



ARF Newsletter

BANGALORE

DECEMBER 2009

Vol I Issue 26

Editor's VOICE

Your Letter can Save Millions of Animals

There is one force that is mightier than any Animal Rights Organization trying to achieve animal wellbeing —and that force is the collective voice of the many Animal Rights believers spread all over the country and all over the world: raising questions, writing mails to relevant authorities and seeking corrective action. This collective voice seeking answers shows that concern for issues is widespread, and prompts relevant authorities to take action to address the issue.

In our September newsletter, we joyfully shared the news of how ARF's efforts led to the ban of entry of camels into Karnataka (High Court W.P. No. 14438/2008).

In this newsletter, we are disappointed to note that inspite of the legal ban on entry of camels, the police have not stopped camels from entering Karnataka for slaughter in November festivals. We got calls and updates from many people about camels being sighted in various parts of Bangalore. They were stationed openly on footpaths, yet the police made no move to confiscate them, we are disappointed to note.

You, the animal rights community, have the power to change this. We need you to work with us to solve this issue of animal sacrifice. **You can stop entry and sacrificial slaughter of camels in Karnataka by writing to the Chief Secretary and requesting to act on the High Court's ruling by issuing written notices to all police force to stop entry and slaughter of camels in Karnataka.**

Please address your mail to:

Chief Secretary Office, Government of Karnataka, Vidhan Soudha, Bangalore – 560 001.

Phone: 080-22252442, 080-22092476

Email: cs@karnataka.gov.in

Please write back to us or call us and let us know after you have mailed the police. We are hoping for letters in huge numbers to push a closure to this ban on camel entry and slaughter.


(Dilip Bafna)



Vegan Potluck Picnic

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 December meet will be a vegan picnic in Cubbon Park! Bring your friends and family members. There will be a magic show for the kids!

We will meet at 2pm near the Queen Victoria statue at Rani Park (the small park adjacent to Cubbon Park). It's located across the road from Chinnaswamy Cricket Stadium. Once all of us meet, we will probably walk up to the 'rock' for the actual picnic.

Time: Saturday, December 19 from 2:00pm to 6:00pm

Highlights of Work done by ARF in November 2009

CNVR (Catch, Neuter, Vaccinate, Release) for Dogs: **3094**

Dogs (Treated): **4**

Dogs (Treated and Released): **6**

Monkey (Treated): **1**

Pigeons (Treated and Released) : **2**

YOU CAN HELP STOP World's Largest Animal Sacrifice

November 3rd week was a defeated week for animal rights, with billions of animals sacrificed all over the world for the Christian festival of Thanks Giving, the Muslim festival of Id and the Hindu festival of Gadhimai. Little is known about the Gadhimai festival that is held at the Gadhimai temple of Bariyapur, in southern Nepal. The event involves the world's largest sacrifice of animals – including water buffaloes, pigs, goats, chicken, ducks and pigeons – with the goal of pleasing Gadhimai, the goddess of power. **About 5 million people participate in the festival, the majority of who are Indian people from the states of Uttar Pradesh and Bihar. Attending the festival in Nepal circumvents the ban on animal sacrifice in India. It is estimated that 300,000 to 500,000 animals were killed during the Gadhimai festival of 2009.**

The festival has prompted numerous protests by animal rights activists. A Nepal government official commented that they will not "interfere in the centuries-old tradition of the people." Not only does the Gadhimai festival attract hundreds of thousands of worshippers, it is also big business. The meat, bones and hides of the animals are sold to companies in India and Nepal. Local hotels and restaurant owners thrive during the festival period.

What Can You Do?

Much of cruelty is perpetrated because of lack of public awareness of these cruel practices. If we give wide publicity to cruel practices and discuss and condemn them on a large scale, then there is elevated social awareness, and an urge to end this cruelty.

- Draft a petition and have friends sign, and hand over to your local authorities and/or media.
- If you have any media contacts, then convince them to publish about this issue. If you want an article to publish, then ARF can provide.
- When you visit Nepal, meet political, business and social leaders and raise the issue.
- Organize a screening of videos of Gadhimai sacrifice (easily available on the net), and a discussion in your school, office, college.
- Write letters to the editors of Nepal & India newspapers.
- If you travel to Nepal please don't travel with tour companies who organize tours to temples where animals are sacrificed.
- While in Nepal raise the issue during your discussions with those you meet, and condemn the practice of ritual sacrifice of animals.
- In your own country if you meet any Nepalese or have Nepalese friends ask them what they are doing to stop animal sacrifices in Nepal.
- **Please do write to the Nepalese Embassy in your country, to the Nepalese Government and Nepalese media to enact laws to stop these extreme practices.**

Write to the Government on the following addresses and e-mail IDs.

Hon. Prime Minister

Office of the Prime Minister,
Singha Durbar, Kathmandu, Nepal

Phone: 977-1-4211000

email: info@opmcm.gov.np

Nepal Consulate General in India
1, National Library Avenue, Alipore,
Kolkata-700027, India

Phone: +91-33-2456-1103

Email: nepalconsulate@dataone.in

Please write back to ARF to let us know what action you took to stop future Gadhimai slaughter. 5 minutes of your time spent in writing a letter can save millions of animals. For more details, please contact animalnepal.org or write to luciadevries@gmail.com and awnnepal@gmail.com

Content partly sourced from Wikipedia, BBC, AnimalNepal.org



Animals witness each other's slaughter with wide-eyed horror. THEY AWAIT THEIR TURN IN TERROR. Gadhimai—No humane slaughter practices for half million animals.

Mails from Our Newsletter Readers

"A news letter in which every line I read is informative. The detailed description of CNVR has made me feel so comfortable as I used to worry with so many unanswered doubts of mine about the safety of the dogs after CNVR.

The Newsletter is really interesting and educative for all the animal lovers as it also covers so many other issues related to many other animals. Very practical and scientific information is given about food habits. A must read for every one. Wishing you all the best in all your endeavors to help animals."

— Shamlatha Rao, Bangalore

"Stop the use of milk products in temples altogether. In the past we practiced caste discrimination in temple entry, and slaughtered live goats and fowls in temples. Thereafter we realized that these were wrong practices and we discontinued these, even though there was some opposition. Presently use of dairy products is an accepted practice in temple worship and should we continue this practice in modern enlightened times? The milk yielding cows are confined in small stalls in large farms and are impregnated again and again and again until it cannot bear any more, when it is sent to the slaughter house. The impregnated cow yields a calf, and no sooner the calf is born it is separated from the mother and taken away. It is a really pathetic sight to see the calf yearning for its mother's affection and milk, and the mother crying for her calf. The milk from cow is always extracted fully and sometimes blood too is extracted by machine. Special drugs and hormone enhancing pills are administered to these cows to yield more milk. I'm not saying, "Stop being religious or questioning religious beliefs." Whilst adhering to all other religious practices discontinue just this abusive practice. Please discuss this idea whenever you meet with other religious persons socially, encourage your family and friends to stop this practice in temples, or not visit temples that follow this practice."

— Nagaratnam Sivarama, Jaffna, Sri Lanka

"I want to thank you for your ARF newsletter. It is excellent and an inspiration."

— G.A. Bradshaw Ph.D., Director, The Kerulos Center

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.



Vegan Recipe: Kindness Curd & Buttermilk—delicious with cooked rice and in raitha

Ingredients: 1 cup grated fresh coconut, 1 teaspoon jaggery, 1/5th cup brown rice, 1.5 cups water.

Procedure: Combine all the above ingredients and grind to a fine batter-like consistency. Transfer to a vessel and bring to a boil. As soon as it boils, switch off the stove and allow to cool. When it reaches lukewarm temperature, add 1 spoon of curd culture. Mix well. Cover and keep in a warm place for 24 hours to ferment. Your coconut curd is now ready. It will have a slight sour taste. If you want it more sour, then leave it to ferment for a few hours more.

For the next batch, you can use a spoonful of this batch as the culture to start the fermentation.

This curd pleases your taste-buds and is kind on your health. It's super healthy to eat fermented foods as they improve digestion, maintain beneficial bacteria in the gut and increase bio-availability of vitamins and minerals in food. Unlike curd made from animal milk, this kindness curd has no antibiotics, hormones or pus that can damage your health. Also, this kindness curd is kind on animals, as it is not an animal product.

Image courtesy: www.greenme.vg

Shambhu - Our Beloved Vegetarian Dog

By Mahesh & Nishma Shah (mail@shambhus.co.uk)

In the summer of 1998, a sweet, slightly mischievous, black Labrador puppy, born at our next-door neighbours' house, charmed his way into our house and quickly became a part of our family. Thanks to the Vegetarian Society and Vegan Society, we realised that dogs could be fed a vegetarian diet, and very quickly we were in touch with companies that produced complete vegetarian dog foods commercially. In the process, two additional benefits became apparent: We were often supporting ethically-minded vegetarian businesses, and the proprietors of such companies would only produce top quality food that's fit even for human consumption (in theory at least!). We fed Shambhu a mixture of home-made and ready-made vegetarian foods, and eventually, after trying various recipes and products, he settled on a routine: khichdi for breakfast, vegan treats for lunch, and vegan dog food mixed with pasta topped with a light sprinkling of organic vegetarian cheese for flavour. We also sometimes added a special mixture of plant-based oils to his food. Shambhu's vegetarian diet was both tasty and nutritionally complete. This was reflected by his excellent health, good looks and zest for life. Shambhu rarely fell ill, and each year, our local vet would declare him to be fit and in good health during his annual health check. We are very proud that Shambhu led a healthy, happy, low-himsa, vegetarian lifestyle, and made so many people, especially us, happy during his wonderful lifetime.



Here are a few informative links which ARF readers might find interesting:

www.vegepets.info/

www.vegsoc.org/info/dogfood1.html

www.vegansociety.com/animals/care/dogs.php

[www.veggiepets.com"](http://www.veggiepets.com/)

Book Post

Heart-felt Gratitude for your Donations

Gunajan Jhingran, Chennai.

Punit Gupta, Mumbai.

Parag Chaurasia, Bangalore.

Sandesh, Bangalore.

F.Jayatilal Vajawat, Ahore, Rajasthan.

Rajendra Home Appliance, Andhra Pradesh.

Jain Center of America, USA

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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