



ARF Newsletter

BANGALORE

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"If you continue to eat animals once you know their true suffering... truly, you have NO heart!" - Tawnya Hinson



Editor's Voice - "You are the power in your world!"

You get to have whatever you choose to think! This movement is the point of power! This movement is where the change begins!

Imagine yourself in a line in a buffet in a luxurious hotel, where instead of dishes of food, there are dishes of thoughts. You get to choose any and all the thoughts you wish. These thoughts will create your future experiences. Alas, friends and relatives tend to force you into the same habit of junk eating, eating non-vegan, etc. expect you should stick to that. No doubt they would resent when you don't join in and support their bad habits. Probably the

best thing to say when offered such food is a polite and a smiling 'No, thank you!' without any further explanation. If you are pressed, simply say that you would feel much better when you don't eat such foods. When you become a good role model, people would slowly follow you. People dislike being told that they are doing the wrong thing, especially when they already suspect it. By no means you should lecture to the person, or point out how much better you are than them.

Whatever I believe will become true sooner or later. When I was unwell, people told me to believe in God the almighty, some of them advised me to takeup homeopathy while some

allopathy, hypnosis, reiki, and few took me to a faith healer. I politely acknowledged to whatever they had to say. In my mind I told them to wait till I recover. There was no point in getting even with them, I went ahead of them, only holding on to my belief in myself and having faith in myself. With excellent will power I can always sail whenever I face a crisis.

Our minds create our future. When we have something in our present that is undesirable, then we must use our mind to change the situation. There is no time to waste. Let's continue with our work to promote veganism.

Helpline Activities



This dog from K. R. Puram was brought to ARF shelter as it had fractured its left forelimb with skin and bone dangling outside. The wounds were soon debrided, cleaned and dressed. The dog was stabilized for a week and the amputation was carried out later. This dog is now recovering. Please donate for its speedy recovery.



This dog is aged around 10 years brought to the ARF for its large Mammary Tumor on both the sides. The dog is stabilizing at the shelter and once stabilized the Mammary Tumor excision will be carried out. Currently the dog is under treatment and other enrichment foods at the shelter. Kindly donate.

Monthly Vegan Potluck



21st May, Saturday
at 4 pm, at ARF Office, Bangalore.

Contact Dilip Bafna at 9845174630

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

Did you hear about Cage Free Man, Humane Baby, Free Range Mother, Humane Blood, Humane Murder, Humane Egg (of a lady) ??

Why such categorization with Animals ?? How can an 'animal use' be defined as humane? -Manish Jain

Recipe of the Month

Kashmiri Dum Aloo

Ingredients with directions:

10-15 baby potatoes (If you can't find these, use the smallest potatoes you can find, and halve or quarter them. Then follow the rest of the recipe instructions). If using whole baby potatoes, poke them all over with a fork.

Mix 2 tsp of oil + 1/4 tsp red chilli powder + 1/4 tsp turmeric + salt to taste and toss the potatoes in the mixture. Place in a 400-degree oven and roast 30 minutes or until the potatoes are cooked through. (Pierce with a fork to test).

1 cup coconut milk

For the masala, grind together using just enough water to keep the blades moving:

1 tbsp garam masala, 1 tbsp coriander powder, 15-20 almonds, soaked for about half an hour, 1 tbsp grated ginger, 1/2 tsp turmeric, 1/2 tsp red chilli powder, 1/2 tsp sugar.

Other ingredients:

1 tbsp canola or vegetable oil, 1/2 chopped mint or coriander for garnish, 1 tbsp lemon juice, Heat the oil in a saucepan.

Add the ground masala and stir for a couple of minutes.

Add half the coconut milk and then the potatoes.

Once the sauce starts to bubble, turn the heat to the lowest setting and place a tight-fitting lid over the saucepan. Let cook 20 minutes. Add some water if the sauce dries up.

Add the remaining coconut milk, more salt if needed, and the mint/coriander leaves. Stir well and turn off the heat.

Serve hot with chapatis or with whole-wheat puris, as I did. This also pairs really well with some South Indian Coconut Rice.



Loreen Dinwiddie

Loreen Dinwiddie celebrated her 108th birthday Feb. 4, 2011. Loreen was born in 1903, in Seattle, Wash. area, attended Walla Walla College, and married Frank Steunenberg in 1923. They have lived in Washington, Idaho, Oregon, Montana, and California, where Frank was a teacher and minister. They had two daughters: Alice Willoughby and Beth Allen, and a granddaughter, Maureen Caldwell. After moving to the retirement center in 1973, Loreen married Harold Dinwiddie in 1975. She is a talented oil painter, a vegan, and has been studying nutrition for the last 35-40 years. Learn more about the vegan diet:

<http://www.arfindia.org>, <http://www.pcrm.org>,

<http://www.foodnsport.com>, <http://www.goveg.com>

BANGALORE PUP ADOPTION

These adorable one-month old pups are available for adoption. They will be given for free, and we are looking for good homes for these pups, with kind, loving people only. These dogs will be vaccinated. Hurry! before they go.

If interested in adopting, please call Poornima Desai on mobile 9880563690, or

Email: poornima.desai@gmail.com



Animal Protectors are not heroes, they are good humans

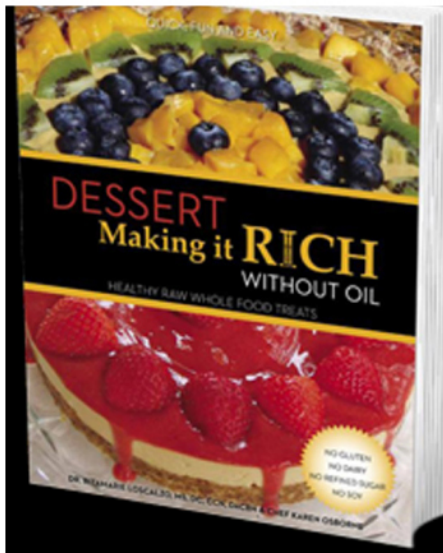
I just met our friend Rachel Wright who is the founder and runs Tree of Life for Animals in Ajmer, Rajasthan. She told me this story about TOLFA's staff and I think there are many people among our readers who will recognize that the staff in their shelters too are part of this story. A couple of months ago Rachel was in Ajmer and she thought she could smell that rotting tissue smell she associates with maggot wounds in dogs. To her horror she saw a man sitting on the corner with a huge maggot wound in his head.

She took the man to a couple of hospitals but both refused to treat the man. They were too disgusted. So Rachel took him to Tree of Life for Animals and her staff –with care and love–took out hundreds of maggots and treated his wound. Proving once again that compassion breeds compassion, that to protect and respect animals makes people better, more complete human beings. I started this letter with a different subject line: animal workers are heroes. But then as I wrote this I thought–no, no the point of this story is, what animals give us is the ability to BE what we ALL should be. It is no act of heroism to help a fellow human being, nor to help a suffering animal. Often, it is the least we can do. But it is those of us who have the habit of helping–and our amazing staff workers–many of whom are of humble origins, some of whom are not much educated, who work hard and are sometimes not seen by the public as much as their organisation's founders, and these people are transformed human beings, –they have learned how to care. Animals helped to teach them that.



- Erika Abrams

Superfood Brownie Recipe (from new whole food dessert book)



I've just discovered a dessert recipe book I'm SUPER excited about... In fact, I wish I'd known about it years ago. It's called: "Dessert: Making it Rich Without Oil".

This book is full of traditional desserts we all love... but they're free of gluten, dairy, soy, oil, and refined sugar. How is this possible?

The authors are amazing raw food chefs. By definition, raw food recipes are free of flour and dairy. However, these recipes go one step further towards healthy whole foods...

They don't use any oil or refined sweeteners either. Yet they're *amazingly* rich and delicious. How?

In place of refined sweeteners, these recipes use fruits and dried fruits. Instead of butter, cream, and oil, they use fatty whole foods like nuts, seeds, and coconut... along with natural thickeners like psyllium seeds and Irish Moss.

This means the recipes are actually *good* for you... so you can eat all you want... with no guilt! Go here and pick up your book <http://www.drritamarie.com/makeitrich/>

Bhagwan Mahavir

“My most important teaching is non-violence. Do not hurt or kill any living being by thought, word or deed. Do not go to war. Do not kill animals. Do not hunt or fish. Never kill even the smallest creature. Do not step on a worm. Even the worm has a soul.”



मंगलम् भगवान् वीरो,
मंगलम् गौतमो प्रभु ।
मंगलम् स्थूलिभद्राचार्य,
जैन धर्मोस्तु मंगलम् ॥

Summary of Work Done

Dogs (Inpatient) - 07 treated; Dogs (Outpatient) - 40 treated and released; Pigeons - 25 treated and released;



Vegan Basket

Harshad M. Parekh is importing Vegan items from USA to India. The following can be brought from him by mail on order.-

1. Vegan Butter.
2. Vegan Milk other than Soya Milk, such as Almond Milk, Oat Milk, Rice Milk, Hemp Milk.
3. Vegan Nutritional Yeast.
4. Vegan Sugar replacement, such as Stevia, Agave Nectar, Rice Syrup, Maple Syrup.
5. Vegan Salt replacement, such as Mrs. Bragg Aminos.
6. Flavored Tofu and Tempe.
7. Vegan Cheeses, Mozzarella, Cheddar, Parmesan Cheese.
8. Vegan Cream Cheese.
9. Vegan Sour Cream.
10. Vegan Ice Creams.
11. Vegan dry mixes for Cakes, Chocolates, Muffins, Cookies, Falafel Mix, etc.
12. Vegan grains, such as Cous Cous, Taboo-lie, Amaranth etc.
13. Vegan Meat Analogs, such as Burgers, Hot Dogs, Sausages, Chicken and Lamb, etc.
14. Vegan Supplements.

Please call him on Indian Mobile +91-9867264111 or USA Vonage #: 1 949 705 6614 or Send an Email to hparekhp@gmail.com; Order your items today.

Volunteers Required

To inspect the film shooting as per AWBI guidelines. Please contact pramod@arfindia.org

Heart-felt Gratitude for your Donations

Geetha Krishna Trust, Bangalore; Sejal Kothari, Bangalore; Abhishek Pare, Bangalore; Mainak Das, Bangalore; Suresh Bhandari, Hubli; Romula D'Silva, Puttaparthi; Soma Das, Bangalore; Sandhya Acharya, Bangalore; Mehul Parek, Bangalore; Riddhi Siddhi Metals, Bangalore; Sampathraj Googliya, Bangalore; Pawan Sukhlecha, Bangalore;

A special thanks to Miss. Jane A. Vaz, Bangalore for her contribution to animals.



ARF requires bureau for storing, Please donate.



We need your financial support in order to put a stop to cruelty to animals. Together, we can make the world a better place for all beings. Please donate today.

₹ 1,000

₹ 2,000

₹ 5,000

Other ₹ _____

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 - 560002

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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