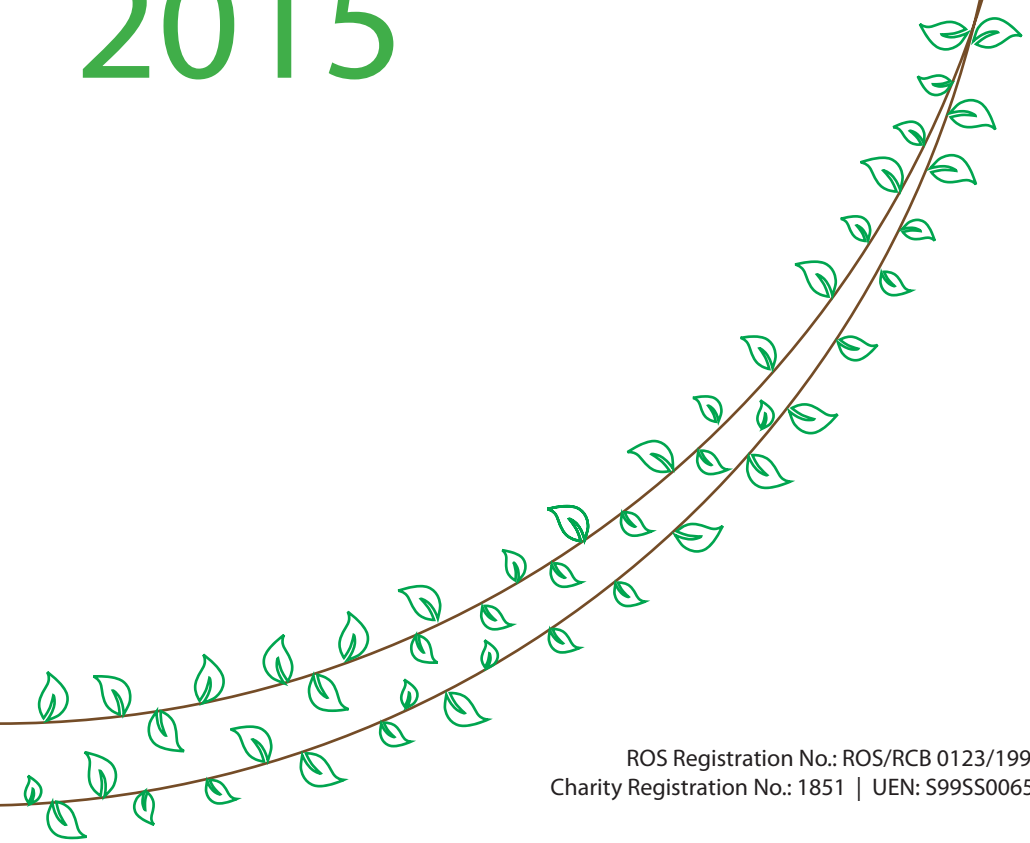




# Annual Report 2015



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

# Contents

01	President's Message
02	Minutes of the 16th AGM
04	Activities
12	In the Media
16	Financial Report

# President's Message



It's exciting to be part of the vegetarian movement in SG and internationally. So much is happening!

So many people are learning about the many strong reasons to move towards whole food plant based diets. So many people are changing their lives. So many resources – food, other vegan products and education materials – are becoming available, making it easier and more convenient to be plant based.

At VSS, we do our small part to build on this motion in the growing vegetarian ocean. As you can see in this Annual Report, in 2015, we had many different activities. For that, credit goes to our Exco members and all the other VSS members who helped in so many different ways. Plus, I want to thank the many organisations who kindly collaborated with VSS.

Already in 2016, we've held one large event: the SG premier of the documentary PlantPure Nation, featuring veg luminaries whom VSS had previously brought here: Prof T Colin Campbell, Dr Caldwell Esselstyn and Dr Michael Greger. In the works is our third cookbook, which we hope to launch mid-year. This will be a unique book, titled At Home: From Pot to Pot, featuring both planting instructions for herbs and spices, as well as recipes for dishes to be enlivened by those herbs and spices.

Yes, the vegetarian movement is growing, but not nearly fast enough for the people whose health is devastated by animal based foods, for our planet's ecosystems that are collapsing under the weight of animal agriculture and for the 100+ billion animals trapped in the horrors of animal agriculture.

Please join us in speeding things up.

A handwritten signature in black ink that reads "George Jacobs".

**George Jacobs, PhD**  
President  
Vegetarian Society (Singapore)

# Minutes of the 16th AGM

**Date:** Saturday, 21 March 2015  
**Time:** 6:30pm to 10:00pm  
**Venue:** Analakshmi Restaurant  
#01-04, Central Square;  
20, Havelock Road; Singapore 059765

Number of members present: 24  
Number of observers/non-members: 55

## **1 PRESIDENT'S WELCOME**

1.1 Mr. Clarence Tan, VSS President, took the chair, welcomed and thanked everyone for coming to the 16th VSS Annual General Meeting, and gave his opening address.

## **2 TO RECEIVE & ADOPT MINUTES OF THE 15th ANNUAL GENERAL MEETING**

2.1 Mr. Tan asked everyone to look through the minutes of the 15th VSS AGM.

2.2 Dr. Jacobs moved that the minutes be accepted and Mr. Ben Ho seconded. The minutes of the 15th AGM were received and adopted unanimously.

## **3 TO RECEIVE & ADOPT THE 2014 ANNUAL REPORT OF THE MANAGEMENT COMMITTEE**

3.1 Mr. Tan invited everyone to go through the 2014 Annual Report and welcomed any questions, comments, suggestions and/or disagreements.

3.2 Mr. Tan opened the floor for members to accept and adopt the Annual Report. Mr. Edmond Chua proposed that the Annual Report be accepted and Dr. Jacobs seconded. The Annual Report was adopted unanimously with no opposition.

## **4 TO RECEIVE & ADOPT THE FINANCIAL REPORT FOR 2014**

4.1 Mr. Heng Guan Hou went through the financial report and Mr. Tan welcomed any queries and comments on the 2014 Financial Report.

4.2 With no further questions on the finances, Mr. Tan invited members to receive and adopt the Financial Report. Ms. Lily Leong proposed that the Financial Report be adopted and Mr. Bernard Koh seconded. The Financial Report was adopted unanimously with no opposition.

## **5 TO ELECT TWO HONORARY AUDITORS FOR THE YEAR 2015**

5.1 Mr. Tan thanked last year's auditors for their work. He then invited members present to stand as the coming year's auditors.

5.2 Mr. Ben Ho See Beng and Ms. Betty Lau Pway Sian volunteered. Mr. Michael Broadhead proposed and Ms. Betty Lim seconded. They were elected unanimously.

## 6 TO ELECT OFFICE BEARERS

6.1 The chairperson nominated a slate for the election as VSS office bearers, as follows:

President:	Dr. George Jacobs	Education Officer:	Ms. Ashley Chow
Vice President:	Mr. Heng Guan Hou	Comm.unications Officer:	Mr. Gangasudhan
Honorary Secretary:	Ms. Roop Pamar	Events Officer:	Mr. Mark Soh
Assistant Secretary:	Mr. Jayachandran Maniyeri	Projects Officer:	Mr. Edmond Chua
Honorary Treasurer:	Mr. Navaneethan Neminathan	Volunteers Mgt. Officer:	Mr. Alex Lim
Assistant Treasurer:	Ms. Audrey Pauline Menezes		

Mr. Tan invited other nominations and questions, as well as the motion to approve the slate of office bearers presented. Ms. Lily Leong proposed that the entire slate be accepted and Ms. Betty Khoo seconded.

Dr Jacobs thanked Clarence Tan for his great work as VSS president, especially for the MRT campaign, a huge project and something we had never done before.

## ANY OTHER BUSINESS

### 7.1 EarthFest 2015

Dr Jacobs invited Mr. Michael Broadhead to speak about EarthFest Singapore to be held on 26 September 2015 at Marina Barrage where 50 vegetarian businesses are coming together. Ms. Betty Khoo asked if there are any leaflets. Mr. Broadhead replied that those will be mostly digital. There will be no plastic bags, palm oil, disposables nor any environmentally unfriendly items.

### 7.2 Documentary & Dinner

Dr. Jacobs introduced the documentary 'Cowspiracy' and then invited everyone to enjoy the specially prepared vegan meal. It was followed shortly by the showing of Cowspiracy at 8:15pm.

### 7.3 Endeavours For A Better World

Dr. Jacobs thanked Mr. Suresh and the Analakshmi staff invited Mr. Suresh to speak as well. Mr. Suresh had been running the vegetarian restaurant for 29 years. He believes that one individual or organisation may not change the world, but everyone can do their part to influence in our small way to help change the world for the better. Dr. Jacobs then invited anyone to make a comment or share their own personal endeavour to help make the world a better place.

### 7.4 End of AGM

Mr. Tan thanked everyone for their presence and participation. Mr. Tan then declared the AGM closed at 10:00pm.

Recorded By:



**Pauline Menezes**

*Executive Committee Member*

Vetted & Confirmed By:



**George M. Jacobs**

*President*

# Activities



## January

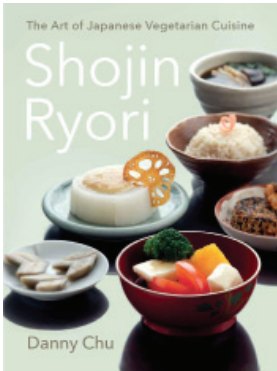
### Excursion to Animal Lovers League

Following the 'Let's Breathe Easier' Singapore Vegetarian Meetup event where participants learned breathing techniques and donated to Animal Lovers League (<http://www.animalloversleague.com/>), a sanctuary for abandoned cats and dogs, a visit to the group's shelter was held on 10 Jan.



### Singapore Vegetarian Meetup's D&D

The Singapore Vegetarian Meetup group (founded by VSS members) - <http://www.meetup.com/singapore-vegetarian> - held a Dinner & Documentary (i.e. D&D) event on 15 Jan at Eight Treasures restaurant. The documentary was 'Cowspiracy' (<http://www.cowspiracy.com>). It explores the environmental destruction caused by animal agriculture (a.k.a. factory farming) and asks why more is not done to stop it.



## February

### Japanese Vegan Lunch

Chicks Eat Vegan in Singapore - <https://www.facebook.com/ChicksEatVegan> - is a Facebook group founded by VSS members to encourage fine dining restaurants to offer vegan options. On 1 Feb – Sun – CEV held a lunch event featuring the creation of top chef Danny Chu, author of an award winning cookbook on Japanese vegetarian food: <http://www.amazon.com/Shojin-Ryori-Japanese-Vegetarian-Cuisine/dp/9814516287>



## March

### Animal Protection Forum

On 7 March, on the invitation of our friends at ACRES, VSS had an exhibition booth at the Chong Pang Public Forum on Animal Protection Policies at the Chong Pang Community Club Hall.

### Tabling at an International School

On 13 March, VSS had a table at a global concerns day for international school students held at Stamford American International School. VSS looks forward to invitations from all sorts of schools.

### Splendorous VSS Dinner AGM

The VSS AGM was held at Annalakshmi restaurant on 21 March. Participants enjoyed the ambience and good food as well as learnt more about the issues of the day with regard to factory farming (i.e. by watching the documentary Cowspiracy).



## April

### Talk by Dr Clarence Ing

On 1 April, VSS hosted a dinner at Genesis Vegan Restaurant followed by a talk by Dr Clarence Ing, titled 'Cancer - Good News and Bad News'.

## May

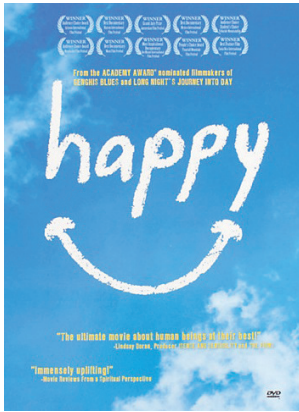
### VSS Trending on Instagram

After deliberating for a bit, we've decided to jump on the bandwagon and explore connecting with all of you through Instagram as part of our overall social media engagement strategy. Our account is at <https://instagram.com/vegsocsg/> and we hope to build a strong following as we've done on Facebook over the last two years. Please help us establish such a response by following us and sharing our photos on your social media platforms.

### Another Round of VSS Smoothie Workshop

The VSS invited our former education officer, Yeow, to conduct another of his famous smoothie workshops on 2 May. The objective is to encourage workshop participants will make smoothies a regular part of their diets.





## Talk at Spiritual Conference

On 14 May, a VSS representative gave a talk on vegetarianism at the International Spirit and Wellness Conference held in Singapore. VSS looks forward to cooperating with spiritual and religious organisations of all types.

## Happy Movie & Happy Dinner

VSS organized a dinner-cum-movie event on 16 May at D'life Bistro & Cafe, where dinner for 30 guests was followed by the documentary screening of 'Happy' and discussion and activities on happiness by Ms Vadivu Govind, a workplace happiness facilitator.



## June

### Home Hydrotherapy Workshop by Dr Eddie Ramirez

Dr Eddie Ramirez is a U.S. medical doctor who collaborated on the book 'Rethink Food: 100+ Doctors Can't Be Wrong', with Dr Caldwell Esselstyn, Dr Neil Barnard and other luminaries of plant-based health. On 3 June, VSS hosted a workshop by Dr Ramirez on home hydrotherapy. Held at Kampung Senang's Holistic Lifestyle Centre, the workshop gave participants the opportunity to experience hydrotherapy for themselves.



### Meet Champion Vegan Ultramarathoner, Vlad Ixel!

Vlad is a champion vegan ultramarathoner, who has won several races, including the Northface 100km in Singapore. For 10 June, VSS organized a talk and Q&A by Vlad, followed by a dinner at Genesis Vegan Restaurant.



### Great Relay Singapore

VSS distributed educational materials and vegan food at the Great Relay Singapore on 13 June: <http://www.tgrsg.com>. Athletes are people who may be especially interested in the vegan message, given all the research about how whole food plant based nutrition boosts physical performance.

### Talk by Green Monday Founder

VSS organized a 21 June talk by the co-founder of Green Monday: <http://greenmonday.org>. Green Monday, based in Hong Kong, is a social enterprise that promotes and enables green, healthy and sustainable living.





## Exploring Singapore Chapter for ITVU

The International Tamil Vegetarian Union (ITVU) - [www.itvu.org](http://www.itvu.org) - is a new initiative with a vision to foster a community of vegetarians through cultural affiliation. The founder, Mr C K Ashok Kumar, visited Singapore to explore the possibility of a chapter opening here on 27 June.



## July

### Sungei Buloh Walk

VSS organized a walk on 26 July at Sungei Buloh led by VSS member and experienced nature guide, Andrew Tay. Andrew amazed participants with his knowledge of flora and fauna. Even more, Andrew inspired participants with his compassion for all animals, whether wild or farmed.



## August

### Blood Donation Drive by VSS

The VSS organized a blood donation drive at Dhoby Ghaut on 1 Aug through the Red Cross. If you are interested to gather a group of friends to donate blood, do let us know at [info@vss.sg](mailto:info@vss.sg) and we can always coordinate another session for the community.



### HAPPY Gets a Rerun

After the successful screening of the documentary in April, VSS hosted a second run at Eight Treasures restaurant on 29 August. Once again, Vadivu Govind of Joyworks - [www.joyworks.sg](http://www.joyworks.sg) – helped participants explore how Positive Psychology could connect to their own lives.



## September

### VSS Features Smoothie Making by Bicycle

On 5-6 September, VSS was part of an exhibition at the Green Living event at Marina Bay Sands. Part of our exhibition was a bicycle blender to make smoothies. Additionally, a VSS representative did a talk on why plant based diets should be the diet of choice for those wanting to protect the environment.



## Green and Healthy Monthly Lunch Meet-up

On 17 Sep, VSS helped our friends at Kampung Senang to celebrate Veggie Thursday with Thai Tom Yum or Local Herbal Vegetarian Steamboat. This event was repeated in October, November and December at the Kampung Senang Eco-Harmony Café located at Blk 106 Aljunied Crescent, #01-205.

## EarthFest!

EarthFest, Singapore's largest sustainability festival featuring plant-based foods was held on 26 Sep at Marina Barrage: [www.earthfestsingapore.com](http://www.earthfestsingapore.com). We hope that this first-time event can be repeated and grow from strength to strength.. If you missed out on tickets this time, they have their own newsletter you can sign up for at their website.



## Labrador Park Hike

As part of VSS's effort to promote healthy vegetarian habits, we organized a Labrador Park walk on 27 Sep. Led by VSS member and professional nature guide, Andrew Tay, the walk lasted about two hours, ending at Harbourfront where some walkers went for dinner and transport home.



## Open Your Heart to Wellness

On 27 Sept, VSS had a booth at the Open Your Heart to Wellness event at Bishan CC. Again, we featured smoothies made by a bicycle blender. Young and old enjoyed making the smoothies. One of VSS's 2016 goals is to make our own bicycle blender.

## October

### VSS Supports Plant Pure Nation

VSS made a financial contribution of USD500 to support PlantPure Nation - <http://plantpurenation.com/the-film> - a documentary on the benefits of a plant-based diet, detailing the history of Dr. T. Colin Campbell, one of the leading voices advocating for the health benefits of veganism. In January 2016, we hosted the SG debut of the film.

### Veg-Friendly Health Practitioners

VSS updated our list of health practitioners who use different approaches to health but have all told VSS that they are willing to explain and prescribe vegetarian treatments to people who come to see them. This list serves to provide contact information only and does not imply a VSS endorsement of any particular practitioner nor of their approach to health. Take note that their normal charges still apply and there is no VSS discount arrangement at the moment. Please visit [www.vegetarian-society.org/node/2064](http://www.vegetarian-society.org/node/2064) to see the list.

### Talk for Nature Society (Singapore)

On 2 October, a VSS representative gave a talk at the offices of Nature Society (Singapore) entitled, "Diet: The link between Food, Biodiversity & Climate Change". VSS looks forward to cooperate with green groups on our many areas of common interest.

### Antioxidant workshop for SPRING Singapore

VSS does our smoothie workshops for schools, corporates, government bodies, etc. This one was for SPRING Singapore on 9 Oct, and some participants voted it as the best workshop they had in 2015. Why did they like it so much? Because it was informative, relevant and hands-on. Plus, the generous smoothie samples in this workshop were catered as their meals.

### Antioxidant workshop at RSVP Singapore

Purpose was to empower the Active Ageing Seniors.

RSVP- Organisation of Senior Volunteers provide opportunities for seniors to serve the community through purpose-driven volunteerism. Our programmes focus on the areas of education, health, IT and intergeneration integration. Members can be a volunteer mentor, guide, trainer, tutor, befriender, host, photographer and more <http://www.rsvp.org.sg/volunteer/programmes>

Seniors can acquire new skills through the Senior Volunteer Training Centre that will empower them to leverage their lived experience to influence, engage and serve the community.

Its mission is to provide opportunities for seniors to serve the community with their talent and experience through purpose-driven volunteerism. Its major programmes are Cyberguide, Mentally Disadvantaged Outreach, Changi Service Ambassadors, Active Ageing Seniors, Ageing-in-Place, Learning Journey and Senior Guiding. <http://www.rsvp.org.sg/training-centre-svtc>

Preview to Antioxidant workshop at RSVP Singapore on 26 Aug and actual workshop on 16 Oct. Seniors found it a fun and informative workshop.



## Appearance on the 'Green Agenda' Radio Show

On 28 October, a VSS representative was a guest along with Adeline Tan of Lin's Smoodies on the Green Agenda radio show. Topics included why eating meat is wasting food. After the show, we learned that one of the hosts of Green Agenda, Howie Lim, is also a vegetarian.

## November

### World Vegan Day @ Melbourne

A VSS representative spoke at (at no expense to VSS) the World Vegan Day event on 1 November in Melbourne: <http://www.wvd.org.au>. The Melbourne event was held in conjunction with the IVU (International Vegetarian Union)'s World Vegfest: <http://www.worldvegfest.org/>

The event had something for almost everyone, including talks, food demos, music, lots of different kinds of food, animal organizations, fashion shows, a fitness zone and art. At least 5000 people attended this free-admission event.

Among the dynamic, thought provoking speakers were:

1. **James Aspey** who did a vow of silence for one year to promote vegan and is doing a day for the voiceless in Jan. Should we do that day in SG? <http://www.jamesaspey.com.au>
2. **Philip Wollen** a powerful speaker who says that veganism is the Swiss Army Knife for solving the world's problems <http://www.kindnesstrust.com> and <https://www.youtube.com/watch?v=uQCe4qEexjc>
3. **Janette Murray** - Wakelin and Alan Murray who, in their 60s, completed a year and a day of daily marathons, all on a raw vegan diet! A documentary on their accomplishment is set to show at the 2016 Cannes Film Festival. Should we arrange an SG showing after that?
4. **Jonathan Balscombe** works for Humane Society International and writes on animal sentience: <https://www.facebook.com/jbalcombe1>

Please also consider being a part of the next IVU World Vegfest which is scheduled for Buenos Aires, Argentina, in the first week of October 2016.



## NUS Sustainability Symposium

NUS's Ridge View Residential College held a symposium and networking event on 14 Nov that focused on sustainability-related issues. Two VSS representatives were invited as mentors and offered the veg perspective on various sustainability issues.

## African Vegetarian Food, Plus a Film on Saving the African Elephants

Genesis Vegan Restaurant ([www.fb.com/genesisvegan](http://www.fb.com/genesisvegan)) – which moved to a new location at 115 Owen Road earlier in 2015 – is one of Singapore's best known vegan eateries, such as our dinner with Dr Caldwell and Mrs Ann Esselstyn. On the evening of 18 Nov, we enjoyed African food and then watched a documentary entitled Let Elephants Be Elephants ([www.letelephantsbeelephants.org](http://www.letelephantsbeelephants.org)), which is narrated by Nadya Hutagalung.

## Panel on Vegetarianism at Yale-NUS

A student group at Yale-NUS, the Association for the Protection of Animals from Cruelty, invited VSS to send a representative to participate in a panel discussion on 19 Nov, entitled, "To be or not to be vegetarian: That is the question" - <http://yncvegpanel.peatix.com/?lang=en-sg>. Other panelists were Louis Ng, now an MP, a Yale-NUS philosophy professor and a nutritionist.

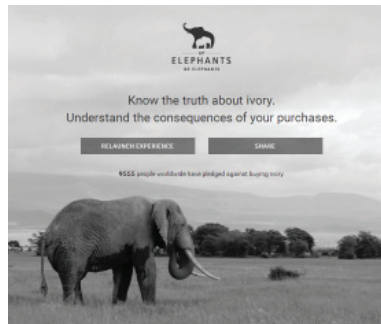
## 7th Asia Pacific Vegetarian Congress in Bangkok

The 7th Asia Pacific Vegetarian Congress (APVC) was held 26-28 Nov in Bangkok. This is a gathering of veg activists from around the region. A VSS representative spoke and built ties with fellow activists.

## December

### Enjoy a Vegan HAPPY Meal

On 6 December, VSS hosted a dinner-cum-movie event at Kampung Senang. The evening began with a dinner featuring vegan versions of two Singapore favourites - curry laksa and bak kut teh. Then, participants watched the 70-minute feature film called HAPPY, that leads viewers on a journey across 5 continents in search of the keys to happiness. Finally, an interactive discussion explored the cornerstones of Positive Psychology and how it connects to vegetarianism.



# In the Media

## Forum Letter Published in Straits Times

Our president, Dr George Jacobs, wrote in to add insight in relation to an earlier news article on Green Emissions in the Straits Times.

The forum letter entitled 'Time to green Singapore by changing diet' was published

in the print edition on 09 July.

A digital copy is available at <http://www.straitstimes.com/forum/letters-in-print/time-to-green-singapore-by-changing-diet-as-well>.

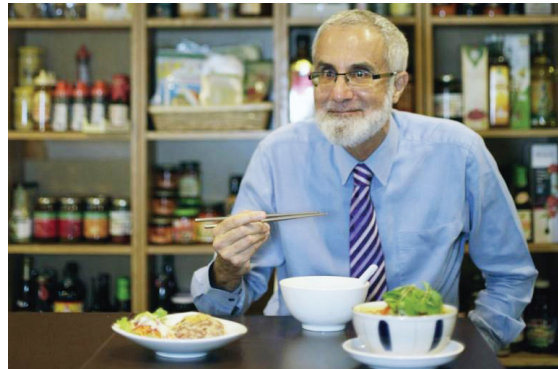
## Going green for life

In an article entitled "Going Green for Life", the Sunday Times profiled VSS president, Dr George Jacobs: Read the full article at <http://www.straitstimes.com/lifestyle/food/going-green-for-life>

Here is an excerpt:

"I [George] was 27 when I read the book Diet For A Small Planet by Frances Moore Lappe, which talks about how meat consumption contributes to food scarcity.

I watched a video, Meet Your Meat by the People for the Ethical Treatment of Animals, and saw horrific scenes in factory farms where as soon as the hens and cows produced less eggs or milk, they were slaughtered for meat."



## Interview of Vegetarians Lifestyle

The leading Chinese newspaper, Lianhe Zaobao, did a sweeping piece on the SG vegetarian scene, highlighting some well-known vegetarians, including famed chef Emmanuel Stroobant and internationally known bodybuilder Luke Tan, as well as organisations such as Chicks Eat Vegan and VSS.

## Letter on Cecil The Lion

In the aftermath of the tragedy where a beloved African lion named Cecil was brutally murdered in the name of 'hunting', the VSS wrote to the mainstream media to draw comparison with our overall attitude towards all animals.

"I refer to the report "Here's what Betty White thinks of Cecil the lion's killing" (July 31). People around the world were shocked and saddened by the selfish killing of the African lion known as Cecil. The International Union for the Conservation of Nature estimates that trophy hunters, such as the one who ended Cecil's life, kill 600 lions every year.

However, the bigger picture for lions is even sadder. National Geographic estimates that Africa's lion population has shrunk from around 100,000 lions 50 years ago to only 32,000 in this decade. Hunting is one cause, but raising animals for meat constitutes a much larger cause.

People destroy the habitat of lions and other wild animals to provide land for raising meat to serve growing appetites for burgers and other meat dishes internationally and locally. Just as rainforests are rapidly disappearing in Southeast Asia, so too are Africa's savannahs drastically shrinking.

A report in the journal Biodiversity and Conservation estimated that since the 1960s, 75% of Africa's savannahs have disappeared or been degraded due to human activities such as cattle raising. Without sufficient habitat, lions are forced to collide with humans. For example, lions eat cattle, and, in response, humans shoot or poison lions.

Here in Singapore, we cannot do much to help African lions, but we can help other animals by reducing our consumption of meat and other animal based foods. Every time we sit down to eat, we make choices that affect the animals with whom we share the Earth. Let's not be like the trophy hunter who killed Cecil!"



## VSS in The News

In light of the haze situation in October, VSS took the opportunity to address the issue of consumer action that can help positive environmental action. The following letter was published on 28 Oct in TODAY (print edition). A version of the letter is available at <http://www.todayonline.com/voices/create-positives-fight-against-haze?singlepage=true>.



“One of the strengths that have enabled Singapore to thrive in the past 50 years is our ability to turn negatives into positives. For example, we turned our lack of water resources into the strength that is our advanced water technology, and transformed our lack of natural resources into a skilled workforce that stands tall on the shoulders of a world-class educational system. Similarly, we can turn the ongoing haze into a positive by changing our diets. A growing body of health research supports a whole-food, plant-based diet (“Processed meat can cause cancer, red meat probably does: WHO”; Oct 27). Whole foods are foods that undergo minimal or no processing. For instance, potatoes are a whole food, while potato chips that are processed using palm oil in a factory are not.

The palm oil industry’s land-clearing practices lie at the heart of the haze crisis. Fortunately, we do not need palm oil — or other processed foods for that matter. Such foods add harmful fats to our diet, but we can avoid them. We can lessen land clearing and eat more healthily by cooking without oil via three steps. We can use other liquid substitutes such as broth, vinegar, sauces and water; use cookware with tops that hold moisture in and have non-stick surfaces; and train our taste buds to dislike oily foods.

The second component of whole-food, plant-based diets are foods that come from plants instead of animals. These foods protect the environment because to eat meat is to waste land used to grow food. To produce one kilogramme of meat, we must feed many kilogrammes of plant foods to chickens, pigs, cows, et cetera. To clear land to produce this wasted food, we must destroy trees, which are vital to keeping Earth green.

No doubt, the present haze situation envelops Singapore in a thick negative. But we can use our resolve again to change this into a positive by moving towards a diet that would boost our health while protecting our environment.”

In addition, on 28 Oct, VSS President, Dr George Jacobs appeared on The Green Agenda programme produced by 938Live to discuss some issues, and VSS was quoted in an article that appeared in the Feature section, pp. 4-9, of Lianhe Zaobao, on 11 Oct – a copy of the article is available at [http://ilove.sg/zbw\\_1447\\_20151011.pdf](http://ilove.sg/zbw_1447_20151011.pdf).



## Letter to Government on Climate Change

Michael Broadhead, a VSS member and the coordinator of EarthFest, wrote in through the government feedback portal to advocate for more governmental direction in addressing the serious implications of Climate Change. The following is the email he sent:

“This is in regards to the request for feedback from the public on Singapore’s Climate Change plans. One of the most overlooked aspects (due to an awareness gap) is the impact of diet on Climate. In late 2014 Chatham House out of London, UK released a comprehensive report that included several extremely important points:

“Recent analyses have shown that it is unlikely global temperature rises can be kept below two degrees Celsius without a shift in global meat and dairy consumption.”

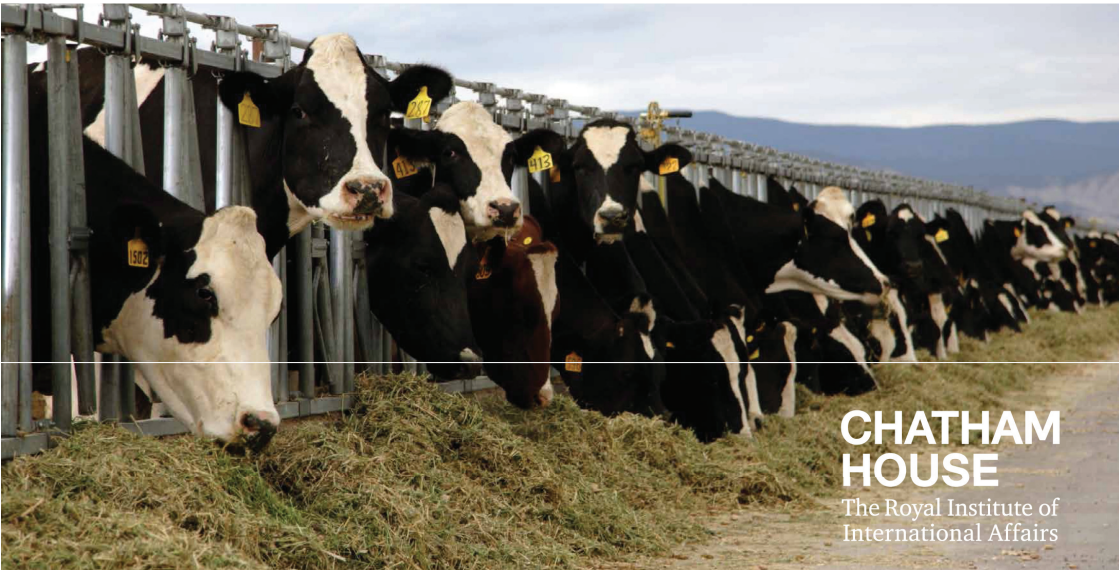
“A number of factors, not least fear of backlash, have made governments and environmental groups reluctant to pursue policies or campaigns to shift consumer behaviour.”

“Consumers with a higher level of awareness were more likely to indicate willingness to reduce their meat and dairy consumption for climate objectives. Closing the awareness gap is therefore likely to be an important precondition for behaviour change.”

I believe the Singaporean government should take it upon itself to lead the people to a more planet-friendly (and coincidentally healthier) way to eat. Otherwise, as the first point indicates, no matter what else we do we will not avert catastrophic climate change if we continue to ignore diet. Singapore could be a world leader in this, and perhaps embrace an inspirational and successful approach like Green Monday in Hong Kong. I hope this helps with the public consultation for Singapore’s future plans to combat climate change.

The full Chatham House study can be read here:

[http://www.chathamhouse.org/sites/files/chathamhouse/field/field\\_document/20141203LivestockClimateChangeBaileyFroggattWellesley.pdf](http://www.chathamhouse.org/sites/files/chathamhouse/field/field_document/20141203LivestockClimateChangeBaileyFroggattWellesley.pdf)



# Financial Report

from 1 January 2015 to 31 December 2015

## Financial Report Balance Sheet as at 31 December 2015

### Report

for the period

1<sup>st</sup> Jan 2015

to

31<sup>st</sup> Dec 2015

#### Assets

##### Current Assets

Cash On Hand

147,300.77

Inventory

292.81

Total Current Assets

147,593.58

##### Other Assets

Prepayments

1,250.00

Total Other Assets

1,250.00

#### Total Assets

148,843.58

#### Liabilities

##### Current Liabilities

Other Current Liabilities

290.00

Total Current Liabilities

290.00

#### Total Liabilities

290.00

#### Net Assets

148,553.58

#### Equity

Prior Year's Surplus/Deficit

131,234.69

Current Year Surplus/Deficit

17,318.89

#### Total Equity

148,553.58



Honorary Treasurer  
Navaneethan Neminathan



Auditor  
Ben Ho See Beng



Auditor  
Betty Lau Pway Sian

**Financial** Income & Expenditure Statement for the year ended 31 December 2015**Report**

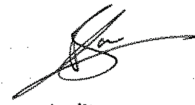
for the period

1<sup>st</sup> Jan 2015

to

31<sup>st</sup> Dec 2015

	\$	%
<b>Income</b>		
Donations in Cash	28,782.06	65.8%
Programme Fees	7,055.00	16.1%
Membership Fees	7,780.00	17.8%
Sales of Work	123.30	0.3%
<b>Total Income</b>	<u>43,740.36</u>	<b>100.0%</b>
<b>Expenses</b>		
Rental of Equipment	320.00	0.7%
Rental of Rooms	155.00	0.4%
Rental of Flush Toilet	342.40	0.8%
Supplies and Materials	14,797.91	33.8%
Transport	524.74	1.2%
Communications	979.30	2.2%
Insurance	450.00	1.0%
Professional Fees	7,200.00	16.5%
Public Education	1,108.12	2.5%
Bank Charges	544.00	1.2%
<b>Total Expenses</b>	<u>26,421.47</u>	<b>60.4%</b>
<b>Net Surplus / (Deficit)</b>	<u>17,318.89</u>	<b>39.6%</b>

Honorary Treasurer  
Navaneethan NeminathanAuditor  
Ben Ho See BengAuditor  
Betty Lau Pway Sian



**Vegetarian Society  
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