

ABB Industry Pte Ltd
Accenture

Acres
Adventist Community Services
Animal Paradise Animal Sanctuary
Anderson Secondary School
Art of Living
Awareness Place
Buddha Tooth Relic Temple
Broadway Productions
Centre for American Education
Environmental Challenge Organisation
Essential Living
Food #03 Cafe
Genesis Health Food Restaurant
Honeypot
Indonesia Vegetarian Society
Junction 8 Shopping Centre
Kampung Senang
KMSPKS Monastery
Kwan Im Thong Hood Cho Temple
L'Organic
Lavera



Thank You
for your invaluable support

Lee Foundation
MacPherson Community Club
Man Fut Tong Nursing Home
Malaysia Vegetarian Society
Meridian Junior College
Nanyang Technological University
NTU Animal Lovers Society
National Institute of Education
National Library Board
National Parks Singapore
National Volunteer & Philanthropy Centre
Nature Society (Singapore)
New Green Pasture Restaurant
Noah's Ark Natural Animal Sanctuary
NTU Earthlink
NUS Animal Welfare Group
NUS Buddhist Society
NUS SAVE
Old Rafflesians' Association
Pasir Ris-Punggol GRC
Paya Lebar Methodist Girl's Secondary School
PAWS (People for Animal Welfare at SMU)
Poh Ern Shih Temple
Raffles Institution
Raffles Junior College
Republic Polytechnic
River Valley High School
Shan You Counselling Centre
Singapore Environment Council
Singapore Management University
Singapore National Printers
Singapore Polytechnic
Singapore Press Holdings
Singapore Tourism Board
Siglap Secondary School
South West CDC
Sri Senpaga Vinyagar Temple
Temasek Junior College
UBS Vegetarian Society
Whole Earth Vegetarian Restaurant

We also thank the many others whom space did not permit us to list. Indeed, many other organizations, food outlets and individuals contributed their invaluable effort, time and resources to light the path towards vegetarianism.

Vegetarian Society (Singapore)
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*Vegetarian
Society*
(Singapore)

ROS Registration No.: ROS/RCB 0123/1999 WEL
Charity Registration No.: 1851
UEN: S99SS0065J



Invest ...

While we know that an animal-based diet is unsustainable for the planet, cruel to our fellow animals and hazardous to our own health, effecting a mindset change among the public is complex.

This is why VSS currently invests more effort in schools.

We are raising awareness of dietary habits in the young and trying to improve food served in schools.

We also bring international experts to Singapore to improve health guidelines.

One step at a time... one important and effective step at a time, knowing that a plant based diet has multiple and multiplying benefits.

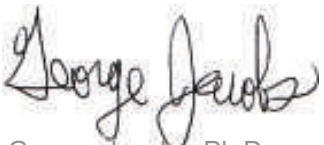
While we do our best in our Education effort, we also try build a sense of fun, vibrancy and support for the vegetarian circle. Thus, we do social and recreational events

If financial times are bad, all the more important it is for us to invest in the good, in the virtuous. Please join us!

Everyone's contribution counts: contributions of time, skills, ideas and/or funds.

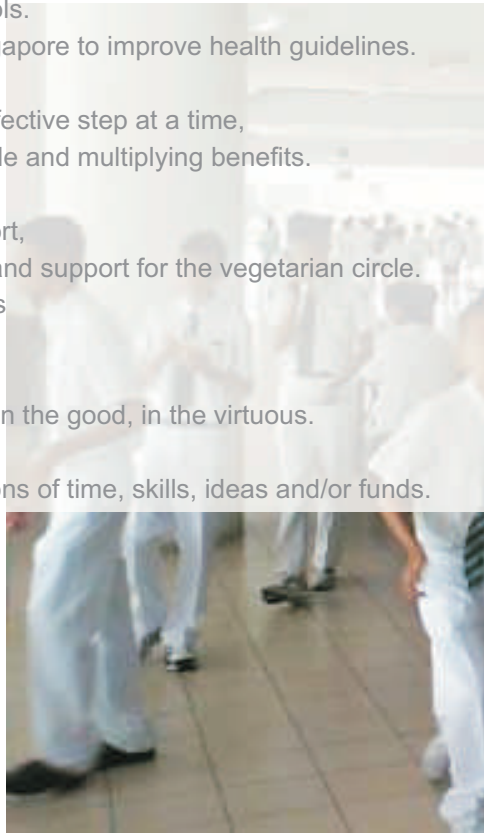
The task is urgent; the task is ours.

All hands on deck!



George Jacobs, Ph.D.

President, Vegetarian Society (Singapore)



Minutes of 9th AGM

Venue: 3 Pemimpin Drive, #07-02, Lip Hing Bldg, Singapore 576147
Date: 22 March 2008 (5.30 to 7.00 pm)
Attendance: 19 members; 5 observers

There being no quorum, the AGM was adjourned and officially began at 3.30pm with 21 members present.

WELCOME ADDRESS BY PRESIDENT

1.1 Vijay Kumar Rai, VSS Vice-President, took the chair and welcomed everyone present and thanked them for coming to the 9th annual VSS AGM.

1.2 In his welcome address, VSS President, George Jacobs, thanked Green Partners for letting us use their office for the AGM. Dr Jacobs also thanked all the committee members, volunteers and non-members for their efforts in 2007 to reduce meat consumption. He also acknowledged the presence of Adam Moledina, author of the pioneering book 'Food for Thought', and that of Allein Moore, VSS's founding president.

1.3 Dr Jacobs stated that the imperative to promote vegetarianism grows stronger every year. Therefore, he urged everyone to increase their efforts.

TO RECEIVE AND ADOPT MINUTES OF THE 8th ANNUAL GENERAL MEETING

2.1 The chairperson, Mr Rai, then asked that everyone look through the minutes of the 8th VSS AGM.

2.2 Loh Yeow Nguan proposed the minutes be accepted. George Jacobs seconded. All agreed. The 8th AGM minutes were adopted.

TO RECEIVE AND ADOPT THE ANNUAL REPORT OF THE MANAGEMENT COMMITTEE

3.1 The chairperson invited questions and comments on the VSS 2007 Annual Report. Allein Moore congratulated VSS for its impressive array of activities during 2007.

3.2 Allein Moore proposed that the Annual Report be accepted. Paras Chand Bhansali seconded. The Annual Report was adopted unanimously.

TO RECEIVE AND ADOPT THE FINANCIAL REPORT for 2007

4.1 The chairperson invited queries and comments on the VSS 2007 Financial Report.

4.2 George Jacobs proposed that the Financial Report be adopted. Loh Yeow Nguan seconded the proposal. There were no objections. The Financial Report was duly adopted.

TO ELECT OFFICE BEARERS

5.1 The chair nominated four people for election as VSS office bearers. Those people and their respective offices were:

Assistant Treasurer	Kam Tjeng Hong
Social Officer	Chua Kah Kheng
Committee Member	Lau Wen Jin
Honorary Secretary	Ni Rui Jun

5.2 No other nominations were made.

5.3 Soon Tze Chien proposed that those four people be elected. Allein Moore seconded. There being no objections, the four people were welcomed to the VSS Exco.

TO ELECT TWO HONORARY AUDITORS FOR THE YEAR 2008

6.1 Two Honorary Auditors were required by the Constitution.

6.2 Nita Shashikant Doshi proposed Shakib Gunn. Allein Moore seconded. George Jacobs proposed Nita Shashikant Doshi. Allein Moore seconded. Loh Yeow Nguan proposed that nominations be closed. George Jacobs seconded.

TO AMEND THE VSS CONSTITUTION

7.1 An amendment to the VSS constitution had been proposed. However, lacking a quorum, we did not consider the amendment.

ANY OTHER BUSINESS

8.1 The chair informed the attendees that no notice was received by the Secretary within the prescribed time.

8.2 The chair invited discussion on any issues or concerns from the floor. A wide-ranging discussion followed.

8.3 George Jacobs highlighted VSS's participation in the Qualities of Life exhibition that was to take place the weekend after the AGM and asked for volunteers.

8.4 The chair thanked everyone for their presence, time and participation. The Chairperson then declared the AGM closed at 7pm. Homemade food was served and the movie 'Fast Food Nation' was screened.

Recorded By



Ni Rui Jun
Honorary Secretary

Vetted & Confirmed By



George M. Jacobs
President

Activities of 2008

7th January: Film Screening - Sharkwater

While VSS encourages people to avoid all kinds of meat, some types of meat are easier to convince people to avoid, because of international campaigns. Shark fin is one example. VSS was invited to take part in a private screening for the film Sharkwater, which crusades against the eating of sharks. When the film arrived in cinemas, VSS helped to publicize it.



15th February: Talk at Poh Ern Shih and Dinner at Copthorne Grand Waterfront

VSS gave a talk at Poh Ern Shih Temple for senior citizens to share the health benefits of a natural plant-based diet and to explain how such a diet can prevent or even reverse certain diseases. Later in the evening, a VSS representative was seated at one of the head tables for a fundraising dinner for this temple which is eco-friendly in many ways, including the use of alternative energy and the exclusive presence of vegetarian food on the temple grounds. Even the construction workers involved in renovation work need to eat vegetarian food; they cannot bring in meat.

20th January: EcoCommunity 2008 @ South West CDC

The Guest of Honour at this event was Dr Yaacob Ibrahim, Minister for the Environment and Water Resources. Also attending was Dr Amy Khor, Mayor of South West District and Senior Parliamentary Secretary, Ministry of the Environment and Water Resources. In addition to our regular exhibition, VSS also arranged for a meal from Whole Earth Vegetarian Restaurant for the 120 volunteers who ran the event. This was a good way to show these community activists that vegetarian food is not only good for the environment but also tastes good.



23rd January: Raffles Institution, Talk

Project work with a community service theme is increasing popular in Singapore schools. Along with Acres, the Singapore Heart Foundation and others, VSS was invited to talk to students about what we do, in hopes of inspiring them to do projects on related themes. Fortunately, two groups decided to work with us. We answered their questions and provided other forms of guidance as the students went about their projects.



9th March: Workshop at Anderson Secondary School

Some Secondary Three students were working towards setting up an exhibition (for students majoring in Art) and a food workshop (for students majoring in Food and Nutrition) for the school's festival in October 08. VSS was invited for a talk with this group of students about how to eat a healthy diet and how our choice of food can affect not just our health, but also our behaviour and the environment.

5th & 6th March: Earthlink Exhibition @ NTU, Canteen A

We have been in support of Earthlink, a student group leading an Environmental Awareness Campaign at Nanyang Technological University. The theme iNature's Masterpiece was aimed at presenting the amazing wonders of Nature and cultivating people's interest in the various conservation efforts needed to preserve Mother Nature. VSS was invited to share our various activities and knowledge with the NTU community, and how we can protect Nature three times a day: every time we eat.

2nd February: YOUth Got Heart @ Junction 8 Shopping Centre

YOUth Got Heart, an organisation of RJC students put together an event to showcase what people do to help others. VSS was asked to exhibit and speak, which we were glad to do. As we were asked in our exhibition to show our beneficiaries, in addition to showing pictures of our fellow animals, of people suffering from hunger and of the environment, we also put up a mirror, to encourage people to think about how changing their diet would help their own health.



8th March: Animal Day @ SMU

Beyond the animals whom we care for as pets, it was good and necessary to share with people that there are also many farm animals, that are out of our sight, whom we can for. Our participation in the event also served to build ties with the organiser, PAW (People for Animal Welfare) who would be co-organising the Singapore ACRES symposium later in the year.

14th March: Eco-Ethical Market @ L'Organic

L'Organic organized this outdoor market with the idea of creating a meeting place for Eco-Ethical products, art and those of us who long for unique quality products made with respect for nature and people. It was also about a space to discover new inspiration and ideas, a place where contacts can be made and where people enjoy themselves chatting, eating and strolling. VSS, as a non-profit organization, was offered free table space to interest and inspire visitors.

17th March: Healthy Lifestyle at River Valley High School

This was part of the school's Healthy Lifestyle month with a theme, iMy health, I take charge. VSS was invited to provide: 1) an exhibition - on fruits and vegetables for two weeks in the canteen; 2) free reading materials; 3) two talks to the school population on the importance of preventing the major diseases; 4) a quiz based on the exhibition and the talks.

20th March: Kampung Senang Holistic Lifestyle Centre, Cookbook sale

Kampung Senang is a charity that provides many services to the public, including provision of vegetarian food. VSS was invited to take part in their Meatout Day event, timed to coincide with Meatout Day being celebrated in a number of other countries on that day. To help people learn how to make their own meatless dishes, VSS used the occasion to promote our cookbook: *New Asian Traditions Vegetarian Cookbook*.

12th April: VSS Educational Booth at Raffles Institution (RI)

VSS set up an educational booth at the ORA (Old Rafflesians' Association) Walk-a-Jogathon, an annual fair organised at RI for the Raffles schools including RJC and RGS. As part of their school project, a group of five RI students staffed our booth, thereby spreading the word on eating less meat.



22nd March: Lip Hing Building, VSS AGM

The VSS 2008 AGM was especially notable for the food on offer, courtesy of a member who cooked enough food for 40 people all by herself and did not charge VSS a cent. The event was also notable for the presence of our founding president, Allein Moore, and of one of the early voices for vegetarianism in Singapore, Adam Moledina. We hope to see both of them again, along with other VSS veterans, at our 2009 AGM, as we celebrate VSS's 10 anniversary.

29th March - 5th April: Temasek Junior College (TJC) Exhibition

TJC has been one of the schools where VSS has regularly held events, and 2008 was no exception. Due to popular demand, especially for the videos, our library exhibition was extended for an additional four days, until 9 April. The well received exhibition provoked a good deal of written feedback from the students. In 2009, we hope to continue reaching out to students and staff there, with a particular focus on providing more appealing vegetarian food in the school canteen.

2nd April: Temasek Junior College (TJC) Talk

Diana David, a registered nutritionist, gave a talk to approximately 650 JC1 students at the Temasek Junior College auditorium on 'Health benefits and advantages of vegetarianism'. With Diana's professional background in nutrition, her talks are information-packed.

14th - 16th May: TJC Elective on Vegetarianism

As part of the vegetarian enrichment programme for a class of students at Temasek Junior College, an Exco member gave a talk, "Global Warming, and how vegetarianism can help" on 14 May, while Diana David conducted a food demonstration on 16 May. The menu for the day included seaweed salad roll with cashew nut butter, apricot nectar, super smoothie and fruit-nut balls.





22nd & 23rd April: G-POP @ SP, Singapore Polytechnic
 VSS was invited to participate in this student-run event which was well-situated in a high traffic area of the campus. This was one of the last events staffed by tireless VSS volunteer, Ng Chin Siong, who passed away shortly thereafter.



26th & 27th April: Exhibition at Lianhe Wanbao Beauty & Healthcare Fair
 Beauty is more than skin deep. VSS was back to participate at this event at Suntec to make the point that eating more plant foods not only increases our beauty by boosting our health, it also makes us more beautiful people because we show our concern for other people, other animals and the environment.



3rd May: VCD Packing
 Over 20 volunteers were present for the session at Kheng Chua's (our Social Officer) house. After working hard on the packing, the volunteers enjoyed a sumptuous meal organized by Kheng.

9th May: VSS Presentation and Food Demo at ABB Industry

VSS gave a lunch-time talk to the staff of ABB Industry. Presented by Exco member Clarence Tan, the multimedia event highlighted the many problems associated with meat consumption – from global warming and animal cruelty to issues of personal health. The lively Q & A session after the talk showed the growing interest and awareness of these issues. Thereafter, the 40 plus attendees were treated to a vegetarian lunch and food demo prepared by Oh Chong Fah of Wholesome Living



10th May: National Environmental Youth Forum

The forum was organised by ECO (Environmental Challenge Organisation) Singapore. VSS had an exhibition and also facilitated a caucus discussion. Slowly, but surely, awareness is growing that food is an environmental issue. As a result, VSS is receiving more invitations to participate at events with a green focus.



16th – 19th May: Vesak Day 2008 Carnival @ Spring Street

The carnival featured 24 vegetarian food vendors and over 20 merchandise stalls. 2008 was a year in which VSS put special emphasis on reaching out to vegetarian food providers in hopes of enhancing the quality and appeal of their offerings. We plan to continue that emphasis in 2009, with special attention to the food on offer at schools and other educational institutions.



18th – 19th May: Vesak at Bright Hill Temple

VSS had an exhibition at the Gratitude to Earth & Earthlings: Exhibition on Environmentalism and Vegetarianism in conjunction with Vesak Day celebrations at Bright Hill Temple in Bishan.



24th May: Singapore Animal Welfare Symposium

Singapore's first-ever Animal Welfare Symposium was a platform for the various animal interest groups, animal-related organisations and the general public to convene and discuss issues affecting domestic, industrial and wild animals. A VSS Exco member spoke as part of the Symposium and VSS had a small exhibition.



24th – 25th May: Indonesia Vegetarian Society Annual Conference

A VSS representative travelled to Jakarta to participate in the annual conference of the Indonesia Vegetarian Society (IVS). IVS is, surprisingly, one of the world's largest vegetarian societies, with tens of thousands of members and more than 35 chapters around the country. More than 1000 people attended the conference, which featured a wide range of presenters, including the CEO of the country's largest chain of bookstores, a popular actress, medical doctors and professors. Outside the conference

hall, a bazaar offered a large variety of vegetarian dishes for sale. In November 2009, IVS is hosting to Asia Vegetarian Congress in Batam, and in October 2010, IVS plays host to the International Vegetarian Union's World Vegetarian Congress in Jakarta and Bali.



6th – 8th June: Exhibition at RE-live! @Atrium

Organized by ECO (Environmental Challenge Organisation) Singapore, a team of youth volunteers from junior colleges, polytechnics and universities, was proud to present RE-Live! @Atrium. This initiative provided a platform where the public learned about how they affect the environment as well as the actions they can take to help protect it.



21st June: VSS New Beginnings Launch Party – Too Good To Do Just Once

The VSS New Beginnings launch party was a full house - 60 people. It was an excellent event. Our three speakers, all heroes of the vegetarian community in Singapore, were great. Teresa Hsu, the 111-year-old vegetarian, reminded us to enjoy the simple pleasures in life, and that we should always look for how to serve others, including our fellow animals. M. Rameshon, the national record holder in the marathon, shared some of his training secrets, and Ang Hwee, from the Singapore Weightlifting Federation, gave us an impressive demonstration of his weightlifting prowess, executing a clean and jerk lift of 120kgs. What stood out with all three was their dedication to being vegetarian, despite the obstacles, human and otherwise, that they have encountered.

VSS would like to thank our sponsors: Essential Living – <http://www.essliv.com> - who provided the venue, soft drinks, vouchers and a gift hamper; Lavera who provided the door gift (their facial and body products, not tested on our fellow animals, have won 400 awards and are available at Watson's); and HoneyPot – <http://www.honeypot.com.sg> - who provided vouchers and a gift hamper for their Australian-made products that are also not tested on our fellow animals.

12th July: Man Fut Tong Nursing Home Fair

Man Fut Tong Nursing Home joined forces with the Little India Shopkeepers and Heritage Association (LISHA) to organise a Vegetarian Food Fare in conjunction with the Singapore Food Festival. This event highlighted the wide variety of healthy and tasty vegetarian food available in Singapore and raised funds for the 232 sick and needy elderly in the Nursing Home. VSS had a booth to provide people with food for thought.



7th – 13th July: Singapore Meatout Week

Meatout is an event celebrated in about 25 countries around the world, usually on a day in March. The idea is to encourage meat eaters to try going a day or more without meat. In Singapore, we've been celebrating Meatout for the past few years, but we do

it a bit differently. First, as Singapore is more advanced than most countries when it comes to meat reduction, instead of just a day, we do an entire week. Second, instead of March, we celebrate Singapore Meatout Week in July to coincide with the Singapore Food Festival.

The main events for this year's Singapore Meatout Week are listed below. They were Kampung Senang's Racial Harmony Day event, 6 Jul, the VSS exhibition at Jurong West Community Library, 28 Jun-13 Jul and the Vegetarian Food Fair in Little India, 12 July. Also, some schools, such as RJC and RI, had their own Meatout events in July.

28th June – 13th July: VSS Exhibition at Jurong West Community Library

It is impressive to see people's reaction to the VSS exhibition. Different people are attracted to different features of the exhibition. Kids like the statues, especially the ones of the hypothetical alien species who have developed a taste for humans just as humans have developed a taste for other species. Kids are also attracted to the colourful 'Love us, not eat us' stickers. Some teens and adults spend time reading the information panels and the free brochures. Probably the most popular component of the exhibition is the large video screen, with many watching intently the bilingual videos of why we need to change our eating habits.

14th – 18th July: Meatout Week exhibition at Raffles Junior College (RJC)

A group of RJC students organised a Meatout Week in their school, and VSS had an exhibition and movie screening there to support them.





19th July: 'Bridging Hearts - Nature in Harmony' Environmental Carnival

Siglap Secondary School, together with Meridian JC and RC Zone 14, organized the event to celebrate Racial Harmony Day via a fun-filled carnival in Pasir Ris Park. A perfect way to spend some fun times with family and friends. Guests enjoyed games, attractions and entertainment in the lush green setting of the park! There were also car boot sales featuring items made from recycled materials. It was a beautiful venue, breezy, spacious and surrounded by green, and VSS was there to share our ways of contributing to Harmony In Nature. A team of eight helpful students volunteered to run our booth and spread the message for us.

19th July: VSS Exhibition at RSC Block Party: ECO Solutions Festival

The Environmental Challenge Organisation (Singapore), also known as ECO Singapore, together with a few other young environmental enthusiasts from Halide Pictures and Rockstar Collective (RSC), organised a free local talent filled rock concert to raise awareness on how to live a more environmentally sustainable lifestyle. The Flea market saw various NGOs, such as Ground Up and Acres set up booths to educate the public on green and animal welfare issues. Given the nature of this event, guests were welcome to bring their family along to chill out with the music performances and learn about the various causes espoused in the exhibitions on display.

20th July: Lunch with UBS Vegetarian Society

A VSS representative attended a lunch at Lotus Vegetarian Restaurant in Quality Hotel. It was the inaugural event for the UBS Vegetarian Society. The society has about 40 members here in S'pore. About 15 came to the lunch. It seems that UBS has a similar society in the UK and they work with the UK Vegetarian Society.

23rd July: Talk at Republic Polytechnic

VSS did an hour-long talk and video presentation at Republic on 23 July. The students were to write what they have learnt from the talk as part of an assignment. The venue, which seats 170 people, was completely packed with at least 25 sitting on the floor and steps.

26th July – 2nd August: VSS Takes Part in World Vegetarian Congress

A VSS representative, along with noted environment and alternative health campaigner Betty Khoo, attended the 2008 International Vegetarian Union (IVU) World Vegetarian Congress in Dresden, Germany. Exactly 100 years after the first world vegetarian congress was held in Dresden, the centennial Congress took place in the very same city. The Congress venue was the famous and impressive Kulturpalast (culture palace), right in the heart of the old city of Dresden. From July 27 to August 2, more than 700 people from more than 30 different countries gathered to learn, discuss, network and have a great time.

28th July – 1st August: Meatout week at Raffles Institution

Our talk in January on possible projects for Service Learning led to the formation of a team of six students collaborating on a project with us. Over the months, discussions and planning took place for an awareness raising campaign. The week long campaign involved an exhibition, pledging [to reduce meat for a day or longer], video screening and more.

9th August: NDP Party

About 30 people attended this event held at the house of VSS Social Officer Kheng Chua. The guest speaker for the night was raw food chef and coach, Linda Loo, who told us about her life journey and how it had led her to major changes in her diet and in her entire approach to life. Linda also brought samples of one of her raw food creations.

17th August: Hike to MacRitchie Tree Top with VSS

VSS organized an early morning round trip hike to MacRitchie Tree Top Walk. This was great exercise aimed at improving camaraderie through walking, talking and enjoying the fresh air and nature, which we protect by eating a vegetarian diet. The hike was led by Linda Loo and Andrew Tay, and was free for VSS members and friends.

24th August: Malaysia Vegetarian Society Event: Vege for Health Forum

A VSS representative spoke at the Malaysia Vegetarian Society event: Vege for Health Forum, held at the Pure Life Society's building in Kuala Lumpur. The event also included speakers from Indonesia and Thailand, in addition to Malaysians. The Pure Life Society performs a number of welfare activities including running an orphanage with vegetarian food and a recycling centre. The VSS speaker's talk was titled, 'The Ethics of Taste and Nutrition'. The main points of the talk were that food involves much more than taste and nutrition, and that vegetarian food can be tasty and can provide us with all the nutrition we need, as well as providing health benefits. Approximately, 50 people attended the event.

30th August: VSS Forumers' Poolside Potluck & BBQ

20 VSS forumers gathered and many met for the first time after years of sharing vegetarian information and experiences over the VSS website forum. A total of \$150 was collected which went towards the reprinting of VSS flyers and other handout materials.



20th September: Talk @ Sri Senpaga Vinyagar Temple

A VSS Exco member did a talk and video showing for about 1.5 hours at Sri Senpaga Vinyagar Temple to a combined class of students and parents as part of a weekly values education programme conducted by the Sai Baba organisation. Approximately 45 people, ranging from 9-years-old to adults attended. As the large majority in attendance were vegetarian, either full-time or part-time, the emphasis was on how to reach out to others. One 15-year-old, who is a star athlete at his secondary school, recounted how he influences his fellow students to consider eating less or no meat. The discussion continued long after the session had officially ended.



26th September: Mini Exhibition at

VSS did a mini exhibition at Accenture, an IT consultant company. 20 posters were left at the office for a week, plus the usual giveaways. We did a short talk with many entertaining video clips to share the importance of meat reduction, had a sampling of vegetarian food during the lunch talk to add flavour to the message, supplied people with more educational videos for their own screening, some of which are humorous, and also suggested that the company could have one meatless day a week.



27th September: Talk at Buddha Tooth Relic Temple

We gave a 2-hour talk at the Buddha Tooth Relic Temple on the Multiplying Benefits of Vegetarianism. The audience of about 50 people showed much interest in the health, environmental and ethical aspects of a plant-based diet. The Q & A session that followed also touched on the healthfulness of raw plant foods.



2nd October: Commemoration of Mahatma Gandhi

VSS materials were distributed by a VSS eNewsletter reader at a Hong Lim Park in commemoration of the anniversary of the birth of Mahatma Gandhi, one of the world's most famous vegetarians and one of the four people featured on the cover of VSS' *Why Vegetarian* flyer. The commemoration was a simple affair with two people distributing flyers next to a small table displaying books and other materials by and about Gandhi. Gandhi's life and words are powerful inspirations for vegetarians everywhere.



3rd October: RI Research Congress & Fair

Being a supporting NGO in the RI's Research Education program, VSS was invited to attend the RI Research Congress & Fair on the 3 Oct. VSS looks forward to contributing more to the Service Learning process. Service Learning involves students in simultaneously doing service for others while they are also learning content and skills from their curriculum.



11th October: VSS Amazing Race

Thirty participants fanned out to vegetarian stalls around the island to collect a list of required information to update the Food Outlet page on the VSS website (which now includes more than 350 outlets), and to collect information to use in the tourist brochure VSS is doing in cooperation with STB. To thank the participants, they were treated with a scrumptious buffet dinner, prizes and great company at the home of our VSS Social Officer, Kheng Chua.



19th October: Talk at Singapore Polytechnic

A VSS representative gave a talk to about 300 people gathered at Singapore Poly for the 30th anniversary celebration of the Xing Guang Maitreya Society, an organisation that actively promotes vegetarianism among its members. One point in the talk that received a particularly strong reaction from the audience was that so many humans are dying of malnutrition while huge amounts of food go to the meat industry. Indeed, it is estimated that in the U.S. alone, the amount of grain and beans consumed by the meat industry could feed more than 1 billion people. VSS looks forward to more collaboration with the Xing Guang Maitreya Society.



19th October: A Successful VSS Extraordinary General Meeting (EGM)

The EGM succeeded in gathering a quorum on the passing of the proposed amendments to our constitution to allow us to increase our funding for projects and the hiring of staff. The EGM began with a presentation of the VSS's future plans which was followed by the audience engaging in some lively debate on what VSS should do going forward.

After the business of the meeting, Betty Khoo was invited to share her expertise in relation to her book *Cancer Cured Naturally*. Betty highlighted the important lifestyle choices that we consciously make when we eat vegetarian, organic and locally produced food, and urged everyone in the 50-odd crowd to live a simpler life.

Betty's words echo those in an article in the *Today* newspaper (dated 15th October) in which former NMP Dr Kanwaljit Sooin quotes E F Schumacher's book *Small Is Beautiful*:

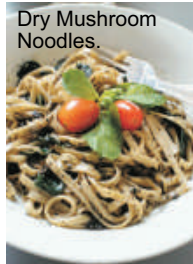
"An attitude to life which seeks fulfillment in the single-minded pursuit of wealth and materialism does not fit into the world, because it contains within it no limiting principle, while the environment in which it is placed is strictly limited."

Many attendees stayed on after the EGM to chat and catch up with one another before parting. No doubt it was a fruitful EGM and a worthwhile purpose, and the VSS is grateful to one and all who made the effort in spite of the rain.

24th October: Talk cum Smoothie Demo at National Institute of Education (NIE)

The NIE Staff Welfare Committee invited VSS to do a talk and smoothie demo entitled 'Make Your Own Smoothies: Easy, Quick, Tasty, Healthy, Varied, Green, 'Kind' and Lots of Other Good Stuff.' The event, held in an NIE Food Science lab, was over-subscribed within 5 minutes of the invitation being emailed to NIE lecturers and staff. The 30 people who attended were divided into 10 groups of 3 people each. Each group was given a blender and a wide selection of ingredients. Before they got to work on their own smoothies, they first listened to a short talk by VSS, followed by a demonstration of the Meal in a Drink Smoothie featured on p. 88 of the VSS cookbook, 'New Asian Traditions Vegetarian Cookbook'. Then, the fun began, with each threesome experimenting with the ingredients they had, tasting the result, refining their concoctions, enjoying their smoothie, and sharing it and the recipe with other groups. Among the more unusual ingredients were romaine

lettuce and parsley. The event was judged to be a big success, with the organiser asking about a repeat performance.



Dry Mushroom Noodles.



25th October: Talk & Demo at McPherson CC

In the two-hour sharing, VSS member Wong Kew Yew touched base on a broad spectrum of topics about vegetarianism, including: the reasons (health, environment, and compassion), how to go vegetarian, vegetarian nutrition, the spirit of vegetarianism (harmony) and how to pick up vegetarian food preparation skills. He also did a cooking demonstration of Dry Mushroom Noodles.

26th October: Tree Planting Event

A VSS representative was an invited guest at a tree planting event at Punggol Park in Hougang. The event was organized by a vegetarian, Rajartanam (Raja) Sadasivam, who teaches yoga for Art of Living, in addition to his regular job. Before the tree planting, the line-up of speeches and activities included a skit by ACRES, a reading of The Giving Tree by vegetarian activist, Bala, and speeches by Michael Palmer, MP for Pasir Ris-Punggol GRC (GoH) and environmentalist author Shamini Flint. Besides VSS, other environmental organisations represented were Nature Society (Singapore) and ECO (Environmental Challenge Organisation). In his opening talk, Raja thanked VSS and cited the fact that livestock create more greenhouse gases than does transportation. Vegetarian snacks were served after the tree planting.

1st November: World Vegan Day

World Vegan Day was celebrated for perhaps the first time in Singapore at Food #03 CafÉ, which featured the vegan cupcakes of a new vegetarian, Chef Halimah. The cafÉ, which supports the next-door Post Museum, hosted a fund-raiser for VSS earlier in 2008. Most of the food at many vegetarian eateries in Singapore is also vegan, and evidence suggests that vegan food can intensify the benefits of vegetarianism in terms of boosting human health, being kind to our fellow animals and lessening our impact on the environment. Furthermore, Halimah's cupcakes are but another example that we can enjoy all these benefits while also enjoying delicious food.



1st - 5th November: NUS Animal Welfare Exhibition

The exhibition at the NUS Central Library was organised by the NUS Animal Welfare Group, and VSS and other animal protection organisations, including our friends at Acres and SPCA, were invited. While distributing VSS materials to NUS students and staff entering and leaving the library, it was noteworthy how many of passers-by said, 'I'm already vegetarian', to which we replied, 'There are too many quiet vegetarians. Please try to be a noisy vegetarian, by telling others about all the powerful reasons to eat less or no meat.'

17th November: Paya Lebar Methodist Girl's School (PLMGS) Smoothie Workshop

At the new Hort Park, VSS did a Smoothie Workshop for teachers of PLMGS. The teachers thought our Meal-in-a-Drink Smoothie was delicious and had a great time making their own smoothies. Fortunately, we had 1.5 hours; so the teachers had lots of time to experiment with different combinations. Afterwards, we had a good chat with the school principal about what could be done to improve the canteen food. The principal was very supportive of having healthy food that will appeal to students' taste buds and at the same time, get them started on a lifetime of healthy eating habits. A meeting was planned with the teacher-in-charge of canteen food and the school's main canteen vendor.

23rd November: VSS Parent Support Group Gathering

Sunday, 23 November 2008 marked the official start of the VSS Parent Support Group (PSG). The fun and rewarding gathering was held at Kampung Senang Holistic Centre with over 30 adults and 5 children. Nutritionist Diana David gave an in-depth talk on vegetarian and vegan nutrition for both adults and children. Samuel Chua from Shan You Counselling Centre was then introduced as the support group's counsellor. The gathering concluded with VSS Education Officer Yeow's smoothie demonstration and free sampling of some easy, quick, healthy and delicious smoothies. Everyone certainly benefited from each other's experience and success stories.



29th Nov: Smoothie Demonstration for Indonesia Vegetarian Society

A smoothie demonstration was done at a vegetarian restaurant in Batam by a VSS representative for the members of the Indonesia Vegetarian Society and was open to the restaurant's customers. The aim was to introduce new ideas in healthier eating to the members, as raw food and smoothies are very new to them. There were many interesting comments, with one senior member saying that he felt brighter as he could feel the energy at the crown area opening after sampling the smoothie!



30th November: Johor Day Trip

VSS organized a trip for 40 participants to two animal sanctuaries and two vegetarian restaurants in Johor. Participants appreciated the link between the concern for our fellow animals shown by the people at the sanctuaries and by the people at the vegetarian restaurants. Among the fellow Earthlings living at the sanctuaries are, in addition to dogs and cats, goats, horses, cows, pigs, snakes, rabbits, guinea pigs, chickens, ducks, turkeys and ostriches. VSS and the participants contributed funds to the two sanctuaries.

1st Dec: Food Sampling for PLMGS Canteen Food Improvement

Following the 17th Nov workshop at Hort Park and a subsequent meeting on the 26th Nov which involved the school principal and food vendors, a food sampling session was held for 10 of PLMGS's staff. Fifteen dishes were sampled for possible serving at the school canteen. The healthfulness and tastiness of the dishes was praised by all. The deciding factor was the cost, given the \$2 to \$2.50 students normally pay per meal. This was being worked on.



7th December: Workshop at Awareness Place

A VSS Exco member conducted a workshop on reading aloud to children at Awareness Place Well Being Centre in Bras Basah Complex. The purpose of the workshop was to raise awareness among parents and others of the potential of reading aloud to children as a way to discuss with the children how humans impact our fellow animals and the environment generally. Pre-school and primary school teachers know that reading aloud to their students is a powerful way to promote language learning and a love for reading. However, many other adults are not aware of the many ways that they can stop as they read to children in order to engage the children on topics related to the book being read. This workshop fitted well with VSS' Parent Support Group (PSG).

9th – 23th December: Ang Mo Kio Community Library Exhibition

Our three-week exhibition at Ang Mo Kio Community Library marked the start of our exhibition marathon. The generous National Library Board offered VSS a non-stop two-month period of exhibitions at various libraries. Although we knew we would have difficulty staffing the exhibitions, we took up the offer because the year-end festive season is the period of highest meat consumption and the period that our messages most need to be heard. It was worth the strain because we met many interested people. As a result of exhibition visitor signing up for our free electronic newsletter, the number of eNewsletter subscribers now tops 4300.



20th December: Very Vege Christmas Party

Guests were enthralled by veteran showman and long-time vegetarian, Daniel Thompson. A seasoned performer since the age of six, Daniel's one-person song and dance show included rip-roaring impersonations of the most iconic superstars, like Michael Jackson! He even sang in Hokkien and Mandarin, and gave a debut of his special song, 'We Are The Vegans'. The night was about bonding and we are gradually building a closely knit group that is always welcoming of new members.



23rd December – 14th January: Jurong East Regional Library Exhibition

Singapore has three regional libraries. Previously, VSS's exhibition was held at Tampines and Woodlands Regional Libraries, in addition to the Central Library and several smaller libraries. Our exhibition at Jurong Regional Library enabled us to reach out to people in that part of Singapore. Here are just some examples of the encouraging written feedback the exhibition received:



- For years, we have been misled about food, yet I have to follow the guidelines set to teach the next generation. I'm glad to see such exhibition done in library and would like to see more it more frequently and on a larger scale. So that our education system would rethink, and tune the existing so called guidelines. - I applaud the organisation for taking such a bold step. It is definitely a great risk, considering the commercial sector will certainly be offended. But the world has to know the truth because the consequence of ignorance cannot be sustained any longer. And we have the environmental aspect to take care of. We have taken steps to cut down on our usage of plastic bags. We can certainly take steps to change our diet too, thus giving the world a chance to breathe again - The video clips are very helpful in educating the general public about where our daily food comes from. It has long been suspected that our diet may be the cause of so many people getting cancer. And keep up the good work.



VSS eNewsletter
10 November 2008

In this issue...

VSS NEWS

VSS e-Newsletter - 44 issues in 2008

One of the vehicles VSS uses to reach out to the public is our free eNewsletter. We try to bring out the newsletter about three times a month, and we exceeded that goal with 44 issues in 2008. 2008 also saw us top the 4000 mark for the number of email addresses subscribed to newsletter. Our newsletter improved not just in the number of addresses receiving it; it also got a livelier look with the inclusion of graphics.



VSS Website Revamp

For many years, VSS has wanted to enhance the look and content of our website, but efforts to do the revamp solely with volunteer help never got us anywhere. Finally, we retained the services of a professional web designer, and with lots of volunteer help, the site was revamped. We have received many compliments on our site's new look. In 2009, we will continue to enhance the content and interactivity of the website.

Letters



VSS sent the following letter, along with a copy of our cookbook, to Prime Minister Lee Hsien Loong

30th September 2008
Dear Prime Minister Lee

Long term contribution to a better Singapore through prevention of poor health.

This is written to appeal for more attention to the multi-faceted benefits of a plant-based diet.

Having no natural resources, it is a great loss to Singapore when our precious human resources are diminished, especially when our people are lost in the prime of their lives. Experts agree that a majority cases of cancer, heart disease, stroke, diabetes and others diseases can be preventable. They also agree that it is prudent and cost effective for the long-term to invest in prevention, given the high and escalating treatment costs.

UN scientists and other experts have stated that human's present dietary patterns are not sustainable, as they deplete global resources and wreak environmental havoc.

Moving towards a plant-based diet through awareness and choice would benefit all.

This is not about imposing lifestyle choices on people or about being seen as a nanny state, but is a real concern for the people's welfare, and now the Planet's.

Singaporeans can still have our satay, char kuay teow and chicken rice, but they can be in healthier plant-based versions. Given time and demand, even better tasting varieties of local food can evolve and be explored. Other new healthful food trends, like fusion foods, can be encouraged.

Singapore can become a true food paradise where food is not only tasty and amazingly wide in variety, but is moving towards a kindness to our health, to other animals and the planet.

While Singapore continues to thrive in our medical and health care programmes, we could also shine in preventive sciences. Being a small country of largely educated people with excellent leadership and infrastructure, we can be an example to the world of how we can enjoy life with plant-based foods and responsible living.

Enclosed is a cookbook which we produced with SNP and our annual reports. In the appendix are other ideas and a brief summary of VSS's past efforts and plans. We would be delighted to elaborate. We would be even more delighted if an audience with you is possible.
Thank you for your kind attention.

George Jacobs, Ph.D.
President, Vegetarian Society (Singapore)

Ideas for healthier Singaporeans through plant-based foods.

1. Airing more documentaries on
 - The benefits of plant-based food, disease reversal
 - Factory farming of animals, meat-environment connection
 - World resources and food sustainability, world hunger
2. Cookery classes and programmes.
 - Gathering culinary talent and good dishes, locally and from neighbouring countries
 - Introducing more good dishes, to widen the variety of plant-based dishes, in line with our vision of a food hub.
 - Have more promotion of plant-based foods to replace the unhealthy dishes.
3. Singapore Food Festival
 - More plant based dishes can be emphasised and made signature dishes, e.g., rojak. This traditional dish can be symbolic of our healthy mix of culture and vibrancy.
 - More food events or competitions encouraging the popularity of plant-based foods
4. Schools
 - More attention could be given to the reality of animal-based food and its many detrimental aspects
 - The importance of health prevention, rather than cure, especially to the human-resource based Singapore.
 - School canteen food adjustments.
 - Encourage student groups' pro-activity on these related matters

Our past efforts

- A sample of our past effort can be seen in our annual reports.
- Many visitors to our exhibitions fed back that the information we present is "eye opening" and strongly encouraged us to spread our important message further.
- More can be seen in our website.

Our plans

- We are looking into increasing our education effort, especially with more elaborate school programmes.
- Based on an STB suggestion, we are exploring forming a vegetarian association. This is aimed at synergising the many players in the vegetarian food industry to improve on vegetarian food, promote Singapore as a hub and ultimately bring better health and awareness for the masses.

We are open to suggestions

Please let us know how we may be of service your government's efforts.

Reply on 11 Oct 2008:

The Prime Minister has received your letter of 30 Sep 08, with the enclosed cookbook and annual report. We share your hope that Singaporeans can enjoy healthy food and lead healthy lives. Thank you for your efforts.

Yours sincerely,
Ng How Yue
Principal Private Secretary to the Prime Minister

LETTERS TO THE FORUM PAGES

VSS Exco members and other VSS members use the power of the pen to share our views in the media, as many publications have forum pages, both print and online. Not all of our letters are published, but some are, and we continue to send. New media, such as blogs, provide other ways to enhance awareness

12th Mar

Problems with Meat

I refer to the article 'Fleshing out the problem of eating meat' in The Straits Times of Tuesday, 11 February 2008. The article documents how meat production and meat consumption are linked to a host of problems, including illnesses, such as heart disease and cancer, and environmental destruction.

As the saying goes, "An ounce of prevention is worth a pound of cure". In this case, that ounce or kg of prevention would be comprised of fruits and vegetables. Solid research exists that eating more fruits and vegetables protects our health and reduces our impact on the environment.

Furthermore, eating less meat means prevention of the increased killing of our fellow animals, who, regardless of the method of slaughter, are forced to lead short, twisted lives far from the natural ways of their species.

Singapore, already known as a food paradise and already a leader in so many other areas, can become a leader in the preparation and consumption of tasty food that is good for our health, good for the environment and kind to our fellow animals. A delicious ounce of prevention indeed!

6th April

Food Shortages

The following letter was published in the online version of The Straits Times Forum page.

I refer to the special report 'Food shortage causes world eating disorder' in The Straits Times of Saturday, 5 April 2008. While the current food shortages result from a complex combination of causes, meat production is one of the main causes.

Currently, we 6.6 billion humans eat more than 50 billion of our fellow land animals annually. These other animals consume more food than the entire human population, not to mention the inputs of water, pesticides and energy involved in meat production or the huge quantity of waste products, including greenhouse gasses, that these unfortunate creatures produce during their unnatural and short lives.

Meat eating is indeed grossly wasteful of the crops we grow and of the resources required to grow those crops. For instance, more than 10kgs of plant food are required to produce just 1 kg of beef. Thus, a readily available way to address our current food shortages is to reduce our meat consumption or stop eating meat entirely.

Of course, this would not address the chronic food shortages in poor countries that approximately 800 million of our fellow humans face due to poverty.

23rd April

On Food Crisis

Food riots in poor countries, skyrocketing food prices and empty supermarket shelves elsewhere. Contrary to what most people would think, the fundamental cause of this crisis is not a shortage of food. In fact, The Independent (U.K.) newspaper (16 April, 2008) states that in 2007, we enjoyed a record global grain harvest, with more than 2.1 billion tons produced, an increase of 5%. The current food crisis stems not from inadequate supply but from inefficient distribution of the plant food that we do grow.

In particular, meat production wastes food. For every kg of food that cows, chickens, pigs, etc. are fed, only a fraction of the calories are returned in the form of edible flesh. The rest of those calories burn away in the daily life processes of our fellow animals or contribute to the feathers, blood, and other parts of these ill-treated beings that are not eaten by humans.

The Audubon Society estimates that approximately 70 percent of the grain grown in the United States goes to the meat industry, not to directly feed people. In poor countries, food that could go to feed starving people goes to meat production.

The food crisis is a complicated one, but eating less or no meat is a part of the solution that each of us can help with three times a day, every time we sit down for a meal.

11th May

Sharks Fin

I refer to the article 'Shucks, no fin?' in The Sunday Times of Sunday, 11 May 2008. The article discusses the issue of whether to eat shark's fin. The good news is that more and more people are trying to eat ethically, as your reporter, Tan Yi Hui, states. Not only are people here in Singapore questioning whether to eat sharks fin, but in other countries, a growing minority are also refusing to eat meat from land animals, such as pigs and chickens, who are raised in cramped, unnatural conditions and fed growth hormones and antibiotics.

The larger question is why do we need to eat our fellow animals at all when governments, such as that of Singapore and the U.S., assure us that we can be healthy on a vegetarian diet? Thus, the issue becomes not how the innocent animals, be they sharks or chickens, are killed, 'humanely' or otherwise, but whether they should be killed at all.

Imagine that another species came to Earth, a species wiser and more skilled than ours, and that this species took a liking to the taste of human flesh. Soon, human hand soup became a delicacy at the weddings of members of this species. What would you say to the soon to be newly weds from Krypton when they were planning the menu for their special day?

14th May

Carbon Footprint

I refer to the article 'Feel-good 'green' policies misguided' in The Straits Times of May 13, 2008. The article discusses how each person's choice of food impacts the amount of carbon emissions entering the Earth's atmosphere.

On the Internet today, many 'carbon footprint' calculators allow us to derive an estimate of the amount of carbon emissions produced by our lifestyle, including the food we eat. Quite a few of these calculators include a source of food-related emissions that is missing from the article: meat consumption. An example of such a calculator is the one found on the website of The Nature Conservancy:

Meat consumption causes increased carbon emissions because many kgs of plant food must be grown and fed to cows, pigs, chickens, etc. to produce just one kg of meat. All this unnecessary agriculture means more forests cut down and more energy consumed in the growing process.

Global meat consumption has increased fivefold in the past fifty years, and this trend shows little sign of abating. However, every day, at every meal, each of us can help reverse this trend and reduce our carbon footprint by eating less or no meat.

5 June 2008

70% of US Grains Goes To The Meat Industry

UN Secretary General Ban Ki Moon has called for urgent action to feed the world. Yet, we continue to inefficiently use plant food to feed animals whom we later eat. For example, "Japan's farmers switch to planting rice for animals", ST May 31, 2008, describes how Japan is now using rice, Asia's main staple, to feed chickens and other animals. Yet, for every kg of food that cows, chickens, pigs, etc. are fed, only a fraction of the calories are returned in the form of edible flesh. The rest of those calories burn away in the daily life processes of our fellow animals or contribute to the feathers, blood, and other parts of these ill-treated beings that are not eaten by humans.

An example of the huge amounts of food consumed by the meat industry is that the Audubon Society estimates that approximately 70 percent of the grain grown in the United States goes to the meat industry, not to feed people. In poor countries, food that could go to feed starving people goes to meat production. Global meat consumption has increased fivefold in the past fifty years, and this trend shows little sign of abating. Thus, the inefficiency of meat threatens to further distort world food markets.

14 June 2008

Meat Production Wastes Limited Resources

I refer to the letter "Vegetarianism not the answer to world hunger", June 10, by Ng E-Jay. I thank Mr Ng for continuing the dialogue on this crucial issue, and I agree that vegetarianism and meat reduction by themselves will not solve the huge problem of world hunger. Indeed, few problems have only one cause and only one solution. The main cause of world hunger is unequal distribution of resources, but meat production is clearly related.

Meat is a cause of world hunger because resources - land, fertilizer, water, energy and other agricultural inputs - are used to grow, harvest and transport food for animals, instead of food for people. This is a point missed by the authors of the Oklahoma State University website that Mr Ng cites. People in poor countries produce plant foods that are sold for animal feed. The animals are in turn eaten by wealthier people in these people's own country or in other countries. Thus, land that could grow food for malnourished people is devoted to meat production.

An example of how meat production wastes resources can be found in an article on the BBC website - - which states that a kilo of lamb from a sheep fed on grass needs 10 cubic metres of land, whereas a kilo of cereals can be grown on only 0.4 to 3 cubic metres of land.

What is saddening about the webpage that Mr Ng cites is that the authors seem to treat plants and animals as equivalent food sources. Have they ever spent any time with cows, chickens, or the other fellow animals whom (please note that I use "whom", not "which" intentionally) we eat? Can't they see any differences between these thinking, feeling beings and plants?

Finally, I respectfully suggest that Mr Ng may be contradicting himself when he states, "If a large number of people switched to vegetarianism, the global demand for grain would fall, resulting in a supply glut." Isn't a supply glut of grain exactly what we are hoping for? If we did have such a glut, perhaps it would be easier to give - or sell at a reduced price - some of this excess grain to the hundreds of millions without enough to eat.

3 October, 2008

Less Meat, Less Climate Change

I refer to the article 'Less meat, less climate change' (Straits Times, October 2, 2008). The article explains why meat consumption contributes to global warming.

After reading the article, environmentally conscious readers will want to reduce their meat consumption, but they are probably asking themselves three questions: (1) How can I find meatless meals? (2) Can I be healthy without meat? (3) Will the fun go out of eating along with the meat? This letter responds to each of the three questions.

As to finding meals without meat, Singapore is one of the world's best countries for vegetarian food. The Vegetarian Society (Singapore) website lists more than 300 dedicated vegetarian food outlets. Furthermore, staff at most non-vegetarian eateries are sensitive to the varying needs of vegetarians and glad to cater to them.

Second, as to being healthy on a diet that reduces greenhouse gas emissions, the American Dietetic Association (ADA) states, 'Appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases'. Here in Singapore, the national record holder in the marathon, M. Rameshon, is a vegetarian, as is Ang Hwee, who has medalled in weightlifting in international competitions. Other local vegetarians who have performed fitness feats include Goh Joo Heng, one of our top blood donors and 111-year-old lifelong vegetarian, Teresa Hsu.

This brings us to the third question, whether alternatives to meat are boring. After all, who wants to live a long, but boring life? However, cooked without pepper, salt, soya sauce, chili, ginger, curry and other spices, most seafoods and meats don't have a great deal of flavour. All these tasty spices come from plants, and these same plant-based spices are used to create great-tasting vegetarian dishes. Also, fresh fruits, vegetables, nuts and seeds can taste great on their own with little or no cooking..

In conclusion, meat is implicated not just in global warming, but in other forms of environmental destruction, such as water pollution, in diseases, such as diabetes and heart disease, in the cruel treatment of the over 50 billion fellow animals whom humans eat annually, and in food shortages that mean higher prices and less food for hungry people. With all these pressing reasons to eat less meat, the main remaining question is: Why not start today?

About Us

Vegetarian Society (Singapore), VSS, is a non-profit, non-religious organisation formed in 1999. We are a member of the International Vegetarian Union: www.ivu.org

We strive to build a more humane and harmonious world for everyone on the planet, for our children, as well as for our fellow creatures.

Environmental degradation, global warming, the high incidence of cancer, heart and other diseases have resulted in much untold physical, emotional and financial hardship.

Much of this is unnecessary and PREVENTABLE if only we knew and made the right choices. VSS' efforts are directed at the prudence of PREVENTION through awareness, and we believe that education is the key.

FINANCE AND FUNDING

The society is funded primarily by membership subscriptions and donations.

STATEMENT OF ACCOUNTS

Statement of accounts for the financial year ended 31 December 2008 is on the last pages of this Annual Report.

Financial Report

for the period
1st Jan 2008
to
31st Dec 2008

Balance Sheet as at 31 December 2008

	\$	\$
Current Assets		
DBS Bank Account	55,085.00	
Cash on Hand	0.00	
Accounts Receivable	0.00	
Stock	0.00	
Total Assets		55,085.00
Fixed Assets		
Long Term Asset	900.00	
Accumulated depreciation	(720.00)	
Equipment	230.00	
Accumulated depreciation	(213.00)	
		197.00
Current Liabilities		
Accounts Payable	0.00	
Total Current Liabilities		0.00
Total Assets Less Current Liabilities		55,282.00
Non Current Liabilities		
Nil	0.00	
		0.00
Total Net Assets		55,282.00
Represented by		
General Funds	54,563.08	
Surplus/(Deficit)	718.92	
		55,282.00

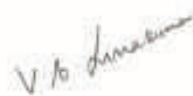
Honorary Treasurer
Paras Chand Bhansali



Auditor
Lee Song Mau



Auditor
Arumugam Sivakumar



Income & Expenditure Statement For The Year Ended 31 Dec 2008

	\$	%
Income		
Membership + Magazines	4,988.00	12.6%
Donation (Including sale of T-shirts, DVD & books)	31,997.73	80.6%
Social Events	0.00	0.0%
Magazine	0.00	0.0%
Advertising Income	0.00	0.0%
Launch Party/ND Dinner/X-Mas Party	1,312.00	3.3%
Local Organic Trip	1,400.00	3.5%
Sale of Books and others	0.00	0.0%
Miscellaneous	20.00	0.1%
Total Income	39,717.73	100.0%
Cost of Sales		
Cost of Magazines	0.00	0.0%
Cost of T-shirts	0.00	0.0%
Cost of Dinner	410.00	1.0%
Cost of Lecture & Workshop	265.00	0.7%
Cost of Johor Trip	600.00	1.5%
Cost for Local Organic Trip	360.00	0.9%
Cost of Cookbook and others	1,438.08	3.6%
Total Cost of Sales	3,073.08	7.7%
Gross Income	36,644.65	92.3%
Expenditure		
Advertisement	0.00	0.0%
Bank Charges	10.00	0.0%
Salary	12,640.00	31.8%
CPF	5,470.00	13.8%
Depreciation	196.00	0.5%
Miscellaneous	118.59	0.3%
Membership	0.00	0.0%
Postage	638.40	1.6%
Printing Expenses	7,550.08	19.0%
Website	1,733.84	4.4%
Refreshments	352.05	0.9%
Registry of Societies (ROS) Expenses	45.00	0.1%
Rental (AGM, Meetings & Exhibition Booth etc)	0.00	0.0%
Stationery (Including Books, DVDs, Equipments)	848.22	2.1%
Telephone & Internet	101.70	0.3%
Transportation	395.25	1.0%
VCD Production	5,826.60	14.7%
Total Expenditure	35,925.73	90.5%
Surplus/(Deficit) for the year	718.92	1.8%

Honorary Treasurer
Paras Chand Bhansali



Auditor
Lee Song Mau



Auditor
Arumugam Sivakumar

