

first name:

.....  
surname:

.....  
tel no:

.....  
e-mail:

.....

.....

.....

question:  
what is the duration of the  
veg pledge ?

.....



Enhancing the Lives of Animals  
Through Ethical Decisions

**Save the Animals  
& Win !**

Your R20 donation includes  
a FREE beaded animal keyring  
& vegan starter guide \*

I ..... saved the animals

choose an animal  
NOT to eat  
for a week

chickens  chicks (eggs)  pigs  cows  calves (dairy)  lambs  fish

all animals (vegetarian)  all animals, dairy and eggs (vegan)

for 1 week: from: ..... to: ..... signature: .....

- 1st prize: bed & breakfast for two at Monkey Valley Resort +2721 789 1391
- 2nd prize: a hamper of Trevarno organic beauty products from www.Faithful-to-Nature.co.za
- 3rd prize: bed & breakfast for two at Bergzicht Guesthouse +2721 423 8513

please complete your veg pledge before 4 October 2008 to be eligible to claim your prize  
send us a copy of your successfully completed veg pledge and keep a copy for your records  
the draw will take place at the elated table on 4 October 2008 in honour of World Farm Animals Day  
\* Guide to Cruelty-Free Eating kindly sponsored by Vegan Outreach

for more information please visit [www.elated.co.za](http://www.elated.co.za)



**Animal Rights Africa**