



# ARF Newsletter

BANGALORE JANUARY 2013 VOL III ISSUE III

"Getting your nutrients from meat is like running your water through a sewer before you drink it." Colleen Riordan

## Editor Voice - My Health is my responsibility

Do you know each and every cell in our body has an intelligence of its own? Do you know, with an attitude of reverence and respect that they deserve, your body will heal itself naturally, regardless of what ails it? This will begin only when your thoughts towards your health change. Let 2013 be a year where you hold yourself responsible for your health. Think health. Feel health and with time you will embrace good health. We might not have been born healthy, but we can certainly live a healthy life. We are not born with positive thoughts, but we can certainly change our thought patterns. One needs to treat his body as a friend and listen to what it needs.



you are active, it doesn't matter what you eat." Science has proven that each cell that makes up the body is an individual unit of intelligence. Science has also proven that our individual cells are influenced, in both positive and negative ways, by our thoughts. As you age, your maturity keeps increasing, but your health keeps deteriorating. There is no point in starting to eat vegetables and fruits after you've developed a health problem. There are no rewind options in life!

As human beings, we need these foods to give the necessary nutrients. If you want to age gracefully, you will need to bring different coloured vegetables in your diet. Sometimes going to vegetable market and observing what nature has in store for you can change the way you look at your body. When I fall sick and feel lousy, I am admitting

admitting that I have no control over what the individual cells of the body are doing. On the other hand when I control the cells of my body, my cells regain control over themselves. Once that happens, the whole network of cells begins the process of healing themselves naturally.

It's never too late to get started in the journey of health. Sometimes, taking baby steps makes all the difference, we need to begin and it begins with a shift in our thoughts. There is good health deep within you and through various practices we are in touch with health. The more and more we process the thought 'My health is my responsibility,' we become accountable to it. There are no magic pills to achieve good health. Good health calls for time, attention and lifestyle modifications. Why don't you modify your lifestyle and go vegan now?

*Dilip Bafna*

For some people eating vegetables and fruits is very difficult, very painful. A few of them even say, "I have never liked them and I avoid them all the time. I think as

## Helpline Details January 2013

Sick & Injury: Small Animals - 77; Wild Life: Birds - 12; Rescue: Large & Small Animals - 06; Adoption - 17; Counseling - 186; Rehabilitation - 77

This dog was picked up by our helpline team. It was suffering by Benign Tumor which was continuously enlarging. We have removed the tumor mass. We hope it will recover faster. Please donate.



The maggots were observed in the wound of this dog. It was suffering by persistent pododermatitis we have to clean it with terpentine oil and removed plenty of maggots. We also sprayed the area with topicture spray. Kindly donate for its speedy recovery.



## First Vegan Wedding - In Chennai

### Why a Vegan Wedding

We have been ethical, vegans for a little over an year now Vegans for animals, environment, human beings and our own health :)

When we care about ethics, how could we be fine with seeing cruelty in our wedding through the use of milk, ghee, curd and silk? If we were to use animal products in our wedding, how could we celebrate our happiness at the cost of many innocent lives' sufferings? Would it not be a sad occasion for them, although it is a happy occasion for us?



Preethi weds Ragav The Vegan Wedding

Therefore, we decided to make our wedding VEGAN. This simply means that nothing that is derived from animals like silk, pearl, butter, ghee, milk, paneer, ice-cream and curd were used or served in our wedding.

We strongly believe that it would be highly selfish and unethical to celebrate an occasion at the expense of an innocent life's suffering. A wedding should be a harmonious celebration for one and all, and the 'all' includes animals as well.

We take pleasure in thanking our extremely understanding parents in supporting us in our cause, although it entails going against the norm.

### How is a Vegan Wedding Different?

The happy union of a couple would be selfish if it supports cruelty. Therefore, our vegan wedding was different in the following aspects:

#### An entirely guilt-free and cruelty-free vegan food

No milk, curd, ghee, butter, paneer and ice-cream were served or used in the wedding. This gave a chance for the guests to know that cruelty-free tasty food too exist.

#### No ghee used for Homam

The ghee used for homam was replaced by what is known as "iluppaiennai" [Madhucalgonifolia], which is extracted from a plant source and widely used in temples instead of ghee.

#### Cruelty-free dress and make-up

##### The Bride

- Did not wear silk
- Did not wear any diamond (Blood diamonds they are)
- Did not use any cosmetics (make-up) that contain animal ingredient/ tested on animals.

##### The Groom

- Did not wear leather
- Did not wear silk shirt or silk dhoti

#### Things we did with care during the wedding to make sure it is cruelty-free and yet a happy occasion for all:

- Shunned dairy completely (We're Brahmins and hence no meat even otherwise)
- All our wedding attires were cruelty-free
- Milk was replaced with soy milk (for coffee we used- sukku coffee and coffee with soy milk)
- Honey was replaced with lion dates syrup
- Curd replaced with soy curd
- Return gifts were VEGAN and compassionate- we sponsored for education of children in the name of our relatives instead of buying them sarees/ dhotis



We are most delighted to share all this because it is extremely difficult to satisfy south Indians without curd, milk and ghee and guess we did it. We would invite all of you to try this wonderful cruelty-free lifestyle for the good of everyone. After all, kindness definitely pays.

## Alan Cumming Talks Vegan Food with Anderson Cooper

The Scottish actor visited Cooper's show and discussed his transition to veganism last year.

On New Year's Day, Anderson Cooper kicked off 2013 by hosting Emmy-nominated actor Alan Cumming, even sharing meat-free chicken tenders with the star and his co-host Jill Martin, Vegetarian Star reports. Cumming announced his commitment to veganism on Twitter just more than a year ago, inspired by boxer Mike Tyson, and told Cooper that his New Year's Resolution is to get fitter. According to Vegetarian Star, Cooper shared that he had also considered adopting a vegan diet, but that he struggled with breaking his eating habits as he typically dines on the same dishes every single day.



### A Man with Vision

"ISTIMA" a meeting of Muslim Community was to be organized in Belgaum, where more than 2 Lac Muslim community men were expected to visit Belgaum from all over the country, and Pakistan. During the meeting they were to serve non-vegetarian food and it was decided to slaughter about 4000 to 5000 cows, apart from other animals. This came to the notice of Mr. Rajendra Jain and since then he worked diligently with series of meetings from different communities till he succeeded in converting the meeting from non-vegetarian to vegetarian. In the process Mr. Rajendra Jain could save more than 5000 cattle. He has achieved a miracle and should be written in golden letters. So let us congratulate him on his e-mail ID: jaincorp@gmail.com.

His motto is "Noble Intention and Determination would Render Everything Possible in this World."

#### His lists of awards are:

- "Bharat Vikas Award", New Delhi 1996.
- "RashtrereyaEkta Award", New Delhi, 1997.
- "Pride of India" Award, New Delhi 1998.
- "Life Time Achievement Award", New Delhi 1999.
- "Best Social Worker" Honored by Lingayath Community at Ilkal, 2000.
- "Best Social Worker" Honored by "Rotary International", 2001.
- "Karnataka Rajyotsava Award", 2002, for Child Welfare at Bangalore.
- "Honored by Dr. Virendraji Heggade", from Dakshin Bharat Jain Samaj 2002.
- "Narmada Alankaran Award", 2003.
- "Best Coordinator Award" Honored by "Smile Train, USA", 2004.
- "Shreshta Shrivak Award" Honored by AjaramarJain Sanghat Ahmedabad, 2004.
- "Honored by Entire Jain Community" & Munishri Tarunsagarji Chaturmas Comt, 2005.
- "Vivekananda Award", by Bharat Vikas Parishad, Belgaum 2007.
- "Shramanopasak Award" by All India Jain Conference, 2008.
- "MarudharKesari Award" by Jain Shrivak Sangh, Bangalore 2009.
- "Best Social Worker Award" Ishwariya Vishva Vidyalaya, 2010.
- "Renowned Social Worker Award 2011" By Peoples Education Society.



## Artisan Vegan Cheese

Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm.

For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheese cake.

http://www.artisanveganlife.com/



## Recipe of the Month 'Banana Walnut Cinnamon Vanilla Creme

### Banana Walnut Cinnamon Vanilla Creme

- 2 large Bananas (pachbalé hannu)
- 2 inch Vanilla Pod
- 1/4 tsp Cinnamon Powder
- 8-10 Walnut Halves (handful)
- 2 Pitted Dates
- Pinch of Salt



Blend everything together, adding up to 1/4 C water, until you get a creamy mixture. Pour into glass bowl and place in the freezer for about 15 minutes. Whip vigorously with a wire whisk. Serve over fruit. Enjoy! :)

ARF wants fridge in working condition. Kindly donate, if possible



## Heart-felt Gratitude for your donations

- Jatin Bafna, Bangalore: Jaina Bafna, Bangalore: Sharmila Bafna, Bangalore: Naresh Sepuri, Hyderabad: Sri Jain Ashram, Ahmedabad: Paras Packaging and Company, Bangalore:
- Vikas Hegde, Bangalore: Ravikumar Kattakola, Bangalore: B.N. Pradeep, Bangalore: Manish Jha, Uttar Pradesh: C Rajanna, Bangalore: Krishna Murthy, Bangalore: B.S. Nataraju, Bangalore:
- B.S. Satyanarayan, Bangalore: Raviprakash, Bangalore: Sunitha Srinivas, Bangalore: Jalajasuri, Bangalore

## Volunteers Required

Vegan Potluck - January 26, 2013 Saturday at 2.30pm to 5.30pm



Our helpline activity for street animals is working 24/7. We want dedicated and committed volunteers to take this forward. Please contact info@arfindia.org



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

## 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

## Animal Rights Fund

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