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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 3

SEPTEMBER, 1997

## HEALTHY FOOD, UNADVERTISED

by Karl Seff, Dining Guide  
Coordinator

Many restaurants offer tasty vegan food, but you will never know this unless you take the initiative to find out. You have to go **in**, read the **menu**, and perhaps ask a question of two of the waitperson. Or, you could phone ahead.

It was our last night in Denver. The people I was with wanted a local steak, and there I was in one of Denver's nicest steakhouses, about ten miles **from** downtown. My salad came in a large bowl and was far from plain; the dressing was non-oily, as I had requested. The next course, of lightly steamed vegetables, was also large, **colorful**, and **resourceful**. I had it with more of the same dressing. There were rolls of various colors, and a big plain baked potato. It was served as if I were a VIP, and I **left** well fed and bedazzled. How many more such hidden resources do we have?

My **friend** called. He had a discount coupon for the Marina Grill in Koko Marina. He had called ahead and learned that they did have something that I would eat. Upon reading the menu, I found two main dishes that seemed interesting. When the waiter came, I said **softly** that I was a

**vegetarian**, and asked about those dishes. He said loudly, "I'm a vegetarian too," and the one of the **THREE vegetarian choices he liked** best was the **tofu/noodle/vegetable** one. It was just fine; my friend had it and liked it too. Pretty good for a "Grill," huh?

I am always taking guests from off-island to Buzz's Steak House in **Lanikai**. They can **get what** they want, and I can fill up with multiple trips to their mayonnaise-free salad bar, with hot bread from a drawer. If my guests were **expecting** to see me sad, underfed, and envious of their fare at meal's end, they were disappointed (and educated).

Ba-Le on University across from the Varsity Theater added **TWELVE** vegan dishes to their menu. They installed a large internally-lit display of photographs of those dishes on the back wall of their restaurant. For a while they offered brown rice, and they continue to provide it for people who request it beforehand. How is the world supposed to **know** about this resource? I don't think that it is advertised anywhere other than **INSIDE** the restaurant, and the **once-**readily-available brown rice never appeared on their menu.

Maple Garden on Isenberg St. across

**from** Old Stadium Mall always has brown rice available if requested in advance, but it also is not on their menu. Bob, the owner/manager, knows that HE should be eating it, so it is there. Jaja on Diigham also provides brown rice to all who request it beforehand and promises to add that option to their menu upon its next revision. Asking for what you want is wonderful. Good restaurant people really **want to know what you** wish to pay them for. If they have it, they think it a victory to be able to satisfy your "tastes." If they don't have what you want, well, they just heard what should be added to their

see *Healthy Food* page 3

### *VSH Annual Fundraiser to be Held November 10, 1997*

VSH welcomes Peter Burwash, founder of the world's largest tennis management organization, to speak to us about his experiences in sports and health and the importance of the vegetarian lifestyle. His presentation will include a video and will be held as follows:

**Date:** Monday, November 10, 1997

**Time:** 6 p.m. -- Sponsors' booths and

see *Burwash* page 5

VSH President Ruth Heidrich



## President's message

### Our Schizophrenic Society

Do you ever wonder why intelligent people do unintelligent things? Look at all the scientific evidence that's been accumulating over the years that smoking is very harmful to our bodies. On my run this morning I was struck by the number of people I saw with cigarettes in their hands. I wanted to tell them of the harm they were doing to their bodies, but then, I reminded myself they **already** know that and choose to smoke anyway. My telling them probably would do no good and, in **fact**, might get me a chop in the block!

The same is true of eating animals and their by-products for food. There is more than enough scientific evidence to show that the consumption of animal foods causes heart disease, cancer, stroke, diabetes, and at least contribute to arthritis and osteoporosis. So why do intelligent people keep on eating animals? I suppose if I knew the answer to that, I'd be rich! I do know, however, that people who are schizophrenic delude themselves into thinking that they are immune to these **afflictions**. They deny the reality of the sad effects. There are the **staggering** costs of Phillips, M.P.P., Ph.D. **from** the Department of Public Health at the University medical care to try to repair the of damage that eating animal foods cause, all the premature and painful deaths of most meat-eaters, and the

pain and death that are caused to other living creatures that some have deemed as "food."

Most people in this **country** have been exposed to the concept of at least "cutting down on red meat." There are even some that know that

"white" meat isn't too good for you, either, and that the "color" of the meat makes no **difference** sickness-wise. Most, however, have never stopped to think that fish is in reality no better for you than red meat. In

see message page 8

## Recap of Summer Meetings

by Elaine French, Meeting Planner

The speaker at our June 9 meeting was vegan author Michael Klaper, MD, who spoke on the topic, "Physician for the Planet: Eating as if the Earth Mattered." His lecture was attended by 125 people, and I have no doubt that every one of them was moved and motivated by the presentation.

Dr. Klaper began by describing his training and experiences as an anesthesiologist, **feeling** the life force of a sedated patient in the strength speed, and regularity of the pulse. He then described the other human vital signs of temperature and respiration. In humans, a fever is a clear sign of illness, as the body fights to rid itself of viral or bacterial invaders. The mechanism of breathing, with oxygen moving **from** the tiny air sacs of the lungs into the bloodstream is absolutely essential, and **to have lungs** that are severely damaged or filled with fluid is life-threatening. Dr. Klaper's love of medicine and deep appreciation for the mystery of life were obvious as he discussed these human health processes. He then dimmed the lights and projected a single slide of the planet Earth as seen **from** space and described a pair of photographs that have had tremendous impact on him. One shows a portion of the human vascular system with large blood vessels branching out into smaller and smaller ones and eventually to tiny capillaries. The second picture is of the Ganges river and the Bay of Bengal, with the huge river spreading across the plain into thousands **of smaller** streams. The two pictures are nearly identical. He explained that the forces that shape the vascular system of a developing fetus are the same as those that shape such a river. Other Earth systems also match those of the human body, and Dr. Klaper told us we must pay attention to these vital signs of the Earth. Her temperature is rising steadily, and that is a clear sign of poor health. Her rate of respiration is violent, with hurricanes and tornadoes of unheard of force creating massive destruction. Her vital gases are abnormal, with **CFC's** destroying the ozone layer and other poisons affecting the air and water. Dr. Klaper summarized by reminding us that animal agriculture wastes resources and results in the loss of topsoil and in the pollution of water and air. It is not enough to switch to that strange new "health food" called "chicken 'n fish;" we must get all of the animal foods out of our diet. Our own health and the health of the planet depend on it.

Our July 14 presentation consisted of a panel of five VSH board members who had recently returned **from** the American Vegan Society (AVS) conference in Olympia, Washington. An audience of 50 people showed up to experience the AVS conference vicariously.

Fist to speak was yours truly. I summarized one of the talks given by Carl Minnesota. His topic was "Why We Eat what We Do." He pointed out that the way people eat varies little from day to day, and there is a resulting belief by most nutritionists and the public that it is **difficult** to make major

see meeting **recap** page 6

*from Healthy Food page 1*

menu perhaps for the umpteenth time. For example, I think that we should all ask every rice-offering restaurant, if we do not see brown rice on the menu, whether they have it. Even if the answer is "Sorry," you will have delivered a polite message.

A new bagel shop opened up in Hawaii Kai. At my first visit I learned that their trip was bagels with cream cheese spreads of various flavors and fat contents. I left with a whole wheat bagel without spread in a bag, never to return I think.

I called an elegant buffet restaurant in Waikiki, across the street from the Halekulani. I asked my questions and learned that nearly all of their salads and vegetables were already with fatty toppings (may I call that "sabotaged?"). The lady kindly said that she didn't think they had what I wanted. I agreed, thanked her very much for her help, and was glad that I had made the call. I might have discovered something wonderful

Everyone at my dental office knows that I am a vegan; on my last visit, Shannon said with feeling that she

loved the tofu sandwich from the Kahala Ba-Le. When they were finished with me, I went there. The tofu sandwich was the third of their THREE vegetarian sandwich offerings, and on display were clear plastic containers of plate lunches and summer rolls that also were vegan. At home I added more hot sauce and ate the sandwich with lots of lightly steamed vegetables from the open market.

Other people make vegetarian sandwiches. Personally, I prefer **Blimpie** to Subway. After declining the cheese and side-stepping the **mayonnaise**, there is nothing more to avoid on the vegetarian sandwich. I have mine made too spicy on purpose: plenty of mustard and onions, plenty of both kinds of peppers; then, as in the previous paragraph, it and lots of green steamed vegetables enter my digestive system in alternating **mouthfuls**.

What have YOU discovered? Contact me via my e-mail address of [seff@gold.chem.hawaii.edu](mailto:seff@gold.chem.hawaii.edu) or U.S. mail (897 Nii Way, 96825). I want to tell everybody else.

## Healthy School Lunch Project Makes Progress

Information for this article provided by Cheryl Chung, VSH School Lunch Coordinator

Hawaii's Healthy School Lunch Project, featured in the recent *Earthsave newsletter*, continues its efforts to improve the diet and attitudes toward healthy living among our schoolchildren.

John Cadman, food service manager of Haiku Elementary, has been named by his peers chairperson of the 1997-98 State Meal Planning Committee. This is good news, as John is one of our strongest supporters of vegetarian options and of including a nutrition curriculum in the classroom.

In addition, Food Service Manager P. Nartatez has been offering a vegetarian option at Kapunahala Elementary since last year, and several other schools have decided to do this on a pilot basis.

At least two high schools have sprouted vegetarian student clubs. THIS is progress!

Visions for the coming school year include a sponsor thank you/fundraiser dinner, classroom vegetarian nutrition education that integrates the idea of food with various cultures and other academic subjects, and follow-up by nutrition educators Jennifer Raymond, Susan Campbell, and Todd Wit, our featured mainland speakers who were key in inaugurating this project earlier this year.

If you would like to participate in this project in any way, including going into the classroom to work with our students, or if you have any suggestions, please call Cheryl at (808)235-5132.

## Volunteers Wanted

by Elaine Johnson, Volunteer Coordinator

VSH is fortunate to have a number of dedicated volunteers who keep the organization operating and growing. However, an organization of our size and complexity requires ongoing recruitment of new talent to fill job vacancies and to assist with special events. Several Board positions have recently become available. The meeting planner position vacancy, announced elsewhere in this newsletter, is an exciting and challenging one. We also are seeking an office manager. This pivotal position oversees all aspects of office management for VSH, including the operating of the computer and other equipment, the monitoring of supplies, and the training and overseeing of several assistants, to name a few. Several Board assistant positions are also open. We are in need of a Mililani Branch manager. We need several people to assist with our monthly membership meetings as set-up coordinator, book table assistant, and meeting greeters. Other Board assistant positions are also available. Anyone with experience in procuring sponsors for non-profit events would be a welcome addition to our planning committee for Peter Burwash's visit in November.

If you would like to help ensure our continued success by filling one of the above vacancies or if you would like information on the various other positions available, please contact me at 944-VEGI. Mahalo!



# HAWAII HERBIVORE HAPPENINGS

**September 4, Thursday:** Join us at the Gourmet Express, at 6:30 p.m. This restaurant offers a discount to VSH members. It is located inside the Star Market entrance to Kahala Mall beside Orange Julius. Call Roger at 486-9910 to make reservations.

**September 8, Monday:** Please join us for a free public lecture by Cathy Goeggel, whose presentation is entitled, "This is a Revolution, Dammit --We're Bound to Offend Someone." Her title is a direct quote from John Adams, spoken in 1776 during the American Revolution. As an articulate advocate of animal rights, Ms. Goeggel will discuss the relevance of direct action in the newest social revolution (following the revolutions by people of color, women the un-landed, people of different gender, etc.) Ms. Goeggel is president and one of the founding members of the nonprofit organization Animal Rights Hawaii. She is also past president of the Honolulu Zoological Society, Education Director for the Hawaiian Humane Society, a member of the VSH Legislative Action Committee, and an active representative of several other national and international animal rights organizations. The meeting will be held at 7 p.m. at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, .2 mile behind the Waikiki-Kapahulu Library.

**September 24, Wednesday:** Join us at Ba-Le Sandwich Shop at 1019 University Avenue at 6:30 p.m. The Ba-Le Sandwich Shop was mentioned in the Veg-I-h Digest Parking is on the street and at Puck's Alley. Call Roger at 486-9910 to make reservations.

**October 7, Tuesday:** Please join us at 6:30 p.m. at India Bazaar, 2320 S. Ring St. in Moiliili, an inexpensive, McDougall-approved, plate lunch restaurant. Some parking is available

in the shopping center Call Roger at 486-9910 to make reservations.

**October 20, Monday:** Please join us for a free public lecture by Marc Sorenson, Ed.D., who will speak on the topic, "Well into the Twenty-First Century." Dr. Sorenson and his wife Vicki founded the National Institute of Fitness (NIF) in Utah, which is now one of the largest and most highly acclaimed health resorts in the world Using a low-fat vegan diet and plenty of exercise, they have helped thousands of guests to shed more than 100 tons of excess weight. Hundreds of others have rid themselves of diabetes, hypertension, high cholesterol, arthritis, and asthma Dr. Sorenson, also known as "Dr. Fit", has been a top ranked racquetball player in Utah and recently won a gold medal in the World Senior Olympics. At the age of 45 he outlasted the most physically fit member of the Dallas cowboys football team by more than two minutes on the stress treadmill test. He has given over 2,500 lectures on health and motivation, and he has been on more than 100 radio and television shows. His book *MegaHealth* was named a selection of the month by the Literary Guild, the Doubleday Book Club, and the Doubleday Health Book Club, and it is used by many physicians as a reference. Dr. Sorenson is an energetic and knowledgeable speaker who definitely practices what he preaches! Be sure to attend this exciting talk, and bring any of your friends who claim they cannot become vegetarians because they need meat for top athletic performance. The meeting will be held at 7 p.m. at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, .2 mile behind the Waikiki-Kapahulu Library.

**October 30, Thursday:** Please join

us at 6:30 p.m. at the Lotus Vegetarian Restaurant at 1269 S. King (makai side). There is parking on S. Ring St. across from Taco Bell Please call Roger at 486-9910 and leave your name, phone number, and party size.

**November 4, Tuesday:** Join us at the Buddhist Vegetarian Restaurant 100 N. Beretania (#109) at 6:30 PM. VSH members receive a 5% discount. Validated parking (\$2) entrance is on Maunakea St. Call Roger at 486-9910, and leave your name, phone number, and party size.

**November 10, Monday:** VSH welcomes Peter But-wash, founder of the world's largest tennis management organization, to speak to us about his experiences in sports and health and the importance of the vegetarian lifestyle. Peter has published several books, including *A Vegetarian Primer*, *Tennis for Life*, and *Aerobics Workout Book for Men* His most recent book, which is due out this year, is titled, *Now I Understand*. Sponsors' booths and displays will be open at 6 p.m., and the presentation will begin at 7 p.m. The event will be held in Ala Moana Hotel Ballroom. Cost is \$10. Call Paul Quistgard at 595-4522 to purchase tickets in advance. We look forward to seeing you at this very special event!

**November 26, Wednesday** Join us at Mocha Java Cafe at Ward Center, 1200 Ala Moana Blvd., for our annual Thanksgiving Eve Vegetarian Dinner. There will be 2 seatings -- become vegetarians because they one at 6:00 and one at 7:30 p.m.

The cost of this sumptuous all-you-can-eat low-fat,vegan buffet is \$18. Children under 3 are free, and children between the ages of 4 and 11 are \$9. Please call Sandy at 597-8121 or 591-9023 for reservations. Call Roger at 486-9910 for more information.

## Meeting Planner Sought

Are you a vegetarian member of VSH who enjoys our monthly meetings? Would you like to make a valuable contribution to the organization?

The board position of meeting planner, currently held by VSH founder Elaine French, will soon be vacated, and we are actively looking for a replacement.

Job duties include booking the meeting room (this is done once every six months), selecting a speaker for each monthly meeting, arriving at the meetings an hour early to ensure that the room is set up, and staying after the meeting to close down.

This is a good job for a person who prefers to work on his/her own time, as speakers can be planned months in advance, and most of the other duties are limited to the day of the meeting.

Another enjoyable part of this job is the opportunity to personally get to know such vegetarian celebrities as Dr. Michael Klaper, Dr. Agatha Thrash, and Dick Allgire.

Elaine French will be available for two months to assist and train the new meeting planner. For a detailed job description, please contact Volunteer Coordinator Elaine Johnson at 672-8339.



from *Burwash page 1*

displays

**7p.m.** -- Peter's presentation  
**Place:** Ala Moana Hotel Ballroom  
cost: \$10

Peter has published several books, including *A Vegetarian Primer*, *Tennis for Life*, and *Aerobics Workout Book for Men*. His most recent book which is due out this year, is titled *Now I Understand*

Please call Paul Quistgard at 595-4522 to purchase tickets in advance. We look forward to seeing you at this very special event!

## Vegetarianism: Compassion in Action

by *Anuj Shah, Education & Outreach Director*

As dedicated vegetarians and vegans, we are all familiar with the health benefits of vegetarian diets. We know that vegetarians have a lower risk of heart disease, atherosclerosis, colon cancer, and so forth. But what is perhaps less obvious is the way our vegetarian diets affect us in our daily actions as human beings. I raise this point because of a touching story I recently heard. There is a certain religious organization in Honolulu that advocates to its members a vegan diet. Once a week the group assembles for a "live-food" dinner, followed by a service. Recently one of the members of this group suffered a severe stroke and became temporarily incapacitated. With nary a blink of an eye every member of the group took upon him or herself the responsibility of a certain task for the afflicted member. One handled the grocery shopping, another tended the garden, a third took care of correspondence and bill payment, and so on. The full story is powerful enough to elicit tears from the most stolid of listeners. The question that emerges, however, is this: what is it that made this group of people unhesitatingly exercise such unsparing magnanimity? Nothing in their religious creed expressly enjoins members to take on such onerous responsibilities. In fact, the norm in religious groups, based on what I have been told by many religious adherents, whatever their denomination, seems to be a courtesy and politeness that fall far short of this group's miraculous benevolence. Certainly one cannot say that any one thing caused such an outpouring of compassion. However, I believe that the vegan diet that these people eat was a primary factor in predisposing them to act as they did. Eating is a ritual: we do it several times a day,

see *compassion page 7*

## VSH Leadership Positions

### Board of Directors

<b>President</b>	<i>Ruth Heidrich</i>
<b>Merchandise Manager</b>	<i>Jerry Smith</i>
<b>Office Manager</b>	<i>Marcia Deutch, M.A.</i>
<b>Publicity Director</b>	<i>Carol Gronseth</i>
<b>Social Director</b>	<i>Roger Taylor</i>
<b>Fund Raiser</b>	<i>warner (Kimo) Sutton</i>
<b>President Emeritus</b>	<i>Alida Rutchick, M.Ed.</i>
<b>Newsletter Editor</b>	<i>Jim Hawkins</i>
<b>Outreach and Education Director</b>	<i>Anuj Shah</i>
<b>Membership Secretary</b>	<i>Abhinay Armstrong</i>
<b>Public Access TV Coord.</b>	<i>Bill Harris, M.D.</i>
<b>School Lunch Coordinator</b>	<i>Cheryl Chung</i>
<b>Meeting Planner</b>	<i>Elaine French</i>
<b>Legislative Liaison</b>	<i>Jim Deutch, D.S. W.</i>
<b>Branch Coordinator</b>	<i>Janet Clark</i>

### Boatd Assistants

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

### 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>	

*from meeting recap* page 2

dietary changes; any success in making such changes is believed to be accomplished by gradual modifications. Questioning these beliefs, Dr. Phillips created a multi-dimensional computer model of dietary choice, which yielded interesting results: people are much more likely to become vegetarians by means of a radical "cold turkey" approach than by making more gradual changes.

Jerry Smith then reported on the activism of the Cal Berkeley students who founded Vegan Action. By means of student petitions, they influenced their food service staff to include a daily vegan alternative on the cafeteria menu. Their methods and their success were emulated at many other schools across the country, and before they knew it, their tiny nonprofit organization had thousands of members. They also created the impactful "McVegan" T-shirts, which led McDonald's to threaten a lawsuit for copyright infringement. By immediately notifying the media about this impending David and Goliath battle, they put McDonald's in an embarrassing position, and no lawsuit was filed. The T-shirts are still being sold and are more popular than ever. These students proved that "powerless" individuals can make big changes by standing up for their beliefs.

Marcia Deutch reported on the topics currently being discussed with regard to vegetarian nutrition. As usual there was discussion about sources of calcium for vegans. While dietary intake of calcium controls only 11% of a person's net calcium balance, dietary outflow factors such as smoking, caffeine, alcohol, high sodium intake, and lack of weight bearing exercise control over 50%. Still, vegetarians should ensure they take in adequate calcium from whole foods and should not waste their calories on junk food. Excellent sources of calcium for vegans are leafy greens, broccoli, and tofu

precipitated with calcium chloride. drugs casually because they can have The other nutrient discussed serious effects on brain chemistry.

extensively was omega 3 fatty acids, which are **essential** and are probably not consumed in adequate quantity. Good sources of omega 3's for vegetarians are flax seeds, flax seed oil, walnuts, pumpkin seeds, and soy beans. Marcia also tantalized the audience by **describing** chef Ron **Pickarski's** gourmet meals that were served at the conference.

Jim Deutch reported on the about health and nutrition. **Because** of conference from a novice vegetarian's pressure **from** television advertisers, point of view and described some of his comments on the air are always the political ideas expressed there. He censored, which means that the learned that Americans should be "unbiased factual information" the eating locally grown produce, public sees on the news is heavily because when we eat food grown in **influenced** by advertising money. developing countries, we are Dick then showed some educational depriving their people of calories. slides, pointing out common Precious land is used to grow cash erroneous beliefs about nutrition. He crops for export, leaving inadequate explained the reason for the 150 **food** for the local population. He also cholesterol goal and stated that there reported that U.S. laws to protect our may be good and bad lipoproteins, health and environment have but there is no such thing as good essentially been trashed by GATT cholesterol, and we should therefore and the World Trade Organization. not eat the **stuff**. He made it clear that **Our** country can no longer stop fish is not a health food, that fat is a harmful items such as E. **coli**, big causative factor in degenerative pesticides, and asbestos **from** entering disease, and that olive oil is nothing our country. The World Trade but fat. He also touched on the false Organization has basically become a image of the State Farm Fair, which world government, superseding laws encourages people to bring their of individual countries. His message children down to see the cute and was also one of individual political cuddly animals. What most people activism, reminding the audience that a handful of VSH members stopped the Hawaii "cowtainer" bill.

Ruth **Heidrich**, who spoke at the AVS conference itself, delivered her message of exercise for optimal health. She believes that casual walking is not enough, because people must breathe hard, sweat, and produce impact to strengthen their bones. She also reported on a session regarding women's health, suggesting the use of natural progesterone to alleviate menopausal symptoms and preserve bone density. Finally, she reported on information regarding the **harmful** effects of **Prozac**, suggesting that people not take such powerful

A crowd of 200 people attended our August 11 meeting to hear Dick **Allgire** speak on the topic, "Don't Believe What You See on TV...I'm on TV, and I Don't Even Believe Myself!" As always Dick entertained the audience while educating them. He began by telling them that when he speaks to the Vegetarian Society, he is able to say what he really thinks

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## Recipes from the American Vegan Society Conference

by Eiaine French

One of the greatest pleasures of vegetarian conventions is the food, prepared again this year from the recipes by culinary gold medal-winning chef Ron Pickarski. Although VSH normally modifies recipes as necessary to remove fice fats or we don't print them at all, we have made an exception in this case out of respect for Chef Ron. We encourage you to experiment with such modifications yourself. Vegetables can be sautéed in water, wine, or vegetable stock. They can also be roasted dry without oil. The following loaf with sauce was served for dinner the first night to rave reviews.

### Bulgar Walnut Loaf

YIELD: 1 loaf; 8 servings

TIME: 20 to 30 minutes preparation;  
1 hour baking

3 cups water

1 1/2 cups bulgar

1 1/2 cups finely diced onions

3 cloves garlic, minced

1 1/2 cups peeled and finely diced  
carrots

1 Tbsp sesame oil

6 Tbsp barley miso

1 1/4 tsp powdered thyme

1 cup roasted and finely ground  
walnuts\*

1/4 cup roasted sunflower seeds  
(optional)

1/2 cup gluten flour

1/2 cup whole wheat flour

\*Roast the walnuts at 425 degrees F for 10 minutes, stirring occasionally. Put them through a food processor until they are mealy. Be careful not to over process them; you do not want

## VSH Bookstore Items

### BOOKS AND TAPES:

<i>The (Almost) No Fat Cookbook</i>	Bryanna Clark Grogan	\$12.95
<i>Animal Connection</i>	Agatha Thrash, M.D.	4.95
A Basic Course in Veg.Negan Nutrition	George Eisman, RD.	21.95
<i>Diet for a New America</i>	John Robbii	14.95
<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 Piikney, Ph.D.	11.95
<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>	Wiiam Harris, M.D	15.95
<i>The Uncheese Cookbook</i>	Joanne Stepaniak	11.95
<i>VSH Dining Guide (send SASE)</i>		FREE
<i>Why Do Vegetarians Eat Like That?</i>	David A. Gabbe	11.95
<b>THE VSH T-SHIRT</b>		\$15.62
Size (S-M-L-XL and Women's one size		
<i>'I Speak Vegetarian' T-shirt</i>		\$15.62

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Shipping (15% of subtotal)

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

TOTAL

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

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

to end up with a paste.

from compassion page 5

Bring the water to a boil in a medium saucepan. Add the bulgar and let it simmer for 5 minutes, or just long enough to absorb the water in the pot (the bulgar must be cooked but dry). Sauté the onions, garlic, and carrots in the oil. Then add the miso and the thyme (you may have to mash the miso into the vegetable mixture). Cook the mixture over medium heat, stirring constantly until the vegetables are soft. Then add the ground walnuts and sunflower seeds (if you wish) and mix well. Mix the two flours together and add them to the bulgar (ii the flours aren't thoroughly mixed, the gluten flour may create lumps in the loaf). Finally, stir the sautéed vegetables into the bulgar mixture. Oil a 1-quart loaf pan and press the

everyday, and it seems safe to say that as one eats, so one is. Eating in a humane and compassionate way, as vegetarians clearly do, cannot help but carry over into other parts of one's life: one behaves more compassionately towards animals, other people, and even towards oneself

As a result, the preciousness of life, as well as the delicacy and interconnectedness of all being, becomes starkly evident.

So I encourage all of us to continue with our vegetarianism: every gesture of compassion we exercise in our lives brings us that much closer to a world healthy not only in body, but also in mind and spirit.

see recipes page 8

from **recipes page 7**

mixture into the pan Bake, covered, in a preheated oven at 350 degrees F for 50 to 60 minutes. Cool the loaf in the pan for **about 5** minutes. Remove the loaf from the pan and cool for 30 minutes. Serve with Roasted Vegetable Sauce (recipe follows).

### Roasted Vegetable Sauce

YIELD: 1 1/2 cups

TIME: 45 minutes preparation; 40 minutes cooking

3/4 cup chopped mushrooms

3/4 cup chopped onions

1/2 cup peeled, chopped carrots

3 cloves minced  
**garlic**

2 Tbsp extra virgin  
olive oil

2 Tbsp unbleached  
white flour

2 bay leaves

1 Tbsp savory

**1 tsp paprika**

1/8 tsp black pepper

1/8 tsp sea salt

1 cup water

1 cup red wine

2 Tbsp **tamari**

2 Tbsp tomato paste  
dissolved in 2 Tbsp water

Preheat oven to 325 degrees F. In a baking pan toss vegetables in oil so that they are evenly coated. Spread the vegetables out and roast for 20 to 30 minutes or until lightly browned.

Add flour and mix into vegetables until well blended. Transfer vegetables to a **2-quart** saucepan. Add seasonings, **water**, wine, tamari, and tomato paste and bring to a simmer over medium heat. Cover and cook for about 3 minutes. Strain sauce through a mesh strainer, pressing the mixture with the back of a ladle to extract all of the liquid. Discard vegetables, heat sauce, and serve.

There were also several cooking classes at the AVS conference. The following delicious dessert was demonstrated by Washington chef Nancy Sussman.

### Apple Pecan Bake

4 large baking apples, washed and cored

1/2 cup chopped dates

1/2 cup pecans

chopped **cinnamon**  
to taste

1/4 cup pure maple  
**syrup**

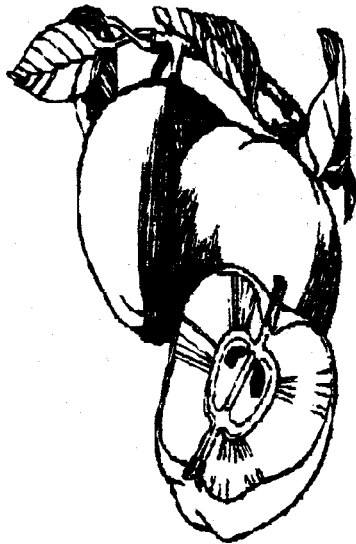
hot water

Preheat oven to 350  
degrees F.

Slice apples and place slices in a baking dish filled 1/4 inch deep with hot water. Sprinkle

cinnamon liberally on top. Sprinkle on dates and pecans. Drizzle with maple **syrup**.

**Bake at 350 degree F for 30 minutes;** lower heat to 325 and bake 10 more **minutes or until tender.**



from **message page 2**

fact, it is higher in cholesterol if it's lower in fat, and there is no **fish** known to be **free** of heavy metal contamination. The **benefits** they think they're getting from the fish, primarily the omega 3 fatty acids, really come **from** the plants that the

fish **eat**. Then too, America's 'love **affair** with "protein" liers on even **as** the evidence of it beieg a major player in osteoporosis, arthritis, and allergies piles higher.

So, how to cure schizophrenia? If you know, please let me know.

With aloha, **Ruth Heidrich**

## The Legislative Link

by **Jim Deutch, DSW, VSH**  
Legislative **Liaison**

Like Medicare, this, edition of Legislative **Link** has a Part A and a Part B. Read both parts to receive your **full** VSH benefits.

Part A. Legislative Liison Action Line goes "Veg-HI Digest"

Beginning September 1st all of your Legislative Action Line bulletins will arrive at your computer through **Veg-HI Digest**. This is a bulletin service that offers interesting and **important information** for Hawaii vegetarians. For example, this past year subscribers, in addition to nutrition news and clues, were able to follow the McDonald's libel trial (known as the **McLibel** trial). Two vegetarians in London were accused of defaming McDonald's by handing out pamphlets entitled, "What's wrong with McDonald's? Everything they don't want you to know."

Veg-HI Digest was begun by Alan Schubert, former **VSH** publicity **director**, and is now run by Neal **Pinckney**, Ph.D., former VSH Board member (you may know Neal as the author of "Healthy Heart Handbook"). Even if you are not inclined to write to a public official on behalf of **VSH**, you will enjoy reading Veg-HI Digest.

For your **free** life-time subscription to Veg-HI Digest send a message to;

**waste@waste.org.**

Put the following command in the subject and in the body of your e-mail message:

subscribe veg-hi-digest  
yourname@youraddress.xxx

You will probably get the digest the next day. Do it **now**, today!!!

Part B: Killing the Molokai Slaughter House

Bill Harris, M.D., who has the keenest political akamai of any VSH member I know, came to me the

see letter page 9



from letter page 8

other day and suggested that now is the time to move against the \$500,000 Molokai slaughter house boondoggle. Governor Cayetano has not yet released the funds to start the project. With the new outbreak of bovine tuberculosis on Molokai, and the mandatory slaughter of the V8 Ranch cow herd, I doubt that in the near future there will be a need for a slaughter house. I agree with Dr. Harris, who suggests that the money could be better spent on plant agriculture.

Below I am reproducing a letter written by Dr. Harris for the purpose of informing VSH membership and for members to use, in part or whole, in crafting a letter to send to the Governor. The letter was originally passed out at the VHS monthly meeting August 11th. Join in the action and use Dr. Harris's letter in any way you think best. Let's save ourselves and the people of Hawaii \$500,000 in hard earned taxes. Let the Governor know what you think.

\*\*#I\*\*\*\*\*

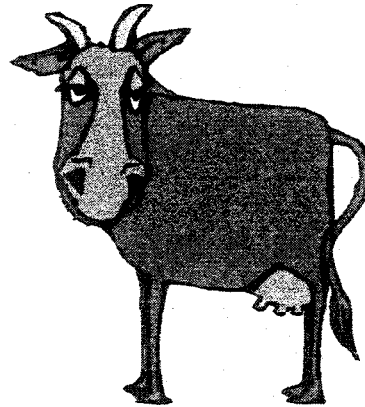
\*\* ( Fii in date)

Governor Benjamin J. Cayetano  
Executive Chambers Hawaii State  
Capitol 415 So. Beretania Street  
Honolulu, Hawaii 96813 586-0034  
FAX 586-0006

Dear Governor Cayetano:

The Molokai Slaughterhouse, which was to be built using \$500,000 in state funds appropriated by the 1996 legislature as CIP 401-24C, a capital improvement project for Maui County, has not yet begun construction. Fii release of funds lies with you, but the issue has been complicated by the reemergence of bovine tuberculosis on Molokai. One Molokai rancher must now kill his entire herd of 300 cattle to prevent transmission of the disease to human consumers. Under USDA rules he is entitled to compensation for each animal, which amounts to a further assault on taxpayer's money (up to

300x\$450=\$135,000.) Molokai had are about 12.4 million people in the been under quarantine for bovine U.S. who now call themselves T.B. for 50 years prior to 1985 when vegetarians, up from 6.5 million in a bovine T.B. epidemic finally broke 1985. Adjusted to Hawaii, the figures out and the Hawaii Health suggest that the Molokai Department condemned the entire slaughterhouse project will charge herd of 7,400 animals. After they had about 55,000 state tax-payers for been killed, the existing Molokai meat products they do not use and to slaughterhouse fell into disrepair, but which many have ethical, ecological, in 1994 State Senator Rosalyn Baker nutritional, and religious objections. introduced a piece of legislation, SB 2010, appropriating \$500,000 to build a new one. Although the goal was laudable, to help strengthen the depressed Molokai economy by getting the meat industry back on its feet, it flew in the face of the historical evidence that



Molokai is not a sensible place to raise cattle. It is suspected that Molokai's deer population act as a T.B. reservoir. Molokai's economy could be made robust and sustainable if plant, rather than animal, agriculture were made the centerpiece. A few of the crops known to grow well on Molokai and without much government "welfare" are tomatoes, bell peppers, watermelon, and about 80% of Hawaii's sweet potatoes. But animal agriculture is a catalogue of catastrophes; those who choose to be ranchers should do so at their own risk, not at the risk of taxpayers. In 1989 the U.S. Surgeon General stated that 69% of -U.S. mortality is diet-related. The American Heart Association and the American Cancer Society have both recommended a reduction in fat and cholesterol intake, and the Hawaii Department of Health has a program "Five a Day", recommending at least five servings of vegetables and fruit daily. As these recommendations are gradually accepted, it is inevitable that meat consumption will further dish, with or without meat subsidies. There

Taxing vegetarians for a slaughter house is equivalent to forcing Right-to-lifers to build an abortion clinic. There is a difference, however. There are persuasive arguments on both sides of the abortion controversy. But the only pro-meat

argument is, "It tastes good so I'm going to eat it regardless of the costs to my health, the environment, and the ethical fabric of society." All the essential amino acids, fatty acids, and vitamins in the human diet are synthesized by micro-organisms and plants, not by animals, so meat is, at best, second-hand nutrition. Its only unique ingredients are saturated fat and cholesterol, both harmful to human health. But such arguments are seldom heard in the mass media because the meat interests plow the profit margins generated by government subsidies, such as this one, into billion-dollar tax-deductible advertising campaigns that drown them out. Leveling the academic playing field would be a big step for American health. Governor Cayetano, I believe that you could do the people of Hawaii a great service by simply not releasing the funds to build the Molokai slaughterhouse.

Sincerely,

Signature

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

## Thanksgiving Eve Dinner

by Roger Taylor, VSH Social Director

The 1997 VSH annual Thanksgiving dinner will be held on Wednesday, November 26 at Mocha Java Cafe at Ward Center, 1200 Ala Moana Blvd.

Seatings will be at 6 p.m. and 7:30 p.m. Please call 597-8121 or 5919023 to make your reservations and to indicate your seating preference.

The cost is \$18 for adults, \$9 for children between the ages of 4 and 11, and toddlers are free.

The all-you-can-eat vegan buffet menu tentatively includes miso soup, salad, entree, whole wheat **stuffing**, mixed veggies (**including** sweet potatoes, bananas, and pineapple), steamed veggies, garlic mashed potatoes, fresh **fruit** dessert, and beverage.

Ample parking will be available.

Please make your reservations as soon as possible to assist the restaurant in planning. This event is open to the public and hopefully **will** attract new members to our organization. Call Roger Taylor at 486-9910 for additional information.

### MEMBERSHIP, ORDER, AND CHANGE OF ADDRESS

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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:

- \$20 Regular  
 \$12 Full-time Student  
 \$30 Family  
 \$400 Life **membership** \$ \_\_\_\_\_ additional donation

(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 PO Bx 23208 Honolulu, HI 96823-3208 (808)944-VEG