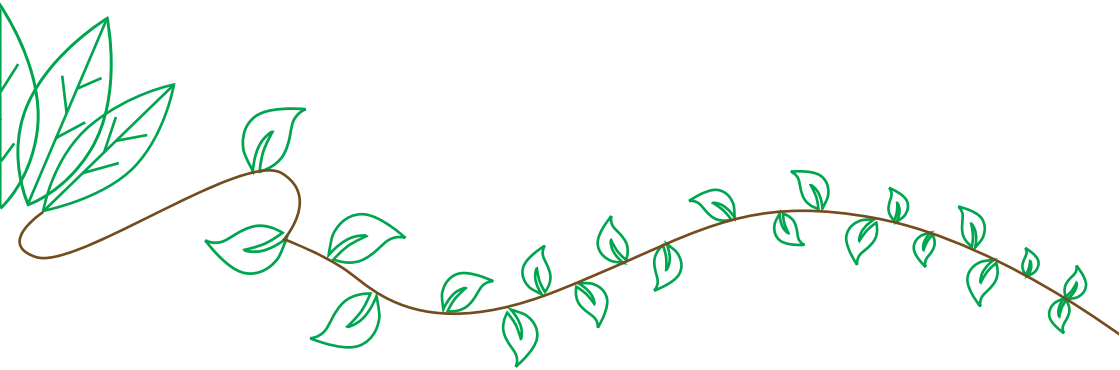




Annual Report 2017

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



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President's Message



VSS is evolving and growing. This growth, to be discussed at today's AGM, is timely, as new opportunities for promoting whole food, plant based lifestyles are sprouting everywhere we look, from government initiatives, to new research and publications, to greater abundance of whole food, plant based options, to new films and more celebrities spreading our message.

Are we ready to translate these many opportunities into a healthier, greener, kinder Singapore? As you can see in our 2017 Annual Report, what VSS did last year was impressive, and abundant thanks for that are due to everyone who made these achievements possible.

Building on these 2017 accomplishments and what we've already done in 2018, including January 2018's very successful EarthFest, we have big plans for the rest of 2018. First, as will be discussed at this AGM, we want to restructure VSS for further growth. Guiding us will be our Projects Director, Aishwarya Maythil. We hope to restructure in order to expand our outreach and influence. In this plan, Aishwarya, who started working for VSS in November 2017, will be just the first of several paid VSS staff.

To make these ambitious plans into reality, your support is of paramount importance. Our proposed reorganisation merely provides the structure. We need to populate this structure with all of our visions, skills, learning and effort to help Singapore evolve and grow into the nation we know it can be.

A handwritten signature in black ink that reads "George Jacobs". The signature is written in a cursive, flowing style.

George Jacobs, PhD
President
Vegetarian Society (Singapore)

Minutes of the 18th AGM

Date: Saturday, 4 March 2017

Time: 12:00pm to 04:00pm

Venue: Miao Yi Vegetarian Restaurant
#03-32, People's Park Centre,
101 Upper Cross Street, Singapore 058357

Number of members present: 39

Number of observers/non-members: 58

1 PRESIDENT'S WELCOME

1.1 Dr. George Jacobs, VSS President, took the chair, welcomed and thanked everyone for coming to the 18th VSS Annual General Meeting, and gave his opening address.

2 TO RECEIVE & ADOPT MINUTES OF THE 17th ANNUAL GENERAL MEETING

2.1 Dr. Jacobs asked everyone to look through the minutes of the 17th VSS AGM.

2.2 Mr. Balakrishnan Matchap moved that the minutes be accepted and Ms. Lily Leong seconded. The minutes of the 17th AGM were received and adopted unanimously.

3 TO RECEIVE & ADOPT THE 2016 ANNUAL REPORT OF THE MANAGEMENT COMMITTEE

3.1 Dr. Jacobs invited everyone to go through the 2016 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. Wong Koi Hin proposed that the Annual Report be accepted and Mr. Durai Arunasalam seconded. The Annual Report was adopted unanimously with no opposition.

4 TO RECEIVE & ADOPT THE FINANCIAL REPORT FOR 2016

4.1 Mr. Heng Guan Hou, VSS Vice-President, went through the financial report, and Dr. Jacobs welcomed any queries and comments on the 2016 Financial Report.

4.2 With no further questions on the finances, Dr. Jacobs invited members to receive and adopt the Financial Report. Mr. Subramaniam Jayavelu proposed that the Financial Report be adopted and Ms. Cherish Yeo seconded. The Financial Report was adopted unanimously with no opposition.

5 TO ELECT OFFICE BEARERS

5.1 The chairperson nominated the following members for office bearer roles

- Dr. George Jacobs for the office of President
- Mr. Heng Guan Hou for the office of Vice President

- Mr. Mark Soh for the office of Honorary Treasurer
- Ms. Katya Salomon for the office of Assistant Treasurer
- Mr. Aproop Dheeraj for the office of Honorary Secretary
- Ms. Pauline Menezes for the office of Assistant Secretary
- Ms. Roopshreya Parmar for the office of Social Officer
- Ms. Ashley Chow Wen Xin for the office of Publicity Officer
- Mr. Michael Broadhead and Mr. Jayachandran Maniyeri as Ordinary Members

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 TWO HONORARY AUDITORS FOR THE YEAR 2016

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

6.2 Ms. Sonya Mohinani and Ms. Lily Leong volunteered. Mr. Balakrishnan Matchap proposed and Ms. Lisha Raghani seconded. They were elected unanimously.

7 ANY OTHER BUSINESS

7.1 Collaboration between organizations

Mr. Michael Broadhead, Executive Committee member and volunteer coordinator of the Animal Allies Project called for collaboration amongst various like-minded organisations in Singapore. Mr. Broadhead also ran through the amazing progress that Animal Allies had made in its first year.

7.2 Scholarship for students

Mr. Jayavelu, an active VSS and Animal Allies activist, called for introduction of VSS sponsored student scholarships for younger members who are pursuing studies in fields related to sustainability and animal welfare.

7.3 "What the Health" trailer

A trailer of "What the Health", a follow up documentary from the makers of "Cowspiracy", was shown to the audience. The online premiere of the film is scheduled for 16th March 2017.

7.4 "Food for thought"

2017 marks the 20th anniversary of the path breaking book "**Food for Thought**" by Singaporean author, Mr. Adam Moledina. The book exposes the horrors of animal agriculture and calls on people to adopt a vegetarian diet. We were honoured to have Mr. Moledina and his wife, Roshan, present at the AGM. Everyone joined Dr. Jacobs in congratulating the Moledinas on the book's 20th anniversary and in wishing Mr. Moledina a happy 97th birthday.

7.5 Adjourn for lunch

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

7.6 Panel Discussion

The panel, chaired by Ms. Rebecca Cappelli, public speaker, consisted of:
Ms. Jaslyn Goh, founder of Souley Green, a cruelty-free Singaporean retailer
Mr. Hilmi Hayan, Animal Allies volunteer and vegan body builder
Ms. Pauline Menzes, VSS member and author of "At Home: From Pot to Pot"
Mr. Ryza Jacobs, active Animal Allies volunteer and vegan recipe expert

8 End of AGM

Animal Allies' official video and Earth Fest 2017's clippings were screened for all to enjoy. Dr. Jacobs thanked everyone for their presence and participation. He then declared the AGM closed at 3:00pm.

Recorded By:



Aproop Dheeraj
Secretary

Vetted & Confirmed By:



George M. Jacobs
President

Membership Statistics

from 1 January 2017 to 31 December 2017

YEAR	New	Renew	FOC	Total	Annual	Life	Corporate	Premium	Student	Total
2010	58	50	0	108	159	134	12	70	167	542
	54%	46%	0%	100%	29%	25%	2%	13%	31%	100%
2011	153	70	0	223	175	149	20	72	291	707
	69%	31%	0%	100%	25%	21%	3%	10%	5%	1%
2012	67	41	0	108	98	155	20	69	346	688
	62%	38%	0%	100%	14%	23%	3%	10%	50%	100%
2013	65	55	4	124	102	166	23	63	369	723
	52%	44%	3%	100%	14%	23%	3%	9%	51%	100%
2014	38	43	22	103	96	166	18	61	392	733
	37%	42%	21%	100%	13%	23%	2%	8%	53%	100%
2015	89	56	0	145	115	170	25	59	424	793
	61%	39%	0%	100%	15%	21%	3%	7%	53%	100%
2016	55	48	1	104	84	180	12	60	400	736
	53%	46%	1%	100%	11%	24%	2%	8%	54%	100%
2017	67	46	0	113	88	189	15	57	430	779
	59%	41%	0%	100%	11%	24%	2%	7%	55%	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
2017	334	336	670	15	94	109	779

Activities

Watch the Animal Allies 2017 Recap [here](#)

January

Walk from Bukit Timah to MacRitchie

Eating plant based food boosts our health, but we also need to exercise. To promote exercise, bring people closer to nature and meet like-minded people, VSS has organised many nature walks, often revisiting popular trails, such as TreeTop Walk and Southern Ridges. This time, we tried a different trail, a longer trail, all the way from Bukit Timah Nature Reserve to MacRitchie Reservoir Park. Then, to reward ourselves, we took a bus to Brownice cafe for vegan ice cream and pizza.



Other Events

19th -21st Jan: Play Lah

February

Earthfest, 12th February

This was the second edition of EarthFest, which highlights the environmental reasons for moving towards plant-based diets. Thousands of visitors came in to be inspired by our booths as well as booths by other NGOs of Feb 12. Plus, the festival featured live music, food stalls, a clothing swap, Really Really Free Market, a PitchFest, documentary screenings, a farmer's market, Maker Faire, and more!

Other Events

1st Feb: NTU Talk

11th Feb: St. John's Island Cat Feeding

25th Feb: Outreach at Singapore Art Museum



March

Vegan Families Event, 18th March

The objective of the event was to create a space for vegan families to come together and support each other, as well as to welcome veg-interested families into a community of like-minded people. We had a very nice potluck gathering with approximately 30 adults and 15 children. There was a story telling session and face painting for the children.



Other Events

- 2nd Mar: Fantastical World of EcoMe
- 5th Mar: Night Walk on Pulau Ubin
- 14th Mar: Talk about Vegan Food at Indian Vegetarian Eateries
- 18th Mar: Project-Island-A-Hand on Pulau Ubin
- 18th Mar: Ayurvedic Lunch Buffet at Green Leaf
- 19th Mar: Farm Sanctuary Visit
- 19th Mar: Metta Charity Festival
- 20th Mar: NTU GreenFest
- 27th Mar: Cowspiracy Screening
- 28th Mar: Movie and Makan at Genesis



April

LinkedIn Hong Kong outreach, 21st April

Our prolific speaker Rebecca Capelli gave a talk at LinkedIn and flew the VSS and Animal Allies flag at Hong Kong. The message from the talk inspired the audience to take further steps on their veg journey. It also opened up dialogue with LinkedIn Singapore for future collaboration on vegetarian and environmental events.



Other Events

- 22nd Apr: Earth Day Activist Appreciation Dinner
- 23rd Apr: Treetop Walk on new MacRitchie Skywalk
- 30th Apr: NTUC Eco Run
- 30th Apr: Singapore Really Really Free Market 48
- 30th Apr: Lush Charity Pot Party

May

'What the Health' Movie and Panel Discussion, 27th May

Without a doubt, the top veg film of 2017 was What The Health, which had a huge impact in terms of influencing people to move towards plant based diets. Our showing for 150+ people at Lifelong Learning Institute was followed by a panel discussion featuring a female vegan bodybuilder, a vegan mother and elite athlete, a vegan restaurateur and a vegan medical doctor.



Other Events

- 3rd May: Vegan Dinner at Tamarind Foods
- 7th May: Jane's Walk
- 12-13th May: Green is the New Black
- 14th May: Kranji Marshes Hike & Lunch at Bollywood Veggies
- 20th May: Lunch at Jiu Pin Lian
- 27th May: Talk at NakedGreens Goes to Market
- 27th May: Talk at SERVICE Conference

June

Singapore Vegetarian Meetup 10th Anniversary, 25th June

Singapore Vegetarian Meetup is one of hundreds of Meetup groups in SG and thousands around the world. It serves as an excellent way to meet fellow vegetarians. What's surprising is that even more of the people at the 300+ events that Singapore Vegetarian Meetup has held since 2007 are not vegetarians. More than 40 people attended the anniversary dinner at Eight Treasures Restaurant.

In addition to enjoying the food, attendees heard from some of the original organisers of our Meetup events. Then, we heard from four well-known vegetarian restaurants: Annalakshmi, New Green Pasture, Veganburg and Eight Treasures.

Other Events

7th Jun: Dinner at Kwan Inn Vegetarian Food

10th Jun: Singapore Really Really Free Market 49

11th Jun: Guided Walk from Botanic Gardens to Bukit Brown

13th Jun: Enzyme-Rich Taiwan Dinner

16th Jun: Sumptuous Dinner at Green On Earth

18th Jun: Outreach at Youth Environmental Envoy Program

23rd Jun: Live and Let Live Screening

28th Jun: Steamboat Dinner at Lotus Court



July

Pink Dot, 1st July

We focused on the intersectionality with our LGBTQ friends at Pink Dot 2018, where close to 20,000 Singaporeans and Permanent Residents turned up at Hong Lim Park.



Other Events

8th Jul: Talk by Dr Chan Tat Hon on Prediabetes, Diabetes and Plant Based Diets

13th Jul: Film Screening and Middle East Dinner at Nasrin

13th Jul: Dinner at Time's Vege

22-23rd Jul: Maker Faire

22-23rd Jul: Open Farm Community

26th Jul: What the Health screening and panel discussion at TheWedgeAsia

28th Jul: Organic Dinner at Sunny Choice

TED Talk, 15th July

This was another instance where Rebecca Capelli gave a talk to inspire people to think about their food choices and the powerful connection between plate, health, heart and environment at the packed event. The full talk can be accessed on [Youtube](#).



August

Green and Healthy Festival, 19th-20th August

Kampung Senang, with support from VSS and other pro-veg organizations, hosted the second edition of its Green and Healthy Festival. On the first day, our volunteers gave a presentation about diet and the moral and environmental implications followed by a discussion panel. Throughout the festival we ran our lifestyle diseases and water footprint games as well as our smoothie bikes and virtual reality.



Other Events

3rd Aug: Vegetarian Club launched at James Cook University Singapore under the name of Conscious Consumers Club

5th Aug: Thai vegetarian lunch buffet at Yummy Veggie

25th Aug: At the NUS Geography Department, Associate Professor Andrew McGregor of Macquarie University shared his research on the vegetarian movement in Sydney



September

PlantFit Summit, 1st-21st September

This online event featured video interviews with an international collection of international vegan health experts, athletes and other notables. Among the two organisers and interviewers for this event was Singapore's own Luke Tan, whose prowess as an elite vegan athlete was featured in the local media. Watch out for the 2018 version of the [PlantFit Summit](#).



Other Events

9th Sep: Goldbell

Corporation Family Day

13th Sep: Talk at SG Eco Film Festival

13th Sep: Panel Discussion on 'Positive Responses to Climate Change', at James Cook University Singapore, including VSS speaker – [YouTube link](#)

23rd Sep: Food for Mood workshop

23rd Sep: Malay vegan food tasting

24th Sep: Singapore Really Really Free Market #50

30th Sep: SPCA World Animal Day

October

Farm Sanctuary Visit, 8th October

A group of 14 of us (some vegan, some veg and some non-veg) headed off to Malaysia to visit the Animal Paradise Sanctuary for the third time. Participants spent the day tapping into our compassion as we interacted with the rescued animals at the sanctuary and heard their stories. Most of the animals are ones whom humans raise for meat. Both the animals and their human friends thoroughly enjoyed the petting and feeding sessions. We also enjoyed delicious vegetarian Kampong food on the way to the sanctuary.



Other Events

- 1st Oct: Outreach at [Green is the New Black](#)
- 1st Oct: Raw Vegan Snowy Mooncake workshop
- 7th Oct: 'Is Green and Healthy Monday Right for You?' VSS Talk by Rebecca Cappelli, at Sengkang Public Library
- 8th Oct: 'Why, What and How of Plant Based Diets' VSS talk by Dr Ong Hean Yee at Sengkang Public Library
- 11th Oct: [Chicks Eat Vegan in Singapore](#) event at Akira Back restaurant
- 14-15th Oct: Korean Fair Hanguk Square Weekend
- 20th Oct: 'Why, What and How of Plant Based Diets' VSS talk by Dr Ong Hean Yee, at Bukit Merah Public Library
- 22nd Oct: Chocolate Banana Lava Cupcake workshop
- 29th Oct: Action for Singapore Dogs - Jazz for Dogs – We sold vegan baked goods to help with ASD's fundraising
- 29th Oct: Authentic Plant Based Malay food by Sapao

November

Green School Day, 8th November

Green School Day is run by [Singapore Environment Council](#). We participated in 2016 where our smoothie bike was a huge hit with the students and were invited back this year. About 700 primary and secondary kids and their teachers attended in 2017.



Other Events

1st Nov: World Vegan Day Outreach: Ask-a-Vegan

4th Nov: World Vegan Day/Month Potluck Dinner

4th Nov: Green and Healthy Monday talk

11th Nov: Water Kefir, Raw Vegan Yogurt and Cheese workshop

13th Nov: Dinner and Talk with a Vegan Doctor and Chef

15th Nov: Private talk with Kate Burton

19th Nov: Pursuing Happiness screening and discussion

20th Nov: Repeat of Dinner and Talk with a Vegan Doctor and Chef

25th Nov: Green and Healthy Monday talk

27th Nov: Threepeat of Dinner and Talk with a Vegan Doctor and Chef

29th Nov: Dinner gather at nomVnom Taiseng

December

Christmas Potluck, 9th December

This was one of our many potlucks over the course of the year and was a great way to bring in the holiday season, with amazing vegan food and lots of love in our extended vegan family. About 35 of us attended the potluck.



In the Media

Animal Allies Health Position Paper

Letters to media

- o Benefits of going vegetarian – Straits Times, 25th January
- o Subsidise health food in budget 2017 – TODAYonline, 1st February
- o Are S'poreans eating too much meat? – Straits Times, 8th April
- o Plant-based diets work better for diabetics – Straits Times, 26th May
- o Focus on alternatives to meat for better food security – TODAYonline, 1st June
- o Recognize those who promote animal welfare – Straits Times, 19th June
- o Fight climate change by changing diet – Straits Times, 25th November

News

- o Trade items, learn to upcycle at Earthfest – Straits Times, 10th February
- o Tubuh sasa tidak terjejas walau tak makan telur ayam – Berita Harian, 19th February
- o Should your child be vegan? – TODAYonline, 4th March
- o Hot Bods 84: Maeve Suar – Straits Times, 19th March
- o Meatless in Singapore: A hospital, campus and some eateries offering no-meat meals as healthier options – Straits Times, 28th March
- o Going vegan in Singapore is easy, says Les Mis star – TODAYonline, 10th May
- o Life of plant based national schools running champion Phoebe Kee through her own eyes – Secondwind Academy, 17th May
- o Politicians in Denmark are going vegan to tackle climate change – Metro, 18th May
- o Can clean meat really save the planet? Expatliving.sg, 2nd June
- o Singapore vegan cookbook wins top prize in international cooking competition – Vegan Magazine, 3rd June
- o Hot Bods 97: Hilmi Hayan – Straits Times, 16th July
- o Veganism gathers steam on social media (print only) – Straits Times, 24th July
- o Vegan ice cream comes of age – Straits Times, 27th July
- o Can you have a healthy vegetarian or vegan pregnancy? – Channel News Asia, 30th July
- o How should you label? An analysis of different 'vegetarian' terms – Apfoodonline.com, 4th August
- o Temasek takes a bite at Impossible Foods – Straits Times, 7th August
- o Meat-lovers beware: Eating more red meat, poultry can raise diabetes risk – Straits Times, 5th September

- o S'pore study confirms red meat and diabetes link – Todayonline, 6th September
- o Local firm develops meat alternative from plants – Todayonline, 16th September
- o Going vegan in a food paradise – Straits Times, 19th September
- o Is Singapore ripe for a for a vegan bar? – Lifestyle Asia, 29th December

Animal Allies blog

- o "Even Vegans Die" review – 6th June
- o Response to "Watching from farm to fork" in Today newspaper – 18th June
- o Should vegans support the LGBTQ+ movement? – 29th June
- o Response: Our role in the dog meat trade – 24th July
- o "Creating a vegan world" book review and interview with author Tobias Leenaert – 26th July
- o Developing online search skills: The case of vegan nutrition – 2nd September
- o Effective altruism: Do the most good – 29th September
- o Book Review: "Mercy for Animals" – 3rd November
- o Diabetes and whole foods plant based diets – 24th November
- o 2017 compassionate Christmas gift guide - Part 1 – 7th December
- o 2017 compassionate Christmas gift guide - Part 2 – 16th December

Financial Report

from 1 January 2017 to 31 December 2017

Financial Report Balance Sheet as at 31 December 2017

for the period

1st Jan 2017

to

31st Dec 2017

Assets

Fixed Assets

Equipment

3,481.51

3,481.51

Total Fixed Assets

Current Assets

Cash On Hand

147,682.73

Inventory

504.65

Total Current Assets

148,187.38

Other Assets

Prepayments

963.60

Total Other Assets

963.60

Total Assets

152,632.49

Liabilities

Current Liabilities

Other Current Liabilities

6,210.51

Total Current Liabilities

6,210.51

Total Liabilities

6,210.51

Net Assets

146,421.98

Equity

Prior Year's Surplus/Deficit

153,587.73

Current Year Surplus/Deficit

(7,165.75)

Total Equity

146,421.98



Honorary Treasurer
Bianca Polak



Auditor
Sonya Mohinani



Auditor
Lily Leong

**Financial
Report****Income & Expenditure Statement for the year ended 31 December 2017**

for the period		\$	%
1 st Jan 2017	Income		
to	Donations in Cash	14,490.69	40.0%
	Programme Fees	7,968.00	22.0%
31 st Dec 2017	Membership Fees	5,760.00	15.9%
	Sales of Work	1,319.00	3.6%
	Advertising Income	189.00	0.5%
	Miscellaneous Income	6,525.91	18.0%
	Total Income	36,252.60	100.0%
	Expenses		
	Salaries	6,954.55	19.2%
	CPF Contribution	1,183.00	3.3%
	Skills Development Levy	16.00	0.0%
	Rental of Rooms	556.40	1.5%
	Supplies and Materials	14,551.17	40.1%
	Printing and Stationery	2,370.01	6.5%
	Transport	1,363.72	3.8%
	Communications	4,231.15	11.7%
	Insurance	470.42	1.3%
	Professional Fees	7,200.00	19.9%
	Public Education	872.70	2.4%
	Volunteer Development	380.00	1.0%
	Bank Charges	207.60	0.6%
	Transaction Fees	901.63	2.5%
	Depreciation of Fixed Assets	1,999.20	5.5%
	Miscellaneous Expenses	160.80	0.4%
	Total Expenses	43,418.35	119.8%
	Net Surplus / (Deficit)	(7,165.75)	-19.8%



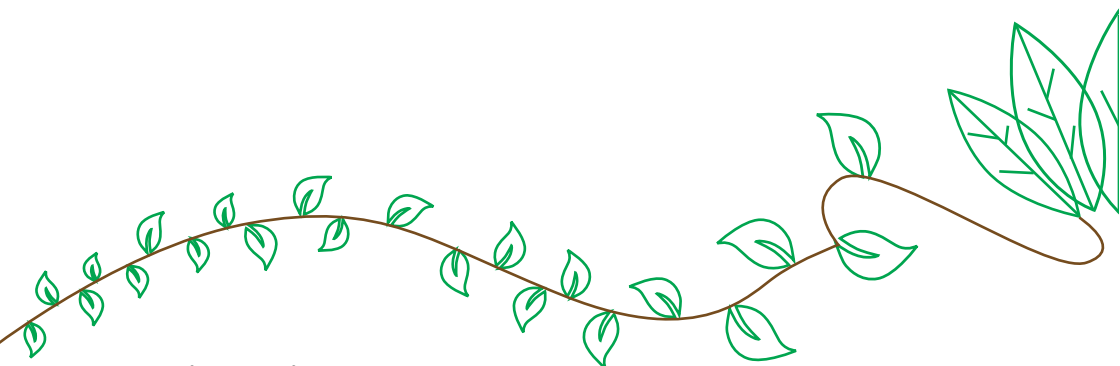
Honorary Treasurer
Bianca Polak



Auditor
Sonya Mohinani



Auditor
Lily Leong



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