

ARF Newsletter



Vol 3 | Issue 11 | January 2011
Total Pages 4

THE EDITOR'S VOICE *Existence Conspiracy*

Recently, I attended the Inter Caste marriage of my nephew in Chandigarh, capital of the states of Punjab and Haryana, the bride parents were Punjabi Brahmin, lacto vegetarian. On leaving from Bangalore, in the flight, I found few vegan options as usual. On reaching Chandigarh, we were put up in a resort, a little later, I went to finish my lunch, I was shocked to see almost the entire product has ghee or butter or paneer or curd. I did not lose heart, I was very much satisfied with the Dal Chawal, and it was vegan. I ask my cousin brother (the father of the Bridegroom) to keep vegan options for me. Next time, whoever is interested to host me, I must inform them to keep few vegan options for me, because, I love vegan food.

I really enjoyed the Marriage; I'm so glad that the Bride and the Bridegroom have taken such a big step together in getting married! I pray and wish happiness filled with love, laughter and cheerfulness from this moment throughout eternity!

On the way back to Bangalore, on the flight I did not find one vegan option, including the samosa, It had ghee. The people who were vegans in the flight had to satisfy themselves with water. I was thanking my Stars that I was born in Bangalore, and there we have plenty of vegan options to choose. I was mulling for a long time what to do. Instantly, an idea cropped in my mind, we are shortly going to open online vegan store in India, vegans are miniscule minority, but, somebody has to take the risk, It is a risk which is worth to be taken. It looks that existence has conspired for me to open the online vegan store.

Till then, enjoy a vegan lifestyle. We have not right or need to abuse animals for food, clothing and experimentation.

Adip Karna

**VEGANISM MEANS
EXTENDING OUR CIRCLE OF COMPASSION
TO INCLUDE NON-HUMAN ANIMALS TOO.**

Licensed to Post without prepayment License No. WPP - 248
Posted at MBC, Bangalore GPO on 18th or 20th of every months
Registered Registration No. KA / BGGPO / 2567 / 2011-13,
RNI Registration No. KARENG / 2010 / 35333.

Story of Vegan Venkit

ARF on requesting Vegan Praveen about his father opinion on Veganism, he says that his father, perhaps the oldest vegan in India (Vegan Venkit - 82) embraced Veganism around a decade and a half ago especially after seeing a moving picture in one of the New paper of innocent tender calves, dumped in a van to be taken to an abattoir, literally he was moved to tears on seeing that scene.

Mr Venkit is the author of several books on humanity and veganism and he has also drawn pictures in his books to support his views on veganism and non-violence.

"We, the Vegans, would like to introduce and share the 21st Century of Veganism to end the pain and sufferings, besides of course, injustice shown to the living creatures such as humans, animals, birds and aqua beings that are woefully suffering at the hands of these so called humane human beings.

Veganism upholds pure vegetarian food. The flesh of animals, birds and aqua beings are derived from these unfortunate mute beings, after inflicting horrendous and excruciating pain to them, causing bloodshed and fear that are so inhuman. With an aversion to such evil practices, Vegans have decided to consume only plant based food that contains all the nutrients like Carbohydrates, proteins, vitamins, fat, calcium and what not. Researchers have proved that the meat consumers are more prone to heart diseases, diabetes, cancer and other deadly ailments than non-meat eaters and Vegans.

Dairy products are derived from the cows, the buffaloes, etc in large quantities after giving injections like Oxitocin, anti-biotic and other medicines, which reduce the life span of the cows to 8 or 10 years from 20-25 of their normal living years. Poor male calves are sent to abattoirs for meat and soft leather. Female calves are forced to follow their mothers as milk producing machines. Many a time, poor cows are confined to small and congested unhealthy places and their mobility is restricted with no freedom or liberty whatsoever.

Vegans do not use leather and fur which are derived from the animals that are horribly trapped, skinned, sometimes even alive, causing extreme pain and sufferings to these sinless animals. Instead, Vegans use alternatives to leather like Rexene and other synthetic materials. Silk and honey too are not used by Vegans, as around 10000 innocent silkworms are killed to make a single silk saree. Vegans do not use honey, as it is the exploitation of the bee community, besides exploitation of nature.

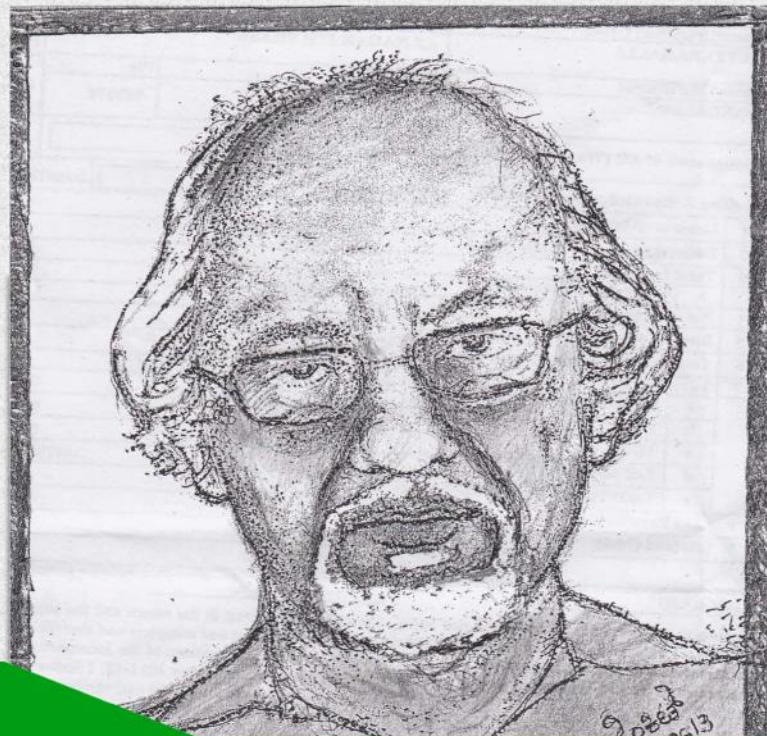
Most inhuman it is, to see that the so called human beings send the poor animals to slaughter houses! Don't our people realize that these innocent living beings too have nervous system and they too suffer horribly while being butchered? Friends, please note these points showing your compassion, which of course Lord certainly appreciates calling you 'special human beings' though, most of us unfortunately don't hear His noble voice.

Vegan Venkit's Frequent appeals to the people that all of us are kind hearted humans who must get a pride of place in society should never ever harm any beings that have the sensation of pains and sufferings! Please please eschew animal based food on compassionate grounds and be the true sons and daughters of this mother earth, for we all belong to the same animal kingdom as also science has rightly stated this truth.

We the Vegans request the people to treat our fellow beings with loads of compassion so that our kind God, who is the most compassionate, will certainly endorse genuine compassion and He surely blesses such noble people. Please, please stay away from cruelty.

As these are eternal truths, we the Vegans do note encourage any type of exploitations of animals, birds and aqua beings that are our fellow beings. Vegans aspire for cruelty free world. It is a proven fact that Veganism also eliminates poverty of human beings besides bestowing health benefits.

Vegan Venkit appeals one and all to get to know about Veganism, which is beneficial for men mute and mother earth. His aspiration is that all the animals, birds, aqua beings live in the world in peace in this world, for that people have to embrace VEGANISM."



Vegan Advocacy Needs You!

Do you love animals and want to help them, but don't know how? Consider a career in advocacy/awareness! There are many opportunities to get involved with numerous animal rights organizations by receiving a degree in animal welfare, animal law, veterinary care, social work, etc. Additionally, there are numerous animal shelters and sanctuaries always looking for positions to fill that would be fun and rewarding.

Specifically, ARF is looking to fill a position for an outreach coordinator. We'd like to have the opportunity to promote awareness to youth groups about animal abuse and exploitation, educating consumers to make thoughtful, compassionate choices. If you are interested in this position.

For more information:
Email to : info@arfindia.org
Call: 080 2234 2820
+91 98452 74880

Turtle Hatchlings Reunite with Ganga

Alan and Janette ran around Australia, running a marathon a day! No matter what the weather was like they were out there on the road, proving that no matter how young or old you are you can do anything you put your mind to! Alan and Janette, who are in their 60's, ate nothing but raw fruits, vegetables, nuts and seeds along the way around Australia! These raw vegans are an inspiration and are showing the world that vegans who eat a healthy plant-based diet are not lacking in anything, disproving those annoying protein myths out there!

Janette beat breast cancer with her raw vegan lifestyle and she wants the whole world to see the truth and understand that through positive thinking, loving yourself and eliminating toxins from your lifestyle and diet you can beat cancer (and pretty much any other disease). A raw vegan lifestyle is the key to great health and wellbeing! She wrote a book on her experience you can order it on her website, it's a great read for everyone and a thoughtful gift for those you may know faced with being told chemo or radiation is their only options – rawcancure.com/

My husband and I crewed for them for 3 months, travelling from Darwin to Perth. It was a real character-building adventure. The scenery was breathtaking, the wildlife was amazing and sleeping under the stars almost every night in a tent was a great experience! Alan and Janette, I want to thank you both from the bottom of my heart for everything you have done for the animals and for proving that vegans are in fact not



pale, sick and weak like the stereotype makes us out! And thank you for having such a strong mind, for continuing onwards, no matter what you face! I know it wasn't easy for you both! I am so happy you are back in Melbourne safe and sound, enjoying the company of your family and friends. I wish you the best for what you decide to do next!!!

Yesterday, on the 1st of January 2014 Alan and Janette ran another marathon which makes them the world record-holders for running the most marathons consecutively! 366 marathons in 366 days!!!!!! INCREDIBLE!!!! I joined them on a bicycle from Hays Paddock, finishing in Warrandyte. I'm not very fit yet and it was hard work... but to think that they just ran around Australia... This year I'm going to get fitter and be proud of my fitness level! I meet some cool people whilst joining Alan and Janette for their last marathon and had a fun day in the rain!

The EVERYTHING Vegan Wedding Book

From the dress to the cake, all you need to know to have your wedding your way!

Holly Lefevre

THE EVERYTHING VEGAN WEDDING BOOK: FROM THE DRESS TO THE CAKE, ALL YOU NEED TO KNOW TO HAVE YOUR WEDDING YOUR WAY!

Planning a wedding from scratch is tough, but planning a vegan wedding is even tougher! With the lifestyle affecting nearly every part of their lives, vegan brides-to-be are often torn between having a conventional wedding and sticking to their beliefs. This title shows brides how to make their weddings earth-friendly, and animal-friendly.

The book available at flipkart.com

Vegan Potluck

We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 25th Jan, 2014

For further enquiry Call:
Mr. Arun V. Rangasamy
+91 94497 65720



Vegan Chocolate Chip Muffins

This recipe could be a wonderful base for a vegan muffin recipe wherein you could incorporate your choice of add-ons, anything from fresh fruit to dried fruits, nuts, etc.

Prep time: 20 Mins

Cook time: 25 Mins

Yields: 8 Muffins

Wet Ingredients:

- 1 Cup Almond Milk
- 1 Teaspoon Apple Cider Vinegar
- 1/4 Cup Unsweetened Applesauce
- 1/4 Cup Coconut Oil
- 1 Teaspoon Vanilla Extract

Dry Ingredients:

- 2 Cups Whole Wheat Pastry Flour
- 1/2 Cup White Sugar
- 1 Tablespoon Baking Powder
- 1/2 Teaspoon Salt

Add-ons:

- 1/2 Cup Vegan Chocolate Chips
- 1/2 Cup Chopped Nuts (Optional)

Substitutes:

- Almond Milk – Any non-dairy milk or dairy milk
- Apple Cider Vinegar – White Vinegar
- Unsweetened Applesauce – Use Oil itself
- Coconut Oil – Any neutral flavour oil
- Whole Wheat Pastry Flour – Equal parts of All Purpose Flour & Whole Wheat Flour
- Chocolate Chips – Any dried fruit

Procedure:

1. Preheat oven to 350F/180C for 15 minutes. Lightly grease a muffin tin or line it with paper liners.
2. In a small bowl mix together the milk and vinegar and set aside for about 5 minutes or until it curdles.
3. In a large bowl, whisk together the dry ingredients and make a well in the center.
4. To it add the milk mixture, applesauce, oil and vanilla extract. Mix together until the batter is just moistened. Fold in the chocolate chips and nuts, if using.
5. Scoop out about 1/3rd cup of batter in each muffin cup. Bake for about 25-27 minutes or until a toothpick inserted in the center of a muffin comes out clean. Mine was done in 25 minutes.



Heart-felt Gratitude for your Donations

Mr. Gupta, Bangalore; Nagaraj, Bangalore; Ramesh, Bangalore; Dharam Chand, Bangalore; Lohit Kumar Jain, Bangalore; Pramod Kumar, Bangalore; Yatish, Bangalore; Mukesh, Bangalore; Prema, Bangalore; Sunil, Bangalore; Uma Shankar, Bangalore; Ravi Prakash, Bangalore; Chandrasekhar, Bangalore; Hastimal G Mutha, Chennai.

I Wish to make my gift

₹ 1000 ₹3000 ₹5000 Other ₹ _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address) Online Transfer to HDFC Bank, A/C No: 03671450000133, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-5, Kumara Krupa Road, Bangalore-560 001

Email: info@arfindia.org, Web: www.arfindia.org

Mobile: +91-98451 74630 (Dilip Bafna), +91-98450 09681 (Amrit), Office: 080-22 34 28 20

Editor: **Dilip Bafna** Graphics and Design: **Amrit Puty** Production Incharge: **Ushalakshi**

BOOK POST

