



# Ahimsa

Newsletter of the Young Indian Vegetarians  
Summer 2009 - Issue No 52



## Mahaveer Award Presented to Mata Amritanandmayi

Amma (*the mother*) has hugged almost 30 million people all over the world. She preaches love and compassion towards all living beings. Amma your love and compassion for all living beings is as deep as the Ocean. You have bestowed your grace on millions of people around the world. May your message of Ahimsa as taught in Sanatan Dharma and your vegetarian lifestyle inspire the whole world. We thank God for your blessings. **Y.I.V, Alexandra Palace, London, 26/10/08**

अहिंसा  
अहिंसा

*photo courtesy of Chandru Gidoomal*



## Dear Friends

Welcome to another issue of Ahimsa. On 30th November 2008 a tragedy befell my family when my elder brother Kiritbhai Mehta suddenly passed away. For as long as I can remember he was my guide and well-wisher. He steadfastly supported me in my campaign to promote Ahimsa and Vegetarianism. He was present on 26th October 2008 when we gave the Mahaveer Award to revered Amma at the Alexandra Palace. For quite some time I was in a state of shock as was the whole of my family. Suddenly everything seemed pointless. We are here on this planet for some time and then gone.

The date for our annual Christmas lunch was approaching, invites had already been sent out. We did not have the strength or the motivation to continue with the lunch. However, friends and family members insisted that Kiritbhai would have liked us to carry on the good work. We had a great Christmas lunch and an opportunity to celebrate his life. Being over 6ft. tall and powerfully built, some meat eaters used to doubt that he was a born veggie! Kiritbhai was a gentle giant with deep compassion for all living beings. His motto was, 'do not do any harm to anyone'. He had that unique gift to win over anyone within minutes. This was evident at the prayer meeting held for him to which hundreds of people turned up, as they did at his funeral. Most people still cannot come to terms with his passing away. His kidneys, liver and heart valves were donated and we have received letters from two individuals who have got a new lease of life from the donated organs. A one year old child will lead a normal life after receiving a heart valve. Thousands of pounds were donated by friends in his memory, the beneficiaries being the Great Ormond St. Children's Hospital.

Sometimes we falter, we have doubts but the injustices and cruelties perpetrated on animals must be challenged. Against overwhelming odds we must continue for there is no greater cause. We owe that to future generations.

*Nitin Mehta*



Kiritbhai Mehta, 06.07.1948 - 30.11.2008

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### **The Young Indian Vegetarians**

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**Communicate!** Please acknowledge receipt of this newsletter by emailing us. Do you have a story you think our readers might be interested in? We would like to hear from you. Please write to us or email us with anything which you feel may be of interest.



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## *Namaste & Welcome*

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*Contact: Chandrakant Patel*

## Did You Know?

- 1 That all dairy products are detrimental to teeth. Milk is more damaging to the teeth than sugar!
- 2 That one CT scan course involving 2 or 3 scans exposes you to more radiation than what the citizens of Hiroshima and Nagasaki received when the atomic bomb was dropped on their cities? CT scans could be causing 100,000 new cases of cancer per year across the globe. CT scans can be wrong up to 75% of the time in trauma injuries and almost 1/3 time in early stage diagnosis. (1CT scan=up to 500 x-rays)
- 3 That 3 drugs account for 59,000 of the 177,000 cases of adverse reactions amongst patients in US. The drugs warfarin, insulin and digoxin are 35 times more dangerous than the other 41 drugs considered hazardous to the elderly.
- 4 That oatmeal is probably the best breakfast! Eating oats and oatmeal appears to reduce total blood cholesterol and may help regulate insulin sensitivity and so prevent type 2 diabetes. So go for soya milk oatmeal porridge!
- 5 That 70% of adults are lactose intolerant. So a glass of milk which has milk sugar or lactose is a huge problem! On the other hand plant based milks and creams such as soy milk, almond milk, rice milk, oat milk and cashew cream are 100% lactose free.
- 6 That lutein the antioxidant found in dark green leafy vegetables such as spinach, kale and cabbage can reduce age related macular degeneration (AMD). AMD is the most common cause of deteriorating eye sight in the over 50's.
- 7 That people who ate fruit and vegetables every day reduced their risk of dementia by 30%.
- 8 That many leading members of the church in its early days were vegetarians. St. Peter, St. Matthew and St. James were vegans living entirely upon vegetables.
- 9 That St. Augustine although not a vegetarian claimed, 'Christ allowed no animal food to his own disciples'.
- 10 That if everyone in the UK abstained from meat eating one day a week it would save 13Mtons of CO<sup>2</sup> of greenhouse gas emissions. This would be almost equivalent to replacing one billion light bulbs with low energy ones. It would result in greater carbon savings than taking 5 million cars off the road in the UK.
- 11 That every day 2 million chickens and 73,000 pigs, cattle and sheep are slaughtered in the UK.
- 12 That shrimp farming has destroyed more than 30% of world's coastal mangroves. Like rain forests, mangrove forests are carbon sinks. When they are drained and cleared they release CO<sup>2</sup> and methane.
- 13 That fishing fleets hunting wild fish account for 1.2% of global oil consumption and emit more than 130 tonnes of CO<sub>2</sub> into the atmosphere. This is equivalent to the amount of oil used by the Netherlands which is the 18th largest consumer on the planet.
- 14 That it takes 2 kilos of fish and squid meal to produce a kilo of shrimp.
- 15 That a switch from the average American diet to a vegetarian diet could reduce greenhouse gas emissions by 1.5 tonnes of CO<sup>2</sup> eq per person.
- 16 That globally, 1776 land animals are slaughtered every second for meat.
- 17 That in 2008 almost 9.5 million pigs were slaughtered in the U.K.



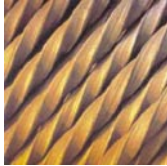
## മാതാ അമ്മുതാനന്ദമയിക്ക് മഹാവിർ അവാർഡ് നൽകി

കൊല്ലം: മാനവരാശിക്കാകമാനം നൽകുന്ന സേവനങ്ങൾ മാനിച്ചു ലഭിക്കാൻ ആസ്പദനമായുള്ള വൈ. ഐ.വി എന്ന ജൈന- ആദ്ധ്യാത്മിക സംഘടന മാതാ അമ്മുതാനന്ദമയി ദേവിക്ക് മഹാവിർ പുരസ്കാരം നൽകി. അവാർഡിൽ ഇങ്ങനെ രേഖപ്പെടുത്തുന്നു: അമ്മേ, ലോകത്തിലെ സർവ്വജീവജാലങ്ങളിലും അമ്മ ചൊരിയുന്ന സ്നേഹകാര്യങ്ങളുടെ ആഴവും പരപ്പും മഹാസാഗരത്തിന് തുല്യം! അവിടത്തെ അന്യഗ്രഹത്തിന്റെ പ്രഭാപ്രസരം ലോകത്താകെയുള്ള ജനങ്ങൾക്കുമേൽ വർഷിക്കപ്പെടുന്നു. സനാതന ധർമ്മത്തിൽ അധിഷ്ഠിതമായി അമ്മ നൽകുന്ന അഹിംസയുടെ ദിവ്യസന്ദേശം ലോകത്തിന് പ്രചോദനമാണ്.

Here is a picture from a Keralan newspaper "Kerala Kamudi", showing Ramesh Mehta of Kenya persenting the Mahaveer Award to Amma.

Just an example of how good planning can get your message across to millions in different parts of the world.

**Amma on Jains:** Lord Mahaveer was a true Guru as Jains strictly follow the principals of Ahimsa as taught by him.



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## Swine Flu and the horrors of Pig Farming

Pigs are curious and insightful animals. They are thought to have intelligence beyond that of an average three year old human child. They are smarter than dogs and every bit as friendly, loyal and affectionate. In their natural surroundings they are social, playful, protective animals who bond with each other, make beds, relax in the sun and cool off in the mud. Pigs dream and recognise their names. They have rescued human and non-human companions and even saved themselves from slaughterhouses. They have twice as many taste buds as humans. Like people they have personalities and feel fear, pleasure and pain. They can live up to 15 years and yet are slaughtered at four to five years. In Mexico, where swine flu originated, 15,000 pigs were squeezed into 18 warehouses. In the UK almost 500,000 sows are used for breeding. They spend almost two-thirds of their lives pregnant. They produce four to seven litters before they become exhausted and are slaughtered after three to five years. A week before they give birth they are caged in individual crates where they have no room to turn round. They remain there for up to four weeks until their piglets are taken away. It is this pitiless intensive rearing of pigs that is the cause of swine flu. Pigs in Europe are castrated without anaesthetics and tooth clipping is standard practice. Nature hits back so that we humans realise that meat comes from untold cruelty. However, we have short memories and a concoction of yet another drug (Tamiflu) is ready for us to take and save us! The producers of the drug must be laughing all the way to the piggybank!



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translated  
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ancient Sankrit principle of respect

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## Game Shooting - shame on humans!

More than 40 million pheasants and partridges are mass produced every year in the UK for the shooting season. Shooting parties and corporate groups blast thousands of game birds from the sky. Around 18 million are retrieved for food. The rest die of starvation, predation and injuries.

**Snares** are thin wire nooses which trap wild animals, causing horrific suffering and a lingering death. Write to your MP saying that snares should be made illegal. The League Against Cruel Sports is spearheading the campaign to abolish snares. Contact [www.league.org.uk](http://www.league.org.uk)



## **Drugs Tested on Animals are causing great suffering to humans**

The European Commission has estimated that across the EU adverse reactions to drugs costs 197, 000 human lives every year. In the UK a million Britons are hospitalised by prescription medicines every year, costing the NHS over £2 billion. The reason for this state of affairs is that drugs continue to be tested on animals. Animals have different metabolism than humans. Experiments on animals to find cures for human diseases cause untold suffering to animals and are bad science. Arthritis drug Vioxx killed tens of thousands of people after being 'proved safe' in mice, rats, rabbits, dogs and monkeys. 92% of new drugs fail in human trials following success in animal tests. There are alternative methods of producing drugs. Please visit: **[www.safermedicines.org](http://www.safermedicines.org)** and see how you can support them

## **Dr. Rajendra Pachauri - an Indian who is promoting Ahimsa on the international stage.**

Dr. Pachauri, chairman of the Intergovernmental Panel on Climate Change which won the 2007 Nobel Peace prize for work on climate change (shared with Al Gore) has blamed meat consumption as being a major factor in damage done to our planet. It was Maneka Gandhi, animal rights campaigner, politician and recipient of our Mahaveer Award, who drew the attention of Dr. Pachauri to the close connection between global warming and livestock production. One of the statistics quoted by Dr. Pachauri is: A farmer can feed up to 30 people throughout the year on one hectare with vegetables, fruits, cereals and vegetable fats. If the same area is used for the production of eggs, milk or meat the number of persons fed varies from five to ten.

## **Billions of Cattle raised for meat are destroying our Planet.**

About 70% of land that was once covered in forests has been cleared for grazing and growing animal fodder. Overgrazing leaves the land barren. Australia is a classic example of how the land is turning into desert because of the 289 million cattle and sheep that are raised for export. Livestock production is the cause of 65% of nitrous oxide emissions and 64% of ammonia that causes acid rain. The United Nations Food and Agriculture Organisation report, 'Livestock's long shadow' says: "By 2010 cattle are projected to be grazing on some 24 million hectares of neotropical land that was forest in 2000". In 2008 Brazil lost 12,000 sq. km (3 million acres) of the Amazon rain forest mainly to cattle ranchers and soy producers. The Soy is produced to feed the cattle. What has possessed the human race that it is creating the conditions to destroy the lives of future generations?

## **And Now for some Good News...**

### **Taiwan Leads the Way**

One million people in Taiwan including politicians have pledged to go Veggie to save our planet

### **Victory for farm animals in California.**

Over 62% of voters in California approved proposition 2, bringing an end to battery cages, veal crates and sow stalls. The US animal welfare groups led by the Humane Society of US won this victory for animals. It will free 20 million hens, calves and pregnant sows from confinement. Farmers have up to 2015 to implement the new regulations.

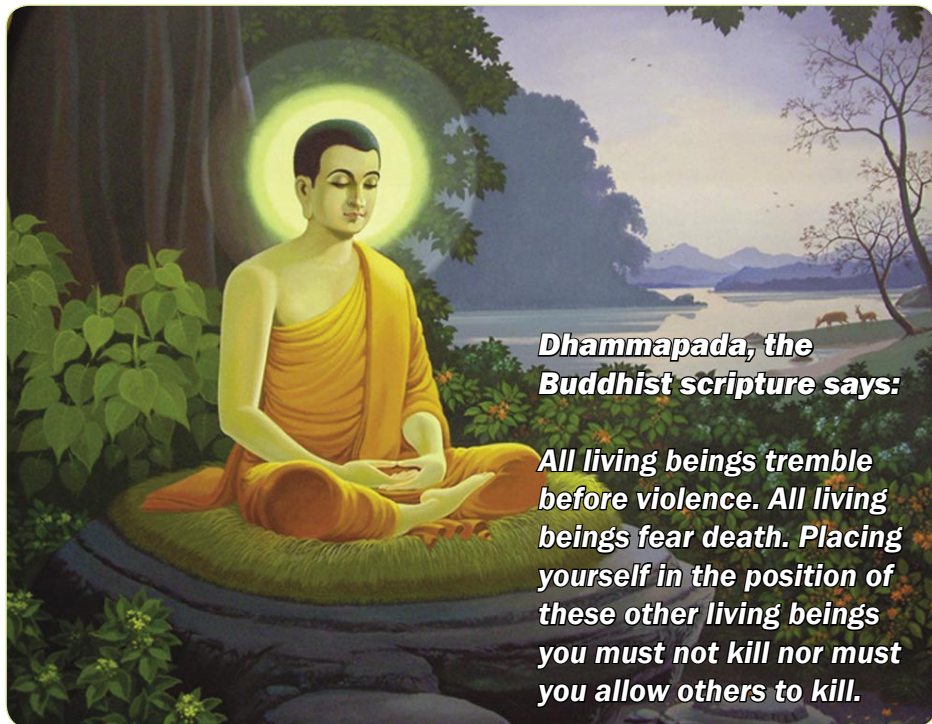
## The Vegetarian Bandwagon is gathering Pace!

The Belgian city of Ghent has declared Thursday a meat free day. Restaurants, canteens and schools will now serve only vegetarian food on Thursdays. It will promote meat free meals on other days as well. In the UK the NHS aims to serve less meat in its hospitals. In Germany the Federal Environmental Agency called on Germans to eat meat only on special occasions! In the UK Sir Paul McCartney, Joanna Lumley, Sir Richard Branson and many others have asked for Mondays to be declared meat free days. The realisation is dawning on people everywhere that meat consumption is destroying our planet and our future. By 2050 the human population will grow to over 8.5 billion. To avoid mass starvation the 1.2 billion tonnes of grains and cereals

fed to animals raised for meat will have to stop. It is said that in the future wars will be fought over water. Livestock rearing can use up to 200 times more water in producing a kilogram (2.2 lbs) of meat than is used in growing wheat. For health, ecological, environmental reasons and to avoid mass starvation vegetarianism is the solution.

### More Reasons to go Vegan

- 1 Milk is one of the most common causes of food allergies. Respiratory problems, canker sores and skin conditions can be caused by milk.
- 2 In 2007 around 70,000 male dairy calves were exported and an estimated 150,000 were killed on farms as unwanted byproducts of the dairy industry.
- 3 On average 990 litres of water are required to produce 1 litre of milk.



***Dhammapada, the Buddhist scripture says:***

***All living beings tremble before violence. All living beings fear death. Placing yourself in the position of these other living beings you must not kill nor must you allow others to kill.***



## Mahersh and Nishma Shah Vegan Jain Activists



Mahersh & Nishma with their vegetarian  
dog Shambhu

Mahersh and Nishma are a dedicated husband and wife team promoting a vegan way of life. Believing that the proof of the (vegan) pudding is in the eating, they serve delicious vegan food at many events. Their catering company is called, Shambhu's. Many Jains have made the transition from being vegetarian to vegan due to their efforts. The Jain Vegan Network that they have set up is very successful. Anyone wanting to join please got to: <http://groups.yahoo.com/group/JainVegans/>

The contact for Mahersh and Nishma is :  
[mail@shambhus.co.uk](mailto:mail@shambhus.co.uk)



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## Practicing Ahimsa

- 1 You are getting late. You hear a bumble bee in your room. It is trying to get out. Will you spare a few minutes and open the door and the windows to let it get out?
- 2 You have mice in your home, will you panic and get them poisoned? or will you let them be your guests, meanwhile get a humane trap. They will be caught. Just go and release them in a field. Tolerate mice, ants and other insects!
- 3 Will you insist on going to vegetarian restaurants when going out to eat with friends?
- 4 Do you find time to feed pigeons and other birds or stray animals?

**....SO HOW  
DID YOU SCORE?**



## The Following Successful Events Took Place since the Last Newsletter

- 1 On 6th June 2008 I was interviewed by the BBC World Service. The topic was, 'meat eating and starvation in the world'. Listeners phoned in from many parts of the world. Increasingly the connection between the two is being made!
- 2 On 10th June I was interviewed by BBC Asian Network. The topic was, 'bringing up children as vegetarians'.
- 3 On Friday 20th June I gave a talk to the Swaminarayan youth group in Croydon.
- 4 On 27th June we protested outside the Austrian embassy in London. Many animal rights activists were imprisoned in Austria without any charges laid against them. They were subsequently released!
- 5 On 24th July I gave a talk at the Swami Vivekanand Centre in Croydon. I said Yoga and Vegetarianism are gems of our heritage which we should share with the world.
- 6 On 5th August BBC Asian Network invited me to take part in a debate on Vegetarianism with other faiths. I said compassion is THE religion!
- 7 On 8th August Swami Ramdev addressed a huge gathering at the Swaminarayan temple in Neasden. We were privileged to be able help in making this event happen. Yog Vivek Swami asked the audience of around 800 to take a pledge to go vegetarian and remain vegetarian.
- 8 On 24th and 25th August we ran a stall at the Hare Krishna temple during the Janmastmi festival. 20 people pledged to go vegetarian.
- 9 On 3rd. September I was interviewed by BBC Asian Network. The topic was, 'Hinduism and Vegetarianism'. I said practicing Hindus have to be Vegetarian!
- 10 On 7th September Jyoti Mehta attended the Vegan festival at Kensington Hall and ran a stall.
- 11 On 21st September the South East Jain Association organised their annual Jain event in Crawley. I said Jains should avoid leather goods and consider going vegan. A special thanks to Prakashbhai Mehta for inviting me.
- 12 On 4th September we were the guests of the Purley United Reformed Church at their harvest festival. They had prepared a delicious vegetarian dinner for us. We were privileged to invite them to our annual Christmas lunch.
- 13 On 19th October we ran a stall at the mega Diwali event in Trafalgar Square. 4 people pledged to go vegetarian.
- 14 On 15th November I addressed the morning assembly of Hebershdare Academy in Bromley. Around 125 students were present.
- 15 On 14th December we had our annual Christmas lunch. Around 125 people enjoyed the lunch. The Mayor of Croydon as well as Croydon MP Malcolm Wicks were present.
- 16 On 11th February 2009 we ran a stall at the, 'Health Fair' organised by Lewisham council in Lewisham.
- 17 On 17th February I gave a talk to King's College London, Hindu society. A lively question and answer session took place!



- 18 On 22nd February we attended a Vegetarian Rally in Trafalgar Square organised by the Supreme Master Ching Hai Organisation. In my speech I said that Trafalgar Square has hosted many rallies over the years but none can be as important as this. We were here to shout for animals who cannot shout for themselves. The time has come for the human race to make peace with the animal kingdom.
- 19 On 25th February I went to give a talk at the Tonbridge boarding school in Tonbridge. A special thanks to Nitin and Kshama Patel for organising the talk.
- 20 On 7th April I took part in a discussion on BBC Asian Network. The topic was, *'should meat be served at Hindu weddings?'* NO! If invitees do not like this, they do not have to come!
- 21 On 11th April London Jains organised a two day festival at the Harrow Leisure Centre to celebrate the birth anniversary of Lord Mahaveer. I spoke on, *'Engaging Jains in animal welfare activities in the UK'*.
- 22 On 2nd May, I gave two talks at the Sai Harrow School in Harrow. One group of students numbering around 60 were aged between eight and fourteen. The other group of around 30 were aged around eighteen to twenty. Two students pledged to give up eggs and become, *'pukka'* vegetarians! A special thanks to Ranuben Mehta and all the members for inviting me and for the kind hospitality.
- 23 On 16th May I spoke at the first ever Veggie Pride event in Birmingham. In the heart of Birmingham in the shopping centre hundreds of people watched in amazement as we marched through the streets. A very successful event indeed! Sadly hardly any Hindus and Jains from Birmingham took part.

## 2 Pallets of Rice for Food For All!

Headed by Parsuram Prabhu, Food For All serves 800 plates of vegetarian food every day in the Camden and Westminster areas. The food or prasad is especially popular amongst students and the homeless. The organisation received the 'Recycling Project of the Year Award 2008'. In April I received a request from Parsuram Prabhu: 2 Pallets of rice were urgently required, could I help? One pallet has 50 twenty kilo bags of rice. The total cost for 2 pallets of rice is £2,400 The charity, *'Humara Ghar'* donated the amount and Parsuram took the delivery! Parsuram has probably fed tens of thousands of people not only in the UK but in India as well. His compassion and generosity is simply amazing. The founder of the Hare Krishna Society, Srila Prabhupada had said that no one should go hungry and his disciple Parsuram has made feeding people his life's mission. He believes that to make people vegetarian we simply have to feed them delicious vegetarian food. Needless to say Parsuram is a recipient of the Mahaveer Award! Our special thanks to Humara Ghar Charitable trust for their generous donation.

Contact: [foodforalluk@aol.com](mailto:foodforalluk@aol.com)

*Parsuram taking delivery of the rice*



## Young Indian Vegetarians Cycle from London to Paris



(L-R) Krupa Kothari, Rakesh Mehta, Chetan Haria, Paras Kothari

A sunny day on June 3rd, 120 people embarked on an adventure filled 4 day cyclethon from Purley to Paris - 320 miles of blood, sweat, sore knees and laughter, to raise money for a host of different causes. In our group many of us were raising money for charity in memory of Kirit Mehta (my uncle) who sadly passed away last year, but who I'm sure would have been very impressed with our resolve.

The vegetarians amongst us showed that you can pedal just as fast and get just as far on a diet of fruit and veg! Luckily health food shops have a impressive stock of energy bars full of oats, dried fruit and sugar which all the cyclists filled up on at our regular water stops (usually about every 30 miles). Pasta, sandwiches, salads, cheese and fruit were usually the main foods at lunch – the lack of meat on offer showing that no one needed it in order to get through the miles. The French however aren't famous for their vegetarian dishes, so when it came to the dinners which were prepared by local hotels, we ended up eating an unimaginative selection of broad beans and raw salad on a regular basis. Although always disappointing for the taste buds, it was obviously enough for us, as we had the energy to cycle our way to the finish line. Would recommend the trip to all veggies out there!

Krupa Kothari

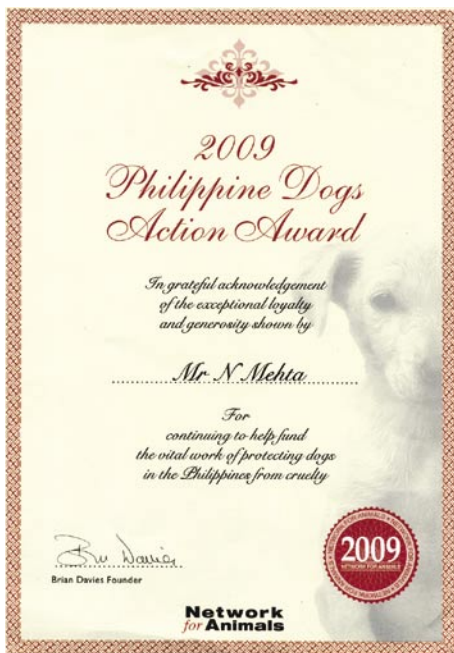


**The Vegetarian Society is the oldest vegetarian organisation in the world. Join other vegetarians across the UK to help us promote the vegetarian message!**

We are an educational charity promoting understanding and respect for vegetarians but we need your support to help us with our essential work, to make it easier for people across the UK to follow a vegetarian lifestyle.

Visit [www.vegsoc.org/members](http://www.vegsoc.org/members) or call **0161 925 2000** to find out more about our charitable work and to find out about the great benefits of joining the Vegetarian Society!

**Join today and receive 25% off your annual membership by simply quoting 'YIV09' online or over the phone.**



## The Vegetarian Charity

The Vegetarian Charity helps deserving young people under the age of 25. Students or parents can apply for monetary assistance. The charity also organises an annual vegan cookery course for people aged 16-25 years. The course is taught by a Cordon Vert tutor and covers nutritional guidance for vegans. The course is free. Travelling expenses could be partially covered. Overnight accommodation could be provided too. For further information visit: **[www.vegetariancharity.org.uk](http://www.vegetariancharity.org.uk)**. You have to be vegetarian or vegan to qualify!

## Hindu Vegetarians and Alcohol

Consuming beer and wine has become *de rigueur* at most Hindu gatherings. Vegetarian Hindus should know that Beer needs fining or clearing from yeast. This is done by adding isinglass which is derived from swim bladders of fish. Keg beers and lagers are mostly passed through chill filters as are canned beers so they are Kosher! Wine is cleared with isinglass, gelatin, egg albumen or chitin (derived from the shells of crabs and lobsters). E120 Cochineal is produced by extracting the red body material from pregnant insects. This is used as a colorant in a small number of red wines, soft drinks and campari.

Vegetarian Society of UK has a list of organic wine suppliers. Giving up alcohol would be best!

## Y.I.V. is grateful to the following organisations:

- 1 Oshwal Association of the UK, North-West Area for their generous donation of £501 to the Jain Animal Sanctuary. Our special thanks to Prabhulalbhai Shah, Harishbhahi Shah and all the committee members.
- 2 Navnat Vanik Association for the donation of £500 from their, 'Jiv-Daya' fund. Our special thanks to president Bhupendrabhai Shah, Rameshbhai Shah and Jayeshbhahi Doshi.
- 3 Jain Association of UK for the kind donation of £578. We thank president Prem Jain, Jeet Jain, Dr. R.K. Jain, Ritu Shah and all the committee members.
- 4 Raj Saubagh Satsang Mandal UK for the donation of £201. We thank Jaysukhbhai and all the committee members.
- 5 Jain Samaj Manchester for the donation of £500 from their, 'Jiv- Daya' fund. Special thanks to President Piyushbhahi Mehta, Treasurer Chandrakantbhahi Makim and all the members.
- 6 Stri Jivan Coffee Club for the donation of £53. We thank Nainaben Shah and all the members.
- 7 Jain Samaj Leicester for a donation of £1000. Our thanks to president Rameshbhai Mehta, Pankajbhahi Shah and all the committee members for your support over many years.
- 8 Oshwal Association of UK South, Satsang Mandal for the donation of £1390. Special thanks to Nemubhai and all the members.

## YIV Website ([www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk))

A big thank you to our webmaster Vaid Bharath for his continued good work on the site. We have had almost 10,000 hits since we launched. Please visit the website and sign the following pledges:

- 1 Your organisation will never allow meat to be served at any of its events.
- 2 You will never serve meat, fish and eggs at any event your family celebrates. Weddings, birthday parties or any other occasion you will never serve any of the above.
- 3 You will bring up your children (for those who are planning to have some!) as strict vegetarians.





## Wool is not Cool!

Since childhood we have been told that woollen clothes are warm and good. Like dairy and beef, leather and meat, wool is about sheep meat and wool. Sheep are sheared earlier to get higher prices for wool leading to the death of thousands each year from exposure and extreme temperatures. Farmers impregnate their sheep to encourage winter births. Up to 3 million UK lambs die each year because of cold. Careless shearing also causes severe injuries to the sheep. Say no to wool.

## Joining the Vegetarian Club!

*The following people pledged to become vegetarian at the various events we held during the year:*

**Rachana Rughani** (N1), **Mahesh Sonigra** (Kenton), **Puja Ladwa** (NE10), **Nina Thandi**, **Rao Raza**, **Amina**, **Niral Joshi**, **Kirit Sagoo**, **Shriya Patel** (SW 16), **Gnan Gopisetty**, (Croydon), **Karina Thakore**, **Viraj Thakore** (Carshalton), **Sheena Raymead**, **Nisha Sharma** (Nottingham), **Neil Patel** (Leeds), **Jigna Patel** (W. Yorkshire) **Pravesh Patel** (High Wycombe), **Akash Nayee** (Milton Keynes), **Shreena Patel** (Berks), **Ragini Mayor** (Dagenham), **Amar Varia** (Bucks), **Jinal Patel** (Croydon), **Dipti Patel** (Twickenham), **Hiral Patel** (SE 15), **Reshma and Suresh Panchal** (Northnants), **Milly Kumar** (Sale), **Jaiprakash Patel** (Neasden) **Bahadur Vajsang** (Edgware). **Krupa Nathwani** and **Shivaani Raichura** gave up eggs.

## Diwali without firecrackers

Firecrackers cause extreme noise pollution and terrify domestic animals. Celebrate Diwali without firecrackers-spread the word.

## Jain Animal Sanctuary

Sheila Barber continues to look after the animals at the sanctuary in Burwash, Sussex. We continue sending £700 each month.

Apart from the Jain Animal Sanctuary we have also supported the following animal welfare organisations:

- Network for Animals. [www.networkforanimals.org](http://www.networkforanimals.org)
- The Captive Animals' Protection Society. [www.captiveanimals.org](http://www.captiveanimals.org)
- The Brooke. [www.thebrooke.org](http://www.thebrooke.org)
- League Against Cruel Sports. [www.league.org.uk](http://www.league.org.uk)
- Animals Asia Foundation. [www.animalsasia.org](http://www.animalsasia.org)
- Compassion in World Farming. [www.ciwf.org.uk](http://www.ciwf.org.uk)
- Animal Protection Agency. [www.apa.org.uk](http://www.apa.org.uk)
- Mare&Foal Sanctuary. [www.mare&foal.org](http://www.mare&foal.org)
- Hillside Animal Sanctuary. [www.hillside.org.uk](http://www.hillside.org.uk)
- Animal Asia. [www.animal.org](http://www.animal.org)
- Naturewatch Foundation. (We have adopted a dog in Ukraine). [www.naturewatch.org](http://www.naturewatch.org)
- Animal Aid. [www.animalaid.org](http://www.animalaid.org)

They are all doing wonderful work. Check them out and support them.





## Vegetarian Event in Manchester

The Jain Samaj Manchester organised a two day festival to celebrate the birth anniversary of Lord Mahaveer on 18th and 19th April. On the 18th a panel of speakers discussed the benefits of a vegetarian diet. The speakers were Marian Hussenbux of Quaker Concern for Animals, Gaurkrishnadas of Manchester Hare Krishna Society and Mukesh Pancholi of the Brahma Kumari organisation. 'Not in My Name' a DVD which has been produced by Viva! was also shown. A Mahaveer Award was presented to Lesley Tarleton by Jayendrabhai Patel. Lesley has been looking after animals for almost 30 years. She runs an animal sanctuary in Liverpool and Wales. The inscription on the award reads :

### **Mahaveer Award Presented to Lesley Tarleton**

*For over 30 years you have dedicated your life to the care of animals. Animals at your sanctuary get your love and attention everyday. We thank you and salute you for your compassion. You give us hope for a kinder and happier world, in harmony with our fellow creatures.*

Y.I.V 18/4/2009

Please go to: **[www.freshfieldsrescue.org.uk](http://www.freshfieldsrescue.org.uk)** to find out more about Lesley's work.

On the 19th I gave a talk urging the Jains to establish links with the Vegetarian Society, Vegan Society and animal welfare groups. Manchester is where the vegetarian movement started in the UK and hosts the headquarters of the Vegetarian Society, so the time is right to revive the movement in Manchester! In 1815 Manchester was the home of a radical vegetarian movement. In Salford hundreds of Christians had become vegetarian! A Special thanks to Shailesh,

Dipti and Bela Mehta for their hospitality and for organising the event. Thanks also to president Piyushbhai, Sarojben, Mukeshbhai and all the members of the Jain Samaj Manchester for the warm welcome they gave me during my stay. Special thanks to Marian and Khalid for their help and support.

## Successful Campaigning

In 2007 the League Against Cruel Sports started a campaign called, 'Corporate Watch'. It was a campaign to name UK companies which were promoting bull fighting in Spain. Airline giant BA quickly opted out of its promotion of bull fighting after being named. Low cost airline Ryanair too dumped its promotion of bull fighting after one thousand post cards arrived at the Dublin headquarters of the publishers of Ryanair's in-flight magazine. Name and shame those who patronise cruelty, it works! Visit **[www.league.org.uk](http://www.league.org.uk)** to find out about the latest campaigns.

## Looking Back Hyde Park 22 July 1990



The first ever mass vegetarian rally was held in Hyde Park on 22 July 1990. Pictured Juliet Gellatley addressing the crowds after receiving the Mahaveer award. Juliet went on to found 'Viva!'; one of the most active animal rights organisations in the UK today.

## The Medical Benefits of a Vegetarian Diet

Many studies show that vegetarians enjoy better health than non vegetarians. Heart disease, hypertension, obesity, diabetes, various cancers, diverticular disease, bowel disorders, gall stones, kidney stones, and osteoporosis - meat eaters fare much worse than vegetarians. The Dickerson and Davies study (1986) found vegetarians made far fewer visits to hospital out-patients (22%) in comparison to non vegetarians and spent a similarly reduced proportion of time in hospitals.

**Heart Disease:** The Oxford Vegetarian Study, a 12 year study of 6000 vegetarians and 5000 meat eaters found that the incidence of coronary heart disease mortality was 28% lower in vegetarians compared with omnivores. Mortality from Ischaemic heart disease was 57% lower in vegetarians than the general population. The protective effect of a vegetarian diet is believed to be related to the lower blood cholesterol levels seen in vegetarians. Significantly vegetarians have lower levels of low density lipoprotein (LDL) cholesterol. This is the cholesterol fraction particularly associated with heart disease, hypertension or high blood pressure which can contribute to heart disease, strokes and kidney failure. A number of studies have shown vegetarians to have lower blood pressure. (Sacks 1974, Armstrong, 1977).

**Obesity:** Vegetarians suffer less from obesity than non vegetarians. (The British Medical Association, 1986).

**Diabetes:** Snowdon (1985) found type 2 diabetes to be only half as common a cause of death amongst the largely vegetarian Seventh Day Adventist population as in general population.

**Cancer:** Researchers who studied tens of thousands of Britons over more than a decade found that vegetarians were 12 per cent less likely to contract cancer than their meat eating counterparts.

With a third of the population developing cancer in their lifetime, changing diets could result in more than two million people avoiding the disease altogether, said the researchers.

For some cancers like leukaemia, stomach and bladder cancers the difference was even more striking with up to 45 per cent fewer non-meat eaters contracting the diseases than carnivores.

Dr Naomi Allen, an epidemiologist at Oxford University and co-author of the study, said: "This is strong evidence that vegetarians have lower rates of cancer than meat eaters".

The study, published in the British Journal of Cancer, is one of the findings from the European Perspective Investment into Cancer and Nutrition (EPIC) which is following half a million people.

**Kidney Stones:** Prevalence of kidney stones is lower in vegetarians. A high intake of animal protein increases the urinary loss of calcium and oxalate, which are known risk factors in kidney stone formation. The same is true of gall stones which form in the gall bladder and can cause severe pain.

**Food poisoning and Pesticide Residues:** More than 95% of food poisoning is derived from meat and poultry.

**Conclusion:** For a healthy nation, to reduce global warming and to help feed the increasing world population vegetarianism is the answer!

*Information courtesy of Vegetarian Society of UK*



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## picture gallery

20 July 2008  
Hare Krishna chanting party in  
Dresden City Square



20 July 2008  
Some of the delegates attending the World  
Vegetarian Congress in Dresden, Germany

20th April 2009 at the headquarters of the  
Vegetarian Society of UK in Cheshire. On the  
left Chris Olivand and on the right Shailesh  
Mehta



11 January 2009  
Serving Lunch at an orphanage in Mombasa,  
Kenya. In the picture our Kenyan supporters  
Mahendra and Purnima Doshi



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