

The Chief Veggie Speaks!

Welcome to our anniversary edition! Yes, we have finally made it to a year as a print publication - though it has been 2 wonderful years since *VegVibe* was born. And along the way, we have made many new friends and cemented our relations further with our older friends.

Just to let you know, we have decided to continue as a bi-monthly online magazine from the next issue onwards and will publish a special print edition twice a year (in January and July). We feel that this will enable us to streamline our operations and ensure the effective use of resources without compromising our reach and quality. So don't be surprised if you don't see *VegVibe* at your favourite vegetarian and organic haunts until January!

But we will never compromise on quality and this issue is no different. We are proud to feature business magnate Tara Melwani - a raw vegan who is deeply spiritual (*page 20*) and pleased to share more on raw food this time round through Natalia Angel who dabbles in raw food cuisine and practises the lifestyle herself (*page 30*). The recipe we share for our Ingredient Talk section (Bell Pepper) only involves light cooking (*page 17*) as well.

In order to get all of us thinking, we review an excellent documentary that describes and discusses the puzzling disappearance of entire hives of bees, and recommend everyone watch it for a deeper appreciation of the disastrous situation our planet is in (*page 09*). At the same time, we review a useful restaurant guidebook that lists vegetarian eating places around the region (*page 19*) - something that is sure to come in handy on trips. As for the local restaurants that you can consider for family gatherings, we talk about the new dishes on the menu at *naïve* (*page 04*) and *Yes Natural* (*page 38*).

We are also proud to feature *NANAS* as our advocacy group for this issue (*page 32*) and report on ACRES' successful *Concert for the World's Saddest Dolphins* (*page 06*) and CWS' latest initiative to conduct adoption drives to rehome the abandoned cats of *Tanjong Pagar Railway Station* (*page 26*). On the more human-centred initiatives, we report on the commendable move by childcare provider *Pro-Teach* to institute a mandatory weekly meat-free day for all their students (*page 24*), and provide some ideas on cleverly using things we would usually throw away for our practical needs instead (*page 10*).

No doubt, we wouldn't have reached a year without your encouragement, advice and feedback, and we hope that you will continue to support our work by reading the online edition via our website. We can still use all the help we can get so if you have story ideas, contacts whom we can feature, or recommendations on places, books and movies to review, then do drop us a line at vision@vegville.com or vegville@gmail.com.

Finally, just because this will be the last print issue for the year doesn't mean you should not share this copy! Do pass it on to others so that we can foster reuse and reduce waste, and if you need to, do use the online version (which is exactly the same) for reference. Thank you for helping us share the knowledge with others and see you online till January.



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Erratum: In the Jul/Aug 2011 issue, we mentioned that the operating hours of *Xin Yin Vegetarian* are until 11.30pm. Their operating hours are 11.00am to 3.00pm and 5.00pm to 9.30pm from Mondays through Saturdays.

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with the
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Childcare
implements
meat-free days



Vegling Corner



A student of *NPS International*, 10-year-old *Sai Lalitha* is a mini-celebrity in her own right. A gifted singer, she has participated in *Vasantham Central's Chutti's Star* competition. Apart from singing, Lalitha is also an avid writer who has written a fantasy book as part of a school project. This creative young lady spends her free time doing art & craft projects such as creating greeting cards and beadwork. A baking enthusiast as well, Lalitha makes delicious eggless cookies and muffins for family and friends to enjoy, and counts pasta with mushroom and white sauce as her favourite dish. Parents Ravi and Swarna spend time with her as a family by going to the cinema and trying out new vegetarian cuisine.



With his toothy grin and winsome smile, 14-month-old *Goh Junyi* is sure to break a couple of hearts when he grows up. A vegetarian from birth, Junyi still enjoys his mother's milk while sampling a wide range of fruits. Parents Lim Fangqi and Joe Goh have been exposing him to a healthy diet of fruit salads, coconut water and fruit juices with chia seeds. This intelligent and sociable boy enjoys going out with his parents or to the play-gym, playing with wheels and remote controls, reading books, listening to and playing music. His current talents include being able to talk and picking up words very quickly.



Assam Pedas

New Peranakan-Thai Chef's Creations in September and October

Singapore's first and only Peranakan-Thai plant-based restaurant since 2003, it pledges to steer clear from the conventional mock meats by offering secret recipes which continue to surprise even its non-vegetarian regulars.



Nyonya Curry

Their popular Peranakan-Thai cuisine in this MSG-free kitchen include Nyonya Curry, Assam Pedas, Thai Tamarind Fish and their Sambal Kangkung. Enjoy their signature Olive Brown Rice with their sambal belachan chilli for an extra punch, or go wild over their Oatmeal Tofu and the must-try Nyonya Golden Pumpkin dessert.

Check out the Chef's creations in September and October, including Peking Platter, crispy Lemongrass Tofu Cake and Handmade Dim Sum Ingots with Fresh Greens.

Just 1 minute's walk from Tanjong Pagar MRT Station Exit A, in a brightly-lit conservation shophouse. Reservations are highly recommended.



Thai Tamarind Tofu Fish

Whole Earth

76 Peck Seah St. S(079331)

Tel: 6323 3308 www.wholeearth.com.sg

10% Discount Voucher

WHOLE EARTH

For dine-in minimum spend of \$80. Valid till 31st October 2011. Valid on à la carte and set menus. Please present voucher before ordering. Not valid on eve of public holidays and on public holidays. Not valid with any other discount/promotion. VegVibe Sep/Oct 2011 promotion.



BLOSS

More Culinary Adventures in September and October

NAÏVE is a chic eatery offering Singapore's first "plant-based culinary adventure" and specialises in using premium, natural ingredients with creative preparation techniques for great flavours.

Start off with their calming Blessing of the Sesame Seeds ceremony before ordering from the whimsical menu comprising both Asian and Western cuisine.

For Asian specials, check out their exotic, meaty Monkeyhead mushroom classics such as Enchanted Forest, Cheeky Monkey or Love at First Bite. Enjoy the refreshing Love Potion appetiser using fresh pomelo and strawberries with homemade enzyme. Red Riding Hood is their crispy sweet and sour family classic.



Enchanted Forest



Button Steak

For new Western specials, check out their unbelievable variety of mains from Button Steak to Shepherd's Pie to Garden Baked Rice. The Summer Salad and Ocean Chowder are great starters. Accompanied by the homemade fruit enzyme wine, it makes for a truly culinary adventure unique to NAÏVE.

Opposite Katong Village carpark. Reservations are recommended.

NAÏVE

99 East Coast Road

Tel: 6348 0668 www.naivecompany.com

15% Discount Voucher

NAÏVE

For dine-in minimum spend of \$80. Valid till 31st October 2011. Please present voucher before ordering. Not valid on eve of public holidays and on public holidays. Not valid with any other discount/promotion. VegVibe Sep/Oct 2011 promotion.



Yes Natural F&B

57, Lorong 27 Geylang

Tel: 6741 1580

www.yesnatural.biz

Well-known for its emphasis on healthy food and environmental preservation, *Yes Natural Restaurant* is a familiar landmark of the *Aljunied MRT* vicinity. Located within two minutes of the station, next to the *Yes Natural Bakery* and *Yes Natural* shop, this restaurant continues to gain widespread support through just word of mouth.

While most of us would be well aware of the variety of delicious and hearty dishes - such as noodles, rice and *zi char* - offered at *Yes Natural*, fans would be pleased to note that it has rolled out a new *dim-sum* menu since June as well. Available for breakfast (7.30am to 11.00am) and tea (2.30pm to 4.30pm), the extensive range of items is sure to satisfy even the most discerning palate.

Five types of *pau* covering the sweet and savoury domains await the diner, with each delicate, cottony creation made with homemade unbleached or wholemeal flour. The *Vegetable Pau*, *Vegetarian-Meat Pau* and *Pumpkin Pau* are the savoury versions filled with finely-chopped vegetables such as long bean, carrot, mushroom and mock-meat.

The *Pumpkin and Red-Bean Pau*, and the *Sesame Pau* meanwhile, are the sweet versions filled with red-bean paste and sweet black-sesame paste respectively. Each type of *pau* is served as a set of three pieces and is priced at \$3 per set (except the *Vegetable Pau*, which is priced at \$2.80 per set).



Yam Cake

But if the fluffy snacks are not interesting enough for you, then the other savoury dishes might just leave you salivating. The *Yam Cake* and *Pumpkin Cake* (\$1.50 each),



Pan-Fried Dumplings (Potstickers)

for example, are soft and slightly sticky, and melt smoothly in the mouth, while the *Pan-Fried Dumplings* or *Potstickers* (\$10.80) come with an interesting filling of organic long beans and *tang hoon*.

One dumpling that must be tried during your 'Dim-Sum Adventure' is the *Steamed or Boiled Dumplings* which come with a crunchy filling of Chinese celery, green vegetables and *tang hoon* (\$10.80) - the fillings pursed in silky skins that are all made in-house to boot.



Chee Chong Fan



Lotus Leaf Rice

Siew Mai

Steamed/Boiled Dumplings

There is also a version of the ubiquitous *Chee Chong Fan* (\$2.50) on the menu that makes its appearance with a twist. Filled with fresh carrots, mushrooms and turnip, this dish not only keeps to tradition but also provides more nutrition. *Siew Mai* lovers (\$3.80) have certainly not been forgotten and the delicate pieces come stuffed with carrots, mushrooms and mock-meat, also in homemade skins.

There is also something more substantial to fill your stomachs, if you so wish - the affordably priced *Millet and Brown Rice Porridge* (\$2.50). A blend of pumpkin, cashew and seasonal vegetables, the porridge is warm and silky without any starchiness from the rice.

The *Lotus Leaf Rice* (\$2.50) offers just the right alternative to the porridge and has an unusual-yet-delicious combination of millet, glutinous rice, mushrooms and mock-meat. The texture of the rice grains is slightly sticky and chewy while still imparting a savoury element.

**Millet & Brown Rice Porridge**

Yes Natural has no doubt once again created a winning menu that caters to any discerning palate - vegetarian and non-vegetarian alike. With such affordable prices and an absolute focus on healthy, wholesome food, one of the best restaurants in town just got better!

***Yes Natural F&B* is open daily from 7.30am to 10.00pm.**



‘Making Noise’ Through Song

A major concert of sorts took place in late August at the *Speakers’ Corner* in Hong Lim Park which saw a massive 1,000-strong crowd help form the shape of a leaping dolphin (above).

For many, it was a long-awaited event that had the unique mix of animal welfare and great performances by local artistes - household names such as *D’fusion*, *Zal Empty*, Alicia Pan & Michaela Therese, and Jack & Rai.

The event, dubbed the *Concert to Save The World’s*

Saddest Dolphins, was the 16th event held in conjunction with the campaign initiated by the *Animal Concerns, Research & Education Society* (ACRES) to urge *Resorts World Sentosa* to release the 25 wild-caught dolphins it purchased and is currently keeping in captivity.

The 3-hour event also included rousing speeches by Shariff Abdullah (Singapore Blade Runner), Juggi Ramakrishnan (ACRES President), Louis Ng (ACRES Executive Director) and Cheryl Miles (91.3FM DJ).

Big Impact, Simply Done

But the main event itself - the physical formation of the dolphin shape using a crowd of human bodies - was surprisingly the easiest part of the evening's programme. With the team of volunteers comprising like-minded individuals, handling a similar group of passionate and cooperative participants, the exercise was extremely coordinated enabling the formation to be assembled in no time.

The press meanwhile had situated themselves at the 23rd floor of *Furama Hotel* which overlooks the site and had a choice of photo-taking options.

The event was also an opportunity to assign names to the 25 dolphins currently 'owned' by *Resorts World Sentosa* - a symbolic gesture to remind everyone that each is an individual being whose welfare matters. The names were adopted through the children who were present at the event (below) to represent how the dolphins, like children, are innocent and should be protected by us and not harmed.

Issue Won't Go Away

The event served to emphasise the growing local and international support for the *Save the World's Saddest Dolphins* campaign (see page 8), and was yet another clear demonstration of animal lovers from across the island converging to speak as one on this issue.

While there are those who say that this endeavour will amount to nothing and that these 'crazy animal huggers' are simply wasting their time, others point out that such strong opposition will undeniably serve to caution business entities (who may think of using animals for entertainment) of the backlash they will suffer.

While the community will not rest until the right course of action is taken by *Resorts World Sentosa* in this case, the crescendo created here will ensure that these will be, in any case, the *LAST World's Saddest Dolphins*.

"It is time for RWS to show the world that they are truly responsible global citizens who not only care about their bottom line, but also for the sentient beings we share this world with."

Louis Ng
Executive Director, ACRES



In a Nutshell



**SAVE THE WORLD'S
SADDEST DOLPHINS**

- Between 2008 and 2009, *Resorts World Sentosa* purchased a total of 27 Indo-Pacific bottlenose dolphins (*Tursiops aduncus*) from the Solomon Islands which were caught from the wild. These dolphins were sent to the Philippines and Langkawi for training and will ultimately be brought to Singapore.
- In 2010, two of the wild-caught dolphins died despite the 'top-class care' that *Resorts World Sentosa* had promised.
- ACRES and *Earth Island Institute* are urging *Resorts World Sentosa* to scrap their plans to exhibit dolphins at their Marine Life Park attraction. They have previously scrapped their plans to house whale sharks at the attraction indicating that such changes to their plans are possible.
- ACRES has been engaged in positive dialogue with *Resorts World Sentosa* since 2006 and last met with it in December 2010.
- *Resorts World Sentosa* will reportedly feature the world's largest oceanarium, of which the dolphins will be a part. It is expected that there will be a programme for people to interact with dolphins as a form of therapy and there will be an interactive 'dolphin spa' programme as well.
- The *International Union for Conservation of Nature* (IUCN) has stated that import and export of bottlenose dolphins from the Solomon Islands should not take place as it might be detrimental to the survival of this species in the Solomon Islands.



The best documentaries are often the ones that shake our fundamental assumptions and shock us out of our ignorance, and *Vanishing of the Bees* opens its narrative with the fact that without bees the world would not have fruits and vegetables. It thus sets the context by briefly describing the concept of pollination and the critical role that bees play in this process.

“The most important documentary film since *An Inconvenient Truth*”

**Karen Krizanovich,
FILMSTAR**

It then quickly goes to the heart of the issue - the phenomenon called *Colony Collapse Disorder* (CCD) where hives are suddenly abandoned by the worker bees. The film interviews beekeepers and academics who study bee populations, and all seem to be at a loss for a conclusive explanation.

Through the progress of the film, we are exposed to the various possibilities and, while each cause is unlikely to be the culprit on its own, the narrative suggests that a combination of these various factors that impact the bees might explain the high occurrence of CCD - which has caused the annual loss in hives to jump from about 20% during the 1990's to 34% in 2010.

But even if you are someone who feels far removed from the beekeeping industry and crop pollination business, this documentary has still several eye-opening facts to make you sit up and wonder.

For instance, beekeepers in the United States rely more on crop pollination than producing honey for their income - largely because diluted honey with chemical additives is being imported from China that deflates prices too much for them to compete against.

It has also become commonplace for beekeepers to transport their hives of bees to various places across America in order to capitalise on seasonal (monoculture) crop production - and the journey typically lasts several months and covers thousands of kilometres (with thousands of bees dying in the process due to the stress of long distance travel via moving trucks).

***Vanishing of the Bees* is available on DVD for purchase at USD\$20.97 (S\$25) including shipping from Amazon.com**

Yet another alarming nugget of information is the fact that the bees are ‘fed’ synthetic, artificially manufactured ‘food’ in place of natural nectar during these long haul trips, calling into question the quality (and safety) of the honey that is being produced.

Add to all this the exposure of honey bees to advanced pesticide elements built into the crop through genetic modification, and it becomes quite logical to assume that there is a huge number of negative factors at play.

The film strongly suggests that it is this continuous disruption of the natural life cycle of the honeybee that is causing the increased appearance of CCD, and points to the generation after generation of severely affected honeybees as being much more susceptible today than they ever were.

At the end of the day, *Vanishing of the Bees* is yet another fact-based prophecy that warns us all that our current way of modern life is not sustainable at all and, in this case, the exploitation of honeybees has led to such an appalling state of affairs.

It remains to be seen how many of us will take heed of this warning.



We often hear a lot of talk about recycling and reusing the things we buy, and how we should reduce and even refuse consumption at times. But how about reforming the things we already have - that is, to use the things we already have to improve the way we do things?

Living an ultra-modern lifestyle, there will invariably be lots of things around us that

we can't or don't use anymore and the next responsible step would be to either hand them over to someone who might have a use for it or chuck it into the green or yellow recycle bag provided to your household by *Sembcorp*.

Adapting some of these things for other uses that we require is not something we consciously consider but it is something we

REPURPOSE WITH PURPOSE



should do. For instance, if you live or work near an industrial estate, you could grab an unused wooden pallet, bring it home and lean it against the wall outside your home for an instant shoe rack (left).

Plastic Bottle Magic

But while that may require some additional planning and execution, there are actually lots of basic needs that can be addressed with a simple trick or two. For instance, we throw out an obscene amount of plastic bottles because the contents are our main objective. But have we ever thought about how useful the screw-caps are for storage?

Well, just by cutting out the plastic bottle near the screw-cap (right, top to bottom), we can slip the top of a plastic bag through to have an instant air-tight packet! In fact, you can use any piece of loose plastic to do this - it does not have to be in the form of bag at all.



Photos: Still Finding Cash

Another use for the plastic bottle - this time, the entire bottle - is as an insect trap. Simply by cutting the bottle just after the slanted edge ends and placing the top-half inverted into the bottom-half, a simple funnel trap is created (right).

By using some tape to secure the cut edges, and then adding a mixture (water + teaspoon of yeast + half-cup of sugar), a quick-and-easy mosquito trap is created. And after the deed has been done, the bottle can be easily disposed of or you can bring the portable contraption to the nearest park and simply remove the adhesive tape and inverted top-half to release the critters safely.

Detergent Bottle Perfection

And while you're fiddling with insect traps, how about making your corridor-garden a bit more interactive? Just cut out strips from a translucent detergent bottle and use them as labels that can be stuck into the soil of your potted plants - makes for a great conversation piece when your guests arrive and leave.

Another great idea that works well is using your detergent bottles to store paint. As tin cans don't seal well and are difficult to open and close, using a cleaned-out detergent bottle (e.g. Dynamo) to store the paint is excellent for keeping it intact, and also when pouring out the paint due to the specific design of the spout.

Hey, Don't Throw That Away!

Once in a while, the fruits and vegetables that you buy come packaged in a plastic mesh bag (bottom). These bags can actually be folded or bunched up and used as scrubbers for your pots and pans (in fact, they look and feel just like the plastic scrubbers that are sold). But these adapted scrubbers offer the advantage of a bag design which enables you to insert a dishcloth for better volume and grip if necessary.

At the end of the day, it's all about using your imagination and keeping an eye out for available options. If your family

consumes a certain product quite voluminously, then do an internet search to see if others have devised ways to efficiently use the packaging.

There will always be a better way of doing things, and discovering innovative adaptations is as fun and fulfilling as knowing that you've done that little bit more to avoid waste accumulation and prevent added consumption.

We hope this small sampling of ideas set you on your way to becoming a true 'reformer'. Good luck with the adventure and remember to share your discoveries with us!



Photos: Instructables



Photos: Girl On Bike



Ethereal Vientiane

Tourists who flock to South East Asia often overlook Vientiane, the capital of Laos, for the bright lights of Bangkok, creature comforts of Singapore, and the bustling energy of Ho Chi Minh in Vietnam.

Laos hardly features as a stop in many travel itineraries, which is quite a shame because this enigmatic, landlocked country - with a complex and intricate sociopolitical heritage - is actually quite the hidden gem.

Bordered by several South East Asian countries (Burma, Thailand, Vietnam and Cambodia) and China, Laos' history has been very much shaped by its interaction with its neighbours. While its early beginnings were spent as a tributary to various South East Asian rulers, much of modern Laos was spent under the control of the French from 1893 to 1953 with a brief interruption during *World War II* when it was under Japanese control.

However, gaining independence in 1953 unfortunately did not set Laos on the road to progress, and instead it found itself embroiled in the *Vietnam War*. Targeted repeatedly

by the US armed forces during that period, Laos is considered to be the most bombed country (per capita) in the world, with about 260 million bombs dropped on its roughly 2.5 million residents of the time (currently, the population count is 6.8 million).

With the end of US involvement in 1973, came a communist reign and today, Laos is one of the last few legacies of the *Cold War* era, and has only opened its doors to tourists and investors very recently, having been cut off from the rest of the world for several decades.

Things To Do

But due to this relatively early stage of involvement in the world economy, Laos offers an unmistakably refreshing aura of innocence and purity that has yet to be overrun by gawking tourists and unscrupulous tourist touts.

For travellers who enjoy majestic historical sites and natural geological magnificence, Vientiane, in particular, has plenty to offer.

Laos' cultural ties to Buddhism are apparent in many of its imposing ancient architectures which mainly revolve around temples and sculptures, and visitors to Vientiane can indulge in the splendour of these monuments.

Pha That Luang, thought to have been originally built in the 3rd century, is one of the most iconic monuments within Laos and is considered a national symbol. Destroyed by the Siamese forces in the 19th century, it was only under French rule that it was restored to its former glory. Home to two temples and many Buddha sculptures within the complex, the main attraction is the three-tiered, 44.9 metre-high gilded *stupa* that stands juxtaposed against the azure skies.

Haw Phra Kaew, one of Vientiane's oldest temples, is less ornate than *Pha That Luang* but makes up for it with astounding intricate stone carvings and sculptures. Originally built to house the *Emerald Buddha* which is now in Bangkok's *Wat Phra Kaew*, today the temple has been morphed into a museum that houses 6,840 silver and ceramic Buddha statues.

Meanwhile, those hankering for the strange and unusual will enjoy a visit to *Buddha Park*. Built in 1958 by a mystic who

was schooled in Hinduism and Buddhism, *Buddha Park* is truly a fascinating sculpture park which brings together the common philosophies of these two religions. With over 200 Hindu and Buddhist concrete sculptures - some more bizarre than others (bottom, left) - this park offers many photo-taking opportunities.

Getting Around

Travelling inside Vientiane is surprisingly easy, compared to the much more developed - and congested - cities in the region such as Bangkok or Ho Chi Minh, as traffic is lesser and slower. However, this means that there are less road signs to guide you and road conditions can be less than safe at times.

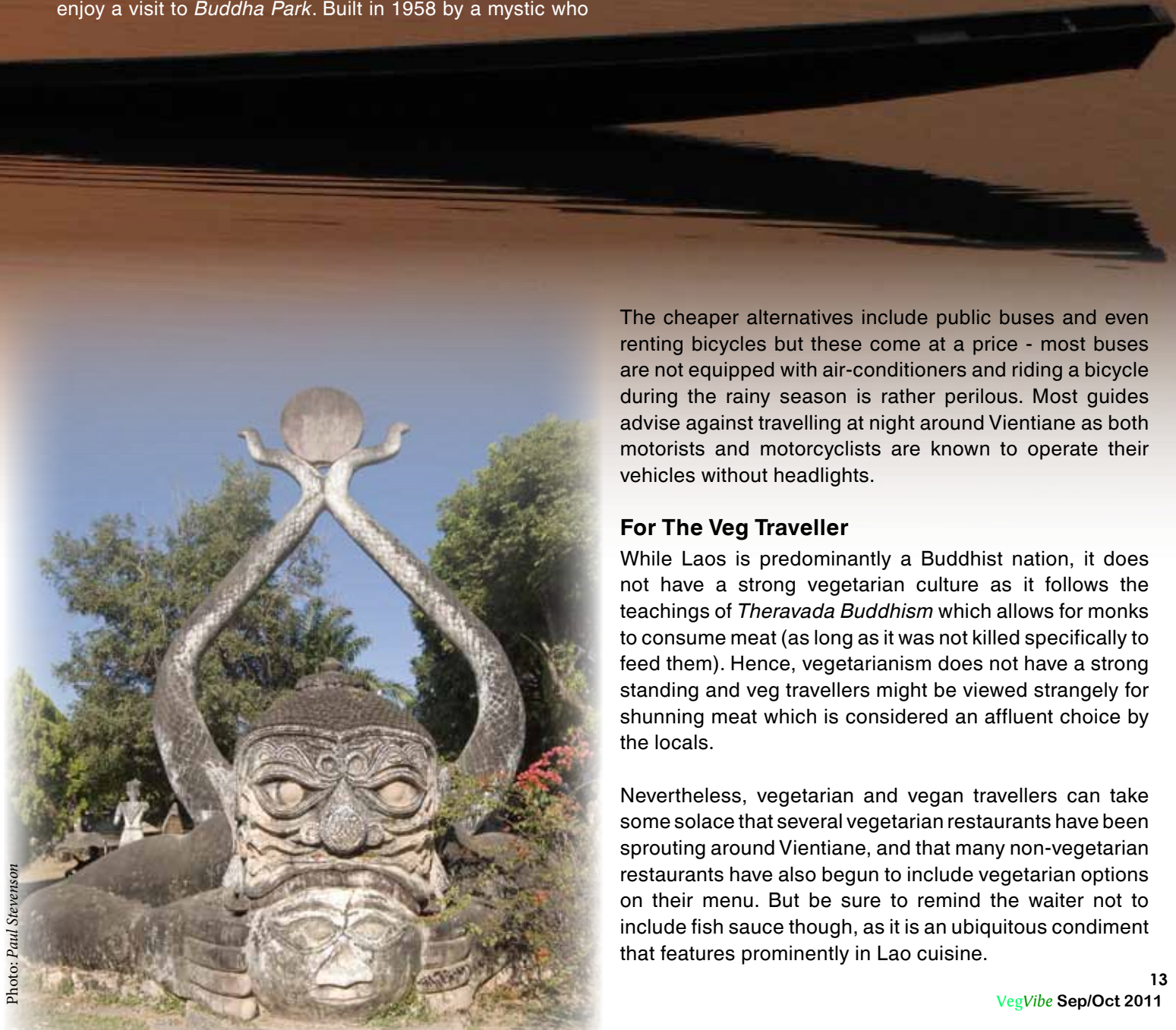
Both taxis and *tuk-tuks* provide comfortable and quick options for transport but be prepared to negotiate the fare before embarking on the journey. Often *tuk-tuk* drivers will provide a published fare-card for popular tourist destinations but these prices will be exorbitant. If travellers regularly practise not recognising these 'official' rates, it will become easier to negotiate a reasonable fare.

The cheaper alternatives include public buses and even renting bicycles but these come at a price - most buses are not equipped with air-conditioners and riding a bicycle during the rainy season is rather perilous. Most guides advise against travelling at night around Vientiane as both motorists and motorcyclists are known to operate their vehicles without headlights.

For The Veg Traveller

While Laos is predominantly a Buddhist nation, it does not have a strong vegetarian culture as it follows the teachings of *Theravada Buddhism* which allows for monks to consume meat (as long as it was not killed specifically to feed them). Hence, vegetarianism does not have a strong standing and veg travellers might be viewed strangely for shunning meat which is considered an affluent choice by the locals.

Nevertheless, vegetarian and vegan travellers can take some solace that several vegetarian restaurants have been sprouting around Vientiane, and that many non-vegetarian restaurants have also begun to include vegetarian options on their menu. But be sure to remind the waiter not to include fish sauce though, as it is an ubiquitous condiment that features prominently in Lao cuisine.



Photos courtesy of Happy Cow

Khouadin Vegetarian

One of the more popular vegetarian restaurants in Vientiane, this hole-in-the-wall restaurant offers a very affordable lunch buffet with about 10 to 12 dishes at 20,000 Kip (about S\$3). Dishes span the traditional Laotian cuisine and include rice, noodles, vegetables, mock-meat, tofu, soups and desserts.

***Th Nong Bon, Talat Sao
(inside the market opposite
the Morning Market)
Tel: 856-021-251615***

Nirvana

Another restaurant offering decent food, this family-run restaurant provides one of the largest spreads of vegetarian and vegan food covering traditional Laotian cuisine. Lots of fresh herbs and uncooked spring rolls are available for those who eschew mock-meat while the whole gamut of noodles to tofu to mock-meat dishes are also available. Priced at just 20,000 Kip (about S\$3), they're sold out pretty fast so do be there by 11am to enjoy the spread.

***Simuang Road
Tel: 856-21-217-385***

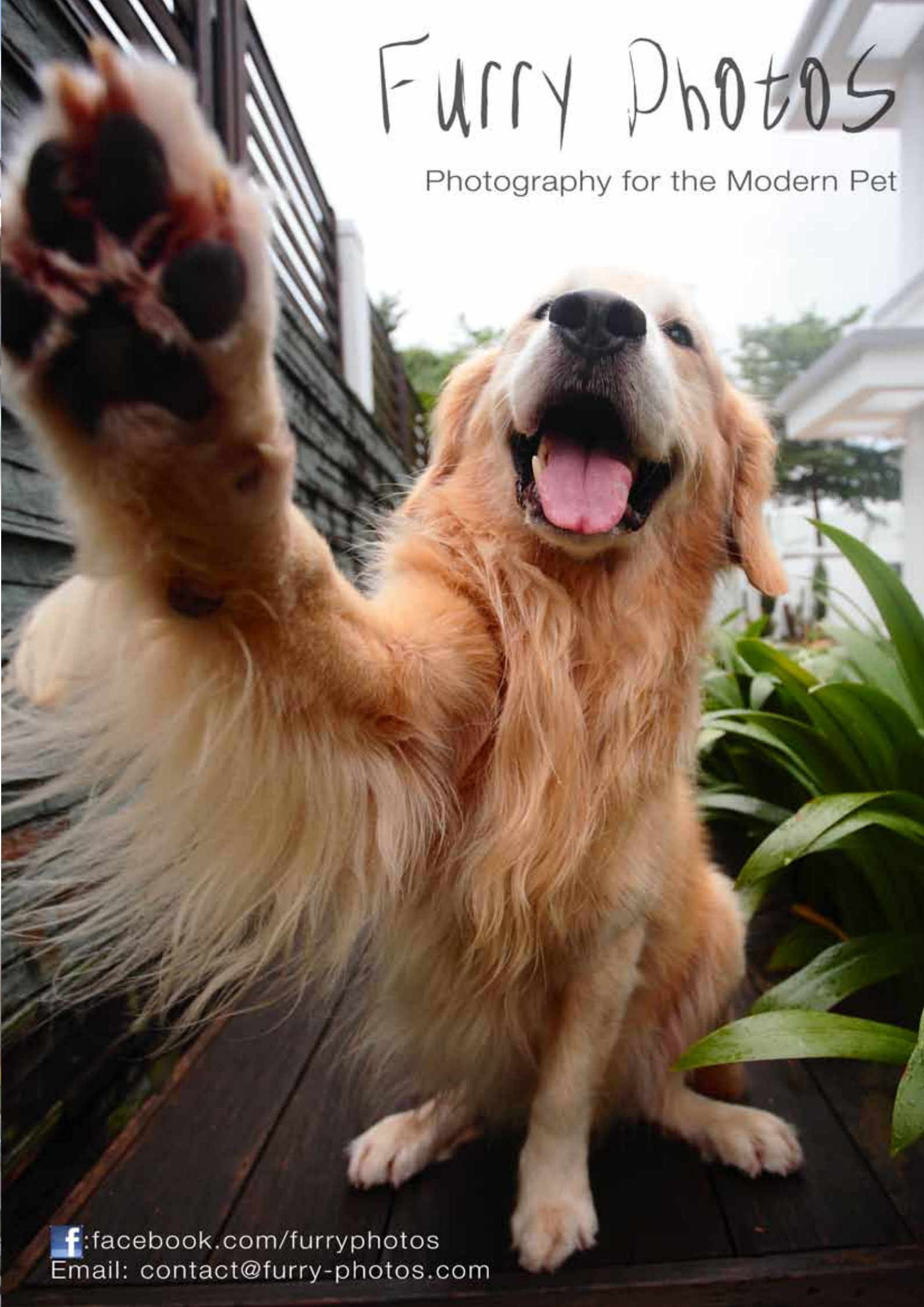
YOTA Vegetarian Food

For those looking for a quick bite or a fast snack, this food court outlet offers simple, tasty food at about 10,000 Kip (about S\$1.50). They offer the traditional fare but be prepared to communicate through sign language as the ladies managing the storefront do not speak English. And do note that the stall closes at about 4pm.

***Talat Sao Shopping Mall 3F
(next to the Talat Sao market)***

Furry Photos

Photography for the Modern Pet



One of New York City's most renowned and much lauded vegan restaurant – *The Candle Cafe* serves up some spectacular gourmet vegan food regularly. Known for its flavourful and healthy take on cuisines from around the world, the cafe's unique cookbook reflects this philosophy in its recipes as well. Written by Joy Pierson and Bart Potenza (co-owners of *The Candle Cafe*) with Barbara Scott-Goodman, this recipe book offers more than 150 delectable recipes to wow your guests.

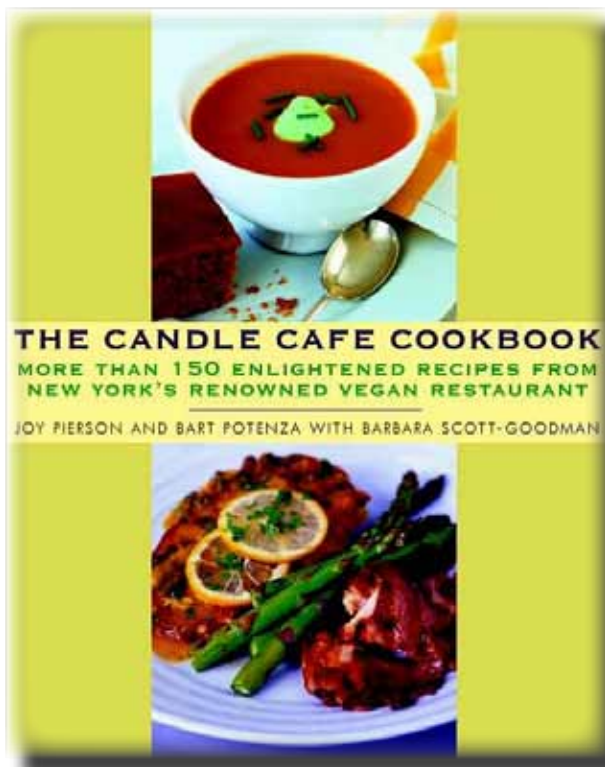
The cookbook is well-organised into neat divisions such as *Soups and Broths*, *Main Courses*, *Sauces*, and *Condiments and Desserts*. The spread of recipes is rather extensive as well, from breakfast items to desserts, to condiments and sauces.

In particular, vegetarians and vegans who are tired of their standard rice and noodle staples will enjoy the section on *Sandwiches*, *Burgers* and *Wraps* where recipes such as *Tofu Club Sandwiches* and *Brown Rice and Lentil Burgers* make for some simple and quick dishes to bring to work or enjoy on a lazy weekend.

For those who want to impress your friends with gourmet food, the *Main Course* section will prove incredibly useful with recipes for Italian favourites such as *Potato Gnocchi with Tofu Alfredo Sauce*, as well as a scrumptious take on the Russian classic, *Porcini Mushroom Stroganoff*.

The Candle Cafe Cookbook also provides a guide on preparing beans, legumes and grains, and a reasonably comprehensive glossary that will come in handy for amateur

Burn Your Inspiration Brightly



chefs. And for those who get confused using American cup measurement, there is also a 'life-saving' conversion chart on the back page.

While several wonderful recipes are offered, some of them call for ingredients that may be a bit expensive and not easily available in local supermarkets and organic stores in Asia. This is especially so for the dessert recipes which call for egg-replacers, vegan cream cheese, soy margarine and agave nectar.

However, those interested in expanding their horizon and want to eat healthier will not be fazed and will instead welcome the guidance given to prepare dishes from scratch – including the creation of sauces like vegan mayonnaise and applesauce. The desserts meanwhile use wholesome ingredients such as spelt, wholemeal flour and oats.

It is this attention to detail and 'home cook in mind' approach that makes *The Candle Cafe Cookbook* a wonderful addition to your recipe collection.

***The Candle Cafe Cookbook*
ISBN: 978-0609809815**

**is available for purchase from Amazon
for USD\$22.44 (S\$27) including shipping
and available for loan from the Central Library**

Ginger-Lemongrass Miso Soup

1. In a stockpot, bring 8 cups of water and lemongrass to a boil and simmer for 15 minutes; discard the lemongrass and strain, reserving the water.
2. Heat the oil in a sauté pan and cook the onions and ginger until the onion is translucent, about 10 minutes. Transfer to a soup pot and add the reserved water. Bring to a boil, reduce the heat, and simmer, uncovered, for 5 minutes. Turn off heat and stir in the miso.
3. Ladle the soup into bowl, garnish with the enoki mushrooms and scallions, and serve immediately.

1 lemongrass stalk, trimmed,
peeled and thinly sliced
1 teaspoon sesame oil
1 medium yellow onion,
peeled, halved, and thinly
sliced
2 tablespoons minced fresh

ginger
¾ cup white miso
1 cup enoki mushrooms, for
garnish
1 cup thinly sliced scallions
(green part only), for
garnish



Photo: V-gasm blog

Brilliant Bell Pepper

Though bell peppers are part of the chilli family, it is one of the very few peppers that do not contain capsaicin, the chemical responsible for the burning sensation or heat.

Bell peppers are actually fruits and come in various colours. While green, yellow and red bell peppers are commonly seen in supermarkets, purple, orange and even white bell peppers exist.

Bell pepper is best consumed ripe as its vitamin A and C content increases as the fruit ripens.

Bell peppers should be kept in a paper bag in the fridge or it can be frozen whole.

Bell pepper is an excellent source of carotenoids, and contains over 30 different types of carotenoid nutrients, especially beta-carotene, lycopene, lutein, and zeaxanthin.

Bell peppers have over 90% water content and are a good source of fibre, making it excellent food for those who are considering weight-loss.

Research suggests that the high anti-oxidant properties of bell peppers can prevent oxidization of low density lipoprotein (or, bad cholesterol) thereby preventing heart disease.

In Traditional Chinese Medicine, bell peppers have been used to treat digestive issues as it is believed to warm the spleen and stomach and hence improves blood circulation.

Bell peppers are native to Mexico, Central America and South America, and were first transplanted to Spain in the 15th century.



Photo: www.sxc.hu

Curried Bell Pepper Tofu Salad

1. Quarter and grill the tofu before cutting into bite-sized portions
2. Deseed and cube bell peppers
3. In bowl, mix together tahini, curry powder, water, juice from kalamansi limes, sugar and salt (adjust seasoning to taste)
4. In large bowl, mix together tofu, bell peppers and raisins before drizzling curry dressing and tossing until well combined
5. Sprinkle some coriander or dill leaves before serving

150g firm tofu
150g red bell pepper
20g raisins
1 tablespoon tahini
2 teaspoons curry powder
1 teaspoon water
3 kalamansi limes
1 teaspoon sugar
Salt to taste
Coriander or Dill leaf for garnish

*Come
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From
The
Expert*

**1) VISIT EMPTY-HANDED
2) BAKE WITH THE CHEF
3) RETURN WITH YOUR OWN CREATION!**

Sessions are fully 'hands on' and will be conducted at Chef Halimah's residence **near Clementi MRT Station**, in class sizes of between 3 and 4 participants each. Participant fee of \$75 onwards includes all ingredients, light refreshments and additional materials.

The 'best vegan baker in town' is now sharing her secret right out of her cosy home! Now you too can produce delicious vegan food that satisfies even the most ardent anti-vegetarian!



*Chef Halimah of Kalavira
vegan cuisine expert*

Class Schedule & Gallery

**www.facebook.com/Kalavira.Vegan.School
kalavira.cakes@gmail.com**



In a region that values good food and any place that can dish out glorious dishes, most of us have largely relied on the *Happy Cow* website for information on where to find local vegetarian and vegan food whilst travelling. Sensing a need for a comprehensive guidebook of vegetarian eating establishments around the region, Hong Kong based *Media Plus Publishing* has released such a book.

Covering the major cities of Hong Kong, Singapore, Macau, Thailand, Malaysia, the Philippines and Indonesia, *Veg Haven* lets you know the place and contact number of the eating establishments, as well as the operating hours and payment terms (e.g. cash, credit card etc.). Each entry also includes a sentence describing the type of eating place in a nutshell as well.

For example, under *Donut Empire*, we learn that “Their donuts are pure vegetarian, and contain no egg ingredients”, and under *Enso Kitchen*, we are informed that “Japanese gourmet food can be found here, and visitors can enjoy their food with an elegant dining experience in the nice decor of this restaurant.”

This makes the guide more informative than just a restaurant list and offers something handy to throw into your carry-on luggage or backpack as you head off for a business meeting around the region.

The guide is organised by country with the sections clearly marked by a snapshot page that highlights the key aspects of the local culinary scene. The eating places themselves are arranged alphabetically by name and can be browsed through easily should you have no particular outlet in mind.

The part that might especially get Singaporeans excited is the 18 pages of discount coupons that are included as part of this guidebook. Yes, in all, there are 63 discount coupons for various eateries located in Singapore, Malaysia, Bangkok (Thailand), Indonesia, Hong Kong and the Philippines!

Veg Haven is therefore more than a comprehensive guide to restaurants in some oft-visited locales - it is a truly handy resource that gets you to vegetarian food, and manages to ensure the price gets knocked down too!

VegHaven: A Comprehensive Guide to Vegetarian Restaurants (2011 Southeast Asia) is available for purchase at S\$12.90 (including GST) from all major bookstores



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LEADING FROM THE FRONT

Student care provider institutes weekly meat-free days for all its students

explanation of the rationale has easily won over students and parents alike.

And in case you're wondering, *Pro-Teach* is not a religious based child care service provider nor is it a vegetarian-only organisation. It is in fact a typical secular student care chain comprising of students and staff from all walks of life. It caters to the larger community without discrimination and is in fact rather renowned for its tuition and enrichment programmes among parents.

Bringing education to the next level

Peggy Ong (above), founder and CEO of the organisation, sees this as part of the commitment to the children placed under her care - that of instilling the right values and practices that will ensure their future. She says that this is equally as important as empowering them with the necessary skills to do well academically.

It can hardly be disputed that the world is facing a crisis - both economically and environmentally. It is also quite apparent that one of the most immediate ways to help the situation is to reduce our overall meat consumption.

But while individuals have begun to exercise their consumer power to make informed decisions that lessen their impact on the environment, the appearance of such choice-making at the organisational level is still limited.

In Singapore, there is no shortage of organisations that encourage their staff and clients to make choices that are environmentally conscious, and who offer healthier options alongside tried-and-tested less healthy (but popular) fare.

But there is certainly precious few here which lead from the front or create concrete opportunities for staff and clients to practise environmentally-friendly choices.

A pioneer is born

That is, until you come across *Pro-Teach*. The student care chain, which has spawned 28 branches across Singapore over a span of 13 quick years, supports the Veggie Thursday initiative in word as well as in deed. Since January this year, it has introduced a meatless day per week at all its centres where the food served to their eager charges is entirely plant-based.

While many of us would baulk at the idea for fear of upsetting parents, it has surprisingly been smooth sailing for *Pro-Teach*. While there were questions raised as to the reason and purpose of such a novel practice, patient



But Peggy is someone who values providing rationale to convince rather than instruction to compel, and so has embarked on an awareness programme to ensure that every one of the staff at *Pro-Teach* - from the teachers to the much-valued cooks and cleaners - is aware of the science and urgency of reducing meat consumption. She regularly invites established local speakers in the areas of animal welfare, nutrition, and environmentalism to share their expert knowledge and clear any doubts that her staff might have.

And this approach has certainly worked well, with all her staff accepting the practice to serve plant-based meals on one day of the week as commonplace. In addition, many have been persuaded by the initiative to reduce their overall meat consumption in their own lives while some have even been inspired to take the next step and become pescetarian, vegetarian or vegan.

It can be done

The proverbial litmus test of whether the community at large might be ready to accept a meat-free day if it were to be 'imposed' on them has therefore been conducted and the results speak for themselves.

Incorporating the *Veggie Thursday* initiative as a mandatory practice in your organisation will not bring the vehement protest that one might expect, because the people of

Singapore are educated and knowledgeable, and have a decent understanding of the state of affairs of the world around us.

What truly stops many from adopting a plant-based Thursday during work is therefore not attitude but situation - by ensuring that only a plant-based menu is available for everyone, the situation can be created for everyone to practise it without feeling awkward.

Pro-Teach is the example that shows that this is indeed the case and it is an example to follow for all organisations.

Established in 1998, *Pro-Teach Student Care & Tuition Centre* has expanded dynamically across the island with 28 branches to date. Driven by a team of dynamic and passionate education experts, *Pro-Teach* is the first and only student care centre to teach using multimedia curriculum and an Australia-based values education programme.



Through a successful franchise model, it is now arguably Singapore's leading and largest student care provider in the industry.



All our formulas are based on a deeply rooted environmental commitment. Our ingredients are fresh and derived from safe, renewable resources. Our products are all non-toxic, sulfate and paraben free. They contain no animal ingredients and have not been tested on animals.



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252, NORTH BRIDGE ROAD
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TEL: 6336 7109

PARCO P3-20
9 RAFFLES BOULEVARD
MILLENNIA WALK
SINGAPORE 039596
TEL: 6100 0309

It is common knowledge that the *Tanjong Pagar Railway Station* is now closed and is no longer in operation. But few outside the animal welfare community are aware that while the human residents have long left, there are around 50 cats which have been left behind to fend for themselves.

Formerly pets of the railway staff who were of Malaysian nationality, the owners could not bring them back across the causeway and they thus decided to abandon them. Fortunately, the *Cat Welfare Society* (CWS) had already anticipated the problem and quickly worked with the *Singapore Land Authority* (SLA) to manage the suddenly-feral feline community there.

So far, more than half have been sterilised, and all of them are being cared for by a group of dedicated volunteers who have been actively trying to rehome them as well.

Lifeline for the Railway Kitties

It is therefore timely that the CWS is joining forces with *Pet Lovers Foundation* (PLF) to run a 3 month community cat adoption drive at selected *Pet Lovers Centre's Pet Safari* stores between 4 September and 11 December, 2011 (see box below).

During the adoption drive, successful adopters will each receive a *Pet Lovers Centre* (PLC) "Adopter's Starter Kit" which includes discount vouchers for recommended cat care products worth \$30.


In addition, quizzes and games will also be held during the exciting adoption drive, and contestants stand to win *Tiger Airways* vouchers worth \$100, as well as other prizes from PLF.

A Responsible Cat Ownership education campaign will run in conjunction with the adoption drive at the same time and the CWS will distribute its education booklets and engage potential adopters to promote better understanding and awareness of a cat owner's responsibilities.

To ensure that potential adopters are truly ready to bring a cat into their home permanently, they will be screened for their commitment towards the care of their pet for life. An adoption fee will also be requested as a means of ensuring that only adopters who are genuine come forward, and the adopted cat will be delivered to those successful during a subsequent home visit.



AND
VegVibe
PRESENT



Do note that potential adopters will be screened to assess their commitment and will be required to cat-proof their home. An adoption fee of \$40 will also be levied to discourage impulse-adoption. All successful adoptions will be finalised with a home visit on a subsequent day.

Photo courtesy of Cat Welfare Society

The Cat Adoption Drive will be held from 3pm to 8pm at these Pet Safari stores

Pet Safari at VivoCity

1 Harbourfront Walk, #03-05

Dates: 4 September, 16 October, 27 November

Pet Safari at Eastpoint Mall

3 Simei Street 6, #01-06

Dates: 18 September, 30 October, 11 December

Pet Safari at NEX Mall

23 Serangoon Central, #04-03 & #04-71

Dates: 2 October, 13 November

For more details please visit
www.catwelfare.org or www.petloverscentre.com

World Vegetarian Day Lunch

1st October 2011 (Saturday), 1pm to 4pm

IT'S FREE if you bring along a non-vegetarian!

With the *World Vegetarian Dinner* in 2010 proving a huge success, *Eight Treasures Vegetarian* will be holding a lunch event this time round to celebrate the special occasion. And to make it even more exciting this year, VegVibe will help coordinate and organise some fun activities for the guests. The lunch will be hosted free for you - the only catch is that you must be accompanied by a non-vegetarian. Don't miss this opportunity to savour some top-of-the-line Chinese-vegetarian cuisine and do make your reservations early as places are limited and will fill up fast. Time to get your rollerdex out!

**Reserve your place now
 by sending an email to
8treasuresgroup@live.com
 or vision@vegville.com**

Who would have guessed that Lassie could do more for your health than merely being a faithful companion? The relationship between humans and animals has evolved from prehistoric times, where it was one of animal superiority, to domination and eventually the domestication of animals. Today, we live harmoniously with many furry and feathery friends be it around the urban landscape or within our humble homes.

Though research is just burgeoning in this area, anecdotal evidence and existing research suggest that animal companionship can improve the psychological, physical and especially emotional health of people of all ages. Studies are starting to show that animal companionship has a positive correlation to both stabilising mood and staving off depression.

The Science Behind It

Communicating with and cuddling pets has shown to release more *serotonin* and *dopamine* in the body - which are chemicals that have been established to have a calming and relaxing effect on the human body. Hence, it is no surprise that animals are able to alleviate stress and lower blood pressure, and have been found to be a source of stability and comfort during taxing situations.

Having an animal companion also expands a person's social circle because it creates the opportunity for interaction with other pet owners and thereby build lasting social relationships. In addition, studies have found that

a person with a dog with him or her is perceived as more approachable than a person alone, which means pet owners generally get to meet more people.

While some might argue that pet owners have no better health condition than non-pet owners, research does suggest that the indirect benefit of improved interaction with others cannot be discounted. For example, several forums exist online for people to share their experiences with their animal companions, and most users actively participate in discussions. Even the simple act of visiting a pet food store or taking the dog for a walk regularly leads to purposeful conversations with other pet owners.

Anti-Depression Formula

The sense of responsibility that comes with caring for an animal companion provides a sense of purpose and often helps battle depression. By tending to the needs of a pet, a sense of self-worth is created as the owner would feel needed by their companion.

A Pet Today Keeps The Doctor Away



Photo: www.sxc.hu

In addition, a safe and nonthreatening outlet is created, through which the owner can off-load their burden by talking to their animal companion. This physical act of releasing their burden enables them not to dwell on their depressed mood.

In fact, several inmate rehabilitation programmes in America encourage inmates to interact and train dogs while they are incarcerated, and anecdotal evidence suggests that inmates have generally shown improvement in their behaviour with a decrease in their aggression.

Keeping You Active

In terms of physical activity, research shows that pet owners - especially those who share their home with dogs - tend to be more physically active as are often physically involved with their animal companions. In particular, the elderly can keep busy by feeding, grooming and playing with their pets. For them, these activities not only improve their physical stimulation but also keep them mentally active.

One study conducted in Canada in 1999 observed 1,000 seniors and found that those who kept pets had a better ability to perform activities related to daily living than those who did not have any pets. Another study conducted in America with 938 seniors similarly found that those who had animal companions had lesser incidence of doctor visits, and especially so for visits initiated by patients themselves.

Possible Vaccine

While some parents fear exposing their children to animals will result in allergies, some research

argue that early exposure to animals can actually help reduce pet allergies as children grow older. It is believed that exposure to *endotoxins*, a byproduct of bacteria that is commonly found in the mouth of cats or dogs, at an early age will trigger the necessary immune response in the child to develop immunity against these allergens.

Though research in this area may still be contentious, animal companions have also been known to play a vital role in regulating children's emotions, especially for introverted or those with special needs. Animals are often employed in child therapy and to help children who are recovering from a traumatic physical accident. Pets have also been known to draw out reticent children and they learn important social values such as responsibility and empathy.

So, even though *Fluffy* or *Fido* can be a handful at times and be difficult to keep tabs on all the time, take solace in the fact that their contribution to your health and well-being is more significant than you think - and far exceeds any trouble that they can cause.





Natalia Angel

'R' is for Rawsome

Recipes and photos courtesy of Ms Natalia Angel

Personable Natalia Angel has had a remarkable journey. From her birthplace in Colombia, to accompanying her husband on his post-graduate studies in California, to their present home in Singapore, locations have not been the only change she has experienced.

Her philosophy too has seen dramatic transformation - from a culturally seafood-based background, she has been on a predominately raw food diet for the past one year.

Citing better clarity of mind, increased vitality, and sense of wellbeing, Natalia sums up her greatest achievement in becoming a raw foodist as, "I could not have drunk a spinach-cucumber-orange juice with a happy face before. Now I look forward to it."

While not having a clear favourite, she admits to having become "a big fan of *tempeh* and *miso*" for their ease of use, high nutritional content and distinctive taste. She is also fond of nuts for their versatility, and rattles off their uses, "You can make nut '*cheez*' out of them, milks, trail-mix, pie-crusts, thicken sauces, soups; their uses are almost endless."

Acknowledging that the raw food culture is still in its infancy here, Natalia tries to eat 50% raw all the time so that she can "set myself up to feel good throughout the day and desire that feeling moving forward. To be honest once you nourish yourself with the right foods, there is very little temptation for the crappy foods."

This adventurous spirit uses her mood as her compass in the kitchen - "If I feel enthusiastic to make a very special dinner I will soak all kinds of seeds and nuts, make measured sauces and slice my veggies fancy. If it has been a long day, I take out whatever needs to be used and come up with a way to consume it on the spot."

And Natalia's most treasured ingredient? "I love lemon and lime. I put them on almost everything!" What attracts her to these citrus fruits is how they enhance natural flavours and offer the zesty balance to various dishes. She loves fresh herbs too, declaring, "I don't think I can ever get enough herbs."

She credits the voluminous collection of recipe books that she has and feels that this is the reason she has been able to maintain a successful raw food diet. "There is so much information there that will help you start with the basics, teach you how to shop for food, suggest what tools you need, and many times show the faces of chefs and their families who thrive on raw food. This is inspiring to me."

However, as with trying anything new, she cautions, "Not having the right equipment can make it a bit harder to make meals." She adds positively though that it is all about "developing a sense of what I could do with the foods and equipment I had."

Finally, Natalia advises those who intend to sample the raw food lifestyle for themselves to become inspired. "Do the things that you think could taste yummy and you think you can pull off. Then slowly start challenging yourself and enjoy your mistakes!"

Peach Pie Parfait (serves 2)



1 cup almonds, soaked overnight
 ½ cup raisins, soaked 1 hour
 2 tablespoons agave nectar or raw honey
 1 tablespoon pumpkin spice
 1 cup peaches, peeled and chopped
 ½ cup strawberries, sliced
 2 cups blueberries
 1 cup young coconut meat
 2 teaspoons cinnamon
 1 teaspoon vanilla

1. Using the S-blade in a food processor, or a *Vitamix* blender's 'dry container', process the soaked almonds and raisins until slightly mixed. Add the agave nectar and pumpkin spice and mix well. Do not over process—mixture should still be chunky.
2. Sprinkle the peach and strawberry slices with lemon juice and set aside.
3. Place 1½ cups blueberries and the coconut meat in a blender and blend to create a cream. (Add small droplets of coconut water if needed to facilitate blending.) Add the cinnamon and vanilla. Blend until smooth.
4. In 2 tall, clear glasses or small bowls, pour a thin layer of the blueberry cream. Top with a thin layer of granola.
5. Place a layer of peaches and strawberries onto the granola.
6. Pour a second layer of cream onto the fruit. Top with another layer of granola, a few more pieces of fruit, and then a thin drizzle of cream on the very top.
7. Garnish with remaining blueberries and/or coconut flakes.

This is both a satisfying breakfast and a delightful dessert. If peaches aren't your favorite you could also use plums or pears in this recipe.

1. In a blender put the lemon first, then the olive oil, 3 cups lentils, ginger, garlic, cumin, cayenne, salt, dill, basil, shoyu, almonds, avocado, and water. Process until smooth.
2. Add the tahini and process just to mix.
3. Stir in the remaining cup of whole sprouted red lentils for a crunchy texture.
4. Before serving, heat the soup by stirring in hot water in a 1 to 1 ratio of hot water to soup. Garnish with parsley or desired herbs and watch yourself quickly go for seconds.

This recipe uses a trick to keep the ingredients raw and still enjoy a warm soup. Using stimulating combination of tahini and cumin to flavour the soup, it is absolutely delicious.



Savoury Raw Red Lentil & Herb Soup (serves 6)

1 medium lemon, peeled and quartered
 ¼ cup cold-pressed olive oil
 4 cups sprouted red lentils
 1 one-inch piece of peeled fresh ginger, chopped (about 1 tablespoon)
 1 medium clove garlic
 1 teaspoon ground cumin
 1/8 teaspoon cayenne pepper
 1 tablespoon sea salt
 ¼ cup fresh dill
 4 basil leaves
 ¼ cup nama shoyu
 ½ cup soaked almonds
 ½ medium avocado
 1 ½ cups water
 ¼ cup tahini
 Hot water for heating



Dulse Sprout Salad (serves 6)

3 cups of mung bean sprouts
 1 carrot, shredded
 1 yellow bell pepper, cut in thin strips
 3 jalapeño peppers, minced
 ½ bunch of scallions, minced
 2 limes, juiced
 2 tablespoons extra virgin olive oil
 ½ cup fresh cilantro, minced
 2 tablespoons chopped fresh basil
 ¼ cup dulse flakes
 Sesame seeds to garnish
 Bragg Liquid Aminos or sea salt to taste

1. Combine all the ingredients in a large bowl for an exciting salad treat! Leftovers make for a next day's lunch to look forward to.

Sprouts are considered a true superfood - they may be the single most nutritious food on the planet and one of the least expensive. They typically have about ten to thirty times more nutrients than the best organic vegetables. Most sprouts are also 35 to 50 percent protein. Lucky us these mung babies sprout so fast because they are so good!

Noah's Ark Natural Animal Sanctuary

Heaven on Earth
for Animals

In 1995, Raymund Wee jumped on the chance to set up an animal shelter in Jalan Kayu, Seletar. Named *Noah's Ark Lodge Private Animal Shelter*, it was self-funded through the sale of Raymund's own property.

It was well worth the sacrifice though, as *Noah's Ark* attracted several volunteers and many more supporters who helped to transform the initiative into one of the foremost private animal shelters in Singapore.

Raymund dedicated all his energy to the cause and offered dog grooming services to generate income for the shelter - on top of managing the day-to-day running of the shelter, including tending to the residents who had fallen ill.

The shelter thus enjoyed the recognition and acknowledgement of the public, with families visiting the shelter on weekends.

All good things must come to an end

Unfortunately, in March of 2000, the lease for the land that the animal shelter sat on expired and Raymund lost the tender that was subsequently called for to lease the land.

This struck a blow to the good work that the shelter and its volunteers had built over half a decade.

Just when the initiative looked like it was heading for a premature end, a local supporter came forward to offer the use of his land in Malaysia. Thus, this wholly Singaporean project found itself relocated to Pekan Nanas, Johore, reincarnated as *Noah's Ark Natural Animal Sanctuary* - or NANAS, for short.

But Raymund was thrust back to Square One though and had to rebuild the shelter from scratch. While he had a bevy of dedicated volunteers this time round, it was also much more challenging due to the lack of even basic necessities that Singaporeans take for granted, such as electricity and water supply.

Raymund uses the word 'suicidal' to describe what was arguably the darkest moments of NANAS. The first few months saw the team battle against the unforgiving terrain and heavy rainstorms that left the marshes soggy. They also had to conceptualise and design the housing for the many animals, source for animal food suppliers, and help the relocated animals settle down.

**"If you adopt a dog from me,
don't make promises to me,
make promises to your dog!"**

Raymund Wee, founder of NANAS

Noah's Ark Natural Animal Sanctuary Animal Sponsorship

For only \$35 a month you can be a friend to one of our most special animals.

Facts and Figures: It Costs

\$50 to sterilize a cat \$25 to feed a cat a mth
\$30 to vaccinate a cat per year

\$150 to sterilize a dog \$60 to feed a dog per mth
\$30 to vaccinate a dog per year

source: Noah's Ark CARES

Visiting the animal sanctuary never fails to amaze, and the 880 dogs, 480 cats, 5 horses, 20 guinea pigs, 21 rabbits, one pony and a monkey there keep families of visitors coming back for more. It is truly a homage to the biblical reference of its name (i.e. Noah's Ark as described in the Bible).

And on top of this huge responsibility, this major shelter still finds the time to coordinate projects to sterilise and licence dogs roaming industrial

estates, and conduct rescue operations as well. Such is the dedication of this meaningful animal welfare entity, which certainly deserves all the recognition and support it gets.

Here to stay

But 10 years on, it has been all worth it and today, NANAS is a thriving household name within the animal welfare industry - and even beyond. In 2005, the Singapore arm of NANAS was officially formed as *Noah's Ark Companion Animal Rescue and Education Society* (i.e. *Noah's Ark CARES*) as well.

Providing a safe and secure home for the animal residents "where they can live out their lives in happiness and eventually, die with dignity", they are allowed to roam the grounds freely and natural habitats are created as much as possible using natural materials.



How You Can Help

Noah's Ark is, by most measures, a major animal welfare project, hence there will always be a need for financial support - these are the ways in which you can contribute:

By Cheque

Payable to **NOAH'S ARK CARES** (mail to 42 Cairnhill Road #02-01, Singapore 229661)

By Fund Transfer

DBS CURRENT, 012-900823-0 (account name: Noah's Ark CARES; branch code: 012; bank code: 7171)

OCBC Bank (OCBCSGSG), 501-827745-001 (account name: Noah's Ark Companion Animal Rescue & Education Society; branch: OCBC Head Office; branch code: 501; bank code: 7339)

Do call **84192151** or email **noahsarkcares@gmail.com** with the transaction code upon transfer so that they can keep track and issue an official receipt.

Noah's Ark CARES

42 Cairnhill Road #02-01

Singapore 229661

Tel: 84192151

noahsarkcares@gmail.com

www.noahsarkcares.com



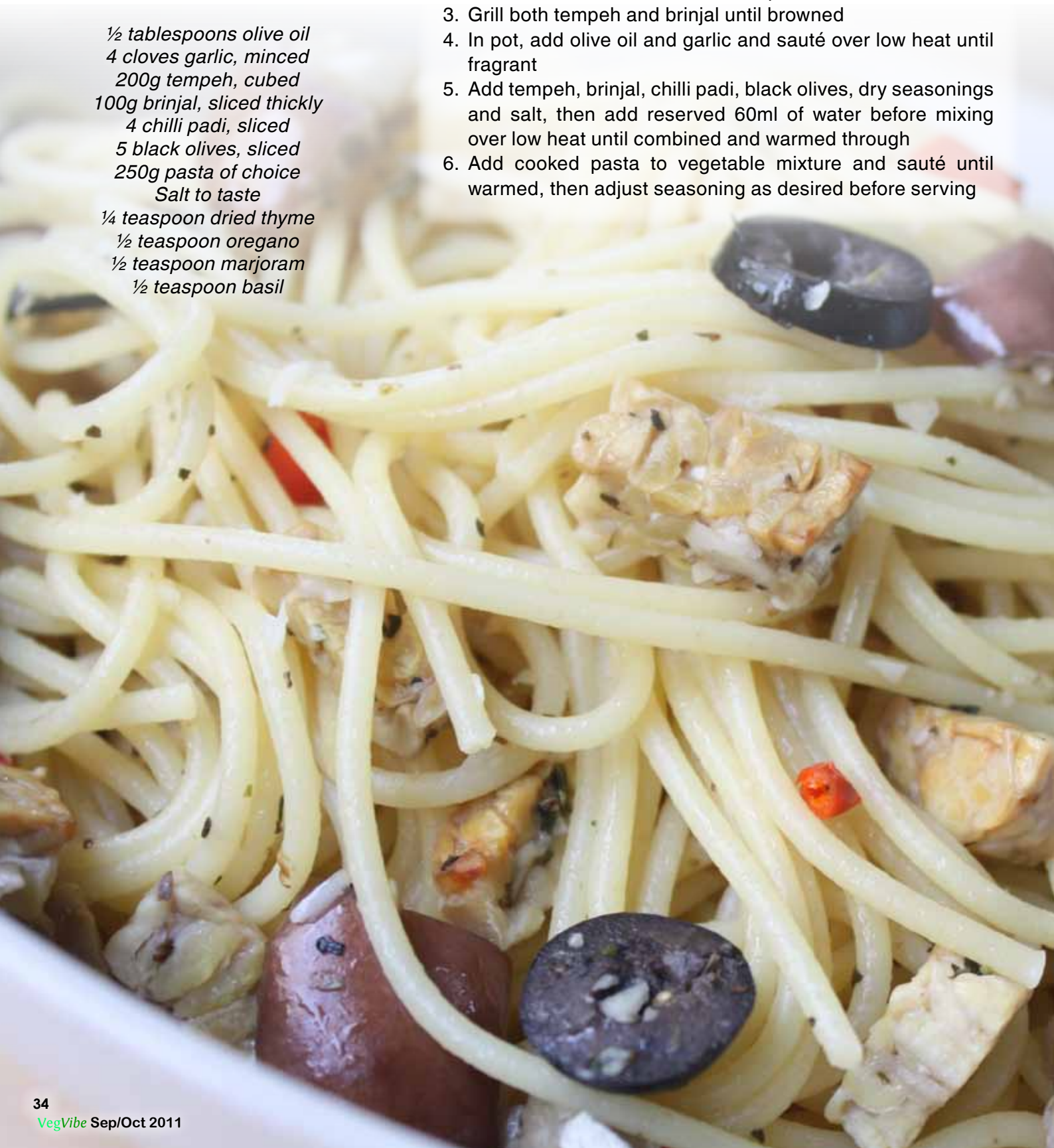
Tempting Tempeh

Get creative with this humble soy protein!

Spicy Tempeh Olio

½ tablespoons olive oil
 4 cloves garlic, minced
 200g tempeh, cubed
 100g brinjal, sliced thickly
 4 chilli padi, sliced
 5 black olives, sliced
 250g pasta of choice
 Salt to taste
 ¼ teaspoon dried thyme
 ½ teaspoon oregano
 ½ teaspoon marjoram
 ½ teaspoon basil

1. In pot, bring water to boil, then add teaspoon of salt and pasta and boil until cooked but still firm
2. Drain pasta and blanch in some cold water but reserve about 60ml of water used to cook pasta
3. Grill both tempeh and brinjal until browned
4. In pot, add olive oil and garlic and sauté over low heat until fragrant
5. Add tempeh, brinjal, chilli padi, black olives, dry seasonings and salt, then add reserved 60ml of water before mixing over low heat until combined and warmed through
6. Add cooked pasta to vegetable mixture and sauté until warmed, then adjust seasoning as desired before serving



1 tablespoon olive oil	400ml vegetable stock
1 medium onion, diced	100g sweet corn kernel
3 garlic clove, minced	100g tempeh, diced
1 celery stick, diced	1 tablespoon tomato paste
1 small carrot, diced	Salt and pepper to taste

1. In pot, heat olive oil and sauté onion until fragrant, then add minced garlic, celery and carrot and cook until vegetables soften slightly
2. Add vegetable stock, sweet corn kernel and tempeh, then add tomato paste and bring to boil
3. Add salt and pepper to taste before serving hot

Tempeh Minestrone Soup



60g onion
200g tempeh
2 teaspoons dried oregano
1 teaspoon dried basil
1 teaspoon dried marjoram
1 tablespoon light soy sauce
½ teaspoon black pepper
2 teaspoon maple syrup
or other liquid sweetener

1. Cut tempeh lengthwise into ½ inch strips
2. In bowl, add oregano, basil, marjoram, light soy sauce, black pepper and maple syrup, and mix well
3. Add tempeh strips and marinate in herbs (let it sit for several hours to infuse flavours)
4. Grill on pan until tempeh is browned, then serve as is with desired condiments or as filling for sandwiches and wraps

Herbed Tempeh Stick





Maintaining moisture balance in and staying hydrated is fundamental to healthy, glowing skin. *Lemongrass House Green Tea Face Cream* has a light, non-greasy formula enriched with Botanicals like White Orchid extract for soothing sensitive skin, and Vitamin C and Green Tea extract to enhance protection from free radicals. Vegan friendly and made with eco-friendly packaging, this face cream will leave your skin soft and supple.

**Retails for \$22 per 150g tub
at all Lemongrass House outlets -
for more information, please visit
www.lemongrasshouse.com.sg**

Hurraw! Balm is an all-natural, vegan lip balm made from premium raw organic and fair trade ingredients that comes complete with a bunch of fun flavour options. The balm meets an extensive list of criteria such as super-smooth, not draggy, not sticky, not sweet, not too glossy, not too smelly, never grainy and long-lasting - plus, it had to hold up to being in a back jeans pocket all day without melting! *Hurraw! Balm* is made in small, fresh, handcrafted batches which allows for them to be infused with raw seeds, pods, fruit zests, barks and roots for flavour and natural colour!



**Retails for \$8.50 at The Naturally Better Company,
PARCO Marina Bay #P1-18 Millenia walk**



Vegans can now have their pizza and eat it too! *Tofurky* vegan pizza comes in three delicious flavours – pepperoni, Italian sausage and cheese – and on a thin whole-wheat crust. Made with a combination of gluten-based meat substitutes, roasted vegetables and *Daiya* cheese, these pizzas are a quick treat after a hectic day at work.

**Retails for \$15.60 per 385g box
at most Cold Storage supermarkets**



Created with care to lift and remove stubborn stains, dirt, and grease, 7th Generation laundry liquid's unique biodegradable formula contains plant-derived cleaning agents and enzymes, and works well in both hot and cold water. Made with sustainable palm oil and free of synthetic fragrances and optical brighteners, this laundry liquid does not cause skin irritation. In addition, a little goes a long way with its concentrated formula, while the bottle is made with 80% post-consumer recycled plastic and is Leaping Bunny certified.

Retails for \$39.85 per 100 oz bottle at most major supermarkets (price may vary across stores)



Gentle on your hands yet effective, IDOCARE Concentrated Dishwashing Liquid effectively cuts through the toughest grease. Balanced pH and natural ingredients make it safer for your family and the environment, while its 5x concentration makes it last longer and is easier on the wallet. 100% biodegradable and made with plant-based ingredients, this dish-washing liquid has not been tested on animals and is free from phosphates, paraben and NPE chemicals.

Retails at \$4.50 per 500ml bottle at selected organic stores - for more information, please visit www.idocare.com.sg



Jacob's Fig Rolls are wholesome biscuits wrapped around a generous filling of fig paste. Made without artificial colours, flavours or hydrogenated vegetable oils, these biscuits do not contain egg or dairy, making it suitable for vegetarians. Containing 30% fruit, these soft biscuits are a delight to have during tea-break or just as a snack. Be warned though - you're likely to finish the entire packet once you start!

Retails for \$5.65 per 200g packet at most Cold Storage supermarkets

naïve, located opposite Katong Village along East Coast Road, is one of those eateries that consistently serve up delectable and innovative food with a view to astound patrons. Traditionally known for their monkeyhead mushroom dishes, *naïve* has created a whole new range of specialities by taking the best of western cuisine and adding their own creative flair to it.

For starters, we sampled the *Oregano Tomato* (below) which is a refreshing take on the classic minestrone. The soup came in a rich tomato base with lots of fresh vegetables such as celery, carrots, red capsicum, baby corn and cabbage.

The generous use of herbs as well brings the dish to another level altogether and, unlike the clear soup that one might expect, the *Oregano Tomato* has a creamy texture with a tangy tomato flavour.



For vegetarians who prefer a cream-based soup, the *Ocean Chowder* (top, right) is a must. Made with delicious vegetables and 'ocean' bits, this soup is a very close replica of clam chowder - sans the clams, of course.

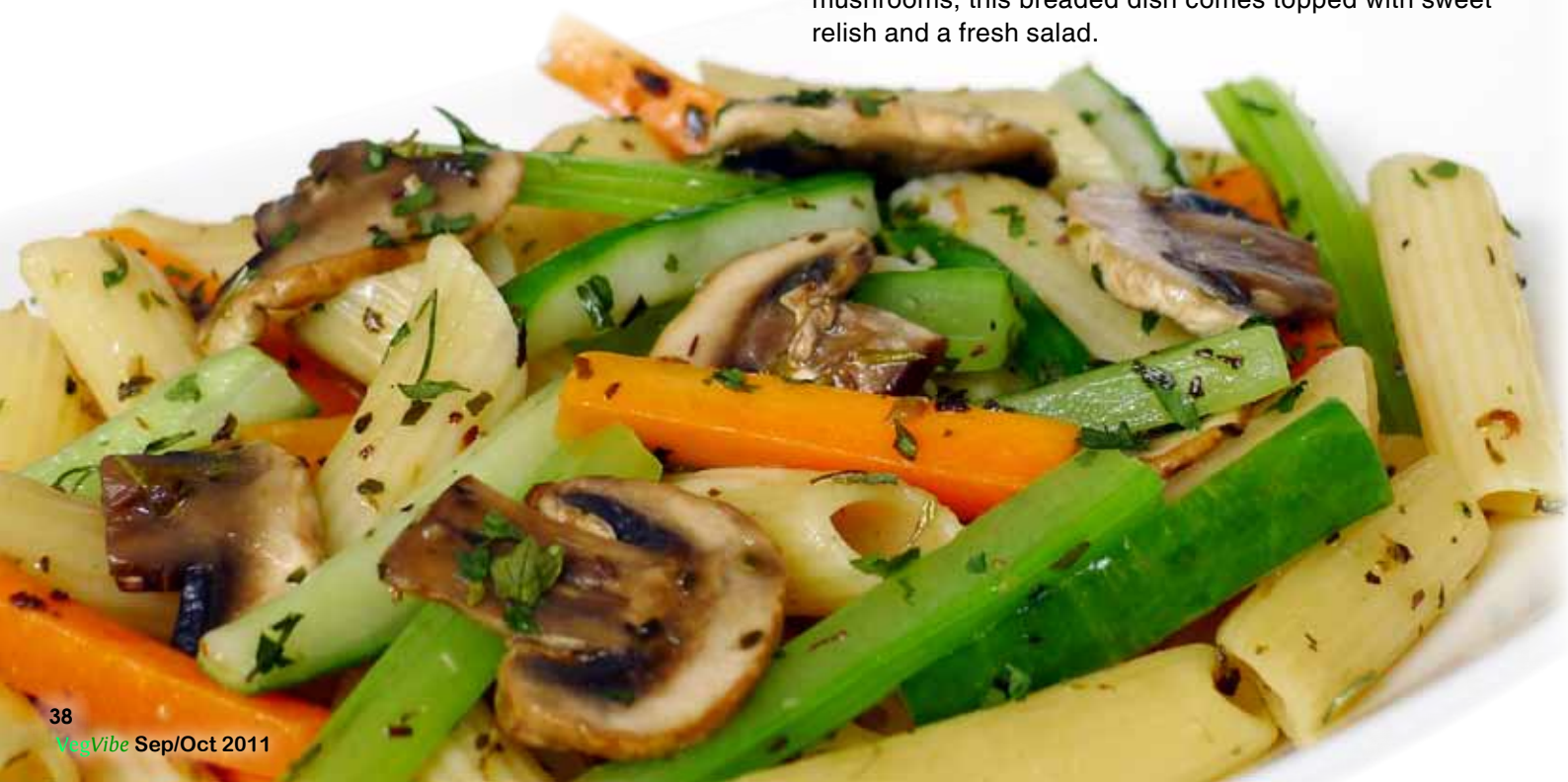


For pasta lovers meanwhile, *naïve* offers two types of scrumptious pasta. The *Olio Penne* (bottom) is a wholesome and hearty dish of sautéed penne with fresh button mushrooms, Japanese cucumbers, carrots and celery. This concoction of mixed herbs impart a mouthwatering aroma, with the vegetables adding a crunchy textural element to the dish.

Traditional tomato-based pasta aficionados meanwhile will appreciate the *Bella Avena* - al dente pasta served with an oat-based tomato sauce. Though unusual, this pasta evokes memories of pasta bolognese which often uses minced meat.

In this vegetarian variation, finely diced carrots, celery, oats and textural vital protein (TVP) are all used cleverly to replicate the texture of a bolognese dish - without having to resort to the use of mock-meat, with the Italian herbs complimenting the tomato base perfectly.

The star dish though, must surely be the *Button Steak* (facing page, bottom). Stuffed with fresh button mushroom and shiitake mushroom, then coated with soy flour and bread crumbs, this steak is truly a work of art. With a naturally 'meaty' texture due to the liberal use of mushrooms, this breaded dish comes topped with sweet relish and a fresh salad.



While the dish is typically served with cheese, it can be prepared easily without the dairy derivative and vegans need only request for it to be omitted.

Shepherd Boy - *naïve*'s take on the traditional Shepherd's Pie, is also another wholesome dish on offer. Made with baked potato and homemade minced oats, carrots and soy, this too comes with cheese which can be excluded upon request.



For those who enjoy the combination of rice and cheese, a must-try would be the *Baked Garden Rice* (above). The rice is well-seasoned and baked with fresh broccoli and cauliflower topped with rennet-free cheese.



While we would choose hearty meals most of the time, there will be occasions when a lighter meal might be better suited - and the delicate dish of *Peaceful Plant* (above), is delicate dish made with fresh lotus roots filled with a homemade stuffing. Accompanied with a penne salad and fragrant roasted pepper dip, this dish makes a good mid-afternoon snack or light meal.

naïve continues to live up to its notable reputation of pushing the envelope on what vegetarian food can achieve, and has cemented its place as one of the must-visit places in Singapore where culinary innovation is married with excellent service.

naïve is open daily from 11.30am to 3.00pm and from 5.30pm to 10.00pm (10.30pm on Friday, Saturday and eve of Public Holiday), and reservations are recommended.



naïve

99 East Coast Road

Tel: 63480668

www.naivecompany.com

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Angel's Bistro - 28 Stanley Street
Barefoot Ion - ION Orchard #B3-13
Bombay Café - 334 Tanjong Katong Road
Bombay Café - 79 Syed Alwi Road
Bombay Woodlands Restaurant -
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Bud Cosmetics - Square 2 #01-66
Bukit Batok Polyclinic - 50 Bukit Batok West Avenue 3
Café Salivation - 75 Syed Alwi Road
Choa Chu Kang Polyclinic - 2 Teck Whye Crescent
Choose Eco Store - 26A Sago Street
Ci Yan Vegetarian Health Food- 8 Smith Street
Classic Lao Difang - Park Mall #B1-12
Clementi Polyclinic - 451 Clementi Avenue 3 #02-307
Dann's Daily - Eastwood Centre #01-06
Dapao - Far East Square #01-01
Eat Organic - 619H Bukit Timah Road
Eight Treasures - 282A South Bridge Road
Eight Treasures Express -
Guilemard Village, 102 Guilemard Road
Food Advisory Group -
Cluny Court, 501 Bt Timah Rd, #02-15A
Friendly Vegetarian Supplier -
Blk 14 Pasir Panjang Wholesale Centre #01-23/24
Genesis Health Food Restaurant - 1 Lorong Telok
Gokul Vegetarian Restaurant - 19 Upper Dickson Road
Green Room Cafe -
Bishan Park II, 1382 Ang Mo Kio Avenue 1
Greenland Vegetarian Restaurant -
789 & 791 Upper Serangoon Road
Healing Bliss Clinic - Roxy Square 2 #01-98
Hougang Polyclinic - 89 Hougang Avenue 4
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Naïve - 99 East Coast Road
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Oasis Organic - Shaw Towers #01-49
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8A Biomedical Grove #01-17/18
Organic4Less - 271 Bukit Batok East Avenue 4 #01-142
Piore Organic - 3 Queen's Road #02-163
Quan Fa Organic Farm - 35 Murai Farmway
Raj@Biopolis - Centros Block, 20 Biopolis Way #01-03
Raj@Syed Alwi - 76 Syed Alwi Road
Real Food - The Central #B1-52
Real Yoga - The Centrepont #06-06/07
Roma's Deli - Shaw Towers #01-23
Salad Stop - Marina Square #02-06
Salad Stop - Novena Velocity #02-24
Salad Stop - One George Street #01-01
Salad Stop - OUB Centre #B1-02A
Simple Food - 462 Tampines Street 44 #01-64
Simple Food - Down Town East, E! Hub #02-112
Sunny Choice Organic Shop -
Rail Mall, 434 Upper Bukit Timah Road
Supreme Master Meditation Centre
Terra Plana - Mandarin Gallery #02-04
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The Hidden Place - 40 Tras Street
The Naturally Better Company -
PARCO Marina Bay, Millenia Walk #P1-18
The Wisdom Tree - 26A Pagoda Street
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Yes Natural - 57 Geylang Lorong 27
Yes Natural (Tiong Bahru) Pte Ltd -
58 Seng Poh Road #01-27
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380 Jalan Besar #01-34
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VegVibe

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VegVibe magazine was first published online in August 2009 as the first magazine in Singapore to address vegetarian and vegan issues. We are a wholly content-driven publication that strives to cover anything and everything that matters to the vegetarian and vegan community, and have positioned ourselves as a uniting platform for those interested in **Health & Nutrition**, **Animal Welfare** and **Environmentalism**.

Technical Specifications

A4 size (210mm x 297mm)
44 to 60 pages (min 40 pages of content)
105gsm art paper
3,000 - 5,000 copy print run
Bi-monthly publication

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- Copies available free islandwide
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- Issues released as both online and print editions (maximum ad exposure)
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VegVibe has been well-received since inception and enjoys a conservative estimate of 5,000 readers per issue, with over 300 direct subscribers, as well as close to 1,800 fans on our *facebook* page – all achieved by word-of-mouth alone. We have also established ourselves as a reliable news provider and are the Singapore correspondent for the *European Vegetarian and Animals News Alliance* (EVANA) and a registered news source with *Google News*.

SIZE	DIMENSIONS W X H (MM)	PROMOTIONAL PRICE (3,000 COPY PRINT RUN)
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