

Editor's VOICE

I would also like to take up another issue here that I think is very important and we should all look into. I am sure you all agree that we must all present our best foot forward when fighting for a cause such as ours, since the animals have no one else to speak for them. Animal abusers across the country are always on the lookout to find faults with us so they can use that to cause distractions from our important work. Therefore it is important that for all of us to ensure that none of us are ever lacking in all we do for animals. The easiest thing for all of us to ensure is we never eat animals, never use leather, never drink milk or partake of milk products and ensure that we don't use cosmetics and toiletries tested on animals or which have animal ingredients. Then when we 'preach' something, people cannot point a finger at any of us and will have no option but to listen to us. Unfortunately many of us working for animals are still not vegan, and in fact some of the top officials who are working for animals are meat eaters or consume milk and milk products! How can we expect to stop slaughter or the use of leather or even of milk if we don't start in our own homes? The world makes fun of us and rightly so – imagine sitting on a table, gnawing on a chicken leg and talking to others about the work you do for animals??? Or discussing the cruelty endured by buffaloes and cows in tabelas while sipping on a milky cup of tea!!!

All of us who have devoted out time and lives for animals owe it to the same animals to turn vegan – it has never been easier to turn vegan in India. Not only do you have so many vegetarian options in India, but there is tofu and soya milk and even fake meat available in many parts of the country. Believe me; it's very easy to be vegan. Says Anuradha Sawhney.

I hope from my heart that the meat eaters or the milk consumers who are reading this realize that what they are doing is just a farce if they don't live the whole fight. And I also hope that you make it a point to turn vegan, at least for the time that you are working for animals. You owe it to the animals. Remember, you cannot be a meat or dairy eating environmentalist. ☺



(Dilip Bafna)

Hindu Wedding has gone Vegan!!!



Highlights of Work done by ARF in June 2010

Pigeons (Treated and Released) – 3
 Kitten (Adoptions) - 4
 Dogs (Treated and Released) - 86
 Dogs (Treated) - 22
 Helpline Complaints & Sterilization for Dogs – 280
 CNVR (Catch, Neuter, Vaccinate, Release) of Dogs- 2449
 Anti-Rabies Vaccinations Drive - 957

The Green Stove



Presenting to you all the yummy, creaming mouth watering cakes, cookies, cheesecakes, chocolates, breads, vegan cheese, appetizers, etc, from our Vegan Chef Ms. Rithika Ramesh, call her on this number +91-98199 55320 or send an e-mail: thegreenstove@gmail.com. The best part of her is she caters to your taste, any new flavours and sizes.

So what are you waiting for? Call her and place an order. She will send it by courier to any part of INDIA.



Vegan Potluck

This time also we are having our Vegan Potluck at Times Foundation Auditorium, First Floor, 40/1, S&B Towers, M.G.Road, Bangalore – 560 001. Saturday, 24 July 2010 at 6:30 pm.

As usual, is open to everyone: new and long-term vegans, vegetarians or anyone who would like to learn about veganism and taste 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-WE-gan - we are growing.

You all have done it. ARF is very much proud for the people who take this vegan movement forward Isabel, Manuj, Karol, Annu, Anand, Dr. Lakshmi, Sushmita, Sandesh, Amit, Praveen, Lakshmeesh, at all.

http://www.timeoutbengaluru.net/health/health_details.asp?code=89&source=1

http://www.telegraphindia.com/1100627/jsp/7days/story_12615629.jsp

IVU-ISWAVeg Congress

Would you be interested to meet persons like Dr. Will Tuttle, Author of "The World Peace Diet", Dr. B.M.Hegde, Cardiologist, Mr. John Davis, International Vegan Union, Dr. George Jacobs, Author and specialist in Educational Psychology, Ms. Sandhya Prakash, Mid East Veg Group, Dr. Ranjit Konkar, Beauty without Cruelty and network with this people. Then this event you cannot miss in Bangalore. Held by International Vegetarian Union (www.ivu.org) October 30 till October 31, 2010, E-INN (A vegetarian, Non-Alcoholic, Non-Smoking Luxury Business Class Hotel, www.e-inn.in) for booking you can transfer the money of Rs. 1000/- electronically in our ARF bank account or call Ajay Kumar +91-98450 09681 for further details.

VEGAN BOY – CAN HE BE STRONG ENOUGH?



Srirama Chetan S, has been a Vegan since the age of 5 years. He is a normal boy of his age with sound health, a height of 4' 10" and a weight of 46kgs. He is active in sports, with cricket, volleyball, carom and chess being his favorite. He is also good in academic studies, studying in 8th standard. He became a conscious vegan by shunning all products which had animal ingredients. While he normally eats wholesome healthy vegan food without any fuss at home, when shopping for his favorite snacks, he carefully refers to ingredients list and avoids all those having animal ingredients. He is so careful that even a regularly bought item doesn't escape his scrutiny while buying. He occasionally relishes on vegan ice-creams or vegan chocolates when he travels outstation with his father Shankar Narayan, the founder of the Indian Vegan Society. He had attended the 11th International Vegan Festival in 2007 and several other smaller vegan events. He has many vegan friends both in India and abroad and has appeared in vegan magazines. *Animal Rights Fund* is really proud of him. Kudos.

Heart-felt Gratitude for your Donations

Mehul Parek, Bangalore.

Daksha Shah Charitable Trust, Bangalore.

Singri Chandrasekhar Gupta (P) Ltd., Bangalore - For a brand new fridge was donated to ARF
Narendra Kumarji Chaganlalji Dhumavat, Bangalore.

ARF wants used computer, printer and TFT Screen for our own use. Kindly donate, if possible.

Bird Brain: Ravens Possess Empathy



Humans have long tried to distinguish themselves from other animals on the basis of characters that are perceived to be unique, such as tool design and use, planning for the future and the seemingly "human" capacity for empathy. But one by one, these "unique" characters are found to be shared with other animals.

For example, early research shows that making and using tools is shared with our closest relatives, chimpanzees and bonobos. Since we have a shared evolutionary ancestry, this is not terribly surprising. But when a distantly related animal, such as the New Caledonian Crow, *Corvus moneduloides*, demonstrates that they also are very capable tool-makers and users [DOI: 10.1126/science.1073433], evolutionary biologists sat up and took note. As if that wasn't enough, once again, another feature of human "uniqueness" is being called into question because new research has documented what many bird watchers have known for decades; ravens apparently console their friends after an aggressive conflict with a flockmate.

As bird watchers will tell you, many birds are also highly social and very intelligent, two traits that might be prerequisites for empathy. How much we know about birds and animals? We are drawn into a world of our own. If you look outside there is so much to learn and enjoy.



This dog has been suffering badly. We were very much surprised that the dog was suffering from Soft tissue sarcomas (STS). Again our Dr. Nagaraj of ARF did not lose heart, the treatment is continuing. We will perform a surgery for the dog.



Book Post

This horse was found very weak. Our Dr. Nagaraj was not at all satisfied with the way the animal was treated. We don't have a large animal ambulance. We are looking for a sponsor for a large animal's ambulance till then our Dr. Nagaraj is doing his best.

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

Comfort Manor, First Floor, No.10/4-2, Kumara Krupa Road, Bangalore-560 001.

Email: arfindia@gmail.com, www.arfindia.org

Mobile: 98451 74630 (Dilip Bafna), 98450 09681 (Ajay Kumar), Office: 080 - 22 34 28 20

Editor: Dilip Bafna **Assistant Editor:** Bhavana Bafna

Graphics & Design: Naveen Kumar **Production Incharge:** Prakasha

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