

Greetings!

## The strength of our values



## The value of our strength

The Prime Minister of Canada, Mark Carney, gave a stirring [speech](#) at the World Economic Forum in Davos, Switzerland, in late January in which he remarked on what will carry us forward as the rule-based international order collapses. He spoke of "the strength of our values and the value of our strength. " America has both as evidenced by this sign and the strength of thousands of protesters all across our country showing up to protect our democracy, the rule of law, the Constitution and the people of our country from the harm inflicted on us all by this current fascist regime.

### "IN OUR AMERICA

All people are equal.

Love wins.

Black Lives Matter.

Immigrants and refugees are welcome.

Disabilities are respected.

Women are in charge of their bodies.

People & planet are valued over profit.

Diversity is celebrated."

"Think about protests as a demonstration of values."

[Read more about the value of protests here.](#)



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](#)

[Chop Wood, Carry Water](#)

[350.org](#)

[Climate Reality Project](#)

[Local Futures](#)

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[Desert Rose Press](#)

[VirginiaMudd.com](#)

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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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# This Month's Features



## Free and Fair Elections?

"The sanctity of the 2026 elections is indeed under threat. And the reason is Mr. Trump." ([Read the article in the NY Times here.](#))

More and more attention is being given to the efforts and intentions of the Trump regime to prevent Democrats from taking control of Congress by suppressing the vote, purging voter rolls, declaring election fraud in advance, stealing ballot boxes, and sending in ICE agents to the polls. Anticipating threats to the November election, Jay Kuo unpacks the regime's playbook for undermining our elections in [this essay](#). Here's another worthwhile look at this issue:

["Trump Can't Steal the Midterms; The case for being vigilant without panicking."](#)



## Our values are on the ballot

**Forewarned is forearmed.** Now that we are aware of the tactics and determination of the fascist regime to undermine our elections we can prepare to protect our vote in November. A good way to start is by helping and participating in organizations that provide Americans with information and guidance on voting. **According to the U.S. Census Bureau in the 2024 presidential election, 73.6%** (or 174 million people) of the citizen voting-age population was registered to vote and 65.3% (or 154 million people) voted.

Here are links to several non-partisan, nonprofit organizations working to protect and increase voter turnout.

[rockthevote.org](#): a non-partisan, nonprofit organization dedicated to building the political power of young people.

[Vote.org](#) and [IWillVote](#) and [VoteRiders](#): Everything you need to vote.

[thecivicscenter.org](#): Mobilizing the youth vote in America



## NO KINGS MARCH 28 NO KINGS

Help make the third No Kings protest an overwhelming demonstration of our opposition to the Trump authoritarian regime.

[Find an event near you!](#)

[Indivisible.org](#)



**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, by Jessica Craven](#): 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.](#))

[Hopiium Chronicles](#), by Simon Rosenberg: Current analysis and frequent interviews.

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

**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



### Clever Cow

Meet Veronika, a 13 year old cow who has figured out how to use a stick to scratch her back! This is found in *Fix the News*. A neat thing about looking at this fun clip is that if you scroll up and down you will not only see [this clip](#) but the entire posting of good news for the week of January 28. Well worth it!



### Amsterdam Bans Fossil Fuel Ads

The Amsterdam city council has passed a legally binding ban on advertising for fossil fuels and meat products across public spaces in the city, becoming the first capital in the world to prohibit such ads through local law.

Advertising for fossil fuel-intensive products and by fossil fuel companies has come under growing scrutiny for normalising climate-damaging



### Conservation and Restoration

**Brazil** commits to conserving 80% of the Amazon by 2030. Brazil has published its long-delayed UN biodiversity plan, pledging to conserve 80% of the Amazon, eliminate deforestation across all biomes by 2030, and align nature protection with climate policy. [Read here.](#)

**China** restored about 52,630 sq. miles of land in 2025, including 22,369 sq. miles of new forests and large-scale grassland recovery. China rehabilitated 227,421 sq. miles and treated more than 62,758 sq. miles of desertified land, achieving an unprecedented decline in land degradation. [Read here.](#)



### New Head of the Church of England

consumption and undermining government climate policies.

[Read the article here.](#)

Sarah Mullally is the first woman to lead the Church of England!

[Read here and watch the ceremony.](#)

## Wisdom for Our Time



**"Imagine if this moment was not about the ascent of authoritarians, but about a new birth of global freedom. Just imagine. . . For we are Americans, and fighting for freedom and democracy is who we are. It is what we do. That is the job history has given us, and it is one we must now go do - together."**

—Simon Rosenberg. [Read the full text here.](#)

## Playing for Change Turnaround Arts



**Turnaround Arts** is a national Kennedy Center program that uses comprehensive arts education to improve low-performing, high-poverty elementary and middle schools. Turnaround Arts was founded in 2011 by the President’s Committee on the Arts and the Humanities, under the leadership of former First Lady Michelle Obama.

[Enjoy this upbeat show here.](#)

*Spring into March!  
Virginia/Gibi*



**Time to shout!  
Time to be loud!  
Time to act!**

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Watch the video of Bruce Springsteen's protest song, "On the Streets of Minneapolis" [here](#). Springsteen will go on tour "for democracy" with "Land of Hope and Dreams" on March 31.

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