

Editor's VOICE

The general perception is that veganism is an American/ European movement. Veganism is not a western concept, from ages Asians, the nature worshippers were always vegans.

A trek in the Himalayan regions of Kargil and Leh... in search of the secret lives of a tribe that prides itself on being racially pure.

There are about 1,000 descendants of the tribes and they live scattered around Gilgit, Hunza, Kargil and Leh. Being nature worshippers, they celebrate the Bononah (nature) festival and are strict vegans, which means they are not only strictly vegetarian but also don't consume milk or milk products. Nearly 80 per cent of them marry in their own villages, while 20 per cent marry from neighboring villages.

We reached the ancient juniper trees by noon and hugged the trees to soak in their energy. After spending several hours in this picturesque place, it was time to visit some of the elderly persons. We shared a meal that consisted of jo (barley) roti baked in an earthen oven, lettuce leaves, roasted potato, spring onion, boiled cauliflower and wild mint. Women cooked in an open hearth, burning fallen twig collected from the trees in their courtyard. There is a strict taboo against tree felling. The simple meal was fresh and extremely tasty.

The following week the trek continued into the villages of Baldes, Samit, Garkun, Darchik and Hanu. The few thousand Brok-pa have over 5,000 years lived in these hostile terrain at 15,000 ft altitude, subsisting on a vegan diet.

The weather in September is pleasantly cold, though temperatures in January can plummet to -20 degrees Celsius. There are an unusually large number of tribal above 70 years. Many are active even at 90 years.



(Dilip Bafna)

Highlights of Work done by ARF in March 2010

Pigeons (Treated and Released) : 8

Pigeon (Treated) : 3

Dogs (Treated and Released) : 10

Dogs (Treated) : 5

Helpline Complaints & Sterilization for Dogs – 279

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs-2382



Because I'm Female

Because I'm female,
my body and breast
feel for a cow and her life of unrest.

Because I'm female,
I'm filled with disdain
at using sisters for financial gain.
Because I'm female, I'm upset at how
insemination is forced on a cow.
Because I'm female, it's awful to see
cows impregnated artificially.

Because I'm female,
I see why they mourn
when somebody steals their
cherished new born.

Because I'm female,
I'm saddened to think
that veal results from
the dairy we drink.

Because I'm female, I naturally know
cow's milk is meant
for a young calf to grow.

Because I'm female,
my belief is strong:
Dairy consumption is
sexist and wrong.

From veganpoet.com

Photo Copyright © 2005-2007 by Wanda Embar.

Humans are designed to be herbivorous

Next time someone tells you that humans are carnivorous, explain to them that humans are actually herbivorous as the human body maps onto to those of herbivores:

	Herbivore	Carnivore	Omnivore	Human
Facial muscles	Well-developed	Reduced to allow wide-mouth gape	Reduced	Well-developed
Jaw Type	Expanded angle	Angle not expanded	Angle not expanded	Expanded angle
Jaw Joint Location	Above the plane of the molars	On same plane as molar teeth	On same plane as molar teeth	Above the plane of the molars
Jaw Motion	No shear, good side-to-side, front-to-back	Shearing, minimal side-to-side	Shearing, minimal side-to-side	No shear, good side-to-side, front-to-back
Major Jaw Muscles	Masseter and pterygoids	Temporalis	Temporalis	Masseter and pterygoids
Mouth Opening vs Head Size	Small	Large	Large	Small
Teeth (Incisors)	Broad, flattened and spade-shaped	Short and pointed	Short and pointed	Broad, flattened and spade-shaped
Teeth (Canines)	Dull and short or long (for defense) or none	Long, sharp and curved	Long, sharp and curved	Short and blunted
Teeth (Molars)	Flattened with cusps vs complex surface	Sharp, jagged and blade-shaped	Sharp blades and/or flattened	Flattened with nodular cusps
Chewing	Extensive chewing necessary	None, swallows food whole	Swallows food whole and/or simple crushing	Extensive chewing necessary
Saliva	Carbohydrate digesting enzymes	No digestive enzymes	No digestive enzymes	Carbohydrate digesting enzymes
Stomach Type	Simple or multiple chambers	Simple	Simple	Simple
Stomach Acidity	pH 4-5 with food in stomach	Less than or equal to pH 1 with food in stomach	Less than or equal to pH 1 with food in stomach	pH 4-5 with food in stomach
Stomach Capacity	Less than 30% of total volume of digestive tract	60 to 70% of total volume of digestive tract	60 to 70% of total volume of digestive tract	21 to 27% of total volume of digestive tract
Length of Small Intestine	10 to more than 12 times body length	3-6 times body length	4-6 times body length	10 to 11 times body length
Colon	Long, complex, may be sacculated	Simple, short and smooth	Simple, short and smooth	Long, sacculated
Liver	Cannot detoxify Vitamin A	Can detoxify Vitamin A	Can detoxify Vitamin A	Cannot detoxify Vitamin A
Kidney	Moderately concentrated urine	Extremely concentrated urine	Extremely concentrated urine	Moderately concentrated urine
Nails	Flattened nails or blunt hooves	Sharp claws	Sharp claws	Flattened nails

Vegetable-Eating Dog Lives to Ripe Old Age of 27

An exclusively vegetarian diet of "rice, lentils and organic vegetables every evening," coupled with good exercise, has propelled "Bramble" the Collie dog into her 28th year. Guinness World Records is currently considering whether that makes her the oldest living dog in the world. Aside from luck, Bramble's secret to longevity is a vegetarian diet. In addition to healthy eating, exercise is a must. Last year while recovering from a back injury which doctors said could have paralyzed her, Bramble began taking swimming lessons at a canine hydrotherapy pool in Stolford. She now enjoys a weekly dip every Friday for half an hour. Says Ms. Heritage: "She's an inspiration and just goes to show that if you do eat the right things and keep on exercising, you can extend your life."



.....Continued in page 3

How to Make Your Dog Live 1.8 Years Longer: An extensive 14-year study has just been completed, stating that a calorie-restricted diet results in dogs living a median 1.8 years longer than the average dog. The study was conducted by University of Pennsylvania and published in the Journal of the *American Veterinary Medical Association* (May 2002). In addition, these same dogs are also slower to develop chronic diseases, such as osteoarthritis, implying that not only the quantity but the quality of life is extended. "Dogs in the calorie-restricted group didn't require treatment for osteoarthritis until a mean age of 13.3 years, fully three years later than the dogs in the control group," says Gail K Smith, professor of orthopedic surgery at Penn. "Because osteoarthritis is painful, this deferral represents a substantial boost in quality of life."

From *dogdintheneews.com*

ARF Warning: Consult an animal nutritionist for designing the right diet for your dog. Don't attempt to design a vegan diet yourself, as if there are any deficiencies, then it could prove fatal to the dog.

Mails from Our Newsletter Readers

"ARF news letter is

Appealing one

Resourceful one

Fully packed with fruitful inofs.

Triple VC of

1. Vegan Cheese
2. Vegan Curd
3. Vegan Chai

are superb alternatives to the existing one.

– *K Nagappa N, Hosur*

"Very interesting news letter. Enjoyed reading, especially the vegan recipes."

– *Sapna, France*

Vegan Picnic in in Cubbon Park: 24 April 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. This time we will have vegan tea. Bring your favourite vegan sweet or snack. We are trying to be eco-friendly, so please also bring your own plate, cup and cutlery. And something to sit on!

We will meet at Rani Park (the small park adjacent to Cubbon Park) at 4pm. It's located across the road from Chinnaswamy Cricket Stadium.

Love and Sorrow in Animals...



A female swallow is hit by a car and injured.



Her mate, a male swallow, brought her food and attended to her with love and compassion.



He brought her food again but was shocked to find her dead. He tried to move her ...



Aware that his sweetheart is dead and will never come back to him again, he cries.



He lamented his loss, crying aloud...



Finally aware she would never return to him, he stood beside her body with sorrow.

Millions of people cried after seeing these photos in America and Europe and even India.

And you thought animals didn't have brains or feelings...?!

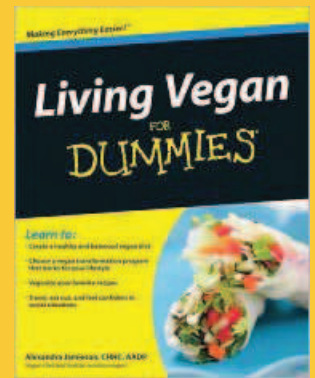
By *PK Sundar on sulekha.com*

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.

The fun and easy way to live a vegan lifestyle.

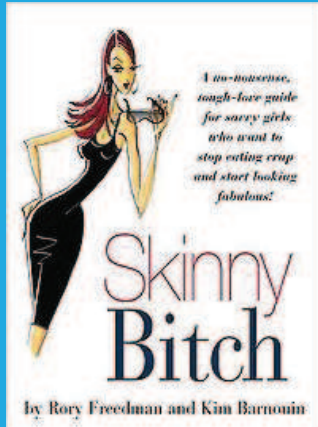
Are you thinking about becoming a vegan? Already a practicing vegan? Millions of people around the world live a vegan lifestyle, and that number is growing. 'Living Vegan For Dummies' is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life.

This friendly, practical guide explains the types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire.



Skinny Bitch

This is a best-seller diet book by Rory Freedman, a former modeling agent and Kim Barnouin, a former model. The book advocates a purely vegan diet to achieve high weight-loss. In February 2008, Milwaukee Brewers first baseman Prince Fielder took up vegetarianism after being given this book by his wife Chanel. When his subsequent performance began to disappoint, some critics suggested that his diet may have contributed to his struggles, prompting one web-blog writer to comment, "Prince just isn't hitting the ball on the screws right now. It has nothing to do with what he eats or a drop off in power. Atlanta Falcons tight end Tony Gonzalez is a vegan, and I doubt any linebackers believe that guy has lost power since adopting the diet." Gonzalez, in fact, quickly gave up his experiment in veganism, although he still avoids red meat. Fielder, on the other hand, remained a vegetarian through 2009; talk that he might have lost any power disappeared as he enjoyed a spectacular season, hitting 46 homers, winning the All-Star break home run derby, and tying for the major-league RBI title with a team-record 141.



Book Post

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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)

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Animal Rights Fund

Comfort Manor, First Floor, No.10/4-2, Kumara Krupa Road, Bangalore-560 001

Email: arfindia@gmail.com, www.arfindia.org

Mobile: 98451 74630 (Dilip Bafna), 98450 09681 (Pramoda), Office: 080 - 22 34 28 20

Editor: Dilip Bafna **Creative Writer:** Sandhya Acharya **Assistant Editor:** Bhavana Bafna
Graphics & Design: Naveen Kumar **Production Incharge:** Prakasha

Printed by Mr. Devaraj at Digi Smart, Sri Ram Mansion, # 9(1-2), 4th Main Road, Subramanaya Swamy Temple Street, Kumara Park West, Bangalore – 560 020. Ph: 99163 12333, E-mail: digismartprints@yahoo.com