

Thank You for your invaluable support

So many individuals, food outlets and organizations gave their invaluable effort, time and resources to light the path towards vegetarianism. Space may not have allowed us to list everyone, but all the same, we extend our most heartfelt thanks to you.

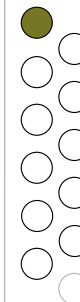
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Singapore Kite Association
Singapore Malayalee Association
Singapore Polytechnic
Singapore Sports Council
Singapore Tourism Board
Singapore Vegetarian Meetup Groups
SPCA
St Anthony's Canossian Secondary School
Straits Times
T. Colin Campbell Foundation
Temasek Polytechnic
Tampines Regional Library
UBS Bank's Vegetarian Society
VegVibe Magazine
Vegetarian Club of Bangladesh
Women's Initiative for Ageing Successfully
Wong Koi Hin

Action Earth
ACRES
Adeline Lo
Ai Xin Society
Anderson Junior College
Andrew Tay
Assembly of Youth for the Environment
AWARE
Balakrishnan Matchap
Betty Hoe
Bishan Community Library
Bright Hill Temple
British Petroleum (BP)
Bukit Merah Public Library
Cat Welfare Society
Catherina Hosoi
Central Library of the National Library Board
Chong Hua Tong Tou Teck Hwee movement
Douglas Teo
Dr Raymond Yuen
Environmental Challenge Organisation
Singapore
Family Service Centre (Yishun)
Foreign Domestic Worker Association
Gelin
Genesis Vegetarian Health Food Restaurant
Global Indian International School
Green Kampung website
Greendale Secondary School
Green Roundtable
Guangyang Primary School
GUI (Ground Up Initiative)
Herty Chen
Indonesia Vegetarian Society
International Vegetarian Union
Juggi Ramakrishnan
Lim Yi Ting
Kevin Tan
Heng Guan Hou
Hort Park
Kampung Senang Charity and Education
Foundation
Loving Hut Restaurants
Mahaya Menon
Maria and Ana Laura Rivarola
Mayura Mohta
Maitreyawira School
Media Corp
MEVEG (Middle East Vegetarian Group)
Millennia Institute
Mr Chng Hock Hai and family
Nanyang Technological University
National Institute of Education
National Volunteer and Philanthropy Centre
National Youth Envirolympics Challenge
Nature Society (Singapore)



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Introduction

At the heart of VSS is our endeavour to protect and save lives. While there is a tendency to associate vegetarianism with food, eating or with meat reduction, that is really the “fingers and toes” of what we do, not the heart.

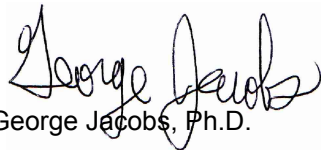
We save lives not with expensive and complex machinery, medication or procedures, but by providing important information, serving the community and inspiring a kinder world.

Education is the key element by which we address the root of many problems and attempt to uplift humankind.

While our efforts do not reap overnight results, our persistence and your support are seeing shifts in the world in which we live today:

- plant-based diets are gaining more acceptance across all sectors of society
- more vegetarian food outlets are opening locally
- awareness is growing of the destructive nature of animal-based foods

The following pages show some of our efforts in 2010. In 2011, our unrelenting life saving efforts urgently need your support!



George Jacobs, Ph.D.

President, Vegetarian Society (Singapore)

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VSS 11th AGM - 20 Mar 2010 (2-4pm)

Place: The Giving Place, 6 Eu Tong Sen Street, #04-88 The Central, S(059817)

Number of members present: 28 Number of observers/non-members: 12

PRESIDENT'S WELCOME

1.1 Dr. George Jacobs, VSS President took the chair and welcomed and thanked everyone for coming to the 11th Annual VSS AGM.

1.2 Dr. Jacobs introduced a special guest from Paraguay, Ms. Ana Laura Rivarola Oneto, President of the Vegetarian Union of Paraguay - UVPy (South America) who was visiting Singapore till June 2010. He also thanked Ms. Henry Lim, a vegetarian who now lives in Singapore and gave an interesting insight into the surprising growth of vegetarianism in her native homeland, South Korea.

1.3 Dr. Jacobs then introduced the Exco team.

TO RECEIVE & ADOPT MINUTES OF THE 10th ANNUAL GENERAL MEETING

2.1 The chairperson asked that everyone look through the minutes of the 10th VSS AGM, paying attention to items 4 and 5 in the minutes on the financial report and election of office bearers.

2.2 Jennifer Tan proposed the minutes be accepted and Mr. Loh Yeow Nguan seconded. Only 2 opposed. The 10th AGM minutes were adopted.

TO RECEIVE & ADOPT THE 2009 ANNUAL REPORT OF THE MANAGEMENT COMMITTEE

3.1 Dr. Jacobs invited everyone to go through the 2009 Annual Report and welcomed any questions. The 52-page report was also shown on slides.

3.2 Mr. Shrekanth Iyer proposed that the Annual Report be accepted. Mr. Clarence Tan seconded. The Annual Report was adopted unanimously.

TO RECEIVE & ADOPT THE FINANCIAL REPORT FOR 2009

4.1 The chairperson invited queries and comments on the VSS 2009 Financial Report.

4.2 Mr. Shrekanth Iyer raised a question on the higher funds and expenses than the previous year. The chairperson explained that almost all funds are used and with help of so many volunteers, many activities were possible like the printing of 10,000 Meat Less flyers and various other flyers and booklets. As for public education events, Dr. T. Colin Campbell's visit was the highlight of the year. There are also funds from Smoothie workshop, cooking classes, events and day trips.

4.3 Mr. Anand Vaidya suggested hiring someone for accounts and the chairperson confirmed that as a matter of fact, two interviews were held on that day.

4.4 Ms. Ng Shwu Huey proposed that the Financial Report be adopted. Mr. Jayachandran Maniyeri seconded. The Financial Report was adopted unanimously.

TO ELECT OFFICE BEARERS

5.1 The chairperson nominated a slate for the election as VSS office bearers. Those people and their respective offices were:

President:	Dr. George Jacobs
Vice President:	Ms. Lily Leong
Honorary Treasurer:	Ms. Amelia Wong
Assistant Treasurer:	Mr. Navaneethan Neminathan
Honorary Secretary:	Ms. Pauline Menezes
Assistant Secretary:	Ms. Lim Fang Qi
Social Activities Facilitator:	Ms. Chua Kah Kheng
Publicity Officer:	Mr. Douglas Teoh
Ordinary Members:	Mr. Lau Wen Jin
	Ms. Tara Melwani
	Mr. Amarinder Singh Saran

5.2 Emily Wong proposed that the slate for election be elected. Mr. Clarence Tan seconded. There being no objections, the slate of election were unanimously welcomed to the VS Exco.

TO ELECT TWO HONORARY AUDITORS FOR THE YEAR 2010

6.1 The chairperson commended the previous Honorary Auditors' job well done and invited volunteers for the upcoming year.

6.2 Ms. Emily Wong & Mr. Shrekanth Iyer volunteered and they were unanimously accepted.

CONSIDERATION OF ADDITIONAL MEMBERSHIP TYPES

7.1 An additional type of membership was proposed: There were only Regular (annual) & Corporate memberships in the past and now expanded to Premium (GIRO). Mr. Clarence Tan explained that the reason for increasing the membership number to hopefully 1000 this year would give VSS more bargaining power when working with the various businesses and vegetarian establishments.

7.2 He then opened discussion and voting to the floor on Student Membership criteria. Mr. Wong Kee Yew felt it is sensible to have an age limit, and to join the movement and contribute. Ms. Lily Leong added that the idea is for outreach exposure and encourage vegetarian awareness. After further discussions, 19 members voted the Student Membership should be free and 13 voted it should be \$5. The decision was clear that the VSS Student Membership should be free.

ANY OTHER BUSINESS

8.1 The chairman announced that there were 6 more confirmed talks at Libraries and invited Mr. Mark Soh to talk about it. The library talks enjoyed a very successful year with a host of interesting and diverse topics relating to vegetarian health and nutrition. Two examples were Dr. Raymond Yuen (MBBS, M Med (OM), FAMS), the Physician in Charge at Hosanna Medical Centre and a Specialist in Occupational Medicine and Mr. Heng Guan Hou of Sukha House Pte. Ltd., purveyor of award-winning organic dried goods and a brown rice expert. Other talks lined up were by Mr. Douglas Teo, TCM physician (Vegetarian Diet according to Your Body Type (in English and Mandarin)), Dr. Sanjay Doshi (Anti-Aging Foods) and Asst. Professor Harvey Neo (Meat Production and Land Use).

8.2 The chairperson introduced two special people who have contributed excitement to the vegetarian scene. He invited Mr. Gangasudhan s/o Bala Supramaniam to talk about Singapore's only online vegetarian magazine (soon to be in print) and Mr. Chua Tian Seng of the Singapore Adventurous and Nature-Lovers Meetup group.

8.3 Henry Lim gave ideas on increasing members, citing example from Korea, on the importance of the Homepage. She suggested a homepage should be very active, inviting and user-friendly for all ages, with celebrities news, exchange of opinions and nutrition, health and cancer information. The VSS team agreed and highlighted that the VSS website had indeed gone through a lot of improvements. On the same topic, the chairman encouraged everyone to regularly check the VSS website for upcoming events like cooking classes, talks and trips.

8.4 Mr. Shashi Lal Kashyap commended the Singapore Vegetarian Food Guide and that he was so happy with it that he ordered 20 copies for family and friends.

8.5 The end of the AGM was marked with a high note with a surprise birthday wish for long-time volunteer, Mr. Lau Wen Jin and with everyone invited to join in the singing of Michael Jackson's We Are The World. Although he was not always known as a vegetarian, the lyrics were very meaningful and he was certainly a humanitarian and environmentalist.

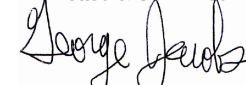
8.6 The chairperson thanked everyone for their presence, time and participation. The Chairperson then declared the AGM closed at 4pm. The President invited all to savour the catered refreshments and goody bag filled with organic goods courtesy of Holland and Barrett.

Recorded By



Pauline Menezes
Honorary Secretary

Vetted & Confirmed By



George M. Jacobs
President



EDUCATIONAL INSTITUTIONS OUTREACH



There are many reasons why we see schools and universities as the most important places for outreach:

- Our youths are our future.
- It is in youth that mindsets, values and many habits are formed.
- We can raise awareness of hundreds or thousands of students at one time in a conducive education environment.
- There is a potential multiplying effect when students/teachers gain interest and help spread the message through school projects and to their families



By highlighting how our diet is a major contributing factor to

- the prevalence of cancer, cardiovascular and other diseases in Singapore
- environmental destruction and climate change, which too often is overlooked

we emphasise how we should do our best to prevent these ills through diet choices.

Winning the support of principals and teachers is important because they can pave the way for healthier foods to be introduced into canteens.

VSS raised that awareness of teachers and students of 14 educational institutions and explored how that awareness can be translated into canteen food adjustments.

19 Jan. Talk and smoothie demonstration at Raffles Institution.

First, through a slideshow and videos, the Secondary 2 cohort (about 450 students) at RI heard why an animal-based diet is destructive for the environment and why plant-based food can be highly beneficial.

Next, we demonstrated our smoothie making at one station for four other stations to follow. At these tables, students copied the smoothie demo and made their own smoothies for distribution to teachers and peers.

1 to 11 Feb. Health Week at Anderson Junior College

VSS was invited to exhibit there for over a week to educate the AJC school population on matters relating to the heart, bone, mind, skin, eyes, diet ... etc, and to promote a healthy lifestyle.

Year long RE-SL project at Raffles Institution

A team of four students led by Li Shauwu, selected VSS to work with for a Research Education – Service Learning project. The energetic team met up with VSS almost weekly to develop the project from conceptualization to execution. With an objective to raise awareness on health concerns and introduce healthier food at their canteen, through much exploration and a great learning experience, the team successfully introduced smoothies to one of the stalls at the end of the year.

15 April. Smoothie workshop at St Anthony’s Canossian Secondary School

This smoothie making workshop conducted for teachers drew rave reviews. A survey revealed that many were not aware of the role of meat production in climate change. All respondents indicated that after enjoying the workshop, they planned to make smoothies a part of their diet. The school also considered having another workshop for parents of their students.

Here are a few of the teachers’ comments.

- a. “Very enjoyable and enlightening session. Will definitely recommend it to everyone. Thanks a zillion!”
- b. “Reach out to parents too and the young. Thank you very much”.
- c. “This is a very informative & beneficial workshop. The hands-on session is really fun and I’ll definitely go back & start making smoothies. Will also start to cut down on meat and eat more greens instead. Will try out the ‘no meat’ day idea”.



Interview by student team from Temasek Polytechnic

A team of Temasek Poly students was making a video on global warming. The students were already aware of the link between meat production and global warming. With even more compelling information, we expanded and reinforced their understanding.

VSS can offer ideas for school projects. For example, students can make videos of cancer survivors who had changed their diets. Compelling videos can save more lives.

19 – 23 April. Earth Day at St Anthony’s Canossian Secondary School

We shed more light on the connection between our diet choices, on one hand, and environmental destruction and deteriorating human health, on the other hand, through a week long exhibition and two talks to the student population there. We also explored food improvements for the canteen afterwards.

21 April. Earth Day at Singapore Polytechnic

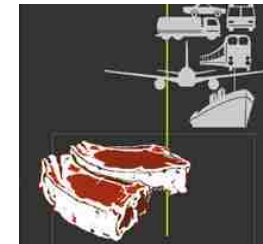
Most the exhibits at the SP Plaza/Convention Centre event focused on technology and recycling to address environmental protection. Our focus on diet factor drew the interest of many. One was a lecturer who subsequently requested us to share on our views to the staff of the School of Electrical and Electronics Engineering. Eventually, a smoothie workshop was arranged for June.

22 April. Earth Day with SSC

VSS enthusiastically took part in events at the Singapore Sports Council.

21 May. Green Day at Queensway Secondary School

Organized by the school’s Green Club, the event included terrariums, sale of used items, educational posters on green topics and vegan burgers and muffins. VSS’s role was to distribute our educational materials and teach Green Club members how to make smoothies, which were later sold. Students were eager to try their hand at smoothie making and came up with three recipes which they named Power Punch, Citrus Sensation and P Cubed.



21 May. Smoothie workshop at Greendale Secondary School

Healthy smoothies can help teachers cope with stress. Although teachers were in a rush for a deadline, about 30 came for the workshop. The school principal was surprised that smoothies could taste that good and commented that besides changing mindsets of some teachers, he'd like to

- have another session for parents
- explore changes in the canteen for healthier foods
- look into establishing a possible café with healthier foods.

5 June. National Youth Envirolympics Challenge at City Square Mall

In conjunction with World Environment Day, the National Youth Envirolympics Challenge (NYEC) saw hundreds of students race around Singapore in a bid to raise awareness to environmental issues. VSS was invited to have a booth to promote meat reduction as a powerful weapon against climate change.

30 Jun. Smoothie workshop for Yellowbus at Science Park

One of the many positive feedback from the lively class:

"Very eye-opening and interesting. Provide good education on eating healthily. Should conduct more to a bigger audience to expose this healthy idea."

14 July. Talk and project introduction at Global Indian International School (Queenstown Campus)

A VSS representative spoke to about 350 students who were very attentive and had lots of questions. The school wanted their Green Club to work with VSS on projects. The school only serves vegetarian food although many students are not vegetarian.

28 Aug. Smoothie workshop at St Anthony's Canossian Sec School for parents and daughters

This, being the second workshop at this school, catered for parents of the students. Interestingly, it was used as a parent-daughter bonding session because teamwork was involved. VSS encouraged parents to push for such healthier foods in school canteens.

This is an example of the positive feedback:

"The workshop is very beneficial. It shows how to add all the nutritious ingredients together in simplest ways. With this smoothie workshop, I don't need to worry about extra effort for nutrition."

21 Sept. Talk to NIE students

VSS raised the awareness of approximately 200 NIE students on meat reduction.



5 Oct. another talk to NIE students

A similar talk was given to a similar group of NIE students two weeks later.

Interview by Millennia Institute

We were interviewed by students of Millennia Institute. They look forward to working with us.

30 Oct. Smoothie workshop for NUS SAVE

NUS SAVE (Students Against the Violation of the Earth), was keen to promote the fight against climate change via diet change. Participants were already keen on green issues and were inspired to share our hands-on smoothie workshop to even more SAVE members and supporters. We also explored possibilities for sharing with the NUS Estate Management department that oversees all canteens at NUS.

3 Nov. Interview

A VSS Exco member did an interview with an NTU Journalism student who is herself a vegetarian.

4 Nov

Two VSS members gave talks and VSS had a booth at the NIE-AHES Home Economics Symposium 2010.

11 Nov

A VSS representative did a talk titled Environmentally Friendly Food on 11 November for about 600 students and 25 teachers and parents at Guangyang Primary School.

16 Nov

A VSS representative was an invited guest at the 2nd annual Assembly of Youth for the Environment held at Singapore Poly, and each of the 300 participants from various secondary schools received a copy of the Veggie Thursday flyer which VSS helped to write.

26 Nov. Talk for teachers of a Buddhist school in Batam

About 200 teachers of Maitreyawira School became more aware that an animal-based diet (including dairy and eggs) can be highly destructive for our health and the Planet. The secular reasons reinforced the Buddhist philosophy advocating a plant-based diet. Indeed, all religions have members who advocate for plant based diets.

27 Nov

18 NIE students led by a VSS member taught about healthy plant based food to 40 children from 6-13 years at the Family Service Centre in Yishun.





GENERAL PUBLIC OUTREACH

There is much important information that is poorly known about health, nutrition, meat & climate change, and the horrendous everyday happenings on animal farms.

As a service to the community, VSS did our best to share valuable information at library talks, seminars, conferences and other occasions, through **30 public events.**





15-19 Jan. Asia for Animals Conference at Furama Hotel, Singapore

VSS is proud to have given a talk at the Animals for Asia conference, 15-19 Jan, at Furama Hotel. Organised by ACRES (Animal Concerns and Research Society), the conference focused on what people are doing and can do to improve the situation for animal welfare.

15 Jan. Vegetarian Singles Night in Aid of VSS and Post Museum

Food #3 at 109 Rowell Road is the venue for a Veggie Singles Night. It was the perfect opportunity for one to find a date and contribute to the greater causes of vegetarianism and environmentalism at the same time!

27 Feb. Healthy Vegetarian Seminar at Toa Payoh HDB Hub

VSS helped raise awareness and supplied materials to this seminar which was conducted in Chinese. It was organised by caring individuals who wanted to make a difference to the world.

6 Feb. ACRES's Youth Forum on Animal Welfare at Chong Pang CC

VSS supported this event aimed at engaging youths and inspiring them to play a greater role in animal welfare issues. The forum was a platform for more than 200 youths to be a voice for animals and for them to engage in a dialogue with MPs from the Sembawang GRC.

7 March. Ubin House launch at Pulau Ubin

Ubin Green House is operated by Nature Society (Singapore). Plans are to make the house a model as an environmentally friendly building and as a place for activities by green groups. To demonstrate how we all can live healthily and eat simply in this environment, VSS arranged for Linda Loo () to lead a lively yoga session followed by a raw rojak workshop to an audience of students and teachers.

3 April. Brown Rice Talk at Bishan Library

35 people learned more about brown rice in all its splendour from one of Singapore's experts on organic brown rice, Heng Guan Hou. This was the first in the series of library talks to benefit the public.

25 April, Smoothie Workshop for Life Protection Fair at Ai Xin Society

Through this talk and workshop, a great deal of interest in vegetarianism was generated. The workshop was over-subscribed, and participants were inspired by how simple a healthy and tasty meal can be. The organising committee planned to have a bigger and better workshop in future.

9 May. Talk by Dr Raymond Yuen at Bukit Merah Public Library

45 people benefited from this talk on, 'Healing Chronic Illnesses through Your Diet'. Dr Yuen gave many examples from his own medical practice of how plant foods had helped people overcome chronic illness.

27 - 28 May. Vesak Day exhibition and workshop at Bright Hill Temple

More than 20 thousand people throng through Bright Hill Temple on Vesak Day every year. Our secular exhibition titled 'Gratitude to Earth and Earthlings' showed how plant diets benefit both the planet and its inhabitants. We conducted a smoothie workshop for the first time there, to showcase to a packed class that 'The kindest food for us is also the kindest for the planet'. It was very well received by the 40+ participants.

30 May, Bazaar at Chong Pang Village

By selling smoothies, we promoted a healthier diet to the hundreds of visitors of this vegetarian food bazaar. A hard working team led by Kevin and Herty did a great job in planning and running the successful stall. The event featured games for children, sale of apparel, performances, talks, a smoothie demo, medical checkups and Teresa Hsu's 112th (a life long vegetarian) birthday celebration.

5 Jun. Climate Change Conference at S'pore Post Centre

VSS outreached to the participants of the conference. We had a booth to give information reinforcing the diet – climate change connection. An array of international and local speakers, live and on video, included

- Dr Neil Barnard, head of Physicians Committee for Responsible Medicine
- Dr R.K. Pachauri, head of the Intergovernmental Panel on Climate Change

27 Jun. Smoothie workshop for Foreign Domestic Worker Association at Geylang Serai CC

VSS taught smoothie making to a packed and lively class of domestic helpers. Being the cook for the household, domestic helpers play an important role in influencing the health of the family they work for. One example of the large amount of enthusiastic feedback:

"Today, I learnt a lot of healthy diet tips that will benefit myself, my family and my employer's family. Hoping that Geylang Serai CC will continue this program in the future. Hoping for more interesting recipes in the future. Thank you a lot."



27 June. Talk on body type at Bukit Merah Library (Mandarin)

VSS Exco member and TCM physician, Douglas Teo, gave valuable insight into iVegetarian Diet According to Your Body Type in Mandarin to a capacity crowd.

25 July. Talk on body type at Bukit Merah Library (English)

Douglas repeated the talk in English, presenting the TCM holistic view on the relationship between humans and their environment. The audience learned about their body type and what plant foods to eat accordingly.

25 July. Exhibition at the Onam Festival of the Singapore Malayalee Association

Our Wall of Inspiration exhibition with photos and quotes by pro-vegetarians inspired visitors on the benefits of plant-based diets. The event was held at the Global Indian International School (Queenstown campus) and was rich in Malayalee culture, not least of which was a delicious vegetarian meal.

29 Aug. Launch of VegVibe Print Edition at Central Library

In support of the launch of Singapore’s independent vegetarian magazine, VegVibe, VSS spoke on links between vegetarianism, the environment and animal welfare movements. After a year online, VegVibe launched their print edition and became a bi-monthly print magazine as of Sep 2010.

16 Sep. Lunch and Learn programme at BP

VSS raised the awareness of 50 staff members at BP as part of the company’s Lunch and Learn programme. Besides a vegetarian lunch, we spoke about nutrition, the benefits of eating less or no meat, and on myths that sustain meat eating. We also screened videos. An audience member shared on his 9 year old chicken with surprising intelligence living in his HDB flat.

Over the past year, BP staff had watched a Dutch documentary, ‘Meat the Truth’, and been regaled by 112yr-old vegetarian, Teresa Hsu.



18 Sept. Talk on anti-aging at Tampines Regional Library

VSS arranged for Dr Sanjay Doshi, an M.D., to speak on “Staying Healthy and Youthful Through a Vegetarian Diet”. Dr Doshi specialises in anti-aging medicine at Mediline Wei Min Clinics, a general practice that focuses on holistic patient management. His talk on anti-aging was useful to people of all ages.

September, October, and November. Re:Live - Roadshows at various town centres

VSS joined with other organisations to take part in raising public awareness on how to protect the environment as part of a roving roadshow called Re:Live. The Roadshow, organised by Environmental Challenge Organisation – Singapore, included a segment on Veggie Thursday, a campaign to encourage people to eat veggie at least one day a week.

Schedule:

4 th – 18 th Sept	In front Tampines MRT (official launch, Minister Mah as GOH)
18 th Sept – 6 th Oct	In front of Jurong East MRT
16 th – 31 st Oct	beside Choa Chu Kang MRT

10/10/10, Smoothie Workshop at Kampung Senang Charity and Education Foundation

VSS’s talk and hands-on smoothie making workshop provided more valuable insight into a diet that is healing for people and the Earth. This well received session, attended by 65, was part of the International Day of Climate Action in conjunction with Kampung Senang’s Thanksgiving Day for their staff and supporters.



10 Oct. Global Warming Action at Bottle Tree Park

VSS helped put together the Veggie Thursday booth at this event at Bottle Tree Park to raise awareness on reducing carbon emission. The event was organised by GUI (Ground Up Initiative). On the same day, 7,346 other events took place internationally to galvanize humans into action to slow global warming.

12 Oct. Talk and demo at BP

We raised the awareness of about 45 staff members with two smoothie demos, as part of a Health Bazaar event at British Petroleum.

13-19 Oct. Action for Earth exhibition at Orchard Central

VSS shared a booth there and gave talks relating diet to environmental concerns. This event was aimed to save the Earth by educating about reducing polluting materials such as plastic bottles and bags.

19 Oct. Super 10 Smoothie Special at WINGS

We introduced healthy weight controlling, anti-aging and revitalising smoothies to a class of delighted women. Most participants, being mothers, were keen to introduce this healthy diet to their families. Women's Initiative for Ageing Successfully or WINGS, aims to improve women's health, wealth & happiness.

3 Nov. Green Roundtable gatherings

A VSS member gave a report on Veggie Thursday and raised the issue of fish farming at the 3 November meeting of the Green Roundtable (a gathering of leaders of environmental activist groups). VSS is now a regular participant in Green Roundtable gatherings, which occur about once every two months.

13 Nov. Herb Garden Tour at the Botanic Gardens

25 people learned more about the benefits of herbs in the Edible and Medicinal Tour of Botanic Gardens organised by VSS and conducted by Mahaya Menon and a colleague



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Balik Kampung @ Bottle Tree Park

A Day To Celebrate Climate Solutions



21 Nov, Holistic Wellness Symposium at Singapore Post Building

VSS spoke on how a wholesome plant-based diet heals humans and the Earth. We also provided posters and had a booth. The Symposium was organised by Kampung Senang and attended by about 250 pax.

21 Nov. Sharing [in Mandarin] at a social gathering

Through TCM physician, Douglas Teo, more people became aware that diet is not just about our health. The audience, who were mostly senior citizens, were surprised to learn that our diet has a huge impact on our environment and our climate.

5 Dec. Mandarin Talk at Tampines Regional Library

39 people learned from Douglas, the iSteps in Becoming Vegetarian. As a TCM physician, Douglas provides guidance from a unique perspective.

8 Dec. Public library talk at Central Library, Victoria Street

Prof Harvey Neo of the NUS Geography Department shared insights to about 30 people on how moving towards plant based diets can powerfully decrease human greenhouse emissions and suggested business opportunities that arise as people change their diets.

19 Dec. Nutrition solutions talk and demo at Toa Payoh South Community Club by Mayura Mohta

Mayura is a trained nutritionist and has a strong background in biochemistry. The class learned about using foods to combat stress, fatigue and moods. After the talk, a smoothie demonstration exemplified the foods mentioned.

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CLASSES AND SOCIAL EVENTS

Most people know what healthy foods are, but aren't able to habitually take them because of difficulties making them taste good. VSS organise classes to show people how to prepare simple or do-able dishes that are tasty and healthful.

In 2010, we showed this to

- at least **127 people** through the **7 cookery classes** we organised
- at least **845 teachers and others** through the **18 smoothie workshops and demonstrations** we conducted.

Besides good food and health, providing moral support for like-minded people making a transition is another essential. We have organised many outings for this purpose and the numbers are growing from strength to strength.



16 Jan. Anyone Can Cook! by Mr Chng and family

The talented Chng family – husband, wife and daughter – have produced crowd pleasing food for many VSS events. The Chngs established an informal atmosphere, and there was plenty of friendly participation from the class members.

6 March. Yogurt Class Soy Good

Adeline Lo demonstrated how to make soy yogurt and then how it can be used in so many delicious ways. Soy yogurt can be very healthy and helps promote the growth of healthy bacteria in your colon.

4 April. Anyone Can Cook: Quick & Delicious

Chef Poh Geok - founder of the 5 Loaves brand and owner of Genesis Restaurant - has been in the food business for close to 20 years and knows a thing or two about whipping up a nourishing meal. She shared many ways to make food fast & delicious.

19 Jun. Anyone Can Cook Vegetarian! Japanese with Catherina

Catherina Hosoi is a well-known personality in the local culinary scene, having hosted Singapore's longest running radio cooking programme as well as a three year TV cooking program. For our VSS class, Catherina demonstrated a variety of Japanese vegetarian dishes.

8 May. Raw food class by Chef Maria Rivarola

Maria qualified as a gourmet raw vegan chef at the renowned "Living Light Culinary Arts Institute" in California and completed a certificate in plant-based nutrition in the USA. She delighted the class and changed many people's perspectives on raw food with six delicious dishes.

8 Aug. Enzyme making class by Adeline Lo

Adeline showed us how to revitalize our cells and boost our immunity with enzyme-rich creations. She also showed us how to make cleaning enzymes from discarded fruit peels and vegetables. A cost-saving and environmentally-friendly cleanser for dishes, floors and drains.





25 Apr. Trip to JB Animal Sanctuary

VSS organised a trip to Noah's Ark Natural Animal Sanctuary (NANAS) in Johor. The stray animals who had moved there from Singapore in Year 2000 are happily settled and benefiting from the tranquil surroundings.

3 Oct. Trip to NANAS oversubscribed

VSS later organised a second 2010 bus trip to Noah's Ark Natural Animal Sanctuary (NANAS). Like its predecessor, this trip was full.

20 March. VSS Celebrates 11th AGM

More than 40 people gathered at the NVPC (National Volunteer and Philanthropy Centre) a to review VSS's work in 2009 and to plan our 2010 efforts. Special guests were Henny Lim, who told us about the surprising growth of vegetarianism in her native South Korea, and Ana Laura Rivarola, president of the Vegetarian Society of Paraguay (South America).

9 March. Introduction to talking to animals by Rosina Arquati

Rosina believes that being able to communicate with non-human animals requires that we connect with an ancient part of the brain and consciousness, opening up long forgotten pathways of communication.

3 July. Southern Ridges Trail hike – We made it!

"Ah, how cooling!" all declared! Despite a drizzle, the 35 brave hikers, guided by nature expert and fellow vegetarian, Andrew Tay, continued to enjoy each others' company, as well as the varied sights along the trail.

19 Dec. Southern Ridges Trail hike

We returned to the Southern Ridges, this time with much nicer weather. It's a great trail, very close to Harbourfront MRT, ending at the beautiful Hort Park. An outing like this reminds us that we need to protect the beauty of nature by eating vegetarian.

19 Dec. VCD packing for VSS's SEEDs

35 very willing people helped pack the VSS VCD. We have distributed more than 100,000 free copies of this video compilation which exposes the horrors of meat and the wonders of veg food. Although packing was hard work, the company and chatting with the like-minded, a delicious dinner and the generous hospitality of Kheng, the host and the VSS Social Officer, made the gathering enjoyable.

1 Aug. Kite flying at West Coast Park to celebrate Shakib

In 2009, one of our most colourful and enthusiastic members, Shakib Gunn, passed away. Two of Shakib's greatest loves were kites and vegetarianism. In memory of Shakib, we joined our Singapore Kite Association friends at West Coast Park for a kite flying day.

28 Aug, Sat, Pasir Ris Mangrove boardwalk stroll

A saying goes, "We only protect the things we love, and we only love the things we know". Nowadays, people don't know non-human animals, especially in their natural habitats. VSS organised a guided walk to the mangrove boardwalk at Pasir Ris Park, led by VSS stalwart and experienced nature guide, Andrew Tay, to be re-connected with nature.

Singapore Vegetarian Meetups

VSS members are active in Singapore Vegetarian Meetup a web based social organisation that brings people together to visit veg eateries and other places of interest. In 2010, 24 of these informal gatherings took place. They were mostly dining experiences to support vegetarian eateries and to create awareness and interest among the non-vegetarians. The most meaningful meetup gathering was probably the visit to an old folks home on Xmas day, where volunteers donated \$10 each to buy the residents hand towels, toiletries, etc.. They also entertained and even sang for the residents.





Milestones Publications and International Outreach

Along with a growing interest and acceptance for the plant-based diet comes a growing demand for:

- more up-to-date health information
- more interviews
- more food outlet information
- more invitations from overseas

We do our best to search for and disseminate more resources to meet the growing demand.

VSS Launches Seeds of Hope Campaign

VSS has many plans to encourage even more people to take life-saving steps towards a healthier diet. To help generate funds for these plans, we are offering a premier membership package to those who sign up for a Giro donation of \$5 or more per month. That's less than 20 cents a day. Support our Seeds of Hope!

Promoting health. New and lower price for The China Study and VSS Cookbook

As a service to the community, we've been promoting the breakthrough book, *The China Study*, by Cornell professor, T. Colin Campbell, whom VSS had the honour of hosting in 2009.

New feature of our exhibition – Wall of Inspiration

The VSS exhibition materials consist of informative and inspiring panels, statues, flyers and videos. In 2010, we added a new feature, which we call the Wall of Inspiration: It is composed of 16 posters of Singapore people from many walks of life and their pro-veg ideas.

6000 and Counting...

We have over 6000 email addresses on our e-mailing list. It is one of the ways by which we share good information far and wide.

31 VSS e-newsletters were sent in 2010

Covering health information, event announcements, food outlets, inspiring stories and much more, our e-newsletters elicit positive feedback from our readers who enjoy the rich and helpful information.

'Meat Less in Singapore Starter Kit' Launched

For people who are interested in eating more veg food, but they aren't ready to go 100% veg, this new VSS publication was written for them. The full-colour brochure addresses issues on the minds of many people who want to change their eating habits but face roadblocks. This Starter Kit can also be downloaded from our website.





3000+ FB Fans

More than 3000 people like the VSS Facebook page. A great place to meet friendly veg-friendly, planet-friendly folks.

Student Membership

To encourage a trend for more youths to eat more healthily, VSS unveiled a student membership scheme that offers free membership to all full-time students 23 years old and below.

VSS Listed on Concern Singapore

Concern SG is a community-edited encyclopaedia for the non-profit & social change sector in Singapore - a Wikipedia for people who care. VSS has a new listing there.

19 April, Integration of VSS food outlet list into SBF website

Although VSS is non-religious, we are happy to share our materials with any and all organisations in ways to make the world better. We successfully integrated the VSS website's Food Outlets search function into the Singapore Buddhist Federation's website.

30 Oct – 1 Nov, Talk on Intelligence & Emotions of Other Animals

A VSS member joined colleagues from Cat Welfare Society and the Society for the Prevention of Cruelty to Animals to video a talk on 'The Intelligence and Emotions of Our Fellow Animals'. The video was shown at the India, South & West Asia Vegetarian Congress, held in Bangalore.

VSS supports the vegetarian movement in Africa VSS is a member of IVU (International Vegetarian Union). Through networking involving other vegetarian organisations, we helped our counterparts in Africa organise a Vegetarian Congress.

VSS CD Helps Start Veg Organisation in Bangladesh

The founder of the Vegetarian Club of Bangladesh, Mr Ataur Rahman Miton, became vegetarian about two years ago after watching VSS's SEEDS VCD, which contains life-transforming videos.

Dec, VSS cookbook on Singhealth/Healthxchange website

To promote healthier eating, VSS collaborated with HealthXchange.com.sg to feature recipes from VSS's New Asian Cuisines Vegetarian Cookbook.

1 – 7 Oct. IVU World Vegetarian Congress in Jakarta

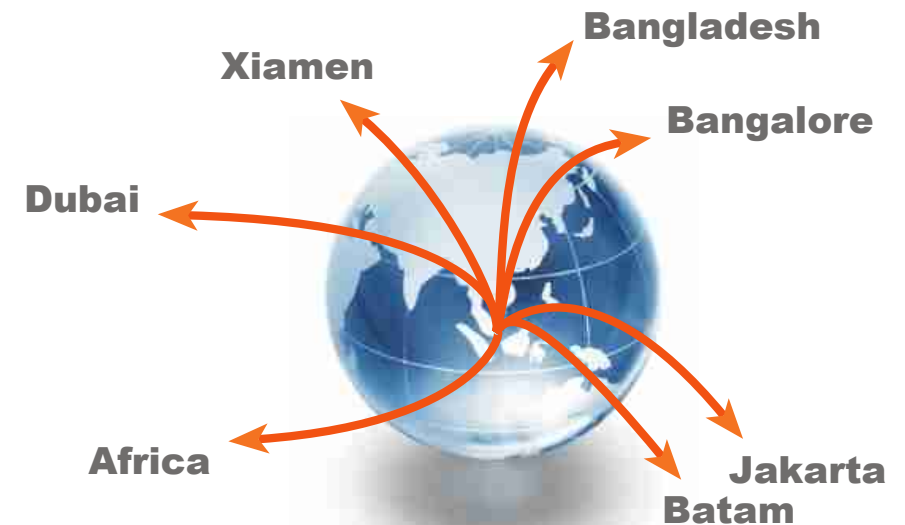
VSS was represented, at no expense to VSS, by four speakers at the 39th IVU World Vegetarian Congress in Jakarta, Indonesia. We shared with the international audience topics on Why Meat Damages the Environment, the Importance of Outreaching to Schools, How the Vegetarian Community Can Work with Environmentalists, and Bringing Up Vegetarian Children.

5-8 Nov, Our Speaker at Xiamen Veg Forum

VSS member, Heng Guan Hou, represented Singapore, at no expense to VSS, at the International Vegetarian Food Fair and Forum in Xiamen. Hou is a longtime leader in the Singapore organic movement.

6–7 Dec. Middle East Vegetarian Group (MEVEG) Conference at Dubai

In Dubai, at no expense to VSS, VSS presented 1 talk and 4 smoothie workshops which were all well received. After the conference, we shared about how we outreach to Singapore schools to try spread the message of healthy dieting. These plans are highly relevant to people in Dubai, as their population grows together with the diet-linked incidence of poor health.



23 Jan, Interview by NTUC media

'Diets of conscience' in The Sunday Times of 30 Jan.

VSS was mentioned in this article. As an indication that people were becoming more concerned about ethical eating and about 'saving the planet, one meal at a time', the article reported that VSS membership had doubled to 300 in 18 months, and the number of subscribers to our free eNewsletter had doubled in 24 months. The article also highlighted two people in their 20s who had fairly recently become vegetarians, one of whom had attended a VSS event before deciding to go veg, although this was not mentioned in the article.

A VSS member sent the following letter in response, but it wasn't published:

I refer to 'Diets of conscience' ST, Jan 30. As noted in the article, some people are eating less meat as awareness increases of the environmental damage caused by meat production and of the cruel, short lives of the non-human animals whom we eat. Furthermore, as noted in the article, ifree rangeî is a term of dubious veracity, not to mention the fact that an increasingly large majority of the meat on offer is, for the sake of economics, factory farmed.

That said, few if any of us are pure ethical eaters. Few of us faithfully follow our conscience. All we can do is to try our best. For instance, some people find it difficult to do without meat for such reasons as cravings for meat dishes, concerns about nutrition, worries about social pressures and the exigencies of convenience. No worries. Every little bit helps the planet and our fellow animals, not to mention boosting our own health.

One example of the 'every little bit helps' approach is the increasingly popular idea of a voluntary weekly meatless day. In 2009, city governments in Belgium and Brazil endorsed the idea, and a Meatless Thursdays campaign was started at NUS. This year, Bremen, Germany came on board, and a local French/Japanese restaurant started Meatless Mondays.



As the article states, more people are working at 'saving the planet, one meal at a time', and reducing meat can be an important, not to mention surprisingly tasty, part of that process.



Media

We attempt to have vegetarian voices heard, and we value the media as an avenue for this. Inevitably, changing of mindsets involves some debate, and we welcome opportunities to expose more people to the truth about meat.

In 2010, we had 7 interviews or features and we wrote 11 Forum Page Letters.

Please join us, build a stronger voice!



2 Nov, NewsRadio938 interview

A VSS Exco member was interviewed on NewsRadio938 for a feature story about how vegetarianism can help save the environment.



VSS Interviewed for Rameshon's Blog

M. Rameshon is a vegetarian and the Singapore national record holder in the marathon, a distinction he has held for about 15 years. Now in his mid-40s, Rameshon is still running and teaching others how to run to boost their physical and mental health.

To promote running and vegetarianism, Rameshon recently started a blog.



13 Aug, On the Radio Again

VSS members had called in to advise Gold 90FM DJ Hossan Leong on protein in veg diets. We were back on the radio again, Fri, 13 Aug, when word went around that 938Live would be discussing shark fin.

We spread the word via Facebook and Twitter. In fact, we might have done too well at spreading the word, because when the DJs asked listeners to call in, the lines were jammed.



Interview for Business Traveller Magazine

A VSS Exco member was interviewed in preparation for an article on trends in veg for Business Traveller magazine.



Mind Your Body feature

Loh Yeow Nguan, VSS's Executive Director of Education and Outreach, was featured in Mind Your Body.

Forum Page Letters

Too often, we vegetarians are 'quiet' vegetarians, not sharing our dietary choices and our strong secular reasons for living those choices. The media, both traditional newspapers and magazines, as well as new media, offer us many opportunities to be 'noisy' vegetarians. Here are letters sent by VSS members to the English language newspaper.



Letter 1

IT IS always tragic when politics gets in the way of saving humanity from its own wrongdoings. However, whether or not governments do their share to ease global warming, we can as individuals still step up to the climate change challenge.

This can be as simple as switching to a plant-based diet. Livestock agriculture is one of the biggest culprits in the emission of greenhouse gases because it is an inefficient way of using resources. We need to feed many kilos of plants to feed the animals which we later eat.

The grain we feed to livestock could feed all the approximately one billion people on our planet who have not enough to eat. By not consuming meat, we can help tackle global warming and ease world hunger at the same time.

Taking our own bags when shopping and recycling as much as we can is not enough to save this planet. Tackling climate change should be part of our lifestyle and this includes our dietary choices.

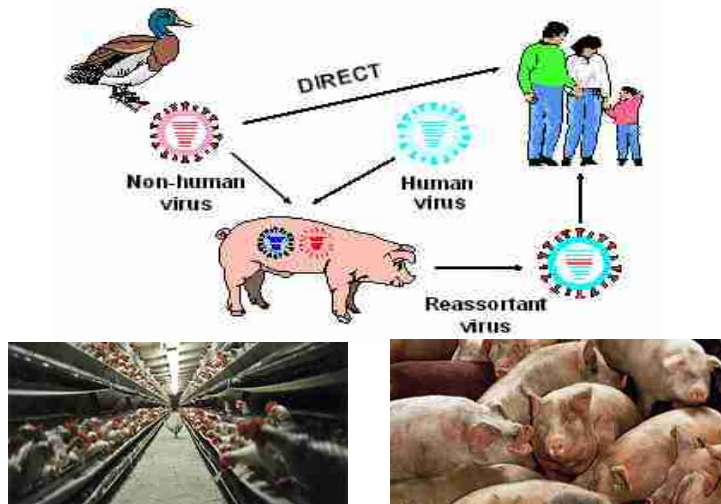
If a global treaty cannot be agreed upon by governments and the bigger corporations, then individuals should take it upon themselves to do what we can.

Our children and the future generations who will inherit this planet should not be burdened with an uninhabitable planet that we could have saved now.

American anthropologist Margaret Mead was right when she said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Imagine the depth of positive changes if a large group of thoughtful, committed citizens decide to make tackling climate change part of their everyday lifestyle.

Genesis of New Human Influenza Viruses



Letter 2

I REFER to 'The spectre of a health pandemic' (Jan 6) by Ho Kwon Ping. If we want to breathe easier about the possibility of a major pandemic killing millions of people, as did the bubonic plague and the Spanish flu of previous centuries, we need to look at the causes of 21st century pandemics.

Dr Michael Greger, MD, Director of Public Health and Animal Agriculture for Humane Society International, is one of many investigators who traces SARS, bird flu and H1N1 (swine flu) to the way that we produce our meat: http://www.hsus.org/farm/news/ournews/qa_on_swine_flu_050209.html. In the name of efficiency and lower prices, we confine chickens, pigs and other animals in crowded conditions ripe for the breeding, spread and mutation of disease. For example, the chickens on these factory farms (known also as Concentrated Animal Feed Operations) must survive in a space approximately the size of an A4 piece of paper.

Public health experts have long warned of the risks created by these factory farms. For instance, in 2003, the American Public Health Association, the world's largest and oldest association of public health professionals, called for a moratorium on new factory farms:

To sleep easier during the next ten years, we can reduce the risk of catastrophic pandemics by reducing our meat consumption. Eating less meat will also address two other major worries confronting the planet in the new decade: intensifying global warming, with livestock accounting for 18% of human produced greenhouse gas emissions; and increased rates of cancer, stroke, heart disease and diabetes, all of which are linked to diet.

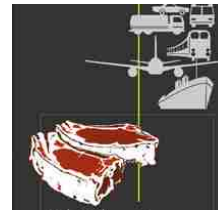
Letter 3

I refer to 'Climate change and the stumbling block of domestic politics' (May 3).

Yes, the possible effects of global warming are catastrophic, and yes, governments, companies, NGOs and individuals should all do what we can on our own and to influence others to prevent this approaching catastrophe.

The UN's Food & Agricultural Organisation estimates that livestock production accounts for 18% of our greenhouse gas emissions. Thus, eating more plant foods is one more step to take against global warming.

Fortunately, reducing meat consumption needn't harm the economy, as people will be eating as much, just eating different foods. Cities such as Sao Paulo, Brazil and San Francisco, USA are urging citizen to do their bit for the planet by going meatless once a week. Surely, that's not too difficult. In fact, it could even prove to be a tasty, healthy change of pace.



Letter 4

I refer to 'Animals as food', *The Sunday Times* of 13 June (p. C3). The author, Adele Ong, questions whether we should make animals give their lives so that humans can eat fancy dishes, such as shark's fin and veal.

I would further question whether we need to make any animals give their lives to become food for humans. A large body of research suggests that humans can obtain all the nutrition we need without eating non-human animals.

For example, in 2009, the American Dietetic Association, the world's largest organisation of health and nutrition professionals, issued an evidence based position paper stating that vegetarian diets are nutritionally adequate and can even have health benefits.

Appearing on the same page of *The Sunday Times* as Ms Ong's article are photos of cute animals whom are up for adoption. Why are we so kind to cats, dogs and other species whom we take as pets, while at the same time we condemn other species, such as chickens and pigs, to short, miserable lives?



Letter 5

I REFER to 'Less meat not equal to less heat: Expert' (March 25). The article reports statements by Professor Frank Mitloehner that reducing meat consumption will not reduce global warming. Previously, a UN report, 'Livestock's Long Shadow', had attributed 18% of human-produced greenhouse gas emissions to livestock.

Professor Mitloehner argues that to combat climate change, we should focus instead on energy and transportation. Possible flaws in the professor's argument include:

a. Animals whom we eat emit the greenhouse gases methane and nitrous oxide. Professor Mitloehner believes 'smarter animal farming' will solve this problem.

Perhaps, but the same could be said for smarter cars, planes and power stations that are envisioned for the future. Right now, this smarter farming is not being practiced, and each day means more greenhouse gases entering the atmosphere.

b. Professor Mitloehner believes that raising non-human animals for food accounts for only 3% of greenhouse gas emissions. Certainly, estimates differ widely. For instance, a Worldwatch Institute publication put that figure at about 50%.

Many factors cause global warming, and many actions need to be taken to stop climate change from wreaking havoc. It is not a question of finding the one solution. Instead, we need to work on many fronts.

c. Professor Mitloehner claims that reducing meat production will exacerbate world hunger. This ignores the tremendous inefficiency of meat production, with many kgs of plant food fed to the cows, chickens, etc. to produce just one kg of meat.



Indeed, the inefficiency of meat-based diets means that huge amounts of forests are chopped down to grow the food we feed to the non-human animals whom we eat. For example, much of the destruction of the Amazon rainforest occurs to grow soybeans and other foods to be fed to cows, etc. Rainforest destruction releases carbon dioxide, the most prominent greenhouse gas.

To conclude, some skeptics have questioned whether human activity has any role in climate change. Can we afford to take a chance that the catastrophic effects of climate change might not occur? That would be taking a terrible risk.

Others skeptics, such as Professor Mitloehner, question whether meat reduction constitutes the best way to address climate change. We should not limit ourselves to single solutions. Furthermore, meat reduction offers us health benefits and helps the non-humans animals whose lives are made short and miserable by being converted from the thinking, feeling beings they are into mere objects.



Letter 6

I REFER to 'The pandemic that wasn't' (April 12). The author contends that WHO's warnings regarding the danger posed by H1N1 (also known as swine flu) overestimated the threat involved. Regardless of what did happen or will happen with H1N1, it is becoming increasingly clear that we humans' growing appetite for eating meat from other animals does threaten us with a host of life imperiling illnesses.

The list of these grave diseases linked to meat production includes nipah virus, SARS, mad cow disease, bird flu and swine flu. While much remains to be understood, the rise of these deadly diseases has been associated with the rise in factory farming.

Factory farming is the increasingly common practice of crowding pigs, chickens and other animals together in cramped, unnatural conditions in order to produce meat more economically. Similar practices are also on the rise in regard to marine animals.

As we humans do not need to eat other animals in order to be healthy, why risk outbreaks of killer diseases, such as swine flu? Moving away from meat and towards a diet richer in plant foods might also reduce the incidence of another set of severe illnesses linked to heavy meat consumption, for example, heart disease and diabetes.



Letter 7

I refer to the letters in 'Food: Everyone has the right to choose' (Life! Mailbag, 4 September). I choose vegetarian although I do understand that meat dishes can be tasty, that eating meat can be a way to enhance social links with others who are also eating meat and that certain meat dishes may even enhance my status among certain people. I choose not to eat meat because the lives of the animals whom I would be eating seem more important, and because I can enjoy tasty food and warm social ties via veggie food, too.

On a more selfish note, I think about what would happen if people from another planet (see photo above) came to Earth and took a liking to the taste of humans, such as me. With their superior technology, this other species could do to us what we now do to chickens, pigs, cows and others. I wouldn't want that kind of life for myself or anyone else, humans or other animals.

I've been making the vegetarian choice for 30 years. Maybe it's not the right choice for everyone, but to me, it's one of the best things I've ever done. And, along the way, I've eaten lots of great food and enjoyed the company of lots of great people.

Letter 8

I refer to 'One Singapore resident's ecological footprint equals that of 33 Africans' (Oct 14). We could significantly reduce Singapore's ecological footprint by reducing our meat consumption. To put it simply, eating meat is wasting food; we have to feed many kgs of plant food to the pigs, chickens and cows to yield just 1 kg of meat. As the WWF report states on p. 87, 'Conversion of vegetable-based calories to animal-based calories is inefficient'.

Fortunately, many people are already reducing meat consumption for health reasons, and others are cutting back on meat to show concern for the animals who live cruel, very brief lives as part of the meat industry. WWF's expose of the environmental consequences of meat consumption is indeed timely. Add that to the UN's paper, 'Livestock's Long Shadow', which claims that 18% of human produced global warming gasses are linked to livestock, and we have further confirmation that eating less meat is the green thing to do. Readers may wish to join with 25 local NGOs, including many in the environment sector, who have endorsed the Veggie Thursday project, which encourages people to go veggie every Thursday or any other day that fits their schedules.



Letter 9

I REFER to the advertisement on the back page of *my paper* (Nov 15) for the 'TaPau' Eco set of containers by Tupperware. Using those containers instead of Styrofoam and plastic bags when we tapau food back home or to our workplace will make Singapore a greener place.



The food that we put in the Tupperware containers also impacts the environment. Plant based foods are the greener choice for two reasons. First, plant foods are more efficient, because many kgs of plants must be fed to the animals whom we later eat to reap just one kg of meat. Second, the UN has estimated that more than 10% of the greenhouse gases generated by humans derive from meat production.

Letter 10

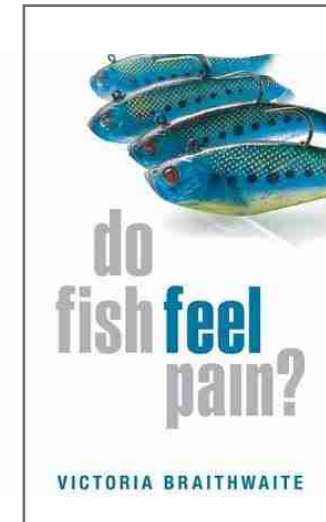
I REFER to 'MM: Health care must innovate' (*my paper*, Nov 16). MM Lee stated that health care institutions need to 'adapt the best of international practices to suit the country'.

Unfortunately, for too long, we have ignored the wise old saying that 'An ounce of prevention is worth a pound of cure.' Instead, health care has overly focused on curing illnesses rather than working with the public to prevent illnesses before they arise or recur.

Fortunately, the balance between prevention and cure may be righting itself. For example, in recognition of the growing evidence that people are eating too much meat and not enough plant foods, the world renowned Johns Hopkins Hospital in the U.S. has launched a Meatless Monday campaign to encourage patients and staff to eat more healthfully:

In Singapore, we have a similar campaign, known as Veggie Thursday. Veggie Thursday has been endorsed by health organisations, such as HealthXchange, a part of SingHealth, WINGS, and the Macular Degeneration Society Singapore, as well as by environmental organisations, including Nature Society (Singapore) and the Singapore Environment Council.

Let's hope that a greater emphasis on prevention can reduce the need for medical services, as it prolongs and enriches our lives.



Letter 11

I REFER to 'Some heartening advice about fish' (Nov 20). In his article, Andy Ho recommends that we eat fishes to obtain sufficient quantities of omega-3 fatty acids.


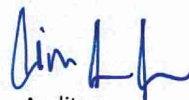
However, eating fishes has drawbacks. First, fishes ingest toxins from our polluted seas. Second, overfishing is wreaking havoc on marine ecosystems.

Third, recent research suggests that fishes, far from being mere 'vegetables of the sea', do feel pain and are intelligent in a variety of ways. For instance, in a book published earlier this year, 'Do Fish Feel Pain?', Victoria Braithwaite, Professor of Fisheries and Biology, Pennsylvania State University (USA), summaries the growing body of research suggesting that fishes are more cognitively competent than previously suspected.

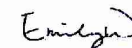

Furthermore, the fact that tens of millions of vegetarians in India have survived for generations without eating fishes suggests that omega-3 can be obtained without involving fishes. Non-animal sources of omega-3 include flaxseeds (easily obtained at most supermarkets), walnuts and canola oil. Indeed, some of these plant based sources of omega-3 can even be less expensive than buying fishes.

Financial Report Balance Sheet as at 31 December 2010for the period
1st Jan 2010
to
31st Dec 2010

Assets		
Property & Equipment		
Equipment	300.33	
Total Property & Equipment		300.33
Current Assets		
Cash On Hand	75,532.90	
Pledges Receivable	1,335.20	
Inventory	598.64	
Total Current Assets		77,466.74
Other Assets		
Prepayments	1,690.60	
Deposits	1,000.00	
Total Other Assets		2,690.60
Total Assets		80,457.67
Liabilities		
Current Liabilities		
Payroll Liabilities	1,440.00	
Other Current Liabilities	2,881.93	
Total Current Liabilities		4,321.93
Total Liabilities		4,321.93
Net Assets		
		76,135.74
Equity		
Prior Year's Surplus/Deficit	78,864.78	
Current Year Surplus/Deficit	(2,729.04)	
Total Equity		76,135.74

Honorary Treasurer
Amelia WongAuditor
Emily WongAuditor
Lim Lee Nguan**Financial Report** Income & Expenditure Statement for the year ended 31 December 2010for the period
1st Jan 2010
to
31st Dec 2010

	\$	%
Income		
Donations in Cash	29,070.04	43.9%
Programme Fees	13,290.00	20.1%
Membership Fees	12,540.00	18.9%
Sales of Work	2,846.57	4.3%
Advertising Income	6,555.00	9.9%
Miscellaneous Income	1,972.00	3.0%
Total Income	66,273.61	100.0%
Expenses		
Employment Expenses		
Salaries	34,200.00	51.6%
CPF Contribution	4,995.00	7.5%
Skills Development Levy	85.50	0.1%
Staff Training and Development	56.50	0.1%
Total Employment Expenses	39,337.00	59.4%
Rental		
Rental of Equipment	15.00	0.0%
Rental of Rooms	340.00	0.5%
Total Rental	355.00	0.5%
Supplies and Materials	11,448.74	17.3%
Transport	2,381.68	3.6%
Communications	2,459.90	3.7%
Professional Fees	8,700.00	13.1%
Subscription Fees	26.46	0.0%
Public Education	2,920.70	4.4%
Volunteer Development	224.90	0.3%
Bank Charges	522.60	0.8%
Depreciation of Fixed Assets	275.67	0.4%
Bad Debts	350.00	0.5%
Total Expenses	69,002.65	104.1%
Net Surplus / (Deficit)	(2,729.04)	-4.1%

Honorary Treasurer
Amelia WongAuditor
Emily WongAuditor
Lim Lee Nguan