



ARF Newsletter

Bangalore

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Editor's VOICE

Come and Discover a Healthier Life with Vegan Diet

I became vegan in the year 1992. So, for the last 17 years I have eaten only plant-based foods. No meat, no eggs, no dairy, no fish...in short, no eating animal products.

An interesting discovery I made while on a vegan diet is that the vegan diet is the perfect cure for colds. When I turned vegan, I experienced loss of excess weight, greater energy and an overall younger appearance. A friend of mine stopped experiencing migraine headaches since she went vegan. I know atleast 7 migraine sufferers whose migraine problem disappeared after they turned completely vegan. Do you know that research proves that going vegan is the best diet for keeping various kinds of cancer at bay? That a vegan diet cuts down your probability of getting high blood pressure or diabetes by 50%?

Whatever the diet habit one has, it's most important to ensure that the diet is nutritionally balanced. An advantage in India is that we don't have to compromise on gastronomic delight, as there are many popular vegetable-based recipes.

I find it very easy to ensure that my vegan diet is nutritionally balanced. For protein, I eat dals (pulses) and legumes. Carbohydrates come mostly from rice, wheat and other grains. I use plant-based oils such as mustard oil, sesame oil, which are MUFA (mono-unsaturated fatty acid) oils, and are healthy and heart-friendly (unlike saturated fats sourced from animals such as ghee, butter, cheese, cream which have cholesterol, hormones, antibiotics, pus and chemicals). My plant-based diet provides me with plenty of vitamins, minerals and fiber to keep my system functioning well.

One important step in a vegan lifestyle is keeping a watch on the Vitamin B12 levels, as a vegan diet may be deficient in vitamin B12. I handle this by having my B12 levels checked every 6 months. If my B12 level is low, I take a B12 tablet supplement.

Finally, no matter what your diet consists of, you must continue to get sunshine and exercise daily as nothing compensates for that in the long run.

I hope this article encourages you to try veganism with a renewed vigour and I look forward to hearing from you about your experience. To enable you to discover delightful vegan foods and find a vegan support group, I invite you to the vegan pot-luck I host on the 3rd week of every month. See you there!

(Dilip Bafna)

Heart-Stealer Puppies for Adoption

8 beautiful 1-month old puppies are available in the ARF shelter for adoption. Their mother is weak and can't look after them. To adopt these beautiful babies, please contact ARF.



On Indian Pariah Dogs...

To be a bona fide dog-lover, one must love all dogs, pedigree and strays—white, grey, brown, multi-coloured, lame, one-eyed.... People who pamper their Pug or Dalmatian or Alsatian or Labrador, and make a big song-and-dance about how dog-crazy they are, actually only adore their personal pet. They viscerally dislike strays and ensure that their precious one stays far away from the engagingly dirty, beautiful, humble, shy, sad-looking creatures faithfully guarding our gated colonies...My dog is the quintessential aam aadmi. He is tough and visibly grateful for the attention he gets. We also look after two strays in Nizamuddin, Bhola and Daisy. Editor loves to play with them...I make sure he never forgets his born-in-the-ditch ancestry, even though I spoil him with Parmesan. Stray dogs are god's gift to us. I can't understand how a person can claim to be a dog-lover and hate strays.

Courtesy: Vinod Mehta, Outlook Editor

Baby Huey... the Chicken Who Made Me Give Up Eating Chicken



When I was in my early 20s, I fell in love with a meat-eater named David. He was willing to give up eating red meat, but he wanted me to compromise by eating chicken. Back in those days (30 years ago), the value of a vegetarian diet was not yet understood. David was afraid that we would suffer protein deficiency without some type of meat in our diet. I hated the idea, but I had heard that chickens were "as stupid as potatoes," so I agreed under one condition: If we were going to eat chicken, then we had to raise and kill our own chickens. If we were going to eat them, I argued, we had to take responsibility for their death. David rushed down to the farm supply store and bought 12 peeping baby chicks. We started our peeping baby chicks out in a box with a hot water bottle in the living room while we finished building a little chicken barn. It was so much fun to watch them grow and get to know them. Every morning, they would waddle over from the barn to the house and cluck and scratch around until we came out to scatter their feed. They were so excited to see us when we got home from work, and they followed us around everywhere. Each chicken had his or her own unique personality, and they were filled with such joy and gusto for life. Baby Huey was our favorite of all the chickens. She was a lover girl, always wanting to be petted and held. She had a big plumped up chest, and whenever she saw us, she would come running a hundred miles an hour, often falling over forward if she was running too fast. She reminded us of the cartoon duck Baby Huey, so we named her Baby Huey. One day, a neighbor came to visit and accidentally ran over Baby Huey with his car. As part of his apology, he offered to take Baby Huey home and cook her in his smoker and bring her back the next day for us to eat. I was so relieved when David announced that we were vegetarians and would no sooner eat a chicken than we would a dog. I will never forget Baby Huey and our little flock of chickens. I can't look at chicken on a plate or packaged in the grocery store meat department without thinking that every one of those chickens is a Baby Huey who never had the chance to be loved, to be held and petted, or to peck around in the sunshine. Baby Huey and our little flock of chickens taught us that chickens are friends, NOT food.

Have you had any similar experiences with individual farmed animals?

Courtesy: Kerry Anderlik, Prime.peta.org

Write to us and send us photos if you have any interesting observations and interactions with animals reared for food (such as cow, goat, sheep, hen, pig, fish). We are keen to know about your experiences.

Daily Events in Most Chicken Factories



"Chick is de-beaked (beak is cut off). This is done to ensure that many chicks can be placed close together to grow."



"The chick's tongue often gets cut when it is de-beaked."

Image courtesy: PeTA

Mails from Our Newsletter Readers

"...The editorial as well as all the other articles on animal abuse made sad reading. This goes on all the time and all over the world but it is very encouraging to see an increasing number of people coming forward to do their bit to put an end to this cruelty..."

Poornima Desai, Bangalore

"100% excellent newsletter. Thank you Dilip for all your persistent work and getting the camels banned from Karnataka. May your work grow and grow and grow..."

Dr. Nandita Shah, Pondicherry

Highlights of Work done by ARF in September 2009

CNVR (Catch, Neuter, Vaccinate, Release) for Dogs: 1759

Dogs (Treated): 9

Pigeons (Treated & Released): 5

Eagle (Treated & Released): 1

Sthitaprajna is an International Vegan Centre for Yoga, Meditation, Relaxation and Rejuvenation located at Byndoor, Udupi District in Karnataka. They have a 5 day vegan event from Oct 30 to Nov 3 2009, with stay at vegetarian non-alcoholic beach resort Sai Vishram.
Phone: 93411 28767 Email: indianvegansociety@rediffmail.com

Invitation to View Documentary and Participate in related Discussion

The documentary 'Meat the Truth' will be screened at CED on 24th Oct 2009 from 5.15 pm – 7.30 pm. Although films on climate change have convincingly succeeded in drawing public attention to the issue of global warming, they have repeatedly ignored one of the most important causes of climate change, viz. intensive livestock production. This documentary has drawn attention to this by demonstrating that livestock farming generates more greenhouse gas emissions worldwide than all cars, lorries, trains, boats and planes added together. We also intend to have a discussion after the screening.

Venue: Center for Education and Documentation (CED), No. 7, 8th Main , 3rd phase, Domlur 2nd Stage, Bangalore - 560071

Vegan Potluck at Center for Education and Documentation (CED), No. 7, 8th Main, 3rd phase, Domlur 2nd Stage, Bangalore – 560071 from 7.30 pm to 8.30 pm on 24th Oct 2009. Contact Sandesh 94495 59767.

4th October 2009: India's First-Ever Inter-Organizational Coalition Demonstration for Defending Animals Raised for Food and Fiber

In defense of the animals raised to be killed for food and their fiber, 47 Bangalore animal activists (many from various Animal Rights NGOs) organized a demonstration to heighten public awareness on 4th October 2009, the week of Gandhi Jayanti. Peaceful demonstrators carried signs, posters and handed out literature about the suffering of animals raised and killed in animal factories, how factory farming damages the environment and how consuming animal products hurts human health. Moreover, the demonstration aimed at helping people understand what every individual can do right now to help animals—most importantly, live a vegan, cruelty-free lifestyle in which no animals are killed and consumed for appetite and fashion.

*Event Courtesy: Federation of
Indian Animal Protection Organizations (FIAPO)
Photo Courtesy: Sharath Ramanna*



We look forward to hearing from you. Please do write to us with your suggestions, tips, experiences, queries relating to animal causes. Email: arfindia@gmail.com, postal address is as shown below.

Consuming Animal Products Destroys Our Environment

- While 50% of India's maize and 36% of the world's grains are consumed by the livestock industry, 250 million Indians live below the poverty line and nearly 40% of India's districts are hit by drought. (From 'Business Star, May 2009, Lester R. Brown, June 15, 2006.)
- The livestock industry produces 18% of the world's global greenhouse gases, 4% more than the entire transportation sector and is a major contributor to climate change. The impact of climate change on the Indian sub-continent includes the threat of flooding in the coastal regions, melting of the glaciers in the Himalayas, rise in diseases and large scale displacement of millions of people. (From Cambridge University Press, The IPCC Assessment Reports)
- Water scarcity affects the entire country and it takes 1000,000 litres of water to produce one kg of beef, 2000 litres for 1 kg of rice, 600 litres for 1 kg of wheat and 500 litres for 1 kg of potatoes. (From Journal Bioscience)

From <http://bawandinesh.blogspot.com/> :

If you've read this far, I hope that you are beginning to see that the Meat & Dairy industry is a major contributor to misery on this planet. It is destroying the health of people in rich countries, starving those in poor countries, it is torturing & killing billions of animals every year and in the meantime it is one of the major factors in the destruction of the environment - so what does the meat & dairy industry have to say in its defence? Well their only real point is usually "Meat is tasty" - fair enough a lot of people enjoy the taste of meat - but there are plenty of delicious alternatives (just consider the huge range of vegetarian dishes in Indian cooking - one of the oldest & most sophisticated cuisines in the world) and if you really crave meat & dairy, nowadays there are plenty of healthy non-animal alternatives - just look in the supermarket & health food shop. So I hope you will agree it's pretty pathetic to consider all the evidence & then say "Well I know you're right about the environment & health & the animals - but I just love my meat."

Heart-felt Gratitude for your Donations

S. Choudhury, Mysore

Kalpak Gandhi, Indore

Champalal Bandari, Bangalore

Sandesh.R, Bangalore

Sri Vasupujya Swamy Jain Swetambar Murtipujak Sangh, Bangalore
