



# ARF Newsletter

BANGALORE

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“ I am officially a vegan now. Feels wonderful. People feel so strong about meat and milk, I wish they felt this strong about peace”

- Arian Foster, Houston Texans, NFL Star



## Editor's Voice - 'I am often asked...?'

Do you like dogs? No. Do you like cats? No. Do you like cows? No. Do you like pigs? No. Do you like horses? No. Do you like sheep, goat, chicken, rabbit, camels, yak? No. No. No. Then you must like wild animals like lion, tiger, cheetah, panther and elephant? No. Then you must like monkeys, chimpanzees, apes, gorillas... Are they our ancestors? No.

Then you must be a veterinarian who will operate them, nurse them, and take care of animals till they recover? Absolutely not. I cannot watch an operation; it brings tears to my eyes (That is why I disagreed with my father when he wanted me to become a doctor for treating humans. His dream to see me as a doctor was not fulfilled. Instead, I fulfilled my dream to become an engineer).

I am not comfortable when an unfamiliar dog comes near me. I cannot handle snakes; I will patiently wait till they slither away. In case monkeys come to our house, I warp some bananas or some fruit and leave it a little further away from the house so that they change their route. That is why you will generally not find my photograph with animals (only for a shot when the press will compel me to do so).

Does all this mean that I hate animals? Absolutely not. On the contrary, I love all beings. I have not killed a mosquito or an ant since so many years. Loving animals means loving all life (including humans) and refusing to extinguish that life for your appetite or comfort.

I love human beings. I love their company, their affection for me, their laughter, their smiles, their joy, their jokes, and so on. I really enjoy human company. I recognize the right for humans to enjoy their life. Hence I also recognize the right that animals have to enjoy their life.

Yes! I have got aversion to manipulating any life form - human or animal, for my comfort. Hence, I am vegan. Let me enjoy my life and let animals enjoy their lives. It is not this or that. It is this and that both. When I can really enjoy a compassionate lifestyle for several years without troubling the animal kingdom at all, then I should follow it for the rest of my life. Go Vegan. We have no right or need to use animals for food, wear and experimentation.

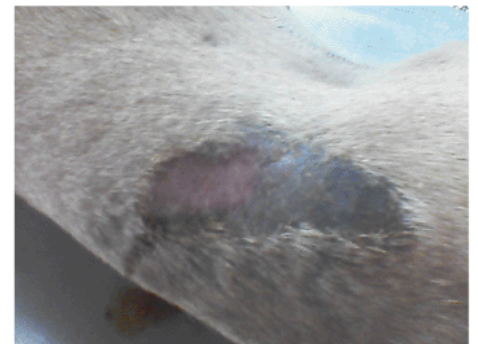


*Aditya Babu*

## Helpline Activities



This is a white debilitated dog having skin disease. Applied solution for skin disease. The dog is still under treatment. Kindly donate for its speedy recovery.



It is a case of cellulites skin lesion. Applied dressing powder and medicine in the wound. Still under treatment. Wound is slowly getting cured. Please donate.

### Helpline Details August 2012

**Sick & Injury:** Small Animals - 55,  
**Wild Life:** Birds - 06; **Rescue:** Large & Small Animals - 27; **Vaccination** - 01;  
**Counseling** - 124; **Rehabilitation** - 34;  
**Aggressive** - 38;

## Heart-felt Gratitude for your donations

Bhargavi M.N., Bangalore; Anil Kumar S.P., Bangalore; Veena Anand, Bangalore; Susheela Raj Singh, Bangalore; Murthy, Bangalore; Podar Jumbo Kids, Bangalore; Guruprasad, Bangalore; Harish, Bangalore; Arjun, Bangalore; Anand Kumar C.S., Bangalore; Vijesh V.S., Bangalore; Shrimandhar Suri Shrivik Samstha, Bangalore; Lakshmi Alluminium Stores, Mysore; Miss Ady Calathisvary, Pondichery; Surekha Deepak, Bangalore; Rajendra Jewellers, Andhra Pradesh;

## McDonalds opens vegetarian outlets

**FAST** food giant McDonald's, famed for its beef-based Big Mac burgers, says it will open its first ever vegetarian-only restaurant in India next year.

The world's second-biggest restaurant chain after Subway already tailors its menus to suit local tastes - which in India mean no beef to avoid offending Hindus and no pork to cater for Muslim requirements. It will open its first vegetarian outlet in the middle of next year near the Golden Temple in the Sikh holy city of Amritsar in northern India, where religious authorities forbid consumption of meat at the shrine.

"It will be the first time we have opened a vegetarian restaurant in the world," a spokesman for McDonald's in northern India, Rajesh Kumar Maini, told AFP.

After the opening in Amritsar, the US chain plans to launch another vegetarian outlet at Katra near the Vaishno Devi cave shrine in Indian Kashmir - a revered Hindu pilgrimage site that draws hundreds of thousands of worshippers a year.

It sees the potential for many more vegetarian restaurants across the country.

McDonald's in India already has a menu

that is 50 per cent vegetarian.

Its McAloo Tikki burger at 28 rupees or A49 cents - which uses a spicy fried potato-based patty - is the top seller, accounting for a quarter of total sales.

Among the chicken-only meat offerings, the Maharaja Mac is also a favourite.

Currently India, with its population of 1.2

of outlets to 500 plus within the next three years," he said. McDonald's realised soon after it entered the country that it had to rework its international menu to Indian tastes.

"The reasons were very compelling - cow slaughter is not allowed because of religious reasons and we couldn't do pork either," Maini explained.



Hindus, who account for 80 per cent of India's population, regard cows as sacred. For Muslims, the consumption of pork is prohibited in the Koran.

McDonald's is not alone in "Indianising" its offerings. Domino's

billion, is still a "very small market for McDonald's", said Maini.

"We have just 271 restaurants in India and across the world we have nearly 33,000" Maini said.

The chain serves half a million customers a day in India, out of 50 million people it serves daily in over 100 countries. "When you look at the potential of the country, it's one of the top priority countries and we're laying the groundwork for capturing the market," said Maini.

"We plan to nearly double the number

Pizza, another leading fast food chain in India, has created pizzas with extra spicy toppings.

But growing consumption of food high in fat is spurring concern that India is importing the Western disease of obesity, creating a ticking public health time bomb.

**Visit:**

<http://www.theaustralian.com.au/news/world/mcdonalds-opens-vegetarian-outlets/story-e6frg6so-1226465277075>

## Awareness programme about street dogs!

BBMP together with ARF has conducted 'street dog awareness programme' on 28 August 2012 at Abbigere BBMP School. Dr. Parviz Ahmed Piran and Mr. Ajay Kumart T (Asst. Manager, ARF) gave valuable lectures in Kannada language for the High School students of Abbigere. Topics included a) human & dog relationship, b) dog behaviour, c) causes of street dog population, d) actions to overcome street dog population, e) BBMP's actions for street dog population, f) why dogs bite, g) controlling dog bite incidents, h) action to take in case of dog bite incidents, i) benefits of ABC programme etc.

After the session the students were asked some questions on what was taught, and their doubts were clarified.



## Why not give up dairy over Paryushan?



Some of you will be marking the Jain festival of Paryushan in a couple of weeks. Traditionally over this period, Jains will fast and do Pratikaman to

reflect and ask forgiveness for their thoughts, words and actions. For lay members, fasting typically entails avoiding activities considered to cause more himsa than others, such as eating root vegetables.

As detailed on our website ([http://jainvegans.org/Why\\_not\\_give\\_up\\_dairy\\_over\\_Paryushan.html](http://jainvegans.org/Why_not_give_up_dairy_over_Paryushan.html)), milk production leads to the immense suffering and killing of cows. Paryushan

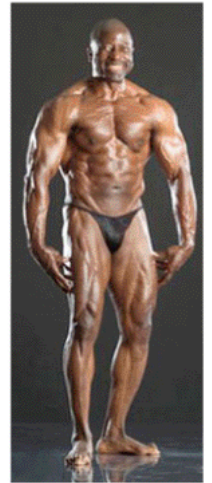
offers a perfect time to reflect on the actions we undertake in our daily lives and to make changes to our dietary habits.

So in addition to the other activities you undertake this Paryushan, why not also consider giving up dairy products, and encourage family and friends to join you.

## Vegan bodybuilder Jim Morris shares his Vegan nutrition plan

Since I am a vegan bodybuilder I am aged 75 years fit and fine. I ALWAYS have either a large pot of bean soup or grains in the refrigerator. I ALWAYS have a variety of fruits in the house. I ALWAYS have a variety of nuts in the house. I ALWAYS have a vegetable drink in the house. The drink contains watermelon, water, collard greens, broccoli, red, yellow and green bell peppers, beets with the tops, carrots with the tops, yams, radishes and parsley.

It's better if you make up your own with the vegetables you like. Look-up the nutritional value of the vegetables and start with something you like; then add to those other vegetables with nutrients you want to include. I don't follow any regular nutrition schedule as vegan bodybuilder: some days I have a drink at around 10 am and some days I do not have a drink at all. There are days when I don't eat anything until 3-4 pm and then it might be peanuts and grapes, or whatever nuts appeal to me and whatever fruit might be in the house. Some days I might have some soup and some not.



## Aasra Team visits ARF

It was a very happy moment for the animals at our shelter as they had members from Aasra Ray of Hope visiting and enquiring about their well being. The animals got loads of food and they frolicked joyfully to thank the Aasra members for visiting them. In future we hope many more such compassionate people will visit them regularly.

We require urgently one side used sheets. Kindly donate.



## Volunteers Required

We want to appoint volunteers in their respective localities. On receiving a complaint they will need to go and check up the status of the animal by the time our helpline vehicle reaches. We want dedicated and committed volunteers to take this forward. Please contact [info@arfindia.org](mailto:info@arfindia.org)



# Recipe of the Month - 'Marbled Green Smoothie Banana Bread'

**Dry ingredients:** 3/4 C Pearl Millet Flour (Bajra/Sajje Hittu); 3/4 C + 3 T All Purpose Flour (Maida Hittu); 3/4 tsp Salt; 3/4 tsp Baking Soda;

**Wet ingredients:** 1 C Mashed Very Ripe Bananas - about 3 large bananas (Pachbale Hannu); 3/4 C Sugar; 2 T Coconut Oil - at room temperature; 1/3 C Vegan Milk - soy, almond or cashew; 1 tsp Pure Vanilla Extract

**Additional ingredients:** 1/4 C (tightly packed) Blanched Spinach; 5 T Boiling Water;

**Method:** Preheat the oven to 170C/340F. Line a loaf pan with aluminum foil. Place the dry ingredients in a large mixing bowl and whisk a few times to mix well and incorporate air. Transfer 3/4 C of this flour mixture to another large mixing bowl. 1 C of the flour mixture will remain in the first mixing bowl. Beat together all the wet ingredients (not the spinach and water). It should come to

about 2 C. Bring 1 C of water to a rolling boil. Meanwhile, blend the blanched spinach with 3/4 C of the banana mixture to form a smooth, creamy liquid. Pour the spinach mixture into the



mixing bowl with the 3/4 C of flour and mix lightly. Add 2 T boiling water to this and mix well with a fork to get a smooth paste. Pour the remaining 1 1/4 C of banana mixture into the bowl with the 1 C of flour and gently mix. It's okay if some flour can be seen but DO NOT OVER MIX. Add 3 T boiling water and mix quickly with a fork until fairly

smooth. Now pour about 1/2 C of the plain banana bread batter into the prepared loaf pan. Top this with about 1/2 C of the green banana bread batter. Keep alternating them until you've finished transferring all the batter into the pan. To form a pretty, marbled pattern, take a butter knife and swirl it through the batter in circles for a few seconds. Bake in the preheated oven at 170 C / 340 F for 60 minutes. Increase the temperature to 180 C / 350 F and bake for 20 minutes. About 10 minutes into the 180 C baking, test with a butter knife poked into the center for doneness. Remove the pan from the oven and let it rest for a few minutes. Lift the bread along with the foil and transfer to a cooling rack. Let it cool completely before slicing.

Enjoy! :) - Created by **Veganosaurus**



## Monthly Vegan Potluck

We had a wonderful vegan buffet lunch at our last potluck on 11<sup>th</sup> August 2012. It was one of the highest strength of vegan meet (64 vegan members were present).

For our next monthly vegan potluck please visit: <http://www.facebook.com/groups/veganbengaluru>

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

**Do your bit! Donate Now ...**

₹ 1,000

₹ 3,000

₹ 5,000

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, 1<sup>st</sup> Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

Trust Reg. No. IV 11/99-2000, Animal Welfare Board of India Reg. No. KA 014/1999/AWO  
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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