

# Vegvibe

APRIL 2010



**Special Report**  
World Renowned Chef  
Vivek Singh Presents  
Vegetarian Fine Dining  
at The Rang Mahal



## Going the Distance...

Duo skate 60.6km across  
Singapore to raise awareness

*Also in this issue:*

**Pulsating Perth, Recycling eWaste, Sporting for  
Vegan Health and the Vegetarian Society's AGM**

# The Chief Veggie Speaks!

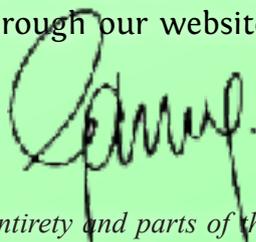
A lot of exciting things are happening this month which left us scrambling to complete preparing this issue. In the midst of meeting with advertisers and potential investors, we had to attend a press tasting session at the famed *Rang Mahal* (Page 12) just days ago and coordinate with a pair of animal activists who decided to skate around Singapore (Page 8).

There have also been landmark events we have had to attend such as the *Vegetarian Society's* (VSS) 11th AGM (Page 20) where exciting new developments were revealed. Similarly, talented local artist and staunch vegetarian, J Kalidass, holds his first solo exhibition (Page 10) this weekend which *VegVibe* supports, and to coincide with his latest pinnacle of success, we recognise him as the *Vegetarian Hero* for April (Page 14) as well.

Meanwhile, support for *VegVibe* continues to be strong and ever-growing and I must thank each and every one of you for this success. Our network of partners and stakeholders has grown and we are meeting more and more people who believe in the work we do. This has encouraged us to no end and we continue to strive for the best content to be in *VegVibe* at all times.

Please continue to spread the message about *VegVibe* to all those who might benefit from reading us and feel free to invite as many to join our *facebook fan page*. We will be giving away *Golden Village* movie tickets soon to some of our fans as promised. Meanwhile, newsmakers in the areas of vegetarianism, veganism, animal activism, and environmentalism, are encouraged to seek us out for viable collaboration that can benefit the community at large.

Finally, as ever, we continue to include updates and breaking news stories on the *VegVibe* blog at <http://vegvibe.com/blog>, and remain contactable via email at [vision@vegvibe.com](mailto:vision@vegvibe.com) and through our website at <http://vegvibe.com>, thank you.



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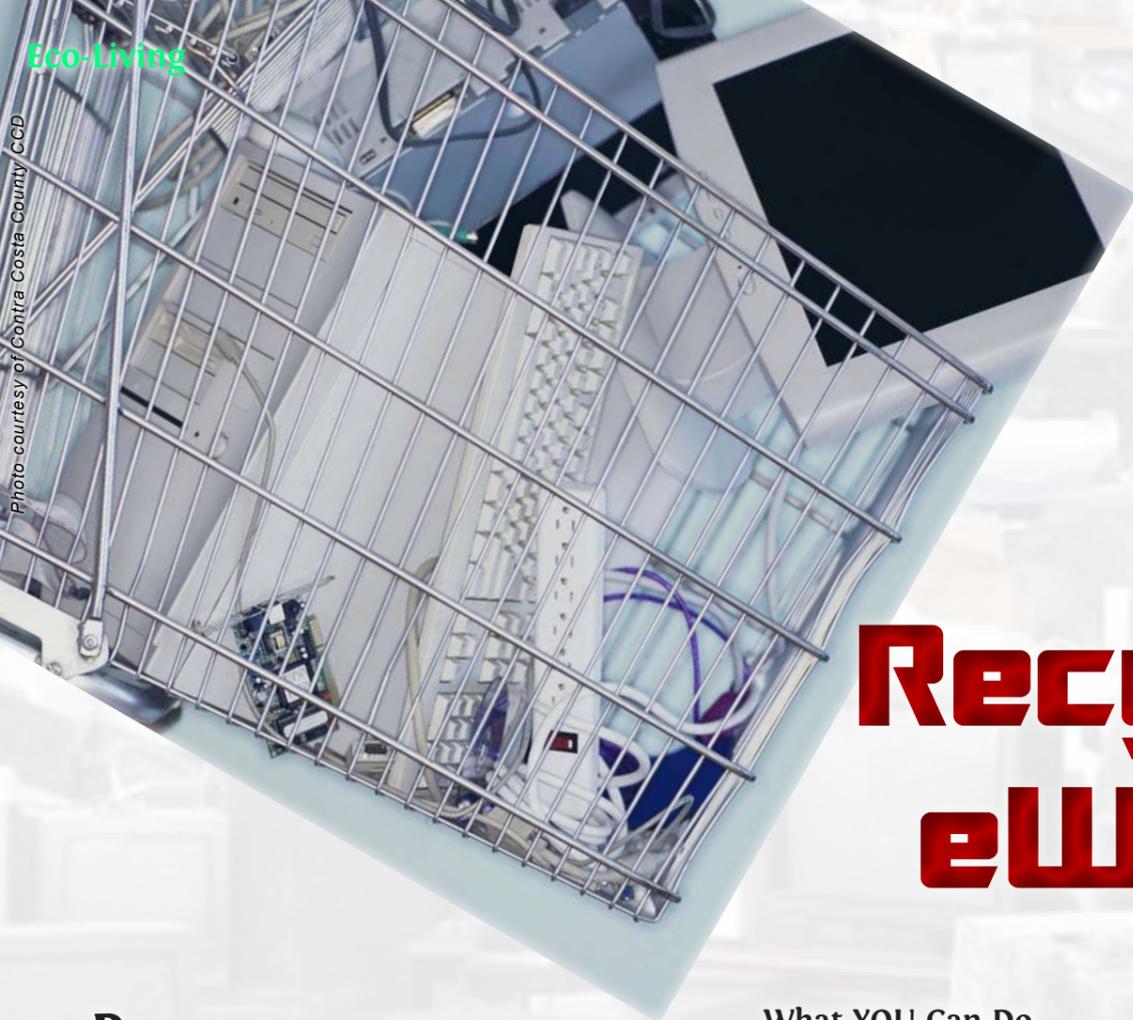
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*Trina Tan*

*The editor would like to thank Mr J Kalidass for graciously agreeing to be featured in this issue.*



By Trina Tan

# Recycling eWaste

Recycling is not all about just paper and plastics. We often forget that metals and electrical components are materials that can be recycled as well.

Electronic waste, termed as *e-waste* or *Waste Electrical and Electronic Equipment (WEEE)*, is a waste type consisting of any broken or unwanted electrical or electronic appliances including old computers and mobile phones. In this modern age where we rely heavily on computers, the dependence on electronic devices in our lives is significant. Electronics is everywhere - in our homes, the public space and in almost all industries. Therefore, it is only a matter of time before the proportion of 'eWaste' becomes a major part of our trash (if it hasn't already).

It is a matter of fact that, for most people, reducing the need for electronics is not an option, and in a large number of instances, the spoilt devices cannot be reused. Then, going back to the basics of sustainability is the next best step - and the way to go is to recycle the electronics so that they can be reused again in another form.

## What YOU Can Do

For the individual, whenever we feel like changing or upgrading our electronics, be it the desktop computer, mobile phone, household iron or even audio speakers, we should always try to first donate to the less fortunate or non-profit organisations that help low-income families. Usually, these organisations are more than willing to accept such devices which may have several years of service ahead still.

If your electronics are faulty, then the option would be to approach the many companies in Singapore that deal specifically with collecting scrap metal and electronic parts - a simple search on the internet will reveal their contact details.

These companies in fact employ safe and environmentally-friendly ways to recover recyclable metals that are found in eWaste and thus offer a greener way to dispose your electronics. Not to mention, the improper disposal of electronic devices might even pollute the environment, especially when heavy metals like lead and cadmium which are toxic to both the environment and to humans, are involved.

## What Industry Can Do

On the industrial front, companies and industries too have a big part to play in managing eWaste. Whilst it has been a common practice in the mobile phone industry to accept used mobile phones in exchange for discounts on the price of a new mobile phone, it is heartening to note that this approach has now been adopted by other electronic device manufacturers.

For example, *Canon* now has a trade-in program that allows camera owners who wish to upgrade to a newer model to exchange their older cameras for a discount. The attractive part is that they accept even the faulty cameras - which is an improvement over the mobile phone industry as the latter only takes in phones that are in working condition.

Meanwhile, *Casio* too offers the option to trade-in older watches to enjoy a special price on their new Casio watches, and like Canon, extends the exchange programme to include faulty Casio watches.

All this helps the recycling of eWaste tremendously and the good news is that others are moving towards this practice as well. There is little doubt that eWaste is going to be a major problem within the next 50 years - with the effects likely to be felt in the near future itself, but it is nice to see that we are ahead of the curve on this particular issue.



Photo courtesy of Elektronikschrift

What is most important though is for individual consumers and companies alike to continue to work towards sustainable solutions that might stunt the growth of this inevitable problem.

## Why eWaste is Bad for The Environment

- **Electronic equipment contains hazardous materials such as lead, mercury and brominated flame retardants**
- **Glass monitors and television screens contain about 1.8kg of lead!**
- **Circuit boards contain heavy metals that leach out into the environment and affect public health and natural resources (but can be easily recycled to manufacture new electronics)**
- **50 million computers and monitors and 130 million mobile phones are thrown away in the United States each year - that's a lot of equipment!**



Photo: gohere.com



By Ganga

# PULSATING PERTH

The capital of Western Australia and ranked fourth among all the cities in the country, Perth is home to 1.6 million residents covering an area of over 5,000km<sup>2</sup> (approximately 40 times as large as Singapore). It is known as the *City of Lights* because in 1962 the residents switched on their home and street lights as astronaut John Glenn passed over during his orbit in space (yes, we know, not the most environmental friendly thing to do).

Interestingly, Perth is geographically closer to Singapore and Jakarta than it is to other Australian cities such as Sydney, Melbourne, and Brisbane. Climate-wise, temperatures can be anywhere between 16°C and 31°C during the summer months (December to March), and between 8°C and 22°C during winter (May to September).

Perth is also has a cosmopolitan mix of nationalities with 44% of the population comprising foreigners - of which 11,237 are Singaporeans and 18,993 are Malaysians.

Photo: Travel House UK



Movie buffs meanwhile might be pleased to note that the late Heath Ledger (who played the *Joker* in *The Dark Knight*) hailed from Perth whilst Hugh Jackman (of *Wolverine* of the *X-Men* fame) passed through Perth's *Edith Cowan University* on his way to international fame.

## Getting There & Moving Around

Perth is about 5 hours by flight - and travellers from Singapore do not have to worry about jet-lag as they both are in the same time zone. Once landed at Perth Airport, the city centre is about 17km away and accessible via taxi and a city shuttle service. Alternatively, you could take the shuttle service to the domestic terminal where bus services are additionally available.

Travelling around Perth is also fairly easy with buses, taxis, trains and even trams available to suit your pace. The major bus service operator in Perth uses a zonal system for charging fares and tickets can be purchased in cash upon boarding. However, using the *SmartRider* card will save you the hassle of fumbling with cash but costs AUD\$10 (\$12.80) - before adding value.

Taxi fare is meanwhile metered but the driver may ask for a deposit based on an estimation prior to journey. Fare rates also vary depending on the time of the day - there is one rate for weekdays and one for weeknights/weekends, plus surcharges for holidays and post-midnight journeys.

## Things to do

Other than the bus tours that will take you around the city, some notable places of interest include *Kings Park* (right). The 400-hectare park has beautifully landscaped gardens and bushland, and the views of the city and river are impressive.

Visitors can enjoy serene walks through the eucalyptus tree canopy as well as attend the many music and theatre events that are regularly held there, not to mention visit the *Aboriginal Art and Craft Gallery*.

For those more interested in seeing something not typical to



find out your weight in onto a special weighing scale to engraving your own medallion.

In addition, visiting the quiet port city of *Fremantle* will offer a look into the rich heritage of Australia's colonial era, especially the 19th century buildings - the *Round House*, the *Fremantle History Museum* and the *Fremantle Prison* (right).

In addition, there are whole range of fun activities such as snorkelling and diving, plenty of beaches



to relax at, festivals to attend and a bustling nightlife to experience - all limited only by desire and time you have to spend at Perth.

There are also plenty of places to shop as well - Fremantle city being a good location to scout for arts and crafts souvenirs, whilst the malls at Murray and Hay Street offer the range of modern shopping adventures. Alternatively, the suburbs - namely, *Bay View Terrace* in Claremont, Napoleon Street in Cottesloe, and Rokeby Road and Hay Street in Subiaco - may offer a 'heartland' shopping experience.

home, then a visit to *The Perth Mint* will offer an opportunity to revisit the gold prospecting days of Australia.

The mint has many interesting experiences to offer, including the second largest gold nugget in existence that weighs 25.5kg (left), watching a traditional *Gold Pour*, hopping



Photo: Resort Getaways

## For the Veg Traveller

Australia is largely recognised by the vegan community as being extremely vegan-friendly. In addition, Perth being a cosmopolitan and well-connected city, the various options are widely and readily available.

However, when eating at non-veg restaurants, it is still generally a good idea to check with the waiter on the options available and on the ingredients used (just as you would at any non-veg place). There are many places around Perth that serve pure vegetarian food or accommodate vegan dietary requirements - and are enjoyable too!

Thus, Perth is one place that has a good shot at satisfying everyone in a group travelling together in which each person has a different interest area.



### Annalakshmi on the Swan

Jetty #405, Barrack Street Square, Perth  
(Behind Bell Tower)

Opening hours: Tuesday to Friday from  
12.00pm to 2.30pm and 6.30pm to 10.00pm;  
and Saturday from 6.30pm to 10.00pm

Tel: 08-9221-3003

[www.annalakshmi.com.au](http://www.annalakshmi.com.au)

Indian vegetarian buffet style food with no alcohol allowed, this restaurant wouldn't look out of place at *Little India*. In fact, it is pretty much the same as the one at *Chinatown*, Singapore, with a homely feel and a pay-as-you-wish concept.

### Sri Melaka Vegetarian Nyonya Restaurant

Unit 1, 220 James Street (next to Russell Square in Northbridge)

Opening hours: Tuesday to Sunday from 11.30am to 2.30pm and 6.00pm to 9.30pm

Tel: 08-9228-2882

Offering an a la carte menu for lunch and dinner, there are over 80 choices of Nyonya Malaysian Chinese cuisine from satay to curries, and a buffet spread as well on Fridays through Sundays. There is also an attached health food store that carries a range of vegetarian products. The restaurant assures that it is 100% vegetarian and is also Halal-certified. This restaurant relies on a lot of mock-meat though and is probably a useful location to host a group of vegetarian and non-vegetarian diners.



### Chatters Cafe and Restaurant

1 Progress Street, Morley

Tel: 08-9375-1636

Opening hours: Daily from 11.00am to 2.30pm  
and 5.30pm till late

[www.chatters.com.au](http://www.chatters.com.au)

An award-winning restaurant, this posh restaurant serves authentic Asian food and prides itself on good and efficient customer-service. This extends to offering vegetarian options and catering to the needs of vegans - certainly the ideal place to pamper yourself while in Perth.

# Know Your Lemons!

Research suggests that the high amounts of vitamin C found in lemons can protect against certain forms of arthritis.

Lemons are thought to have been first grown in India, northern Burma and China.

The acidic content of lemons has been used extensively in cooking to neutralise odours and prevent oxidation in fruits and vegetables.

Choose lemons that are thin-skinned and fully yellow as they will yield more juice and be less acidic.

It is believed that diluted lemon juice is beneficial for pregnant women as it assists in strengthening the bones of the foetus.

Lemons are a good source of Thiamin, vitamin B6, Riboflavin and Pantothenic acid.

Lemons are used for cosmetic purposes to clarify skin and hair, and also used to lighten hair colour.

Lemon has diuretic properties and helps to alleviate urinary tract infections.

Lemon mixed with hot water can help relieve digestion problems such as heartburn and constipation - and can also help to release toxins from the body too.

Moved by the sad fact that 27 cats are culled every 24 hours by the *Agri-Food and Veterinary Authority* (AVA) in Singapore, 2 students from the *Nanyang Technological University* (NTU), Nurul Dini Rahim and Muhammad Jon-Jon Zahari, decided to embark on a small-but-personal campaign to raise awareness.

Being ardent longboard enthusiasts - the longboard is an adaptation of the skateboard with a longer and sometimes wider shape, used for cruising and

### Overwhelming Support

The initiative soon caught on and the pair created an event page on facebook which quickly attracted over 250 supporters to the cause. They encouraged supporters to donate any amount they could to the NTU CMN as well as the *Cat Welfare Society* (CWS) who they felt were doing a great job in caring for community cats around Singapore.

Jon-Jon shared that according to AVA surveys, 96% of respondents in Singapore do not want cats to be

By Ganga

### Murphy's Law

So, on a cool Saturday morning (3rd April 2010), Jon-Jon and Dini set off from below Pioneer MRT station on their journey. The *VegVibe* team was onscene to catch the action and the skaters even obliged with a short interview (video clip available on the *VegVibe* blog).

With the excitement apparent and their conviction to the cause obvious, the duo skated off towards the rising sun. Alas, the sunny morning gave way to a rainy noon and by the time the couple reached the *Esplanade*, it had begun to rain.

Nevertheless, they soldiered on and arrived at *East Coast Park* by late afternoon. The rain, however,

**108KM TRIP AROUND SINGAPORE ON LONGBOARDS SOUNDS RIDICULOUS?**

**NOT AS RIDICULOUS AS THE FACT THAT 27 CATS ARE CULLED EVERY 24 HOURS**

# GOING THE DISTANCE

**Duo longboard 60.6km around Singapore to raise awareness**

even transportation - and being cat lovers who were part of the *Nanyang Technological University Cat Management Network* (NTU CMN) which cares for the community cats that roam the NTU campus, they decided to marry these 2 loves and create *Skate Migrate Against Cat Hate* - an ambitious goal to skate 104km around Singapore from the West to the East via the southern part of Singapore and back again via the northern portion.

culled but wondered, "While this should be a heartening thing, it isn't because not enough action has been taken by these 96% to stop the culling. Thus the 4% get their way."

And clearly not wanting to be part of the 96% that does not do anything, both skaters adopt the perspective that any action taken towards a positive outcome - no matter how small the impact - is an action taken nonetheless.

They feel that raising awareness of the plight of cats in Singapore is indeed that small impact. Additionally, they feel that they may encourage those who agree with their efforts to 'vote with their wallets' and donate some amount to the 2 organisations.

# FOR COMMUNITY CATS

did not let up and they found themselves battling through the rest of the journey. And unfortunately, as night fell, it became increasingly difficult to negotiate the terrain safely and they then had to make the heartwrenching decision to call off their journey altogether.

### Glass Half Full

In all, they completed 60.6km up to Pasir Ris in 13 hours and were obviously dejected in not having completed the intended distance - in spite of everyone having only words of admiration for the adventurous skaters. They have since vowed to complete the unfinished distance later this month.

Entitled *Route to Redemption*, they will cover the remaining distance by travelling up and down *East Coast Park* instead of travelling on the open roads this time (for safety reasons and due to scheduling problems).

There is no doubt that the duo will cover the entire 104km but regardless, their aim of creating awareness of the serious issue of practising culling as a solution when more sustainable and manageable options such as *Trap Neuter Return* (TNR) exist has certainly been achieved.



## Gauthama Buddha

Sculpture Within Paintings by **J. Kalidass**

on 16 April 2010 (Friday) at 7pm

**Guest-of-Honour:**

Mr Phil Whittaker

Director

Sotheby's Institute of Art

Singapore

**Dress Code:**

Smart in Pastels

**RSVP by:**

14 April 2010

[rsvp@gnaniarts.com](mailto:rsvp@gnaniarts.com)

Sms: 9850 4006

**Venue:**

**The Gallery of Gnani Arts**

#01-05, The Regent Singapore

One Cuscaden Road

Singapore 249715

Tel: 6725 3112, 9850 4006

**Exhibition Hours:**

11am – 7pm

Closed on Mondays only.

Free Admission.

**Exhibition Duration:**

16 April - 27 April 2010



"Kalidass' works focus on Gautama Buddha, the spiritual teacher who founded Buddhism. No other subject is more suitable to portray the longing for peace, tranquillity and serenity, as generations of sculptors and other artists have done before. Kalidass continues this tradition in his remarkable and accomplished way, giving the viewer an opportunity to leave behind the stressful daily city life and immerse into the quiet sphere of enlightenment."

**Dr Gil Schneider**

Programme Director,

MA in Art Business, Sotheby's Institute of Art, Singapore.



Marion Jones

Robert Cheeke

Carl Lewis

Photo Courtesy of FCTI Health

# Supporting For Vegan Health

Athletes, especially those who are involved in high performance sports, will attest to the importance of appropriate food intake. A proper diet not only sustains an athlete through training and performance but also assists in the recovery process post-event.

Hence, due to the high calorie and protein needs involved, it is not unsurprising that there is generous scepticism as to how much a vegan diet can provide for as an alternative to the traditional meat-laden diet in such cases.

However, the fact is that more and more athletes around the world are now starting to appreciate the benefits of a vegan diet in improving their sporting performance. Not only does a vegan diet not have the saturated fats associated with meat and dairy, it also provides better digestibility, reducing the trademark sluggishness experienced after meaty meals, and improves recovery time after sports activity.

But to truly enjoy these benefits, vegan athletes have to plan their diet carefully (not unlike non-vegan athletes) as they need a considerable amount of protein, carbohydrates, fats and minerals since they burn large amounts of calories in a day.

## Protecting Protein Intake

One of the essential nutritional needs of an athlete is protein - athletes need about 150% more protein than the average person. Protein helps to rebuild muscle tissues after gruelling training sessions and also fuels the body during endurance sports.

Athletes (as with anyone else) transitioning to a vegan diet might feel constant hunger or lack of

energy. However, eating a variety of legumes, grains and making protein shakes with soy milk will help to meet the adjustment shortfall.

## Functioning Fats

As athletes in particular burn a considerable amount of calories everyday, they do require a significant amount of fats to be present in their body as primarily, the body depends on fats as a source

of energy.

**By Halimah**

Typically, non-vegan athletes will receive saturated fats from meat, egg and dairy products. However, a vegan diet can address this by substituting such saturated fats with heart-friendly fats such as extra virgin olive oil, flaxseed oil, raw nuts and seeds, and avocados as well.

## Managing Mineral Stores

Athletes also have to be conscientious of consuming sufficient minerals such as sodium, calcium and iron. During high-impact and endurance training, sodium and iron is lost through perspiration and calcium through muscle contraction.

Iron is also depleted during constant-impact activities such as running through the tiny capillaries that break every time the foot comes in contact with the ground. Tiny amounts of blood are lost this way which, over time, leads to the depletion of iron stores in the body.



Molly Cameron

So if you're a vegan on a (exercise) mission, then do consider taking the appropriate supplements but also include sesame seed, almonds, blackstrap molasses and dark green vegetables for the necessary calcium and iron intake. And don't worry - vegan athletes can be champions too! All it takes is some careful planning, a positive mindset and the determination to attain the goals you set out to achieve.

# Finally, Fine Dining

Fine Dining is something not associated with vegetarianism - and for good reason. With the focus being super-extravagant, over-the-top food preparation and presentation, it usually revolves around decadent, hard-to-find ingredients and the opulent connotation that comes with having meat on the table.

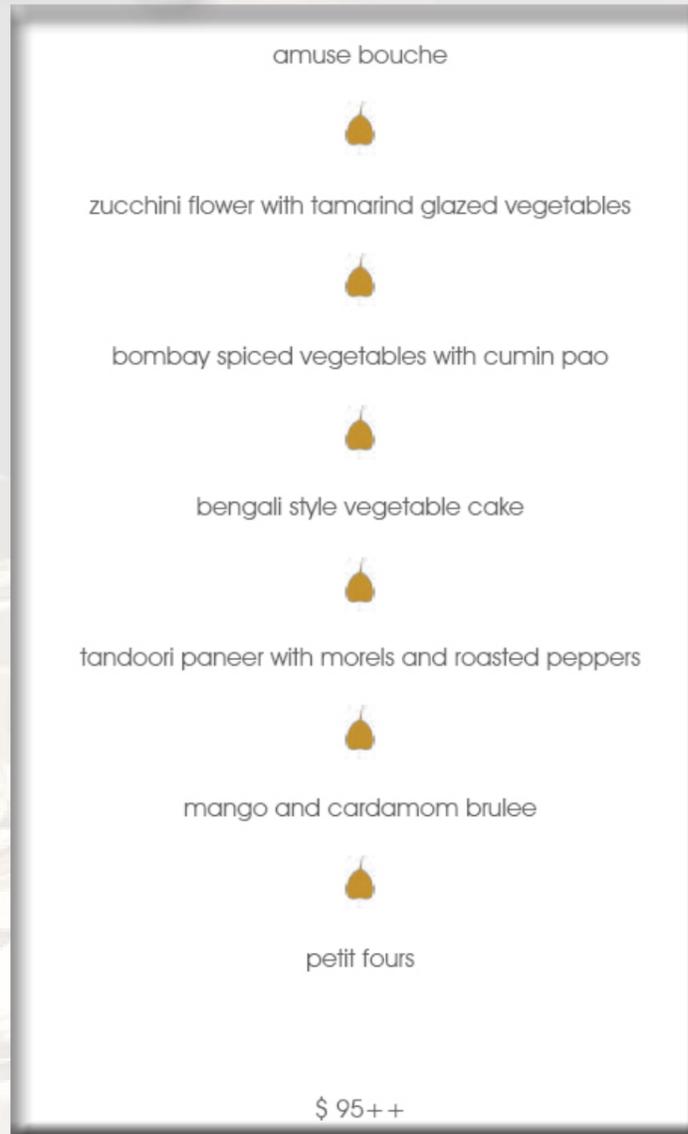
Hence, it is not surprising to hear about \$1,000 charity dinners where the supposedly world-renowned chefs would be stupified if one were to request a vegetarian (let alone vegan) spread.

And if such chefs were to be forced into a corner, their idea of a vegetarian dish would then be to simply remove the meat portions of the original dish and insert some large vegetable pieces, oblivious to the fact that the sauces used would almost certainly contain some form of meat or egg.

## World Class with a Difference

Thus it was refreshing to meet chef Vivek Singh, Executive Chef of *Cinnamon Club* situated in London, who was specially invited by *Rang Mahal* to Singapore in conjunction with the *World Gourmet Summit 2010*. Although not a vegetarian himself (his wife is a pescatarian though), he is one of the rare few world-renowned chefs to not roll his eyes at a special request for vegan options.

In fact, for the press tasting, chef Vivek was more than accommodating - in spite of his hectic schedule during this visit - and specially prepared a handful of dishes that met our dietary limitations.



Themed the *Liberation of Indian Cuisine*, chef Vivek has prepared 7-course and 5-course tasting menus (vegetarian and non-vegetarian versions) which will be available exclusively during the week of *World Gourmet Summit 2010* at the *Rang Mahal* restaurant.

The dishes on the vegetarian menu include an interesting *Amuse Bouche* starter and the *Zucchini Flower with Tamarind Glazed Vegetables* (pictures on facing page). Whilst both look similar to traditional Indian fare, they belie an amazing taste that is both Indian and modern - the texture and taste combining to offer an experience quite like no other.

## Taste that Dances

Unlike typical Indian food that leaves one burping spices and/or feeling bloated, with chef Vivek's creations you know the spices and ingredients are there but none take precedence over another and they superbly combine to present a flawless dance on your tongue.

The specially-created vegan dishes were understandably not as fantastic but taking into account the limited time and resources that chef Vivek had at his disposal, they were all worth paying for nonetheless.

One of these 'customised' dishes deserve special mention though - the *Coconut Rice Pudding with Jaggry-grilled Pineapples* - which was a wonderful balance of traditional Indian pudding (*Payasam*) and western-styled pudding. The attention to detail was also apparent in the accompanying grilled pineapples - each piece was neither too sweet nor sour and offered the sublime pairing with the understated-yet-impactful pudding.

## The Environmental Chef

Chef Vivek's philosophy towards the culinary arts includes a keen consideration of the environment and he does exercise various measures to reduce waste and limit his carbon footprint.

For example, at *Cinnamon Club*, he ensures that the



ingredients are sourced from farms that practise sustainable farming and those that are locally produced. Not to mention, in London, he cycles to his restaurant on most days!

He also believes that buffets are the most wasteful of all and therefore does not offer this at his restaurants. Rather than look at waste as an entity, he sees it as a result of the process and that managing the process well is the key - such as using by-products of the kitchen preparation process to create secondary dishes.

Fine Dining may not be on the minds of vegetarians or vegans but the next generation of top-class chefs like Vivek Singh definitely looks to change all that.

*Rang Mahal's Liberation of Indian Cuisine prepared by celebrity chef Vivek Singh will be available until 18th April. Rang Mahal is open for lunch from Sunday to Friday from 12.00pm to 2.30pm and for dinner from 6.30pm to 10.30pm daily.*



Zucchini Flower with Tamarind Glazed Vegetables



Amuse Bouche



Coconut Rice Pudding with Jaggry-grilled Pineapples



**Rang Mahal**  
**Pan Pacific Hotel,**  
**3rd Floor**  
**7 Raffles Boulevard**  
**Tel: 63330050**  
**www.rangmahal.com.sg**

*J Kalidass, 33  
Artist & Teacher*

An up-and-coming artist on the local scene, J Kalidass, or 'Dass' as he is known to his friends, comes across as a calm person who is at peace with himself. Indeed, his works of art reflect this serenity and it is not hard to see why they are regarded highly within the arts community.

Dass shares that his vegetarian journey began in 2000 as a spiritual progression which extended to being kind to animals. He questions, "If someone kills a dog or cat - even for food, it's cruelty to animals and they are deemed crazy and senseless. But at the same time, if you were to kill a pig, cow, lamb, goat or chicken it's completely normal?"



Photo: Wang Jasin

**Initial Challenge**

When he first started out, Dass found it hard to find food especially since he was on the move around the island constantly due to work. He dealt with this by relying on only bread and fruit for his meals.

He reveals that, "deep down, I felt that I am a disciplined guy who goes to great lengths to uphold my principle" - which in turn gave him the strength and resolve to push through with observing his new diet.

And as to the question of managing social situations, Dass gets a tad riled up and exclaims, "I simply don't care about social situations. At some gatherings I encounter people asking me what happened and why, as though I am suffering from some kind of disease." And thus, he believes not taking heed of negative opinion is the way to go.



**The Peaceful Boxer**

As mismatched as it sounds, Dass is in fact an amateur boxer in addition to being an accomplished artist! Nevertheless, this is just a harmless interest and not an indication of a violent personality lurking. Rather, he credits his vegetarian lifestyle of having enabled him to concentrate and especially focus on his art.

In addition, he finds himself having become more down to earth and a person who appreciates the simple things without getting so worked up as compared to before.

**Practical Advice**

As to what guidance he would like to offer others considering a

vegetarian lifestyle, he says simply, "visit 'modern animal farms'. The factory-farming system of modern agriculture strives to maximise output while minimising costs.

"Cows, calves, pigs, chickens, turkeys, ducks, geese, and so many other animals are kept in small cages, jam-packed sheds, or on filthy feedlots, often with so little space that they can't even turn around or lie down comfortably. They are deprived of exercise so that all their bodies' energy goes towards producing flesh, eggs, or milk for human consumption."

He is confident in issuing the challenge, "visit them and you are likely to convert to vegetarianism."

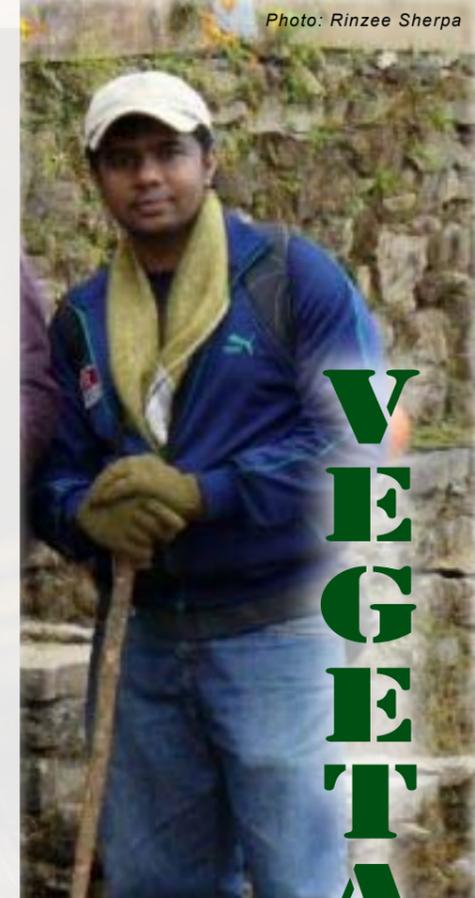


Photo: Rinzee Sherpa

1) *What is one veg food that describes you best and why?*  
I guess South Indian veg cause basically as a South Indian i was brought up eating it.

2) *If you were given one wish for the world, what would it be?*  
Go green, by avoiding the killing and torture of animals for food.

3) *What misconception about vegetarianism gets your goat?*  
"Vegetarians are weak people."

4) *What would be a 'Quotable Quote' to you?*  
"I do feel that spiritual progress does demand at some stage that we should cease to kill our fellow creatures for the satisfaction of our bodily wants."

- Mahatma Gandhi

"It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind."

- Albert Einstein



**Method:**

- 1) In pot, combine watermelon juice with sugar, cornstarch and cardamom seeds, then stir until well-combined and no lumps
- 2) Over medium heat, bring mixture to boil and continue stirring to prevent burning
- 3) Colour of mixture will change from chalky-pink to clear dark-red and once starts boiling, remove from heat
- 4) Pour into shot glasses (or other receptacle) before chilling for several hours
- 5) Before serving, press one roasted cashew gently on top of each pudding shot

*600ml strained watermelon juice  
80g organic sugar  
50g cornstarch  
seeds from 3 cardamom pods  
1/2 teaspoon rosewater  
roasted cashews for garnish*



**Watermelon Rosewater Pudding Shots**

**Thai Style Watermelon Salad**



**Method**

- 1) Cut watermelon, cucumber and coriander to desired size
- 2) Peel and segment oranges
- 3) Combine all ingredients except grated peanut in bowl and toss well
- 4) Sprinkle grated peanut before serving

*250g watermelon  
20g baby spinach leaves  
50g cucumber  
1 orange  
1 sprig coriander  
pinch of pepper  
pinch of salt  
1 tablespoon brown sugar  
1 teaspoon lime zest  
2 teaspoons lime juice  
1 tablespoon roasted, grated peanut*

**Method:**

- 1) Remove pits of preserved prunes, then dice into small pieces
- 2) Add diced prunes to watermelon juice and sit in fridge for few hours
- 3) Pour into ice pop moulds and freeze



## Watermelon Prune Ice Pops

*400ml strained watermelon juice  
3 preserved sweet and sour prunes  
'ice-pop' mould*

**Method:**

- 1) Slice watermelon into strips, then place about 5 strips of watermelon and about 10 to 12 chocolate chips (add more if desired) in spring-roll wrapper
- 2) Seal wrapper and prepare number of pieces as desired
- 3) Heat pan with enough oil for deep-frying and keep heat at medium-high

## Watermelon Chocolate Treat

*200g watermelon  
60g non-diary chocolate chips  
7 spring roll wrappers  
Oil for deep frying  
Cinnamon sugar for sprinkling*

- 4) Test if heat is suitable by dropping a piece of spring-roll wrapper (should start sizzling immediately but should not brown)
- 5) Gently place wrapped spring rolls into hot oil, then deep fry for about 2 minutes until light-brown before removing from heat and cooling slightly
- 6) Sprinkle with cinnamon sugar before serving

*Tip: Be careful when biting into a warm wrapper as the chocolate might still be hot!*



Deriving its name from the Latin word, 'apis', for bee, *API Nutrition & Therapy Centre* focuses its expertise on premium quality bee products. Specialising in bee products which help to prevent against diseases and other health ailments - known as Apitherapy, *API Nutrition & Therapy Centre* has been in the business of healing since 2003 and is now proud to be involved in the markets of Japan and China, in addition to Singapore where it is based.

Established as the brainchild of its founder, Mr Johnson Koh, who holds a Diploma in Apitherapy, *API Nutrition & Therapy Centre* is driven by his

**Uniflora® Acacia Honey (500g bottle)**  
- S\$30 (organic option available)

Hailed as 'liquid gold' in Europe, Acacia Honey carries a light floral aroma and is said to improve digestion, regulate intestinal activity and assist in liver and kidney detoxification. It also contains a lower GI value (at one teaspoon a day) than other types of honey, which makes it a suitable sweetener for *Type II* diabetics.

*Hot Tip: Acacia Honey is best mixed with apple cider vinegar, tea or coffee, fruit juices or any other beverage as a healthier natural sweetener.*

**Uniflora® Linden Honey (500g bottle)**  
- S\$20 (organic option available)

Linden Honey carries a unique lime aroma due to the fact that the Linden tree is a species of lime, and helps to relieve cold, flu, cough, sinusitis, headache, sleeplessness and anxiety.

Buy both the Uniflora® Acacia Honey and Linden Honey as a set and get 10% off with free delivery and a complimentary wooden honey stirrer - call 6227 9812 to place your order now! enquiries@api-uniflora.com www.api-uniflora.com

# Honey from the Romanian Highlands

infectious passion to help the people around him, as well as contribute to the larger community.

Mr Koh aspires to achieve great health from great products and thus continuously sources around the world for the best honey, propolis, royal jelly and bee pollen, so as to deliver the quality results whilst maintaining affordable prices.

Housed under its own brand, *Uniflora®*, the extensive range of products offered by *API Nutrition & Therapy Centre* is available at a host of departmental stores and organic shops around the island.



The information contained above is provided for informational purposes only and is not meant to substitute the advice provided by your doctor or other healthcare professional. You should not use the information available here for diagnosing or treating a health problem or disease, or for prescribing any medication. Information and statements regarding dietary supplements have not been evaluated by the US Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

Set in an imagined future, sometime in 2055, *The Age Of Stupid* begins as a world ravaged by catastrophic climate change, leaving precious few humans on Earth. One of them, an archivist of sorts, is entrusted with the safekeeping of various footage of humanity's past. Thus begins the visual journey as the archivist reviews through some of this footage and retrospects on what could have been and where it went all wrong..

Cascading through news clips from 2008 and sifting across footage taken of 6 individuals who find themselves in circumstances related to the contribution to Climate Change, the archivist ponders and analyses the implications - and why such implications were not obvious at the time.

The snapshots of these regular people offer a range of cultures with which all viewers can relate to in one way or another. There is the resident of New Orleans who stayed behind in the aftermath of hurricane *Katrina*, and who reflects on what it feels like to have had all his possessions washed away in the flood

By Ganga

Then there is the Indian businessman who envisions his low-cost airline will provide the opportunity for all people to afford air travel; and 2 Iraqi children who fled with their family to Jordan during the Iraq War and who innocently share the story of their father's death.

There is also an 82 year old veteran guide on the Mont Blanc glacier in France who explains how he has seen the ice recede massively in his lifetime; and a wind-farm developer who shares how frustrating it has been to bring sustainable energy to an English village whose hypocritical populace profess a commitment to fight global warming but do not want wind turbines destroying their view.

And finally, there is the Nigerian woman who struggles with poverty despite the wealth of oil in her country and who desires to study medicine and the everyday impact of the exploitation of oil.

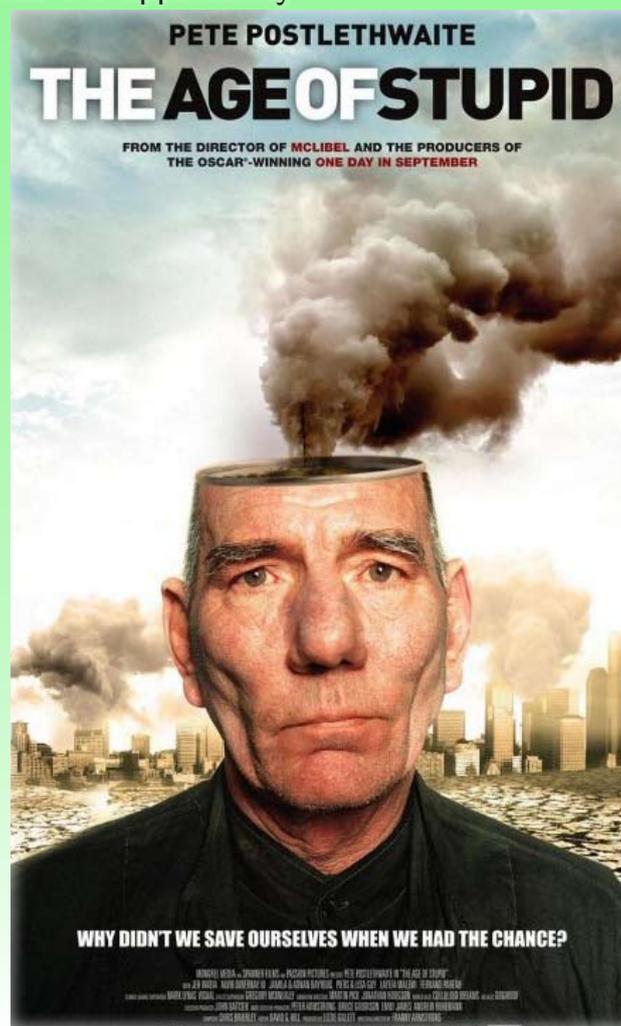
The stories are told candidly and without scripting and the 'movie' aspect of this film is in the way the real information and actual footage are presented. It enables the viewer to watch material that many are already familiar with but through a different perspective - that of hindsight.

It is therefore a touch of artistic genius that offers us the perfect vision of hindsight in addressing the current issue of Climate Change.

Notably, the filmmakers have taken into account the carbon footprint (estimated at 95 tonnes of CO<sup>2</sup>) of making this film and have employed some creative techniques to limit wastage. For example, the funding of £450,000 was via selling 'shares' to 223 individuals and groups, and the distribution of this film is through a new model called *Indie Screenings*, where anyone, anywhere is allowed to buy a license to hold a screening of the film - with the price set according to the screener's means.

With incredible care taken to make an honest film that enables people to think, *The Age Of Stupid* is certainly a film worth watching - for its honesty, as well as for its innovation.

*The Age Of Stupid* is available on DVD via the official website at [www.ageofstupid.net](http://www.ageofstupid.net) for £14 + £7 for international shipping (total cost of \$545). The filmmakers encourage purchasing direct from them as this will ensure most of the proceeds reach them (i.e. cutting out the middlemen).



# Vegetarian Society: reaching new frontiers

By Ganga



*Vegetarian Society (Singapore), VSS, is a non-profit, non-religious organisation formed in 1999 which is also a member of the International Vegetarian Union. We strive to build a more humane and harmonious world for everyone on the planet - for our children, as well as for our fellow creatures.*

For the year 2010, as we enter into our second decade of existence, we would like to become a thousand-strong society - which can then move mountains. And for this, we need your support - both from the pocket and the heart.

If you are not yet a member, please consider putting your thoughts into action by committing a monthly contribution of just S\$5 to enjoy VSS Premium Membership as well as \$100 worth of food vouchers per year, discounts on all VSS organised events, invitation to special 'Members Only' events, and a complimentary copy of the *Singapore Vegetarian Food Guide*.

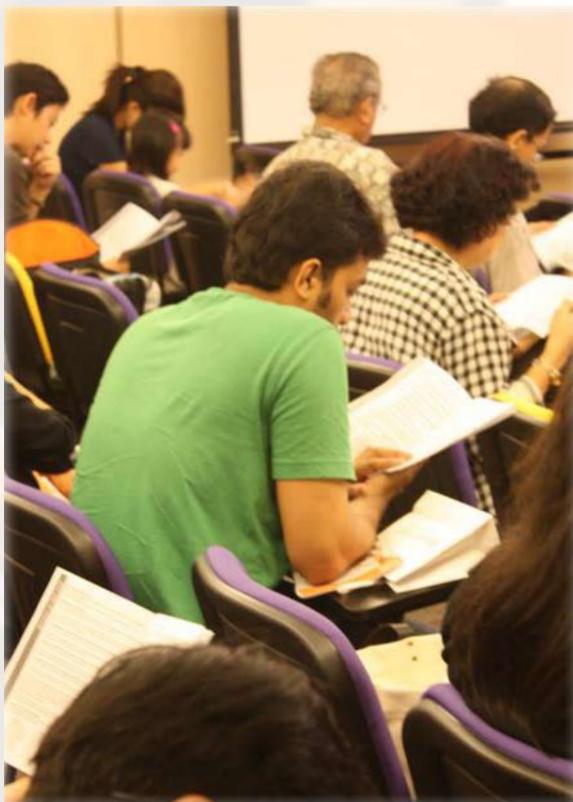
Meanwhile, if you have already become a member (*thank you!*), please help us to encourage your friends and family who support the work that VSS does to turn their moral approval into physical action by joining us officially as a member.

Just drop us a line at [soh@vss.sg](mailto:soh@vss.sg) for the GIRO form to be mailed to you, or download the GIRO form from the VSS website and mail it to Seeds of Hope, Vegetarian Society (Singapore), 3 Pemimpin Drive, #07-02, Lip Hing Building, Singapore 576147.

<http://www.vegetarian-society.org>



A key event on the vegetarian calendar - and an opportunity for great minds to meet and share the latest developments, the Annual General Meeting (AGM) of the *Vegetarian Society (Singapore)* was held on 21st March this year. Into its 11th installment, the meeting saw an excited Executive Committee share its vision and achievements in the past year to encourage membership and improve community engagement.



The crowd of 50 members who attended the AGM was first treated to some insight into the vegetarian culture in Korea by a foreign friend who was present. This was then followed by president Dr George Jacobs calling the meeting to order and presented the accounts of the society (above).

A total of S\$138,000 was received for 2009 (mainly from cash donations, membership and programme fees) and \$115,000 was spent - mainly on professional fees and public education initiatives, with the remainder going towards providing staff salary.

## Building on Success

Then it was the turn of Executive Director of Education, Mr Loh Yeow Nguan, to update the members on the notable achievements of 2009. Over 70 events were held in 2009, including the *International Day of Climate Change* event at Hong Lim Park (which was featured in the November 2009 issue of *VegVibe*), 5 library talks, the launch of the *Vegetarian Food Guide*, and the talk by the renowned Professor T Colin Campbell.

Mr Loh made special mention of the library talks which covered various topics such as natural anti-aging methods and eating less meat, and revealed that plans are underway to increase the frequency of these talks in 2010 so that the society could reach out to more in the community.

He was also especially proud of the *Smoothie Workshops* that have become a trademark of the VSS, and shared that they now practise a more hands-on approach by having multiple stations, each with a blender, so that participants can try their hand and literally enjoy the fruits of their labour.

## Bold Vision

Mr Clarence Tan, Executive Director of Communications, then elaborated plans to include a new Student Membership that would be offered free to full-time students for a 3-year subscription. This was so that barriers to entry could be removed for those interested to join the cause and find out more but who might be concerned by the financial cost - a typical issue for students.

Dr George Jacobs was also proud

to announce that a small guide to help those considering turning vegetarian - called *Meat Less in Singapore* has been released.

He also added that the society intends to increase its membership from the current 300 to 1,000-strong for 2010 which, based on the stellar performance of 2009, does seem highly probable.

## All About Relationships

True to its approach in fostering understanding and building relationships, Dr George Jacobs took some time to recognise the efforts of Mr Lau Wen Jin, a life member of the society and an ardent volunteer who spearheads many initiatives on behalf of the VSS, who happened to be celebrating his 23rd birthday on the day.

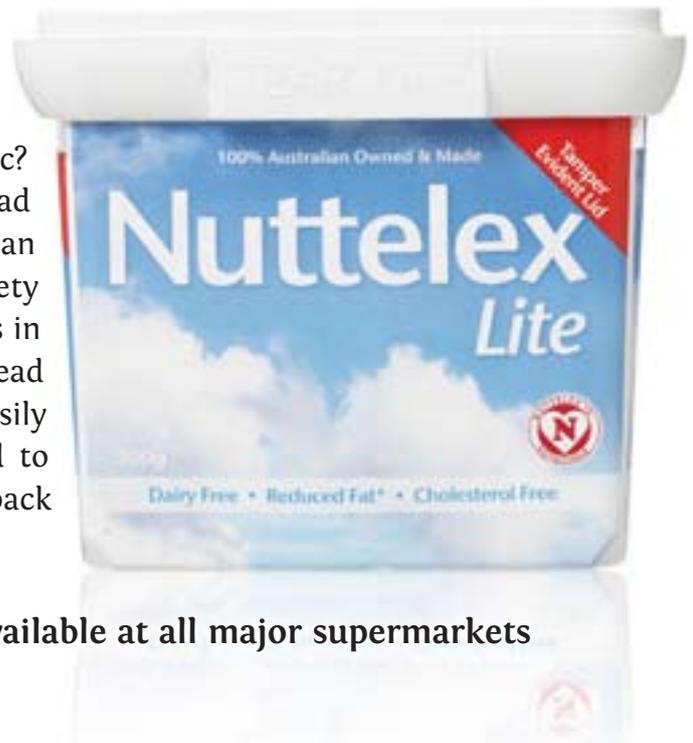
The crowd joined in an uplifting rendition of 'We Are The World' before breaking into a birthday song for Mr Lau (top) to end the AGM - similar to past meetings - on a high and promising note. Most of the members stayed on to catch up with one another whilst partaking in the simple but tasty spread that had been arranged (below).

Another successful event by the VSS, the energy of the current Executive Committee suggests this could be the year that the VSS moves from being the quiet and reliable thrust of the movement into the limelight and forefront to lead it further forward.



[www.nuttelex.com.au](http://www.nuttelex.com.au)

Tired of dairy-free margarine that tastes like plastic? Well the search for a delicious 'buttery' vegan spread ends with *Nuttelex Lite*. Containing 38% less fat than regular margarine or butter, *Nuttelex Lite* is so velvety smooth and creamy that it is hard to believe that it is in fact not butter. Free of gluten, soy and nut oils, this spread is suitable for allergy sufferers as well, and can also easily be used in baking or cooking. Highly recommended to be had plain on a slice of bread, there is no turning back after you've had a taste of *Nuttelex Lite*.



*Nuttelex Lite* retails at \$7.95 a 500g tub and is available at all major supermarkets



*Green and Black's Organic Hot Chocolate Drink* is every chocoholic's dream come true - made with organic dark chocolate, raw cane-sugar and organic cocoa powder. The brew delivers a heady aromatic concoction that is rich and luscious, and creates a creamy froth when hot rice or soy milk is added. Earthy and bittersweet just like *Green and Black's* chocolate bars, this drink's intense chocolaty flavour will be enjoyed sip after sip.

*Green and Black's Organic Hot Chocolate Drink* retails at \$11.60 per 300g bottle and is available at all major supermarkets

If you would like to 'Talk Shop' about any product or provide further information on those featured in this column, please drop us an email at [vision@vegville.com](mailto:vision@vegville.com)

[www.greenandblacks.com](http://www.greenandblacks.com)

Most cooks will attest to the fact that a good vegetable stock can make a dish top-notch. Whilst most instant vegetable stocks are high in preservatives and MSG, *Kallo Very Low Salt Vegetable Stock* is made from organic vegetables and is naturally free of gluten, dairy and egg, making it a convenient seasoning for soups and stews anytime. Made with delicious organic vegetables such as carrots, leek, celery and herbs like oregano and rosemary, this vegetable stock packs a flavourful and concentrated punch without the salty aftertaste.

*Kallo Very Low Salt Vegetable Stock* retails at \$5.85 per box and is available at all major supermarkets



[www.kallofoods.com](http://www.kallofoods.com)

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We accept placement requests from both individuals and businesses alike, with the only stipulation being that any advertisement should be beneficial to the vegan and vegetarian community.

*We currently have over 250 subscribers and each issue is downloaded about 500 times every month, not including the countless email forwards that we estimate would further add between 100 and 200 to this figure. We also maintain a fan page on facebook that has attracted over 300 fans - click on the button to join us there!*



## THE HITLER ARGUMENT

