

ARF Newsletter



The greatness of a nation and its moral progress can be judged by the way its animals are treated.

(Mahatma Gandhi)



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The Editor's Voice As We Sow, So Shall We Reap

The most universal spiritual teaching, found cross-culturally in virtually all the world's religious traditions, is based on the truth of our inter-connectedness. It is presented both positively, in what we refer to as the Golden Rule (to do unto others as we would have them do unto us), and more neutrally as the law of cause and effect (that whatever we do unto others will rebound to us). Simply stated, we can never expect to be happy if we cause suffering to others, to be free if we confine others, to be healthy if we cause sickness in others, to be prosperous if we steal from others, or to have peace if we are violent to others and cause them to be afraid.

As we free others, we become free; as we love others, we are loved; as we encourage others, we are encouraged; as we bless others, we are blessed; as we bring joy and healing to others, we find joy and healing in our lives.

This timeless wisdom is the foundation of intelligence and compassion, because it is firmly based on the truth of interconnectedness. In its light we can see how our mistreatment of animals has painful repercussions for us. The irony is breath-taking. For example, animals in the wild are never fat, but animals raised for food are severely confined, fed special diets, and given drugs and hormones in order to make them unnaturally fat (they're sold by the pound, after all). Obesity is a serious problem among human omnivores, with a lot of people isover-weight and twenty-six percent obese. The medical cost of this

is estimated in the billions, and the psychological costs, while unquantifiable, are enormous. We sow obesity in billions of chickens, turkeys, pigs and cows, and we reap it in ourselves. Butterball turkeys are bred, fed, and confined to be so fat they can no longer engage in sexual intercourse, (something that may instead be happening to an increasing number of people).

Female animals raised for food are pushed into unnaturally early pregnancies through the administration of hormones, especially in egg, dairy, and pig operations, because it's cheaper than having to feed them until they naturally reach sexual maturity. They are only youngsters when they are forcibly impregnated on factory farms. This practice supplies an unnatural load of estrogen and other hormones in the cheese, milk, and other dairy products eaten by our children-pushing them, especially girls, into unnaturally early sexual development and pregnancies. This is a prvalent driving force behind the trauma of teen pregnancies and abortions, but we rarely hear it discussed.

In the wild, the animals we eat for food live in families and have complex, vital, and enriching social relationships with others in their herds, flocks, schools, and communities. In animal agriculture, all family ties are destroyed, babies are quickly removed from their mothers, and each animal is seen as a separate unit of production. This is what we sow, and what we reap in human culture we can see everywhere including in the

breakdown of the family. What we do to the animals, we do to ourselves. More than ever, families are breaking up, parents are separating, children are abandoned or left behind, and people feel the alienation of being lone "units of production" in a heartless and competitive economic system.

I really urge people to think and adopt a compassionate lifestyle.

Think and you can achieve the benefit to all. Think Vegan. We

have no right and need to use animals for w....



Deepa Babu



**ARF Wants Chairs & Fans
Kindly Donate if Possible.**

**For Donation Call:
Deepa: 98452 74880**

We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 29th June, 2013.

For further enquiry Call:
Mr. Arun V. Rangasamy
+91 94497 65720



I came from a family that ate a lot of meat growing up. When I was a child I always liked the taste of it, though I never thought about the connection between the chicken fingers on my plate and a chicken I saw at the farm because they looked so different. One day, while my dad was driving me through New York City, we were passing the Meatpacking District. This area has one of the largest meat markets in the whole city. I saw and smelled things that made my stomach feel sick: huge carcasses of cows, and a number of chickens locked in one cage, with a man standing by ready to cut their heads off once they were purchased. There was blood dripping on the sidewalks and into the sewers. I had never seen meat in this form- I was used to having it already made for me by my parents, when it no longer looked or smelled like a dead animal. I was still very young, but I finally realized that the beef and chicken I was eating was once a kind, gentle animal that was now brutally slaughtered. From that day on I had very little appetite for meat; I began eating less and less of it until, with my parent's blessing, I was able to eliminate it from my diet altogether.

As I got older, I began doing more research about the farming industry and I was horrified at what I found. All farm animals lived a life of torture and suffering, only to be painfully killed for humans to eat. They were completely denied their natural instincts and raised solely for our pleasure and exploitation, as if they weren't living beings at all but unfeeling machines. And it didn't stop there; cows raised for dairy were also tethered to a stall and never saw the outdoors, and were forced to produce milk all their lives. In fact, for nearly every aspect of our daily lives, whether it's food, clothing, entertainment, household products, or medicines, many animals somewhere were suffering. I knew that if I considered myself an animal rights supporter, I would have to eliminate dairy from my diet as well, and think more critically about the things I buy. I finally made the switch about a year ago, and I've been happier since. By doing research and reading countless blogs online, I found so many fun and interesting ways to cook and eat vegan while still getting all the protein and nutrients I need. My friends and family thought being vegan would be very expensive on my budget because I'd have to buy much more food to sustain me, but through my experience not only have I not had to eat more than I normally did, but I've been spending less money. Once I became vegan (and I'm sure many other vegans agree), I felt a major shift in my lifestyle and wanted to change it accordingly. I craved junk food a lot less and no longer felt the need to spend the extra money on that, so I ended up saving a lot. Additionally, buying more foods in bulk (such as rice, beans, potatoes, etc) was a lot cheaper and lasted much longer than one piece of meat.

It was also very helpful to have a strong support system through other friends that were vegan, and talking to other vegans through Facebook groups and clubs at school. We were able to help each other through those difficult times of transitioning into veganism and figuring out how to change our lifestyles together. It was certainly new and confusing in the beginning, but also exciting and easy from then on. Now, not only does my body feel healthier and cleaner and I have so much more energy, but I also feel like I'm following a noble cause by not contributing to such a cruel system. The unfortunate truth is that if you're eating any meat or animal products, you are inadvertently denying an animal all of his/her basic rights to life, and you are contributing to environmental destruction in more way than through driving a car, or even flying in a plane. Therefore, if you care at all about animals, the environment, or people, going vegan is the surest way to save all three!

By Eva Minkin.

Based in New York, Now in Bangalore

Abuse and the killing of Cows in Milk Production



The abuse and killing of cows on dairy farms is the main reason why many members of the Jain community have decided to make a switch to a vegan lifestyle:

1. The cow is forcefully impregnated by means of artificial insemination. If a cow isn't made pregnant, she won't produce milk.
2. The newborn calf is normally taken away from its mother within 24-48 hours. This is traumatic for cows, who, like human mothers, are very motherly and develop strong bonds with their babies.
3. Male calves are killed shortly after birth or sold on for meat/leather production. They have no other use to dairy farmers.
4. Female calves are kept on to replace their mothers as milk-producing cows.
5. The mother cow will be killed when 5-7 years old, even though she could live for 20 to 30 years if given the chance. This is because after bearing a calf and giving milk each year, her milk yield drops such that it is no longer profitable for a dairy farmer to keep her alive.

Even though cows on organic farms might experience slightly better conditions, they are still artificially inseminated and killed long before they would leave their bodies. For further information about the way in which cows and other animals are exploited in the milk production process, please visit the Vegan Society website: <http://www.vegansociety.com/>

Non-Toxic Home Cleaning

Though cleaning substances you buy at the supermarket are often cheap and easy, the underlying cost of these toxic and polluting substances can be high -- long term health concerns for the family and environmental pollution. Instead, you can make your own cleaning products using common ingredients and eliminate harmful products from your cleaning routine. Here are a few examples of how to freshen the scent in your home in a harmless and sustainable way:

Air Freshener:

- Baking soda or vinegar with lemon juice in small dishes absorbs odors all over the house
- Prevent cooking odors by simmering vinegar (15mL in half a liter) on the stove while cooking, or spices such as cinnamon.
- To get such smells as fish and onion off utensils and cutting boards, wipe them with vinegar and wash in soapy water
- Grind up a slice of lemon in the garbage disposal
- Place bowls of fragrant dried herbs and flowers in room





Vegan Advocacy Needs You!

Do you love animals and want to help them, but don't know how? Consider a career in advocacy/awareness! There are many opportunities to get involved with numerous animal rights organizations by receiving a degree in animal welfare, animal law, veterinary care, social work, etc. Additionally, there are numerous animal shelters and sanctuaries always looking for positions to fill that would be fun and rewarding.

Specifically, ARF is looking to fill a position for an outreach coordinator. We'd like to have the opportunity to promote awareness to youth groups about animal abuse and exploitation, educating consumers to make thoughtful, compassionate choices. If you are interested in this position,

Please call us or send an Email to us. (info@arfindia.org)

Opposition increases to dog eating festival

Animals Asia has added its voice to growing protests to stop the annual summer solstice dog eating festival in Yulin in the Guangxi Zhuang Autonomous Region, China.

It takes place this year on June 21st with animal welfare activists already lining up against it in large numbers.

An open letter from Animals Asia in opposition to the event has been sent to the Guangxi Yulin government. Copies of the correspondence have also been shared via Animals Asia's Weibo accounts, receiving well over a thousand shares and hundreds of comments - the vast majority in support.

The letter had been forwarded to the Mayor as well as representatives from the Tourism Bureau, Health Bureau, Cultural Bureau, Husbandry and Veterinary Bureau and the Food and Drug Administration.

Online opposition has been further boosted with criticism of the event coming from celebrities Sun Liand Shu Qi with fans adding their voices via reposts and comments.

Animals Asia will again be sending out thousands of leaflets in opposition as well as having representatives leafleting at the event. The aim being to point out the cruelty involved in the dog meat trade, the many dogs that are snatched from owners and the danger to public health.

Animals Asia China Cat and Dog Welfare Manager Suki Deng said:

"We have written to the local authorities to lodge our complaints and to outline the cruelty involved and the dangers of eating dog meat. Beyond this we believe that an industry largely driven by illegal means should have no place in a civic event such as this. Each year opposition to the event

grows and the publicity surrounding the event becomes less favourable.

"There are other elements to the festival and to remove the dog-eating need not mean the end of the festival itself. The truth is, considering what we know about the industry, stolen pets will be among those dogs consumed. In addition to taking part, people will be endangering themselves as disease can easily spread through dogs trafficked in this way."



Animals Asia founder Jill Robinson added:

"We have heard the argument that dog eating represents Chinese culture and tradition. We have long answered that culture and tradition are no excuse for cruelty and brutality. We would also like to point out that China has an increasing culture of animal welfare and heightened concern over practices such as these. Traditions should not be above criticism. Neither should they be exempt from change.

"In Chinese society dogs are becoming increasingly recognised for the help and assistance they provide to those in need. We now

have guide dogs for the blind, therapy 'Dr. Dogs and dogs assisting customs officials and the forces in detecting illegal contraband and explosives. "Dogs have also assisted rescue services to find victims and survivors during earthquakes and other tragedies, and increasingly provide companionship and comfort in family homes."

Maya Gottfried
US Communications Manager, Animals Asia

The 30-Day Vegan Challenge



The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately by Colleen Patrick-Goudreau

Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or all the above, Colleen Patrick-Goudreau helps you every step of the way, giving you the tools you need to make the vegan transition—healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau:

- exposes common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids
- helps you become a savvy shopper, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed
- offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events and empowers you to experience the benefits of living a healthful, compassionate life.

Yummmmy Vegan Dishes

Corn Manchurian Fried Rice Recipe

Ingredients

For Corn Manchurian:

Sweet corn - 1 1/4 cups, coarsely ground

Maida - 2 tbsps

Corn flour - 1 tbsp

Ginger garlic paste - 1 tsp

Green chillies - 1, finely chopped

Coriander leaves - 1 tbsp, finely chopped

Salt to taste

Oil for deep frying

For Fried Rice:

Raw rice - 1 1/4 cups, cooked till each grain is separate or use left over cold rice

Spring onions - 3, finely chop the whites and greens

Carrot - 1, (small) finely chopped

Capsicum - 1, (small) finely chopped

Garlic - 3 cloves, finely minced

Dry red chillies - 2, tear into pieces

Soy sauce - 1/2 tsp

Vinegar - 1 tsp

Pepper powder - 1/2 tsp

Salt to taste

Cooking oil - 1 tbsp



Method

1. Heat oil for deep frying the corn manchurian. While the oil is heating, take a bowl and mix in the coarsely ground sweet corn, green chillies, ginger garlic paste, coriander leaves, salt, maida and corn flour. Make small balls and deep fry to a golden brown shade. Drain the manchurian and place on absorbent paper. Keep aside.

2. In a cooking vessel, heat oil, add the minced garlic and saute for a few seconds. Add dry chillies and spring onion whites and saute on high flame for 2 mts, tossing the contents constantly.

3. Add the finely chopped carrots, beans and capsicum and saute for 7 to 8 mts on high flame, constantly mixing the contents so that they do not burn. Add salt, vinegar, pepper powder and soy sauce and mix.

4. Add the corn manchurian and mix. Add the cooked rice and mix well for a minute. Adjust salt and turn off flame.

5. Remove onto a serving bowl and garnish with spring onion greens.

Heart-felt Gratitude for your Donations

Mr. Gupta, Bangalore; Nagaraj, Bangalore; Ramesh, Bangalore; Dharam Chand, Bangalore; Lohit Kumar Jain, Bangalore; Pramod Kumar, Bangalore; Yatish, Bangalore; Mukesh, Bangalore; Prema, Bangalore; Sunil, Bangalore; Uma Shankar, Bangalore; Ravi Prakash, Bangalore; Chandrasekhar, Bangalore; Hastimal G Mutha, Chennai.

I Wish to make my gift

₹ 1000 ₹ 3000 ₹ 5000 Other ₹ _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address) Online Transfer to HDFC Bank, A/C No: 03671450000133, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-5, Kumara Krupa Road, Bangalore-560 001

Email: info@arfindia.org, Web: www.arfindia.org

Mobile: +91-98451 74630 (Dilip Bafna), +91-98452 74880 (Deepa), Office: 080-22 34 28 20

Editor: **Dilip Bafna** Graphics and Design: **Amrit Puty** Production Incharge: **Ushalakshi**