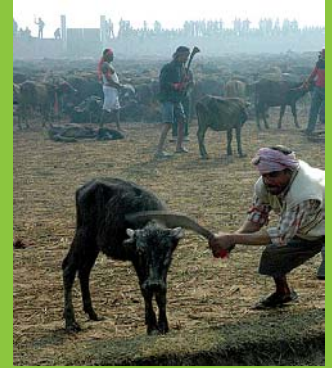


Editor's VOICE

Human beings are the leaders of this world in creation and destruction. No other being can lead others to extinction or evolution other than humans. With the power we have, we should treat the other life and respect life on earth and ensure that every ounce of that power is used for collective good. For those who ignore the so called 'powerless', history has many lessons to offer. Revolutions have occurred, to voice against false use of powers whether it is against false practice in human race like sati, slavery or struggle for independence or spiritual revolution promoting Ahimsa and Unity by Buddha, Mahavira, Paramahansa, Ramana Mahashri or Kabir. Let us learn to feel for all life on earth, embrace inclusive love.

Let us understand that every life on earth is as important as every brick in the wall. Like every brick cemented to the other makes a wall and thus the building. So is every creature in the creation is bound to one another in the life cycle, let us not break this and create self-destruction. Trees and animals are becoming extinct leading to global warming; unexpected natural calamities are reasons and warning enough to awaken the human race. There are many ignorant, selfish beings who feel 'It is not that Buddha and Mahavir achieved a desire-free world, neither could Christ build a world full of compassion, nor did Theresa lift everyone out of gutters'. But fact is that all these people did what they could. That's the big question: did I play my part? Question yourself and then there will be an awakening. This is what has happened to me and many more like me. We have decided to fight for the rights of all life. Our fight is against dairy and meat industry which is actually the root cause in destruction of nature and leading to global warming. We are called 'Vegans' following non-dairy vegetarian diet and do not use any animal products. Join the 'Vegan revolution' and become a part of the voice to save the earth and save yourself. Our motto: 'Live and Let Live'.

Dilip Bafna
(Dilip Bafna)



Disappointed!

In the last newsletter, we highlighted issues relating to animal slaughter: Gadhimai 'festival' where almost half a million animals were slaughtered as 'sacrifice' for the gods, and the illegal entry and slaughter of camels as 'sacrifice' in festivals. The key to getting these issues resolved is huge public participation in questioning the relevant authorities about their lack of action to resolve these issues. ARF newsletter has a circulation of thousands of readers, and we had requested our readers to write mails to relevant authorities voicing the need for action and resolution.

The number of readers who actually wrote letters to authorities and informed us.....is just 4!!!

We are disappointed by the lack of reader participation. Your apathy will lead to many more millions of animals killed as not enough people stood up for them. Please be vocal about your support for animal rights.

Did you take action for animal rights today?

Photo courtesy: animalnegal.org

Highlights of Work done by ARF in December 2009

Pigeon (Treated) - 3, Cow (Treated and Released) - 1
Sheep (Treated and Released) - 3, Dogs (Treated and Released) - 9
Dogs (Treated) - 6, Helpline Complaints & Sterilization for Dogs - 247
CNVR (Catch, Neuter, Vaccinate, Release) of Dogs - 2260



Q& A on Compassionate Lifestyle:

What is the difference between killing a plant and killing an animal?

Both are life forms.

Unlike animals, plants do not have a nervous system. So, plants cannot feel pain when they are cut. There is no scientific reason to believe that plants bring a consciousness or psychological presence to the world. Plants do not have a brain or central nervous system. Therefore, they lack the fundamental mechanisms to experience pleasure, pain, and suffering. Fear and pain would serve no purpose in plants because they are unable to escape any threat. Any rational person understands the striking difference between slitting the throat of a sentient being (being that has consciousness and feels sensations) animal and plucking a fruit or vegetable. The unfounded rationalization that plants may feel pain would be an absurd justification for the needless killing of obviously sentient animals.

Even if there were grounds for acknowledging that plants can feel sensations, fact is that a vegan person who lives on a plant-based diet consumes far fewer resources, including plants, than either people on a meat-based diet or vegetarians who eat eggs and dairy products.

For eg, it takes:

900 litres of water to produce 1 kg of maize,

3000 litres of water to produce 1 kg of rice,

3900 litres of water and 2.1 to 3 kg of grain to produce 1 kg of chicken,

4900 litres of water and 4 to 5.5 kg of grain to produce 1 kg of pork,

15500 litres of water and 10 kg of plant matter to produce 1 kg of beef.

Thus, a person eating 1 kg of rice is consuming 1 kg of plant food and 3000 litres of water. A person eating 1 kg of beef has not only traumatized a sentient animal by killing it, but is also eating 1 kg of animal meat to produce which 15500 litres of water and 10 kg of plants (vegetable feed matter) were used.

Clearly, an animal-products eater kills many more plants than a plant-products eater. An animal-products eater uses much more resources such as land, water and plants than a plant-products eater.

If people adopted a plant-based diet, then it would solve the problem of world hunger, as enough plant food will be available for everyone.

Minimize suffering to the starving humans, to the plants, animals and earth. Shun animal products. Do not consume dairy products, meat (bird, fish, animal), eggs, leather, silk etc. Adopt a plant-based diet.

Content sourced from Jo Stepaniak (vegsource.com), TERI (The Energy Research Institute) and Arun Rangaswamy from I.I.Sc.

Consuming Animal Products Biggest Contributor to Global Warming—bigger than even Transportation Sector!

The impact of global warming and hence climate change on the Indian sub-continent includes the threat of flooding in the coastal regions, melting of the glaciers in the Himalayas, disappearance of green cover, rise in diseases and large scale displacement of millions of people.

According to a 2006 Report (Livestock's Long Shadow) by the United Nations Food and Agriculture Organization, the livestock industry produces 18% of the world's global greenhouse gases, 4% more than the entire transportation sector and is a major contributor to climate change.

The latest Report by WorldWatch—one of the top 10 Sustainable Living Organizations in the world—puts the contribution of consumption of animal products to greenhouse gases (which lead to global warming) at an ASTOUNDING 51% !!

Conclusion: Not consuming animal products is the single most effective thing each of us can do to halt global warming.

Mails from Our Newsletter Readers

"University College London organised a debate yesterday, 14th December. Alastair from Peta and I took part. The motion was, 'We should have a vegetarian christmas--vegetarianism is the way forward'. A lively debate took place with two young very bright tory types saying Human beings are supreme and their dominance over animals is supreme. Forget global warming and all that they said, let us enjoy life now and let the future generations face their own problems! Alastair and I put the alternative argument that Humans have a responsibility towards other living beings. Over grazing was destroying fertile land, global warming from farm animals was a big threat. Wild Turkeys could fly, Turkeys reared for meat are confined in close space in their thousands. Some of the greatest philosophers and thinkers were vegetarian. Alastair said that he and his Vegan wife would also enjoy Christmas with sumpstious vegetarian food. Why does enjoyment have to be at the expense of other living beings? The vote took place and we won by an overwhelming majority. We were helped by two very able student speakers from the floor who were vegetarians. The vice chair of the UCL debating society was a ardent Vegan!"

— **Nitin Mehta, UK**

"...about adopting animals as against buying them, you are so right! I always wondered why people spend so much of money to buy rare breeds of pets that demand high attention and maintenance, when they can take a home a friend for free among so many begging to be adopted in a shelter!"

— **Shruti A, New Delhi**

"Very happy to read about the awareness ARF is creating on very important issues like Animal Sacrifices and Camel Issue. One day we will stop these atrocities."

— **Brindha Nandakumar, Advocate and Animal Rights Activist, Bangalore**

"Shocked to know about Gadhimai animal sacrifice in huge numbers. Excellent service through ARF, as so many are becoming aware of such terrible issues. God is love and compassion and giving life to not only humans but to animals too and what right do we have to kill them, we are protecting ourselves all the time. A humble request to all readers of ARF to voice for all these and protect animals as we are doing for our children. God Bless all those who are doing on name of God."

— **Saroj Choudhury, Mumbai**

"I get your ARF newsletters every month and I really like what you do. Someday I wish to do the same. All the best for everything...especially since it's for the animals. P.S I'm a hardcore veg. Trying to be vegan!"

— **Deepti Majithia, Bangalore**

"I found the news item published in your newsletter with captions like 'Chicken who made me give up chicken' and 'Consuming Animal Products destroys our environment' really eye-openers to many non-vegetarians...We eat to live, we don't live to eat. So, to live, plant sources are more than enough. Moreover, we are getting many diseases by eating non-veg food such as swine-flu due to pig meat and bird-flu from hen. Save nature and it will save you, else you are the ones who will face menace in future."

— **Riya Jain, Vijaywada**

Vegan Potluck Party

The monthly Bangalore vegan meet is open to everyone: new and long-term vegans, vegetarians or anyone who would like to learn about veganism and sample some delicious vegan dishes. This is a great way to meet and make friends with vegans in Bangalore and share experiences, tips and recipes. There is no agenda, just come, eat, socialize and enjoy! But please do bring a vegan dish to share. The next vegan meet is on Saturday 23 January 2010 at 6pm at the *Animal Rights Fund office*.

We are very keen to know if ARF newsletter has influenced you to decrease use of animal products for food or wear, or take ACTION for Animal Rights. Please write to us.

Don't Fly Kites...It Kills Birds



Every year people celebrate Makar Sankranti in January with a lot of fun and happiness, flying kites, but at what cost?

Each kite that gets cut, is causing atleast 1 bird to get injured. If it dies, then atleast it's at peace, but there are lakhs that are crippled and dangling from trees for days on end, without any food/water and anyone to care about!

The image that you see, is of one such pigeon who was found in our building. The way it was bleeding, I doubt it would have survived, and even if it survived, what good is a bird without wing? It's a sitting prey for cats and dogs! Infact, this fellow would have been eaten away by one of my building dogs, if not seen by the kids.

People, please don't fly kites on Makar Sankranti, or any other day. Stop people from using the glass manja thread for kite flying, which is so sharp and easily slices up flying birds. If your kite gets cut, u can get a new one, but where are birds going to get their wings or lives from?

Content and Image by Charu Shah (Bombay)

Book Post

Heart-felt Gratitude for your Donations

Gunjan Jhingran, Chennai.

Aruna.R, Bangalore.

Anand Shahji, Bangalore.

Pagaria Charitable Trust, Bangalore.

IT rentals, Bangalore.

Jinendra Jain, Bangalore.

I am not shy about admitting that this is a critical time for donations we hope to – and must – receive. ARF needs your support to ensure animals are treated with regard and compassion. With your help, we will continue to strive to ensure that animals are not forgotten or ignored.

Rs. 1,000 Rs. 2,000 Rs. 5,000 Others Rs.

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

Online Transfer to ICICI Bank, A/C No: 625101049908, IFSC Code: ICIC0006251, Branch : ICICI Bank Limited, 1091, OTC Road, Nagarthapet, Bangalore – 560 002.

All donations are eligible for tax exemption under Sec 80G of I.T. Act. Foreign Contribution Reg No. 09442 0994 dt. 12/11/02

Animal Rights Fund

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