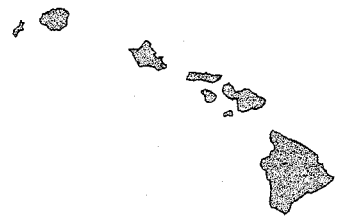


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# The Vegetarian Society of



# Hawaii Quarterly

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supporting human health, animal rights and ecology

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VOLUME 8 NUMBER 2

JUNE 1997

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## JENNIFER RAYMOND HAS HA WAI "EATING FOR LIFE" OUT OF THE PALM OF HER HAND!

The recent whirlwind visit with 11 "Eat for Life" demonstrations by nationally prominent nutritionist Jennifer Raymond moved Hawaii quite a few notches closer to being a true "Health State." Jennifer is having a healthful impact on Hawaii's school food service staff, medical facilities, and the public. It is such a pleasure to watch someone teach who cares so much about the life-saving information that she is sharing while showing respect for her trainees and their present life situations. There is so much energy, humor, and love in her lively nutrition lecture/demonstration and her divine food samplings.

Susan Campbell and Todd Winant, EarthSave's Healthy School Lunch Program co directors, had a similar beneficial influence when they visited Hawaii classrooms and conducted adult training sessions earlier this year. The two parts of this major school lunch education project took place during and after Dr. Terry Shintani's brilliant "Hawaii Diet" success in January. We thank Hawaii State Department of Education Superintendent Dr. Herman Aizawa and School Food Services Director Eugene Kaneshiro for opening their doors to this major project.

As this is being written, Jennifer and Stephen her partner/husband, are conducting a workshop for school food service managers, workers, and community members on the island of Molokai, where health writer Reverend Gail Parrish says that diabetes rates are the highest and heart disease the second highest in the country. Beginning on April 23 Jennifer and Stephen took on the island of Oahu after a welcome lunch of vegetarian laulau from the Aiea Taro Patch. Jennifer conducted sessions at three school food service district manager meetings, at Dr. Bill Harris's Vegetarian Lifestyle Clinic at Kaiser, for the Castle Medical Center dietary workers, for the Hawaii Dietetic Association, at the Honolulu Central Seventh Day Adventist Church, and at the Castle Center for Health Promotion. Presentations are also scheduled for the Maui school food service managers and to parents and the public at Haiku Elementary School there. The school's food service manager, Jon Cadman, recent state recipient of the Nutritional Advisory Council award, has been offering a daily vegetarian second choice which is progressively becoming more

see eat for life page 3



Jennifer Raymond

### VSH on the Air Waves

The Vegetarian Society of Hawaii has a weekly one-hour TV program airing Tuesdays at 8:00 p.m. on Community Access Channel ATTN2 (Olelo). An additional, but less reliable time, is at 11:00 a.m. on Fridays. Timing is variable both as to starting times and program length, so if you have a VCR the best bet is to set it for weekly recording on Tuesdays 7:55 p.m. to 9:10 p.m. on ATTN2, which is cable Channel 53 Oceanic or 23 TCI. Due to lighting difficulties, most of these tapes will appear rather dark.

see air waves page 6

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VSH President Ruth Heidrich



### President's message

Aloha, VSH'ers, Help! I hesitate starting out the President's Message with a plea for help, but we badly need willing and able bodies to help carry on the work of this organization. Two key board positions, Recording Secretary and Volunteer Coordinator, were rendered vacant when the lure of the mainland called. Our Treasurer, Corresponding Secretary, Vice-President and several other essential positions are also vacant. Looking ahead a bit, when our Membership Secretary finishes his doctorate, he'll be leaving, too. So now you know why I'm saying "Help!"

The remaining board members are all **very** hard-working people, trying to balance their own lives with finding the time and energy to help others. The rewards are variable. At times the satisfaction gained makes the effort extremely gratifying. Knowing that you are helping save just one person's life can make all the effort worthwhile.

Other times the message of vegetarianism is rebuffed, but there's always the hope that you've at least made a little dent. You've made it a little easier for the next person with the same message. What so frequently happens is that it takes hearing the message a number of times before it gets through.

Marketing and advertising people board members a call. We can show you what we need done, show you how to do it, and, hopefully, we can have a little **fun** in the process. So, if you have any interest at all in joining our team, give any of the

Aloha,

**Ruth Heidrich**

## Recap of Spring Meetings

by **Elaine French**, Meeting Planner

Our first "spring" meeting actually occurred on February 27, when we were honored by a visit from Agatha Thrash, MD. Hawaii was her last stop on a lecture tour of Asia and the Pacific before she returned to the Uchee Pines Institute in Seale, Alabama. Any normal human would have been showing signs of jet lag, but Dr. Thrash seemed as **fresh** and focused as if she had just begun her trip. A crowd of 170 people listened attentively as she spoke on the topic "The Cause, Prevention, and Cure of Diseases." Her emphasis was on cancer, and she covered the most recent **information** on free radicals, antioxidants, and other factors **affecting** cancer risk. We learned that being tall increases a woman's risk of breast cancer, and that weighing more than 140 pounds does the same. She advocated a low fat vegan diet and mentioned that she would like to see the dairy industry go out of business. She discussed the **harmful** effects of coffee, chocolate, and strong spices and the benefits of taking naps. Dr. Thrash is an advocate of eating only two meals a day, the second one to fall in the mid-afternoon at least five or six hours before bedtime. It does make sense to put **fuel** in the body when it is needed for activities of the day, and not just before retiring, so now I am trying to figure out how to follow this routine without destroying my social life. Obviously, all of my **friends** will have to eat dinner at 4 p.m. when I do!

Our March 24 meeting was held on a windy, rainy night while the Academy Awards showed on television. Two hundred people must have programmed their VCRs to tape the Awards, because they all showed up in person to hear Terry Shintani, MD speak on the topic "The Week the Governor Became a Vegetarian." Dr. Shintani began by quoting authors **from** the Captain Cook era who portrayed the native Hawaiians as a strong, fit people with no tendency toward obesity. He compared that image with the reality of today's Hawaiians, who suffer **from** the highest rates of obesity and degenerative disease in the country. He described the dietary changes that led to this decline in health and **then** explained how he has been able to help many Hawaiians with his Hawaii Health Program. **Beginning** in early January a number of government leaders, including Governor Ben Cayetano and Superintendent of Schools Charles Toguchi, volunteered to participate in his program for three weeks. Both men attended our meeting and spoke to us enthusiastically about their experiences with the program. The **first** week they were allowed to consume small portions of animal flesh, but they progressed rapidly to a ten percent fat vegan diet by the third week. The governor had excellent results, his cholesterol level dropping from 234 to 162 in three weeks and his triglycerides going from 617 to 82. His blood pressure came down by 6 points, and he lost 12 pounds. Mr. Toguchi lost ten pounds, and his waist went **from** a 34 to 31. He was able **to** get off all of his high blood pressure medication, and he told the audience that his blood pressure is now lower without medication than it was before while on the medication. The

see **meetings** recap page 6

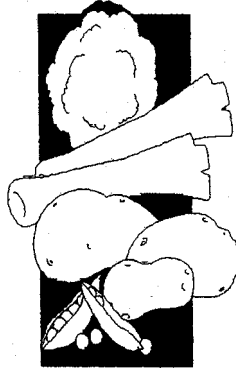
from eat for life page 1

## Mahalo to Sponsors

vegan and is normally purchased by **Vegetarian Society of Hawaii** in collaboration with **American Cancer Society** 50% of the students. Cadman, who ("Changing the Course, Cafeteria Style", funded statewide by **Hawaiian takes his nutrition** concepts into the **Electric Company**)

classroom, was also recognized by the Hawaii State House of Representatives for his culinary accomplishments.

Haiku Elementary was host to exciting nutrition education sessions by Susan Campbell, Todd Winant, and well-known nutrition expert Dr. Michael Klaper in January. Meanwhile, Dr. Shintani has taken his Hawaii Diet to the lucky staff at Kamehemeha Schools (students next?).



**Wholesome and Hearty Foods** (makers of **Gardenburgers**)  
**Castle Medical Center** **Crazy Shirts** **Nutrition**  
**Education and Training Program** **Department of**  
**Education (School Food Services)** **Dr. Ruth Heidrich (Race**  
**for Life)** **Ian and Eda Kinnear** **Maybelle Roth**  
**Kapunahala Elementary School Ohana (PTA)** **Haiku**  
**Elementary School** **Honolulu Central Seventh Day**  
**Adventist Church** **Downtown Rotaract**  
**Emily Chung** **Down to Earth Natural Foods**  
**Huckleberry Farms Natural Foods** **The Source Natural**  
**Foods** **Nature's Outlet Warehouse** **Robert and Julienne**  
**Irwin** **Stanley Postlethwart** **Betty Wood** **Amy Kimura**  
**Reverend Gail Parrish** **Anonymous Sponsors**

**Donation of Lodging:** **John Cadman (peace of Maui)**

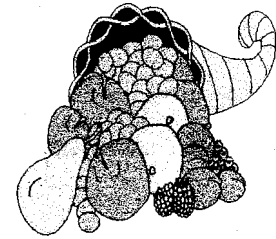
**Dawn Bardusch**  
**Molokai**

**Carol Gronseth** **Hotel**

**Discounted Services: Mailboxes, Etc., (Kaneohe**  
**Store)** **Copyrite**

**Gave Presentations at Short Notice:** **Dr. Michael**  
**Klaper** **Chef Paul Onishi** **Masa and Harriet**  
**Yafuso**

**Created Gift Placemats to Acknowledge Donors:**  
**Dawn Bardusch** **Hawaii School Children**



Says Jennifer, "The way I see my role in Hawaii, I'm here to lay a foundation -- with nutritional information, and the assurance that a low-fat, plant-based option can be done legally, easily, and with less expense. Jon (Cadman) and other dedicated individuals like him can continue the practical follow-up." Can we count on your help in this vital and exciting -work, which has just begun?? The Vegetarian Society of Hawaii invites your participation in this movement to educate interested schools and families so that they will be in a position to make more informed lifestyle choices. Leave a message at **(808)944-VEGI (8344)** if you would like to become involved.

None of this would be possible without the generous support of our major collaborators, American Cancer Society ('Changing the Course, Cafeteria Style', funded statewide by Hawaiian Electric Company) and other sponsors.

Look for an announcement of a 'Hawaii's Keikis Thank You' Dinner in September,

Warm aloha,

Cheryl Chung,

VSH School Lunch Coordinator

## The Legislative Link

by Jim Deutch, DSW, Legislative Liaison

An Evening With Senator Andy Levin

Attending a recent fund raiser was more than an enjoyable and politically correct evening for Marcia, me, Dr. Bill Harris, and Georgiana Yap. It was our attempt to build a bridge between VSH and the only vegetarian member of the Hawaii State Legislature. Senator Andy Levin is a key member of the Senate and has a great deal of clout regarding which bills are heard and passed and which are not.

One thing that Bill and I have learned over the years is that it is the personal connection that makes for the most influence. Legislators are human and respond to the personal touch. Senator Levin lives on two acres in a subdivision in the town of Volcano on the Big Island. We found him to be an open and caring man. Although He represents ranchers, he reminded us that he also represents farmers.

Bill had the opportunity to discuss with Senator Levin his, Bill's, proposal to eliminate the advertising tax credit that cigarette companies now enjoy, which costs the tax payers of Hawaii hundreds of thousands of dollars each year. The

see legislative liason page 5

# HAWAZZ HERBIVORE HAPPENINGS

**June 9, Monday:** Please join us for a free public lecture by Michael Klaper, MD, who will speak on "Physician for the Planet: Eating as if the Earth Mattered."

A 1972 graduate of the Illinois College of Medicine in Chicago, Dr. Klaper received additional training in surgery, anesthesiology, orthopedics, and obstetrics. After practicing traditional medicine for a while, he began to see the connection between the standard American diet and the diseases he saw on the operating table; since 1981 his efforts have focused on applied nutrition and the education of other health professionals regarding the role that foods play in enhancing health and preventing and treating disease. He is the founding director of the non-profit Institute of Nutrition Education and Research, he serves on the Nutrition Task Force of the American Medical Student Association, he has served as advisor to the NASA project on nutrition for long-term space colonists on the moon and Mars, and he currently hosts the popular weekly radio show "Sounds of Healing," broadcast in the Washington, D.C. area. He is the author of *'Vegan Nutrition Pure and Simple'*, *'Pregnancy, Children and the Vegan Diet'*, and the video *'Diet for All Reasons'*; he also contributed to the videos *'Food for Thought'* and the award-winning *'Diet for a New America'*. A gifted teacher and humorous lecturer, Dr. Klaper is one of the world's most eloquent advocates of vegetarianism. Don't miss this exciting presentation, and be sure to bring 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.

**June 17, Tuesday:** Please join us at 7 p.m. at Boston's Northend Pizza Bakery at 4410 Lawehana in the Salt

Lake area Costco parking lot for our June **dineout**. Boston's makes a vegan low-oil crust, and we can skip the cheese. Plenty of parking. No reservations necessary.

**July 2, Wednesday: Dineout** at 6 p.m. at Diem Vietnamese Restaurant, 2633 S. King St. They have an excellent all-you-can-eat vegetarian plate for \$8.95. Free validated parking on the corner of King and University. Call Roger Taylor at 672-4207 for reservations.

**July 14, Monday:** Please join us for a free public lecture entitled "The Latest News about Vegetarianism" to be given by a panel of VSH Board members following their attendance at the convention of the American Vegan Society in Olympia, Washington. If you can't attend the convention yourself, this will be the next best thing to being 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.

**August 11, Monday: Please** join us for a free public lecture and video presentation by Dick Allgire entitled *"Don't Believe What You See on TV...I'm on TV, and I Don't Even Believe Myself!"* This will be a lighthearted but serious look at some of the misinformation beamed direct to our homes. Dick is the well-known local Health Reporter at KITV News where he does a daily segment on News 4 at Five, featuring a vegan cooking demonstration each Thursday. He also hosts the weekly "Health Matters." He is the author of *'Cook Healthy Fast'*, is a popular speaker for civic groups statewide, and is best known to VSH members for his original guitar song, "Dead Cow Blues." Come, for a great evening of education and entertainment, and be sure to bring a friend! 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.

**August 18, Monday: Dineout** at 6 p.m. at the Krishna Dining Facility, 51 Coelho Way in Nuuanu, for an \$8.75 all-vegetarian buffet. Parking is on the grounds. Please call Roger at 672-4207, who will make reservations for a vegan entree.

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## On Grains

by Karl Seff, Professor of Chemistry

You take the food pyramid, you rip its top off and toss it away, you turn it upside down, and you have something useful: the inverted food trapezoid. Too bad the words are upside down, but you can read them anyway. Starting with line 1, it says, "Eat Grains."

Well, OK, but grains are a little hard. Not exactly finger food, although the next paragraph offers an exception. And we don't really want to have our grains processed too much. For example, we don't want to eat anything made with whitened (peeled) grains, like white rice, moat breads even if they are darkened (sometimes with "dye") to look healthy, or conventional pasta. For nutritional reasons, we wish we could avoid cooking our grains.

When I was a kid, I ate wheat. I took a small handful of dry wheat berries (not the hardest kind) and put them in my mouth. Not much happened for a while, but eventually they became soft, and I could chew (danger, one can bust a molar here), and swallow, and eventually only the gluten remained, a soft flavorless chewing gum. That eventually got swallowed too. This is not the kind of eating that one does at eating time; this is done at chewing time, and people do

see food pyramid on page 7

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## Recipes by Jennifer Raymond, M.S

### Ensalada de Frijoles

This is my favorite one-dish summer meal. Omit the brown rice for a lighter salad.

2 cups cooked brown rice  
6 cups prewashed salad mix  
1 carrot, grated or cut in thin strips  
1-- 15-ounce can black beans, drained  
1 cup diced jicama  
1 tomato, diced or cut in wedges  
1-- 15-ounce can corn, drained  
1/4 to 1/2 cup cilantro leaves (optional)  
1/4 avocado, thinly sliced (optional)  
fat-free vinaigrette (recipe follows)  
**salsa**

Heat the brown rice and divide it between two plates. Top with salad mix and a sprinkling of carrots. Rinse the beans, then sprinkle them over each of the salads. Add the jicama, tomato, corn cilantro, and avocado. Sprinkle with salad dressing, then top with a generous spoonful of salsa.

Simple Fat-free Vinaigrette

1/4 cup seasoned rice vinegar  
1 tsp. stone ground mustard  
1 garlic clove, crushed  
Combine all ingredients and mix well.

### Thai Burritos (makes 6)

What a delicious way to eat your vegetables!  
1 tablespoon soy sauce

1 onion, sliced into crescents  
2 small carrots, thinly sliced  
2 celery stalks, thinly sliced  
2 cups sliced mushrooms  
1/2 lb. firm tofu, cut in 1/2-inch cubes  
sliced red bell pepper, cut into thin strips  
2-4 cups finely chopped kale  
1-2 teaspoons curry powder  
6 large flour tortillas  
6 Tbsp. peanut sauce (recipe follows)  
6 tablespoons mango salsa or chutney

Heat 1/2 cup water and 1 tablespoon soy sauce in a large nonstick skillet and add the onion, carrots, celery, and mushrooms. Cook 5 minutes, then gently stir in the tofu. Cook over medium-high heat, stirring occasionally, until the carrots are just barely tender, about 5 minutes. Stir in the curry powder, red bell pepper and kale, then cover and cook until the kale is tender, about 5 minutes.

Heat the tortillas in a dry skillet until soft. Place a line of vegetables down the see Jennifer's recipes page 6

### from legislative liaison page 3

Senator has since been in contact with a particular southern U.S. senator who may move on Bill's idea at the national level. We also offered the Senator VI-IS's educational expertise for the benefit of the people of Hawaii

If there is one idea that I want you the VHS member get from this article, it is the idea that YOU have political influence in your community. I urge you to attend the fund raisers of your local representative and senator and make yourselves known as supportive

## VSH Leadership Positions

### Board of Directors

<b>President</b>	<b>Ruth Heidrich</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 Rutchick, 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 Coord.</b>	<b>Bill Harris, M.D.</b>
<b>School Lunch Coordinator</b>	<b>Cheryl Chung</b>
<b>Meeting Planner</b>	<b>Elaine French</b>
<b>Legislative Liaison</b>	<b>Jim Deutch, D.S. W.</b>
<b>Branch Coordinator</b>	<b>Janet Clark</b>

### Board Assistants

<b>Board Coordinator</b>	<b>Alida Rutchick, M.Ed.</b>
<b>Content Editor</b>	<b>Alida Rutchick, M.Ed.</b>
<b>Internet Coordinator</b>	<b>Donovan Watts</b>
<b>Office Equipment Manager</b>	<b>Michael Bowles</b>
<b>Dining Review Coordinator</b>	<b>Karl Seff, Ph.D.</b>
<b>Dining Guide Coordinator</b>	<b>Karl Seff, Ph.D.</b>
<b>Print Manager</b>	<b>Charles Nakamura</b>
<b>Membership Assistant</b>	<b>Rica Nolla</b>

### Board Vacancies

<b>Vice President</b>	<b>Recording Secretary</b>
<b>Treasurer</b>	<b>Corresponding Secretary</b>
<b>Volunteer Coordinator</b>	

### Board Assistant Vacancies

<b>Meeting Greeter</b>	<b>Set-up Coordinator</b>
<b>Discount Coordinator</b>	<b>Book Table Assistant</b>
<b>Photographer</b>	<b>Historian</b>
<b>Data Base Manager</b>	<b>Mililani Branch Mgr.</b>
<b>Special Event Coordinator.</b>	

vegetarian constituents. Then, when a stand needs to be made on (selective) vegetarian issues, you will be known by your legislator and s/he will pay you proper attention.

from meetings *recap* page 2

average drop in cholesterol for all participants in their group was 24% over three weeks. In closing, Governor Cayetano said that he never had a doctor tell him the things that Dr. Shintani taught him about diet, and he wondered aloud why the **information** is not better known among medical professionals. He spoke eloquently about the huge cost to government of medical care in our country today, especially for people who are needy and without insurance. It is good to know that people in high places are becoming attuned to these health and economic realities. Imagine how much more commitment to dietary change they will develop when they understand the **environmental** impact of animal agriculture and the cruelty involved in raising and slaughtering animals for food!

May 12 was the date of our annual membership meeting, and 33 people showed up to hear the VSH **officers** and other Board members report on the current status of the organization. President Ruth Heidrich reported that VSH had live major accomplishments in the past year: (1) the visit by Elaine French, Bill Harris, and Jim Howard Lyman (2) the school lunch project by Jennifer Raymond, Susan Campbell, and Todd **Wynant**, (3) the growth of VSH to approximately 900 members, (4) our giving scholarships to two vegetarian graduate students who are working on masters degrees at the University of Hawaii, and (5) creation of the the VSH web site. She also pointed out that several of the most important Board positions are currently vacant, including the positions of vice president, recording secretary, corresponding secretary, **treasurer, and volunteer coordinator.** As a result of our rapid growth over the past year, the workload is heavier **than ever before, and there are not enough Board members to do the essential work** of the organization.

**Office Manager Marcia Deutch** reported that VSH took a huge step this **past** October, moving **into**

from *Jennifer's recipes* page 5

center of the tortilla and top with approximately one tablespoon of the peanut sauce and one tablespoon of mango salsa or chutney. Fold the bottom of the tortilla up, then start on one side and roll the tortilla around the filling.

**Peanut Sauce**

Makes 1/2 cup

- 1/4 cup peanut butter
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon soy sauce
- 1/2 teaspoon sugar or other sweetener
- 3/4 teaspoon powdered ginger
- 1/4 teaspoon cayenne
- 1/4 cup water

Whisk all ingredients together. Sauce should be thick but pourable. If **necessary**, add water, a teaspoon at a time until desired consistency is reached.

office for the first time. There is a lot of office work to be done, and few **volunteers** doing it; we probably need to hire a paid staff member to do some of the work, but we do not currently have the financial resources to do so.

Fund Raiser **Kimo** Sutton reported that a talk by Peter Burwash is planned for November 10 at the Ala **Moana** Hotel

Other Board members giving reports were Jerry Smith, Roger Taylor, Elaine French, Bill Harris, and Jim Howard Lyman (2) the school lunch project by Jennifer Raymond, Susan Campbell, and Todd **Wynant**, (3) the Randy **Humiston** reported on the growth of VSH to approximately 900 school lunch program for Cheryl Chung.

In summary, the Board is pleased with our accomplishments but concerned about who is going to do the work of running the society.

from *air waves* page 1

**Turning up your TV's** brightness control solves most of the problem. **Also 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. Call in to the show at the new number **524-1080.** Events **announced on the program.** See you on the **radio!**

**Vegetarian Cooking Classes!**

Sharpen up your cooking skills this summer. Attend low fat vegan cooking classes at **Kalaheo** High School in **Kailua.** Classes will be held on Saturdays **from 8:30 to 11:30 a.m. beginning** June 21 and running through July 26.

In this six week series you will:  
\* prepare and taste a variety of soups, salads, desserts, main dishes, and more;

\*experiment to create **your own recipes**

\*learn about ingredients, low fat cooking techniques, flavors of various ethnic cuisines, and health **issues** -- and how to pull it all together to make quick, delicious, and satisfying meals!



For fee **information**, a detailed class schedule and to register, contact Windward School for Adults (254-1 534); registration runs through June 12 and class size is limited There is a \$30 supplies fee (non-refundable **after** the **first** class meeting) in addition to registration fees.

**Instructor: Eileen Towata**

from *food pyramid* page 4

like to stick things in their mouth and chew. There are a couple of "industries" based on that.

Grains can be sprouted. Then they can be eaten with the same flavorings (a matter of individual **taste**) that you put on steamed vegetables, or mixed into salads, or eaten in vegetarian sandwiches, a little **like** a slice of bread between two slices of bread, **only** healthier.

Most of us eat most of our grains cooked. This causes some of the proteins and vitamins to be destroyed, **as** in any cooking process. Most of these food values are retained, however. They are especially retained in

the body of a loaf of bread, which may never reach the boiling point of water. The greatest loss and concern is in the crust of bread, in proportion to its degree of darkening, where protein molecules (notably their lysines) may react to give something indigestible, and carcinogens can form as they do in other roasting processes. A still beige loaf of a whole grain bread is a good thing.

The foilowing unprocessed (or minimally processed) grains are readily and very inexpensively available in stores selling them in bulk:

wheat and rye, berries, their **whole-grain** flours, brown rice and barley, and rolled or steel-cut grains. Other grains are often available, and are all right, although the more exotic of them may become expensive. A pound of dry grain purchased for \$0.55 (current price) becomes three pounds of good food after soaking and cooking. Avoid instant-cooking grains or Bakes which are likely to have experienced a very **high-temperature** industrial steaming.

There is a lot of **funny** bread out there to attract the people who aren't quite sure what healthy means but think that it is a good idea. The old game of wrapping bread in a dark brown cellophane wrapper is still

## 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>Diet for a New America</i> John Robbiis	\$13.95
<i>Diet for a New America Video</i>	\$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)	<b>FREE</b>
<i>Why Do Vegetarians Eat Like That?</i> David A. Gabbe	\$11.95
<i>Animal Connection</i> Agatha Thrash, M.D.	\$11.95
<b>THE VSH T-SHIRT</b>	\$15.62
Size (S-M-i-XL and Women's one size)	
<b>'I Speak Vegetarian' T-shirt</b>	\$15.62
Size (M-L-XL) <u>Circle size</u>	
<b>Subtotal</b>	\$ _____
Shipping (15% of subtotal)	\$ _____
<b>TOTAL</b>	\$ _____

Use the **form** on the **next page** to place order, apply for **membership**, or to make address change

popular. On a recent visit to a health food store at Ala **Moana** Center, I saw a big pile of lovely bread, none of it whole grain all of it with eggs, most of it with butter or oils, all of it yellow to brown. The manager and I both had long faces after we failed to find any real bread for me to buy.

The natural food stores, such as those near the University, have a good assortment of real breads, I especially like a long skinny loaf of sour-dough whole wheat. The number of bakers producing these has increased in recent years. One still has to read the labels, though, because there are some weaker members present; buy no bread built of enriched flour; you can do better. Fritz's European Bakery on Dillingham has **bauernbrot**, a heavy bread made 90% of sprouted whole grain rye flour (forget everything else in the store).

COSTCO carries two kinds of real bread made now by Hawaiian Bagel. In the supermarkets, remember that anything not labeled "100% whole wheat" contains less than 50% whole wheat flour. Other whole grain breads may be found there, but it usually involves a lot of label reading, and isn't easy.

Whole grain pastas do not cook as nicely as the nutritionally depleted white and yellow noodles and spaghettis: they don't emerge as chewy. The **soba** (buckwheat) noodle, if you are **careful** not to **overcook** it, may be your best bet. Other whole grain pastas are **available**, but not in supermarkets.

Well, folks, that's it. There are lots of ways to get your grains. But if you care about nutrition, you're going to have to watch your step.

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### VSH Fundraising Dinner

\$15.00 per person

Thursday, August 14, 1997 at Lotus Restaurant  
1269 South Ring Street

Vegetarian Buffet Meal at 6 p.m. limited to fifty persons  
Reservations and deposit directly to Marie at Lotus  
596-2207

### Background on VSH Fundraising

The Vegetarian Society of Hawaii, just like the big well-known charities, is a IRS designated tax-exempt organization known as a 501(3)c which allows us to accept donations of money and/or "in kind", materials and labor. Allowing the donator a tax deduction.

Kimo Sutton, our Fund-raising Officer, has as some of his responsibilities the keeping of continuity and accountability in our fund-raising efforts. Kimo would be glad to discuss any ideas or questions you may have on how you can help VSH. (contact via the Hotline, 944-VEGI). We are always looking for good ideas and worthwhile events to sponsor.

For example, in November, Peter Burwash will be speaking at a fundraiser for VSH and you may want to consider helping VSH bring this world renowned speaker to Hawaii. In any case, he promises to be a major draw. Plan on attending and bring a friend. Maybe a non-vegetarian friend, it could be a gift of a LIFE-time. Details on this special event will be in the fall Newsletter.

### MEMBERSHIP, ORDER, AND CHANGE OF ADDRESS

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

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

telephone(H) \_\_\_\_\_ (W) \_\_\_\_\_

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

Please circle one:

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

Please check one:

- \$20 Regular  
 \$12 Full-time Student  
 \$30 Family  
 \$400 Life membership

(Foreign address: 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

P.O. Bx 23208 Honolulu, I-II 96823-3208 (808)944-VEGI

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