



ARF Newsletter

BANGALORE

MAY 2010

Vol I Issue 31

Editor's VOICE

Can a world-class athlete get enough protein from a vegetarian diet to compete? I've found that a person does not need protein from meat to be a successful athlete. In fact, his best year of track competition was the first year when he ate a vegan diet. Moreover, by continuing to eat a vegan diet, his weight was under control, we like the way he looks. (I know that sounds vain, but all of us want to like the way we look.) He's Carl Lewis.

When I grew up in Bangalore, I always enjoyed eating vegetables and was influenced by my mother, who believed in the importance of a healthy diet even though we drank milk and ate milk products, I was brain washed regularly by my parents and the society in general about the importance of Milk. I was oscillating by what is right for my body. I was feeling very bad about the cruelty to animals, one fine day a stray thought came in my mind, I became vegan.

You have total control over what you put in your body. No one can force you to eat what you don't want to eat. I know that many people think that eating a vegetarian diet - and especially a vegan diet - will require sacrifice and denial. Jannequin Bennett demonstrates in her book that eating vegan does not have to be tasteless and boring. As she says, "vegan eating is a truly indulgent way of life, as vegans regularly partake of the very best foods that nature has to offer." Keep in mind that eating vegan does require a commitment to being good to your body and to acting responsibly toward the world around you. Most of us are not aware of how much damage we do to our bodies and to our world by the way we eat. I challenge you to write down everything you eat and drink for one week. You will probably be amazed at the amount of snacks you eat, the different ways in which milk and cheese are a part of your diet, and - worst of all - how much fast food you consume.

Cheese and other dairy products are loaded with artery-clogging saturated fat and cholesterol. Most cheeses get 70 to 80 percent of their calories from fat.

Your body is your temple. If you nourish it properly, it will be good to you and you will increase its longevity.


(Dilip Bafna)

The World Peace Diet is now the #1 best-selling book on Amazon!!



The World Peace Diet book by Dr. Will Tuttle helps you understand the power of food, and the cultural mentality reinforced by our practice of food, for many levels of healing—physical, psychological, cultural, ecological, and spiritual. Many people have called it a revelation, and one of the most important books of the 21st century. As John Robbins has said, "The World Peace Diet is one of the most provocative books I've ever read. I felt challenged and stimulated by its profound insights, and called to question ever more deeply what Will Tuttle calls 'the taboo against knowing who you eat.' This is a deep book, aglow with insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion."

Highlights of Work done by ARF in April 2010

Pigeon (Treated): **4**

Crow (Treated): **2**

Dogs (Treated and Released): **18**

Helpline Complaints & Sterilization for Dogs: **158**

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs: **2320**

Animals Need You This Summer

Summer is here and it is going to be equally harsh to the animals around us. Many animals/birds die of heat stroke. Kindly do your tiny bit by keeping a bowl of fresh water out side your balcony or garden.

In Australia , it was so hot for a week, that koalas were asking people for water . It's never been seen before.



"Until one has loved an animal, part of their soul remains unawakened."

Vegan Picnic at an Eco-Resort 'Our Native Village' on 30th May 2010

'Our Native Village' is a vegan eco-resort located on the outskirts of Bangalore in Hessarghatta. This unique eco-resort has an organic farm, windmills and solar panels to generate electricity, produces bio-gas which is used in the kitchen instead of LPG, practices rainwater harvesting, has a zero-waste policy, and has a 100% natural, chemical-free swimming pool! We will be car-pooling. If you plan to take your vehicle or if you need a ride, please let us know. Contact bengaluruvegans@gmail.com. Arrive at Our Native Village by 10 am.



PLEASE HELP Bullocks used in Cruel Sports



In rural Maharashtra, thousands of people gather at village fairs where animals are made to race. At many of these races you can see the animals being inflicted with undue pain and made to suffer. The cart drivers poke the animals in their sensitive parts with nails and sticks, whip them mercilessly and even feed them alcohol to make them run faster. Animal rights activists have also got the Bombay High Court (Aurangabad bench) to issue orders restraining organizers from holding bullock races. Yet, according to the activists, the races continue and are even being patronized by politicians and district officials. We request all of you to email the Chief Minister, Shri Ashok Chavan and ask him to make sure that this type of annual, needless cruelty is stopped. Please send a polite email to chiefminister@maharashtra.gov.in protesting against this cruel "sport".

(Partly based on Khaleej Times article).

The Grim Side of Animal Adoption

(By Arvinda, Animal Activist, Bangalore)

"My name is Brownie Pup and I have 2 more sisters. I do not know my father or mother or my home as we were put on road when we were just 3 weeks old. Our human foster mother picked us up and brought us home and we were cared for more than 3 weeks. During this period our foster mother tried everything to find us good homes. Our photos were put on many websites and we even appeared in the city's newspapers and few of our photo posters were put on various pet clinics. All this brought us no home. I heard our foster mother talk on the phone to take us to a puppy market where unknown people would come and take us. This frightened me a lot as we did not know where and by whom we would be taken and how they would treat us. Maybe we would find love and happiness or our life would be subjected to harshness such as being tied up most of the time, bad food which would cause diarrhea, or simply just abandon us back on the road when our adopters had enough of fun for their children.

One Sunday, a man with 2 children came, adopted me and took me to their home. After a month, this person lost his interest in me. I heard him discussing with his wife how to get rid of me...he was saying that he will simply abandon me on some street...I was really scared when I heard this, as I am used to a home environment and being provided for with food and care. I don't know how to look for my food on the street, where to live, whom to bond with, and I think the other dogs will not accept me and attack me and drive me away...as I shuddered in fear, the man finally decided to drop me back with my foster mum.

What a relief when I landed safe with my kind foster mom. My foster mom murmured unhappily that many pups that are adopted are abandoned after a few months, and die on the streets, as they are unable to look after themselves since they have grown dependant on humans. She wondered aloud if adoption was good for pups. She had too many pups that had been returned to her, yet my intelligent mom managed the situation by putting all us abandoned pups in a compound. Here we get all the freedom and our foster mother brings us food 2-3 times a day. We are vaccinated and I guess you could call us as been adopted—only that we do not have a home but a compound with all the freedom and

soon we will be sterilized and allowed to roam freely on the road. Our foster mother will continue to feed us, and keep a friendly eye on us. I think this is much more better than promised lies of a loving home which more than often does not materialize. Yayy! I have been lucky, but I shudder to think of my other sisters who were adopted and probably just kept tied up most of the time, or later abandoned on the street without any help or care.

Friends, please don't adopt puppies like me just to have some fun for a few days. Don't keep us tied up whole day, it's frustrating! Don't abandon us on the road after you and your children have had enough of our company. Whom will we turn to for help, we will die?! PLEASE!!"

Pups are living beings. If you commit yourself to a puppy carry out that commitment. Taking an innocent animal home and then neglecting it's basic rights such as love, proper food and freedom is a crime against animal life. If you want to love and care but are committed to other activities of life then adopt them in your colonies/layouts. They may not live in your house, but they could live in your lane and you could keep a caring eye on them. Get them vaccinated, sterilize them and they will still be yours, sitting out side your door or gate.

"Samasta Jiva Sukhie No Bhavantu"
Let all beings live happily.



"In their behavior towards creatures, all men are Nazis. Human beings see oppression vividly when they're the victims. Otherwise they victimize blindly and without a thought."

**-Isaac Bashevis Singer, Author, Nobel Prize
1978**

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 DOGS—Dogs On an Ahimsa Diet

Mr. Govindrajan in Bangalore is an animal activist, and his home is home to many dogs—all these dogs have been maintained by him on a vegan diet, that is, a diet that is free of animal products (no meat, eggs, fish or even milk products). Using animal products is cruel on the animals from whom these products are derived. Mr. Govindrajan says that there are many ways to feed dogs without milk.

1. Chapathis (bread) plain. Dogs love them.
2. Rice with dhal (lentils) and vegetables laced with some masala powder like the one used to make pulav.
3. Fry few small onion pieces with a little oil. Mix rice to it.
4. Add a few spoonfuls of oil to rice. Dogs like the smell of oil mixed with rice.
5. Ragi (finger millet) gruel with some small pieces of onion.
6. Ragi muddhe (balls). But this requires some practice.
7. The usual diet of buns and biscuits.

Note: Do NOT use salt in these preparations.



**ARF wants used fridge in working condition.
Kindly donate, if possible.**



Book Post

Heart-felt Gratitude for your Donations

Nirmal Kumar Surana, Bangalore.
Mehul Parekh, Bangalore.
Sancheti Electricals, Bangalore.

Jain Vegans, London.
Powlomi Lunia, Gurgaon.
Krithika Srinivasan, Chennai.

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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