



ARF Newsletter

BANGALORE

NOVEMBER 2009

Vol I Issue 25

Editor's VOICE

There are always two paths ahead of us—the 'right' way and the 'easy' way. Every time we have to take a small decision or a big one, we have a tendency to choose the easy way out, in spite of knowing that this is a temporary solution. It is just that a little more thought, a little more push and a little more effort will help us to choose the right way.

Several problems arise as by-products of following the 'easy' way, eg, addictions, unsuccessful careers, setbacks in personal relationships. People are ignorant of values leading to the right path and are always facing trouble, trauma and ultimately severe health problems. Diseases like obesity, cardiac ailments, cancer, HIV are by-products of wrong lifestyle habits and unhealthy food habits. People choose meat and dairy products as a major diet in their day-to-day eating habits. It is easy to let our taste buds get what they want rather than control them and choose the 'right' diet (i.e.) a non-dairy vegetarian diet. With today's media exposure and awareness programs on good and healthy ways to lead life one cannot be still ignorant and choose an unhealthy diet and yet think easy way is best to lead life.

Following a vegan diet would be the 'right' and healthy way to your future. To me this 'right' way became a comfortable habit; it took me a little time but developed it. Anything practiced for 28 days develops into a habit. Just curb your craving and stick to the thought that you want to be healthy and live longer and peacefully. Following the right way may be a little difficult initially but will ease your life in the long run, keep you guilt free, healthy and successful. Just do the 'right' way, everything would be right in life.

(Dilip Bafna)

Consuming Animal Products Destroys Human Health

- Millions of cases worldwide of illnesses of animal origin (such as swine flu) and chronic degenerative illnesses (such as coronary heart disease, cancers, diabetes, and hypertension leading to strokes)—all linked to the consumption of livestock products. (Reference: 'Livestock and Climate Change' Report by World-Watch)
- About 75% of the new diseases that have affected humans over the past 10 years have been caused by pathogens originating from an animal or from products of animal origin. (Reference: World Health Organization)
- When we consume animal products such as dairy, meat, eggs etc, we are eating saturated fat (which is bad for our heart), cholesterol, hormones, antibiotics, pus and chemicals.
- Children reach puberty much earlier now, due to the abundance of hormones in their food such as milk, eggs and meat.

Invitation For Trusteeship Of ARF

ARF is looking at expanding its Board of Trustees to 11 members. If you have a passion for veganism and are interested in being a Trustee of ARF, then apply to ARF. All applications will be kept confidential.

Highlights of Work done by ARF in October 2009

CNVR (Catch, Neuter, Vaccinate, Release) for Dogs: **2022**
Dogs (Treated and Released): **10**
Pigeons (Treated & Released): **2**
Cow (Treated & Released): **1**
Monkey (Treated): **1**

How to Achieve Flat Belly in 3 Weeks on a Vegan Diet

Eliminate all animal products from your diet e.g. dairy products (such as milk, cream, cheese, curd, butter, ghee), eggs, meat (bird, fish, animal), etc. This will significantly eliminate hormones and chemicals from your food, thereby decreasing inflammation in the body. This will also significantly eliminate artery-clogging saturated fat from your diet. Instead of saturated fat, eat plant-based oils. Use plant oils for cooking or drizzling over food. Most plant oils are MUFA oils (Mono-Unsaturated Fatty Acids), also known as 'good fats'. **Research proves that significant consumption of MUFA oils can help you lose weight especially around the middle, as well as lower cholesterol, blood pressure, inflammation, and insulin resistance.**



Highly recommended oils for a flat belly are sesame oil and safflower oil. Other healthy oils are olive oil, flaxseed oil and coconut oil. (Coconut oil is a MCT Medium Chain Triglyceride—not a saturated fat—and food cooked in coconut oil is known to aid slimming.)

Sources: Prevention magazine's 'Flat Belly Diet', mercola.com, herdaily.com, Yale Journal of Biology and Medicine.

Write to us. We are very keen to know if ARF newsletter has influenced you to decrease use of animal products for food or wear. Let us know about cruelty-free alternatives for animal products and services that you use, as well as your suggestions and experiences relating to animal causes.

CNVR (Catch/Neuter/Vaccinate/Release) is a method of ABC that promotes mass sterilization in the safest and most humane manner for all dogs on the streets. With this method, dogs are safely neutered and released the same day to the area in which they were caught.

Dogs are caught using the most humane method of catching, namely the butterfly type net method. The net serves as a capture, transport bed. The dogs can be transported to the Field Clinic in the nets, weighed and given pre-anesthesia drugs through the netting – eliminating excessive handling and caging of the dogs which only serves to increase the stress level of the animal. Upon sedation the dog is removed from the net and surgery prep commences and the dog goes straight to the surgery theatre.

The KEY TO A SAFE SURGERY is the **asepsis protocols** and **surgery technique** that is practiced. As long as the surgery table is properly prepared, the instruments are properly sterilized, the doctor is skilled, the medicine is top quality and the suturing adheres to the strict CNVR protocols, the surgery is completely safe.

The reason why the healing is so quick is asepsis, safe surgery, specialised incision and specialized suturing. First the incision site is no larger than 3 centimeters and sutures are an absorbable filament eg. Vicryl, maxon, dexon etc. When the surgery is completely closed, there are no exposed sutures or no knot to be licked or

chewed by the dog. The surgery site is as clean as what a plastic surgeon would perform.

Dog Catchers return the dogs to the location they were picked-up from. Dogs are not put back on the street if they are not fully recovered or not feeling well and remain at the Field Clinic overnight. This happens very rarely.

A post operative research project has just been completed by ARF following 100 random dogs post surgery for one week. No deaths were reported! The methodology included tagging, following and recatching the dogs daily and photographing the surgery. Most dogs only needed to be caught and followed for three days because the wounds were completely healed by then. Success of the CNVR Program is indicated by zero cases of rabies in Bangalore, very few pups seen during the breeding season and significantly reduced number of dog-bite cases.

ARF Note: Please write to us with any queries you may have about CNVR.



Mails from Our Newsletter Readers

"Always feel gratitude for your spirit of compassion towards animal and food. Wonderful Newsletter enhancing awareness of 100s people. Keep it up forever..."

Mrs.Choudhury, Mumbai.

**"...nice news letter to go through. It is very educative."
Capt.Chandrashekar.B.R., Bangalore**

"This is a lovely newsletter, made me feel really sad reading it. You'll are doing amazing work."

Fernaz Shroff, Mumbai.

"Like and really appreciate the efforts u put in. Just to debate a statement made by some meat eater in your publication: 'But meat is tasty. Fair enough.'

No, meat is not tastier than anything else, it has to be marinated, spiced, charcoal grilled, etc to give it any taste. So really it is spices and cooking methods that make something tasty not that it is meat per se. Esp kosher/halal meat minus the blood has no taste at all. Also plenty of soy meat is available for those who are used to it. My meat eating friends loved the soy sausages, fake turkey sandwiches, chicknon curry and fish sticks served at Sanctuary, a Krishna oriented restaurant in Manhattan. They said they could not tell the difference. I could not eat the fake chicknon curry, even though I knew it was veg. Smelt like chicken to me!"

Bharat Museum, Mumbai.

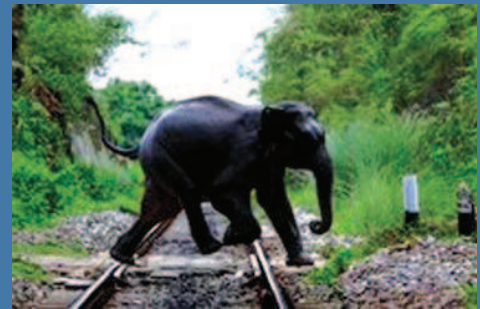
**Vegan Potluck on Saturday
28/11/2009 at 6 PM in ARF office.
Call Karol on 99459 77055 for details.**

Elephants will no longer be seen in any zoo or circus in India after the Central Zoo Authority (CZA) issued a notice on Monday to the effect that all of these animals in zoos, numbering about 140, should be sent to national parks, sanctuaries and tiger reserves as soon as possible. According to sources, the circular states that a zoo environment is not the best place for the large animals and they should be shifted to national parks with immediate effect. "CZA's order is binding on all zoos. Elephants are large animals and require a large area to move about freely. The environment of a zoo can be very restrictive. The animals have great use for departmental work, eco-tourism, patrolling etc and a decision has been taken to send them to national parks and tiger reserves where they can be under the supervision of mahauts," said A N Prasad, director, Project Elephant.

According to Dr B K Gupta, evaluation and monitoring officer of CZA, India had 140 elephants in 26 zoos and 16 circuses as on March 31 2009. "Of these, Mysore and Trivandrum have the largest number at 9 and 8 respectively.

Delhi and Mysore are the only two zoos that have African elephants. The decision was taken after evaluating conditions of elephants at various zoos and circuses. We found that circuses specially were not following standards set under the Recognition of Zoo Rules, 1992," he said.

Source: The Times of India



Blissful Evenings of Fun & Frolic & Adoption...by the Lake-side

If you are an animal lover and admire nature, then this is a must visit for you in Bangalore. Rolling meadows bordered by a sparkling lake, the air thick with positivity and fun, animals frolicking around—welcome to the Kengeri Animal Shelter. The animals here are either abandoned or came for treatment and never found a home; they are all available for adoption. Some are babies, some are adults. You will be welcomed at the gate by their gay barks, and you can play with a bunch of energetic animals whose antics will keep you amused the whole evening. All are vaccinated, sterilized, young and healthy. All animals are very friendly and eager to meet visitors. Come for an evening of fun, compassion and take an abandoned animal home. Or simply come to spend time, as these abandoned fellows crave for your love, cuddles and company.

Guided tour of shelter on Mondays. By Appointment. Contact 98805 63690 for appointment.

*ARF Request: Animal trade is cruel on animals, as it causes life-long misery and suffering for the adult male and female dogs that are repeatedly exploited to breed more puppies. Adults are treated like machines, the puppies are treated like commodities. If you buy a dog/puppy you are enabling this cruel business to prosper. **Boycott animal trade. Animals are living, feeling, sentient beings—not commodities or machines. Never buy animals for keeping as pets. If you want a pet, adopt for free from an animal shelter only. Remember, BUYING ANIMALS IS A CRIME AGAINST THE ANIMAL WORLD.***



Book Post

Heart-felt Gratitude for your Donations

Shree Vasupujya Jain Swetamber Murtipujak Sang, Bangalore

Lalwani Paper Products, Davengere

Mr. Gunjan Jhingran, Chennai

Mr. Mahendra Kumar, Bangalore

Mr. Sandesh.R, Bangalore

Mr. Ravi.N, Bangalore

Mr. Krishnamurthy, Bangalore

Mr. Arun. R, Bangalore

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 (Vinay Moray), Office: 080 - 22 34 28 20

Editor: Dilip Bafna **Creative Writer:** Sandhya Acharya **Assistant Editor:** Bhavana Bafna

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

Printed by S Sridhar at Navbharath Press, Seshadripuram, Bangalore - 560 020, Ph: 2356 1142, E-mail: navbarat@gmail.com