



The **VEGETARIAN**

**SOCIETY** of

**HONOLULU** Quarterly

**Volume V, No. 3, Sept. 1994**

**\* supporting human health, animal rights, and ecology \***

## **President's Message**



Aloha friends;

My husband and I recently discovered that vegetarianism is even getting into mainstream American business these days. We attended an income builder's conference on the mainland this summer and were amazed to find that of the hundreds of "business" people attending, a surprising number of them either were vegetarians or preferred meatless meals if they were available. As we negotiated with the food service folks, thinking that we (and a few select VSH Board members also present!) were the only ones on this "special diet", other conferees overheard us or later saw what we had been served and said, "Oh, can you order that? Terrific! We want that, too." Soon we had met several of "our kind", and we naturally began to keep an eye open for signs of other like-minded people, who were not all that hard to find. On the business side, numerous of those present were in the process of adding to or creating a new vegetarian or vegetarian-related type of business. For some the vision was to market organic produce, while for others it had to do with opening a natural food store, developing a greens-only restaurant chain, or producing and marketing educational videos that presented the vegetarian diet and related subjects. Experiencing all of this at a meeting of this sort made us realize that our message really is becoming a conscious part of the business and social life of this country.

Sometimes, when I'm feeling that my beliefs regarding the critical issues and high stakes involved with dietary choices are still very much a "fringe" position, I am gratified to discover that we actually are making inroads out there. These revelations make me feel good all over again about our work with VSH. My hope is that you, too, from time to time experience this feeling of having made a difference. Such stuff is the fuel of our enthusiasm, and I urge you to be on the lookout for reflections of your efforts, such as those we discovered at our business conference. You know, people really are "getting it". Our task is merely to show them the way back to what they naturally have always known.

In that light I also recommend that you consider inviting more of your friends, acquaintances, and coworkers to our monthly meetings. Regardless of what you suppose they will say or think about the prospect of listening to an hour-long discussion of vegetarianism, they will, should they come, be affected in some positive way. On some the effect will be immediate and noticeable, while others will take a perhaps more subtle step in a somewhat longer path to the understanding and acceptance of our message. In either case you will have brought value to another person's life, not to mention the additional thread of "green" consciousness that you will have woven into that greater warp and woof of our social fabric.

-Alida

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**Honolulu Herbivore Happenings**

## Fall 1994



September 5, Monday:

Labor Day picnic at Judy Kalin's home in Makaha, from 2 p.m. to 7 p.m..

Bring your own plates and utensils, and a dish containing no meat, fish, or fowl. Also bring a list of ingredients in your dish, as many members eat no dairy, eggs, oil, or honey. Drive H1 highway to west Oahu, then follow Farrington Highway to Makaha. Continue .8 miles past the Cornet Village, then turn left onto Upena, then left again to 84-715 Upena. Swimming is available, so bring your swimsuit if you wish. Call Freeman for more info at 528-5412.

September 13, Tuesday:

Monthly meeting of the Society, 7:00 p.m. at St.Clement's Episcopal Church, 1515 Wilder at Makiki St. Laurence Kolonel, M.D., Ph.D., research Scientist and Director of Epidemiology, Cancer Research Center of Hawaii, University of Hawaii, will discuss "The Relationship between Diet and Cancer."

September 18, Sunday:

Join us for a morning walk and litter pick-up from Koko Marina to Sandy Beach. Meet at 9 a.m. near the Foodland entrance in the Marina parking lot. Bring a hat, sunscreen, and water. Call Freeman for more info at 528-5412.

September 19, Monday:

Dinner at Diem's at 6 p.m.. Vegetarian buffet is served for \$8.95. Located at 2633 S. King, at University Ave. Validated parking available in the parking lot on the corner. For more info, call Freeman at 528-5412.

October 11, Tuesday:

Monthly meeting of the Society, 7:00 p.m. at St.Clement's Episcopal Church, 1515 Wilder at Makiki St. Ruth Heidrich, Ph.D., diet and exercise enthusiast and world-famous triathlete and author, will present her video "A Race for Life", and discuss the radio show "Nutrition and You."

October 26, Wednesday:

Join us for dinner at the Krishna Temple dining room at 51 Coelho Way, just off the Pali Hwy. at 6 p.m. Limited parking in their driveway. For more info, call Freeman at 528-5412.

November 9, Wednesday:

Monthly meeting (date changed due to elections) of the Society, 7:00 p.m. at St.Clement's Episcopal Church, 1515 Wilder at Makiki St. Masa Yafuso, graduate of the Weimar Health Institute program, will discuss "Culprits of the Degenerative Diseases", and Harriet Yafuso will present "Delicious Recipes for Thanksgiving."

November 10, Thursday:

Meet at Crepe Fever in the Ward Center for dinner at 6 p.m.. For info, call Freeman at 528-5412.

November 19, Saturday:

Join us for a hike up Makiki Valley Stream Trail and back via loop. Meet at Hawaii Nature Center at 9 a.m.. Reach the Center from Makiki Heights Drive. Bring water, hat, insect repellent, and boots. Hike should last 2 to 3 hours. Call Freeman for more info at 528-5412.

November 23, Wednesday:

Fifth annual Vegetarian Society of Honolulu Thanksgiving Dinner. Join us at 6 p.m. in the historic Waioli Tea Room in Manoa Valley at 2950 Manoa Road. A pure vegetarian (vegan) dinner will be served. Parking is available on the grounds. Send in your request below for seating, along with your check, to the VSH. Do it early, as seating is limited. Tickets will not be sold at the door. Any questions about the menu should be directed to VSH at 395-1499.

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Yes, I will attend the Vegetarian Society of Honolulu annual Thanksgiving Eve dinner at the Waioli Tea Room, 2950 Manoa Road, at 6 p.m. on Wednesday, November 23. I need to reserve seating for the following:

ADULTS

\_\_\_ Members (\$19ea.) \_\_\_

\_\_\_ Nonmembers (\$21ea.) \_\_\_

\_\_\_ Children, ages 4-11 (\$10) \_\_\_

\_\_\_ Children under 4 FREE

TOTAL ENCLOSED \_\_\_

Make checks out to Vegetarian Society of Honolulu, P.O. Box 25233, Honolulu, HI 96825

Your canceled check is your receipt. Send in early, seating is limited.

**Related Events:**

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Every Sunday from 7:00-9:00 p.m., K108 AM radio presents "Nutrition and You", with Terry Shintani, M.D., and triathlete Ruth Heidrich Ph.D., a "pair-o-docs". Call in to the show at the new number 524-1080. Events of the Vegetarian Society will be announced on the program.

On KITV-4's 5:00 news, Dick Allgire's Health Report often mentions vegetarian ideas, and on Thursdays Dick presents his vegetarian recipes.

VSH has a regular half-hour TV show Mondays at 7:00 p.m. on cable access Channel 22 (Oceanic) and Channel 8 (Chronicle). Ruth Heidrich's video "A Race for Life," will premiere September 5 and show again on 9/12, 10/3, and 11/7/94. We also air a number of longer veggie tapes from the mainland on those Channels but due to scheduling problems at *Olelo* we can't say when. Watch for "Vegetarian" in your TV guide and eventually you'll see John Robbins' "Diet for a New America", Michael Klaper's "A Diet for All Reasons," Marc Sorenson's "Matters of the Heart" and "Obesity", Farm Sanctuary's "The Down Side of Livestock Marketing", the Veg. Soc.

of UK's "Food Without Fear", Dick Allgire's "the Truth the Whole Wheat and Nothing but the Veggies", Elaine French's seven part "Vegetarian Chef" and Bill Harris' "Scientific Basis of Vegetarianism" and "Veggie Jox".

*Healing Hearts*, a weekly cardiac support group facilitated by Neal Pinckney, Ph.D. and utilizing the advice of Doctors Ornish, McDougall, Shintani, Harris, and others, meets at Castle and Kaiser Hospitals. Groups are filled presently but new groups will begin quarterly. Information at 696-2428.

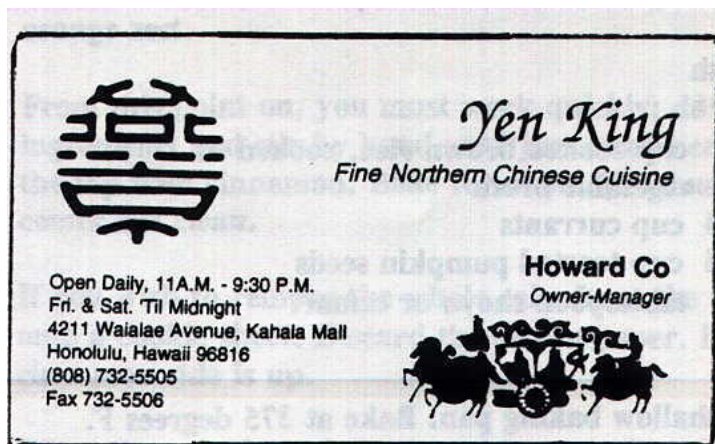
Low fat vegan cooking classes! Masa and Harriet Yafuso will conduct eight classes at the Waianae Seventh Day Adventist Church, 86-072 Farrington Highway. On Sundays 2:00-4:00 p.m. beginning September 11. Free! For information call 247-5779. (Free samples, too!)

VSH members are invited to attend the bi-monthly meetings of the Board of Directors, which are scheduled for July 10, September 11, and November 6, 1994 at St. Clement's Episcopal Church, 1515 Wilder Ave. Time: 3:00 p.m. - 5:00 p.m.

All members are welcome to participate in discussions; however, only Board members vote at these meetings. Please bring your card to verify your current VSH membership. Mahalo.

## Fine Dining at the Bottom of the Food Chain

### LET'S DO LUNCH AT KAHALA MALL



There's a royal treat awaiting munchie vegetarians. Find the Star market, keep going a few stores, and open Yen King's door to wiki wiki service and great northern Chinese food. You'll find the vegetarian fare on a separate page of the menu, and there's plenty to choose from. Prices are very moderate for generous portions of well prepared typical Chinese food. Large bowls of soup were presented with plenty for two people. The broths were light, well flavored with green vegetable fragrances, and warming to the heart. Sorry, there's no brown rice here, but we were served a large bowlful of white rice rather than the individual one scoop size bowls served in many Asian restaurants. Yen King is

nice appointed with an interesting aquarium as the centerpiece. Linen tablecloths make the place comfortable looking and relaxing for conversation. Our service was fast, and attentive, the waiter being most helpful explaining the ingredients in the various dishes we inquired about. This is no fancy place, but it's definitely comfortable for either lunch or dinner. No problem wearing shorts and a T shirt here. If Karaoke is your thing, they have it here, for the performer or spectator in you. Call 732-5505 for more info. Yen King is at 4211 Waiialae Ave; open daily 11 A.M. to 9:30 P.M., Fri & Sat until midnight.

-Eva Wright

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## Recipes

By Marcia Deutch

These recipes are the basis for a classic vegetarian Thanksgiving meal. Serve them with green salad, mixed steamed vegetables, mashed potatoes, and brown gravy for a festive holiday.



## Stuffed Squash

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- 3 acorn squash, halved
- 1 small yellow onion, chopped
- 1/2 cup chopped celery
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 teaspoon ground sage
- 1 cup cooked brown rice, cooked in vegetable broth
- 1/4 cup currants
- 1/4 cup toasted pumpkin seeds
- 1 tablespoon shoyu or tamari

Place squash cut-side down (do not remove the seeds) in shallow baking pan. Bake at 375 degrees F. for 45 minutes.

Meanwhile, make the filling. In a saucepan, saute the onion and celery in a little water for 2 to 4 minutes until wilted. Add the basil, oregano, and sage. Cook 2 minutes longer. Add the cooked rice, currants, pumpkin seeds, and shoyu. Stir to combine well. Taste and adjust the seasoning.

Remove the seeds from the squash. Fill squash evenly with rice stuffing. Bake uncovered for 20 minutes at 400 degrees F. Serve immediately.

## Cranberry Fruit Relish

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Our thanks to Alida Quistgard for this delicious autumn treat.

- 1 package cranberries, washed
- 5 golden delicious apples, washed and cored
- 2 small oranges, peeled
- 1 cup maple syrup
- 1 teaspoon orange zest (grated orange part of the rind)

In a food processor, grate the cranberries, apples, and oranges. Place in a bowl. Using the S blade of the food processor, mince approximately 1/3 of the grated mixture with the maple syrup and orange zest. Do not over-process! Stir the two mixtures together. Adjust to the right consistency--if relish is too dry, return a small portion of it to the food processor and mince again. Garnish with mint leaves.

## Orange Marmalade Spice Cake

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- 16 ounces firm tofu, drained
- 1 cup maple syrup
- 1/2 cup frozen apple juice concentrate
- 1/2 cup freshly squeezed orange juice (about one orange)

- 2 teaspoons vanilla
- 3 1/2 cups whole wheat pastry flour
- 2 tablespoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground mace
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1 cup raisins
- 1 tablespoon zest of orange (grated orange part of the rind)
- 1/2 teaspoon cinnamon (for topping)
- 1 8 oz. jar orange marmalade (sweetened only with fruit)
- 16 pecan halves (toasted lightly brown in oven at 250 for a few minutes. Watch carefully!)

Preheat oven to 350 degrees. Oil a 9"x 13" pan. Line the bottom of the pan with oiled brown paper if you wish to remove the whole cake from the pan after baking.

In a blender, combine the tofu, syrup, juices, and vanilla; blend until smooth. Sift the flour, baking powder, baking soda, and the next 4 spices together into a large bowl, and stir in the raisins and orange zest.

From this point on, you must work quickly; do not over mix! Add the tofu mixture to the dry ingredients and stir by hand until just combined. Pour the batter into the prepared cake pan. Dust the top with cinnamon. Bake for about 30 minutes, until lightly brown and an inserted toothpick comes out clean.

If you wish to remove the whole cake from the pan, do so while the cake is hot by inverting the cake onto a cookie sheet. Discard the brown paper. Invert the cake again onto a serving platter so that the cinnamon side is up.

When the cake is cool, cut into 16 pieces. Ice with orange marmalade and decorate with one toasted pecan on each serving.

	<b>Stuffed Squash</b>	<b>Cran-Relish</b>	<b>Spice-Cake</b>
<i>% of Calories from:</i>			
Carbohydrate	56	96	82
Fat	33	2	9
Protein	12	2	9

**Nutrient - Percent of (Recommended Daily Allowance per Calorie)**

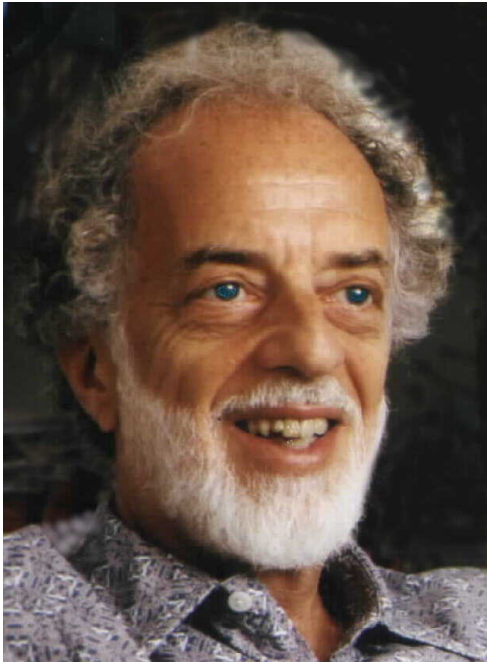
	(%)	(%)	(%)
Calcium	108	103	140
<i>Cholesterol</i>	<i>0</i>	<i>0</i>	<i>0</i>
Fiber	204	310	184
Folate	247	20	105
Iron	218	63	115
Magnesium	566	67	168
Potassium	394	69	220
Phosphorus	330	36	276
Riboflavin	56	57	67
Thiamin	267	127	166

Vitamin A	69	14	3
Vitamin B12	0	0	0
Vitamin B6	239	69	72
Vitamin E	103	83	58
Vitamin C	308	766	251
Zinc	147	11	79

## Meet the Members



In July 1993



his internist and four cardiologists looked at Neal Pinckney's coronary angiograms and told him that unless he underwent heart surgery (make that a three vessel coronary artery bypass graft) he wouldn't live to spend New Year with his family.

"When they told me I needed bypass surgery I told them it was against my religion."

"What's your religion?"

"I'm a devout coward. Are there any alternatives?"

"Yes, death."

Neal, a former two year president of the Hawaii PC User's Group spent two weeks on his computer accessing MEDLINE and looking for alternate therapies for coronary heart disease (CHD). Neal's problems had started with 2-3 years of intermittent chest pain which he passed off as something he ate or muscle pain. Neal, a Clinical Psychologist by profession, realizes now he was in denial. "Denial isn't a river in Egypt," says Neal and it's appropriate that pun comes from Dean Ornish, M.D. whose book *Reversing Heart Disease* gave Neal the information he needed. "It was something I ate," says Neal who stopped eating the fat and cholesterol of the Standard American Diet (SAD) and went on a whole food vegan diet immediately.

"The angina went away after one week on a 10/10/80 diet of vegetables, whole grains, and fruit," says Neal (10% of Calories from fat, 10% protein, 80% complex carbohydrates). "Within six months my weight dropped from 158# to 130# and my serum cholesterol came down from 372 to 136," says Neal who's 5'9" tall. "It was muscle pain, all right," says Neal. "It was my heart muscle." Now free of pain and retired after 30 years in his profession Neal rides his bike 12-1/2 miles a day and volunteers his "Healing Heart" program at Castle and Kaiser Medical Center, teaching other heart patients how to solve their problems the same way he did (See Related Events pg. 4).

"I was a cheese-a-holic," says Neal. "It was my primary source of fat. I had terrible rhinitis and post-nasal drip but it all cleared up after the switch."

Neal was born in New York, "But when I was three months old I convinced my parents to move away." His Dad was a professional golfer in the days of Bobby Jones, Ben Hogan, Gary Middlecoff, and Jack Nicklaus. Neal caddied 18 holes a day and 36 on Saturdays. "Pebble Beach has the prettiest course, so does Troon in Scotland, right next to the ocean. But I learned to hate golf," says Neal. His father, a healthy appearing man on the SAD died at age 59 of a heart attack.

Neal went to USC and got a letter in football for being the team manager, eating at the training table with the players. "I could eat as many one pound steaks as I wanted three times a week. Other nights it was dairy, pork, chicken, bread and a few vegetables. Nowadays the table is much higher in carbs but the coaches want the players to be overweight. They evaluate the line by its total weight. It's beef on the hoof."

Neal studied at Durham, England, went back to USC for a B.A. in Social Services, then to Oxford for a Ph.D. in clinical psychology. He did post-doctoral work in Vienna, then was in practice for thirty years in Sacramento and Las Vegas, spending a year in Vietnam as a civilian working for the Marines.

Is there a psychological factor in CHD? "A vegan diet and aerobic exercise are the key factors in preventing and reversing heart disease," says Neal. "Psychological stress may be a factor but it is much less so with proper diet and exercise."

-Bill Harris, M.D.

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## Animal Rights Hawaii



Since the report of our incarceration in the last VSH Journal, ARH has continued the battle against the Nature Conservancy of Hawaii and the forces of darkness who eschew compassion in the name of ecology. We held a protest at the Run for The Rainforest, a fundraiser for TNCH, at which the ARH mascot, Pua Pua'a, our permanent purchased pig poncho made her debut. We also had the opportunity to speak out for our pig friends during an hour long pig gig on Radio Free Hawaii, thanks to Dave O'Day, morning host.

We also continue our attempt to make the University of Hawaii more accountable for the incarceration and acts against the animals imprisoned in the various UH holding facilities. (There is at publication time, not even a true listing of all the animals in the University of Hawaii system available).

We also urge support for registration and accountability of animal breeders and plan to introduce legislation to that end in the next legislative session.

We continue our investigation into the Hawaii State Depts. of Agriculture and Land and Natural Resources, as well as the US Navy/UH joint dolphin project on Coconut Island, and the ongoing citations against Sea Life Park for cruelty to animals.

We unsuccessfully lobbied against the inclusion of hunting in the Federal Desert Protection Act, and strongly urge all who care about animals to protest the weakening of our animal protection legislation as a result of NAFTA and GATT.

Dr. Gailynn Williamson of the ARH Board of Directors, addressed the VSH membership 8/9/94 on "Did Your Food Have A Face?" She presented a video produced by United Poultry Concerns, a bird defense organization located in Washington DC.

ARH signed on to a declaration against the use of Bovine Growth Hormone (which was unaccountably approved by FDA). The Society for Animal Protective Legislation organized this protest.

Cathy Goeggel of ARH attended the National Alliance for Animals Conference in Washington, D.C. in July, and participated in a PETA organized protest against USDA's use of face branding of and unanaesthetized trans-abdominal spaying of Mexican cattle, whose access to US markets was made possible by NAFTA. We have learned that USDA has since abandoned both inhumane practices.



The twelfth annual World Farm Animals Day happens on Sunday October 2nd. It might be a good day to have a picnic next to the Gandhi statue in front of the zoo since it's also his birthday. Although VSH has nothing organized this year, elsewhere the needless suffering of the unfortunate creatures humans regard as food will be marked by memorial services, vigils, mock funeral processions, and civil disobedience at livestock yards...in July the Hawaii Department of Health reported a local increase in E. coli 0157:H7 gastroenteritis and stated, "most cases of E. coli infection come from undercooked ground beef (which is) likely to be made from dairy cattle, the reservoir for 0157:H7. The



Department recommends thorough cooking, "good hygiene and careful hand washing." Hey gang, how about just not eating the stuff?... We welcome the debut of The Vegetarian Society at the University of Hawaii at Manoa (VSUHM), a registered independent organization (RIO). We expect to be working closely with Acting President Hedy Hagar and Faculty Advisor Karl Seff, Ph.D.... VSH has also been invited to sponsor a student in the UH Environmental Studies Internship Program, an "Environmental Practicum" class good for 3 credits. The research topic is up to the student and VSH member Dick Bowen, Ph.D., Chair of the UH Department of Agricultural Economics who has agreed to be the VSH contact person... VSH now has two ancient, extra, but usable computers and we expect to loan them out to responsible individuals who will use them either for VSH or VSUHM work in addition to whatever personal use they wish... vegetarian nutrition will be covered in at least one nutrition course at UH this Fall... someone left a white jacket at St. Clement's after the VSH meeting June 14. Call 395-1499 for details... The North American Vegetarian Society is pushing the fast food chain Subway to expand the distribution of their No-Fat meatless soy-based burger. Call your local Subway... that backward city New Delhi has gone out ahead of us again with a bill outlawing the slaughter of cows and banning the sale of beef with jail or a \$300 fine for violators... 6/29/94 three dozen wildlife aficionados met at the Humane Society on King St. to discuss Hawaii's feral pig problem and the Nature Conservancy's pig snaring program of which not even the USDA's Animal Damage Control specialist approved. Lots of talk but no solutions until Jay Kirkpatrick Ph.D. from Eastern Montana State University roused himself from jet-lag and spoke out the clear answer to almost all animal abuse problems in about ten minutes. The contraceptive vaccine is up and running and is effective in controlling reproduction in at least 50 species. Unfortunately it doesn't work in pigs since it's made from pig zona pellucida (PZP). Recombinant DNA technology will no doubt humanely solve that in time without the use of any animals. Meantime the FDA, ever alert to the hazards of biotechnology they haven't already loosed on the environment (such as Bovine Growth Hormone) is dragging its feet on approval of PZP. Animal rights organizations should drop whatever they're doing and pressure the FDA to smooth the path for Kirkpatrick and his colleagues. If animal populations are reduced sufficiently, the animal abusers won't have any animals to abuse... A recent *Physician's Medical Law Letter* reported an unsuccessful suit filed by a widow against her husband's physicians who failed to put him on a low cholesterol diet in time to prevent his fatal heart attack. Well now Mr. Attorney, if you're looking for a really deep pocket try the USDA and the Commodities Credit Corporation next time. They're the ones who shovel about \$8 billion in taxpayers money a year into the support of the cholesterol-rich animal foods that plugged the guy's arteries in the first place. And who did the shopping and the cooking, Lady?

...on 8/20/94 an African elephant named Tyk went berserk at the Blaisdell Center, killed her trainer and panicked the Circus International audience, causing 13 injuries. She escaped down Ward Avenue but was finally stopped by forty rounds of police ammunition, a shotgun blast, and finally a lethal injection. There's a solution to this animal abuse problem, *too*. Next time bring out Le Cirque du Soleil and watch the world's most talented and hysterically funny humans in a circus that has no animal acts.

-Bill Harris, M.D.

