

Vanik Voice



LIVE AND HELP TO LIVE

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The BNP are right! We'll be fine once the immigrants are sent back!

The title's a bit controversial isn't it?

I'm going to be as transparent as I can in this post but I want to stress that I have no intention to cause offence or harm. Please keep this in mind as you read on.

OK here goes...

Recently I attended the [National Union of Teachers annual conference in Liverpool](#). One of the fringe meetings was about anti fascism.

In that meeting I learned that, this May 6th 2010, the BNP are likely to get voted into a position of legitimate power in Barking and Dagenham.

I also heard that a 12 year old child who used spray paint to deface a poster of a member of the BNP has been arrested for inciting racial hatred. Yes, what he did was wrong. He should not have done it.

BUT inciting racial hatred? What are the BNP doing? This raised questions amongst the crowd, about members of the police being supporters of the fascist movement themselves.

I also heard that the EDL campaigned in Dudley. This was on Saturday 3rd April 2010. They SAID that their campaign was against Muslims alone but that was not true. Word even got out to the local residents,

that they were protesting against Muslims wanting another mosque. It was not true. Those who didn't want to support this so called need for Muslims in Dudley to have a new mosque; didn't attend to protest

against the EDL. Fair enough. They may not be religious, they may be busy, they may not be Muslim. Whatever the reason, it doesn't sound like a huge reason to protest over. But that wasn't true!

The same thing happened in Harrow. The EDL was going to protest and the word got out that it was all about another Mosque. It went ahead and it wasn't pretty. I met Tony McNulty on Saturday 10th April 2010. He was knocking on doors. Pre - election campaigning. I asked him about the EDL in Dudley and Harrow. He said he knew that people were told that it was an anti Islamic campaign and he did his best to spread the word that it was fascism. Pure and simple!

Unfortunately this strategy to divide and rule is working! Anti fascists should be sticking together. 'Brown' people should be sticking together but they're not! They're deluded. Misinformed. Misled.

There's a perception, in some communities, that Muslims get what they want. "They get funding for faith schools and places of worship but other faith communities don't get that!" Thus there's some jealousy and paranoia about their 'power' re getting what they want. Of course the other side of this is that other faith communities are less active and don't fight as hard for what they want. If this is the case, surely the achievements of the Muslim activists is something that deserves praise and admiration, rather than, criticism.

So the fascist movement is more in our face, stronger, they're working their magic on the deluded and creating divisions through the mass spreading of lies.

OK. So what? Well, the 'so what' is because once they win the votes of the deluded, they'll widen their target to include other faith groups, other races, other 'brown' people and they won't rest until they drive everyone out.

This sounds ridiculous and fearful and you may well be right but this is their vision.

Whether their vision comes true or not is in our hands as much as theirs!

Other bits and bobs that may make a difference: -

- o A member of staff invited a member of the BNP to come and talk to the children in the school they worked in. Why would this ever be OK?
- o The head teacher at a [Latchford primary school](#) has slammed reports that one of the school's governors will be running as a BNP parliamentary candidate. How is this OK?

If you held views so strong that you ran for the BNP how would you keep your personal/political and professional life separate? By professional I mean your role as a governor. How would your views not impact the decisions you made about the school re staffing, children, complaints etc?

So it is real.

What are you going to do about it?

Earlier I said "**Whether their vision comes true or not is in our hands as much as theirs!**"

I know that many people have lost faith in the Government. Lethargy has existed for years which has resulted in many of us not voting. Some don't vote because they feel they don't know enough to make an informed decision. Others won't vote because they feel their vote and what they voted for, doesn't mean anything if & when the group gets into power. It's all valid but if you agree that you don't want members of the fascist party in power; then use your vote STRATEGICALLY and stop them getting in!

**Groups affiliated to the
NCVA**

Aden Vanik Association
UK

Digamber Jain Visa

Mevada Association UK

Jain Association of UK

Jain Samaj Europe

Jain Samaj Manchester

Jain Sangh Birmingham

Jain Sangh of Europe

Mahavir Foundation

Navnat Vanik Association
UK

Navnat Youth Association

Oshwal Association of UK

Shree Jain Sangh East
London & Essex

Shree Navyug Jain Pragati
Mandal,

Shree Sidhpuria Vanik
Samaj

Shrimali Soni Mandal
London

Vanik Association UK

Vanik Samaj Leicester

Vanik Samaj Coventry

Vanik Samaj of UK
Brighton

Vanik Samaj
Southampton

Veerayatan UK

Young Jains

**Groups Established by
NCVA**

Vanik Professional Group
Vanik Business Group

Teeth grinders are in for a shock

Patients complaining of grinding their teeth in their sleep are being given mild electric shock treatment.

A chain of private dental practices in Hull is trialling a device which delivers a tiny electrical impulse when it detects grinding is about to begin.

Teeth grinding - or bruxism - is a common and usually harmless habit induced by stress. It can, however, cause headaches and stiff necks, as well as irritating a sleeping partner.

Traditional treatments involve wearing a plastic device at night which prevents the top and bottom teeth from meeting.

With this new device, Grindcare, developed in Denmark, a small electrode is placed on the temple which then monitors the movement of facial muscles. When it detects tension mounting, it delivers a tiny electrical impulse - or biofeedback.

This is not consciously detected by the sleeping patient but still serves to relax the muscles.

Painkillers

The device is said to reduce grinding by as much as 80% within two months.

Other ways of tackling bruxism include counselling and relaxation therapies to resolve the initial source of stress and tension.

But Dr David Vivian, the dentist trialling the device, said that grinding could worsen existing anxieties.

"The broken sleep pattern caused by grinding can exacerbate any stresses or worries already being felt by the patient, and add an extra layer of anxiety to their lives.

"They may also be resorting to over-the-counter painkillers to treat side effects, such as headaches, and finding that they are having to increase the dosage all the time.

Results 'promising'

"We are hoping that this biofeedback device will help to break the loop of fitful sleeping, and the psychological and physical problems which grinding can create."

Professor Damien Walmsley, scientific adviser to the British Dental Association, said: "Teeth grinding is a problem that affects a significant minority of individuals. It is often caused by stress.

"Patients who are affected by the problem should consult their dentist.

"This study, which was carried out on a small sample of patients, shows promising results.

"Further research will be necessary to establish the technology's true potential."

Source - <http://news.bbc.co.uk/1/hi/health/8355737.stm>

The NCVA Matrimonial Register

The NCVA have a professional, anonymous structure in place to help you meet your possible soul mate.

Jayman Mehta is the person to contact if you wish to register for this service.

Once you register, you will receive a list of other people who are looking for a partner. The list is organised so that the reader can learn the height, qualifications, age and reference number of each member. Viewers can see whether the members on the list are male or female by looking at the letter at the beginning of the reference number. However, they cannot see the name of any other details that will identify those on the list.

For further information please contact: - Jayman Mehta

Contact time: Mon. to Fri. evening between 5.30 p.m. & 7.30 p.m. ONLY, on Tel. no. 020 8907 2428

Please DO NOT contact outside above days and time

You can also receive this list by e-mailing mehtajayman@yahoo.co.uk or manhar_mehta@hotmail.com

My Visit to a Dairy Farm

This article was first published on Internet (Jain-list) in August 1997. Later on more information was added to this article.

Health Issues:

After becoming vegan, I have researched the following health related issues and summarized my findings as follows:

Calcium and Protein Issue:

Most Americans consume two to three times protein from animal source (milk, cheese, and meat) than their daily requirements. Many scientific studies show that the people who consume animal base high protein diet have lots of calcium in their urine but not in the people who use vegetarian diet.

The protein in animal products (such as milk, cheese or meat) is more acidic than the vegetable protein. The body neutralizes extra acid associated with animal protein by drawing calcium from bones. This causes calcium deficiency in the bones causing diseases like osteoporosis for the people who consume dairy or meat products. Also their kidneys have to work harder to remove the waste of calcium that leached from bones to blood. The net result is that the people who consume animal base high protein diet lose the calcium from their bones and their kidneys are more susceptible to fail.

Vegetarians get enough protein from their diet but not in excess. Also the vegetable protein is less acidic than animal protein; hence it does not leach calcium from bones. So the calcium absorbed by consuming dark green vegetables and other vegetarian sources is maintained by the bones at a much healthier rate. The end result is vegetarians who get their calcium from non-animal sources such as dark green vegetables develop stronger bones, not weaker ones. Hence they do not find calcium in their urine. Many scientific evidences indicated that milk is not essential for strong bones.

However one should remember that thinning of the bones occur among older people regardless they consume the milk or not. This problem is more severe among the older people who use more dairy and other animal products. This is due to the protein effect (large amount of protein in diet and calcium is leached out) as indicated above. Postmenopausal women are particularly at risk for osteoporosis. Milk does not seem to protect the bones of older people.

In conclusion vegetarians get enough calcium and protein as long as they eat good variety of plant foods such as dark green vegetables in sufficient quantities to maintain their natural weight. They are less susceptible to osteoporosis, and the failure of their kidneys.

Cholesterol:

Only the lever of animal and human bodies makes cholesterol. Hence externally the cholesterol is found only in animal products such as meat, milk, cheese and other dairy and nonvegetarian food. Pure vegetarian diet (fruits, vegetables, grains, and lentils) has no cholesterol at all.

Cholesterol is a material similar to wax. It makes hormone and other elements for our body. Generally the lever of human being produces cholesterol in sufficient quantities for its body need. However when we consume dairy or meat products, we also consume its cholesterol. This way we will have excess cholesterol. This excess cholesterol in the body is harmful because it gets deposited in our artery. Ultimately artery gets clogged, which results in heart attack.

For pure vegetarians (vegan), their lever makes only needed cholesterol and hence they will not have high cholesterol condition.

Saturated and Unsaturated Fat:

Saturated fat aggravates human lever to produce more cholesterol than normal body requirement. Almost all animal fats, butter (ghee), and some vegetable oils (coconut, palm etc..) are saturated fat. Some vegetarians have high cholesterol is due to high content of saturated fat in their diet. Hence one should totally avoid saturated fat to maintain low cholesterol.

Most vegetable oil is unsaturated fat. Also both saturated and unsaturated fats are the storage media of calories. Hence one should minimize the consumption of unsaturated fat in its diet.

Healthy diet is pure vegetarian food (vegan) without any oil or fried food. A person will not have any cholesterol problem with this diet.

In summary the extra cholesterol (externally consumed using animal and dairy products or generated by our lever due to saturated fat) is accumulated in the blood and deposited in the arteries which causes heart attack.

Vitamin B-12:

Vitamin B-12 is needed for healthy blood and healthy nerve. However human body needs only 2 micro gram of B-12 per day. Vitamin B-12 is not produced by plants or by animals but it is produced by the bacteria in the digestive system of animals and humans.

Humans produce B-12 in their digestive system but some how human body can not absorb B-12 from its digestive system. However the cows can absorb easily B-12 produced by them. Hence there exists lots of vitamin B-12 in meat and dairy products.

Continued below

My Visit to a Dairy Farm continued

If you are a vegan (absolutely no animal products), you may not be able to get enough vitamins B-12. However if you decide to get B-12 from animal products, you will also get whapping dose of cholesterol and fat, which will displace complex carbohydrate and fiber that body needs which are the sources of vegetarian diet.

Hence vegetarians should get B-12 from other than animal products; such as fortified cereal, other fortified products, multiple vitamins, one a day vitamin, and other products from health stores which contain B-12, but not from dairy or meat products.

Milk and Prostate Cancer:

In 1997, the World Cancer Research Fund and the American Institute for Cancer Research concluded that dairy products should be considered a possible contributor to prostate cancer. Also in another research study of April 2000 pointing to a link between dairy and prostate cancer: Harvard's Physicians' Health Study followed 20,885 men for 11 years, finding that having two and one-half dairy servings each day boosted prostate cancer risk by 34 percent, compared to having less than one-half serving daily. Also dairy (milk, cheese, and ice cream), eggs, meat, and other animal products are linked to other types of cancers. They contain plenty of fat to harbor cancer-causing chemicals and promote cancer-causing hormones in our body. They are low in cancer-fighting antioxidants and have no fiber. Fiber is found only in plant base food and it would normally sweep carcinogens from our digestive tract.

A cancer-prevention diet includes plenty of:

- Vegetables: sweet potatoes, carrots, broccoli, spinach, asparagus
- Fruits: strawberries, kiwi, melon, bananas, apples
- Whole grains: breads, cereal, oatmeal, pasta, rice
- Legumes: beans, peas, lentils

Whole grains, beans and other legumes, vegetables, and fruits are cancer fighters. Plant foods are low in fat, high in fiber, and loaded with protective cancer-fighting nutrients. **The most healthful diets eliminate meat, dairy products, eggs, and oil (fried foods).**

My Health Data:

I was 55 years old when I became vegan. I had some concern that my health would suffer if I stopped using dairy products. However following is the summary of my health data before and after I became vegan:

	Before becoming Vegan - 1995	After becoming Vegan – 1997	2007
Cholesterol	205	160	140
HDL	34	42	48
Triglyceride	350	175	140

Since becoming a vegan I feel more energetic. I do not have any calcium deficiency. However, one should monitor his/her own body chemistry after becoming vegan. My doctor is very pleased with my results and has not put me on any vitamins or calcium substitutes. My 1998 and onward health result was equally good.

Pravin K. Shah

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Why do we need to make an appointment to meet our friends and family?

Recently I've found the need to have to 'book people' to ensure that I meet up with the people who are near and dear to me.

If you're meeting one person, it's generally easier than arranging to meet lots of people. However, if he/she has kids; their timetable is often molded around clubs, school, homework etc. Thus it becomes harder.

If several of you are meeting up; one needs to consider each other's working hours, those who live with the person you're meeting, dependants, location etc.

Now when the meet is purely social, it can be random, infrequent and perhaps arranged spontaneously. Perhaps if some can't make it, it's no biggie as they'll be there the next time. Unless of course, your lifestyle and desire allows socialising to be your priority so you're always 'there'.

Now when trying to meet up with family, I think people try to be as inclusive as possible. Thus unless they're 'usually free', the event needs to be planned in advance and 'booked' so that time is set aside for the family to get together.

I know that some people don't like this approach.

It's too businesslike

It's too much planning in advance

It's too rigid

However, what's the alternative?

Some members of the family work (certain) weekends so we'd want to avoid them.

Others are booked up with things in advance so we need to give them notice to make sure they can be there. (If they want to be of course!)

Others like to know when they will have quality time with the family so that they can make sure they are there. Thus they need some notice.

The need to consult so many diaries leads to the need to 'make appointments' in advance and 'set' dates so that we can be as inclusive as possible whilst ensuring that everyone feels as if they have enough notice to have a choice in whether they want to be there or not.

It all points to deciding a date in advance and communicating it to all who need to know. Right? Is there another way?

The thing is; this is just about dates. If the event involves food, the host or families will need to plan what to make/buy if catering out, shop accordingly if food's being made at home, set aside time to cook, arrange for travel arrangements etc.

So how do you get away from the 'appointment' making system?

Heena Modi

Ahimsic leather

I have photographs of the calves tied outside the tabelas in Mumbai. They die of starvation in 7 days and are picked up to make 'ahimsic' leather while the non vegans consume their mother's 'non ahimsic' milk.

Photos are also on the SHARAN website.

There are a lot of people who would like to sell what we would like to believe. I am sorry to say that there is no such thing as ahimsic leather in India.

Nandita, www.sharan-india.org

A Farewell to the North

Having only recently said a farewell to the highlands and a farewell to the north, my heart is yearning to go back to the highlands of Scotland and the great expanse of waters of the Lake District. I just cannot stop thinking of the beautiful scenes of the highlands and mountains of Scotland, and the clear waters of the Lake District. Like Robert Burns, Scotland's national bard, I keep reciting in my mind over and over again "My heart's in the highlands, my heart is not here". I keep thinking of the beautiful mountains and green vegetation that we had glided over in a cable car to the second highest peak of the Ben Nevis range, about 7 miles from Fort William. The 15 minute journey on the mountain gondola had transported us up the slopes of the 650 metre high Aonach Mor. Aonach Mor is just a stone's throw away from the mighty Ben Nevis, the UK's highest mountain. Situated in the midst of some of the world's most beautiful and ancient landscapes, at Aonach Mor one can experience the majestic charm of the mountains. Here we followed the mountain tracks to the panoramic viewpoints and explored the mountain habitat among the breathtaking highland mountain scenery.

On the return journey, we also visited a whisky distillery at Auchentoshan (in Gaelic, it means "corner of the field") which produces the world's number one lowland whisky. The subtle aroma and flavour of the spirit is achieved by the unique triple distillation process. We saw first hand the process by which the three ingredients of barley, yeast and water turn into the delicate, smooth and light single malt whisky. We also had a lick at the undiluted 80% strong whisky. We sniffed and tasted the concentrated whisky which is 80% alcohol before it is diluted and marketed to retail outlets.

Our next visit was to Loch Lomond. While gliding through the crystal clear waters of this largest fresh water lake in the UK, we imbibed the breath taking scenery and unusual wildlife that was in abundance here.

Our next item on the agenda was a whistle stop visit of the city of Glasgow where we visited the oldest surviving clipper ship in the world, and the maritime museum. In Edinburgh we visited the famous Edinburgh castle, a majestic landmark which dominates the capital city's skyline. Perched on an extinct volcano and offering stunning views, this instantly recognisable fortress is a powerful national symbol, and part of Edinburgh's World Heritage Site. We also saw the dingy little place from where J. K. Rowling wrote her popular "Harry Potter" books before she became rich and famous. Her meagre abode on Merchant Street above a furniture store is overlooking a private school on which she had based Harry Potter's Hogwart School. While travelling amid the city we also saw the Royal Mile, Princess Gardens, St Giles' Cathedral with its rounded hollow-crown tower, the Walter Scott memorial (with its 200 feet high spire which can be reached by 287 steps) and St James's Shopping Mall. We were told that the Royal Yacht Britannia was moored at the Ocean Terminal in Leith Docks..

On 9 September 2009, on our way to Keswick in the Lake District, we also visited Gretna Green, known as "Lovers' Paradise". As it was the 9th day of the 9th month of the year 2009 (considered lucky in Scotland), hundreds of wedding had taken place. Thus, after doing a tour of most of Scotland where we had done the length and breadth of country - from Gretna Green in the south to Fort William in the north, and Paisley near Glasgow in the west to Edinburgh in the east, we made our way to the Lake District. At Haverthwaite, we took a nostalgic steam-powered trip on the steam train ride alongside the scenic section of the lovely river Leven, passing Newby Bridge on the way and hopped off at Lakeside, the heart of the Lake District. Here we took a lake cruise on Lake Windermere via Bowness to the very distinctive and attractive village of Ambleside. Ambleside is set amongst breathtaking majestic mountains where one can meet the pretty butterflies while taking in the scents of the beautiful snowdrops and daffodils. Lake Windermere, England's longest lake, is a narrow finger of water stretching from Fell Foot at Lake side in the south to Ambleside (waterhead) in the north. Windermere is surrounded by some breathtaking scenery and while on the lake we appreciated the rugged backdrop of mountains and wooded shores and secluded bays. On the way back to our hotel we also visited the village of Grassmere.

Redbridge Asian Mandal (RAM), a local Gujarati organisation for elderly people had hired a coach and taken 40 of us on a seven day tour of Scotland and the Lake District. On the coach we sang bhajans, played antakshari and cracked jokes. It was a fun filled excursion – even the autumn weather behaved itself and the sun appeared most days! On our scenic journey from Gants Hill to Glasgow and beyond, we saw flocks of sheep grazing on the green green grass. Even the thought that people could kill these pure white lambs for food is so revolting!

Dinesh Sheth

