



ARF Newsletter

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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.



The Editor's Voice

Communicating with Non-Vegans

As a vegan, it sometimes becomes difficult to engage in social situations with non-vegans. By far not all of my friends or family are vegetarian, and going out with them to restaurants or social events on a whim can sometimes be challenging. Some of them are avid meat eaters, and though it disturbs me to see them eat that so carelessly, I also don't want to sound annoying to them all the time and therefore get their mind off the subject altogether.

Though my family is lacto vegetarian and some friends have gone vegan through my influence that unfortunately doesn't mean I will be able to convince everyone. There will always be stubborn people unwilling to listen, and sadly there is little that can be done about that. But that doesn't mean you should give up altogether. If you are a vegan, that's wonderful. But we won't get anywhere if vegans don't speak out to others about going vegan. Your voice is very important but it isn't enough: for every vegan there are many more meat-eaters. Though we will not be able to convince everyone, you should always use your power and knowledge to convince as many people as you can, starting with vegetarians who are ready to make the transition and compassionate meat-eaters as well, who know eating meat is bad but not just how much. Only then can we slowly but efficiently decrease the amount of meat people eat and gain more vegans.

One of the worst things you can do is close yourself from meat eaters though; that would be unproductive and difficult. A lot of them simply don't know how they're contributing to animal abuse and exploitation. As a vegan, I consider it my responsibility to educate others about it and help "spread the word." So continue to inform others and promote your compassionate beliefs, because with that we can help make the world a kinder place!

Delip Kafra

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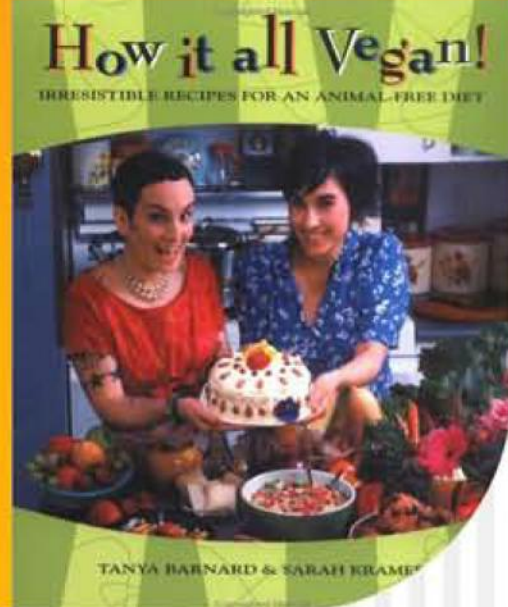


Vegan Potluck

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: 27th July, 2013.

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



How it all Vegan

How It All Vegan! has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah Kramer's and Tanya Barnard's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. It won VegNews' Veggie Award for Best Cookbook twice, has been reprinted fourteen times, and spawned several successful sequels (including The Garden of Vegan, La Dolce Vegan!, and last year's Vegan à Go-Go!).

In the 14 years since How It All Vegan! was first published, however, veganism has "come out of the closet," and is now considered a legitimate diet and lifestyle not only for those wishing to improve their health, but also for those who care deeply about the welfare of animals. This tenth-anniversary edition includes a new color photo section and new recipes; it also includes a new introduction by co-author Sarah Kramer, who speaks personally and passionately about the impact of veganism on her life over the past decade.

Ban on "MEAT EXPORT"



With regard to review of the Meat export policy the Petition committee had come to hear what Jainacharya Ratnasunder Suriiji had to say on 4th June, 2013, at Raipur. In this respect the Government of India has invited Opinion about REVIEW of meat export policy of Indian Government from the general public.

This Review Petition is filed by Jain Saint - JAIN ACHARYA RATNA SUNDERSURISHWARJI MAHARAJA

We want as many Protest Letters as possible to stop Meat Export Policy of India

We also want as many likes, Comments & shares of this post in SUPPORT OF REVIEW OF MEAT EXPORT POLICY OF GOVERNMENT OF INDIA BY JAIN ACHARYA RATNA SUNDERSURISHWARJI MAHARAJ.

Share to All... Share to All...

BAN on "MEAT EXPORT"
Just a Click Away...

Visit www.ratnaworld.com/petition for
Registration(Sign) in Petition

Filed by Acharya Shri Ratnasundar Suriiji M.Sa. for
BAN on "MEAT EXPORT" from INDIA...

Please do it Urgently...

You have to just fill ur Name & E-Mail ID only...

Share to All... Share to All...



*"One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. Do not injure any being, either strong or weak, in the world."
Buddha*

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, please call us or send an Email to us. (info@arfindia.org)



White Cub A 100% Vegan IceCream

White Cub



'WhiteCub Vegan Icecreams is a recent initiative of Compassionate Choices Pvt. Ltd. Based in Gurgaun, Haryana.

WhiteCub is made by using almonds, coconut and soy as the base of ice creams. With this, what gets blended are real fruits eg. Mango, raspberries, blueberries, pineapple, passion fruit, pistachio, cashew nuts, etc...

WhiteCub was conceived by one of the directors of Compassionate Choices Pvt. Ltd., Ms. Sonal. Her journey so far:

"Hello! I have been an animal rights activist till now .While doing workshops for veganism, I would receive many responses from people that conveyed that had there been more vegan options around for conventionally non-vegan things in the market, they would certainly switch to more compassionate side of life. I must admit that such responses did used to irk me then. I would start assuming such people as neither being strong willed enough, nor truly compassionate and only doing empty lip service while say a movie like Earthlings used to be shown to them. After all, I had my own example in front of me. I did turn to veganism while the market around did remain non-vegan friendly .But gradually I did start realising that not everybody has had same experiences in life as I might have had .The walk through chicken market of Siliguri, West Bengal, as a child of eight years, had been



undertaken by me alone with a particular set of conditions. As a vegetarian I alone had opted to deliberately look at the eyes of the roosters after their heads being chopped off. My heart had cried when I saw countless shops in a row with the same spectacle- eyes blinking as they lay flat alone on the floor with a little bit of remaining face left around them ,as the remaining body writhed around. Sheer torture that is what it was .I had resolved then itself to make the world gentler towards helpless animals. Back to my adulthood I knew existing vegans had to do something about this need to create a more vegan friendly market. Further, USA, UK, etc. which have much higher proportions of hardcore meat-eaters have also been paradoxically witnessing a rapid increase in veganism. Their markets do have many products which are suitable to vegans. Surely such products must have helped the growth of veganism there. So, I entered the space of few other vegans doing the same already in India in other consumer items' categories. And thereby WhiteCub was born! Today WhiteCub seeks blessings from all and hopes it would make a place in people's hearts."

By
Ms. Sonal



ARF Wants Chairs & Fans
Kindly Donate if Possible.

For Donation Call:
Deepa: 98452 74880



Did You Know That..!

People throw gum on the ground and to birds, it looks like pieces of bread and when they eat the gum, it gets stuck in their throats. So, they are unable to drink and eat so they slowly die.

Neem's Medicinal Uses

Medicinal properties of neem have been known to Indians since time immemorial. The earliest Sanskrit medical writings refer to the benefits of neem's fruits, seeds, oil, leaves, roots and bark. Each of these has been used in the Indian Ayurvedic and Unani systems of medicine.

In Ayurvedic literature neem is described in the following manner: 'Neem bark is cool, bitter, astringent, acrid and refrigerant. It is useful in tiredness, cough, fever, loss of appetite, worm infestation. It heals wounds and vitiated conditions of kapha, vomiting, skin diseases, excessive thirst, and diabetes. Neem leaves are reported to be beneficial for eye disorders and insect poisons. It treats Vatik disorder. It is anti-leprotic. It's fruits are bitter, purgative, anti-hemorrhoids and anthelmintic'.

It is claimed that neem provides an answer to many incurable diseases. Traditionally neem products have been used against a wide variety of diseases which include heat-rash, boils, wounds, jaundice, leprosy, skin disorders, stomach ulcers, chicken pox, etc. Modern research also confirms neem's curative powers in case of many diseases and provides indications that neem might in future be used much more widely.



Yummmmy Vegan Dishes

Stuffed Brinjal Recipe

Stuffed Brinjal Recipe

Prep time: 15 min
Cooking time: 35 min
Yield: 4

Ingredients

- Small Brinjals - 1/4 kg, purple or green, make a long slit lengthwise keeping stack intact
- Tamarind - 1 1/2 tps mixed in 1/4 cup water
- Jaggery - 1 tsp
- Oil - 2 tbsps
- Fresh coriander leaves for garnish

For Stuffing:

- Fresh coconut - 1/3 cup, grated
- Green chillies - 3
- Coriander leaves - 1/4 cup, packed
- Cumin seeds - 1/2 tsp
- Cinnamon stick - 1/2" • Oil - 1 tsp
- Salt to taste
- **For Tempering/Poppu/Tadka:**
- Curry leaves - 1 sprig
- Asafoetida - 1/4 tsp
- Dry red chilly - 1, tear and de-seed (optional)

Method

1. Prepare stuffing by grinding all the ingredients under 'stuffing' by adding a tbsp of water. Stuff the brinjals with the stuffing and keep aside.
2. Heat oil in a cooking vessel, add curry leaves and asafoetida and saute for a few seconds. Place the stuffed brinjals in the oil and cook on medium high flame for 2-3 minutes. Cover with lid and let them cook on medium low flame for 12-14 minutes. Keep checking in between and stir fry to ensure they don't burn or stick to the pan.
3. Add the tamarind extract along with the water. Add any left over stuffing at this stage. Bring to a boil and reduce flame, place lid and cook for 10-12 minutes. The water content should reduce.
4. Remove lid and cook over low flame and let the brinjals roast well and it appears like a dry saute (mudda kura). It should take about 8-10 mins for the brinjals to be well roasted. Turn off heat.
5. Serve with rice, sambar.



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), +91-98452 74880 (Deepa), Office: 080-22 34 28 20
Editor: **Dilip Bafna** Graphics and Design: **Amrit Puty** Production Incharge: **Ushalakshi**