

THE REJUVENATE GUIDE

REJUVENATING AMERICA
- *Building the Vision of a Better America*

A handy Reference & Action Document

Hari Lamba

Also referred to as "The Manual"

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YOU MAY USE PARTS OF THE TEXT FROM THIS GUIDE OR MANUAL PROVIDING YOU REFERENCE THIS AS, “THE REJUVENATE GUIDE: REJUVENATING AMERICA – BUILDING VISIONS OF A BETTER AMERICA”, ACKNOWLEDGE THE AUTHOR (H. LAMBA) AND LET THE READER OR PERSON KNOW THAT THE FULL GUIDE CAN BE DOWNLOADED FOR FREE

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The accompanying book described below is intended to supplement the Guide and provide a higher level of background information and help improve understanding.

The accompanying book is:

“Rejuvenating America

– Rejuvenate - Visions of a Better America” by Hari Lamba

Order this Book from Amazon by typing “Rejuvenating America” or “Rejuvenate America”

SUMMARY

Together, the Guide and the Book are aimed at providing a strategy for all of the political parties, organizations, movements and peoples that are currently arrayed against Trump and the Republicans. This includes the Democratic Party (the main political opposition party), the Progressive wing of the Democratic party, and all of the movements, organizations and people that have rallied and are organizing against them – motivating the opposition to form a Grand Coalition again. It would be great for the nation that the Vision(s) outlined in the manual and book were for all of the people, but the Republican party has diverged much from what the writer considers is good for the nation, and the party has also deviated from its own principles, that such a unifying vision is not possible – although it is hoped that there is enough for past Republican voters to sign on. However, it is hoped that the vision(s) outlined herein will motivate those who have stayed away from the political process or in voting, that they would be motivated and energized to register, join and participate enough to make a big difference, so as to overwhelm the dark forces that cloud our nation.

RESIST and REUNITE (Indivisible) and now

REJUVENATE !!

Be So Strong in the Positive Direction that we Overcome!

AIMS OF THE GUIDE & BOOK

- UNDERSTANDING & OVERCOMING THE DANGERS POSED BY TRUMP & THE REPUBLICANS
- UNITING THE MOVEMENTS THAT HAVE ARISEN IN OPPOSITION TO THEM
- DETAILING THE VISION - A BOLD, COURAGEOUS & CONSTRUCTIVE VISION
- VISIONS OF THE DEMOCRATIC PARTY & PROGRESSIVE DEMOCRATS, PLUS SOME ADDED VISIONS FOR STRENGTHENING
- IMPLEMENT STRATEGIES FOR MAKING IT HAPPEN

IMMEDIATE ACTIONS YOU CAN TAKE

- DOWNLOAD THE FREE REJUVENATE GUIDE & USE IT!
- ORDER YOUR COPY OF THE BOOK FROM AMAZON AND USE IT!
- USE THE GUIDE AND BOOK AS RESOURCES FOR YOUR TALK & ACTIONS!
- COPY & PRINT AND DISTRIBUTE THE GUIDE IN PRINT OR AS A FILE TO ALL YOU KNOW AND LET THEM KNOW ABOUT THE BOOK
- LINK UP WITH ALL THE OTHER MOVEMENTS TO BUILD COOPERATION AND ACT TOGETHER – WE NEED TO UNITE!
- USE THE GUIDE AND BOOK AS REFERENCES TO QUESTION CANDIDATES ON ISSUES
- IF YOU ARE A CANDIDATE, USE THEM AS A RESOURCE TO STRENGTHEN YOUR TALKING POINTS
- PROVIDE YOUR FEEDBACK TO IMPROVE BOTH, FIRST BY EMAIL AND THEN LATER ON THE BLOG "REJUVENATE TALK"

INTRODUCTION – SUMMARY SITUATION & VISION

Highlights of Situation We Face

- **All of our democratic institutions are under attack and are being weakened by irresponsible behavior by Trump and the Republicans. That their approach has fascist tendencies is documented herein.**
- **US Democracy has been totally taken over by big money** that has totally drowned out the genuine voices and influence of the people at large. Before, the issues were being totally dominated by lobbying interests, and then came Citizens United ruling by the Supreme Court that, in the absence of campaign finance reform, totally opened the floodgates for big money. Today, billionaires and super-PACs (unlimited fundraising and unlimited spending that is not directly connected with a federal campaign) have caused US elections and political issues to become totally dominated by big money. This has caused a pathological distortion and domination of politics by anti-people organizations.
- Imperfections and abuses were there before Trump came, but instead of reforming the democratic system, **we have gone from the frying pan into the fire.**
- **Tax cuts for the wealthy are not spurring job growth** or revival of manufacturing jobs. Instead, the companies are pocketing the money and not increasing regular or manufacturing jobs much over what happened in the Obama years.
- **The Defense Budget has increased way beyond what is needed** and strategy with our allies or that globally, is leading to instability and scorn for the USA – the opposite of what Trump claims.
- **Big increases in the Federal Deficit are being caused by huge Tax cuts for the rich and increased Defense spending**
- **Trade Tariffs imposed are hurting farmers, consumers, communities, workers in industries that rely on lower cost inputs from abroad, and our allies,** while not sufficiently addressing the true trade reforms we need to lead to more better paying jobs.
- **Withdrawal from the Global Paris Agreement:** Externally, the US has withdrawn from its commitment to solve the climate change problem, and internally, it has directed the Environmental Protection Agency to allow commercial interests to start destroying and polluting the environment. The US has become like a banana republic of the type that does not care for the world or the planet (on which we depend for our very survival).
- **The national leadership has encouraged bigotry,** hatred and targeting minorities and political opposition that are dividing the nation, and even the white working class.
- **Women's rights and the rights of minorities like blacks, tribal nations, minority religions, Latin-Americans and immigrants are under attack** and are being made to feel inferior.
- **Externally, Trump is ruining the relationships with all of our Allies, and encouraging Dictators** like Kim and Putin, while discouraging our democratic allies and global democracy.
- **Deregulation and a lack of policing of the financial sector (more than what happened under George Bush), has increased the danger of a financial crisis worse than 2008.**

- **Attacking the Rule of Law:** There are constant attacks on the rule of law and our primary institutions that maintain them – the FBI, the CIA and the Intelligence community are under attack. While the excesses of the past have to be curtailed, the damage being done to them and the rule of law is destructive.
- All evidence is that **America has become a very unequal nation**, with all of the benefits and assets going to less than 1% of the population. Even before, the political and financial system favored the wealthy. With Trump, inequality is becoming even worse, with the rich getting richer and the poor and middle classes getting poorer.

An Overview

What this Manual and the accompanying book propose are alternative Visions of how this nation could be much better for all, including those who right now support Trump and the Republicans. The nation will be much better off if all people are included in the affairs and benefits of the nation, if all people were enabled to be more equal in every way, in internal and gun violence is reduced to insignificant levels, if the rich and powerful truly earn their incomes rather than steal and create crises and deny others and the communities their fair share of income and assets, and if there are jobs and economy methods that empower all to participate in creating income and assets, and systematically create jobs and industrial growth.

Further, the nation will be much better off if the military has sufficient strength without spending excessive amounts that bust the budget and balloon the deficit and cooperate with our allies in maintaining a fair and genuine world peace that encourages worldwide democracy. Also, it will be better if the democracy that we have truly learns from the lessons of the past and the excesses of the Republicans to create an open, transparent and participatory democracy, if the type of progress that we have is such that is good for planet Earth and all life on it, and solves the big environmental problems like Climate Change and contribute to making our nation clean, beautiful, and naturally productive, with healthy and happy empowered people doing all of it! Quite a mouthful – but intended to be good for all!

Alternative Visions Proposed Herein - Summary Points

- **Undo the Damages:** We have to undo all of the damages that have been and are being done by Trump and the Republicans
- **Reducing increases in the Federal Deficit:** We have to restore Trump tax cuts, and reduce military spending down to more sane levels, put back in place environmental regulations (for a clean and beautiful America), and fix Social Security so it provides good financial pension support for people who work a lifetime.
- **Strengthen Democracy:** This is the only way to people power – not the dictatorial methods of Trump! We need to learn from the past and the current devastation to **strengthen our Democracy** more than it has ever been. We need to give up the arrogance that our democracy is better than those of others, and proceed to reform and strengthen it to make it much better much more open, transparent and participatory, and truly empower people at all levels, while reforming the legislative, judicial, media, and executive branches of government so that people are truly empowered.

- **Get Big Money Out of Politics:** We have to get big money out of politics. Campaign finance reform must be so strong that no Supreme Court can overrule it. Limits must be placed on how much of one's own money one can use (the billionaire's club), a system of public financing of elections should be put in place so that matching funds are provided for the first batch of small contributions (Fair Elections Now Act – Co-sponsored by Bernie Sanders), a constitutional amendment is needed that bans any form of funding for campaigns by for profit corporations, and Super PACS must be banned. First amendment rights do not apply to companies, and definitely NOT for political donations. Another constitutional amendment is needed to enable congress and the states to regulate money in elections.
- **Strengthen Our Diversity: All citizens have to be first class citizens** regardless of race, color, national origin, gender, religion or sexual orientation – the needs of all have to be addressed. Our Diversity is our strength and must be strengthened further. All must have justice!
- **Strengthen Women's Rights:** The discrimination and inequality of women has to end. Women's health, reproductive, income, financial, legal and social rights of women, that are being weakened, have to be strengthened. Violence and harassment of women in all its forms has to end. We have to push again for the ratification of the Equal Rights Amendment to the US Constitution that had not passed at the last effort.
- **Strengthen the Rule of Law:** All people, including the president are subject to the rule of law. The institutions such as the FBI and the Department of Justice have to be made stronger and less affected by political interference than under Trump, so that nobody is able to get away with bad or illegal behavior.
- **Criminal Justice Reform:** There is little doubt that we must begin with ways of improving relations between police and community – unreasonable use of force by police and shooting unarmed persons is unacceptable. But this needs to be followed up by reform of the police/judicial/detention/bail system so as to minimize detention (especially for nonviolent crimes) and maximize rehabilitation in terms of education, job training and rehabilitation so that people come out system better, more responsible citizens. Next, there needs to be funding and programs for the youth for education, training and coaching so that they do not engage in a life of crime.
- **Better Healthcare, Education and Infrastructure:** We must improve the quality of our nation by investments in better healthcare, education and infrastructure – these investments are the most worthwhile of all! The goals have to be Universal Healthcare, better and more affordable education (free education in public colleges and universities), and massive effort to repair and reform our infrastructure (not just roads, but transportation for a low carbon economy).
- **Better Strategy on Jobs & Economy!** The Democratic Party and opposition to the Republicans have to adopt their own strategy for Jobs and Economy, but one that is pro-employment and pro-environment by investing in an industrial policy, clean energy development and infrastructure development and one that uplifts all of depressed communities. This is described in great detail in the Book.

- **Rural Areas & Depressed Communities:** These have suffered enormously, especially after the 2008 recession. We have to improve the economic and environmental conditions of our farm areas, rural small towns and depressed communities, by better development, jobs and agricultural programs – these have been described in much detail in the Book.
- **Wall Street Must Become Good for Main Street!** The destructive aspects of our financial system that allow some people to benefit from insane profits while creating crises and poverty for the rest have to be replaced by a positive and constructive approach, where the financial system behaves responsibly, serves the communities, nation, workers and farmers, and shares the benefits with the rest of the nation. Main street has to be empowered with a better Jobs and Economy strategy that enables all to earn their income and improve their assets.
- **Gun Control & Reducing Gun Violence:** Internally, the epidemic of gun violence has to be solved by a combination of **gun control**, mental health, social and economic programs that make it less likely that individuals will behave violently and if they have violent intentions, that they cannot do much damage because they cannot access rapid fire type assault weapons.
- **Reform Our Defense Policy: Externally the nation has to have the combination of a strong defense policy** that works cooperatively with our allies, does not require an insanely high defense budget, and works globally towards a more peaceful and safer world.
- **Solutions to Climate Change and the global ecological crisis** (where we are destroying the life support systems of the planet) require ALL of the nations of the world to cooperate to make it happen. Even when we resume global leadership, we will need more effective global institutions, resources and strategies to solve these big problems. We have to stop the “Great Leap Backwards” to fossil fuels.
- **Clean Energy:** This must be the major solution to climate change, with a push to replace all fossil fuels with renewable energy (solar, wind and geothermal), to electrify the highway mode and have a massive push for energy efficiency (there is no sense in continuing to waste energy in our homes, buildings and other facilities).
- **Clean Multi-Choice Integrated Transportation:** The heavy reliance on the highway mode needs to be replaced with a range of choices for transportation and commuting all linked together so that one can easily move from one mode to another. This must consist of a big change with heavy emphasis on pedestrian, bike, mass transit, and high speed rail replacing much of the highway infrastructure and being fully integrated with the highway and the airplane modes. This is the other leg of the big solution to climate change.
- **Helping Our Tribal Nations:** There needs to be a strong push for strengthening the control by native Americans over their tribal lands, for upholding the letter and spirit of the treaties, and then in a full way, among other things, helping them in education, healthcare, jobs and economy, and criminal justice reform.
- **Our nation has been a nation of immigrants.** While we must undo the damage done to our Tribal Nations brothers and sisters, even as we try to limit immigration, we must

remain open to immigrants. An immigration policy is needed that covers both illegal and legal immigration and is just, humane, compassionate, and serves the nation's interests. The 2013 bill that was passed by the Senate by 62 votes, which the house refused to even discuss, has been used to lay out details of the needed immigration reform.

OVERVIEW – THE PAST, THE PRESENT & THE FUTURE

The US, while doing well in terms of the total wealth, faces multiple crises, ecological, social, economic, healthcare wise and militarily. The nation needs an overarching vision that will help itself pull out of its inequality and morass. If the US transforms itself, only the US can provide the leadership to solve the problems of global warming, the global ecological crisis, help all of its people enjoy a basic level of well-being and prosperity, and help maintain global peace and security if it changes its way of doing things.

What this Guide and the accompanying book are attempting to do are to give America an alternative bold, courageous and uplifting vision to that of Trump which would inspire not only the Democratic Party, but also all of those movements who oppose Trump, and those who would like to be active – in short, inspire, energize and motivate, not only to vote, but also work hard to transform the society.

SUMMARY – WHY WE NEED TO REJUVENATE & HOW

Rejuvenate means to restore and revitalize. After the hangover from Trump and Republican misrule lifts, America needs revitalize itself with a vision that is good for everyone, all of its lands and waters, and gets it to a place nationally and globally that is better for it and for the world.

There is a vision out there that has emerged that is bent on demolishing everything that went before, that wants to damage or weaken all that many fought long and hard for – the democracy for all (including white Americans), the clean environment, the native American tribes, African Americans, women, and many others. Instead they want to redefine greatness and take America along a more fascist type path that seeks greater uniformity, removes all aspects that protect the environment, close its doors to immigrants, lets the financial robber barons steal all they can, get rid of the rule of law and replace it with dictatorial tendencies, and concentrate political and economic power in even fewer hands, and while using populist slogans to promise a false pipe dream of a better wealth and prosperity to all at the lower economic end of American society.

We have to move to a better place with a better vision. How do we make it happen? Obviously, the main strategy is political. This Guide and the accompanying Book, need to be in the hands of everyone: movements leaders, party leaders, candidates, elected officials, organization leaders, people politically active, and then last but not least, all voters and all citizens. This Guide and the related Book are intended to energize, educate, motivate and arm political

activists, citizens and voters to turn their country around, so that America provides a fair prosperity to all in a manner that is good for itself and for the world.

THE DANGERS POSED BY TRUMP & OVERCOMING THEM

America faces grave dangers to its well-being and maybe even to its nationhood! These are some of the dangerous trends that are emerging!

Threats to Democracy

Besides the US Constitution, all important legs of our democratic system of government have come under attack – the judiciary, the legislature and the press. Besides that, the presidency has been cheapened and debased. Fascist movements discard liberal democracy, or any form of democracy. About 75 former justice and intelligence officials have criticized Trump's weakening of the rule of law.

Threats to Diversity & A False Rebirth

Time and again, history has shown us that nations have done well that have welcomed many different points of view and have empowered all minorities and made them feel like first class citizens. Trump has attacked the nation's pillar of strength based on diversity. Besides this, he harps about a return to a previous golden age – “making America great again” – this has always been a hallmark of fascist movements.

The Language of Violence

Trump used the either vulgar offensive language or the language of violence against his Republican opponents, and then against Hillary Clinton during the presidential campaign. This sort of intimidation of opponents is again typical of fascist tendencies.

Threats to Freedom of Speech & Alternative Facts

In a free and democratic society, the press and media have the duty to hold the leaders accountable, and make sure that the truth is exposed. Instead, Trump has been attacking the press all the time. He and his Alt-right supporters have the biggest generators of conspiracy theories and fake news, and then have criticized the media for exposing them. They practice the strategy that if a lie is told often enough, it will be believed – a strategy followed by Joseph Goebbels, Hitler's propaganda chief. For sure, the media needs to be freed from the clutches of Corporate domination, but that does not mean it should then fall into the clutches of the Government and political leaders, to be solely used as their propaganda mouth pieces! About 350 newspapers have published editorials criticizing Trump's attacks on the press!

Threats to Women's Rights & The Macho Approach

In this nation's history, women fought hard before they even got to vote. Women have fought hard for some rights which are the right to their body and life (Choice), the right to privacy, the right to bodily integrity, and the right to determine when and how to reproduce. All of these rights are under attack. This represents a masculine approach that has been typical of fascist movements.

Threats to Our Economic Future

Fascism aims at a regulated economic structure, based on self-reliance through protectionist policies. All of Trump's policies point in this direction, through trade interventions and proposed tax cuts. The large financial institutions and corporations are being favored – they will pocket the money and know how to make greater profits with fewer people. The reductions of regulations mean a repeat of behavior by large financial companies of the risky behavior that gives them higher profits, but results in another major financial crisis, like the one in 2008.

The Rise of Militarism

There is little doubt that the US has the most powerful and capable military in the world, and the only one that has global reach – it also spends more than the next seven nations put together. However, Trump has begun the misuse of the US military, threatening its use at the slightest provocation, and implementing a big increase in the defense budget. With tax cuts and an increase in the defense budget, the federal deficit is exploding – not good for national security. This again is typical of the strong-arm militarist approach that is typical of fascist governments. He is also politicizing the military which can have a demoralizing effect on its morale. Further, by alienating our allies (which represent a significant part of our strength), he is weakening US defense.

Threats to Environment & Our Earth

The US had made massive progress in cleaning up its environment from the smoke stack days, when its air and water were severely polluted and all the toxic waste locations polluted around the country being designated as Superfund Sites. The nation had also made much progress in beginning to reduce greenhouse gases like carbon dioxide. Now Trump is doing everything he can to reverse this progress - this means a more polluted environment in the US, and a lack of leadership by the US internationally. His approach to Climate Change can be called "The Great Leap Backwards"!

Why the threat of Fascism Will Remain after Trump

The fascist trends described above are a real concern – damaging US democracy, achieving advantage by engaging in political verbal violence, encouraging militarism, weakening women's and minority rights, intimidating the press, and pandering to the racist tendencies among groups that will create social turmoil and instability in the US. On the socio-economic front, common folks will suffer from a weakening of healthcare, Social Security, Medicare and Medicaid – leading to greater poverty and privation. Trump has encouraged the wrong kind of political movement that will continue to plague this nation long after Trump leaves or is removed from power. Many of the groups affiliated with him and supporting him politically are now energized. Our challenge is to make sure this does not reach the kind of situation that led to the second world war, with the USA being the one that creates trouble.

THE LESSONS OF THE PAST – BEFORE TRUMP

The United States of America has come a long way since it came together in 1776, gained Independence and formed a Union. The principles laid out in the Declaration of Independence and the Constitution were inspiring and provided the foundation for a nation that avoided all of

extremes and evils of monarchy and religious persecution, while providing the beginning of a means of a people to rule themselves and change government and leaders peacefully. While all may not agree, there is little doubt that the principles and values established in the democracy produced a very vibrant and dynamic republic, that has grown to be the richest and most powerful nation on Earth – one that certainly dominated the world in the twentieth century.

However, there was much to complain about in the way that democracy has been working in the US, and much that needs improvement. Strutting around the world that we have the greatest and best democracy is just not believable any more, as even before Trump there have been abuses, a lack of transparency and disinformation campaigns.

The democratic politics of the past have sometimes been marred by lack of openness, transparency and have discouraged participation by ordinary people. There have been instances historically of the global misuse of power by the US like CIA covert operations that need to end. Republican party politics have been on a downward trend for many years with undemocratic tendencies, voter suppression, gerrymandering, and a total support of the rich while worsening the conditions of the working class, poor and minorities. The Democratic party needs a good dose of increased internal reform so that new comers are not discouraged by the barriers to influencing issues. At the same time the Democratic Party needs to learn its lessons from the failures since 2008 and the big failure in 2016. The Republican party did not WIN the 2016 election – the Democratic party LOST it by neglecting its own base of minority and working class voters.

THE MOVEMENTS & THE CHALLENGE OF UNITING THEM

In Opposition to Trump, there has been an upsurge of marches and movements that have spawned, many that were not there before. The first was the massive Women’s March in Washington DC and around the country. The turnout in the capital was more than that at Trump’s inauguration! Since then there have been many marches, including the Climate March, the Immigration March, and then marches against gun violence. **The challenge now is to unite these movements and turn them into a positive, effective and constructive political force that will overcome not only Trump, but the Republican party and their billionaire funders and Super PACs. The Democratic Party is in a lead role, but it needs to expand its tent and accept all of these movements into its fold, or to develop a clear cooperation with them in both election strategy and platforms.**

The objective here is to present a summary description of these movements and describe some common threads, along with a link for each.

Resist

In their own words, “Resist is a foundation that supports people’s movements for justice and liberation”. They started with the opposition to the Vietnam War and have now expanded to supporting all such movements. Resist has become a symbol of resistance to Trump.

<https://resist.org/about/mission>

Indivisible

Indivisible started in response to Trump winning the election and the realization that all of the progressive aspects of national life and politics were under attack with Trump and with the Republican controlled Congress and Senate. They learned from how the Tea Party organized within the Republican party and helped stall the agenda of Obama and the Democrats. Their big contribution has been the “Indivisible Guide” that has given people who want to be politically active a guide on how to apply pressure on their Members of Congress (MOC) – invaluable Guide!! Here’s the link to the guide:

<https://www.indivisible.org/guide/>

Our Revolution

This is the movement related to Bernie Sanders’ bid for presidency. In the words of the website, their Mission is: “Our Revolution will reclaim democracy for the working people of our country by harnessing the transformative energy of the “political revolution.” Through supporting a new generation of progressive leaders, empowering millions to fight for progressive change and elevating the political consciousness, Our Revolution will transform American politics to make our political and economic systems once again responsive to the needs of working families. Our Revolution has three intertwined goals: to revitalize American democracy, empower progressive leaders and elevate the political consciousness.” Their website contains the best and most comprehensive descriptions of positions on most issues. These provide excellent descriptions of progressive solutions to the nation’s issues. <https://ourrevolution.com/about/>

Progressive Democrats of America (PDA)

PDA is affiliated with Our Revolution. It is active nationwide to get truly progressive candidates elected, each of whom is evaluated by responses to questions before a particular candidate is endorsed. They oppose democrat candidates who may be too beholden to corporations or financial interests. Some of the issues that they are fighting for are universal healthcare, passage of the Equal Rights Amendment (ERA) for women’s rights, stopping global warming, voter access and election integrity, and ending wars and occupations.

<https://pdamerica.org/our-issues/>

Black Lives Matter (BLM)

The Black Lives Matter movement started in response to the killing of young black men by police and is focusing on racial profiling, police brutality, and racial inequality of the criminal justice system. Perceived insensitivity to reform of the criminal justice system of the Hillary Clinton campaign may have cost her a significant proportion of the black vote, and voter turnout among blacks was much lower than for Obama. While addressing the needs of all minorities, this movement is drawing attention to the particularly atrocious conditions that black people face in the criminal justice system.

<https://blacklivesmatter.com/about/>

Color of Change

The Color of Change is a non-profit civil rights advocacy group that was formed after Hurricane Katrina, to give a stronger voice to African-Americans in politics. It describes itself as the largest online racial justice organization. In its mission it emphasizes that its aim is to create a more favorable atmosphere for black people by influencing leaders in companies and in government. Color of Change has fought for the restoration of voting rights of formerly convicted people that have served their time or are on probation.

<https://colorofchange.org/about/>

Women's Rights Movement

The day after Trump's inauguration, the nationwide Women's March highlighted not only women's issues but also national issues. In Washington DC, the turnout was larger than at Trump's inauguration. After almost a century of protest, women finally won the right to vote by the passing of the 19th Amendment to the US Constitution in August 1920. The next fight is for ratification of the Equal Rights Amendment to the US Constitution, which would grant women rights equal to men in matters of divorce, property, employment and other issues. Only one more state has to ratify the ERA and the move to ratify it could be revived.

But Women's rights issues on the Democratic Party side are much wider than that. The National Organization for Women (NOW) supports reproductive rights and justice (abortion rights, access to contraception, economic justice, ending harassment and violence against women, racial justice and LGBTQ rights). The challenge is to convert the anger shown in the Women's marches into a strong political showing in elections and in issues.

<https://now.org/about/>

Move ON

Move ON is a progressive public advocacy group and political action committee founded in 1998. As per Wikipedia, MoveON.org Civic Action provides education and advocacy on national issues, while MOVEON.org Political Action is a political action committee that contributes to the campaigns of candidates. In 2014 they tried to get Elizabeth Warren to run, then supported the candidacy of Bernie Sanders, and after that it launched a "United Against Hate" campaign in an attempt to stop Trump from being elected. Move ON has been very active with protests, rallies, and political advocacy on the progressive side, and organizes petitions. Move ON organizes as groups of councils, and has over 250 councils nationwide, and at least one in every state.

Civic Action: <https://front.moveon.org/about-moveon-civic-action/>

Political Action: <https://front.moveon.org/about-moveon-political-action/>

Gun Control Movement

The Second Amendment to the US Constitution, the Right to Bear Arms states that , "A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed." But now, gun violence has reached epidemic proportions in the United States. Florida's Parkland School massacre of students has ignited a massive gun control movement, much of which is being spear headed by students (The Never Again movement). But the gun control movement needs to unite with the other movements

described in this section if they are to be effective in elections and in changing the laws and their enforcement. Here is a list of some of the main movements: Never Again Movement (born out of Parkland College, Florida), Everytown for Gun Safety, Moms Demand Action for Gun Sense in America (started after 2012 Sandy Hook shooting), The Brady Campaign, Americans for Responsible Solutions, Law Center to Prevent Gun Violence, and Coalition to Stop Gun Violence.

Native American movement

The Native Americans are the original inhabitants of America. They lived and developed as tribes in North America for thousands of years before the coming of European settlers. During their time the land was an environmental paradise, with dense forests, wetlands and prairie. American Indians have been one of the most mistreated groups in America, from outright annihilation, forced evictions, relocations, treaty violations, and after that mistreatment, impoverishment, and insecurity. The American Indian Movement (AIM), was formed in 1968 to address treaty, sovereignty, and leadership issues while fighting against racism and police harassment of Indians when they moved away from reservations.

<https://www.aimovement.org>

The Immigration Movements

Movements have come up to support the rights of immigrants and aim at Immigration reform. Earlier from about 2006 onwards there have been massive immigration type marches, but they have so far not been able to move the Republican controlled Senate and Congress to solve the immigration issues in a manner that is good for the nation. As per Wikipedia, the Fair Immigration Reform Movement (FIRM) is a coalition of 30 immigrant rights movements aiming at comprehensive immigration reform and protecting the civil rights of immigrants. It also struggles for improvements in the lives of marginalized communities of race, color, gender and ethnicity. MoveOn.org and three other lead organizations partnered with more than 150 organizations in organizing the “Families Belong Together March” on June 30, 2018, that had massive marches occurring at about 750 locations throughout the US.

<https://fairimmigration.org/about/>

Climate Action Movement

Few issues can break the back of our civilization than Climate Change. Al Gore’s Climate Reality organization was one of the early ones, as Al Gore attempted to keep the issue alive through talks and movies such as “The Inconvenient Truth”. Then came 350.org the main force behind which was Bill McKibben, which organized rallies around the world. Climate Action Lobby aims at influencing legislation to make it more climate friendly. The Peoples Climate Movement organized the Peoples Climate March in 2017 in about 200 cities in 2017, to protest the policies of the first 100 days of the Trump presidency. <https://peoplesclimate.org>. Citizens Climate Action Lobby works for achieving changes in laws in Congress.

<https://citizensclimatelobby.org/about-ccl/>

Need to Impeach & Growing the Youth Vote

The Need to Impeach movement started by Tom Steyer has grown in considerable strength with nearly 6 million signing his petition. <https://www.needtoimpeach.com>

His get out the youth Vote has grown big <https://nextgenamerica.org/rising/>
 Many other get out the vote efforts are underway nationally – people need to register and go and vote against Trump and the Republicans!

Other Movements

Union movement and Working Families Party - <http://workingfamilies.org/about-us/>
 Democracy movements – Center for Popular Democracy - <https://populardemocracy.org/our-work/issues/all>

POCLAD – Program on Corporations Law and Democracy - <http://www.poclad.org>

SPLC – Southern Poverty Law Center – Monitoring and exposing Hate groups - <https://www.splcenter.org>

Occupy Wall Street – that was quite active in the period after 2008

ACLU – American Civil Liberties Union - <https://www.aclu.org>

People’s Action - <https://peoplesaction.org> – a coalition of many grassroots progressive orgs

Opposition movements that need to be countered– Republican party, Tea Party, Breitbart, KKK, NRA, and Koch Brothers

The challenge now is to unite these movements so that they pull together and begin to neutralize the opposition movements of the far right and the Republicans.

A Summary of the Visions

The abuses against democracy and the attacks on the rights of Americans require the strengthening of our Bill of Rights and enhancing the power and well-being of all of the people of America. Besides direct actions and opposition along the lines of RESIST and INDIVISIBLE, the best approach to defeating Trump is to go in the other direction, and positively strengthen everything that has provided greater democracy, strength, peace, and economic growth – reinforcing it with a strong emphasis on Jobs and Economy (methodically, in a fair, innovative and sustainable way - that also increases the wealth and assets of those at the bottom of the economic ladder) aimed at weaning away those Trump supporters who voted for him on this basis, while cooperating economically with most of the rest of the world.

The alternative visions were summarized above in the beginning. These mainly consist of the following: The Visions of the Democratic Party, the Visions of the Progressive wing of the democratic party and other progressives, and plus, added strategies to strengthen our vision. Besides a summary list, the main ones covered here are the new ones.

1. Strengthening Our Democracy

Both the overall national democratic system, including the suggestions to reform the Electoral College, and internal reforms within the Democratic Party. Getting Big Money out of politics has to be a major thrust. Our democracy has to become so much better than before that it will overwhelm the undemocratic tendencies of Trump and the Republicans.

2. Superior Strategies on Jobs & Economy

Why Trump's strategy will fail: Trump's strategy for jobs and economy will fail for a number of reasons: (1) Tax cuts for companies or any jobs brought back from abroad – the companies will pocket the money – they have learned how to handle larger profits and do it with fewer people, and (2) Lower regulations means that many big financial companies will steal large sums of money by creative financing, leading to a financial crisis bigger than that in 2008 – leading to bigger job losses than 2008.

Four-Pronged Strategy Proposed for America

Overcoming his rhetoric with a 4-point strategy that will succeed!!

1. **Pro-Employment Tax Reform:** Tax reform that allows depreciation of human capital (training, etc.), and favors greater employment, increasing with the size of the company. Tax reform should be targeted rather than open ended as the Trump Tax cuts, so that they specifically accomplish what is needed.
2. **Pro-Employment Industrial Policy:** Developing industries systematically that are pro-employment. This would develop industries from R&D to production development, from financing to marketing – pretty much like the US develops Defense industries. Many other nations, from Japan, to Asian Tigers and now China have done this successfully.
3. **Local Production for Local Use:** Not just Made in America, but local job creation for local consumption. This is the only way that depressed communities can be rejuvenated for the long term. This would encourage R&D and the development of industries that develop capital equipment for the processing of agricultural products – food and non-food, from a wide variety of crops.
4. **Transforming All Activities** – Making them Sustainable, Pro-Environment & Climate Friendly: By transforming activities leading to sustainable Energy, Cities, Townships, Industry, Transportation, Agriculture, Forestry & Fisheries. Then having massive activities like during the great depression for rejuvenating national ecosystems – forests, wetlands, lakes, rivers, prairies, agricultural land, hills and mountains (like what we did to recover from the Dust Bowls).

The nations that recovered fastest after World War II were those (many like Japan without raw materials or resources), who had educated, skilled and productive people with a good work ethic. **We have to transform the issues of healthcare and education into economic ones as these are so essential to the quality of the population and their productivity also. So, the issue has to become one of Investing in our people – quality people lead to a quality nation! The nation is great when the people are great – healthy and educated!**

3. Rejuvenating Environment & Solving Climate Change

We need to overcome the Trump Anti-Planet, Anti-People and Anti-Environment Agenda – his “Great Leap Backwards”. We must get back on track – to a cleaner America, dedicated to Climate Change actions.

4. Strengthening Women's Rights

No nation can be great if the women are not empowered, equal and rewarded in every way so as to be able to contribute to the greatness of the nation. It is the time in history that women should have full social, political, legal, financial, medical and employment rights. There is little doubt now that the rights of women have to be promoted to the point that they are equal individually or as equal partners in ALL matters. The main issues for Women (and for us men who support them!), as outlined in the National Organization for Women (NOW) website, are reproductive rights and justice, economic justice, ending violence against women, Racial Justice, LGBTQ rights, and constitutional equality. There is no doubt that one of the primary ways of achieving full rights for women, should be the passing of the Equal Rights Amendment (ERA) to the US Constitution. Initially passed in 1972, 37 states have ratified it so far, and if one more state ratifies it, the ERA could be revived!

5. Major Strategies for Reducing Gun Violence

The main issues that gun control advocates are fighting for are the expansion and tightening of background checks; the inability of criminals, mental health sufferers, terrorist list people, etc. to buy guns; the banning of assault weapons; abolishment of bump stocks; reduction of concealed carry laws; the expansion of mental health care; and greater responsibility of gun owners to keep their guns from being misused by others.

6. Strengthening the Fabric of our Society – Strengthening Diversity

A nation where people of all types, races and religions are united in their aim to work together for a better nation, or at least cooperate in the urgent tanks of the nation, and to treat each other with fairness and respect, gives us a strong, peaceful and happy nation. The vision here for America is that all citizens must be first class citizens! A crying need that exists today is that **the criminal justice system needs a massive overhaul – the police, the judiciary and the detention system.**

7. Vision for Our Tribal Nations

The time has come for some justice and for taking care of our native American peoples. We have to begin the process of helping our Tribal brothers and sisters with total reform and helping them in education, healthcare, jobs, economy and criminal justice reform.

8. Reforming our Immigration Strategy and System

The vision that we propose is based on the 2013 Immigration Bill that was passed in 2013 in the Senate by 62 votes which the Republican controlled house refused to even discuss. It's time to get rid of the Tea Party Republicans and get back to a sane reform that addresses legal and illegal immigration.

9. A Vision for Reforming US Defense

The US must get back in a stronger way to being a broker of peace around the world, and lead by example, while making sure that those who create trouble, and/or conflict situations are

dealt with firmly, so as to ensure that the humanitarian and basic needs of all people are well looked after.

There is little doubt that the US defense forces are the strongest in the world, and there have been many factors that have contributed to its superiority. It is false for Trump to say that Obama neglected the US military or that it is weak. The defense budget grew steadily under Obama and then remained steady, and he did not engage in the unwise and costly boondoggles such as the Iraq war initiated by Bush, that ended up creating such a mess.

So the vision proposed here for defense is the opposite of what Trump is doing and more in line with the nation's and the world's real defense needs: (1) Reduce defense spending down to a more sustainable level so as to not contribute to big federal deficits, (2) Strengthen US cooperation with our allies around the globe and have strengthened defense cooperation with regimes that are democratic, (3) Rather than the US being the sole policeman of the world, build a multi-lateral arrangement for keeping the peace in the world, in cooperation with our allies – with a strengthened peace keeping role for the United Nations, and some mechanisms for resolving differences with other powers (4) The US should continue to maintain an ability to project power globally, but cooperate with our allies to step up and pay a greater role in their own areas, (5) The terrorist threat requires a more ideological approach, where we have to be able to convince people in the countries dominated by terrorism that what we have to offer by the way of progress is financially, morally and socially superior, but accommodates different ideas from those countries, as long as the process is democratic, and (6) Get back to a nuclear non-proliferation process that convinces and involves all nations that currently have nuclear weapons to begin to reduce nuclear weapons, and to persuade others not to get them.

10. Healthcare for All – Making America Healthy

The US already shows a very low level of health compared to other developed nations, in spite of being the richest nation in terms of per capita income (total income divided by population). As of 2017, the US ranks 37th out of 191 nations in overall healthcare performance. **The Vision that appears to be the best for America is Universal Healthcare or a single payer healthcare system.** As an example, California's total healthcare costs would go from \$ 368 billion down to \$ 331 billion, plus everyone would be covered with a high level of preventative and curative healthcare. Also, this would mean a total elimination of the high levels of underinsured and uninsured people, most of whom spend too much on healthcare relative to their incomes. The Single Payer system would cover all healthcare needs, end public fear and insecurity, stop bureaucratic interference with treatments, create a single medical data system to establish accountability, eliminate medical bankruptcies, end all out of pocket costs, provide relief to businesses and farmers, and help doctors focus on taking care of the health of their patients, rather than spending so much time on responding to insurance companies, reduce the cost of drugs as the single payer system could get the drug companies to competitively bid for business. Imagine a healthcare system that is better, covers everybody, and saves the average citizen a lot of money by savings on direct payments, and on drugs. The opponents are the insurance companies, drug companies, right wing Republicans and their super PACs like the Koch brothers. It's time to overcome them and deliver what the American people really need.

11. Investing in Our People – Making America Competitive

There is no doubt that the true wealth of a nation is the quality of its people, meaning their health, education, skills, civic participation and productivity. After World War II, the nations that recovered the fastest, even though they were totally destroyed and had few natural resources, were nations where the people were educated, skilled, healthy and creative! The privatization of high school education through the charter school movement may only be an excuse to reduce funding while enabling private operators to make a profit. **The nation needs adequate funding for free or heavily subsidized education in all public schools, community colleges, and universities, so that all students who meet certain minimum academic standards can get a basic education.** This will greatly increase the quality of the output from our schools and colleges. For private schools and colleges, there need to be strong financing at affordable terms of student loans.

12. Reforming Trade and Wall Street to Create Prosperity for Main Street

After World War II, after having suffered through trade protectionism and wall street excesses that led to the Great Depression, the nations of the world, led by the US, established the **General Agreement on Tariffs and Trade (GATT)**. While leading to an increase in trade, from the beginning Trade agreements and negotiations have been conducted in secrecy, without citizen participation and involvement, and have always been written with strong input by large corporations and financial interests, for their own benefit. Because of this, workers' rights, and health and safety concerns have always been sacrificed when arriving at the trade agreements. The last round of trade negotiations, called the Uruguay Round, led to the formation of the **World Trade Organization (WTO) by 123 nations on April 14, 1994. The North America Free Trade Agreement (NAFTA)**, initiated by George H.W. Bush, was signed into law on January 1, 1994 by president Bill Clinton. This established a free trade agreement between Canada, the US and Mexico.

Trade agreements need to be reformed, not by engaging in trade wars like Trump is doing, which will lead to a global recession (like it contributed to the great depression). **The trade agreements need to be renegotiated and reformed so as to be better for US workers, not allow sweatshop conditions for foreign labor, not allow companies to escape environmental regulations by polluting other nations or exporting toxic waste, and not allow all production to be moved overseas by insisting on certain minimum levels of Made in America provisions (which by the way Obama had already done!).**

13. Protecting Our Financial System & Our Economy

After global warming, one of the biggest dangers facing the US and the world is the threat of another Financial Crisis like the one in 2008, which was rescued from being a big Depression by Obama and the Federal Reserve Bank. The financial crisis was caused by George W. Bush and the Republicans in deregulating the financial sector and not policing them when they began to steal from the economy through risky behavior. **So, for the US economy, this is the biggest danger is another Great Depression,** triggered by the actions of Trump – deregulation of the

financial companies, trade wars, tax cuts (meaning government is not out there spending money – so less buying going on out there), less policing of financial bad actors, decreasing safety nets and pensions, and decreasing healthcare coverage (meaning people have less money to spend – bad for business!). **We have to strengthen regulations, police the financial system, and change the financial system companies so that they are not capable of causing another financial crisis (size of companies must be reduced, financial disaster insurance, financial transactions tax, reward structures to discourage risky behavior, etc.).**

STRATEGIES FOR IMPLEMENTING THE VISION

This Guide and the accompanying book have been written in order to energize and facilitate fresh visions of what the United States of America can be like, to unify and energize the movements that have come up in opposition to Trump and the Republicans, and provide enough material for health and beneficial alternatives, so that the candidates that we help win elections have some real mandates to improve the nation. The big companies must earn their way by doing things that are truly beneficial, and innovative, and create jobs and opportunities, while providing real value in terms of products and services. This is a call for the nation to pick up the threads, overcome the negative and replace it politically, economically and environmentally with a movement, emphasis and approach that leads the nation in a direction that Americans can be proud of and which brings together all Americans.

OVERALL ACTION PLANS

Detailed descriptions given in the accompanying Book

- Get ready to fight and reverse all of the damage that Trump and the Republicans have done.
- Cooperate with ALL of the movements, even as you support and fight for your own!
- Make sure that candidates do not accept corporate, NRA or fossil fuel company money!
- Oppose all Republican candidates, with special effort put in to defeat Trump supporters and Tea Party extremists
- Follow all of the strategies of the RESIST movement. Between elections, follow the strategies of the INDIVISIBLE Guide.
- Cooperate with everyone to encourage better visions of America like the ones proposed herein.
- Encourage candidates to adopt the REJUVENATE visions and talking points of the type described herein.
- Strongly push the Strengthening of Democracy (National and Democratic Party Politics), the strengthening of diversity, criminal justice reform, gun control, immigration reform, US Defense reform, women’s rights, native American rights, and climate action solutions, among others.

Note: Issues such as the damaging aspects of Trump, a better strategy on jobs & Economy, Rejuvenating Visions, Climate Change solutions, Trade & Defense are covered in much greater detail in the **Book, “Rejuvenating America”**.