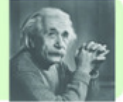




The world will not be destroyed by those who do evil, but by those who watch them without doing anything. - Albert Einstein



Editor's Voice - "True Hero"

We all want to become heroes in our respective lives by doing deeds that satisfy our evolution and carry forth a significant name for ourselves. One could be called a hero and go down in history for his heroic deeds. Such as saving someone's life is always considered a daring heroic exploit. You are walking down the road and witness an accident. You take the initiative to rush the injured to the hospital on time. The doctor commends you for your timing and credits you with doing the right thing at the right time. The media comes to know that you have saved the top most politician sibling's lives and they go on clicking your photo and video publishing your daring deed all over, for the world, to be known. You hence become a hero. Is that enough? Well, it certainly holds true values of heroism but that should not be all. Just like the Indian flag when hoisted, is given its due respect with a salute and a National Song every day, similarly a hero should be looked up to with utmost respect and praise. A hero should perform everyday in order to achieve such that he is spoken as an example. Now one may argue how he/she can be a hero every day as we seldom get the opportunity to do something as grand as saving someone's life.

Well the answer to this is simple. By assuming unconditional responsibilities we are able to understand and grasp each situation easily. This makes us emotionally more mature to act out on

intense situations when most needed. Being a responsible citizen gives us unique leadership qualities. A leader is a hence a born hero. My responsibility is to stand up for what I believe in and responsibly challenge each day to overcome difficult situations. I am faced with such situations and accepting them as they present themselves is my greatest challenge. Each challenge in a way makes me responsible to adhere to my principles and I overcome each hurdle with ease. I have been a Vegan for over 19 years now. Being a Vegan means to abstain from habitual food items and live a better and a healthy life. I live with my family and some members of my family are lacto-vegetarian (those who consume dairy products and are not Vegans). There is food prepared for them on a daily basis and abstaining from non-vegan food and lifestyle is a constant challenge for me. Similarly while out with acquaints who are non-vegetarians and who drink and smoke is another grave challenge I face regularly. I cannot be imposing of my methods of veganism to them but I can surely set an example, so that they respect who I am and what I believe in. Not just me, anyone can be put in challenging situations. Getting out of them and believing in your cause is a true mark of a hero. That is how I lead my life and I am proud of what I have achieved. Be a hero, not a coward! Leave a legacy behind for others to follow and respect!

Helpline Activities



This dog was brought to **ARF** for its fat cell tumor of 3cm in the middle of its forelimb. We decided to go for surgical excision even though it was very complicated. We have successfully removed the tumor under General Anesthesia and presently its wound is healing. Please donate for this dog.



This stray dog was a victim of attack by seven street dogs and was severely injured. Luckily our **ARF** catchers found it and brought it to our shelter for its treatment. The wounds have now almost healed and it will be released shortly. Kindly donate for its speedy recovery.

We require Volunteers

For our Helpline Activities, where we would treat sick and injured animals. Please contact info@arfindia.org

Recipe of the Month

Vegan Pumpkin Muffins

Ingredients:

1 3/4 cups flour; 1 1/4 cups sugar in the raw; 1 tbsp baking powder; 1/4 tsp salt; 1 tsp cinnamon; 1/2 tsp nutmeg; 1/2 tsp ginger; 1/4 tsp allspice; 1/8 tsp ground cloves; 1 cup pureed pumpkin (fresh or from a can); 1 tbsp plain soy yogurt; 1/2 cup soymilk; 1/2 cup vegetable oil; 2 tbsp molasses;

Method:

1. Preheat oven to 400 degrees and lightly grease a muffin pan.
2. Sift together dry ingredients (flour through cloves). In a separate bowl, whisk together wet ingredients (pumpkin through molasses).
3. Pour wet mixture into dry mixture and combine. Fill muffin tins 2/3 of the way. Bake for 27-30 minutes, until muffins are golden brown.
4. Makes for a great breakfast!



American will be first cyclist to ride a vegan Tour de France



The substances consumed by a professional cyclist usually make headlines for all the wrong reasons, but when America's David Zabriskie pedals away from the starting line of the Tour de France this weekend, he will also be commencing a unique nutritional experiment.

For the first time in the 108 year history of his sport's most grueling event, Zabriskie, who announced his conversion to veganism at the end of last year, says he will attempt to complete the 2,200 mile, three week race without consuming any meat, eggs or dairy products.

It's a challenge because cyclists on the Tour need to consume roughly 8,000 calories a day. They have traditionally scoffed large portions of meat in order to replace lost protein, which helps muscle recovery. Animal products also replace missing iron, which produces hemoglobin that helps transport oxygen around the body.

<http://www.independent.co.uk/news/world/americas/american-will-be-first-cyclist-to-ride-a-vegan-tour-de-france-2304496.html>

Om Puri lauds proposals in draft Animal Welfare Act

Chennai, Jul26 (PTI) Veteran actor Om Puri today welcomed the proposals in the draft Animal Welfare Act, 2011 including levying hefty fines on those convicted of cruelty to animals besides prison term, saying it would mean "positive things for our nation's animals." If passed, will significantly raise fines and increase penalties for those convicted of cruelty to animals.



In a letter to Union Environment Minister Jayanthi Natarajan Puri said "Considering that the Prevention of Cruelty to Animals Act, 1960, was enacted 50 years ago, it is high time for India's animal welfare laws to get a much needed 21st century makeover. As it is now, penalties and fines are far too weak to act as a real deterrent to animal abusers". I am so pleased that under the new draft act, similar crimes would carry a much heavier fine of Rs 10,000 to Rs 25,000 and/or a prison term of up to two years.

On Saturday, October 29, 2011 between 1:00pm till 5:30pm, Aparna and Paneesh, the co-owners of In The Pink, have kindly offered to get a delicious, special 100% vegan buffet spread prepared just for us! The price is Rs. 250/- per head. I can tell you that it'll be totally worth it!! YES, vegan desserts will be a part of it!

In The Pink Organic Bazaar & Restaurant

No.93, 6th Cross, N. S. Palya, Dollars Colony, BTM Layout, 2nd Stage, Bannerughatta Road, Bangalore - 560 076.

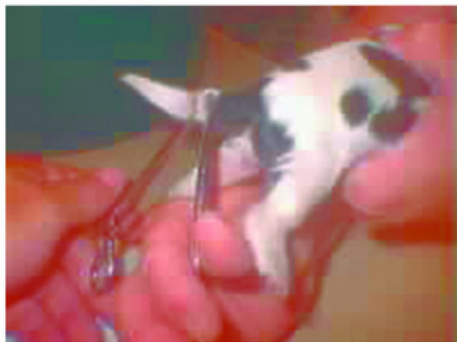
Mobile: +91 99450 01003 / 98451 68462

info@inthepink.in

<http://www.inthepink.in>

<https://www.facebook.com/event.php?id=156594367765565>

Cutting dog's tail can land you in jail



NEW DELHI: Just let your dog's tail be. Cutting it could land you behind bars, as the mutilation of pets for cosmetic reasons has been made an offence.

An advisory sent out by the Animal Welfare Board of India (AWBI) to veterinary councils, colleges, kennel clubs and other institutions likely to carry out such procedures states that practices like docking of tails and cropping of ears will now be punishable with a fine, or imprisonment, or both.

The AWBI acted on a Federation of Indian Animal Protection Organizations petition. Traditionally, Doberman, Boxer, Great Dane and Cocker Spaniel pups have been subjected to tail

docking, but veterinarians say there is no reason for this practice to continue. "Earlier, it was believed the tail would be a hindrance when the dogs went hunting, but now docking is done for purely cosmetic purposes. Many owners do not even know why they do this," said Dr Kunal Dev Sharma, veterinarian surgeon at Max Vets Dog and Cat Hospital.

"It all started with Kennel Club of India publishing an article in its magazine, Indian Kennel Gazette, that promoted tail-docking and ear cropping practices. Our in-house research showed these do not have a therapeutic value and were solely for cosmetic purposes," said Khushboo Gupta, media coordinator of FIAPO. Kennel Club of India said it would respond to the charge after a couple of days.

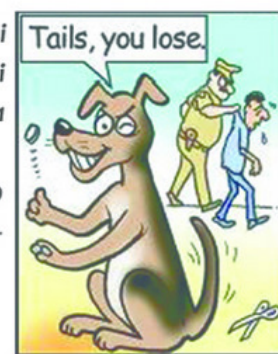
The AWBI advisory states: "The practice of non-therapeutic tail docking and ear cropping is seen in the light of mutilation, which amounts to cruelty to

animals as per Prevention of Cruelty to Animals Act 1960, and is, therefore, a punishable offence." Section 11 of the Act makes violations punishable with a fine of up to Rs 100.

"The violator can also be charged under section 428 of IPC that talks about maiming of animals," said Anjali Sharma, member and legal advisor, AWBI. This section allows for a jail term of up to two years.

Just let your dog's tail be. Cutting it could land you behind bars, as the mutilation of pets for cosmetic reasons has been made an offence.

http://articles.timesofindia.indiatimes.com/2011-09-21/delhi/30184009_1_tail-awbi-practices



Reasons for you to stop using Leather



Why? Why do you use Animal Skin? Can you tell me any single reason behind your lust? Don't be so merciless, please refuse to wear animal skin. Please spare these innocent lives.

Go Vegan - IndianVegan.com



Mr.K.J. Mansoor

S/o Kasim Janab, Beef Stall-22,

Beef Market, Shivajinagara, BANGALORE-560 051.

Sir,

SUB: REFUSAL OF PERMISSION TO SLAUGHTER THE CAMELS DURING SHABAAN AND RAMZAN FESTIVALS.

Ref: Your Letter No.NIL dated: 13.07.2011.

With reference to above cited subject, please find herewith enclosed circular issued by Commissioner, Animal Husbandry and Veterinary Services, vide No.DVD-05:E-04:VA-436:2002-03, D:31.05.2006 and its English version and also Endorsement No:L&O:MISC:52:2009, dt:12.08.2009 of the Office of the Director General and Inspector General of Police, Karnataka State Prohibiting Slaughter of Camels in Karnataka. As per the above circular and endorsement, slaughter of camels is prohibited under the Karnataka Prevention of Cow Slaughter and Cattle Preservation Act, 1964 and Prevention of Cruelty to Animals Act, 1960.

Slaughter of camels or sale of camel meat illegally, if found in the Bruhath Bangalore Mahanagara Palike(BBMP) limits, action will be initiated as per the Law. Copies of the above are enclosed herewith for favor of information and needful.

Yours faithfully,

JOINT DIRECTOR (ANIMAL HUSBANDRY)

BRUHATH BANGALORE MAHANAGARA PALIKE

<http://arfindia.org/download/camelcase.pdf>



ARF requires an Ambulance for saving animal life, Please donate.

I pledge allegiance to the Earth and to the flora, fauna and human life that it supports, one planet indivisible, with safe air, water & soil, economic justice, equal rights and peace for all.



We need your financial support in order to put a stop to cruelty to animals. Together, we can make the world a better place for all beings. Please donate today.

1,000 3,000 5,000 Other _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address)

Online Transfer to HDFC Bank, A/C No: 03671450000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560 020, Karnataka.

All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-2, Kumara Krupa Road, Bangalore-560 001

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