to needy children and families, attempting to slash funding from universities, to name a very few. Jay Kuo, author of *The Status Kuo*, addresses this question in "[The Cruelty is the Point, But What's the Goal?](#)" Another related question he addresses is "[Why Are They Hiding Their Faces?](#)" Kuo asks, "If ICE agents' actions are perfectly acceptable, they shouldn't have to mask their identities."



What are we to do?

The Authoritarian Survival Guide

Martin Mycielski, Polish activist and Vice President and Executive Director of the Open Dialogue Foundation in Brussels, gives us very clear rules and steps for resisting an authoritarian regime. On [his website](#) he tells us "What to Expect in Year 1 Under Authoritarianism." He gives us an "Authoritarian Checklist." The United States can mark off each one because it pertains to us now.

He gives us "**6 Rules for Survival Under an Authoritarian Regime**," such as: "Don't stay indifferent. It WILL concern you eventually. It will concern your family, your friends. Voice your objection IMMEDIATELY. Show them you care. RESIST." We must "flood the streets" in protest," and "Don't give up, don't get tired, and don't try to wait it out. Don't hope it will pass. It WON'T. They will manipulate the people, control the media to sway public opinion, fix the electoral system and STAY FOR GOOD." He also gives us guidelines for how to approach authoritarian supporters.

[The Authoritarian Survival Guide](#) is well worth reviewing. Also read a review on this topic in [The Big Picture](#). "**The time to ponder what happens if the United States becomes an authoritarian state has ended. The question now is how do we deal with the authoritarian regime already in power.**"



America's Patriotic Weekend

No Kings Day is Every Day

While there is no mass action rally like No Kings Day planned for July 4th, [Women's March](#) is organizing **Free America** celebrations of patriotism for Independence Day wherever you find or create them: barbecues, parties in the park, marches.

They are organizing to:

- ★ Free America from the grip of greedy billionaires who rig the system for themselves.
- ★ Free America from poverty and end the system where the

wealthy live large while the middle class foots the bill.

- ★ Free America from arbitrary firings and a flood of unlawful orders.
- ★ Free America from the grip of hate and the politics of fear.
- ★ Free America now—to protect our freedoms before they're gone.

"This July 4th, while the U.S. marks Independence Day, we'll gather across the country—on porches, in town squares, backyards, and streets—to stand for real freedom and build a vision of a Free America brick by brick." [Women's March.](#)

[Indivisible.org](#) is a good source for information on future rallies.



Action Sites for Democracy and Our Planet

Given the continued threats to our democracy and our Earth, this resource guide lists our favorite sources of information, opportunities for action and hope. **We must protest as long as it takes to get our democracy back.**

Reclaiming and Protecting Our Democracy is Every Day

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

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

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

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

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

Climate Action: Every Action Counts!

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

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

[15 Actions to Make a Difference](#)

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

All Kinds of Good News



Fixing the News

***Fix the News* has been a mainstay of my information diet for many months, but especially since January 20th when our democracy came under attack from within.** In this 10 minute [TED Talk](#) founder Angus Harvey (a "Solutions journalist,") gives us a look at what *Fix the News* does every week—gives us 30-40 stories of progress from around the world. In this talk he also puts the stark awful reality before us. As things fall apart he wants to know what side of the story do we want to be on: the side of despair and retreat, or the side of action. **"It is not enough to believe in something anymore. It is time to do something."** I strongly encourage you to [subscribe](#): \$50/year. That's \$4.17 a month to get good news stories which go a long way to balance the stories of destruction and outrage we endure daily.



Ban on Fossil Fuel Advertising

In a decision last September, The Hague became the first city in the world to write into law a ban on ads that promote fossil fuels, including petrol cars, air travel and cruise ships. "Just as anti-smoking policies are ineffective when tobacco ads are everywhere, we can't have effective climate policy while fossil fuel products are promoted on every street corner," a spokesperson said. [Here's the story.](#)

UNICEF Health Workers do remarkable work

Here is a wonderful photo essay from UNICEF that highlights the incredible lengths health workers go to protect children in some of the world's most hard-to-reach places, traveling across mountains, rivers and flooded terrain by foot, boat, horseback and camel, to deliver life-saving vaccines. [Read and see the photos here.](#)



Restoring Wetlands

Turkey is making great progress in restoring its wetlands, providing critical bird habitat after wildfires in February. A coalition of government agencies and environmental activists has restored water flows after February wildfires destroyed thousands of bird nests and breeding grounds. "Our hopes have sprouted again," says one activist. [Read here.](#)

China has established 903 national wetland parks over two decades, protecting about 15,000 sq. miles of critical wetland ecosystems. With 90% of parks offering free public access, these conservation efforts have created biodiversity hotspots while providing recreational spaces for millions of visitors. [Read more here.](#)

Wisdom for Our Time



"Those who cherish their freedom and recognize and respect the equal right of their neighbors to be free and live in peace must work together for the triumph of law and moral principles in order that peace, justice and confidence may prevail in the world."

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little." —President Franklin Delano Roosevelt

First Flight. Yikes!



Zoom in on this little guy's expression as he takes his first flight. It's priceless. Haven't we all felt like that at some time in our lives? This is a Hooded Merganser duckling. [In this article](#) you'll find other photographs of little chicks of various species. Time for us all to fly!

*Happy Independence Day!
Virginia/Gibi*



**Why do we protest?
What's the point?**
[Indivisible](#), a national pro-democracy organization, gives a good picture of what our purpose is when we gather in the streets to protest Trump's authoritarian regime. I have reprinted this summary in [my column](#).

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