

Editor's VOICE

Spread The Word 'Love'

I understand it is not in being born as a human being; but it is in living as a human being. I live a human life.

Of all the creations, man alone can smile, man alone can cry out of emotions. Crying happens when the heart reaches its emotional threshold. Of all creation man alone can love. Animals can only make love-that's sex. Love is feeling one with the other. No other creation has been blessed with a heart that can flower with compassion for life. Man alone can be self conscious. Man alone can introspect and lift himself by himself, can make this world a little better than it was when he was born. Man is the only creation who can transcend his gratitude, devotion, surrender and faith, can contemplate and meditate. And above all man alone can attain self realization. Yet we all don't want to accept these blessings bestowed to us by creation. We have indulged into bad habits forgetting compassion for co-creation, no emotional bonding, no gratitude for nature or life, man has fallen into animalistic possibilities. He is only bonded to his own self not to his creation, indulging in destroying nature and its peace leading to self destruction.

Bring back the emotion, the love, the bonds of yourself to nature, compassion for life. Don't miss yourself and let the world not miss you. Make the most of life. Bring forth every human faculty and live a complete human life.

Arouse the human in you; love your nature, love animals and live harmoniously with co-creation.



(Dilip Bafna)



Highlights of Work done by ARF in January 2010

- Pigeon (Treated) – 7
- Pigeons (Treated and Released) – 3
- Dogs (Treated and Released) - 30
- Dogs (Treated) - 35
- Helpline Complaints & Sterilization for Dogs – 308
- CNVR (Catch, Neuter, Vaccinate, Release) of Dogs-1887



What to do with street dogs???

Part of the problem we addressed is that quite a few dog-oriented activists think of reducing suffering only in terms of reducing dog suffering, and forget all about the feral cats, macaques, rats, pigs, et al.

Population reduction is a two-way street: reducing fecundity and reducing the food supply. If you reduce the food supply without reducing fecundity, you get famine -- the "natural" population regulating mechanism. If you reduce fecundity without reducing the food supply, you open habitat to other species. If you reduce both, you get the present situation in most of the U.S. and Western Europe. Only if you reduce both fecundity and food supply do you get any net reduction in animal biomass. We are doing our best to control the street dog's population by doing the Animal Birth Control programme, till people will not be civilized to reduce the food source the problems will continue.

Courtesy: Merritt Clifton

ARF wants Veterinary Doctors: We require 30 Veterinary Doctors who have completed their B.V.Sc or M.V.Sc. To apply go our career page in our website www.arfindia.org



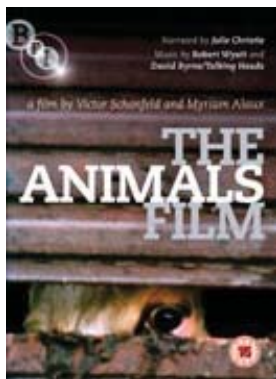
The Animal Film (1981)

Dare to see this ground-breaking film, which presents our oppressive and brutal relationship towards animals.

The attitude that animals are just there for our use and consumption, is grounded in the same lazy and oppressive attitude which says women exist for men, black people are inferior to white people, foxes exist to be hunted, and nature exists to serve our needs.

<http://www.moviemail-online.co.uk/film/55457/The-Animals-Film/>

<http://www.amazon.co.uk/Animals-Film-DVD-Myriam-Alaux/dp/B001BXN944>



Is milk cruelty free?

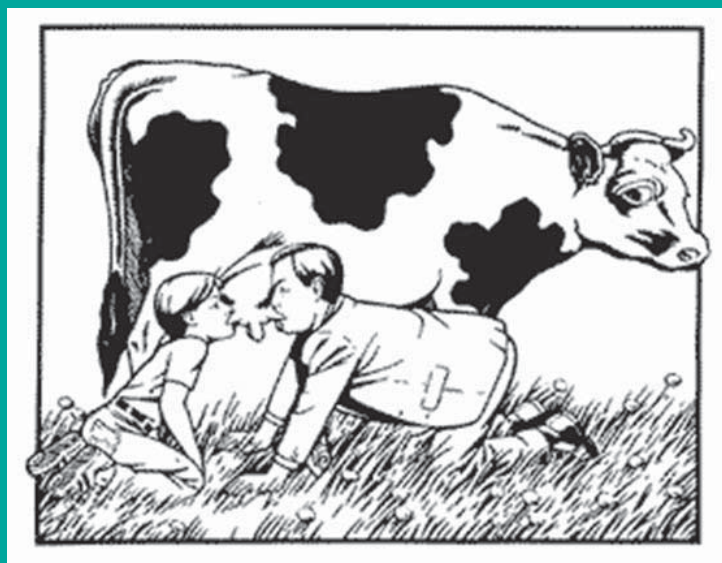
I believe it is impossible to verify that your milk is 'cruelty free', especially in India. Putting aside issues of bad treatment of animals (injecting oxytocin, painful milking procedures, etc) which I imagine would be not taking place at a so called 'ahimsa cow shelter'. How is it possible to ensure/know that?

- i) All the calves are kept with their mothers and not separated or sold on?
- ii) All the older cows are properly looked after, even once they are not able to produce milk.

In order to produce milk, a cow needs to give birth to a calf. To get regular milk from a cow, this requires almost one calf a year. If a milk producer keeps all of their calves and looks after all their old cows, unless they have approximately have as many elderly cows dying as they do pregnant cows and calves being born - the size of their herd will increase massively. Is this happening at your dairy producer?

My big question to anyone who claims to have a regular source of cruelty free milk - what is happening to the population of the herd of your milk producer? Where are all the old cows and where are all the calves? I suggest you look into these issues deeply before you claim your milk is cruelty free.

I personally have never come across a wandering



cow-herder in India who has many milk producing female cows as he does calves, or any elderly cows for that matter. The elderly cows are unable to keep up pace with the rest of the herd and are just left behind. Is this being compassionate - I think not?

Sagar K Shah [Jain Vegans]

JAINVEGANS

Objective of the "Jain Vegans" egroup: To be a friendly, positive and supportive forum, as well as a source of information, for members of the Jain community who wish to learn more about the vegan lifestyle, or wish to become one.



Rasmalai

Ingredients

Cashew Milk:

- 2 tsp rose water
- 1 handful cashews (~1/2 cup)
- 2 tbsp agave nectar
- 4 green cardamom seeds – powdered
- water

Rusgulas (balls):

- 2 handfuls cashews (~1 cup)
- 2 handfuls almonds (~1 cup)
- 5-6 soft dates

Directions

Cashew Milk: Place all milk ingredients in a blender, and add water until total volume is just over 2 cups. Blend it all together.

Rusgulas (balls):

In a food processor, grind down 1 handful of cashews and 1 handful of almonds into a fine powder. Again using a food processor, grind down the other handful of cashews and almonds into small granules. In a large bowl, mix ground nuts with dates by hand until evenly distributed. Add 2 tablespoons of the milk into the mix and mash further. Next, shape the mix into 1 1/2 inch diameter saucers, and set aside.

Finally, place the rusgulas in a bowl, and pour the milk over them. Allow everything to sit for 7-8 hours so the rusgulas soak up the flavor from the milk and soften. Before serving, top with crushed pistachios.

Now go make yourself some!

–Rishi



Roshi's Raw Lifestyle



Thank you, Dr. Nandita for the planned Reversing Diabetes seminar in Bangalore.

My aunt and uncle, after attending the 3-day workshop in December, and following the diet for just 21 days, got their blood sugar levels normal.

The point is, now they are following a vegan diet!! Even my sister now gets to tasty and healthy vegan dishes - Many people will be in for a surprise when they discover how several food items which are 'banned'

by most doctors are perfectly fine for people with diabetes. Their following a vegan diet is a very positive side-effect, and good health is a very compelling reason for people to turn vegan.

It would be great if the health or environment seminar also happens. We can screen some nice movies. There is nothing better than giving a chance for people to taste environment friendly, healthy, and yummy food, to introduce them to such food.

Arun Rangasamy

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.

28th March 2010 Reversing Diabetes in Bangalore

The Bangalore seminar ran over three days: December 4th, 5th and 6th and here the 25 participants also had the opportunity to attend cooking demonstrations by Dr Nandita Shah.



Participants learned how to reduce or eliminate their need for medications, lose weight and improve cholesterol levels through simple, but powerful changes to their daily diet. This program is based on breakthrough research led by Neal D. Barnard and funded by the U.S. National Institute of Health which shows that people with type 2 diabetes can improve dramatically. The focus was on healthful foods, not medications.

Vegan Potluck Party

Everyone enjoyed the picnic we had in Cubbon Park in December. So we're doing it again! Bring your friends and family members – and a vegan dish of course! The monthly Bangalore vegan meet is open to everyone: new and long-term vegans, lacto-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.

We will meet at Rani Park (the small park adjacent to Cubbon Park) at 2pm on 27th Feb 2010. It's located across the road from Chinnaswamy Cricket Stadium.



We are growing, so is our shelter. We will house sick and injured street dogs in a spacious way 5ft (W) x 5ft (D) X 7ft (H) with Stainless Steels gate and Vegan Food for dogs. Naturally your contributions are most welcome. We have already got Donations for One Kennel by SOACT (Save Our Animals Charitable Trust) if you love dogs this is an opportunity which you will not like to miss. **Please sponsor as much as you can:**

Book Post

Heart-felt Gratitude for your Donations

Nirmal Shah, Bangalore.

Jain Mahila Ekta Manch, Bangalore.

Mehul Parekh, Bangalore.

Kiran Raj, Bangalore.

Gunjan Jhingran, Chennai.

Saroj Choudhury, Mumbai.

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)

Online Transfer to ICICI Bank, A/C No: 625101049908, IFSC Code: ICIC0006251, Branch : ICICI Bank Limited, 1091, OTC Road, Nagarthapet, Bangalore – 560 002.

All donations are eligible for tax exemption under Sec 80G of I.T. Act. Foreign Contribution Reg No. 09442 0994 dt. 12/11/02

Animal Rights Fund

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