

# The Vegetarian Society of Hawaii Quarterly

supporting human health, animal rights and ecology

VOLUME 8 NUMBER 1

MARCH, 1997

## **Governor Cayetano To Be Awarded A VSH Membership**

Governor Ben Cayetano will attend our March 24th meeting to receive a complimentary VSH membership in acknowledgement of his successful completion of the Hawaii Health Program. We have asked the Governor to say a few words to us about his experience with vegetarian cuisine and to stay for the meeting and social time following. That night our speaker will be Dr. Terry Shintani, and his topic is, "The Week the Governor Became a Vegetarian." This should be a memorable meeting for VSH! *Jim Deutch, Legislative Liaison*

## **LATE BREAKING NEWS:**

**"EAT FOR LIFE"**

**WORKSHOPS WITH  
JENNIFER RAYMOND**

We are happy to announce that nationally acclaimed nutrition consultant, Jennifer Raymond is rescheduling her work tour in Hawaii for late April and early May. As with her original schedule, she is being brought here by the Vegetarian Society of Hawaii. *see reschedule page 5*

## **EARTHSAVE NUTRITION EDUCATORS SUSAN CAMPBELL AND TODD WINANT BIG HIT WITH HAWAII STUDENTS!**

"Thanks for coming to our school and teaching us a lot about animal foods that can kill us!", "One thing I didn't know was 1 hamburger takes up 12 pounds of grain, 55 sq. ft. of the rain forest and 2,500 gallons of water!", "My goal for 1997 is to not eat animal foods and to start telling my friends to not eat animal foods.", "Last summer my cousin's boyfriend had a heart attack-we think it was because he was eating too much animal foods.", "I will always remember...about the saturated fat, and how the animal foods like hot dogs, hamburgers, and beef can kill you.", "I hope you both come back to visit us again.", "After your visit with us, I told my mom and dad and grandma and grandpa and my aunt and uncle.", "It was fun having you teach us!", "I hope people will eat more plant food and become healthier and then this world would be a better place everyone." (quotes are from Mrs. Audrey's Kido's Fourth Grade students at Kapunahala Elementary School, who were among those fortunate to receive classroom nutrition and environment education during January from EarthSave's

Healthy School Lunch co-directors, Susan Campbell and Todd Winant.) In response, Campbell and Winant proclaimed that Hawaii students and adults were warm, well-mannered, and informed, and they, Campbell and Winant, appreciated the welcome extended them by the Vegetarian Society of Hawaii.

*see healthy page 8*

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VSH PRESIDENT RUTH HEIDRICH



Aloha, Everybody!

This is really an exciting time for VSH. The Howard Lyman visit was extremely **successful** and was the culmination of the dream of Jack Le to bring the former **cattle-rancher-turned-vegan** from Washington DC all the way out to Hawaii to give a series of talks to groups ranging from our own **very-vegan-unfriendly** monthly meeting to the **very-vegan-unfriendly** animal sciences people at the University of Hawaii. This latter group, by the way, declined our invitation to debate the subject. There were others who helped make the visit the success that it was, including people who made financial donations, opened their homes to the **Lymans**, even entertaining them by taking them up for a glider ride, and, in general, insured that all went well.

The School Lunch Program was an even bigger challenge. This involved bringing a total of four people over **from** the mainland, sending them to the outer islands to visit the school lunch people there as well as our own school lunch people, exposing them to people who probably didn't really appreciate an "outsider" coming in to "help" them improve the quality of the school lunches they were serving. Then the flu struck the main star! She was totally disabled by the bug and had to cancel at the last minute. Thank goodness for people like Dr. Michael Klaper, Paul Onishi, and Masa and Harriet **Yafuso** who were willing to fill in. This project

was a result of the vision of our own own **efforts**. On March 24 he is Cheryl Chung. She succeeded in scheduled to be our monthly speaker, making inroads that are **and the title of his talk is "The Week** unprecedented and she deserves to be the Governor Became a **Vegetarian."** congratulated for a fantastic job!

Then there was Dr. **Shintani's** very successful Hawaii Diet program where he got the governor and key members of his staff to change their diet for three weeks, the last of which was vegan. The group lost a total of 250 pounds, cholesterol and triglyceride levels dropped steeply, and many were able to get off medications such as insulin and high blood pressure pills. While not a VSH effort per se, Dr. **Shintani's** effort dovetailed perfectly with our

The job, however, is far **from** done. We need to continue to expose more people to the **possibilities** of greater health for **ourselves**, the animals, and the planet. We also need to support the people who are in the process of change. We all know how easy it is to backslide, so it's necessary to "keep on keeping on." What's next? **It's** up to you!

*With &ha,  
Ruth Heidrich*



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## Recap of winter Meetings

by Elaine French, Meeting planner Candidate

Our December 9 meeting was a **great** experience for the 150 people attending. Former cattle rancher-turned-vegetarian Howard Lyman told his personal story with energy and passion; it was clear to everyone who heard him that he is committed to making a **difference** in the world.

**After** talking about his recovery **from** a -spin&cord tumor and his resulting lifestyle change, Mr. Lyman gave the audience the latest information about mad cow disease. Even vegans did not feel immune as he described the long incubation period of the disease, the small number of prions needed to infect an animal or person, and the total resistance of the prion to the usual methods of sterilization. He discussed the increasing incidence of **CJD** (the human equivalent of mad cow disease) and stated that it is probably being confused with Alzheimer's disease, which has similar symptoms. VSH members and guests shuddered when he explained that research on **CJD** has stopped and that pathologists do not want to autopsy **CJD** bodies. Because of the pervasiveness of the prions, once a laboratory is contaminated with them, it may never be sterile again. One cannot help but ponder this fact as one eats vegetarian food that has been cooked in the same kitchen as beef!

Many other people heard Mr. Lyman on the "Nutrition and You" radio program or attended his presentations at Castle Professional Center and the University of Hawaii. Unfortunately, his lecture tour on Oahu was shortened so that he could meet with vegetarian activists on Maui. Our apologies to anyone who did not get word of the change and who showed up for the canceled events of December 13 and 14.

The speaker for our January 13 meeting was Karl-Otto Aly, MD; his lecture, entitled "Glimpses **from** a Swedish Vegetarian Health Center", was attended by 125 people. Dr. Aly began his lecture by noting that most doctors are interested in disease, whereas his interest is in health. He then quoted the World Health Organization definition that "Health is optimal physical and mental well being, and **far** more than the absence of disease." Dr. Aly gently criticized modern science for putting too much emphasis on double blind studies and for not acknowledging that every person is **different**. For example,

see *winter meetings* page ii

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## THE LEGISLATIVE LINK

by Jim Deutch, Legislative Liaison

I spent the greater part of Saturday the 11th of **January** at the State Legislature attending a course on "Getting the Laws you Want," sponsored by Common Cause Hawaii. Like many of you, I am interested in educating and influencing our legislators on the subject of **vegetarianism**. In the past I attempted to be a good citizen by giving testimony at legislative hearings, serving on my Neighborhood Board, voting in elections, and even by arguing politics with my **friends**. And perhaps like you, down deep I felt **frustrated** and powerless to meaningfully influence those who can make the right things happen.

Well, that was then and this is now.

Do you know that you belong to an organization that has legislative muscle if only we used it? How many organizations that you belong to have 900 dues-paying members...with **friends** and relatives who vote?

A State representative friend of mine told me that at a recent legislative event he and some others were given a lei, courtesy of a local hotel. On the lei was a tag with a simple note saying, "There are 52 members of our staff residing in your district." My **friend** admitted that this simple idea got his attention and will keep his attention in the future.

I would like to propose a similar plan endorsed by past VSH legislative liaisons Bill Harris and Kimo Sutton, that I believe will move us toward political influence. The basic concept is this. The legislative liaison (for the moment that's me) keeps an eye on the legislative process and receives information **from** various sources. When activity occurs that is of interest to vegetarianism, this person sends a "Vegetarian Legislative Alert" by e-mail and/or FAX to the VSH membership. The alert will include the name, essence, and issues of a bill or other proposal along with names of legislators to whom, in addition to our district representatives and State senators, our views should be made known. In addition there may be a sample message for you to send. It should take less than 30 minutes of your life to become a lobbyist for your beliefs. Imagine the impact on our legislators when 900 or more grass root messages hit them.

How do we start?

First, those interested in participating in this effort should e-mail me at **JADeutch@Juno.Com** to be put on the list of those to be notified.

Second, anyone with multiple FAX capability that can be utilized for Vegetarian Society business, or anyone who **can** advise or assist me in setting up such a system, should contact me by e-mail or by phone at 988-5000. Hopefully in the near future we'll be able to communicate with those of you who have FAX access. When we have accomplished this, we'll request your FAX numbers.

Thirdly, anyone who is interested in being a part of the VSH Legislative Liaison Team should call or e-mail me soon. Your talent and assistance can be of great value to this effort and can become a meaningful and exciting part of your life as a vegetarian.

Thanks -- I hope to hear from **many** of you in the days to come. I'll give you an update of our progress in the next VSH newsletter.

## A CALL FOR VOLUNTEERS

The Vegetarian Society of Hawaii is "membership empowered." It is through the dedication and skills of volunteers that this organization has become the largest of its kind in the United States. With over 900 members to serve and an increasing public awareness of the benefits of vegetarianism, we are at a pivotal point in our history, and we therefore need your help.

**The** many benefits of becoming active **in** VSH include:

- helping other members and the public to become better educated with regard to vegetarianism
- helping the environment by promoting an **earth-friendly lifestyle**
- helping VSH to not merely exist, but to thrive and grow into the 21st Century
- interacting with other dedicated volunteers and developing rewarding friendships with like-minded people
- gaining valuable skills and experience

Elsewhere in this newsletter is a listing of the Board assistant positions that are currently open and for which we are seeking volunteers. There may be other ways in which you would like to help as well. VSH values the unique talents of each of its members. Please contact our Volunteer Coordinator Kurt **Seto-Abe** at 944-1960 or **email dmskma@hgea.org** to discuss these possibilities. **Mahalo!**

### Meet the Members --

#### Anuj Shah

By *Abhinay Armstrong*

Anuj Shah has been a VSH member for over a year -- ever since his arrival in Hawaii in the **fall** of 1995 to study as a Degree Fellow at the East-West Center. Recently he, along with a couple of his fellow EWC scholars, offered to volunteer for VSH. Things happened fast! Anuj is now a Board Candidate for the position of Outreach and Education

see member page 7

# HA WAZZ HERBZVORE HAPPENZNGS

## *Vegetarian Society of Hawaii Calendar of Events February - May 1997*

**February 17, Monday:** Mililani Branch monthly meeting. Joy **Ostroff**, N.D. will speak on healing with a cleansing vegetarian diet. The meeting is at 7 p.m. at Christ Lutheran Church, 95-1361 Meheula Parkway (across **from** the Yum Yum Tree), in Mililani. Call **Mollie** at 621-0017 for more information.

**February 27, Thursday** (PLEASE NOTE THE SPECIAL DATE): Please join us for a **free** public lecture by Agatha Thrash, M.D., who will speak to us on "The Cause, Prevention, and Cure of Diseases." She and her husband Dr. Calvin Thrash currently are directors of Yuchi Pines Institute in Seale, Alabama, where they have assisted hundreds in developing healthier lifestyles. Her many books include Nutrition for Vegetarians, The Animal **Connection**, Eat for Strength, and Diabetes & the Hypoglycemic Syndrome. A favorite speaker at national vegetarian conventions, she **will** be visiting Hawaii after a lecture tour in Asia; those who were fortunate to hear her speak during her 1991 visit are eagerly awaiting her return. Don't miss this exciting evening, and be sure to invite your friends! The meeting will be held at 7 p.m. at the Ala Wai Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, .2 mile behind the Waikiki-Kapahulu Library.

**March 5, Wednesday:** Please join us at 7 p.m. at the Lotus Vegetarian Restaurant at 1259 S. King (makai side), the newest veggie-style restaurant in Honolulu. There is parking on the street and at the bank **building** across King. Call Roger at 672-4207 and leave your name,

phone number, and party size.

**March 15, Saturday:** Fundraising Fun. Participate in our 1st Annual Garage Sale at Dawn Bardusch's house at 1306 Kainui Drive in Kailua. Proceeds to go to the healthy school lunch program. Leave a message at 944-8344 if you have something to donate, want to help, or want more information.

**March 17, Monday:** Mihilani Branch monthly meeting. Dr. Ruth Heidrich will speak on "Nutritional Myths and Exercise Myths." The meeting is at 7 p.m. at Christ Lutheran Church, 95-1361 Meheula Parkway (across **from** the Yum Yum Tree), in Mililani. Call Mollie at 621-0017 for more information.

**March 20, Thursday:** Please join us at 6 p.m. at India Bazaar, 2320 S. King St. in Moilili. This is an inexpensive, McDougall approved, plate lunch restaurant serving Indian cuisine. Some parking in the shopping center, street parking nearby. Call **Roger** at 672-4207 to make reservations.

**March 24, Monday:** Please join us for a free public lecture by Terry Shintani, M.D., J.D., M.P.H., who will speak on the topic, "The Week the Governor became a Vegetarian." Dr. Shintani is the Director of Preventive Medicine at the Waianae Coast Comprehensive Health Center, co-host of the K108 radio program "Nutrition and You," and the author of Eat More, Weigh Less and its companion cookbook. His Waianae Diet, which uses traditional foods of the native Hawaiians, has received national recognition, and his program is featured in the Encyclopedia Britannica. Another very special guest this evening will be Governor Ben Cayetano, who has recently **successfully** completed Dr. **Shintani's** Hawaii Health Program. This is a meeting you won't want to miss -- be sure to bring a friend! It will be held

at 7 p.m. at the Ala Wai Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, .2 mile behind the Waikiki-Kapahulu Library.

**PLEASE NOTE: There will be NO VSH educational meeting in April, because our regular meeting place will be closed for renovation. Instead, please join us for dinner and conversation at one of our restaurant outings.**

**April 8, Tuesday:** Join us at the Buddhist Vegetarian Restaurant (100 N. Beretania (#109) at 6 p.m. 10% discount to VSH members. Validated parking (\$2) entrance on Maunakea St. Call Roger at 672-4207, and leave your name, phone number, and party size.

**April 21, Monday:** Please join us at 7 p.m. at the **Moca Java Cafe** at Ward Center. Inside and outside seating is available, and there is **free** herbal tea for VSH members. Plenty of **free** parking. Call Roger at 672-4207 and leave your name, phone number, and party size.

**May 12, Monday:** Please join us for our "spiced up" annual membership meeting; VSH Board members will report on activities and accomplishments of the past year and discuss plans for the **future**. Ideas and suggestions from members are welcomed, and we hope to see many of you there! The meeting will be held at 7 p.m. at the Ala **Wai** Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, .2 mile behind the **Waikiki-Kapahulu** Library.

**May 14, Wednesday:** Please join us at 8 p.m. at Payao Thai Cuisine at Restaurant Row, 500 Ala **Moana** Boulevard (close to Row Bar). Payao Thao offers a separate vegetarian menu with low-fat vegan entrees, reasonable prices, and a 10% discount

see happenings page 6

521-3511

from reschedule page 1

Hawaii in collaboration with American Cancer Society/Hawaiian Electric Co., Castle Medical Center, Crazy Shirts, Inc. and other generous sponsors as mentioned in the 'EarthSave Nutrition Educators' article. Along with training of school food service managers on three islands and dietitians from statewide medical institutions, she will conduct three public "Eat for Life" low-fat vegan cooking demonstrations complete with samples to taste (yum!):

April 27, 2-4pm, Castle Medical Center, Kailua, Auditorium in b a s e m e n t

April 28, 7-9pm, Honolulu Central Seventh Day Adventist Church, 23 13 Nuuanu Av. (next to Royal Mausoleum), Fellowship Hall, middle level of Millner Chapel at back of parking lot.

May 6, 6:30-8:30pm, Haiku Elementary School, Maui.

Many Hawaii residents were disappointed when Jennifer had to cancel her original schedule of events in January. The question of the hour has been "When is Jennifer coming?" With great excitement we welcome her to Hawaii and again look forward to her informed and energetic presentations.

For those of you who didn't read it in the last newsletter, here is a biography on Jennifer Raymond: M.S. in Nutrition; taught doctors and other health professionals about diet with the Institute for the Advancement of Nutrition Education and Research; authored and co-authored several nutrition and cooking books; had her own cooking show nationally broadcast on TV; worked in programs to 'reverse heart disease with diet' in cooperation with Dr. Dean Ornish; worked as a nutrition consultant and instructor with the fitness programs of several corporations and health spas; and most recently has been working around the country to improve the quality of meals provided school children as guest chef and training consultant with the National School Lunch Program.

## VSH Leadership Positions

### Board of Directors

<b>President:</b>	<b>Ruth Heidrich, Ph.D.</b>
<b>Vice President:</b>	<b>Jackye Winter, M.S.W.</b>
<b>Recording Secretary</b>	<b>Dawn Seto-Abe</b>
<b>Treasurer</b>	<b>Michele Cyr</b>
<b>Corresponding Secretary</b>	<b>Dawn Bardusch</b>
<b>Merchandise Manager</b>	<b>Jerry Smith</b>
<b>Office Manager</b>	<b>Marcia Deutch, M.A.</b>
<b>Publicity Director</b>	<b>Carol Gronseth</b>
<b>Social Director</b>	<b>Roger Taylor</b>
<b>Fund Raiser</b>	<b>Warner (Kimo) Sutton</b>
<b>President Emeritus</b>	<b>Alida Labrie, M.Ed.</b>
<b>Newsletter Editor</b>	<b>Jim Hawkins</b>
<b>Outreach and Education Director</b>	<b>Anuj Shah</b>
<b>Membership Secretary</b>	<b>Abhinay Armstrong</b>
<b>Public Access TV Coordinator</b>	<b>Bill Harris, M.D.</b>
<b>School Lunch Coordinator</b>	<b>Cheryl Chung</b>

### Board Candidates

<b>Meeting Planner</b>	<b>Elaine French</b>
<b>Volunteer Coordinator</b>	<b>Kurt Seto-Abe</b>
<b>Legislative Liason</b>	<b>Jim Duetch, D.S.W.</b>
<b>Branch Coordinator</b>	<b>Janet Clark</b>

### Board Assistants

<b>Board Coordinator</b>	<b>Alida Labrie, M.Ed.</b>
<b>Bookkeeper</b>	<b>Allene Ishikawa</b>
<b>Content Editor</b>	<b>Alida Labrie, M.Ed.</b>
<b>Database Manager</b>	<b>Randy Humiston</b>
<b>Internet Coordinator</b>	<b>Donovan Watts</b>
<b>Mililani Manager</b>	<b>Mollie Saunders</b>
<b>Office Equipment Manager</b>	<b>Michael Bowles</b>
<b>Photographer</b>	<b>Patrick Moore</b>
<b>Dining Review Coordinator</b>	<b>Karl Seff, Ph.D.</b>

### Board Assistant Vacancies

<b>Meeting Greeter</b>	<b>Set-up Coordinator</b>	<b>Discount Coordinator</b>
<b>Membership Assistant</b>	<b>Book Table Assistant</b>	<b>Historian</b>
<b>Bulk Mail Manager</b>	<b>Print Manager</b>	
<b>Dining Guide Coordinator</b>		

a microbe that makes one person sick may not **affect** a person who has a stronger immune system. At his health center, where he treats disease using a combination of vegetarian diet, fasting, stress: reduction, and walking, a number of people have recovered **from** cancer. However, Dr. Aly commented wryly that when people recover **from** cancer following his regimen, the scientific establishment usually responds with one of three explanations: it was a faulty diagnosis in the **first** place, it was a spontaneous remission that had nothing to do with the diet and lifestyle change, or it is a manifestation of the **placebo effect**. Dr. Aly enlivened his talk with numerous jokes. I liked the one about the doctor who had problems with his bathroom plumbing on the evening he had planned a large party. He called a plumber and then pressured him to immediately diagnose and fix the problem before his guests arrived. Irritated by the **unreasonable** demand, the plumber threw two aspirin in the toilet and told the doctor to call him in the morning. Dr. Aly concluded that the problem with the doctor's toilet was not caused by a lack of aspirin however, and that likewise, the diseases **affecting** humankind are not caused by a deficiency of drugs and surgery.

For our February 3 meeting we had scheduled a cooking demonstration by Jennifer Raymond. Unfortunately, Jennifer came down with a bad case of the flu and was unable to make it to Hawaii for any of her speaking engagements. The good news is that popular VSH members Masa and Harriet Yafuso were willing to give a substitute cooking demonstration. A crowd of 100 people heard Masa cover many of the basics of vegetarian nutrition. His story is worth noting, as he was an ovo-lacto vegetarian for many years and yet still developed heart disease. He subsequently attended the Weimar Institute in California and became a low fat vegan (omitting eggs, dairy products and **free** fats **from** his diet). He then lost weight, reduced his cholesterol level significantly, and began the process of reversing his heart disease. Harriet demonstrated several easy recipes and talked about the high **nutrient** content of edible hibiscus, distributing samples of the leaves. Two of Harriet's recipes and some information about the hibiscus are printed in this newsletter for the enjoyment of VSH members who missed the meeting.

### HELP WANTED !

**Meeting Greeter:** If you can arrive early for our monthly membership meetings and are willing to pass out **name tags** and greet members and the public as they arrive, this is an ideal way to get involved. This position will also occasionally require you to answer general questions about the organization and events.

**Set-up Coordinator:** This position requires arriving early at monthly membership meetings and assisting in the set-up and take-down of the chairs and tables used during the meeting. This person also may direct other volunteers.

**Discount Coordinator:** This person

actively solicits discounts for VSH members from restaurants,, businesses, and organizations.

**Membership Assistant:** This person assembles new member and renewal packets when needed and **performs** various other miscellaneous office/ clerical duties.

**Book Table Assistant:** This position requires arriving early at monthly membership meetings and assisting in the overall operation of the merchandise table. Duties include advising people **regarding** content of the books and other materials and selling/recommending these, giving general information on vegetarianism and VSH, setting up and repacking merchandise, etc.

to VSH members. Call Roger at 672-4207 and leave your name, phone number, and party size.

**May 25, Sunday:** Please join us at 7 p.m. at newly renovated and enlarged **Chiang Mai** Northern Thai Cuisine, 2239 S. Ring, in the same block as the Old Stadium Park in Moiliili. Street parking and some parking behind the restaurant. Call Roger at 672-4207 and leave your name, phone number, and party size.

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**Bulk Mail Manager:** This person arranges for and sets up a **non-profit** bulk mail system for VSH as necessary and represents VSH in all interactions with our printing and bulk mail service provider.

**Print Manager.** This person is responsible for assuring that the VSH **office** has a **sufficient** paper supply, keeping a file of master copies of all handouts and membership materials, **soliciting free** copying from within the VSH membership, receiving requests to print materials, and performing other related duties as requested.

**Historian:** This person documents VSH events in consultation with the VSH photographer. **S/he** develops and maintains a scrapbook of event documentation and media articles and also answers questions about the history of VSH.

**Special Event Coordinator:** Duties include but are not limited to proposing speakers for a special event, and making all arrangements for the event, including communicating with the speaker, developing a budget, arranging a meeting place and securing any necessary permits, having tickets printed and distributed, helping design flyers and other announcements, submitting newsletter articles announcing the event, and arranging for book sales at the event.

Help us fill these vacancies. Call VSH at **944-VEGI**.

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## Epicurean Delights

from *members page 3*

### Artichoke and Caper Appetizer Spread

- 1 can (13 3/4 oz.) water-packed artichoke bottoms
- 2 T drained capers
- 1 T dried parsley
- 1 T Dijon mustard
- 2 T apple cider vinegar
- 1 t dried basil
- 1 t paprika
- several grinds black pepper
- 2 med or 3 sm red bell peppers

Drain the artichoke bottoms and mince finely. In a separate bowl mix mustard, vinegar, basil, paprika, capers, parsley, and black pepper. Add minced artichokes and stir until all ingredients are well combined. Set aside.

Cut red bell peppers in half lengthwise. Discard stems, seeds, and white membranes. Cut **each** half pepper into 3 or 4 lengthwise strips wide enough to hold the spread (artichoke mixture). Spoon the spread onto the strips of bell pepper, using their natural curvature as a cup. Arrange on a serving platter and serve at room temperature.

(The artichoke caper spread can also be used in sandwiches or on crackers.)

Submitted by Kurt Seto-Abe; adapted from "The Vegan Gourmet," by Susan Geiskopf Hadler & Mindy Toomay from Prima Publishing, 1995.

Coordinator, having already played a major part in facilitating the Christmas-time visit of Howard Lyman.

"I became a vegan overnight," Anuj explains. It was kind of strange. Just that day I'd had veal for dinner and had also eaten a chicken sandwich or something. Then I read this book that had a huge chapter on animal products, and I just said, 'Ooooooh!! I'm not putting that #%^&# into my body **again!**' And so there and then I just stopped eating animal foods." That transformation happened in early 1989, and Anuj hasn't looked back since.

"It was interesting," Anuj continues. "I became vegan originally mainly for health reasons. I couldn't have cared less about animals back then or so I thought. But it's **funny** how when you get involved in something, everything about that something just hits you **from** all sides. Suddenly, I

see *member page 8*

## Recipes from Harriet Yafuso

### Creamed Vegetables

- 1/2 cup raw cashews
- 2 cups hot water
- 1 tsp. salt
- 2 tsp. onion powder
- 1 **10-oz.** package frozen peas
- 1-2 cups steamed carrots, broccoli, or cauliflower

In a blender, spin the cashews with 1 cup of hot water until creamy. Add the second cup of water, salt, and onion powder and mix again. Pour into a pot.

Add the **frozen** peas and steamed vegetables. Cook until the peas are tender. Serve over brown rice or whole grain toast.

### Fresh Vegetables with Braggs Aminos and Lemon Juice

To make the dressing, mix equal parts of Bragg's liquid aminos, water, and lemon juice.

Pour onto your favorite **fresh** vegetable salad. (Kale, carrots, Chinese cabbage, head cabbage, edible hibiscus, lettuce, broccoli, cauliflower, watercress, parsley, collards, spinach, daikon leaves, beet leaves, etc.)

### Pele, the Tongan Edible Hibiscus (Hibiscus Manihot)

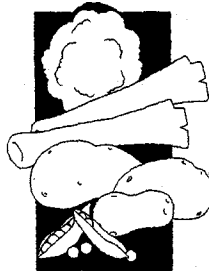
Edible hibiscus can be propagated by seed or cutting. Since seed germination is very low, people usually use **cuttings**. Select loamy soil **and** keep moist.

Plants should be 2 1/2 feet apart. They will grow to 6-8 **feet** in height and last 2-3 years.

Edible hibiscus leaves may be eaten raw or cooked. Use young green leaves for salads or fast cooking. (In addition, the World Health Organization has made a special recommendation these young leaves be used as an **infant** food because of their high nutritive value and tender

texture.) The older leaves require slow cooking as in **stews and casseroles**.

Wash the leaves and discard the stems, Cut the leaves lengthwise into 2-inch pieces and then crosswise into 1/3 inch strips. If the leaves feel slimy after you cut them, soak them in water for a few minutes.



*from healthy page 1*

Campbell and **Winant** wowed over 160 classroom students at five public primary and secondary schools and at Punahou School. Their props included wooden flutes, a giant rubbery model of saturated fat, simulated blood vessel sections at successive stages of occlusion, a colorful cloth world globe and John Robbii' video, "Diet for a New America". During a month that in our nations' schools was declared 'Wellness Month', and 'Hawaii Health Month' by Governor Ben Cayetano the nationally successful educators were also a big hit with the adults, including Department of Education Superintendent **Aizawa**, school food service managers, teachers, counselors, and parents.

Susan Campbell shared a lecture slot with Dr. Michael Klaper, who flew over from Maui to deliver a moving keynote speech to over 450 participants of the Hawaii School Food Service Association Conference, advocating plant-based choices for lunch menus. Susan and Todd also spoke to the January 27th meeting of the **Mililani** branch of VSH and have done a great job training a potential team of volunteer classroom nutrition presenters, who will continue to advocate healthy school lunch choices. Other local speakers included vegetarian chef Paul Onishi, who conducted vegetarian food preparation demonstrations with delicious samples at both the SFS Conference and for a public nutrition workshop at Castle Medical Center and Masa and Harriet **Yafuso**, who treated attendees of the February VSH meeting to a lively nutrition lecture and cooking demonstration

VSH who coordinated this major project, congratulates Eugene **Kaneshiro**, Department of Education School Food Services Director, for having the foresight to include these national experts in staff training as he works toward his vision of a daily 'choice' in all statewide schools. A big Thank You goes to our last minute speakers who filled in for

nutrition consultant, Jennifer Raymond sadly reported she would have to postpone her part of the project. Announcement of her rescheduled events are included in a related article on page one.

"**Mahalo**" to our wonderful sponsors! The American Cancer Society, 'Changing the Course, Cafeteria Style', **funded** statewide by Hawaiian Electric Company. This collaboration had been facilitated by **ACS's** Marlene **Maneha**. Other major sponsors: Castle Medical Center; **Crazy Shirts, Inc.**; Nutrition Education and Training Project, Ann Horluchi, State Coordinator; DOE School Food Services, Eugene Kaneshiro; Dr. Ruth Heidrich's 'Race for **Life**'; Ian and **Eda Kinnear**; **Maybelle** Roth; Kapunahala Elementary School Ohana, PTA; Haiku Elementary; Downtown Rotaract, VSH member Mary **Kruslin**; Emily Chung; and natural food stores Down to Earth, Huckleberry Farms, and The Source. Other generous supporters: Robert and Julienne Irwin; Betty Wood; Amy Kimura; Dawn Bardusch; Marcia **Duetch**; Dawn **Seto-Abe**; and Jim Hawkins.

A special **mahalo** to Kapunahala and other school students who produced beautiful gift placemats to acknowledge donors to the project, to the parents who purchased them and to Dawn Bardusch for the brilliant idea. Thanks also to a number of anonymous donors. Dawn Bardusch, Carol Gronseth, and Haiku SFS Manager John **Cadman** generously offered lodging. John who has a daily lacto-vegetarian choice at his school, facilitated several trainings there. Hotel Molokai on Molokai and Copy Rite in Kaneohe offered us valuable discounts. Kapunahala School and Castle Medical Center allowed use of their computers. Other pending sponsorships will be announced in our next newsletter.

Also appreciated for their help and encouragement of this project VSH President Ruth Heidrich (endless guidance, help and support); Dr.

William Harris, (our original school services liaison, tireless videotape specialist and producer for Public Access TV); Gail Parrish, health writer who hosted and facilitated on Molokai; Dick Algire of KITV 4 News; Barbara Burke of the Honolulu Star Bulletin, Carol Chang of Sun Press; again Dr. Heidrich of the K108 AM radio show 'Nutrition and You', for featuring our guest speakers and project; and VSH board members who manned informational display booths or offered encouragement, Dawn and Kurt Seto-Abe, Elaine French, Jerry Smith, **Alida** Labrie, Jack Le, **Jackye** Winter, Roger Taylor, Kimo Sutton, and Jim **Duetch**; and especially to my own Kapunahala sixth-grader **Dustin** Tang-Chung, who made the most sacrifices, you will some day realize just how important your contribution has been in preserving the health of the Earth that you and your fellow earthlings call home! OUR THANKS TO YOU ALL! This is a great beginning for Hawaii.

*Warm aloha and super health to everyone!*

*Cheryl Chung, VSH School Lunch Coordinator*

*from memberpage 7*

got a hold of a few more books, some animal interest literature, and of course, the Bible, -Diet for a New America-. I remember crying through the book-it was so **powerful**. It killed me--human cruelty knows no bounds.

Anuj is working on his **PhD** in Comparative Philosophy, concentrating on Indian and Western philosophies of aesthetics. In addition to his unrelenting passion for sports, especially tennis, and his undying personal and intellectual interest in Madonna (he made a documentary **film** and wrote a whole thesis on this subject), his philosophical outlook and his sunshine personality have already added tons of (vegan of course) spice to VSH. We look forward to continued work with Anuj in the coming months and years.



## Lotus Vegetarian Restaurant Review

**1269 S. King Street, makai** side, between Piikoi and Keeaumoku Streets 596-2207 (reservations desirable but not necessary) **Hours: Mon.-Sat., 11-2 p.m. and 5-9 p.m.**

**PARKING 1.** There's a little behind the restaurant; double parking is OK. **2.** Across the side street (**Birch**) from behind the restaurant. You may ignore the warning signs for dinner parking ONLY. **3.** One block further Diind Head at BUDGET (big blue and white sign): 1350 S. King (**mauka** side) for \$1 after 5 pm for all evening. **4.** Free parking on Saturday ONLY at 1314 S. King St. (**First Interstate**).

**THE BASICS:** While the menu is strangely mute on rice, entrees without an obvious major carbohydrate source come with a choice of brown or white. Owner Marie Chen, a vegan, states categorically that no eggs, no animal stocks, and no fish extracts are used in any of her vegetarian dishes. About half of the menu items are low-fat vegan; most of the rest contain dairy (usually cheese), AND THERE ARE TWO NON-VEGETARIAN entrees. Oil is NOT added gratuitously to any dish. Each item states its ingredients **clearly**, and Marie is right there to answer your questions and to hear what you want and don't want.

**THE REVIEW:** The menu is **imaginative**. The portions are medium to large, and the food is tasty! You won't go wrong with the big bowl of homemade Soup-of-the-Day for \$2, the Spinach Salad with tomatoes and mushrooms and garlic-flavored dressing for \$3, the Baked Stuffed Peppers, or the Chili Chihauhau, each for \$5.50. Also, each day Marie will be eager to tell you about her vegan Chefs Special. Folks looking for inner peace may just want Steamed Garden Fresh Vegetables (with two scoops of brown rice) with a **garlic-lemon** or a butter-dill sauce for \$5.50.

## VSH Bookstore Items

### BOOKS AND TAPES:

<i>The (Almost) No Fat Cookbook</i> Bryanna Clark Grogan	\$12.95
<i>A Basic Course in Veg./Vegan Nutrition</i> George Eisman, R.D.	\$22.00
<i>Cook Healthy Fast Cookbook</i> Dick Allgire	\$10.00
<i>Diet for a New America</i> John Robbins	\$13.95
<i>Diet for a New America</i> Video	\$19.95
<i>Fabulous Beans</i> Barb Bloomfield	\$ 9.95
<i>Fat Free &amp; Easy</i> Jennifer Raymond	\$10.00
<i>Healthy Heart Handbook</i> Neal Pinckney, Ph.D.	\$15.95
<i>Live Longer, Live Better (cassette)</i> Neal Barnard, M.D.	\$ 9.95
<i>MegaHealth</i> Marc Sorenson, Ed.D.	\$23.95
<i>New McDougall Cookbook</i> John & Mary McDougall	\$24.00
<i>Pregnancy, Children and the Vegan Diet</i> Michael Klaper, M.D.	\$ 9.95
<i>The Race for Life Cookbook</i> Ruth Heidrich, Ph.D.	\$ 9.95
<i>The Scientific Basis of Vegetarianism</i> William Harris, M.D.	\$15.95
<i>The Uncheese Cookbook</i> Joanne Stepaniak	\$11.95
<i>VSH Dining Guide</i> (send SASE)	FREE
<i>Why Do Vegetarians Eat Like That?</i> David A. Gabbe	\$11.95

### THE VSH T-SHIRT

Size (S-M-L-XL. and Women's one size)

'I Speak Vegetarian' T-shirt

Size (M-L-XL) Circle size

Subtotal

Shipping (15% of subtotal)

TOTAL

\$ \_\_\_\_\_

I -

s -

*Use the Form on the Next page To Place Or&r, Apply for Membership, or to make Address Change*

There is a spicy Golden Triangle Curry made with coconut **milk**, curry, and basil for \$5.50. For \$6.95 the Ratatouille a' la Lotus contains mozzarella cheese, but Marie says that this popular dish is very soon to become vegan. You are welcome to bring your own beer or wine.

Open for business on Jan 20, 1997, the Lotus offers some new opportunities to Honolulu vegetarian diners. Marie, who is also the waitress, will often be wearing our own VSH T-shirt to **emphasize** her positive and aggressive **pro-vegetarian** stance. She states clearly that she would be delighted to **further vegetarianize** and veganize her menu

if sufficient clientele appear to support this. Take-out and delivery are available, as is a long list of vegetarian sandwiches, several without cheese. The restaurant is medium-sized, pleasant, and clean. As Marie herself says, this is not fine dining. But, as she goes on to say, the prices are low and the food is tasty -- and she is right.

This vegan will go on to say, if he remembers correctly what "fine diig" is, that he doesn't want any more of it in this lifetime. He would rather become a regular at the Lotus.

*Karl Seff, Dining Guide Coordinator*

**MEMBERSZZP, ORDER, AND CHANGE OF ADDRESS**

Name (please Print) \_\_\_\_\_

City State ZIP \_\_\_\_\_

Telephone(H) \_\_\_\_\_ (W) \_\_\_\_\_

(FAX) \_\_\_\_\_ (e-mail) \_\_\_\_\_

A. Please circle one:

- 1. Vegan (no animal products at all)
- 2. Vegetarian (no flesh, fish or fowl)
- 3. Non-vegetarian associate
- 3. Annual dues (includes quarterly newsletter)

Please check one:

Regular \$20 \_\_\_\_\_

Full-time Student \$12 \_\_\_\_\_

Family \$30 \_\_\_\_\_ (Foreign: Please add \$4 postage)

C. Total (ordered items, shipping and dues) \$ \_\_\_\_\_

D. I am already a member, address change only \_\_\_\_\_

Please **make** checks payable to: VEGETARIAN SOCIETY OF HAWAII

PO Bx 23208 Honolulu, HI 96823-3208  
(808)395-1499

**GARAGE SALE FUND RAISER**

WHEN: SATURDAY MARCH 15th 1997, 8am-2pm

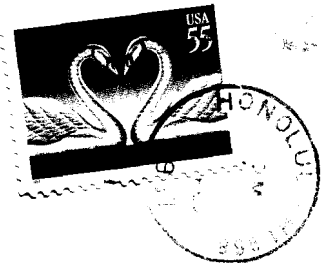
WHERE: 1306 KAINUI DR KAILUA

HOW YOU CAN HELP: We need your donations of items in good repair (nothing broken or junk, no clothing please). Call the VSH hotline, **944-VEGI**, to arrange for a pick-up or drop-off. Leave a message and someone will get back to you. Volunteers to man the garage sale are **also** needed. Thank you for your support!



P.O. 23208  
Honolulu, HI  
96823-3208

*The Newsletter of the Vegetarian Society of Hawaii*



18 Jun-97 1  
William Harris M.D.  
1765 Ala Moana #1880  
Honolulu HI 968 15

**Open Immediately! Don't miss our special meeting on Feb. 27th**

**Details Inside!**

