

Recipe of the Month 'Vegan Very Vanilla Cake'

Ingredients:

1 3/4 C all purpose flour; 2 t arrowroot powder (optional); 1 t baking powder; 1 t baking soda; 1/4 C brown sugar; 3/4 C white sugar; 3 t pure vanilla extract; 1 t vinegar or lemon juice; 5 T oil (canola or sunflower); 1 C cold water;

Direction:

Preheat oven to 180C/350F. Lightly oil a 9 inch baking pan and keep it aside. In a large mixing bowl, sieve together the flour, arrowroot powder, baking powder and baking soda about 6-7 times (the more number of times you sieve, the fluffier the cake will be). Mix the remaining ingredients separately and beat well to dissolve the sugar to some extent. Pour the wet ingredients over the dry ingredients and whisk together with a few quick strokes just until no lumps remain (too much mixing is not advisable). Pour the cake batter into the baking pan and immediately pop into the preheated oven. Bake for about 35 minutes. Test by inserting a toothpick into the center of the cake and see if it comes out clean. If so, the cake is done. If not, then bake for a few more minutes. Remove the pan from the oven and keep it aside. Let the cake cool completely before you remove it from the pan. This cake is delicious eaten as it is but it can also be enjoyed layered with vegan whipped cream.



Heart-felt Gratitude for your donations

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Branches for ARF

ARF has got a base in Bangalore, Pune and Ahmedabad. We have been working for last 14 years successfully. We want to open branches all over India. If you strongly believe in veganism and can gather three Vegan Trustees or more and are really interested to do thankless job without been appreciated for all that you do, then you are welcome to drop an email to me. My email id is arfindia@gmail.com.

We work 24/7 all this is because of your help. Without you, getting this help for animals would be just a dream. Do your bit! Donate Now ...

☐ ` 1,000 ☐ ` 3,000 ☐ ` 5,000 ☐ Other ` _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address)

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Animal Rights Fund

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ARF Newsletter

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“ It's easier to fool people than to convince them that they have been fooled -
Mark Twain ”



Editor's Voice - 'History reader or History maker'

In Germany, Nazis ripped the babies from the arms of the Jewish mothers. In the dairy industry, calves are stolen from their mothers after birth. Other animal mothers (hens, pigs, sheep, etc.) have their babies stolen away in weeks or months. Separating families was a sick, psychologically-devastating tactic the Nazis used to weaken the pride of Jewish people and inhibit their desire to retaliate and fight back. The Nazis borrowed this tactic from the meat, dairy and egg industries. Jews were tattooed to mark them. All animals in the meat and dairy industries are branded with hot irons, or ear-notched with a numerical tag. Jews were sent to the gas chambers in the same extermination trucks that send animals to slaughterhouses. The Nazis constructed buildings to massacre Jews, Gypsies, blacks, etc.

Slaughterhouses are strategically built all across the planet to murder and dismember animals. Both groups were/are treated like nothing, like they don't matter.

Meat, dairy and egg-eating addicts are full of trite, vacuous and irrational excuses. Excuses to kill. Excuses to torture. Excuses to be indifferent

towards the suffering of the animals they eat. Excuses to do nothing. Addicts are ALWAYS irrational when it comes to their habits. Have you ever known an alcoholic, a cigarette smoker or a heroin user to be rational when it came to alcohol, cigarettes or heroin? Of course not. And there is NO such thing as a rational or ethical meat, dairy or egg-eater when it comes to animal issues and whether humans should be enslaving, murdering and eating animals.

The society will tolerate a person with mediocre confidence. It cannot accept a person who is always confident – it will term him: arrogant. It can tolerate a person with moderate enthusiasm. It cannot accept a person with contagious enthusiasm - it will call him: A show off. It can tolerate an occasionally assertive person. It will not accept if you are always assertive. It will call you: snobbish. It will applaud moderate success but will call you 'lucky' when it begins to envy your success.

The society attacks with great vengeance those who display abundant trait in any form. The incarnation of love was crucified – Jesus Christ. The epitome of ahimsa was shot dead –

Mahatma Gandhi. He abolished slavery and died by the bullet – Abraham Lincoln. He was too intelligent for his contemporaries and hence he was poisoned to death – Socrates. He was sentenced for life because he scientifically questioned the ignorance in religious texts – Galileo.

You must walk alone in a crowd. You must have to tread paths that have not been walked before. You may be enveloped by unknown, inexplicable moral loneliness. You may even have to pledge your life for what you believe in, but that is the only way by which you can be a history maker.

Whether you will be loved or condemned, respected or insulted, honored or dishonored, crowned or crucified, it does not matter; know that you have arrived on this planet only to be yourself. Leave a mark yourself, leave a vegan life style. It does not matter, what people will think about you, do what is right, my heart says that I must never, every compromise the vegan life style that I will continue to live for ever and for ever.

Dilip Bafna

Helpline Details October 2012

Sick & Injury: Small Animals - 70, **Wild Life:** Birds - 03;

Rescue: Large & Small Animals - 08; **Adoption** - 04;

Counseling - 165; **Rehabilitation** - 71; **Aggressive** - 01;

We have been receiving complaints about Animals been enclosed by nylon collars, hit by vehicle, sick and injured animals. We are doing our best for which we require your whole hearted support. Kindly donate.



This is the story of the Vegan Couple in Chennai, India.

This is the story of the vegan couple in Chennai, India.

Way back in July 2009, Raghav was in the USA doing his Master's degree while Preethi was in India doing her under graduation. It was serendipitous that we both checked out each other's social networking profiles through a common friend and found each other extremely interesting. We kick-started a wonderful conversation back then completely oblivious that it will serve as a spark to ignite the madness of being in love. Raghav returned to India after finishing his Master's degree in 2010, almost 11 months after we fell in love.

So here we are today 3.4 years down the line still madly in love with each other. We believe we're extremely lucky and blessed to have found each other. Their wedding is there in 09th Dec 2012. What Do You Get to Eat in Our Vegan Wedding?

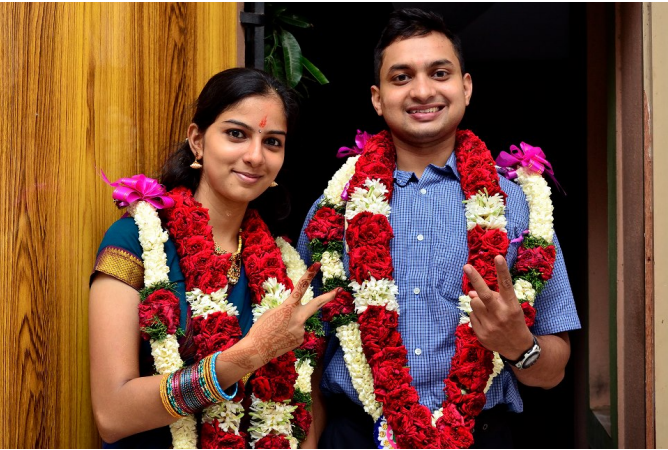
- Beverages
- Mango Juice
- Grape Juice
- Dry Ginger Coffee
- Green Tea/Lemon Tea
- Soy Milk Coffee
- Snacks
- Frozen fries (Vegan Junk)
- Sprouted Sundal (South Indian Style)

WEDDING RECEPTION

- North-Indian
- Rajhasthani Kheri Panna
- Salads- 1 Vegetable Salad + 2 Sprout Salads + 1 Fruit Salad
- Rotis- Tandoori, Naan and Phulka
- Curries- Dal, Dum Aloo, Corn Palak , Pindi Channa
- Chaats- Pani Puri, Bhel Puri, Pav Bhaaji
- Pickle
- Desserts- Hot jalebis, Moong Dal Halwa
- South-Indian
- Plain Dosa
- Sambhar
- Rice upma
- Coconut Chutney
- Vegan Curd Rice

WEDDING

- Breakfast
- Aval Kesari
- Idli
- Coconut Chutney
- Urad Vada
- Pongal
- Sambhar
- Coffee (Soy milk)/Juice
- Lunch
- Potato Curry



Engagement of Preethi Shankaran & Raghav Venkatesan

- Beans Dal Curry
- Mixed Vegetables Gravy Curry
- Fresh Coriander Rice
- White Rice
- Dal
- Mixed Sambhar
- Vattal (dried vegetable) Kuzhambu
- Rasam
- Papad
- Dal Vada
- Vegan Curd Rice
- Pickles
- Dessert (Sweet)-Vellam Thengai
- Payasam, Jaangri, Beetroot Sweet Salad

NOTE: The dairy in any of the recipes above are replaced with oil to make it Vegan.

<http://www.ewedding.com/sites/PreethiRaghav/>

Luo Han

Have you heard of a Chinese restaurant that is vegetarian? Most of us haven't. So, it is a pleasant surprise to come across Luo Han, a vegetarian Chinese restaurant in Bangalore. The menu at Lou Han has an amazing list of not only Chinese but Thai dishes as well. From soups to the nibbles, from the main course consisting of a variety of rice, noodles, and macaroni, to the side dishes – Luo Han seems to have a wide variety. There are nearly 350 recipes to select from! The recipes are flavored with ingredients such as basil, lemon grass, coconut, tamarind, sesame, and peanuts to name a few. They are there at No. 666, 27th Main Road, 13th Cross, HSR Layout Sector 1. Telephone: 080-64505304.



“Ahimsa in the face of disaster: Jain responses to the Partition of India in 1947”



Claremont Lincoln University in Claremont, California, USA has embarked on a very unique and significantly important research project to study the role of Jains caught in the riots of partition of India in 1947 when in the name of religion, humanity had gone mad and there was murder, looting, raping, burning and torture on an unimaginable scale all around and with them. This study involves the the camera interviews of still living survivors of that horrible chapter in the history of India. The Project is looking for and seeking survivors and their relatives (Jains and friends of Jains) who migrated to India and can share the memories of that period in their own words. Please drop email jainsduringpartition@gmail.com.



Dog-to-Human disease transmission?

I have been in contact with animals, including dogs for as long as I can remember. Transmission of diseases from animals especially dogs is more in the human mind. As a Dermatologist, I have patients who relate many of their skin ailments to their pets, which is baseless. All they need is assurance and some tight hand holding so as not to abandon their pets. All we have transmitted so far is love & a passion for the cause of animal welfare. **Dr. Geraldine Jain, MBBS, DVD Ph.D (UK). Dermatologist & Laser Surgeon Medical Director. www.punarnawah.com**

We require urgently one side used sheets. Kindly donate.



Dairy Alternatives – Healthy Cooking Class: Nov 25: Bangalore: by Dr. Nandita Shah.

Did you know that milk and other dairy products are not perfect food? From health, environment and ethical perspectives there are numerous wrongs associated with dairy products. But they are so much ingrained in many of our day to day recipes – milk, curd, butter, ghee, cheese, paneer etc. How to make our food dairy free? Does it seem impossible? Going one step further, how to prepare food in very healthy way by using only WHOLE ingredients (not refined or highly processed), and without any added oil, chemicals, trans fats etc.? Most importantly, how to



achieve all this without compromising on taste or cutting down varieties? Here is a fantastic event for you by Dr. Nandita Shah on 25 November at Bangalore. Many common myths will be debunked during this event and also your questions will be answered. Don't forget – you will get to taste all the

fantastic dishes that are prepared during the event. All dishes would be healthy vegan, made of WHOLE plant based foods, containing NO OIL, chemicals, trans fats and ORGANIC (as much as possible). We will also have lots of fun eating all that food! DATE: Sunday 25th Nov 2012, TIME: 10.30 AM – 2.30 PM Gayathri and Namith Architects 14, Temple Trees Row, Cauvery Colony, Koramangala 1st Block, Bangalore. <http://sharanindia.org/events/dairy-alternatives-healthy-cooking-class-25-november-bangalore>



welcome to my food blog
♥ Therese de Wolf

Please Visit the link <https://www.facebook.com/SexySustainableEthical>