



ARF Newsletter

BANGALORE

APRIL

2012

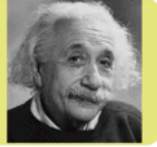
VOL

II

ISSUE

6

“ It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind.
- Albert Einstein (1879–1955) ”



Editor's Voice - Be the Change you want to see

It begins with us. If we want to change the world, we change ourselves first. Now, even if the government forbids smoking or drinking or drugs, but if people individually continue, then we have not made much difference. So now, we have to change.

The more and more people who eliminate meat and, indeed, all animal products from their lives, the more we have a chance to save the planet, to actually restore our earthly home to her original grace and beauty.

Positive Energy will save the world. All of you out there please continue. Do your work because everybody's effort really counts. Even one flyer of information about the benefit of the vegetarian diet does count. Even one word does count. One piece of

information does count. Everybody helps a little bit, and then the whole planet will change because of the collective consciousness of the positive direction.

The power is in the Consumers' hands. No one can prevent us from doing what's right for our lives and that of our planet. We just stop using, eating, buying animal products, and then these corporations will just disappear in no time. So, the power is in our hands.

We, the ordinary consumers, exercise the most powerful vote simply by boycotting meat, and all the animal products, and becoming vegans. There would be no need to continue the life-threatening practice of animal rising.

We have the power. The animal

companies only have power because we give them the power! We share our power with them. But if we stop buying it, they will dilute.

Never think that we are so few in numbers, we are expanding in exponential progressions. By the advent of vegan store, vegan restaurant, vegan café, vegan industry, vegan laws and policy we are going to explode to a new and unmatched era. Think about it. We have the power to do it now.



Please visit <http://crisis2peace.org/> by Supreme Master Ching hai

Helpline Activities



A dog was admitted with a cancerous growth on left forelimb. It was removed surgically. Slowly recovering. New tissues are forming on the wound area. Now the dog is able to walk. Kindly donate for its speedy recovery.

A dog was admitted with infection in right ear. Cleaned the infected area properly and applied antiseptics. Improvement noticed from next day onwards. Please donate.



Heart-felt Gratitude for your Donations

Punmia Steel Centre, Chennai; Narayan Iyer, Bangalore; Sri Suparshwanath Swetamber Jain Murthipujak Trust, Bangalore; Sri Vasupujya Jain Swetamber Murthipujak Sangh, Bangalore; Mahendra Kumar Jain, Bangalore;

Helpline Details March 2012

Sick & Injury: Small Animals - 15;
Wild Life: Birds - 8; Animals - 1;
Rescue: Large & Small Animals - 2;
Vaccination: 2; **Counseling:** 171;
Rehabilitation: 5; **Aggressive:** 22;

For me, going vegan was an ethical and environmental decision. I'm doing the right thing by the animals.
- Alexandra Paul

How I became Vegan?

15 years back, I was sipping a cup of coffee with a colleague, who is a non-vegetarian. While talking to him casually, I told him about the atrocities of human beings on animals and told him, man should always be humane and kind to animals, as they too have as much right to live on this earth, as we humans have. On no account should they be ill-treated and we have no right to kill them and eat their meat. My colleague who was a meat-eater smilingly said "my friend you say that we should not eat meat and we should not use meat. Is it not a paradox that the preacher himself practicing what he asks people, that to indulge" when my colleague told me this I was awestruck. I couldn't comprehend what he was telling. I asked my colleague to enlighten me on why he said this. My colleague replied

"you say we shouldn't eat meat but what right do you have to sip coffee which is made of an animal product"?

The words of my colleague felt on my



ears like a bolt from the blue, I was shell shocked. His words were absolutely true. I was ashamed of myself. I had never heard such words from anyone before which bore a hundred percent truth. I then asked him to pardon me and without wasting any time, I kept

the cup of remaining coffee on the table never to be touched again and never ever from thereon.

I decided at that very moment that I must give up all animal product like butter, ghee, cheese, paneer, honey, leather, silk, etc and I salute my colleague for making me realize my ignorance. Actually I was unaware about the word vegan when I became vegan, later through news papers and the internet I came to know more about veganism and vegan lifestyle too.

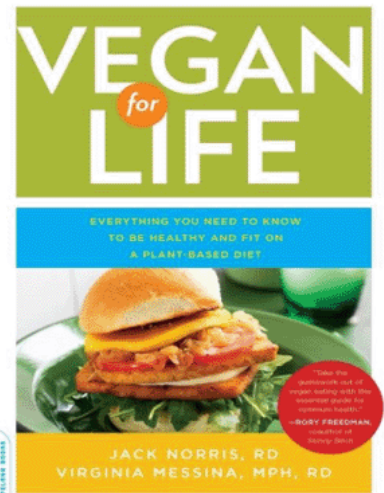
I myself noticed several changes in my life after being vegan my thinking was deep rooted further towards non-violence and veganism, which really made me a happy person, which I would say is the turning point in my life.

- Vegan Praveen

Vegan Life

Are you considering going vegan, but you're not sure how to start? Are you already committed to an animal-free diet, but are unclear about how to get proper nutrients? Vegan for Life is your comprehensive, go-to guide for optimal plant-based nutrition. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy.

Covering everything from a six-step transition plan to meeting calorie and nutrient needs during pregnancy and breastfeeding, Vegan for Life is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.



Mahaveer Janam Kalyanak Mahotsav

We had a stall in the Mahaveer Janam Kalyanak Mahotsav on 4th April 2012 at Freedom Park, Bangalore. With thousands of people gathered on this occasion. Where we played several videos on Animal Cruelty especially on leather manufacturing. People were very much impressed with our different placards on animal cruelty and information about healthier vegan diets. We have also distributed Vegan Pamphlets there by educating the people about the Vegan Lifestyle. We have received very good comments from the public and they assured us that they will not use any leather products from now on.



Ahmedabad Animal Birth Control (ABC) Programme



We, Animal Rights Fund have been invited by Ahmedabad Municipality to do the traditional ABC programme in Ahmedabad Municipal Corporation (AMC). We will control the dog population by bringing it down in the area of AMC. The credit goes to Mr. Bhavik Shah, the Project Co-ordinator for Ahmedabad who worked very hard to start this project.



Join the Vegan Bandwidth

The numbers of Vegans are surely rising. Many of them are joining us. We are really proud about the compassionate lifestyle that we all lead. Becoming vegan doesn't mean you have to give up the tastes you love. There are now delicious vegan versions of almost every meat, dairy, and egg product with all the flavor but without causing animal suffering and environmental degradation. Next time you are at the grocery store, fill your cart with these healthy and humane alternatives.



Vegfest Brighton and Bristol Vegan Festival Fair Event

VegfestUK Brighton - It's a Sell Out All 125 stalls have sold out for VegfestUK Brighton at The Hove Centre, making the event the second biggest 100% veggie festival, fair, exhibition event in Europe in 2012. It was an event for those interested in finding out more about health, sustainability, more ethical Vegetarian and Vegan lifestyles.

With admission free to the public, crowds of thousands of people did indulge in an enormous selection of food and produce - all of it 100% plant based.

The event programme has been published and is available to download from the website at <http://brighton.vegfest.co.uk/programme>

-of-events, and includes details of the stallholders, all the special offers available, the cookery demos, talks,

product presentations, and the complete line-up of entertainment over the weekend, including live music, films and performance.

As usual at VegfestUK it is the food that

is the star of the show, with 8 specialist caterers serving up a wonderful array of global

cuisine, plus umpteen food producers exhibiting, many with new products and free samples and tasters, proving once again just how amazing veggie food can be. Some of them organised fun competitions at the event with the Great Veggie Burger and Sausage Competition catching the eye - 14 different veggie sausages and burgers

to try. And there was also a veggie version of Ready Steady Chef taking place with local chefs competing against each other top produce the best plant based meal inside 30 minutes in front of a live audience.



Recipe of the Month

Vegan Chocolate Cake

Ingredients:

• 1 1/2 cups all-purpose flour; • 1 cup white sugar; • 1/4 cup cocoa powder; • 1 teaspoon baking soda; • 1/2 teaspoon salt; • 1/3 cup vegetable oil; • 1 teaspoon vanilla extract; • 1 teaspoon distilled white vinegar; • 1 cup water;

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x5 inch loaf pan.
2. Sift together the flour, sugar, cocoa, baking soda and salt. Add the oil, vanilla, vinegar and water. Mix together until smooth.
3. Pour into prepared pan and bake at 350 degrees F (175 degrees C) for 45 minutes. Remove from oven and allow to cool.



Monthly Vegan Potluck

On Saturday, 31 March 2012 at 2:00pm, Rani Park, Cubbon Park, Bangalore. We all enjoyed delicious food. You are requested to contact our facebook for update about next Vegan Potluck

<http://www.facebook.com/groups/veganbangaluru>

Do not forget to bring a vegan dish. If you cannot cook, bring fruits or juices.

When you are a mother, whether it be animal or human animal - you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.

- Brenda Smith



Thank you for considering this special request for your much-needed financial support for ARF pivotal work to reduce animal cruelty. Please donate today.

₹ 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: 03671450000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st 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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