

ARF Newsletter

BANGALORE

MARCH 2010

Vol I Issue 29



Editor's VOICE

I hope all are having an uplifting financial year end. This month, I have 2 requests of you. Please visit <http://earthclinic.com/pets.html> on the internet to read up on a good listing of various ailments that animals can face. While veterinary doctors' treatment is most advisable for animal ailments, the earthclinic website's listing of ailments, symptoms and possible remedies gives a good insight into these topics. My second request is to consider this article from Economic Times newspaper, India, 4 Mar 2010 "Cattle expel more polluting gases that trigger climate change than carbon-dioxide-spewing cars, as methane traps heat 20 times more than CO₂. It has been pointed out that a cow produces more noxious gases than an SUV, so the implications for India are, well, moo-t. We have only 75 million-odd motor vehicles but we have the world's largest population of livestock — around 485 million, including some 283 million cattle, and the rest, goats and sheep — which collectively emit 11.75 million tonnes of methane." The huge livestock population has been artificially bred and sustained to feed the huge demand for milk and meat. As the market for milk and meat decreases, the forced breeding of cattle will also decrease, thereby lessening harm to the environment. Please drive down the market for milk and meat by boycotting animal products. Save the animals and save Earth.

Dilip Bafna
(Dilip Bafna)

Highlights of Work done by ARF in February 2010

Pigeons (Treated and Released) : 5

Pigeon (Treated) : 1

Dogs (Treated and Released) : 8

Dogs (Treated) : 1

Helpline Complaints & Sterilization for Dogs – 205

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs-1999

Workshop on Welfare of Livestock Animals—Mumbai

Date: Saturday, 20th March 2010

Time: 10 am – 3 pm

Venue: Training Room, 6th floor, Times Tower, Kamala Mills Compound

Registration: Call Capt. Rakesh Srivastava (022) 28408751, 98339 88287

Fees: Rs 150 (Lunch is included) Join Dr. Nandita Shah, practicing homeopath and founder of SHARAN

in a seminar designed to empower animal protectors with greater knowledge of the fundamental principles that link one's personal life-style choices to the wider movement of ahimsa—**Adopting a plant based diet.** Topics covered: Farmed animal issues in India, Understanding our anatomy and its nutritional needs, Protein, Calcium, Iron, Vitamin B12, Energy input and output, How to make the life-style changes we care about, Taking action for Farmed animals.

PAWS (Plants and Animal Welfare Society) presents a day-long workshop on ANIMAL WELFARE, ENVIRONMENT CONSERVATION & WILDLIFE PROTECTION on 18th April 2010. Entry Fee: Rs 100/- per person. Lunch included. Venue: Hotel Twins Banquet Hall, Opposite Thane Railway Station, Thane East, Mumbai Time: 10:30 Am onwards For Registrations, contact: Mr. Nilesh – 9920777536, Ms. Manasi – 9820161114

Cruelty-free Substitutes For Popular Milk Products

MILK IS MURDER! MILK IS WHITE MEAT!!

The milk you consume leads to torture to the cows that are separated from their babies for getting this milk, male calves being starved and slaughtered as they are by-products of the dairy industry, and the cows that are inhumanely slaughtered at 5 years of age once their milk-productivity drops (whereas their natural life-span is 20 years).

BOYCOTT MILK. It's easy! Here are 3 super delicious and easy vegan substitutes for milk, curd and cheese. Try them, and please do send us your feedback.

VEGAN CHEESE

This is a recipe for a wonderful cheesy spread which is low in cholesterol and high in taste.

Ingredients: 100 grams tofu, 100 grams cashew, 1/2 tsp salt, 1-2 cloves of garlic (ground or minced fine), 4 tbsp fresh herbs (chives, basil, parsley or others according to taste), 1/4 tsp freshly ground pepper

Procedure:

First, grind the raw cashews until they form a powder and then a paste. Mix the tofu, cashew paste and garlic in the blender to make a thick but creamy spread. Remove from the blender into a bowl. Add salt, finely minced fresh herbs and fresh pepper and stir together. Yeast flakes can be added for a cheesier taste if available but are not necessary.



VEGAN CURD (YOGURT)



This vegan curd is thick and delicious and can be eaten on its own, or as curd-rice, or in raitha.

Ingredients: 1 cup unroasted peanuts/groundnuts, 6 cups water, 1 spoon curd culture.

Put peanuts in a grinder and grind till you get a smooth paste adding a little water only if necessary. The less water you add, the smoother the paste will be. Transfer to a vessel. Add all the remaining water. Now you have peanut milk. Bring this peanut milk to a boil. Cool to luke-warm/body temperature. Add the 1 spoon of curd culture and stir well. Cover with lid. Keep in a warm place for 8-10 hours for setting into curd.

Important Tip: Save some of the peanut curd to use as a starter for the next batch. This can be stored in the freezer. No need to use curd made of animal milk as a starter culture again. Simply stir in a spoonful of this peanut curd into your next batch of warm peanut milk to make peanut curd again.

VEGAN CHAI

Ingredients: ¾ cup water, 1 spoon tea leaves, a pinch of chai masala, 1 spoon sugar, 1/8th cup soyamilk

Boil water. Add chai masala powder and tea leaves. After a minute, filter this liquid (using a strainer) into a cup. Add sugar and the soya milk. Mix well and serve. Enjoy!

Important Tip: One small 200 ml pack of soyamilk can be used to make about 10-15 cups of vegan chai.

Content by or based on recipes by Sharan India. Visit <http://sharan-india.org> for more exciting vegan recipes.

Chai image from whatscookingamerica.net



Mails from Our Newsletter Readers

"I enjoy reading your *ARF* newsletter."

– **Gautam Daftary, Dallas, TX - USA**

"Liked the article on milk; will definitely slow down on it (I'm a Jain by the way) The Vegetarian Buddhists avoid milk in all their dishes unlike us Indians. So maybe more alternatives must be emphasized like Soy Milk ...etc (substitutes)"

– **Paresh Kamani, Singapore**

"Thanks for sending *ARF* news letter regularly. I am impressed by the way people are turning to using Vegan dishes. Can you please give me some good vegan items which I can make use in our day to day life?"

– **Shubhaprada Itigi, Bangalore**

"Very good Newsletter and very informative articles."

– **Brindha, Bangalore.**

Vegan Picnic in Lalbagh Botanical Gardens on 20th March 2010

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, socialise and enjoy! **BUT PLEASE DO BRING A VEGAN DISH TO SHARE.**

We will meet at the Lalbagh Rock at 2pm and then find a nice picnic spot. Bring your friends and family members. The more, the merrier!



Bangalore Seminar on how you can make a difference everyday for the environment—Reduce your Carbon Footprint with every bite.

Concerned about the environment, but wonder how you as an individual can make a difference? Puzzled about the complex but very real connections between environment, health and lifestyle / consumption patterns? To find answers, attend the free four-hour seminar by Dr Nandita Shah, well known doctor, homeopath and founder of Mumbai based SHARAN.

The talk will cover, broadly, the following topics: The impact our food choices have on the environment, How to lower our carbon footprint practically, Understanding our anatomy and its nutritional needs, Protein, Calcium, Iron, Vitamin B12, Energy input and output, What kind of changes to make and how to do them, Taking action for ourselves and our planet.

Date : Saturday 27th March 2010

Time : 4 pm – 7 pm

Place : The Green Path # 32 / 2, New BEL Road, Seenappa Layout, Bangalore 560 094

No registration required. Just come. Free entry and participation.

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 use Cosmetics Tested on Animals or having Animal Ingredients

Cosmetics companies test cosmetics on animals (AT=Animal Testing). According to Beauty Without Cruelty, monkeys, mice, hamsters, guinea pigs, rabbits and rats put up with unspeakable torture. Testers administer the creams and lotions to the hapless creatures orally, through injection or externally and watch for reactions. For instance, formulations for eyeliners, mascara, shampoo, hair colours, etc. are poured into rabbits' eyes to check for swelling, blinding and other reactions. In an absorption test, the liquid is injected and the animal is watched for swelling, blisters, redness. In the photo toxicity test, it is exposed to UV radiation after the compound is applied on normal or sheared skin. In the inhalation test, the doomed critters are shut in an enclosed chamber and have the preparation sprayed on them.



All test animals are alive and healthy when they're forced into these trials. Many animals develop very painful reactions, go blind, suffer skin irritation — hey, that's the purpose! Animals are killed after the tests. It's inhuman, and more tragically, animal testing isn't completely reliable, say activists. Results can be misleading, since animal reactions could differ from those of humans.

Another point. You may be vegetarian, your cosmetics are not. Castoreum, collagen, elastin, glycerine, lanolin, pristane, keratin and silk oil/powder are cosmetics ingredients derived from animals. Your bindi may have animal glue, kajal-estrogen, moisturisers-serum albumen, shampoo-Spanish fly and ox spleen, soap-tallow, toothpaste-animal bone ash, perfumes-civet/musk/ambergris. Without pearlescence from fish scales, our lip gloss will have no gloss. Cerebrosides — “raw material for which comes from cattle, oxen, or swine brain cells or other nervous-system tissues” (says FDA) — make the skin surface smoother, improve moisture retention, heighten “luminosity”. We can do away with this barbaric practice by switching to plant derivatives. We've used them for centuries. Our kajal, hairwash powders, toothpastes and aloe-vera moisturisers have no chemicals and need no animal testing. The leaping-bunny logo is international symbol for 'no AT'. Animal testing of cosmetics is not

Book Post

Based on article by Geeta Padmanabhan in the Hindu on 21st Jan 2010.

Image by zahr.wordpress.com

Heart-felt Gratitude for your Donations

**Shree Adinath Jain Swetamber
Temple, Bangalore.**

R.Ramamurthy, Bangalore.

Delnavaz Vizakh Sooi, Haryana.

Gunjan Jhingran, Chennai.

Gulabchandji Kothari, USA.

Manakrajasa Singhvi, Tamil Nadu.

Kishor Jain, Bangalore.

Mehul Parek, Bangalore.

Niranjan Bafna, Bangalore.

Mahaveer Chandji Sethiya, Bangalore.

Kaveri Suresh, 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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ACTION FOR ANIMAL RIGHTS