Vol. 27 No. 3, 2004 to Vol 28 No. 2, 2005

COMPASSIONATE FRIEND

JOURNAL OF BEAUTY WITHOUT CRUELTY INDIA

Are humans genetically closer to carnivores or herbivores?

Are you eating away at the environment?

Are there *any* good reasons for a cow to die?

Did you think vege rian sportsmen can't compete?

Positions Available ! ...Page 1

Looking for office space... Pg. 3

All the answers...in 4 attractive posters inside

Beauty Without Cruelty

INDIA

An International Educational Charitable Trust for Animal Rights

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(All articles are available in electronic form at http://members.tripod.com/~bwcindia/magazine.htm)

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Editorial

The work of an animal rights educationist is at once fulfilling and frustrating. Fulfilling because the interaction with one's audience, especially of children, is a reward in itself and frustrating because the returns are to be years in coming, until children acquire purchasing power. Such is the nature of the work of 'spreading the word' that we at **BWC** have been up to over the last six months.

But however long the returns take in coming, the education work must go on. If one doesn't sow the seeds, the fruits won't come. The maturation process has to be waited out, unfortunately. Abandoning the work for lack of immediate results only increases if not makes impossible the work later on. Try sowing old dried seeds after the monsoon has receded. The adult mind is much like a hard seed that doesn't soften. It has grown cynical over time and resists change regardless of persuasion.

To aid in this persuasion, we include in this edition four posters on which we have been working over the last few months, on the topic of animal products and vegetarianism. These stand in for the last (monsoon) issue of CF that we missed. These are posters that are given to our educational members (in A3 size) as part of their membership package.

Ranjit Konkar, Ph.D.
Editor

Positions available at BWC's Mumbai and Pune offices

1. Office Administrator (Pune). To manage our entire BWC office at Wanowrie. Contact our Honorary Secretary —— Chetan Namito at (20) 2687 1166. **2. Media Campaigns Coordinator** (Mumbai). To coordinate the logistics of all campaigns. Good communications, excellent computer skills. Contact (22) 2272 2775/6. **3. Research Officer** (Mumbai). To conduct market research on animal-based products, leading to our Vegetarian Shopper's Guide and Investment Guide. Contact (22) 2272 2775/6.

Our Overflowing Mailbox

Dear Editor,

Wish you all the best in the New Year! May your activities spread in the cause of welfare of animals. You had done a great job, in reventing bullock cart races in Lingtangwadi in out ditrict. We are also starting here an organisation of the same type and would require your guidance and assistance. Please write what cooperation can be given to our activities in Nasik district.

- Dr. Padmakar Umralkar

Editor's remark: The credit for Lingtangwadi should go to Shri Anil Kataria, one of our very active members in Ahmednagar. He has been instrumental in organising opposition to all such events, and BWC has been happy to assist him by faxing letters of protest to authorities, etc. To anyone wanting to do similar work, BWC makes the same offer: take the initiative of leading a local effort and BWC will stand by you in terms of organisational support and, to the extent possible, finances.

Dear Editor,

With reference to the above subject you are arranging Powerpoint presentation and discussions with school and college students to give awareness about BWC and like them to make to become more animal friendly.

In this regard I am pleased to inform you that I have contact in 2/3 schools and 2/3 colleges at Hubli (on NH4 Highway), Karnataka, about overnight journey from

Bombay (610 kms by Road & 750 kms by train) and Pune (440 kms by road & 550 kms by train). I will be happy to assist to conduct these programmes locally and be associated for these programmes at Hubli. We can conduct these programmes in the month of August as currently the schools are on annual holidays and reopen in June/July. Hence August/September can be right months to conduct these programmes. Hearing from you in detail I shall take the next step (in June/July) for contacting the Principals of various Schools and Colleges to seek their permission for conducting these programmes.

After getting permission and finalization of the dates from the principals of various schools/ colleges you can depute experts in the subject to Hubli for 3 to 4 days.

(BWC Member)
Tushar K.Vikamshi

Editor's remarks: We receive quite a few letters like this, requesting us to come and conduct school programs in other cities. If the city is close or if any of us plans to be visiting the place for other reasons, conducting a BWC program would certainly be fitted into the schedule. However, it is regrettably not possible to travel to far flung cities for the sole purpose of giving individual programs because the expenditure of effort and money is too much. What we are planning is to send videotapes of our Mumbai programs to such people asking them to watch it and replicate the effort through local BWC volunteers. Remember, our reach will increase only through decentralized volunteer effort.

Hello? Anyone there?

In a previous issue of this magazine, we had communicated our intention of starting a phone-in 'Infoline' for animals in Mumbai. Work on the project is about to start. As mentioned before, the infoline in the beginning is going to provide no more than information to assist people already involved in animal rescue/rehab. Towards this end, we would like to know all those people in Mumbai who can be considered animal experts in any sense, whether in knowledge about some animal or in skills of handling animals. This is the kind of information that would be provided on the infoline. We ask our readers, therefore, to call us up and let us know of such gifted or learned people whom we could include in our infoline. In addition, if you wish to enlist as a volunteer-on-call for animal rescue, we would love to include you in our corps of volunteers which will help to grow the infoline into a helpline. We do want our 2,500-plus strong member base in Mumbai to make their numbers felt and therefore appeal to you to come forward to make your time available for the purpose. We will assign a meaningful role to you and you can be part of the movement of saving animals in Mumbai. Call us at 2272 2775/6 to find out more.

See You at the Mela

BWC is looking forward to meeting its Mumbai members at the NGO Mela on the 11, 12, 13 of February 2005, on CCI Grounds. The Mela has been delayed since the ground will be occupied due to sports activity. As of late, the **BWC** stall will exhibit animal-free products as well as new creative eye-opening posters on issues that connect our lives to the lives of animals. **BWC** requests all Mumbai members to call us on 2272 2775/6 to volunteer for manning our stall.

Shoppers Ahoy!

We hope you have received our September 2004 edition of the **Vegetarian Shoppers Guide** sent along with this issue of Compassionate Friend. It's so attractive, we're worried the postman may want to steal it ☺. In this list, vegetarian products that appear for the first time have been marked 'N' (inside a yellow circle). This is a new feature in the design. The other new features are 1. grouping the vegetarian, vegan, and doubtful entries together for your convenience, and 2. telling you under each categoriy's heading what could be non-vegetarian about the orange entries (which are companies that have not responded with a properly-filled questionnaire) and about the red entries (which we don't list) in that category. At the rate at which our entries are increasing and along with that that size of our list, the next edition of our list might be a booklet rather than a folded poster.

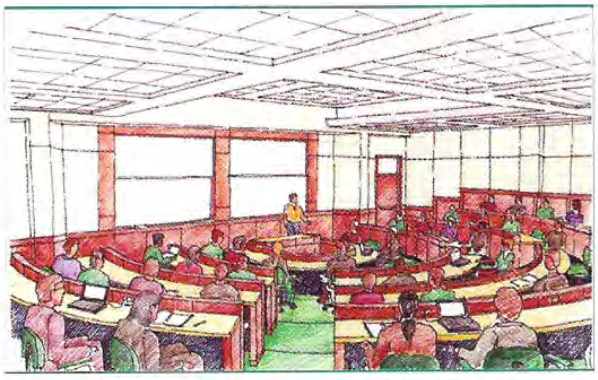
2005, A Year for Animal Rights

We hope that all **BWC** members have received their copy of the 2005 calendar. If not, please inform us accordingly and we will send one at the earliest. The calendar is titled *Animal Rights. Human Wrongs.* We are sure our readers are smart enough to get the intended pun on both the words 'Rights' and 'Wrongs'. Every month brings us face to face with some pretty creature from Nature's family of beautiful and unique creatures and also the not-so-pretty fate of that animal arising from our lifestyle choices. Thus we meet the goose in May and learn of the badminton shuttlecock for which the bird is killed. The squirrel in October points us to the paintbrushes made from its hair for which it is killed by us. And so on for each of the remaining ten months. BWC hopes that this calendar on anyone's wall would provoke discussion and introspection and hopefully adoption of a cruelty-free lifestyle.

On the Lookout

BWC is still looking for office space in Mumbai. Though we are very fond of our centrally located office in P. J. Towers at Fort, shifting has now become a necessity due to our growing staff and activities. We are very grateful to our members Shri Kisan Mehta, Shri Nayan Mehta, and Ms. Nergish Plumber, for making offers of help. Unfortunately, we are yet to find premises that suit our needs. To remind you once again, we need a 400–500 sq. ft. area in a decent locality south of Mahim on the W. Rly. side and south of Ghatkopar on the C. Rly. side of Mumbai, with lift (if on 3rd floor or higher) and attached toilet. Nominal rent is possible for us to pay. So members, please, please call us on 2272 2775/6 if you know of such premises situated in Mumbai.

Lessons in Compassion



BWC 's Schools Program is now going places, thanks chiefly to the efforts of our new Education Officer Shri Suresh Agarwala, who has been given the task of covering each and every school of Mumbai and who is doggedly pursuing that target. It is a gratifying certificate for our program that in no school to which we have gone has it been received anything less than enthusiastically. Maybe it is the power of the visual medium, maybe it is our live interaction with kids, certainly it is the content of the presentation, but whatever it is, it has never failed to stir the children's hearts and minds wherever we have presented it. Many students, on viewing our presentation, have on their own initiative approached their principals to request switching to cruelty-free alternatives in school wear, dissection sessions and canteen supplies. But though this enthusiasm shown by hundreds of children has helped us gauge the impact of our efforts and has been a reward in itself, we intend doing more than just talk. Our efforts are not limited only to spreading awareness and forming attitudes in the long term but also to generate change in the short term. While we work on shaping the children's minds so that their choices and actions twenty years hence are compassion-driven, we also work on the principals' already sharp minds by telling them to have the school join our Life Reverent Program and through it. *immediately* cease being a driver for cruelty towards animals and make a difference *today*.

What is **BWC**'s Life Reverent Program?

Among the articles that are used by students as part of their school curricula, we identified the following substances/practices derived from killed/tortured animals: leather shoes and leather belt in the uniform, leather cricket ball and duck-feather badminton shuttlecock , animal-hair paint brushes in the stationery, non-vegetarian food in school's or hostel's canteens/messes/picnics/parties, the use of preserved animal organs for demonstration and the practice of dissection of animals in its biology labs.

BWC desires that the use of these articles in schools must cease. That is the one-line goal of its LifeReverent program.

The school 'industry'

How serious is the problem? Because of the number of students that attend even the smallest school, it becomes a bulk consumer of whatever it buys. The smallest school has at least 40 studentSchools covered this fars in each class. 10 such classes amount to 400 students at a minimum. The number is

invariably much higher than this. And this is only one school. There are at least 10 schools per square kilometre in a city like Mumbai.

Not only is the consumption high, it is also regular. Each year a fresh batch of a few hundred students enters, setting the cash registers in the shops ringing. Sustenance is thus provided by the school 'industry' to the business of the butcher. Consumption of leather (and other animal products) at this scale and regularity is just the sustenance needed by the butcher and the long line of middlemen that deliver the finished product of slaughter—of the innocent—to the students—also innocent—that are its final consumers. It is this connection that we seek to break through our LifeReverent program.

The LR program seeks a commitment (see box 1) from the school's management to institute policies that will not cause exploitation or abuse of animals. In other words, it seeks a promise from the school to stop being a consumer of products of cruelty. This commitment is sought on moral grounds and only voluntarily. It is expected that the management of the school would do us the favour of sitting through our program and becoming convinced of the merit of our cause. It is our pleasure to say that in a 100% of the cases when it has happened that the principal has watched our program, s/he has agreed to unconditionally support the notions included in our LR program.

We are proud to acknowkedge:

Hindi Vidya Bhavan, Marine Lines, was the first to sign on to our LifeReverent program. *Thank you, Mrs. Sharma.*

Villa Teresa was the first to form a BWC Kids Club. *Thank you, Sister Janet*

D. J. Doshi Gurukul H. S., Ghatkopar, signed the Life Reverent Commitment on the spot ! *Thank you, Mrs. Kamana Arora.*

Villa Teresa, Peddar Road, gave us the largest numberof student members: 55. *Thank you, children.*

Why are we after the management? Isn't it enough to make the students aware and let them make their own choices? No, **BWC** doesn't think it is. While there is no doubt that those students who watch our programs are genuinely moved by what they see, there *is* a doubt about how many convert their thoughts into action. The students may be the end-consumers but do they make their own choices? Invariably not. It is their parents and teachers (and school management) who dictate to the students what they should eat, wear, play, watch, study.

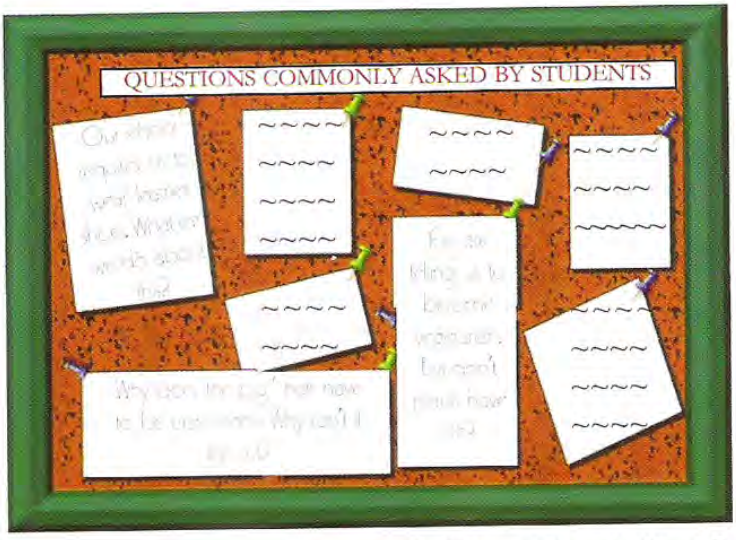
The other reason that we have chosen to go through the management is that however moved a person might be when watching an animals being tortured in front of his eyes, the passage of time, the predominance of the load of studies and examinations on his head, the attention that he has to give to other expectations from him all act together to make him procrastinate and ultimately neglect his resolve to change his habits. Added to that is the matter of peer pressure of friends teasing him about being a 'softy,' tempting him to try out a mutton cutlet, taunting him for refusing to share in their non-veg meals, and in general acting 'goody'. All too strong for a young child to stick it out and hold steadfast to his resolve.It then helps to not put the burden of change upon the young, shy child's shoulders. The school management, with its monopoly on authority in school matters can take the decision after mature study, reflection, evaluation, and judgment of the issue, and convey the decision to the children who are age-bound to accept it. After all, it *is* the role of teachers just as that of parents to inculcate values into the growing child.

In return for the commitment that a school gives for forsaking animal articles in its curriculum and on its campus (see box on LR program), **BWC** promises to publicise the school for its commitment, and commits in return to set up a Kids' Club in the school for children interested in pursuing their interest in animals. The nature of

activities of the Clubs we form are given in Box 2.

The **BWC** India team would like to its share our experiences and developments of the Schools Program with all members.

So what *is* this presentation we give? Well, it is a PowerPoint presentation full of colour and animation, bright and cheerful in parts, grim and sober in others. It is at once delightful and horrifying, familiar and full of novelty. It is presented interactively, with students' participation invited to liven it up. It contains video clips (the horrifying part) showing the abuse of animals as well as an audio clip of a old popular hindi film song on animals. Do attend one of our presentations to get an idea. Call us to know the schedule.



Schools like Hindi Vidya Bhavan, Lady Engineer High School and a few others have already responded very positively to our awareness-raising program. Their agreeing to our insistence and invitation to the school authorities to attend the 1-hour session resulted in their positive involvement towards our cause. Even as you read this, **BWC** is in constant talks with the managements of various schools visited so as to make them partners in fulfilling our vision of a brand new humane generation.

As of now, the re-opening of schools for the first term has sent our activities into full swing. Our weekly schedule sees us conducting at least 2 sessions on an average. And while we couldn't have asked for more, there are more ambitious plans being hatched for the year ahead.

Thank you. But still need your help!

As we move ahead to meet students in yet another calendar year we would like to pause for a moment and sincerely thank the following members for their help in getting us introductions to schools around them, usually where their children might be studying, and even coming to attend our programs:

Person	School introduced
Reema Patel	S. T. Mehta H. S. (Ghatkopar)
Bhadresh Shah	Leelavati Podar H. S. (Parle)
Timsi Bhansali	Chandaramji H. S. (Kalbadevi), Fellowship H. S. (Grant Road), G. D. Somani H. S. (Cuffe Pd) Manav Mandir (N'Sea Road) Marwari H.S. (Kalbadevi) New Era H. S. (Grant Rd) Joyce Cardozo Canossa H.S. (Mahim)

Our special thanks to Mrs. Timsi Bhansali, one of our life members who has single-handedly scoured the road and alleys of South West Bombay to arrange programs for us in as many as 6–7 schools. Thanks to others who have encouraged and egged us on. We would like you to know that every person who pitches in to make this program happen is a valuable link in the chain process of change.

We hope that more of our 2,500 members in Mumbai come forward to get us introduced in schools near them. Without their help, we would not be able to convert our dream into reality. The dream of exposing every child of Mumbai to reality. And unleash the humane being in him. Wish us luck!

Commitment to BWC's LifeReverent Program

Having witnessed the suffering that innocent animals are put to by man's demanding ifestyles, the management of this school pledges its commitment to stop contributing to this suffering. In particular, it hereby commits to implementing the following measures:

- Non-vegetarian food (including eggs) henceforth not to be made available at any place on campus nor at events (picnics, etc.) off-campus that are rganised by the school. All hostel messes to hereby serve only vegetarian fare.
- The shoes and belts of the school uniform to hereby be made of non-leather material.
- Dissection of animals in biology laboratories to summarily cease.
- Paint brushes used by students to be of non-animal bristles.
- Cricket balls made of cork instead of leather and Badminton shuttlecocks made of plastic instead of feathers to be used in school tournaments.

This School is proud to be a school that reveres life of all creation in Nature and promises to do its best to not support abuse of innocent creatures for its sake.

Signed

(Principal)

Box 1: The text of the Life Reverent Program that BWC tries to get schools to join.

The BWC Kids Club Activities

Regular screening of the BWC film.

• In your school • In your houses • In your society • In your clubs

*

Monthly Gathering

• Invted speaker • Vist animal experts • Learn about other NGOs • Vegetarian refreshments

*

Get addicted to Nature

Monthly outings to nature spots

*

Annual Public Campaign

on an issue related to animals. Contribute concretely on an issue that matters to the city.

*

Serving Animals

Lend a loving hand to animals at Gaushalas, SPCA, Shelters etc. on a regular basis.

*

School/College Exhibition

Set up a **BWC** stall at your school's/college's annual day

*

Educational Membership

Free annual educational membership to the club

*

A Special Award

to the student who does something special for animals

Box 2: Activities that would be conducted in BWC Kids Clubs in schools.

NAME OF THE SCHOOL	PRESENTED ON
Bombay International School, Babulnath	01-Dec-03
Jacob Sasoon H. School, Byculla	01-Mar-04
Don Bosco H. School, Matunga (E)	01-Apr-04
Scholar H. School, Colaba	01-Jun-04
S. T. Mehta H. School, Ghatkopar (W)	02-Jul-04
Manav Mandir H. School, N'sea road	05-Jul-04
Marwari Vidyalaya, Girgaon	31-Jul-04
Chanda Ramji Girls H. School, C.P.Tank	10-Aug-04
St. Anne's Girls H. School, Thakurdwar	13-Aug-04
Hindi Vidya Bhawan, Marine lines	21-Aug-04

V. C. Gurukul H. School, Ghatkopar (E) 28-Aug-04
Villa Theresa Convent, Peddar Rd. 08-Sep-04
Bai M. N. Gamadia H. School, Princess St. 14-Sep-04
Activity H. School, Gamadia Rd. 21-Sep-04
Palm Beach H. School, N'sea road 21-Sep-04
Beretto H. School, Chirabazar 24-Sep-04
Green Lawns School, Breach candy 29-Sep-04
Lilavati Poddar H. School, S. Cruz (W) 01-Oct-04
J. J. Fort Boys H. School, Fort 04-Oct-04
J. J. Fort Girls H. School, Fort 04-Oct-04
Fellowship H. School, Gowalia tank 08-Oct-04
Lady Engineers H. School, Tardeo 07-Dec-04
Queen Mary School, Grant Rd. 17-Dec-04
Robert Money H. School, Grant Rd. 17-Dec-04
D.J.Doshi Gurukul H. School,Ghatkopar (E) 23-Dec-04

A telegram in time...saves lives

The following telegram sent by us in response to an urgent request from Shri Anil Kataria of Ahmadnagar (one of our members) who is very active in getting these bullock cart races stopped played its role in producing very pleasing results: the races were cancelled. However, it would be vain to take more than one's proportionate share of credit for the outcome. The personality of the S.P., the dogged perseverence of Shri Kataria, pressure from other groups...all acted together to put the right pressure. It is a lesson in playing one's bit role seriously when someone is taking the main initiative elsewhere. The results can be gratifying.

विश्वासराव नांगरे पाटील
(Telegram to: Vishwasrao Naangare Patil
एस . पी . (नगर जिल्हा)
Superintendent of Police, Ahmednagar District
अहमदनगर, यांस
Ahmednagar)

तातडीचा आग्रह : १५ सप्टेंबरला बारा-बाभळीला होणाऱ्या बैलगाडी-घोडागाडीच्या शर्यती काही करून थांबवा . धावपट्टी चढाची . पशुंवर अमानुष छळ, रानटीपणा . पशु-अत्याचार कायद्याच्या सर्रास विरोधात . आता सर्व तुमच्या हातात . तुमचे खूप कौतुक ऐकले आहे . प्राण्यांना ह्या नरकापासून वाचवा .

(Urgent appeal: Stop the bullockcart-horsecart races to be held at Bara-baabhali on 15 September at any cost. The track is uphill, the animals treated inhumanely, barbarically, in blatant violation of the Prevention of Cruelty to Animals Act. Everything is in your hands now. Have heard a lot of praise about you. Please save the animals from this hell.)

FOOD FOR THOUGHT

The Murder of Harry D.

A Modern Satire
by
JOSEPH C. PISCATELLA

On the morning of his 40th birthday, Harry D. awoke with a start. It was 4:00 a.m., still pitch black, and he was sitting on the side of his bed trembling with fear. A voice had come to him in a dream, whispering, "Someone is trying to kill you, Harry."

With shaky hands, Harry lit up his first cigarette of the day and pondered the situation. His wife was now awake also, so he shared the horrifying message with her. "It's too terrible to think about," she said. "Let's have breakfast instead." But Harry couldn't shake his concern as he salted his eggs and carefully mopped up the bacon drippings with his buttered toast. "Who would want to kill me?," he thought, as he stirred sugar and cream into his coffee and lit another smoke. He continued to ponder the question on the drive to the office. But weaving through lanes, beating stoplights, and shouting at other drivers was too frustrating to maintain concentration. Nor could he find time at work. Meetings, decisions, deadlines, phone calls...everything always piled up. It was not until he was rapidly inhaling his cheeseburger and french fries at lunch that the terror of his position became clear to him. It was all he could do to finish his chocolate milkshake. He worked until 7:00 p.m. as usual. Drove home fast as usual. Had his two cocktails as usual. Ate a hearty meal as usual. Studied business reports as usual. And took his usual two sleeping pills to get his usual six hours sleep. As time went on, Harry began to take comfort in this routine. Apparently, he was outfoxing the would-be murderer. "Whoever is trying to kill me," he said proudly to his wife, "hasn't got me yet. I'm too smart for him." "Yes you are, Harry," she replied, while ladling his second helping of beef stroganoff. The months turned into years and Harry continued on certain that he was outsmarting his murderer. But, as it is with all people, death came at last. Harry D. was 51 years old. It came at dinner while he was watching Monday Night Football, the closest Harry ever came to exercise. He simply fell over into his fettucini Alfredo. His grief-stricken wife demanded a full autopsy. It showed coronary artery blockages, elevated cholesterol and triglycerides, emphysema, ulcers, cirrhosis of the liver, hardening of the arteries, pulmonary edema, obesity, and a touch of lung cancer. "How glad he would have been to know," said his widow, smiling through her tears, "that he died of natural causes."

Beauty Without Cruelty - India
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