



ARF Newsletter

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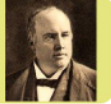
II

ISSUE

3

“ In nature there are neither rewards nor punishments; there are consequences. ”

- Robert Green Ingersoll



Editor's Voice

Love your surroundings

Life is precious gift of the creator, whether it is you or any other living things. All life on this earth is dependent on one another.

How true it is, the seed waits endlessly in the earth's womb, waiting for that one moment when it can sprout and see the skies. It never knows when the wait looks eternal, yet one of those routine days, while the thrust of the earth is still painful, a moment comes when the eye of the seed opens and a tiny shoot feels its first freedom, the winds.

The little bud goes on swaying and dissolving into the breeze, little does it know the next instant it will become a flower and can emit fragrance. The caterpillar in the cocoon feels its life is a series of struggle, yet in one of those hard pushes. The cocoon breaks open and it becomes something it could never even dream of.

Every wonder is a thing to be wondered. The promising sunrise, the playful rainbow, the aggressive waterfalls, the

soothing sunset, the crawling insects, the flying birds, the tickling grass, the twinkling stars, the swaying trees, the shivering cold, this nonstop heartbeats of the heart, the organs, the system, the working, the perfection, the little fingernail of a newborn... The heart just goes, wwwwoooooowww!!!

This gently reminds me, living this life, live this moment first. So let us once again whirl around with hands open wide. So beautiful it is not to seek any answers such an innate joy to wonder again. Forget not, the earth longs to feel your bare feet and the wind chuckles playing with your hair. Now is to wonder. Then is to ponder. Preserve nature, be environment friendly. This new year begin with the resolution to save environment, save animals, become a vegan. Let the wonderful nature be as it is. Enjoy it but not destroy it.



Monthly Vegan Potluck

You are requested to contact our Face Book for update about Vegan Potluck
<http://www.facebook.com/groups/veganbengaluru>

Summary of Work Done

Dogs (Inpatient) - 28 treated;
Dogs (Outpatient) - 15 treated and released;
Pigeons - 12 treated and released;

Helpline Activities



Helpline Activities

This dog was brought to ARF for its wound in the neck. The wound was formed by the chain which was tied very tightly in its neck. We removed the chain, cleaned the area, applied ointment and given antibiotics. Continuous treatment is going on. Kindly donate.



This dog was brought to ARF for its wound in the mammary gland. This was formed due to abration. As it was a normal open wound we treated it with regular dressing and antibiotics to prevent further infection. Now its recovering. Please donate for its speedy recovery.

Until he extends the circle of his compassion to all living things, man will not himself find peace.

- Albert Schweitzer, French philosopher, physician and a musician (Nobel 1952)

Stock-free farming gives MPs food for thought

Whilst almost 1 billion humans go to bed hungry each night, MPs asked this week, “Why is food enough for 3.5 billion human beings still being wasted in the global animal farming industry?” During the World Vegan Day Adjournment Speech, Kerry McCarthy MP also exposed the shocking fact that animal farming consumes seven times more grain than biofuels. In the Debate on Tuesday 1 November 2011, the question was put, “Would it not be better to use the food that we produce more efficiently by feeding it directly to human beings?”

Kerry McCarthy MP, who has been vegan for 20 years, said, “Meat consumption is an incredibly inefficient way to feed the planet. We hear a lot about biofuels and deforestation, but whereas in 2009 about 100 million tonnes of crops were being diverted to create biofuels, around 760 million tonnes were being used to feed animals. As Raj Patel wrote in his excellent book *Stuffed and Starved*, ‘The amount of grains fed to US livestock would be enough to feed 840 million people on a plant-based diet.’” James Paice (Minister of State

[Agriculture and Food], Environment, Food and Rural Affairs) responded to Kerry McCarthy’s speech, “There is no doubt that, as the Foresight report made clear, the current food system is consuming the world’s natural resources at an unsustainable rate. I agree with the honourable lady about that. At this rate we will continue to degrade our environment, compromise the world’s capacity to produce food in the future, and contribute to climate change and further destruction of our biodiversity. The status quo is not an option, which is why we in DEFRA have put the importance of sustainable food and farming at the forefront of what we are doing.”

Vegan Society CEO, Jasmijn de Boo said today, “It is timely that politicians are becoming increasingly interested in plant-based farming, and living, to tackle global hunger. I was delighted to meet around 15 MPs, as well as over 60 other Parliamentary Assistants and staff, at Westminster on World Vegan Day. We gave our Global Food Security report to them all, setting out ways in which crop farming can benefit farmers and consumers, both in rich countries



like the UK and in the Global South. I am encouraged to see this growing political will to transition to more sustainable stock-free methods of farming.”

The UK is a world-leader on ‘stock-free’ farming – producing sustainable, nutritious, delicious food by farming without animals. Stock-free farming is also a proven model for economically sustainable rural livelihoods, helping farmers to control their spending on farm inputs. Farmers in the Global South can also enjoy many benefits if they choose to adopt stock-free farming, such as increased resilience against drought.

- Jasmijn de Boo and Kerry McCarthy



No words
needed

Shripal Ras: Rarely we come across news about the release of such an exhaustive and aesthetically rich compilation of the Shripal Ras, which is by far the most artistically rich piece of Jain artwork available to date. The work has been printed generously in 5 volumes with 1,120 pages, extensively layered with illustrations (approximately 750), artwork and content. In order to make this important Jain text available to all, this work has been published in three different languages (Gujarati, Hindi and English). For further information on the content of the book, online orders, prices and mode of payment, please visit the website: www.shripalras.com.



This book is a collector's item, good for your Drawing room/Living room /Family room table, for your office, your own personal library, as gifts to friends and relatives on special occasions (such as weddings, birthdays, graduation and anniversaries), gift to libraries. It is really a great gift item.

Do you rescue animals? Do you treat wounded...

Do you rescue animals? Do you treat wounded animals? Do you get them adopted? Ummm.. Are You Vegan? Why does this simple questions pose such a BIG THREAT? I'll tell you why! Because the truth glares you in the face! Are you really doing your bit OR are you simply finding your space? Why misunderstand this basic truth and twist it to be something it's not? I'll go ahead and say

that vegans doing none of the above activities do a hell lot more for animals than anybody who does all of the above or more and is NOT vegan, can ever hope to do! Don't bullshit yourself! Veganism is something you LIVE not DO, if you don't have integrity, do not abuse someone else for showing it to you! It is more than a lifestyle. It is more than a diet. It is a moral imperative, yap yap

yap, nothing you don't know. It takes little to get a dog adopted. It takes a hell lot to Go Vegan! Going Vegan is a personal statement that counts like no other! It is a culture of compassion you exercise every minute of the day. Not in spurts at some event! If you are getting in front of the camera, all the more reason, Duh!

- **Manisha Hariharan**

Modernising Medical Training: Replacing Animals in MBBS Programmes

In 2009, the Medical Council of India (MCI) officially amended its regulations to state that "experimental work on animals can be demonstrated by Computer Aided Education", clearing the way for Indian medical schools to eliminate their use of animals in Bachelor of Medicine and Bachelor of Surgery (MBBS) training programmes.

This policy change allows Indian medical schools to adopt completely non-animal training curricula, as has been done in 95 per cent of programmes in the United States and in every programme across Canada and the United Kingdom. These institutions instead use a combination of didactic methods, human-patient simulators, supervised clinical practice and interactive computer-aided learning simulations.

To help familiarise MBBS programmes with the non-animal training methods being used abroad, PETA India is

sponsoring a series of free Continuing Medical Education (CME) workshops across India from 16 to 19 January 2012. The workshops will feature lectures and simulation demonstrations covering the available modern, effective and economical non-animal training methods approved by the MCI to completely replace animal use in the MBBS curricula.

Distinguished speakers at the workshops include the following:

John Pawlowski, MD, PhD, Assistant Professor, Harvard Medical School, Director of Thoracic Anesthesia, Beth Israel Deaconess Medical Center, Boston, Massachusetts, USA; David Dewhurst, PhD, Professor of E-Learning and Director of Educational Information Services, College of Medicine and Veterinary Medicine, University of Edinburgh, Edinburgh, UK; Mohammad Akbarsha, PhD, Director and Chair,

Mahatma Gandhi-Doerenkamp Center for Alternatives to Use of Animals in Life Science Education, Bharathidasan University, Tiruchirappalli, India.

FREE REGISTRATION

If you are affiliated with a medical college in India and you would like to attend one of the free workshops listed below, please download and complete the appropriate registration form and submit it by e-mail to Dr. Chaitanya Kumar, PETA India's science policy adviser, at chaitanyak@petaindia.org: 16 January 2012, St. John's Medical College, Bangalore (Brochure), 17 January 2012, Jawaharlal Institute of Postgraduate Medical Education and Research, Pondicherry (Brochure).

<http://www.petaindia.com/action/Registrar-for-Free-Medical-CME-on-Replacing-Animals-in-MBBS.aspx>

Recipe of the Month

Vegan Chocolate Cake

Ingredients:

1 ½ teaspoons of an Agar-agar (E406); 1 cup of rice milk; ½ cup of maple syrup; 2 teaspoons of vinegar; ¼ cup of olive oil; ½ teaspoon of vanilla extract; 2 teaspoons of baking powder; ¼ teaspoons of baking soda; 1 cup of flour, all-purpose; ½ cup of whole wheat pastry flour; ¼ teaspoons of salt;

Directions:

Begin by preheating the oven to 350 degrees. Follow this by layering a 9-inch cake pan with a little of the olive oil and a sprinkling of the flour. Next, combine the egg replacer(Agar-agar), rice milk, maple syrup, vinegar, remaining olive oil and vanilla, and whisk until completely blended. Then add the dry ingredients: baking powder, baking soda, both types of flour and salt. Pour this batter into the cake pan, and bake for 30 to 40 minutes. Use a toothpick in the cake's center to test if it is done.



Heart-felt Gratitude for your Donations

Dr. Annayappa Sahadev, Bangalore; B.K. Srinivas (Film Producer), Bangalore; Shree Suparshwanath Swetamber Jain Murthipujak Trust, Bangalore; Akshatha Patel, Bangalore; Rajasthan Sangh (Yelahanka), Bangalore; Shree Maneklal Ratanshi Parekh, Bangalore; Shree Jain Swetamber Murthipujak Mandir, Bangalore;



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and do
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be
amazed



Thank you for considering this special request for your much-needed financial support for **ARF** pivotal work to reduce animal cruelty. 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 - 560020, Karnataka.

Trust Reg. No. IV 11/99-2000, Animal Welfare Board of India Reg. No. KA 014/1999/AWO
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

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