



If we each had to butcher our own meat, there would be a great increase in the number of vegetarians. - Ernest Howard Crosby



Editor's Voice

' The Power of being Vegan '



I love myself as vegan. That is the most compassionate lifestyle that one can dream of. I have been vegan for last 20 years. I am young, I am energetic, I am full of enthusiasm, and I love peace.

Not once in my 20 years have I succumbed to even having the thought about eating any animal products. I don't have any sort of addictions including caffeine, alcohol or nicotine. I believe in myself, I do not have a guru or a saint to convince me to do the right thing in life, there is no power on earth to change what I believe, I believe in leading a vegan lifestyle.

Think for a moment: humans are designed to be compassionate animals. Humans have fruit-picking hands and peeling fingers, not flesh-tearing claws. We have fiber-chewing teeth, not sharp teeth for killing and tearing. Some people say "Humans have a highly developed brain and can make tools and traps and guns, and have devised ways of cooking flesh. Humans are top of the food chain. So let me continue eating meat." Yes, we humans have a highly developed brain, and because of that we are top of the food chain. However, every time we make the decision to purchase the eggs, fluids, or flesh of animals, we pay for the violence, fear, rape, slavery, death, and spread of toxic pollutants. Every time we purchase animal products, we enforce the disconnect between the consumer and the consumed animal. At that moment,

the seeds of injustice are actually sown. We are the mafia boss paying the hired gun to kill, and even if we are not using the knife, our white shirt is drenched in blood.

Consuming animal products desensitizes us and promotes violence, with repercussions such as wars. Violence towards animals is disguised as food in countless kitchens and dining rooms, inns, hotels, restaurants, resorts, cafeteria, mess halls, fast food outlets, butcher shops, dairy stalls, malls, ice cream stands, snack bars, schools, prisons, hospitals, zoos and mental institutions where animal flesh, eggs, and dairy products are bought and sold, prepared and eaten. Compassion is dead and the truth ignored in virtually every home, shopping plaza, and institution in our culture. Until we see them for what they are, these inescapable forces will continue to foster denial and violence in every apparently unsuspecting patron. That we cannot see this, and assume our way of living is sane, humane, honorable, and kind, only shows how blind we have become.

Don't you think it is time for you to become vegan, drop all the arguments? Go vegan; we have no right or need to use animals for food, wear or experimentation.

Helpline Activities



This dog was taken to ARF for its opened abscess wound. Cleaned the wound, removed pus and dressed the wound. Given antibiotic and anti-inflammatory drugs. Dog is recovering slowly.



This dog had fibroid mass at loin region and it was surgically removed. Antibiotic and required medicines are being given. Kindly donate.

Helpline Details September 2012

Sick & Injury: Small Animals - 36,
Wild Life: Birds - 04;
Rescue: Large & Small Animals - 20;
Adoption - 03;
Counseling - 236;
Rehabilitation - 30;
Aggressive - 01;

Thousands march against amendment to Animal Protection Law

Thousands of animal rights activists marched against a draft law on Sunday that would make changes to Turkey's Animal Protection Law No. 5199, seeking to introduce practices currently used in other countries such as collecting stray animals from the streets and euthanizing members of the "excess" population. More than 10,000 people marched in İstanbul's Taksim neighborhood, and many others walked in 13 other cities, in protest of the planned changes. The media didn't cover the event extensively during the day, as the congress of the Justice and Development Party (AK Party), also held on Sunday, stole the show, at least on television screens. Social media users, however, provided equal coverage.



Bunyamin Salman, a member of the Animal Party, said what the government is attempting is reminiscent of what the Committee of Union and Progress (CUP) government did 102 years ago when it gathered up stray dogs and left them to starve to death on an island in the Marmara Sea. The pained howls of the dogs could be heard from land, according to local memory, and many disasters that hit İstanbul, including the Balkan War and a major earthquake, were blamed on the treatment of the city's dogs.

"We have lived in our cities with stray animals for centuries", Salman said. The thousands who gathered in Taksim, mostly in black outfits, on Sunday afternoon shared his message: Turks will not give up their stray animals to be

isolated or euthanized. There were simultaneous protests in 13 other cities, although officials have mostly been silent on the matter. Photos of the crowded Taksim Square and demonstrations in other cities were posted on Twitter by participants, with two animal rights-related hashtags taking second and third place - after the AK Party congress - on Twitter's trending topics list for Turkey for much of the day. In addition to ignoring demands that had been voiced by the

animal rights community, such as the banning of dolphin parks or the introducing of tough rules against the breeding and selling pets, the draft introduces new practices such as isolating the city's stray animals and relaxing regulations on animal testing. Animal rights groups have labeled the proposal "the law of death".

The draft came as a shock to the country's animal activists as it was presented to the prime minister after he and representatives of the country's major animal rights groups had met. Officials say the animals taken off streets will be cared for at "natural life" parks, but Turkey's experience with shelters and rehabilitation centers and the sheer number of animals on the streets due to municipalities

consistently ignoring laws on spaying and neutering strays make this physically impossible.

Hundreds gathered in other cities. "No to the bloody law!" read a protester's banner in Mersin. "God gave them life; only God can take it", read another banner in Adana. "Leave strays alone", read a banner in Bursa. In addition to these cities, there were demonstrations in İzmir; Mugla, with a separate one in Mugla's Ortaca district; Antalya, with and a second one in Antalya's Kas district; Eskisehir; Giresun; Tekirdag; Aydın, one in the center and one in the Kusadası district; Samsun; Kocaeli; Canakkale; Adapazarı; Alanya; Konya; Denizli; Bolu; Usak; and Zonguldak.

A massive protest is being planned to be held in Ankara on October 7. Four other cities - Kocaeli, Trabzon, Kayseri and Balıkesir - are also planning demonstrations for that date. Parliament is due to open on October 1, and the draft is expected to be among the first pieces of legislation to be discussed.

More than 10,000 people marched in İstanbul's Taksim neighborhood against a draft law on Sunday that would make changes to Turkey's Animal Protection Law No. 5199 (Photo: Cenk Karayazgan)

Source:

<http://www.todayszaman.com/news-293845-thousands-march-against-amendment-to-animal-protection-law.html>

Heart-felt Gratitude for your donations

Ganesh Enterprises, Bangalore; Pyari Bhai Chunilal Surna Charitable Trust, Bangalore; Suparshwanath Swetamber Jain Murthipujak Trust, Bangalore; Mahendra Paper Corporation, Bangalore; Rebecca Nelson, Mumbai; Tarang, Bangalore; Pradeep, Bangalore; Sulochana, Bangalore; Manjunath Swamy, Bangalore; Subhash, Bangalore; Maiha Ali, Bangalore; Amrit Ram, Bangalore; Sunitha, Bangalore; Ramya Raghunath, Bangalore; Raghunath, Bangalore; Akshay Agarwal, Bangalore; Ronijesh, Bangalore; Suresh Kumar, Bangalore; Kalyani, Bangalore; Lakshmi, Bangalore;

This is the outcome of 6 weeks of going Vegan: After completing one and half month's Vegan diet, I did complete lipid profile and met my endocrinologist yesterday. Doctor's first reaction was whether I have wrongly brought someone else's reports. In sheer disbelief, doctor made me undergo medical tests in his clinic & all reports were absolutely normal and doctor advised to stop main medicine for diabetes. I cannot explain the excitement to hear this for the first time in last 12 years. I must thank Dr. Rupa Shah and Sanjay for his article on Yammer which inspired me to try this (though to be honest – I was absolutely skeptical about the success in the beginning). Doctor has promised me to stop total medication after another 3 months. - **Note from a Sanjay Mudnaney's colleague who was treated by Dr Rupa Shah.**

BEEF FESTIVAL

BEEF FESTIVAL was planned to happen on 28th September 2012 in Jawaharlal Nehru University in New Delhi. JAIN SHAKTI strongly took the matter with appropriate authorities and the undersigned on behalf of JAIN SHAKTI, also represented the matter personally to Shri Sushilkumar Shinde, Hon'ble Home Minister of India on 19th September 2012 and apprised him the sentiments involved of Jains and Hindus and also handed over memorandum. You will be pleased to know that the BEEF FESTIVAL is cancelled. You can thank Kanak Parmar, General Secretary, JAIN SHAKTI, Mob: +91-98191 40110.



Thank you...

Rameshji Singhvi, Shakuntala Devi Singhvi and family members have donated a generous amount to ARF. They welcome the cause that we are doing from 14 years. It feels so nice that someone pats our back and wished us all the best in our coming future.

Branches for ARF

ARF has got a base in Bangalore, Pune and Ahmedabad. We have been working for last 14 years successfully. We want to open branches all over India. If you strongly believe in veganism and can gather three Vegan Trustees or more and are really interested to do thankless job without been appreciated for all that you do, then you are welcome to drop an email to me. My email id is arfindia@gmail.com.

Election Commission of India Ban Use of Animals in Election Campaigns

The Election Commission of India (ECI) on Wednesday issued an order banning the use of animals by political parties during campaigns. In an advisory issued, the election commission has asked political parties not to use any animals for campaign in any manner, animal rights group said.

People for the Ethical Treatment of Animals (PETA) India said that following repeated requests by animal activist, the election commission asked political parties and candidates to refrain from using animals for their campaigns.

"The Commission has received representations from certain individuals and organisations alleging that animals like horses, ponies, donkeys, elephants, camels and bulls are subjected to

cruelty in different ways in connection with election campaigns," the election commission advisory stated.

"It is alleged that the animals are often made to carry loads beyond permissible limits, made to work long hours, and some candidates even paint slogans and election symbols on them using harmful chemicals," the advisory said.

The election commission has issued an advisory to all political parties and asked them not to violate the Prevention of Cruelty to Animals Act, 1960, and the Wildlife Protection Act, 1972.

"Bulls, donkeys, elephants and other animals used in election campaigns are commonly beaten, pushed into crowds,

overloaded and otherwise abused. "They are also often undernourished and denied adequate food and water. Wounds and other injuries are common," PETA, India said in a statement.

Welcoming the move by the election commission, Manilal Valliyate, PETA India's director of veterinary affairs said "This is a victory for all animals, who are easy targets of abuse as they are routinely paraded through the streets during elections".

"Animals have no political allegiances and do not deserve to be whipped and forced through crowds or bullied by people who don't agree with the other party's politics," Valliyate added.

- IANS, New Delhi, September 26, 2012

Recipe of the Month - 'Vegan Hazelnut Butter Chocolate Ice Cream'

Ingredients: 3/4 C Hazelnuts; 3/4 C Cashew Nuts; 6 T + 2 tsp Sugar; 2 T Cocoa Powder; Pinch of Salt; Pinch of Soy Lecithin (optional); Handful of Ice Cubes; 3 C Filtered Water;

Direction: Toast the hazelnuts to bring out their flavor and set aside until they are cooled completely. Rub them between your fingers to remove as much of the skin as possible. Grind the hazelnuts and cashews together, with breaks in between to scrape down the sides of the jar, until they start releasing oil and turn buttery. Add the sugar, cocoa powder, salt and soy lecithin (if adding) and blend again. Add 1 C of water, a little at a time and bring to a creamy consistency. Throw in the ice cubes and blend well. Add the remaining water and blend and whip for a minute or so until it is a nice, frothy

mixture. If you have the patience, let this chill in the fridge for a few hours and then pour into your ice cream



maker. I didn't have the patience nor the confidence in my resistance to glug, therefore I skipped the chilling step and went straight to the ice cream making step. In the ice cream maker, it will reach a soft-serve consistency. After it is ready, transfer to an airtight container and freeze for an additional hour or two

to get a scoopable consistency. If you don't own an ice cream maker, don't worry. Just pour the pre ice cream milk in an airtight container and freeze. Every half an hour, take it out of the freezer and whip vigorously with a spatula. Repeat this step 3-4 times. Then finally freeze for an hour and you have your ice cream ready. After a day or so in the freezer, I have seen that homemade ice creams become slightly hard/icy. For the perfect consistency, transfer the container to the fridge and let it thaw for half an hour before serving.

Enjoy!! :)

Source:

<http://blog.veganosaurus.com/2012/03/vegan-hazelnut-butter-chocolate-ice.html>

Monthly Vegan Potluck



We had too much food on 29th September 2012 potluck. We all met together old and new friends. This potluck

was awesome and many more such potlucks will continue to come. Please visit:

<http://www.facebook.com/groups/veganbengaluru>

We require urgently one side used sheets. Kindly donate.



Without you, getting this help for animals would be just a dream.

Do your bit! Donate Now ...

₹ 1,000 ₹ 3,000 ₹ 5,000 Other ₹ _____

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Animal Rights Fund

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