



ARF Newsletter

“

Until lions have their historians, tales of the hunt shall always glorify the hunter.
- African proverb

”



Editor's Voice

Gandhiji said schools give us reading, writing and arithmetic skills. Our responsibly is to give them three R's: Respond, Reverence = Respect plus

love, Reflect

We must teach our children to use three H's:

Head - Teach them to think, teach them to make Decision; Hand - Teach them skills, teach them to be independent; Heart - Teach them to feel for others

Are we doing the right thing? Alvin Toffler once said, the illiterates of the 21st century will not be those who cannot read and write but those who cannot learn, unlearn, and relearn. Today we are facing real and grave issues threatening our own existence. Man-made climate change, food, water and land shortages, rise of new and old illnesses and an epidemic of lifestyle diseases such as

cancer, obesity, heart diseases and diabetes are not something you can attribute to a rational being like humans. These man made shortages will also fuel wars and famine.

As young, we all went through some system of education. The system was designed by supposedly wise men and women to equip our future generations with skills and tools that should allow them to pursue what matters to us most - happiness. But today we stand on the threshold of catastrophic man-made unnatural disasters. Where has our education failed us?

Hope springs eternal. It's never too late to change. And the solution lies within us. Humans are predominantly moral animals. We use this skill in one capacity or another to sustain the human society.

It's time for a change. One simple philosophy and one simple practice can solve all our problems. It's compassion. Like any other skill taught in schools and colleges like mathematics and language, we need to

learn and develop compassion.

One must not forget that whatever motives we may pursue, we need our health and the planet for it to materialize. If we will not choose now, the decision will be made for us. Say yes to a whole food plant based diet. Say no to animal products, edible or otherwise. This will solve half the problems mankind faces today. And there is no better way to apply compassion in our day-to-day lives than by living a cruelty-free life and letting children learn by imitation.

Truly, a child educated only at school is an uneducated child. And that is the purpose of life - a life of purpose.

This is the speech I gave in the Vegetarian Congress, organized by Indian Vegan Society on 31/10/2010 held in E-inn, Bangalore

Shripad Baburao

It is nice when someone embraces Veganism



Compassion is the glue that will hold the world together. This is the belief of Amruta Ubale, a 26 years old animal rights activist from Pune. While

most people of her age aim to rise up the corporate ladder, Amruta bid farewell to her Human Resource job to enter the field of animal rights. She took this step soon after realizing that her calling lay in being the voice for the cause of the helpless animals.

Veganism led Amruta to realize the organized manner of torture inflicted on animals to satisfy human greed for entertainment, food, fashion, etc. Amruta recalls that she was brought up as an ovo-lacto vegetarian; however, driven by peer pressure in her teenage days, she began consuming meat. One day, witnessing a chicken being slaughtered demanded from her to question how a chicken is any

different from the dogs she cares for. Both feel pain and have the will to live. She immediately swore off meat. Most children brought up in vegetarian families follow vegetarianism unquestioningly. This makes them susceptible to trying meat, feels Amruta.

It is two years since Amruta has been campaigning and lobbying for the rights of animals. After attending her school presentations, many teachers and students have adopted vegetarianism. According to Amruta it is important to strategically introduce vegetarianism as most do not react favorably to the 'preach' approach. Amruta also makes it a point to visit restaurants serving meat and makes sure her friends try out vegan food there. She appreciates the kitchen staff and suggests them to include more vegan dishes. She takes people on rescue calls to help them relate to the suffering of animals. These subtle approaches cause people to get curious about veganism and appreciate it. It is a joyous moment for the cause when some embrace veganism.



Please donate to ARF for our Kengeri shelter for erecting the fence

Monthly Vegan Potluck
27th Nov, 2-6 pm, 249/32, Laughing Waters, Ramagondanahalli, Whitefield-Varthur Road, Whitefield, Bangalore 560 066.
Landmarks: Before Palm Meadows and after Siddhapura Shell Petrol Pump. Contact Karol at 9945977055 or Manuj at 9880223323. Do not forget to bring a vegan dish. We will be watching 'The Cove' documentary.

Tripura Tribals Don't Milk Cattle

Bagmara (South Tripura): Tribals of the dirt-poor village of Bagmara in Tripura have been practicing their age-old custom that forbids consumption of cow milk, though nearly each household has at least one milch cow.

'We consider the cows as god; hence we stay away from any act of milking the milch cow,' Bagmara village chief Ranjit Tripura said. The village is located 170 km south of state capital Agartala.

'We also believe that depriving the calf of mother's milk is a sin and gods will not exonerate the sinner,' the nonagenarian tribal headman said.

Home to 356 families, consisting of around 2,000 men, women and children, the Bagmara tribal village, under the Rupaichari block in southern Tripura, has been ravaged by militancy for years.

The Tripura government has undertaken several schemes to develop this village sandwiched between two hills.

'To remove this age-old "unscientific myth", the state administration has taken plans to train the tribals in modern methods of



animal husbandry and to improve their economic condition,' state information department official Manoranjan Das said.

'A training camp on act of milking and care for milch cows was held last week, and more such programmes would be held in the near future,' he added.

About 300 families are dependent on traditional 'jhum' cultivation (slash and burn method of farming) and 342 families are living below poverty line (BPL).

'Despite grinding poverty, we have full faith in our gods and customs,' the headman said. 'We are a tough group; you will not find a

single inch of land in and around our village not utilised,' he said.

With tribals forming one third of the mountainous state's total population of 3.8 million, Tripura has a rich cultural heritage of 19 tribes, mostly Hindu.

The Tripuris constitute the largest portion of the tribal community, representing more than 50 percent of the total tribal population of the state.

South Tripura's district Magistrate Samarjit Bhowmik admitted his ignorance about the tribals not consuming cow milk. 'I would definitely inquire about it and carry out some "awareness" campaign.'

Tribal intellectual and renowned poet-writer Ratul Debbarman said: 'It is interesting to note that although the religion of the majority of tribal people is termed as Hinduism, it is in fact a curious mix of Hinduism and animism.'

'The old gods have not yet been ousted and priests worship them alongside Hindu gods. The tribals worship elements such as water, fire, forests, and earth, each having its own god,' said Debbarman.

High IQ Link To Being Vegetarian

Intelligent children are more likely to become vegetarians later in life, a study says.

A Southampton University team found those who were vegetarian by 30 had recorded five IQ points more on average at the age of 10.

Researchers said it could explain why people with higher IQ were healthier as a vegetarian diet was linked to lower heart disease and obesity rates.

The study of 8,179 was reported in the British Medical Journal.

Twenty years after the IQ tests were carried out in 1970, 366 of the participants said they were vegetarian - although more than 100 reported eating either fish or chicken.

Men who were vegetarian had an IQ score of 106, compared with 101 for non-vegetarians; while female vegetarians averaged 104, compared with 99 for non-vegetarians.

There was no difference in IQ score

between strict vegetarians and those who said they were vegetarian but who reported eating fish or chicken.

Researchers said the findings were partly related to better education and higher occupational social class, but it remained statistically significant after adjusting for these factors.

Vegetarians were more likely to be female, to be of higher occupational social class and to have higher academic or vocational qualifications than non-vegetarians.

However, these differences were not reflected in their annual income, which was similar to that of non-vegetarians.

Lead researcher Catharine Gale said: "The finding that children with greater intelligence are more likely to report being vegetarian as adults, together with the evidence on the potential benefits of a vegetarian diet on heart health, may help to explain why higher IQ in childhood or adolescence is linked with a reduced risk of coronary heart disease in adult life."

Intelligence

However, she added the link may be merely an example of many other lifestyle preferences that might be expected to vary with intelligence, such as choice of newspaper, but which may or may not have implications for health.

Liz O'Neill, of the Vegetarian Society, said: "We've always known that vegetarianism is an intelligent, compassionate choice benefiting animals, people and the environment.

"Now we've got the scientific evidence to prove it. Maybe that explains why many meat-reducers are keen to call themselves vegetarians when even they must know that vegetarians don't eat chicken, turkey or fish."

But Dr Frankie Phillips, of the British Dietetic Association, said: "It is like the chicken and the egg. Do people become vegetarian because they have a very high IQ or is it just that they tend to be more aware of health issues?"

Source: <http://goo.gl/eQXOv>

Mike Tyson Credits Vegan Diet With Massive 130 Pound Weight Loss

Earlier this year, (much to our surprise) Mike Tyson had changed his life in some pretty big ways, including going vegan. Well, the famous boxer continues to preach about his new lifestyle, and recently sat down with ESPN to share the secret to his 130 pound weight loss.



everything I dislike about myself. I changed everything that I was as a human being. I started that journey in October or November. ... I don't smoke anymore. I wanted to give up everything. I had to change my life. I didn't have a problem with drugs or nothing. I had a problem with thinking. My thinking was broken. That was the solution of my broken thinking using drugs and living crazy. It was just the way I was thinking."

"I became a vegan," says Tyson. "Vegan is where no animal products. No livestock products. Nothing. I just did a lot of training and try to become more faithful in life. I wanted a different life. I felt like I was dying. I had an incident in life where I lost my 4

year old daughter in a tragic accident at home. I don't know. I didn't want to live anymore. So I said, that in order to go there, I had to change my life. I am going to change

Tyson has been vegan for almost a year, and, of course, we're excited that's he's loving the lean, green diet.

Diet Can Alter DNA Expression

The nature-nurture debate is a "giant step" closer to being resolved after scientists studying bees documented how environmental inputs can modify our genetic hardware. The researchers uncovered extensive molecular differences in the brains of worker bees and queen bees which develop along very different paths when put on different diets. The research was led by Professor Ryszard Maleszka of The Australian National University's College of Medicine, Biology and Environment, working with colleagues from the German Cancer Institute in Heidelberg, Germany and will be published next week in the online, open access journal PLoS Biology

Their work reveals for the first time the intricacies of the environmentally-influenced chemical 'marking of DNA' called DNA methylation, which has the capacity to alter gene expression without affecting the genetic code – a process referred to as 'epigenetic', or above the genome.

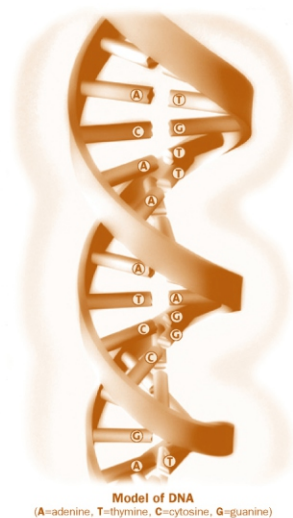
"This marking determines which genes are to be fine-tuned in the brains of workers and queens to produce their extraordinarily different behaviours. This finding is not only crucial, but far reaching, because the enzymes that mark DNA in the bee are also the enzymes that mark DNA in human brains," said Professor Maleszka.

"In the bees, more than 550 genes are differentially marked between the brain of the queen and the brain of the worker, which contributes to their profound divergence in behaviour. This study provides the first documentation of extensive molecular differences that may allow honey bees to generate different reproductive and behavioural outcomes as a result of differential feeding with royal jelly."

Professor Maleszka said that the work goes a long way to answering one of life's biggest questions.

"This study represents a giant step towards

answering one of the big questions in the nature-nurture debate, because it shows how the outside world is linked to DNA via diet, and how environmental inputs can transiently modify our genetic hardware," he said.



Model of DNA
(A=adenine, T=thymine, C=cytosine, G=guanine)

Recipe of the Month

Vegan Kulfi (Indian Ice Cream)

Features: Sweet, creamy frozen treat, with no pretensions of being a health food, but a lovely taste of Indian ice cream on a hot day.

INGREDIENTS

28 oz Coconut Cream or Coconut Milk (not coconut water), 1/2 cup Vanilla Soy Milk, 1/2 cup POWDERED sugar, 1 Tablespoon cardamom powder (ground), 1 teaspoon vanilla extract, 1 Tablespoon pistachio nuts (ground), Rigid containers sized for your preferred portion size (eg plastic containers) or popsicle molds to freeze kulfi

OPTIONAL

1 tablespoon cashews (ground), 1 tablespoon almonds (ground), 1 pinch of saffron

DIRECTIONS

Mix all ingredients together in large bowl. Pour mixture into containers then freeze overnight and Enjoy!

Makes 3 cups





Indian Vegetarian Congress, 31st Oct, 2010, E-Inn, Bangalore

Upcoming Events

Humane Society International (HSI), in coordination with Indian Youth Climate Network, SHARAN, Federation of Indian Animal Protection Organisations presents a discussion on industrial farm animal production and the possibility of environmentally and socially sustainable forms of agriculture. Exploring the possibility of reducing the number of animals raised for food would also present an opportunity to reduce the GHG emissions. Animal agriculture generates approximately 18% of human-induced GHG emissions worldwide, according to a 2006 report by FAO. Dr. Chetna Mirle from HSI will be talking in Ludhiana, New Delhi, Hyderabad, Chennai, Bangalore and Mumbai on the topic. Details of the venues and registration form can be found below.

11th Nov: Chennai

Times House, 126/127 Chamiers Road, Nandanam, Chennai – 600035
Contact: Ajai Prasannah, gsajaiprasannah@gmail.com, 98945 56657

12th Nov: Bangalore

Times of India, S & B Towers, 2 nd Floor, 40/1, M ahatma Gandhi Road, Bangalore-560001
Contact: Brinda, brinda@iycn.in, 98864 84315

13th Nov: Mumbai

Conference Hall, 2nd floor, Times Of India Building, D.N. Road, Mumbai 400001
Contact: Sowmya, sowmyareddy@gmail.com, 97178 67045
Supported by : Times Foundation, FIAPO and Sharan

Kudos for your wonderful work for a more compassionate world, and best wishes for continued success.
- Richard H. Schwartz, Professor Emeritus, College of Staten Island, Author of Judaism and Vegetarianism, Judaism and Global Survival and Mathematics and Global Survival and over 140 articles at JewishVeg.com/schwartz, President. Jewish Vegetarians of North America (www.JewishVeg.com); Director of Veg Climate Alliance Associate producer of A SACRED DUTY

Summary of Work Done

Helpline activities: Dogs In patient – 14 treated and released, Dogs Out patient – 11 treated and released, Pigeon – 04 treated and released.

Did you know?

On an average, it takes 200+ litres of water to produce just 1 Egg!

Source: Water Footprint Network

Heart-felt Gratitude for your Donations

Meena Kochar – 1 Fridge, P.H. Shah – 1 Fridge, Manak Chandji Siyal – 1 Computer, Ganapath Raj & Co – 1 Computer

Donation details: Dhiraj Kumar, Davangere; George Mathew, Bangalore; Hulasi Devi, Bangalore; Kapri Corporation & Ramesh D. Shah, U.S.A; Ugamraj Bhandari, Bangalore; Peacher Salon, Bangalore; Gupt Dan, Bangalore; JetAvi Engineering Pvt Ltd, Bangalore; Uttam Provision, Bangalore



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☐ ₹ 1,000 ☐ ₹ 2,000 ☐ ₹ 5,000 ☐ Other ₹ _____

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Animal Rights Fund

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