



ARF Newsletter

BANGALORE DECEMBER 2011 VOL II ISSUE 2

“ I am in favor of animal rights as well as human rights. That is the way of a whole human being. - Abraham Lincoln



Editor's Voice

Going Vegan is the right thing to do

Were ancient human beings vegans or not? The argument continues some strongly swear they were vegans others say they consumed fish and other animal products. The world they lived and the world we live are entirely different. We are living in a materialistic world where the world has shrunk to a button of mouse and the communications is just a second away. There is increasing evidence that Veganism is the in thing our logical mind has given us the evidence that there is no nutritional, physiological, or psychological justification for meat-eating by humans. Hundreds of billions of dollars are spent regularly to convince a person that meat or flesh is good otherwise they will die, or they will become weak or they will be incapacitated by some diseases, which is just a myth.

Have you ever strolled through a lush wooded area, filling your lungs with good air while listening to the birds sing? Perhaps it was after a rain, and everything was fresh and clean. The sun was filtering through the trees and glistening off the moisture on the flowers and grass. Just then perhaps a rabbit scurried across your path. What was your VERY FIRST INSTINCTIVE

inclination upon the sight of the rabbit, before you even had time to think? To pounce on it, grab it with your teeth, rip it apart, and swallow it, blood, guts, skin, bone, flesh, and all? Then lick your lips with delight and thank the powers that be that you chose this particular path through the woods so you had the opportunity to devour this delectable little tidbit? Or would you instantly, upon sight of the furry little creature, say, "Shhh, did you see that cute little rabbit?" I wonder how many more non-vegetarians there would be if when people wanted a piece of steak, they had to go out, beat a defenseless steer to death, cut it open, and wade through the blood and guts to slice out the particular parts they desired.

Check this out. Place a small child into a crib with a rabbit and an apple. If the child eats the rabbit and plays with the apple, then you are going to win.

I would really appeal to my friends not to torture innocent lives for their wrong eating habits. Plain and simple: Going vegan is the right thing to do!



Helpline Activities



This dog brought to ARF for its opened tumor on forelimb. Undergoing treatment and improving in its condition. Please donate for its speedy recovery.



This dog brought to ARF for its posterior paralysis due to fracture of lumbar vertebrae. Undergoing palliative treatment and improving slightly. Kindly donate for its speedy recovery.

Summary of Work Done

Dogs (Inpatient) - 26 treated;
Dogs (Outpatient) - 34 treated and released;
Pigeons - 17 treated and released;

Monthly Vegan Potluck

You are requested to contact our Face Book for update about Vegan Potluck
<http://www.facebook.com/groups/veganbengaluru>

Donation - Ambulance

Impressed by our service for small animals. We have received an ambulance. We are really proud of Kishore Shah and Usha Shah to give us an NANO ambulance. Thank you once again Kishore and Usha Shah of Kamdev, Bangalore.



The world is vegan if you want it

Consumption of animal protein is everywhere on the rise in the world. Meat consumption increased from 44 million tons in 1950 to 284 million tons in 2009, more than doubling annual consumption per person to over 90 pounds. The rise in consumption of milk and eggs is equally dramatic. Wherever income rise, so does the milk, egg, fish and meat consumption rises.

As the oceanic fish catch and range land beef production have both leveled off, the world has shifted to grain-based production of animal protein to expand output. With some 35 percent of the world grain harvest (760 million tons) used to produce animal protein, meat consumption has a large impact on grain consumption, and therefore global food security. So we Vegans have the moral responsibility to convert the people to Vegans. No doubt it is a tough task but we can collectively do it.

Kudos to ARF Team

I have been an ardent animal lover ever since I was a child, taught by my parents not to hurt animals because they cannot speak out like us when they feel pain. My experience with dogs have helped me to grow into a better human being starting right away from the first dog on my street which chased my cycle for hours together when I was 8 years old until today when I have about 6 Indian dogs on my street wagging their tails and greeting with unconditional love and care not expecting anything in return. Animal rights Fund has been really special to my heart and I am really thankful to have given a new life to Chamki an Indian street puppy I raised on my street. It happened one Sunday morning when asleep a little more than usual cause it was a holiday, that the dog catchers came and took away Chamki, creating frantic panic among the dogs on my street. The dog catchers did drop her back the same day back on my street without informing anyone

anything and little did I know she had been spayed, in a day or two things got worse and the sutures were out and her



wound was open exposing her organs to the mud and dirt every time she lay on the street. She was in immense pain and the wound just got worse with pus accumulation. I left out a deep sigh and ran from doctors to doctors for help and nothing seemed to improve and even if it did, it would get back to square one. Until the day met the doctors and animal shelter ARF, where

she was cared for and given all the medication she requires. Chamki is a happy girl today running free, though she hasn't been adopted so far because she is a desi dog; I still adore her for being the most loyal, friendly dog. But all dogs are the same; in fact taking care of a desi dog is much easier and inexpensive. It is necessary that every individual turns into a responsible parent for which they need to take measures to spay and neuter their dogs as well as the dogs on the street to avoid unwanted pups and feed the dogs on the street at least a single day's meal, not tease and throw stones at them and last but not the least not abandon their dog onto the street just because it is ill or old. All a dog needs is a stroke of a hand, I am sure nothing else can ever bring a smile on your face faster than a dog wagging its tail or a puppy licking your face.

- Deepika K. Nayak

Heart-felt Gratitude for your Donations

Sri Suparshwanath Swetamber Jain Murthipujak Trust, Bangalore; Praveen Porwal, Bangalore; Malini Kumar, Bangalore; Usha Rao, Chennai; Harish Luniya, Bangalore; Hemanth Kumar, Bangalore; Anitha, Bangalore;



When you use leather and eat meat; can you touch your heart and say that you are not the reason for this torture to animals?

We require your urgent help



Here is Manoj Oswal, your friend whom you have known for years for his fight against animal abuse.

For years that we have known each other I have rarely asked for any help with my battle for animal abuse. For 15 years I have fought my battle all alone. This time I can not do it alone as I am fighting some of the strongest mafia in this country. I have been arrested thrice in my attempt to help this lady and put behind bars, several times assaulted by goons hired by the land sharks, have been maligned in the media through slander campaign, beaten up in full view of police and video cameras. No newspaper, no TV channel, no one is willing to publish the story. Lila Parulekar is my mentor and my teacher who taught me animal welfare and animal laws from ABC. The land sharks want to grab away several acres of land owned by this helpless lady and kill her and her animals that she rescued during her better days.

Since Nov 2010, this lady is in illegal control of the land sharks but they have crossed the limits in the last few days. On 23rd Nov 2011, a young volunteer of Lila's shelter saw her being taken on a round on wheelchair. On seeing a volunteer, Lila got desperate and called this volunteer to talk to her and tell her something, all of a sudden all guards swung into action. The gates were locked and this lady forcefully carted away into her room. On 25th we heard that this lady has been critically injured and her leg almost severed off in what looks like a physical assault. This lady was not provided medical help for almost 14 hours till her faithful servants defied all odds and took her to hospital.

Lila Parulekar a 75 year old woman who ran Pune's best animal shelter is now in

need of help. She is currently under house arrest and no one is allowed to meet her. Of the 500 odd animals she sheltered, only 100- 150 remain, who are also being systematically killed. So that the land can be grabbed. The animals are in extremely pathetic condition.

Lila is currently under house arrest and no one is allowed to meet her. Her medical condition is pitiable her friends and well wishers who tried to help her have been arrested / harassed by police / publicly humiliated through slander



media campaigns. Justice delayed is justice denied, courts are slow to act and our court cases are only getting dates, no orders.

Lila has had a stroke that has paralyzed her body partly. Paralysis may be on her body but it is due to the brain, it is the brain that has been affected and can not control the side of the body.

She is also being treated for Parkinson's disease using Levodopa a medicine that also is known to be causing mood swings, confusion and other side effects.

Deep vein thrombosis (DVT) is the formation of a blood clot ("thrombus") in a deep vein. Deep vein thrombosis

commonly affects the leg veins. In most cases the affected extremity will be painful, swollen, red, and warm, and the superficial veins may be engorged. DVT is a medical emergency. Untreated lower extremity DVT has a 3% PE-related mortality rate.

As per Dr. V. Philips, Chief Physician of Poona Adventist Hospital, she is suffering from depressions and could not recollect correctly on what she had for breakfast and what she had for lunch.

She owns a large 3.5 acre plot that had 500 animals and was one of the best animal's shelters of her time. Many animals have been killed and many dying a pitiful death. Lila is also in pitiable condition in her own house living in a bungalow that has 200 dogs with all kind of infections and diseases.

Her enemies, the mafia wants to grab all the property owned by this helpless lady. He has put security guards at her bungalow and allows no one to meet Lila. Lila herself is helpless as she is mentally feeble and unable to understand. Her signatures are being taken out of force and deceit to keep her in captivity.

We will print your messages and tell everyone including the courts that Lila is not alone there are tens of thousands of people for her.

HOW CAN YOU HELP ?

1. Sign the online petition: <http://www.jeevraksha.org/join-the-battle>
2. Send message to your friends with link to www.jeevraksha.org and generate more support.
3. I desperately need a campaign manager to look after the online promotion of the project, please contact me +91-98900 44455

Recipe of the Month

Pineapple Upside Down Cake



Ingredients:

1 1/2 cups flour; 1 cup sugar; 1 teaspoon baking soda; 1/2 teaspoon salt; 1 (20 ounce) can pineapple chunks in unsweetened pineapple juice; 1/3 cup oil; 1 tablespoon white vinegar; 1/4 cup unpacked brown sugar;

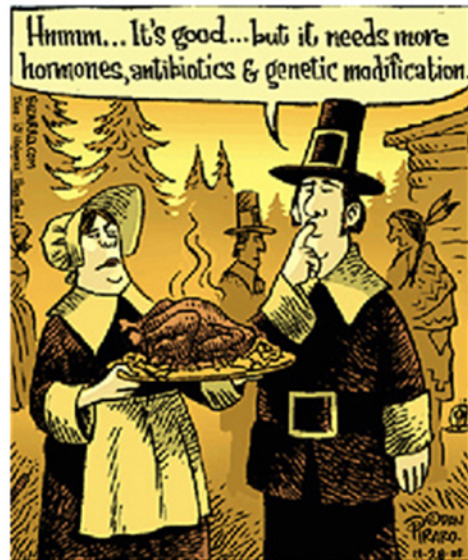
Directions:

1. Preheat oven to 350 degrees F. In a bowl, combine flour, sugar, baking soda, and salt. Pour the pineapple juice of 3/4 cup then add water to make 1 cup. In a separate bowl, combine the pineapple juice, oil, and vinegar.
2. Dump pineapple chunks into the bottom of a 12" spring form pan (you could use an 8" x 8" or other sized spring form, just adjust cooking time). Sprinkle with brown sugar.
3. Quickly mix wet ingredients into dry, stirring quickly to combine ingredients well and get out the big lumps. Pour into pan on top of the pineapple/brown sugar mix.
4. Bake for 25 to 35 minutes, or until golden on top and a toothpick inserted in the center comes out clean (Baking time will depend on pan size). Let cool and loosen sides of cake from pan. Remove side ring and place serving plate on top. Flip cake over onto serving plate and remove pan bottom.

Teri Leventhal's Blog: Am I Getting ENOUGH?

It's funny, because when I was eating icecream for breakfast and poptarts for snacks, no one ever asked me if I was 'getting enough'. When the majority of my calories were coming from Starbucks beverages, no one asked me if I was 'getting enough'. And I was never concerned about it when my diet was dominated by things like oreos, honey-buns, fudge-grounds, and twizzlers. Thinking about it, I'm positive that I wasn't getting enough back then! It's crazy that the people who eat the healthiest diets are always the ones who are concerned about nutrition, and if they are 'getting enough'.

<http://terileventhalsblog.blogspot.com/2011/08/am-i-getting-enough-decisions-based-on.html?spref=fb>



Thank you for considering this special request for your much-needed financial support for ARF pivotal work to reduce animal cruelty. Please donate today.

₹ 1,000 ₹ 3,000 ₹ 5,000 Other ₹ _____

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

Online Transfer to HDFC Bank, A/C No: 0367145000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

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Animal Rights Fund

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