



ANNUAL REPORT 2016

A non-profit, non-religious society promoting vegetarianism for a better world

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PRESIDENT'S MESSAGE



2016 was VSS's most Wow! year, without a doubt. Thanks to everyone for making it possible. The most Wow happening of 2016 was the launch of Animal Allies Singapore, a project of VSS, in January. AASG has made a huge impact with a strong and wide social media presence, a great website and active participation at many events. I would like to particularly recommend the [AASG Starter Kit](#) - along with the companion resources.

Speaking of resources, VSS has revamped its website, which should be relaunched early in 2017 with a cleaner, fresher look and feel. One of the favourite parts of the website, the listing of veg eateries, will be no more, as we are now working with [Happy Cow](#), which provides the same information in a more user friendly manner. Happy Cow also helps us publicise our events. Plus, in 2016, we relaunched our enewsletter, renamed 'New Leaf'.

Two other VSS projects continued going strong last year. Singapore Vegetarian Meetup, now approaching its 10th year, carried on offering a wide mix of events for vegetarians and the vegetarian curious. Another VSS project, Chicks Eat Vegan in Singapore, reached new heights in bringing the vegan message to fine dining restaurants, including a return visit to Bacchanalia, a 2016 Michelin star recipient.

Our [Youtube channel](#) saw new additions in 2016, with videos featuring vegan athletes. One video features Vlad Ixel, a professional ultramarathoner who makes regular stops in SG. A second video features a Singaporean, Luke Tan. Luke is an elite bodybuilder who has put together a Singapore team of vegan athletes, including his wife, Emily Tan, who is an elite ultrarunner.

2016's big event was undoubtedly the Green and Healthy Festival at Expo. We helped Kampung Senang pull off the largest secular vegetarian event ever in SG, with thousands of people, a wide range of vegetarian food and a wealth of activities, from storytelling for children to grabbing a place in the Singapore Book of Records for most people drinking a smoothie: 200. The smoothie making was facilitated by our smoothie bicycles, which have been a big hit at events all over the island. Another highlight of the festival was the launch of Green and Healthy Monday, a successor to Veggie Thursday, which VSS helped launch in 2010.

Last but not least, VSS is very proud of our 2016 cookbook, 'At Home: From Pot to Pot', our third cookbook and a very special one. It is actually a combination planting book and cookbook, as the first half teaches readers how to grow 16 HDB-friendly herbs and spices, and the second half provides 30 recipes for enlisting the nutrition and flavours of those 16 herbs and spices to create a wide range of delicious vegan dishes.

Please see the rest of this Annual Report for a more complete list of 2016 events, including a full-house showing of the film 'PlantPure Nation' and a visit by internationally renowned vegan author and speaker, Dr Will Tuttle.

2017 promises to be an even more Wow year. To make that happen, we need your help, whether it be making a financial donation or volunteering your time and talents. Sometimes, it can be difficult to find a niche where you feel comfortable being a volunteer. I urge you to experiment, to try

different projects and activities. You will certainly meet lots of kind, committed and impressive people, and you'll feel good to be part of a movement that seeks to inspire more compassionate, healthy and sustainable choices in Singapore.



George Jacobs, PhD

President

Vegetarian Society (Singapore)



- *Happy Cow being her happy self at the Green and Healthy Festival 2016*

MINUTES OF THE 17th AGM

Date: Saturday, 5 March 2016
Time: 6:30pm to 09:30pm
Venue: Annalakshmi Restaurant
#01-04, Central Square;
20, Havelock Road; Singapore 059765

Number of members present:

Number of observers/non-members:

1 PRESIDENT'S WELCOME

1.1 Dr George Jacobs, VSS President, took the chair, welcomed and thanked everyone for coming to the 17th VSS Annual General Meeting, and gave his opening address.

2 TO RECEIVE & ADOPT MINUTES OF THE 16th ANNUAL GENERAL MEETING

2.1 Dr Jacobs asked everyone to look through the minutes of the 16th VSS AGM.

2.2 Dr Jacobs moved that the minutes be accepted and Mr Edmond Chua seconded. The minutes of the 16th AGM were received and adopted unanimously.

3 TO RECEIVE & ADOPT THE 2015 ANNUAL REPORT OF THE MANAGEMENT COMMITTEE

3.1 Dr Jacobs invited everyone to go through the 2015 Annual Report and welcomed any questions, comments, suggestions and/or disagreements.

3.2 Dr Jacobs opened the floor for members to accept and adopt the Annual Report. Mr Edmond Chua proposed that the Annual Report be accepted and Mr Mike Broadhead seconded. The Annual Report was adopted unanimously.

4 TO RECEIVE & ADOPT THE FINANCIAL REPORT FOR 2015

4.1 Mr Heng Guan Hou went through the financial report and Dr Jacobs welcomed any queries and comments on the 2015 Financial Report.

4.2 With no further questions on the finances, Dr Jacobs invited members to receive and adopt the Financial Report. Mr Durai Arunasalam proposed that the Financial Report be adopted and Mr Mike Broadhead seconded. The Financial Report was adopted unanimously.

5 TO ELECT TWO HONORARY AUDITORS FOR THE YEAR 2016

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

5.2 Mr Vincent Goh and Ms Alexandra Oravetz volunteered. Mr Clarence Tan proposed and Mr Michael Broadhead seconded. They were elected unanimously.

6 TO ELECT OFFICE BEARER or VOLUNTEER MANAGEMENT OFFICER

6.1 The chairperson nominated Mr Michael Broadhead to take over as Volunteer Management Officer from Mr Alex Tan, who is unable to continue with his sterling work due to overseas commitments. Dr Jacobs invited other nominations. There were none. Mr Clarence Tan seconded the nomination. Mr Broadhead was elected by unanimous vote.

7 ANY OTHER BUSINESS

7.1 At Home: From Pot to Pot

Ms Pauline Menezes explained about this new cookbook, which we hope will be published by mid-2016, is being written under contract with Mr Marshall Cavendish and in cooperation with the Institute for Parks and Recreation. The book highlights simple, healthy advice for cooking at home using herbs and veggies grown at one's home.

7.2 Happy Cow

Dr Jacobs explained that VSS will be cooperating with Happy Cow on the listing of veg eateries, and Dr Jacobs introduced Mr Jimmy Seah, Singapore's Happy Cow ambassador.

7.3 Blender Bike demonstration by Mr Loh Yeow Nguan.

VSS has developed a locally designed and manufactured blender bike for making healthy smoothies while exercising. VSS can use this bike at exhibitions and other events.

7.4 Adjourn for Annalakshmi's delicious dinner

Dr Jacobs invited all attendees to enjoy the specially prepared vegan dinner, which was followed shortly by a panel discussion.

7.5 Panel Discussion

The panel, chaired by VSS VP, Mr Heng Guan Hou, consisted of:

Mr Tan En, Director of Advocacy at ACRES

Dr Jaipal Singh Gill, Acting Executive Director, SPCA

Ms Veron Lau, committee member of CAT Welfare Society

Mr Michael Broadhead, a science teacher and volunteer director of Earthfest, Earth Film Fest and Animal Allies

Mr Loh Yeow Nguan, former Executive Director of Education and Outreach for VSS, who played a similar role at Kampung Senang Charity and Education Foundation

8 END OF AGM

Dr Jacobs thanked everyone for their presence and participation. He then declared the AGM closed at 9:30pm

Recorded By:



Pauline Menezes
Executive Committee Member

Vetted & Confirmed By:



George M. Jacobs
President

MEMBERSHIP STATISTICS

YEAR	New	Renew	FOC	Total	Annual	Life	Corporate	Premium	Student	Total
2010	58 54%	50 46%	0 0%	108 100%	159 29%	134 25%	12 2%	70 13%	167 31%	542 100%
2011	153 69%	70 31%	0 0%	223 100%	175 25%	149 21%	20 3%	72 10%	291 5%	707 1%
2012	67 62%	41 38%	0 0%	108 100%	98 14%	155 23%	20 3%	69 10%	346 50%	688 100%
2013	65 52%	55 44%	4 3%	124 100%	102 14%	166 23%	23 3%	63 9%	369 51%	723 100%
2014	38 37%	43 42%	22 21%	103 100%	96 13%	166 23%	18 2%	61 8%	392 53%	733 100%
2015	89 61%	56 39%	0 0%	145 100%	115 15%	170 21%	25 3%	59 7%	424 53%	793 100%
2016	55 53%	48 46%	1 1%	104 100%	84 11%	180 24%	12 2%	60 8%	400 54%	736 100%

YEAR	Voting Member			Non-Voting Member			Grand Total
	A/L/P	Age>18	Total	Corp	Age<18	Total	
2010	363	103	466	12	64	76	542
2011	396	172	568	20	119	139	707
2012	322	224	546	20	122	142	688
2013	331	269	600	23	100	123	723
2014	323	279	602	18	113	131	733
2015	344	311	655	25	113	138	793
2016	324	311	635	12	89	101	736

ACTIVITIES

JANUARY



PLANTPURE NATION SINGAPORE PREMIER (JAN 9TH)

VSS screened the film PlantPure Nation at The Projector on January 9th to a sell-out crowd of 200. The event was featured in The Business Times. The film was also screened in March at Awareness Place. To find out more about the PlantPure Nation movement, check out their [website](#).

ANIMAL ALLIES SINGAPORE IS BORN! (JAN 17TH)

Animal Allies was founded as a project of VSS with the stated goal of inspiring people to make more compassionate, healthy and sustainable choices in Singapore. Since their first meeting in January, the group has grown many fold and has made incredible progress in the space of one year. The group has a strong social media presence, and regularly does public outreach programs, often collaborating with other local organisations, such as ACRES.



MARCH

VSS 17TH ANNIVERSARY ANNUAL GENERAL MEETING (MAR 5TH)



Members enjoyed a vegetarian buffet and engaged in a meaningful panel discussion with notable vegetarian advocates from ACRES, Cat Welfare Society, VSS and SPCA. The panel shared their thoughts on the topic, "Can Singapore Become a Vegetarian Nation by SG75?"

VSS INTERVIEW WITH VEGAN MARATHONER VLAD IXEL (MAR 6th)

Adding to the resources on VSS' YouTube channel, champion vegan ultramarathoner, Vlad Ixel, talked about why he cuts out animal products, what inspires him and what he eats in a day. Watch the interview [here](#).



ANIMAL ALLIES WEBSITE LAUNCH (MAR 12th)

The outreach project officially launched its [website](#), featuring links to various social media, events and other resources relating to the moral, health and environmental reasons for adopting a vegan diet.

APRIL

OUTREACH AT RUN350 (APR 10th)

NTUC Income RUN 350 was an eco-run in support of the global "350" movement, which aims to raise awareness on the need to lower the amount of carbon dioxide in the atmosphere to a sustainable level. A [smoothie bike](#) was used to demonstrate that delicious vegan food can be easily and sustainably prepared.



OUTREACH AT ECO-CARNIVAL @ NATIONAL GEOGRAPHIC CHANNEL EARTH DAY RUN SG (APR 17th)

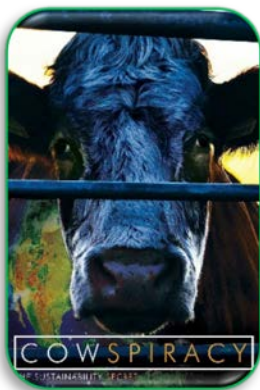


The NatGeo Earth Day Run 2016 was Singapore's first zero-waste run dedicated to ensuring that races can be eco-friendly as well as fun. The Eco-Carnival was held at the Singapore F1 Pit Building, where participants and members of the public were able to try out our smoothie bike.

EARTH FILM FEST (APR 17th - 24th)

The Earth Film Fest encouraged people to arrange private showings of films covering various environmental issues at locations, such as their homes. The film showings were followed by discussion sessions using guides provided.

DINNER AND DOCUMENTARY AT GENESIS VEGAN RESTAURANT (APR 19th)



Audience members watched the eye-opening documentary "[Cowspiracy: The Sustainability Secret](#)" at [Genesis Vegan Restaurant](#), while savouring vegan Nasi Tumpeng with a delicious lemongrass drink.

DAY TRIP TO NOAH'S ARK NATURAL ANIMAL SANCTUARY (NANAS) (APR 23rd)

NANAS is a private animal shelter which was relocated from Singapore to Pekan Nanas, Johor. It is home to 700 free-roaming animals, including dogs, cats and horses. Visitors fed vegan foods to the animals.



MAY

OUTREACH AT ACRES GALA DINNER (MAY 20th)

Guests were able to try out [iAnimal](#), a virtual reality project pioneered by Animal Equality, at our outreach booth. iAnimal creates a 360 degree immersive experience in which viewers are transported inside factory farms and slaughterhouses. They witness first-hand the abuses that the animals endure.



JUNE

OUTREACH AT PINK DOT (JUN 4th)

VSS members gave out vegan cookies to participants, while educating them on why animal welfare links with LGBTQ rights.



OUTREACH AT THE GREAT RELAY SINGAPORE (JUN 4th)

The Great Relay Singapore is a team running relay format event. Runners were able to try iAnimal, vegan bakes and a smoothie bike, while learning about how our diets impact the environment.





SHOULD ALL ATHLETES GO VEGAN? (JUN 6th)

A panel discussion was held at [Raj Restaurant](#), which specially prepared an Indian vegan buffet dinner. The panel, which consisted of Emilie Tan, a certified raw food chef and an award winning vegan ultra-endurance athlete; Vlad Ixel, a champion vegan ultramarathoner; and Luke Tan, an author, coach and vegan athlete, shared their stories of personal transformation and athletic success.

PLANTFORWARD'S 1ST LUNCH (JUN 18th)

PlantForward (formerly Goalsetters) is a support group for people trying to make more informed and ethical consumer choices through realistic and achievable goals, regardless of their current diet or lifestyle. The group held their first lunch at Annalakshmi, where they shared experiences and advice on living a plant-based lifestyle. The group held two more gatherings later in the year.



OUTREACH AT SINGAPORE REALLY REALLY FREE MARKET (SRRFM) 42 (JUN 19th)

SRRFM is a temporary market based on the concept of sharing resources, to encourage reducing consumption and waste of natural resources. Animal Allies also participated in SRRFM 43, 44 and 45 later in the year.



OUTREACH AT MAKER FAIRE (JUN 25th)

Maker Faire 2016 was held at Singapore University of Technology & Design. The event brought together a community of tech enthusiasts, crafters, homesteaders, scientists and garage tinkerers. Vegan cupcakes were given out, and the public were able to make their own watermelon smoothies using our smoothie bike.

VSS SPEAKERS AT FOOD THAT HEALS CONFERENCE (JUN 24TH-25TH)

The Food That Heals conference was a 2-day seminar-cum-workshop that aimed to broaden the knowledge of food and healthcare professionals on the healing properties of food. Two VSS speakers explained the many benefits of growing and preparing plant-based food. They also introduced our new cookbook – At Home: From Pot to Pot.

JULY

1-DAY JB DURIAN BUFFET, TOUR AND VEGETARIAN DINNER (JUL 2ND)

A group organised by VSS had lunch at Tangkak durian buffet. Next, we visited Bekok, a small town, where we saw street art and a waterfall. We finished the trip with dinner and shopping at Zenxin organic minimart.



ANIMAL ALLIES GET TOGETHER 2K16 (JUL 16TH)

A gathering was held to bring volunteers closer together, and for would-be vegans to realise there is a vibrant and friendly vegan community in SG. The potluck encouraged guests to bring their own cutlery and food containers to be eco-friendly. There were two other potlucks held later in the year with scrumptious vegan food for all to enjoy.

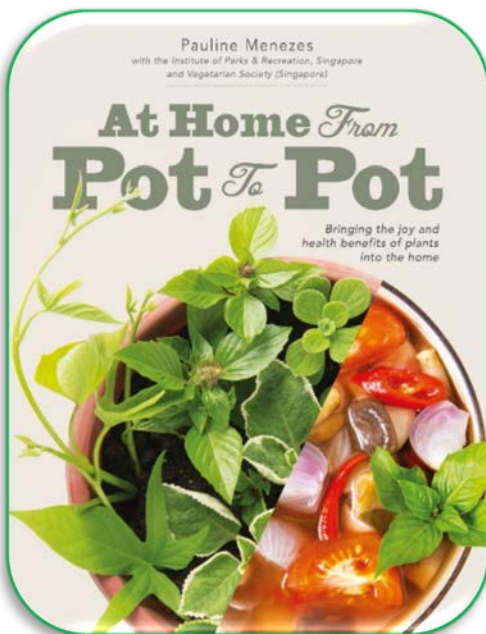
ANIMAL WHISPERERS: CONNECTING WITH ANIMALS (JUL 17th)

[Peaceable Kingdom: The Journey Home](#), an award-winning documentary about the emotional lives of animals, and the moral struggles and triumphs of their human companions, was shown at [8 Treasures Vegetarian Restaurant](#). A panel consisting of four Singaporean animal activists discussed the film with the audience.



BOOK LAUNCH: AT HOME: FROM POT TO POT (JUL 26th)

VSS's 3rd cookbook, [At Home: From Pot to Pot](#), written by Pauline Menezes in cooperation with the Institute for Parks and Recreation Singapore, was officially launched as part of the Singapore Garden Festival at Gardens by the Bay. The first half of the book explains why and how to grow 16 herbs and spices at home, while the second half consists of 30 vegan recipes that can be prepared using those herbs and spices.



AUGUST

FROM FAT TO RIPPED: VEGAN BODYBUILDER, LUKE TAN (AUG 5th)

This seven-minute video introduces people to the incredible journey of SG's own vegan bodybuilder, athlete, coach and author, Luke Tan. Find it on the VSS YouTube channel [here](#).





TEAM UP FOR TIGERS (AUG 12th)

VSS hosted a talk by Dr Vilma D’Rozario, co-founder of environmental education group [Cicada Tree Eco-Place](#), on the plight of the critically endangered Malayan Tiger and how we can make a difference for these tigers by going on a CAT (Citizen Action for Tigers) Walk and helping with reforestation efforts. VSS members were among the participants in the Taman Negara CAT walks.



OUTREACH AT NOSTALGIC MOVIE NIGHT (AUG 20th)

Action for Singapore Dogs (ASD) organised a film screening to raise awareness of the plight of stray and abandoned dogs. VSS members approached the audience at the event with vegan cupcakes. After taking cupcakes, people donated generously to ASD.

HIKE AT THE SOUTHERN RIDGES (AUG 28th)

The group met at HarbourFront MRT before setting off on The Southern Ridges trail and ending at Hort Park. The hike gave the group a chance to exercise while appreciating nature. Other VSS hikes were held at MacRitchie on March 6th and Bukit Timah on November 19th.

SEPTEMBER

OUTREACH: GREEN AND HEALTHY FESTIVAL (SEP 4th)

The Green & Healthy Festival, organised at Expo by Kampung Senang with help from VSS, was a huge success, with thousands of people in attendance and a wide variety of veg food. VSS gave a presentation on the moral reasons for moving towards veganism. Plus, we set up three tables with vegan bakes and activities that explained the moral, health and environmental reasons for choosing a vegan diet. The event featured the launch of [Green and Healthy Monday](#), with MP Mdm Tin Pei Ling as GOH and Dr Ong Hean Yee, head of Cardiology at Khoo Teck Puat Hospital, as special guest.



GREEN COOKOFF (SEP 4th)

One of the highlights of the Green and Healthy Festival was the Green Cookoff. Participants prepared healthy, attractive vegan dishes. The contest promoted a wide range of whole-food plant-based cuisine.

CASUAL DINNER AT IDEALITE, A NEW VEGETARIAN RESTAURANT FROM PENANG (SEP 30th)

[Singapore Vegetarian Meetup](#) (SVM) was initiated by VSS members back in 2007. Since then, SVM has helped organise 284 events! Many of these events are laid back opportunities for vegetarians and the vegetarian-interested to try out new experiences and meet new people. [Idealite](#), a friendly eatery with a wide variety of veg dishes, was the venue for this meetup. The eatery also hosts health talks.

OCTOBER

VEGANLICIOUS HIGH-TEA SESSION AND SCREENING (OCT 1st)

A high-tea session was organised, followed by a screening of Vegan Everyday Stories. Speakers were Jaslyn Goh, Vegan Lifestyle Influencer & Founder of Souley Green and Shi Min Maeve Suar, Co-Founder of Bubbly Petz and an aspiring vegan crossfit athlete.



OUTREACH: "TAILS IN THE CITY" – SPCA WORLD ANIMAL DAY (OCT 1st-2nd)

World Animal Day is an annual celebration organised by SPCA to highlight the important role that animals play in our lives. This year, they organised an adoption drive at The Cathay, and VSS members gave out free vegan bakes to the public, while educating them on the moral reasons for choosing a vegan diet.

OUTREACH: RETRO RIOT (OCT 1st)

We gave out vegan cookies at this event, which raised funds for the Cat Welfare Society. Tasting the cookies helped open people's eyes to the fact that we do not need ingredients from animals in order to enjoy our favourite foods, even desserts.



DANCE, MAGIC, FORTUNE TELLING, HENNA, STALLS and more...

FREE goodie bag with every ticket purchase!!
FREE entry for kids below 12!

Dress up and join us for an afternoon of performances and fun

Contact us at hello@hashtag.com.sg or 96679731 (wing)

RETRO RIOT

EARLY BIRD \$18 AT DOOR \$22

Aliwal Arts Centre
28 Aliwal Street
Multi-purpose hall

1 Oct 2016
SHOW: 3pm - 4.30pm
After show entrance: 4.30pm - 6pm

Book your tickets at www.hashtag.com.sg/event/retro-riot

Event organiser: Simple Soles, Nigella
Beneficiary: cat welfare society
Supporting partners: ANIMAL ALLIES, POSITIVE MOVEMENT, Positive Focus, JAC, pet widget, TESORO, GRACING, Scottie Crafts, Bhakti Mary



CAFE HOPPING VEGAN GROUP MEETUP #1 (OCT 8th)

The objective of the group is to raise awareness on veganism at vegetarian food outlets and for participants get to know each other over food. The first such event was at Sauté Singapore, a vegetarian café with limited vegan options. Thanks to our visit, the café expanded their awareness of what vegan means and how to prepare vegan options.

NEE SOON PUBLIC FORUM ON ANIMAL PROTECTION POLICIES (OCT 15th)

Two VSS members participated at the Public Forum on Animal Protection Policies, where they asked MP Mr Louis Ng and Home Affairs Minister Mr K Shanmugam about the efforts of the government to protect farmed animals and encourage a more compassionate diet.



OUTREACH: GREEN IS THE NEW BLACK (OCT 22nd)

The Green is the New Black festival educated those who want to green the way they live, work and consume. It was held at Hotel Jen Tanglin, and Animal Allies was there to let people try the smoothie bike and other activities that showed the impact of diet on the environment.

ANIMAL SANCTUARY TRIP (OCT 23rd)

Participants visited an animal sanctuary in Malaysia to interact with the animals and see if such visits can encourage people to choose a more compassionate lifestyle. What stands out about this sanctuary is that, rather than mostly housing dogs and cats, this sanctuary focuses on farmed animals, including chickens, cows and one pig. The horse pictured here was rescued from being euthanized due to an injury sustained from horse racing in Singapore Turf Club.



NOVEMBER

NUS SUSTAINABLE DEVELOPMENT GOALS (SDG) CONFERENCE (NOV 9th-11th)

This conference was organised by NUS Law School's Asia-Pacific Centre for Environmental Law (APCEL) and consisted of distinguished speakers who shared their expertise on achieving the UN SDGs. Two VSS members managed a booth at the event, with information on the livestock industry and how vegan diets improve sustainability.



GREEN SCHOOL DAY (NOV 10th)

Singapore Environment Council invited us to have a booth at their annual Green School Day, a time when schools receive awards for their green projects. More than 500 students and teachers attended the event. Our smoothie bike was a big hit, and we made appointments to visit at least one of the schools.

7th SOUTH EAST ASIAN VEGETARIAN CONGRESS 2016 (NOV 11th-13th)

Three members represented VSS at the 7th [South East Asian Vegetarian Congress](#) in Penang, where they shared insights on promoting awareness of the many benefits of moving towards whole food, plant based diets.



ENVIRONMENT FILM FESTIVAL (NOV 12th)

Nowadays, no environment event is complete without the vegan message, because diet choices are an essential part of environmental protection. No exception was the Environment Film Festival, featuring films from SG and beyond, and held at the Art Science Museum. In addition to riding the smoothie bike, the public was also invited to play our games that test knowledge of the role of food and other factors in being green.

WATERWAY ADVENTOUR AT ANCHORVALE CC (NOV 13th)



Our vegan bakes were the hook, along with green knowledge games, at this event where PM Lee was the GOH. Although the PM did not have time to sample our wares, many secondary school students and teachers were delighted by our cookies and challenged by our games.

VEGAN DINNER AT BACCHANALIA, A MICHELIN STAR RESTAURANT (NOV 16th)

In 2014, VSS initiated [Chicks Eat Vegan](#) to encourage fine dining restaurants to increase their range of vegan options. Chicks Eat Vegan organises about five dinners a year. This time, we returned to [Bacchanalia](#), the site of our very first event. Their famous chef, Ivan Brehm, told us he looks forward to our visits, and some of the vegan dishes he creates for us end up on the regular menu.



PANEL DISCUSSION ON RELIGION & VEGETARIANISM (NOV 23rd)



Seventy people attended the panel discussion at James Cook University. All the representatives of the religions represented on the panel (Baha'i, Christian, Jewish, Muslim and Zoroastrian) agreed that nothing in their religion states anything that either forbids or mandates vegetarianism. The representatives also agreed that consuming less meat would be good for our health and the environment.

“STILL LIFE” SCREENING AT THE SINGAPORE INTERNATIONAL FILM FESTIVAL (NOV 30th)

We saw that a film about slaughterhouses was showing as part of the SIFF. So, eight of us attended. We had asked to be allowed to lead a post film discussion, but that was not possible; so, at the end of the film, we briefly addressed the audience and distributed flyers about the Green and Healthy Monday campaign.



DECEMBER

WORLD PEACE DIET ASIA TOUR BY DR WILL TUTTLE (DEC 4th)



Author of [The World Peace Diet](#), Dr Will Tuttle, delivered an inspiring talk about the hidden dimensions of our cultures’ food systems. The audience discovered new connections and learnt how to make positive changes that nurture wellness, awaken insight and awareness, and bring healing to our world.

GLOBAL WARMING ESCAPE PARTY (DEC 10th-11th)

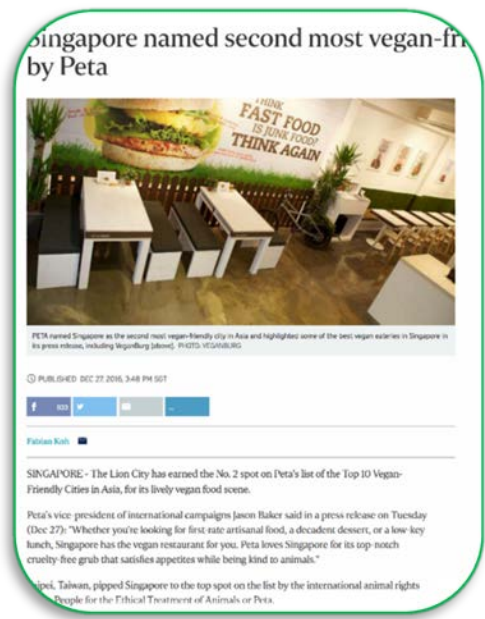
VSS members reached out to a younger crowd at a rooftop party themed on climate change. Participants got to try out our smoothie bike and enjoy their own refreshing brew. Environmental games were used to highlight the importance of plant based diets in conserving water and natural resources.

SINGAPORE NAMED SECOND MOST VEGAN-FRIENDLY CITY IN ASIA BY PETA

One of the tree-hugging highlights of 2016 was PETA naming Singapore on its top ten Vegan friendly Asian city list, and only just missing out on the top spot to Taipei (more on that later). The good news didn't end there as the article was also featured in the Straits Times. Some of our favorite haunts like [VeganBurg](#), [nomVnom](#) and [Loving Hut](#) were rightfully mentioned. Do check out the original publication from [PETA](#) and the [Straits Times article](#).

Dr George Jacobs, president, Vegetarian Society (Singapore), also wrote a letter (although not published) appealing for the top spot –

'I refer to "Singapore is Asia's second most vegan-friendly city: Peta" (Today Dec 27). Actually, we deserve to be #1 for the multicultural variety of our vegan dishes. Furthermore, in SG, we can enjoy vegan options at non-vegan eateries, even eateries that mostly serve meat, from the economy rice stalls at food centres, to inexpensive restaurants, such as Subway, McDonalds, Sakae Sushi, Thai Express and Hans, to fine dining establishments such as Bacchanalia and St Pierre. We just have to clearly and politely request vegan dishes, and most eateries will gladly comply. The rise in vegan dining here shows that people in Singapore no longer fit the kiasu, only-care-about-myself stereotype. Instead, we look out for others, whether they are low income workers, people with special needs, abused domestic animals or farmed animals, such as chickens.'



VEGANISM GAINING GROUND IN SINGAPORE

TODAY published an article featuring the impact that Animal Allies was making through its PlantForward support group. Some of our veteran vegans gave their views on the challenges involved in turning vegan, as well as the health benefits of a plant based diet. Read the full story [here](#).

ONLY THE GOOD STUFF

VSS's very own Pauline Menezes published her amazing cookbook "[At Home From Pot to Pot](#)", the title reflecting the process from the growing pot to the cooking pot. A joint effort between VSS and the Institute of Parks & Recreation, this book provides all the information you need to grow your own herbs in small flats. Whether you are a seasoned herbalist or planting your first garden, At Home From Pot to Pot will inform and inspire you. The book was featured in the Business Times – read the full article [here](#).



CITY FARMER'S ABUNDANT HEALTH HARVEST

Local newspaper [Shin Min Daily](#) published a piece on "city farmers" in the island city (see also the translated version [here](#)). Flat dwelling Singaporeans have increasingly resorted to growing herbs and vegetables in corridors.

WHO NEEDS MEAT? VEGAN ATHLETES SAY THEY ARE JUST AS STRONG

Our favourite Vegan athlete couple Luke and Emily were featured in the Straits Times in an article highlighting the growing popularity of vegan diets among athletes. The article also presents views and tips from several vegan athletes and Joanna Tan, Senior Dietitian at Changi General Hospital.

Read the full story [here](#).



MISS UNIVERSE SINGAPORE 2016 – CHERYL CHOU

"I never understood the process of what it was like to put meat on my plate until I actually educated myself on this topic."

Miss Universe Singapore 2016 Cheryl Chou talks about why she became Vegan in this candid [interview with The New Paper](#).

VEGETARIAN DIET CAN LOWER DIABETES RISK – LETTER TO THE STRAITS TIMES

Read the original publication [here](#).

The report on May 6 ("Diabetes: The rice you eat is worse than sugary drinks") suggests that we can combat diabetes by switching from white rice to brown rice. But where can we find brown rice when eating out? In my experience, the two best places for brown rice are eateries with thunder tea rice (lei cha) and vegetarian restaurants and food stalls. Not all vegetarian eateries offer brown rice, but those that do often also offer healthier vegetarian food, such as more vegetables and less deep fried food. In addition to often providing brown rice, vegetarian eateries can help us lower our diabetes risk (or even help reverse diabetes) because meat reduction combats diabetes. For instance, a 2010 research review in the peer reviewed journal Current Diabetes Reports found that people on vegetarian diets and especially those on vegan diets experienced "significant benefits for diabetes prevention and management".

George Jacobs (Dr)

President

Vegetarian Society (Singapore)

CHANGE MINDSETS ON ANIMAL EXPLOITATION – LETTER TO THE STRAITS TIMES

Read the original publication [here](#)

It is great to see the public outcry over an elephant that died in Cambodia after carrying tourists ("Elephant's death sparks petition to end tourist rides"; April 26). Animal ownership in tourism and farming is the most socially accepted form of slavery in today's world. In the process, we ignore that animals evolved for their own purposes in nature and have their own lives and desires. We should ask: What does it take to make an animal do something unnatural? I volunteered at the Elephant Nature Park in Thailand. There, I learnt about the breaking that baby elephants undergo. We often forget that even if elephants are treated with welfare when working, they still have to be broken to submit to human rules. This is true for all performance animals in places like zoos and circuses. While there is a spectrum of what animals experience, the fundamental question we should ask is: Is working what is best for the animal, even if they are given food and rest? Or is it simply what's best for the person working them? Is it our right to restrict their freedom, choose who they mate with and take away their offspring? This is not to mention that animals are often discarded when they are no longer able to be profitable. While we should fight for animals to have better welfare, we should also fight to change the mindsets that allow animals to be exploited in the first place.

Michael Broadhead

S'PORE EATERIES, FOOD MANUFACTURERS SHOULD GO WITH CAGE-FREE EGGS - LETTER TO TODAY

Read the original publication [here](#).

Congratulations and thanks to National Parks Board and Nature Society (Singapore) on the opening of the Kranji Marshes ("Rich biodiversity as Kranji Marshes open" Feb 2). This new nature area marks another step forward, as Singapore is doing more to look out for animals, such as the many species of birds who live in our marshes. On a related note, another promising development for birds is that fast-food restaurants in many countries are taking steps to improve the welfare of chickens, which produce the eggs we eat. For example, just this month, Burger King announced it will transition to the use of cage-free eggs in its outlets in Canada, United States and Mexico by 2025. Other well-known companies are also moving towards the use of cage-free eggs. These socially-conscious companies include eateries with Singapore outlets, such as Starbucks, McDonald's and Subway, plus food manufacturers such as Nestle and General Mills, which have many products in Singapore supermarkets. This move towards cage-free eggs is significant because throughout the world, a large proportion of egg-laying hens are confined for their whole lives in wire battery cages, cages that are so small the hens cannot even fully stretch their wings. Let us hope that eateries and food manufacturers in Singapore will become part of this emerging international cage-free movement.


FROM DR GEORGE JACOBS, PRESIDENT, VEGETARIAN SOCIETY (SINGAPORE)

FINANCIAL REPORT

Financial Report for the period 1 st Jan 2016 to 31 st Dec 2016	Balance Sheet as at 31 December 2016
Assets	
Fixed Assets	
Equipment	1,805.10
Total Fixed Assets	1,805.10
Current Assets	
Cash at Bank	150,257.43
Inventory	1,377.35
Total Current Assets	151,634.78
Other Assets	
Prepayments	450.00
Total Other Assets	450.00
Total Assets	153,889.88
Liabilities	
Current Liabilities	
Other Current Liabilities	302.15
Total Current Liabilities	302.15
Total Liabilities	302.15
Net Assets	153,587.73
Equity	
Prior Year's Surplus	148,553.58
Current Year Surplus	5,034.15
Total Equity	153,587.73


 Honorary Treasurer
 Navaneethan Neminathan


 Auditor
 Vincent Loh


 Auditor
 Alexandra Oravetz

Financial Report Income & Expenditure Statement for the year ended 31 December 2016

for the period	\$	%
1 st Jan 2016		
to		
31 st Dec 2016		
Income		
Donations	17,185.81	50.0%
Programme Fees	7,213.40	21.0%
Membership Fees	6,230.00	18.1%
Sales	2,895.00	8.4%
Miscellaneous	843.50	2.5%
Total Income	<u>34,367.71</u>	100.0%
Expenses		
Rental of Equipment	374.50	1.1%
Venue Rental	1,636.00	4.8%
Printing & Stationery	2,288.99	6.7%
Supplies and Materials	5,029.60	14.6%
Transport	1,940.22	5.6%
Communications	3,382.78	9.8%
Professional Fees	7,200.00	20.9%
Public Education	3,759.69	10.9%
Volunteer Development	1,531.33	4.5%
Bank Charges/Transaction Fees	1,573.95	4.6%
Depreciation of Fixed Assets	516.50	1.5%
Miscellaneous	100.00	0.3%
Total Expenses	<u>29,333.56</u>	85.4%
Net Surplus / (Deficit)	<u>5,034.15</u>	14.6%



Honorary Treasurer
Navaneethan Neminathan



Auditor
Vincent Loh



Auditor
Alexandra Oravetz