

Feedback from Visitors to the

"Change Your Diet, Change The World" Exhibition

Level 1, Woodlands Regional Library. 8th to 21st January 2007

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An interesting exhibition which strengthens my belief in becoming a vegetarian.
12/1/07

The exhibition was very presentable. Well Done. tamala =)

Great display promoting a healthy diet. Especially good for Singaporeans now.
=) sharmini

Thank you for this exhibition that raise awareness and educate the public about vegetarianism. It helps others understand why I am a vegetarian. Gabriel

As a vegetarian myself, I felt that this exhibition is very useful as it produce awareness to the public on why some people choose to be a vegetarian. I hope that these exhibition gave the public some rudimentary knowledge. Thank you for exposing these very great exhibition. I'm looking forward for more of the association's showcase. Frieza 13 january 07'

-> I'm a vegetarian and truly this knowledge has to go around the country, the globe to make sure we can realize a true "human being". We have to save the world and that is only through becoming a vegetarian. Please continue the great work!

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An insightful exhibit that create the awareness of people in the ill treatment of animals that result in the problems faced by the world. Recommended to have more of these exhibitions.

"The sculpture" says a thousand words. Thanks for this exhibition.

Earth creates enough for everyone's need, But not for everyone's greed ~
Ghandhi

I will lead a lifestyle that is not self centered. I will treat with equal value the life of other animal as much as that of a human being."

God has gifted human with intelligence on conscience not to make him the master of other species but to protect them. In fact, poorer the species, more helpless the animal, more is the duty of a human to protect it. If we do not realize this soon we will disbalance the lifecycle which the mother nature has taken billions of years to create. And that time will mark our extinction too. Hemanshu

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- This exhibition is a bit towards extremity.
- May tone down the message to just ask people eat less meat (I do agree too much meat is not healthy)
- I believe when one day all people on earth become vegetarian, there will be other problems arising (because it's not balanced).
- Please remove the religious section, as you have claimed you are non-religious organization.

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I am a vegetarian too.

Support your cause.

Wish South Indian vegetarian practices would figure in your society's agenda. Based on your last current composition of your committee there is no South Indian representation other than your President, perhaps I stand corrected. Thank you, & cultivate Mitahava!

I am a vegetarian from India, the exhibition and demonstration are good. You can contact to distributed or create awareness in India Isha yoga... www.ishayoga.com
Roy Morthy

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I am a vegetarian and encourage others to become too. This exhibition is good to let people know eating fruits and vegetables is healthier than eating daily product. You can feel different person after becoming a vegetarian. In future we hope to see more exhibition again! Kim Poong

I'm not a vegetarian but would like to be one and think the leaflet is helpful to educate how to maintain a balanced diet with vegetables. Ling Ying

I have always thought balance of meat and veg it's the order of natural - until I saw this exhibition that capture my eyes "animal are not meant for Human Consumption" - I am also during this past 3 years been more aware how important it is to be healthy - would like to know more.

I'm exceedingly glad that the society is holding an exhibition on vegetarianism. I have been a vegan for 30 years. I went into it when I had a heart condition then. Since then my heart condition has "disappeared" and these has not been narrowing of the arteries of the heart. Not only that I am free from all the modern maladies though I am 75 years old now. My present healthy condition is due largely to my vegetarian diet. I congratulate the good work you society is doing. God Bless. John S.

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I am also a vegetarian. I was quite surprised to find out that there was this exhibition held in the Woodlands library. I feel glad that more steps are taken to create awareness of eating vegetarian.

Although I had always attended talks on why it is better & more beneficial to be a vegetarian, but by just visiting this exhibition, it allowed me to learn more about why we shouldn't kill animals to put them on our table as food. I feel that going vegetarian is the first step everyone should take if we really want to create peace in the world. I find the information provided really useful and it would probably help to spread the message of being a vegetarian if we were to tell our friends & family members why they shouldn't continue eating meat.

I am really happy to know that there is such an exhibition here and I will bring my friends here & I am sure it will help in persuading them to become vegetarians too.

I feel that although some materials are given away for browsing & reference, probably these aren't enough. Some people refuse to be vegetarian because they think that vegetarian meals will never taste better than meat. Therefore, I suggest that copies of some vegetarian recipes can be given out here so that people can try it out themselves & they will be convinced that actually there is no difference between vegetarian & a meat meal except no animals have sacrificed to feed us, humans.

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17 Jan '07

After viewing the posters with graphic visuals of pigs, chickens hanging upside down and starving children, I was deeply unsettled as to why they (animals) are treated in such a disgusting way and the child is skinny to the bones.

I am very lucky to be able to consume food (meat) and to some extent overeat. I have not thought of those who have nothing to eat and dying because of this.

This exhibition is useful as it catches my attention to help reduce animals' suffering by at least reducing meat consumption.

I will relay this message to my family and friends.
Brandon Wee

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Paul Ng

"Watch the video at the Library makes me aware of the terrible and cruel conditions of the animals life.

This is a very educational program that I have never seen.

This program MUST be added to the Discovery Channel for awareness.

I am a normal meat Lover Chinese and now after watching would like to do my best to abstain because of the cruelty of it.

Veg is able to give normal nutrition and would encourage more programs to satisfy the taste bud.

I thank the organizer for the AWARENESS.

GOOD WORK!"

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Dear VSS Volunteers,

It is indeed gratifying to learn that somewhere in Singapore, someone actually cares about our fellow animals.

VSS started from a humble beginning with barely a dozen members fighting for their voices to be heard. Yet, within a span of just a few years, it has grown to a full - fledged society with over a hundred members. What is even more amazing is the level of sophistication and the amount of hard work put in as evident for the posters/pamphlets and VCDs .

Keep up the Good Work!
VSS member (since 1998)

Dear VSS Volunteers,

It is nice to know there's a vegetarian society around in S'pore. I've been long wanted to start on vegetarian and been worried of difficult in prepare vegetarian meal and caused unbalanced diet. Starting from 15/01/07 I tried on vegetarian and find it it is quiet easy and feel both mental and physical good. And the cookbook display together with the exhibition is very useful.

Good job Vegetarian Society.
Thank you. By Roslyn Chua 18/1/07

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Dear volunteers,

It is a tremendous effort by you guys for that brilliant selfless act to highlight the cruelty to animals just for human consumption. Keep it up guys. Love you guys for that.

It is science that we humans are not build to eat meat. Do we have huge fangs like a tiger, short intestine like carnivores. No, actually we have grinding

teeth knows as molars and long intestines like herbivores. A very good example are monkeys. We are build to eat vegetables and only vegetables.

Good job vegetarian Society

Thanks a million

19/1/07

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Even though I'm not a vegetarian, I felt that this exhibition is very useful as it gives awareness to the public on why some people choose to be a vegetarian. I hope that this exhibition gave the public some knowledge. Thank you for showcasing these great exhibition. Well done!!!

I'm looking forward for more.

Natasha 21 01 07 =)

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A reply to page 3,

- Frankly speaking, if the message is tone down, it won't hit home.

- People have an 'out of sight, out of mind' mentality. Once they think 'ok the suffering is not that great, they will continue that abuse.

- Do you based your facts on scientific research? Do you know that some of the animals feeds are not eatable by all. Cows no longer eat grass. They eat coloured comic strip, chicken are injected with cancer causing hormones to make them grow faster. The hormones are deemed Illegal to use in human.

- People tends to argue from a religion perspective that "the animals are our food" to actively promote it, we must argue from their perspective.

Best regards

On 1/17/2007 7:37 PM, "shaheed isa" <mambo_addict@hotmail.com> wrote:

Dear Sir/Madam

I saw your exhibition at Woodlands library and was enlightened as i had a deeper understanding on being a vegetarian. Since i saw the exhibition i was inspired and even thought of becoming a vegetarian. I was impressed at the way the booth was done up and the information presented was really helpful and informative.

The thing is, i'm a Muslim and i went through the list of vegetarian eating places and most of them were Chinese stalls. Even though i know they might or do not use pork or lard but i still cannot patronise these stall unless they do have halal certification from MUIS. So for the time being i might only be able to patronise Indian stalls.

One more thing, is it true that you can never get the same amount of

proteins
from vegetables as you get from meat? as in how much of vegetables do i
need
to get like 100gm of protein.

I'm really keen on becoming a vegetarian as i'll be healthier and since
they
say you are what you eat, it all the more reaffirms my interest in
becoming
one.

I'll be looking forward to your reply

Thank You.

Regards
Shaheed