



# ARF Newsletter

BANGALORE FEBRUARY 2011 VOL I ISSUE 40

“ Ever occur to you why some of us can be this much concerned with animals suffering?  
Because government is not. Why not? Animals don't vote.  
- Paul Harvey ”



## Editor's Voice

**“If you love someone, set them free. If they come back they're yours; if they don't they never were.”**

You can't hold on to a person against their will. They have to be with you because they want to be. Sometimes a person has to feel freedom for awhile, but then they will look around and say to themselves, "I had it much better with him and I miss him." Then they will be with you willing, and loving it, instead of feeling manipulated. If you had forced them to stay with you and not let them go. If they never return it gives you a chance to start fresh with someone who will appreciate and love you for who you are.

On principles you must never compromise with your spouse, your boyfriend or your girlfriend. Do not give away your principles and succumb to

habits like viz. non-vegan, smoking, drinking, chewing, and many other harmful habits. Explain them that what they are doing is wrong and convince them. If they still want to go let them go no one has the rights to disturb your peace.

People hurt you out of their ignorance and their immaturity. The matter of the fact is that between the hater and the hated, it is always the hater who gets hurt more. Nobody gains and for sure, the other person will definitely lose. Why will you live with something as meaningless as hurt?

If at all anybody is wrong, let them continue to live outside of you. Don't give them a presence within you. Let your mind and heart house only those who are a source of your peace. The

rest let them go.....

On this valentine day let us take the stock of who we are, what we want, when we want, where we want, why we want and how we want in a precise fashions and the existence will craft your dreams.

Speak the entire good thing you know of all the people. Shout, scream, write, speak, make noise.... About all the good that you can see. Go out and let the world know about our vegan lifestyle.

Let us together impress the world and impress upon the world that our world is actually a good world....

*Shilpa Kulkarni*



### Hairline Fracture

This is a stray dog from Bommanahalli as it had met with an accident lying on the same spot, motionless for 7 days. The hind limb has aberrations, patches of skin and crepitating of the tibia. Wounds cleaned and were dressed. We have administered antibiotics and painkillers. We plan to cure the wounds soon so that we can apply Plaster of Paris to the affected tibia. It's under treatment.



### Mammary Tumor

This dog was brought to ARF as a complaint dog for its large mammary tumor hanging from the abdominal region. Middle aged dog, shown good appetite, friendly and all the parameters were fine. The mammary tumor of 2.5 kgs was operated. Wound healed, sutures removed and fit for release.

**Please adopt them or donate for them for speedy recovery.**

*Monthly Vegan Potluck*



*12th February, Saturday  
at 2 pm, Rani Park, Cubbon Park,  
Bangalore.*

*Contact Karol at 9945977055 or  
Manuj 9880223323*

*Do not forget to bring a vegan  
dish. If you cannot cook, bring  
fruits or juices.  
We will be having a Magic Show  
for our entertainment.*

## Recipe of the Month

### Navratan Korma

#### Ingredients:

3 cups mixed vegetables, chopped in a fine dice, and then cooked or microwaved until tender. (I used a mix of potatoes, sweet potatoes, zucchini and carrots and nuked them with about 1/2 cup of water for around 8 minutes in a microwave-safe bowl covered loosely with a ceramic dish.); 2 medium tomatoes, diced; 1 medium onion, diced; 2 tbsp minced garlic; 2 tbsp grated ginger; 1/2 cup soy yogurt; 2 pineapple rings, chopped (I used canned); 1/2 cup cashew nuts, soaked in about 1 cup of water for about half an hour and then ground into a fairly smooth paste (I like a few bits of cashew in there but you could grind it very fine if you prefer); 1/2 tsp turmeric powder ; Salt to taste; 1 tbsp canola oil; 3 tbsp coriander leaves, chopped.

#### For the masala, powder in a spice grinder:

1 tsp coriander seeds ; 1 tsp fennel seeds (saunf); 1 tsp peppercorns ; 4 green cardamom pods ; 5 cloves ; 1 tsp poppy seeds; 2 1-inch pieces of cinnamon ; 2-3 dry red chillies; Set aside.

#### Method:

In a saucepan, heat the canola oil. Add the onion and stir occasionally until brown spots appear. Add the ginger and garlic and stir another minute. Do not let them burn. Add the powdered spices and stir until coated with oil and lightly toasted, about a minute. Now add the tomatoes and turmeric and cook, stirring, until the tomatoes break down. Add the soy yogurt and let the paste cook for another 2-3 minutes. Add salt. Add the cooked vegetables and mix well. When the gravy comes to a boil, turn down the heat and simmer on a low flame for another five minutes for the flavors to incorporate. Add the pineapple rings and cashewnut paste and heat until just warmed through. Turn off the heat and garnish with coriander leaves.

Enjoy!



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## Skinny Bitch Ultimate Everyday Cookbook



After five years atop the Skinny Bitch phenomenon, author Kim Barnouin has grown as a cook, a nutritionist, and a mom. Now she's delivered the "Ultimate" cookbook that's perfect for everyone looking for a healthier way to feed themselves, their families, and their friends. Kim's emphasis is on "easy," and her kick-ass recipes feature seasonal produce (no fake meat or hard-to-find ingredients) and provide a versatility of tastes and cuisines, from Mediterranean to California-fresh. With almost 150 recipes, full-color photos, complete nutritional breakdowns, and simple "switch-outs" for quick variations, it will be the new "gotta have" on any healthy bitch's bookshelf. Whether readers are looking to gradually add more meatless dishes to their meals or want to go "all-out" vegan, Skinny Bitch: Ultimate Everyday Cookbook will be their "go-to" source for getting their "bitch" on—in the kitchen.

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## FIR lodged in BTM Police Station

We have lodged an FIR in BTM Police Station on 02/01/2011, where group of people armed with sticks, pickaxes, sickles and cycle chains hit the dog. The dog was beaten to death, tied to the back of a two-wheeler, dragged through the streets, and eventually, the body was tossed on to a pile of garbage. The scene was at BTM Layout 2nd stage on 26 December 2010, Sunday at 3:00 pm.

Please visit our website <http://arfindia.org/Legalbattles.php>



## ABC Programme

We have been informing the authorities that it has been scientifically proven that dog population control can be achieved through a two pronged method: Animal Birth Control and Public Hygiene. The ABC control project in Bangalore is one of the best in India. An important step would be to remove the meat stall on the outskirts of Bangalore. Garbage collection and disposal also needs to be organised in a manner that discourages street dogs from gathering around them. We can be rest assured that Bangalore will be a far safer city that it is today.

Please visit our website <http://arfindia.org/Legalbattles.php>

## Animal Abuse

One common question that seemed to crop up every time from various people, with no exception this time, is to refrain from making "blank statements" regarding animal welfare or rights as there are people who have traditionally been dependent upon murder as a means of sustenance such as fishing and poultry.

Animal agriculture, as we all know, is one of the topmost contributors to Global Greenhouse gas emissions. This fact is well known to the scientists and well documented. For those unaware of this, the most authoritative sources I can site are the National Academy of Sciences (NAS) of the United States of America and the American journal of clinical nutrition (AJCN).

We have a serious problem to address here, and this is not a time for charity, but action. More than 6 billion human lives are at stake, along with billions of other non-human lives. Anybody in her right mind cannot afford to be in denial and resort to known and documented logical fallacies and ignore the wars that are to be followed due to dwindling freshwater, fuel and food resources. Remember, its the wars for limited

resources that will kill most, not climate change.

Talking about freshwater, Water footprint network found that a mere 3% of total world water is freshwater. It requires ridiculous amounts of water to produce meat and other non-vegan food products. For example, it takes 208 Liters of water to produce just one cup of cow's milk. It requires 200 liters



of water to produce one egg. 13,700 liters of water is required to produce just one kilogram of beef! One kilogram of chicken requires 3500 liters of water to produce. And the above are just global average conservative figures. Now lets compare this with the most water intensive crops - rice and soy. One kilogram of rice requires 3500 liters of water to grow whereas one kilogram of soy requires approximately 1600 liters of water to produce. Compare this to wheat that requires merely 1000 liters

of water to produce per kilogram.

Apart from water, on an average, it requires 12 kilograms of grain to produce one kilogram of meat. In fact, 70% of the total food we grow is fed to the animals to get significantly lower quantities of meat. If this food is fed to the hungry, it can solve the world hunger problem 14 times over! 1.4 Billion people can be fed if just the United States of America goes vegan! Funneling our precious water and food supply through the poor animals who are artificially brought into this world to meet the demand for our taste for meat in a world where billions are starving and have no access to clean drinking water is irresponsible on many fronts.

We slaughter a hundred billion land and sea animals every year. That's a number the human mind cannot even grasp and comprehend. The oceans are dying because of overfishing and it has been estimated that since 13 of the major 17 world fisheries are dead already, there may be no seafood by 2048. An ocean devoid of fish also absorbs less CO2 thereby worsening global warming according to a study. So is it not the time to only go vegetarian but also time to change to veganism.

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## Low-carb diet? Veg It To Live Longer

If you're thinking of jumping on the low-carb diet bandwagon or have already jumped, consider this: new research findings reveal that vegetable-based low-carb diets may be linked with lower overall mortality rates and lower death rates from cardiovascular disease and cancer.

Among those who ate an animal-based diet, researchers noted a slight but statistically significant higher overall mortality risk. An animal-based diet was also linked with higher risk of death from cancer. A vegetable-based diet

was associated with a lower mortality rate and a lower risk of death due to



cardiovascular disease.

In the end, protein sources may make a

difference. In the study, they wrote, "Low-carbohydrate diets from animal and vegetable sources may have similar major macronutrient content, but the source of the macronutrients can result in large differences in dietary components that may affect mortality, such as specific fatty acids, protein, fiber, vitamins and minerals, and phytochemicals. Therefore, the associations that we observed are more likely to be mediated by these bioactive components rather the carbohydrate content."



### Milk – Don't drink up

Milk is no longer considered the wonder food it was. Many nutritionists warn new parents off feeding their toddlers and children cow's milk. This is because milk is the source of most common allergies. Milk is also highly polluted food stuff as it is adulterated by many chemicals, including hormones. New breeds of cows such as Holsteins and Friesians also known as A1 cows produce a protein called Beta-Casomorphin-7 (B-CM7). This amino acid can lead to a host of autoimmune disorders including type 1 diabetes, where the body destroys its own insulin producing cells. In a book called, 'THE DEVIL IN THE MILK' by Dr. Kevin Woodford, he claims that B-CM7 may even be a major factor behind the neurological impairment in babies and children that leads to autism and schizophrenia. So avoid milk from A1 cows. Better still avoid milk completely!

Ahimsa Newsletter of the Young Indian Vegetarians



### Volunteers Required

To inspect the film shooting as per Animal Welfare Board of India (AWBI) guidelines in Bangalore, Karnataka State. If interested, please write to us on this Email ID: pramod@arfindia.org or write a letter to us.

### Summary of Work Done

Dogs (Inpatient) – 13 treated; Dogs (Outpatient) – 20 treated and released; Pigeons – 07 treated and released; Cat – 03 treated and released.



ARF's Kengeri shelter needs fencing, Please donate.



### Heart-felt Gratitude for your Donations

V. Sudhakar, Bangalore; Suresh, Bangalore; Pesi J. Padshan, Pune; Narasimhamurthy, Bangalore.

A vision without resources is a hallucination. Without you, we can't rescue defenseless animals from pain and suffering. Be a hero for animals. Please donate today.

₹ 1,000     ₹ 2,000     ₹ 5,000     Other ₹ \_\_\_\_\_

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, Nagarhapet, Bangalore - 560002

All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

### Animal Rights Fund

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