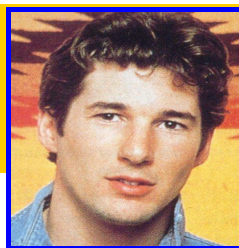
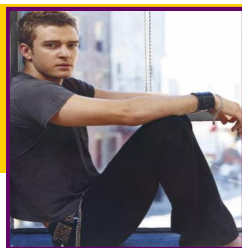
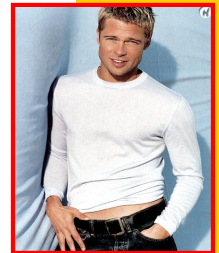



SAI LINK
 Production of Sai Centre Katong, Singapore
February 2006



**Vote for the
 2006 Most Popular
 Vegetarian Alive!**





'I love animals, so why would I eat them?' says John Abraham, one of the hottest actors in Bollywood. John turned vegetarian when he realized that many animals raised for meat never get to see the sun or feel grass beneath their feet. 'They are kept in dark, crowded places, crammed into cages which are so small that they can hardly turn around. Old animals are mercilessly killed.'

John is not alone - vegetarians are sprouting up all over the world, including Abdul Kalam, Amitabh Bachchan, Sir Paul McCartney, Yana Gupta, Richard Gere, Mahima Chaudhary, Martina Navratilova and Pamela Anderson, just to name a few (see compiled list on Page 3).

As a doctor, Aditi Govitrikar feels that eating vegetarian food is the only way to keep fit. 'Being a doctor, as well as a model, I know that eating veg is the first and most important ingredient in keeping fit', says Aditi. 'If you eat chicken or other meat, you're consuming toxins, fat and cholesterol.'

'I don't always have time to work out', says South Indian heartthrob Madhavan. 'Being vegetarian helps me stay fit and healthy. For that reason alone, I'd recommend that everyone go veg.'

Top athletes know what it takes to leave meat-eaters in the dust - vegetarian diets that really pack a punch. Says Harsha Bhogle, cricket commentator, 'None of these powerhouses rely on meat for their muscle: Heisman Trophy winner Desmond Howard, "Mr. International" bodybuilder Andreas Cahling, six-time Iron Man Triathlon winner Dave Scott and world middleweight champion Keith Holmes'.

India, especially, has a vast treasure of vegetarian delicacies. Esha Deol, winner of PETA's 2002 hottest vegetarian contest, says, 'I have been a vegetarian all my life, as has my family, including all my dogs. Even when my father, a non-vegetarian, comes home for dinner, he has to eat vegetarian fare'.

After all, what's hotter than celebrities who ooze passion as well as compassion? Be Cool! Be Vegetarian!!

Editorial Board

"In order to have sacred thoughts, give up the vices like consumption of non-vegetarian food, smoking and drinking intoxicants". Sathya Sai Baba (21 November 1999)

Check out interesting articles on vegetarianism from the following website: www.vegetarian-society.org



List of some of the Celebrities who are Vegetarian

Vote for the Most Popular Vegetarian Alive! Simply send in the name of your Most Popular Personality, who is a vegetarian, to: sailink_katong@yahoo.com, no later than 12 March 2006. Stand a chance to be one of the winners of attractive prizes! If your choice is voted as the Most Popular Personality, stand additional chances of walking away with more attractive prizes! Winners will be announced at the March SSEHV Combined Session.

Gillian Anderson	Paul Newman	Dave Scott
Alec Baldwin	Gwyneth Paltrow	Keith Holmes
Drew Barrymore	Guy Pearce	Esha Doel
Kim Basinger	Brad Pitt	John Abraham
Amber Benson	Julia Roberts	Boy George
Traci Bingham	Steven Seagal	Brandon Boyd
Orlando Bloom	Brooke Shields	Brandy
Sean Conant	Paul McCartney	Kate Bush
Penelope Cruz	Naomi Watts	Depeche Mode
Ted Danson	Kate Winslet	Barry Gibb
Danny DeVito	Dennis Weaver	Robin Gibb
Cameron Diaz	Kelly Osbourne	Darren Hayes
Leonardo DiCaprio	Jerry Seinfeld	Whitney Houston
David Duchovny	Lisa Simpson	Billy Idol
Michael J. Fox	Bryan Adams	Arie India
Richard Gere	Martin Barre	Michael Jackson
Bob Gunter	Bono (U2)	Daniel Johns
Dustin Hoffmann	Harsha Bhogle	Avril Lavigne
Ashley Judd	Desmond Howard	Chantelle Leigh
Tobey Maguiro	Andreas Cahling	Madonna
Steve Martin	Madhavan	MeatLoaf (entire band)
Mel C.	Alanis Morissette	Pink
Moby	Mark Owen	Britney Spears
Justin Timberlake	Bob Dylan	Shania Twain
Aditi Givtrikar	Pamela Anderson	Martin Navratilova
Mahima Chaudhary	Abdul Kalam	Amitabh Bachchan
Yana Gupta	Richard Gere	California Pink
Ricky Martin	Edmond Chen	Prince William

Is Ricky Martin a vegetarian? Rumors claim that he is a vegetarian. However, the "vegetarian" dish at his restaurant contains meat! Do some research and tell us whether he is vegetarian or not and the evidence. Stand a chance to walk away with a Ricky Martin CD. Send in your evidence to sailink_katong@yahoo.com, no later than 12 March 2006.



Dear students,
Draw a picture of your favourite food/dish and stand a chance to win attractive prizes. Simply submit your creative work to your Guru, no later than 12 March 2006.



BE COOL!

BE VEGETARIAN!!

Being a vegetarian basically means not eating meat. You may perhaps wonder, if it is difficult being a vegetarian. My answer is : Being a vegetarian is as easy or as difficult as you choose to make it. It all depends on you, and you alone..

People often say that vegetarians lack nutrients that can be found in meat such as protein, calcium or iron. This, I can assure you, is just a misconception. Protein can be found in many common foods such as tofu, nuts, lentils and the list goes on and on.. After all, Swami says "*There is enough protein found in wheat, curds and dhal so why all this killing?*"

What about eggs? Swami considers eggs as non-vegetarian and we should avoid them as well. Do you know that bananas can be used as a substitute for eggs for baking? And I'm sure everyone will agree that vegetarian cakes are scrumptious!

As for calcium, milk is not the only source. Broccoli and fortified soya milk also contain calcium. Therefore, with regards to nutrition, we have seen that it is possible to avoid eating meat and still sustain and replenish the nutrients in our body with a vegetarian diet.

Research has shown that the human body is more suited for a vegetarian diet. One example is the length of one's intestines. Meat eating animals have very short intestines but we have longer intestines like other plant-eating animals. Another example is our teeth. Meat eating animals all have carnivore teeth that are very sharp to help in tearing meat into small pieces. However, humans only have very few.

Why go vegetarian? Is that what you're thinking? Well, are you aware of the terrifying treatment of these defenseless creatures being put through before reaching our dinner plates? An organization called P.E.T.A - [People for the Ethical Treatment of Animals] did an undercover study on this and produced a documentary for the benefit of others. I was fortunate enough to be able to watch this documentary during one of the SSEHV lessons. The documentary was titled "Meet Your Meat". I was shocked at the sight of how these loving animals were treated. I couldn't help but feel tears rolling down my face. The tape displayed the negative conditions these animals were kept in and the horrific treatment they received, just to merely satisfy our tongue's desires.

Now, tell me honestly, is all this suffering these beautiful creatures of God go through really necessary? Is such treatment justified just to satisfy our tongues? I'm sure we can survive without meat. Can't we? In my opinion, eating animals is like a cannibal eating us.

In fact, imagine that you have accidentally cut yourself with a blade. How would you feel? Would you be able to control the pain? Think about it, for these animals, it is not only their fingers that are cut, it is much more! The pain they go through must be unbearable! Why should we put them through that pain? It is in our hands, we can help them!

Our Divine Mother Swami, on His 69th birthday 9 years ago asked us for only 3 things. Just 3 things for His Birthday that would in the end benefit not Him but It would benefit us and all of mankind. He said, as an offering to Him on His Birthday, we should give up eating meat, give up consuming alcohol, and not participate in any form of gambling. Now, as followers of Sai, it is our duty to follow the teachings of Sai. Surely, we have enough faith and devotion to give to Swami what He asked for as His Birthday gift! Let us stop eating meat and become vegetarians! Let us give love and not pain to these loving creatures!

Swami has also said the food that we eat will determine our thoughts and behavior. If we eat meat, we will think, talk and act with animal-like tendencies. By eating meat we will completely ignore his teachings of Ahimsa, Non-Violence. We will also be creating a lot of negative karma for ourselves! Swami says "*Meat eating promotes animal qualities. It has been well said that the food one consumes determines one's thoughts. By caring the flesh of various animals, the qualities of these animals are imbibed. How sinful is it to feed on animals, which are sustained by the same five elements as human beings! These lead to demonic tendencies, besides committing the sin of inflicting cruelty on animals. Hence, those who genuinely seek to become devotees of GOD have to give up non-vegetarian food.*"

Nikita Kamdar (SSEHV Group 4)