

# ARF Newsletter

BANGALORE Febraury 2013 VOL III ISSUE III

## YOU CAN DO IT

I believe life was qualifying my evolution. This was life's way of certifying my maturity. Tough times never last, but tough people like 'me' do. My second-in-command, who was my alter ego, chose to part company with me. Suddenly, she was not a vegan. Took to drinking, smoking and consuming non-vegan product it is taboo with me. In her leaving, something about me also left. I wasn't myself and this affected many of my other relationships. Many of the people who I believed were my life and soul chose to stay away from me. Few more from the organization, who till then had been my moral shock absorbers, too chose to leave. I had never lost so many people from my life in such a short period. The loss was exhausting.



Pain is a consequence, but suffering is a choice – a bad choice. I decided to rise above it. What stands between you and what you most desire? You may say lack of money, time, and support from family, support from friends or all of these. There may seem numerous barriers to success and you could relate to these barriers in many ways. Typical responses are to explain them or resist them. Both responses take a lot of time and energy. And both anchor you firmly in the past, keeping your focus on areas of your life that are not working, and this is where self-motivation helps.

When faced with barriers, people often respond with questions based on explanation and resistance, such as: Why am I so alone? Why does this always happen to me? Why am I such a failure? However, you always have another option. You can ask questions that help you drive around any barrier in your life. Questions have uncanny power. They direct your attention — and along with it, how you think and how you feel. If you want to create different thoughts, feelings, and results in your life, ask different questions.

Start now by skipping the 'why' questions and begin asking 'what' questions, such as: What's the lesson here? What's great about having this problem? What's my next action? Successful people are for action. Add inspiration, self-motivation and intention to the mix, and you gain unstoppable momentum.

It takes a positive mindset, positive emotions like gratitude and joy, as well as a set of meaningful goals, a workable plan, lots of action and hard work, follow through, and persistence in the face of opposition and rejection.

I live my life with the mental philosophy, "Even if my life is not going right, my life will eventually become right." Ever since, I empower myself to act right, think right, feel right and live right, even if the happenings in my life may not be right. And time and again it has been validated, when you are growing right, your life eventually becomes right...

*Aditya K. K.*

Vegan Potluck - Febraury 23rd Saturday at 2.00pm to 5.0pm



This month, we're going to have our last Saturday meeting at the new vegan restaurant in Koramangala (close to the Sony signal). Instead of the potluck, we'll be enjoying a scrumptious meal prepared by the people of Carrots. At Carrots No. 607, Ground & First Floor, 80 Feet Road, Koramangala 6th Block, Bangalore - 560095.



## Recipe of the Month 'Potatoes Stuffed with Shiitake Foxtail Millet

1/2 C Foxtail Millet/Navane  
4 Potatoes  
5 Dry Shiitake Mushrooms  
1/2 Red Bell Pepper  
1 Leek  
8-10 Garlic cloves  
2 tsp Jaggery or Sugar  
2 T Olive Oil  
Pinch of Caraway/Omum Seeds  
Pinch of Turmeric Powder  
Black Salt  
Freshly Crushed Black Pepper  
Tabasco  
Almonds



Warm 1 C of water and soak the dry shiitake mushrooms in it for 5-10 minutes, until they are soft. Pick out the mushrooms and gently squeeze them over the soaking cup. Keep aside on a cutting board.

Wash the foxtail millet and keep aside. In a pan, heat all the shiitake soaking liquid with 1/4 C of water and a pinch of salt and bring to a boil. Add the millet to the boiling water, reduce the heat to the lowest setting on your stove, cover partially with a plate and allow to cook.

The millet will take about 10-15 minutes to be cooked, keep a close eye on it to ensure that it doesn't overflow from the pan. When all the water has evaporated, the millet is ready. Fluff with a fork and keep aside.

Meanwhile, scrub and wash the potatoes well.

Pierce them all over with a fork.

Place in a microwave and nuke for 4-5 minutes, on high.

Remove to a plate and let them cool for a few minutes.

Cut each potato in half and scoop out 1/2 to 3/4 of the potato with a spoon, place in a bowl and mash.

Keep the scooped out potato 'cups' aside.

Finely chop the garlic and slice the leek into thin roundels.

Roughly chop the mushrooms and bell peppers.

Heat the olive oil in a large pan or wok.

Add the caraway seeds, they will crackle.

Add the garlic and leeks and stir fry for a few minutes.

Add the mushrooms and red bell peppers and stir fry for a few more minutes.

Add jaggery and stir to allow it to mix and caramelize the vegetables a bit.

Add the mashed potato and stir well.

Add the black salt, turmeric powder and crushed black pepper, mix well and turn off the heat.

Mix the cooked millet to the stir fried veggies.

Add chopped almonds and a big splash of tabasco and mix.

Form this mixture into 8 balls.

Press a ball into the middle of each scooped out potato cup.

Preheat oven to 250 C.

Place the stuffed potatoes on a baking tray and place the tray in the centre rack of the oven.

Grill for 10 minutes. Serve hot. Enjoy! :)

## Bill Gates: The Future Of Meat Is Vegan

A video has recently exploded on the internet of Microsoft Chairman Bill Gates speaking about the potential worldly benefits of veganism. In it, Gates discusses a future in which science will allow the production of vegetarian "meat". Gates notes that the product will likely be cheaper, more efficiently produced and better for the planet.

Examining our issue-ridden food system from a business-oriented perspective, it's interesting that Gates comes to the same conclusion that many ethically-minded vegans and vegetarians come to: eating meat is harming everyone and everything, and a meat-free diet will help the world tremendously.

<http://intellectualyst.com/bill-gates-the-future-of-meat-is-vegan-123/>





## Animal Rights Fund has joined hands with "Art of Living"

Animal Rights Fund has joined hands with "Art of Living". The Art of Living launched a nation wide campaign "Volunteer for a Better India", to inspire and engage youths and citizens in delivering one dedicated hour to the nation. The campaign launched on 3 February 2013, in Bangalore. The event took place at KSLTA Stadium where 10000 people gathered to celebrate the spirit of new India. Animal Rights Fund team was honored and felicitated for exemplary involvement in animal rights activities.

The event commenced with national anthem followed by an inspiring speech by the Chief Guest his highness Vice Chancellor of Bangalore University, Dr. N. Rangaswamy. Succeeding speech, Sri Sri Ravi Shankar guruji was broadcasted online. Volunteers performed a thought provoking Nukkad Natak. Over 20 NGOs came together and committed to work for a better India. Amongst them, Animal Rights Fund was the unique animal-rights NGO.



## Bollywood Actress Decides to Ditch Meat and Dairy



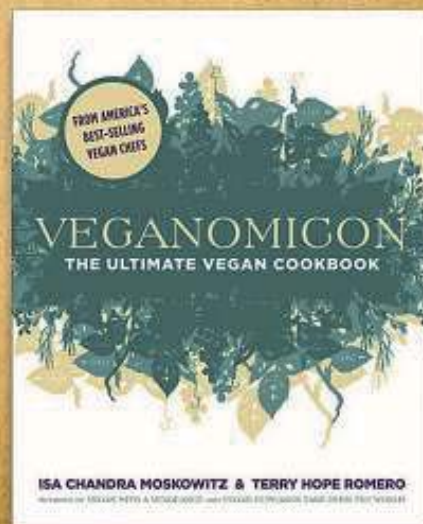
Kangana Ranaut cites mental and physical benefits as well as her move to Mumbai as the reasons why she switched to a plant-based diet.

Award-winning Bollywood actress Kangana Ranaut has gone vegan, reports glamsham.com. This is a notable transition for the Indian starlet who was born and raised in the Himachal region of the country where meat is a standard part of the diet. Ranaut notes though that switching to plant-based foods has not only improved her health, but it has brought her a much-needed calmness amid her busy film schedule. "I think being a vegan has done wonders for my lifestyle apart from keeping me healthy and more active it has also calmed me as a person ... I hope to set an example for all my fans," Ranaut tells the news outlet.

## Veganomicon: The Ultimate Vegan Cookbook

By Isa Chandra Moskowitz (Goodreads Author), Terry Hope Romero

Who knew vegetables could taste so good? Moskowitz and Romero's newest delicious collection makes it easier than ever to live vegan. You'll find more than 250 recipes--plus menus and stunning color photos--for dishes that will please every palate. All the recipes in Veganomicon have been thoroughly kitchen-tested to ensure user-friendliness and amazing results. And by popular demand, the Veganomicon includes meals for all occasions and soy-free, gluten-free, and low-fat options, plus quick recipes that make dinner a snap. Recipes include: Autumn Latkes Samosa Stuffed Baked Potatoes Grilled Yuca Tortillas Baby Bok Choy with Crispy Shallots Chile-Cornmeal Crusted Tofu Po' Boy Roasted Eggplant and Spinach Muffuletta Jicama-Watercress-Avocado Salad with Spicy Citrus Vinaigrette Acorn Squash, Pear and Adzuki Soup Tomato Rice Soup with Roasted Garlic and Navy Beans Asparagus and Lemongrass Risotto Almost All-American Seitan Pot Pie Hot Sauce-Glazed Tempeh Black Eyed Pear Collard Rolls Chocolate Hazelnut Biscotti Pumpkin Crumb Cake with Pecan Streuse





## MY EXPERIENCE WITH VEGANISM -V. Abhay Rangan

I was born into a vegetarian family but we did consume milk (and its products), which we then considered was a healthy and ethical practice. 13 years thus passed. It was on my parents' wedding anniversary, 2010, when they went vegan. I was shocked. I was angry too. My conditioning made me think that my parents were forsaking their health, all for nothing. I wanted to know why they went vegan. My father carefully explained what was happening in the dairy industry, what torture the peaceful cows were facing, what happened to the gentle calves and what was wrong with milk- health and environment-wise. He pointed to me some cows walking on the street and explained how all of them were made pregnant. My sister (who was also present at that time) and I were stunned. We always loved animals, be it the gentle goats, or the playful lambs, or the frivolous pups, or the graceful cows. We didn't want them to suffer. We didn't want 56 billion animals killed each year because of us. We wanted them to be free, running around in green pastures with their kids, or swimming around in pristine lakes, or majestic oceans, or swinging around in the forests, or basking in the magical moonlight, having the time of their lives. We decided to not be a part of the majority of murderers, rapists, kidnappers, cannibals and thieves and animal torturers that formed this world. We went vegan on January 1, 2011. It was not hard at all. We didn't give up anything part of our natural diet. We just did what we felt right. And today, I am the happiest person in the world. Why? Because I can look into the eyes of a cow and tell her 'I'm your best friend. I don't want to hurt you. I love you as I love my human friends and my family'. And somewhere deep down, we establish a bond of deep respect for each other, which can only be found through veganism.



## Heart-felt Gratitude for your donations

Sri Swethamber Jain Murthy Poojak Trust, Bangalore: Surajmal, Andhra Pradesh: Sbee Cabels, Bangalore: Rekha Rajesh Jain, Bangalore: Abhijeet Jain, Madhya Pradesh: S.V. Rao, Bangalore: Dr. Vivek Mathew, Bangalore: Praveen, Bangalore: Mohit, Bangalore: Nagaratna, Bangalore, Vijay, Bangalore: Lisha, Bangalore: Pramini, Bangalore, Malavika, Bangalore: Venkatarmana, Bangalore: Kalpana, Bangalore

### 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.

Trust Reg. No. IV 11/99-2000, Animal Welfare Board of India Reg. No. KA 014/1999/AWO All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

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