

ARF Newsletter

BANGALORE

AUGUST 2010

Vol I Issue 34

Editor's VOICE

This Independence Day

On this day, 63 years ago, we got our independence. We were slaves for almost 500 years. It began with the Moguls and ended with the British rule. It feels very nice to breathe in a free country, a secular country, a country where each one is free to practice their own religion. Nowhere else can one see such brother hood. For example, in Bihar, where despite so much poverty one can still see people smile. In Mumbai, one can understand what co-operation is if one travels by the local trains. In our own local buses, even today we can witness helpfulness of fellow people. Even now in train journeys across India people make it a point to share eatables with their fellow passengers; if one refuses we will urge them to take at least a bite. If one wants to see India, then one must see the local population. In spite of difficulties people here are always smiling. I am truly blessed that I was born in such a free country. But animals here are still not free. They are slaved, tortured and have to follow the whims and fancies of their masters. It is indeed very sad to see countless animals slaughtered in cold blood. We are doing our bit to protect them. We urge you to celebrate your freedom by either supporting an animal rights organizations or at least donate a small amount to charity. The least you can do it turn Vegan and enjoy life without disturbing the animals in question. Think about it.

Dilip Bafna
(Dilip Bafna)



Shree Jain Sirohi Sangh

Will conduct a blood camp on 19th September 2010 between 10:30 am to 2:00 pm. Those interested can contact Mr. Niranjana on +91 94817 84982 or Landline No. (080) 41249077 for further details.



Men around the world are shaking in fear at the launch of our brand-new website <http://doanglershavesmallrods.com> which draws on related research and average measurements to determine how long their "rods" are.

How do you measure up? Take the test right now.

It's not just men who should be concerned, however, Wives and girlfriends of anglers – who choose to inflict pain on small and defenceless animals – are aware that their partners may not quite be up to scratch in the bedroom. Fear not, ladies. You can also take the test on behalf of your man to see where he stands (or doesn't!).

But wait, there's more! We have a number of suggestions on how men can get help coping with their affliction in our help and resources section. Of course, if you're confident that you're well endowed – and if you're not an angler – you needn't worry. But please share the site with your friends and ask them to take the test.

Source: PETA



Vegan Opening

Are you a vegan who likes to demonstrate healthy vegan cooking? There may be a job for you in Ahmedabad. Please contact Sanjay Jain at sanjayjainuk@yahoo.co.uk

What is Running Raw?

The Running Raw Project is a grand experiment in diet and athletic performance. It was started by Tim VanOrden in November of 2005 as a simple question: Can one be an athlete while eating a 100% raw vegan diet? That curiosity was quickly answered with a resounding YES!

I switched to a vegan lifestyle in 1998. At that time, I was an actor in Los Angeles and was concerned with keeping the signs of aging at bay.

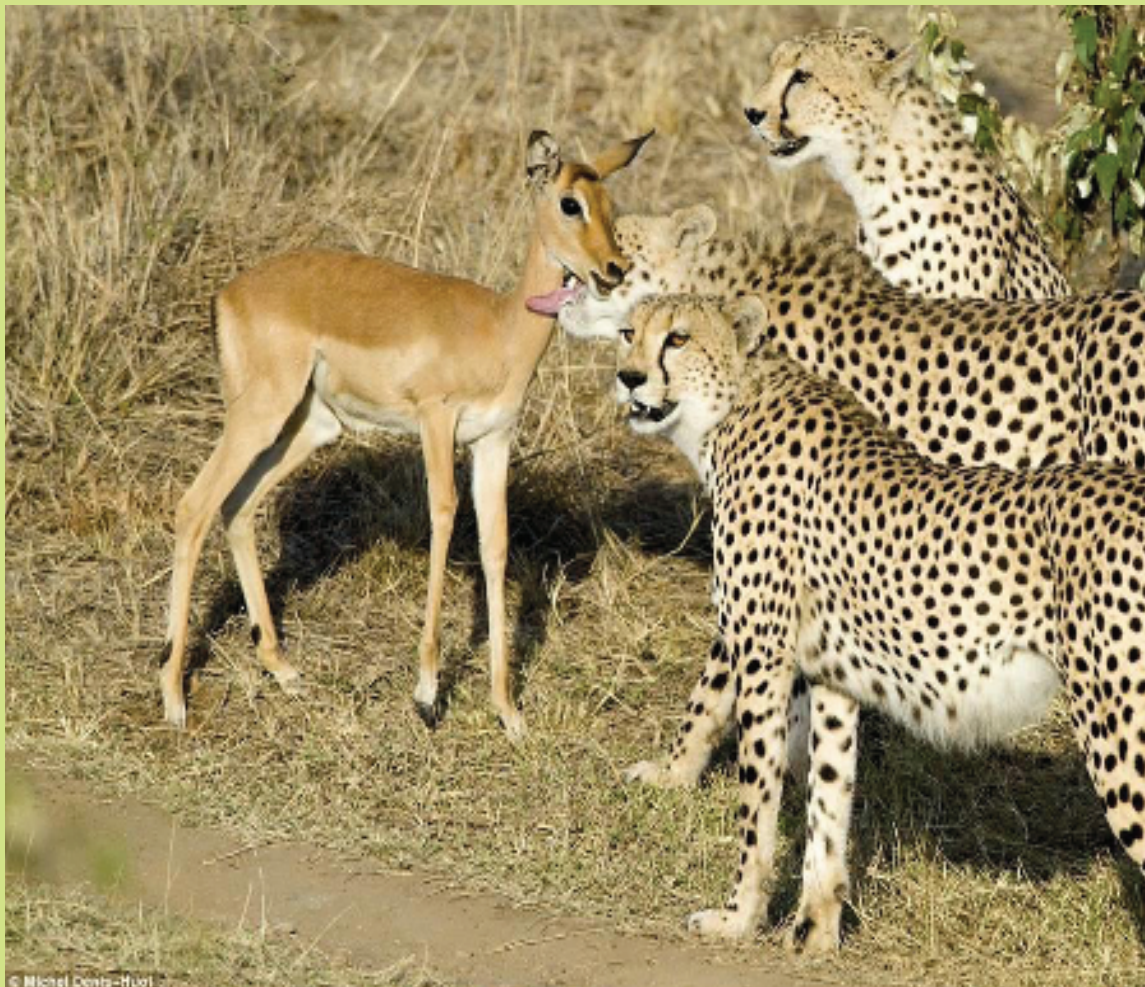
Since that time, I have experienced a complete physical and emotional transformation. I could now cite numerous reasons for choosing this lifestyle, such as animal cruelty, health, environmental impact, and most recently, improved athletic performance.

He is 42 years old he looks like 25-30 years. By following Tim VanOrden's raw vegan diet you can cut your years by 30% and stay very healthy.



Tim VanOrden

The law of the wild says kill only when you are hungry!!!



Photographer, who captured these amazing pictures on safari in Kenya's Masai Mara in October last year, said he was astounded by what he saw:

"These three brothers (cheetahs) have been living together since they left their mother at about 18 months old," he said. 'On the morning we saw them, they seemed not to be hungry, walking quickly but stopping sometimes to play together. 'At one point, they met a group of impala who ran away. But one youngster was not quick enough and the brothers caught it easily'". We were amazed about the picture. Truly it says that the Law of Wild says **"kill only when you are hungry"**.

Pets 'N' Us

There are many good books on pet care, but most of the information they contain do not relate in India and neighbouring countries. Pet lovers need such a book that gives guidance-in good measure-for a better bonding of the family with the pet, and is a user friendly guide for those people who still have pets.

Pets 'N' Us by Purnima L. Toolsidass focuses on giving people a better understanding of the needs of the pets, and tips on avoiding the problem that arise from unintentional mishandling.

The chapters on middle age, emergency, travel and death that contains details not commonly found in other books. 'Some Fun' is a delightful assortment of poems, quotes and letters about pets.

A book well worth reading and keeping by as a reference manual. The book is available in Allied Publishers Private Limited.

Pets 'N' Us

Purnima L. Toolsidass



In consultation with Debasis Chakrabarti



Vegan Potluck

The next vegan meet is at Jaaga, No. 16/1, Rhenius Street, Off Richmond Road, Opposite Hockey Stadium, Shanthinagar, Bangalore - 560 025.

Date : Saturday 28 August 2010

Time : 4:00 pm to 8:00 pm

4:00 pm: Screening of the film Meat the Truth.

5:30 pm: Potluck!

Please contact us for further details:
bengaluruvegans@gmail.com

Highlights of Work done by ARF in July 2010

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs: 2288

Complaints Received: 426

Dogs (Treated and Released): 32

Dogs (Treated): 8

Pigeons (Treated and Released): 12

Crows (Treated): 2

Goat (Treated and Released): 1

Buffaloes (Treated and Released): 2





This stray dog was found in Jayanagar. It had no left eye and no left upper jaw, considerable muscle and bone loss on upper jaw. It has probably met with accident and ARF came to know when the whole area was infected.

We started his treatment and after 6 days of treatment it started eating and slowly the wounds are clearing. Would you like to adopt this dog or will donate some amount for it till some kind soul will adopt it.

Believe it or not, this dog became a communal issue. Since they could not iron their grievances this poor dog became the victim. His both legs were fractured with tibia and fibula and the bone had come out of the skin.

Still our Dr. Nagaraj did not loose his heart, after amputation of one leg this dog is on road to recovery. We have found a community which is willing to adopt this dog. After it will complete its treatment and once it is fit we will send it back to this generous community.



This dog was a victim of a sadist, who had thrown acid on it. A good samaritan found it and contacted our help line.

We found this dog in horrible condition. Still treatment is on and once its recovered then we will put it for adoption.

Heart-felt gratitude for your Donations

Chetan, Bangalore.
Velu, Bangalore.
Nischal, Bangalore.
Mehul Parek, Bangalore.
Gulabchand Kothari, United Kingdom.
Sulochana.S.P, Bangalore.
Padmaraj Sagri J, Bangalore.

ARF is in need for computers and printers. Kindly donate. Second hand are also welcome.



Book Post

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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Printed by Mr. Harish at Unity Printers, #20, Nagappa Street, Palace Guttahalli, Bangalore-560 003.

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