
The Vegetarian Society of Hawaii Quarterly



supporting human health, animal rights and ecology

VOLUME 8 NUMBER 4

DECEMBER, 1997

THE LEGISLATIVE LINK

A lot more than politics

by Jim Deutch, D.S. W., Legislative Liaison

The Vegetarian Society of Honolulu wants to improve its communication with its members. Towards this goal we have been asking everyone who has a computer to subscribe to Veg-Hi, a **free** e-mail service which caters to the needs of Hawaii's vegetarian community. Through Veg-Hi, VSH members will be able to get current VSH news and event information, community happenings, and Legislative Alerts and action requests. For example, recently, one of our members used Veg-Hi to ask a question about attention deficit disorder in children and the **effect** diet may have on this disorder. She received **valuable** information **from fellow** VSH members. Another example could be a quick response by VSH members should the Molokai Slaughter House advocates try to resurrect this not yet dead project.

While we are on the subject of **communication**, did you know that there are other free sources of VSH and vegetarian health information at your **fingertips**? The Vegi Telephone Hotline (**944-VEGI**) gives you information about VSH upcoming events. Dr. Neal Pinckney **heads** Healing-Heart, a support group for reversing and preventing heart disease. Also, through e-mail you can receive thousands of vegetarian recipes by subscribing to a service called **FatFree**.

I asked Dr. Nerd Pinckney to write a brief statement and easy directions on how to subscribe to all the **free** e-mail sources I have mentioned. Neal is very good at giving computer directions. Dr. Pinckney writes as follows:

"If you have a computer, modem and an E-mail service provider, you can receive information on current Vegetarian Society of Hawaii events and news about other

local vegetarian and animal rights issues. There is no cost.

To join (subscribe to) the veg-hi list, send an ordinary **email** message to: **waste@waste.org** ◇ If you'd like the regular version of the list, where each message is sent to you as soon as it is posted, send the following line: **subscribe veg-hi** ◇ If you'd prefer the digest version, where all the posts are held until the end of the **day** and sent to you in a single message, with a list of contents, send the following line: **subscribe veg-hi-digest** No subject is needed. **Only** subscribers can post to the list.

A support group for reversing and preventing heart **disease** is available. It fosters a low fat vegetarian (vegan) diet, aerobic exercise, stress reduction. The latest medical news and research report **summarizes** are posted **frequently**, as **well** as discussion of Dr. **Ornish's** reversal plan and individual problems and successes.

To join (subscribe to) the **Healing-Heart** list, send an ordinary **email** message to: **waste@waste.org** ◇ If you'd like the regular version of the list, where each message is sent to you as soon as it is posted, send the following line: **subscribe healing-heart** ◇ If you'd prefer the digest version, where all the posts are held until the end of the day and sent to you in a single message, with a list of contents, send the following line: **subscribe healing-heart-digest**

A third mailing list, called **FatFree**, provides thousands of recipes in the **Ornish/McDougall** range (less than 10 percent calories from **fat** and vegetarian (some lacto-ovo) and discussion of related issues. This list is free, but an annual call for voluntary small donations keeps it running.

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Recap of 1997 Fall Meetings

by Elaine French, Past Meeting Planner



President's message

The Internet and e-mail usually mean more work for me. Thus, it's only when I have the time and energy that I get into the computer world to see what's happening. This all changed the other day.

I "met" Sigrid DeLeo, the Honorable Secretary of the European Vegetarian Union when she had asked if there were any vegan Ironman triathletes out "there." We've since shared a lot of information which culminated in my being an invited speaker to the 1999 Convention of the EVU/IVU in Switzerland. That kind of "work" I don't mind at all!

The real aspect of this "meeting" that I wanted to share with you follows. Sigrid, 53, Arne Wmgquist, 78, and four others, 18, 20, 27, and 53, had all just completed a bicycle tour of almost 1000 miles on a raw food diet. They started at Kiruna, Sweden, north of the Arctic Circle and bicycled south to Stockholm in 19 days, averaging nearly 50 miles a day.

By coincidence, I remember when this tour was being organized and invitations to join them were sent out over the Internet. The idea intrigued me but seemed impossible because of the time and logistical implications. (It would have meant being away for

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The speaker at our September 8 meeting was Cathy Goeggel, President of Animal Rights Hawaii. Unfortunately the fall issue of our newsletter was delayed in reaching our members, and we apologize to those who did not learn about this meeting until after the fact. In spite of this organizational glitch 50 people got wind of the lecture and showed up with interest in and dedication to the cause. The topic of Cathy's talk was "This is a Revolution, Dammit -- We're Bound to Offend Someone." To begin she spoke briefly about the Animal Liberation Front and its newspaper, "No Compromise." She explained that direct action for animals has accomplished much more than the previous animal welfare movement ever did. To illustrate a parallel situation, she pointed out that the labor movement created a decent standard of living for workers by means of direct action, that improved wages and benefits were not just handed to workers by generous employers. Similarly, giving women the vote did not do much to ensure their equality, but the direct action of the feminist movement led to many notable gains. Cathy then showed some video clips taken at various animal rights demonstrations. From the story of a sporting prairie dog shoot near Denver to the case of two "problem" sea lions in Seattle who were to be euthanized for feeding on steelhead (their natural diet), I was stunned by the human arrogance displayed. But of course this is the same mindset that allows people to breed, raise, slaughter and eat millions of animals a year without questioning their right to do so. One sound haunted me for days after attending this meeting: protesters with a tape recorder playing and replaying the screams of an animal caught in a leghold trap. A painful visual image that lingered in my mind was a film of Molokai Ranch staff slitting the throats of fully conscious, beautiful axis deer; no wonder the ranch was fined heavily and lost its license to maintain a wild animal park. Many vegetarians prefer to focus on health issues as their reason for avoiding meat. For those who find it difficult to follow a vegetarian diet for health reasons alone, consider educating yourself about the other reasons for vegetarianism. If you do, you will never go back.

At our October 20 meeting a standing-room-only crowd of 250 people turned out to hear Marc Sorenson, Ed.D. speak on the topic "Well into the Twenty-First Century." As the founder of the National Institute of Fitness (now known as the Franklin-Covey Institute of Fitness), Dr. Sorenson reported first hand on the results he has documented by putting thousands of people on the ultimate health-promoting program: a low fat vegan diet with lots of aerobic exercise. Some of his statistics seemed near miraculous, such as his statement that the average time it takes for a type II diabetic to get off of all medications on his program is 11.67 days. Are any doctors or diabetes educators out there listening? As an authority on treating obesity, he suggested that people throw away their scales. After all, he pointed out, our weight is just a measurement of how strongly gravity is pulling our bodies toward the center of the earth. It does not indicate our level of fitness, which is determined by measuring our percent of body fat. Throughout his talk he displayed a grasp of the medical literature that would put many physicians to shame. An overriding theme of his lecture was to analyze the common belief that degenerative diseases like cancer, diabetes, and osteoporosis are predetermined by heredity and cannot be avoided. In one example after another he cited references indicating that the deterioration in the health of

see meeting recap page 3

JUST SAY "YES"!

By Cheryl Chung, School Lunch Coordinator

Do you know ANYONE busier than our VSH President Ruth Heidrich? It has been said If you need to get something done ask a busy person to do it. I might add, ask one who adheres to this other famous challenge from President John F. Kennedy, "Ask not what your country can do for you. Ask what you can do for your country."

I was speaking to chief of Operations Officer of EarthSave International, Jim Littlefield-Delmares, who was calling me from EarthSave's dramatically downsized and relocated central office in Louisville, Kentucky. Jii said "Our vision for EarthSave now is of a more activist and issues-oriented organization and less of a potluck club for vegetarians. Are they hiring more staff to implement their more ambitious goals? Quite the contrary, EarthSave paid staff has been dramatically reduced to less than

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a month plus it's a long way from Hawaii!) Therefore, I was pleased when I got to hear the details of the trip and live it vicariously.

The group was met by vegans and vegetarians all along their route, offered lodging and encouragement, and reported that they got more fit by the day, doing very well on their diet of fruits, nuts, berries, and veggies. This was part of what they wanted to prove, that one could do this on a vegan raw food diet. Ironically, a potential participant declined because her doctor told her that it was impossible to do such a long and rather strenuous physical activity eating only vegan raw food!

Anyone for joining them if they do it again?

With aloha, Ruth Heidrich, Ph.D.

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populations over time has not been caused by genetic changes but simply by increasing animal products in the diet. He then amused the audience with his graphic: description of how to recognize a healthy bowel movement, with a reference to "human pies" (like cow pies) and "floaters." And I know many in the audience are going to up their fiber intake in an effort to reach his bowel cancer prevention goal of "two a day." Dr. Sorenson's hands-on experience, academic knowledge, and wry humor were delivered in a most professional manner. Everyone present, even determined carnivores, must have felt his unshakable credibility. After the presentation many people stayed to drink herbal tea and visit with Dr. Sorenson and his wife Vicki. Those who wish to purchase MegaHealth, Dr. Sorenson's excellent book, may do so at our monthly meetings or from VSH by mail. See the book price list elsewhere in this newsletter.



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
<i>A Basic Course in Veg./Vegan Nutrition</i> George Eii RD.	21.95
<i>Cook Healthy Fast</i> Dick Allgire	15.95
<i>Diet for a New America</i> John Robbii	14.95
<i>Fat Free & Easy</i> Jennifer Raymond	10.00
<i>Healthy Heart Handbook</i> Neal Pinckney, Ph.D.	11.95
<i>Live Longer, Live Better (cassette)</i> Neal Barnard M.D.	9.95
<i>McDougall Health-Supporting Cookbook II</i> Mary McDougall	9.95
<i>MegaHealth</i> Marc Sorenson, Ed.D.	14.95
<i>Newstart Lifestyle Cookbook</i> The Weiner Institute	19.99
<i>Pregnancy, Children and the Vegan Diet</i> Michael Klaper, M.D.	9.95
<i>A Race for Life</i> Ruth Heidrich, Ph.D.	14.95
<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
<i>The VSH T-Shirt</i>	15.62
Sizes (S-ML-AZ and Women's one size) <u>Please circle size</u>	
<i>"I Speak Vegetarian" T-Shirt</i>	15.62
Sizes (M-L-XL) <u>Please circle size</u>	
Subtotal	_____
Shipping (15% of subtotal)	_____
Total	\$ _____

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

HAWAZZ HERBIVORE HAPPENINGS

December 8, Monday: Please join us for a **free** public lecture by EILEEN TOWATA, who will talk about and demonstrate "HEALTHFUL HINTS FOR FESTIVE FOODS." (Some of her recipes are described elsewhere in this newsletter.) Dr. Towata earned her Ph.D. in botany from the UH, and she has taught biology/botany at the college level. She has worked as a program director for the American Cancer Society and is currently **with** the Castle Center for Health Promotion. She coordiies aerobics programs and teaches adults and children about exercise, arthritis, and vegetarian nutrition. The lecture will be given at 7:00 p.m. at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the **Waikiki-Kapahulu Library**.

December 9, Tuesday: Please join us at 6:30 p.m. at the Sii Orchid, 1517 Kapiolani Blvd. (across **from** Channel 9 **KGMB** for a low fat, vegan meal. Parking in **front** and in back. 10% discount to card carrying members of VSH December through February. Call Roger Taylor **486-9910** to make reservations.

December 19, Friday: Please join us at 6:30 p.m. at the Aiea Taro Patch, 99-115 **Aiea** Heights Drive on the second level of the **Aiea Shopping Center**, across and mauka **from** an unmentionable fast food restaurant. **Bea** has a delicious Hawaiian plate with vegetarian laulau, mushroom long-rice, seaweed lomi **salad, poi**, dessert, and a slice of sweet potato. A great value for **\$5.50**. Call Roger Taylor 486-9910 to make reservations.

January 5, Monday: Please join us at 6:30 p.m. at Diem **Vietnamese Restaurant** 2633 S. Ring St. for an excellent **all-you-can-eat** vegetarian plate for \$8.95. Diem is very supportive of our vegetarian efforts. Free validated parking on the corner

of Ring and University. Call Roger at **486-9910** to make reservations.

January 12, Monday: Please join us for a **free public** lecture on "NUTRITION BASICS FOR VEGETARIANS" by GEORGE EISMAN, who be visiting from New York. George has graduate degrees in nutrition and geography and has been a vegan since 1983. As a registered dietitian he has worked in a children's hospital, a nursing home, and public health agencies in four states. He has served on the faculty at Florida State University, Broward Community College, and **Miami-Dade Community College**, where he created the nation's first secular **for-credit** program in vegetarian studies. He is the author of two books: "The Most Noble Diet" and "A Basic Course in Vegetarian and Vegan Nutrition," which is the basis for his correspondence course in vegan nutrition. The lecture will be given at 7:00 p.m. at the Ala Wai Golf Course recreation facility, second **floor**, 404 **Kapahulu**, 0.2 miles behind the **Waikiki-Kapahulu Library**.

January 22, Thursday: Please join us at 6:30 p.m. at the Lotus Vegetarian **Restaurant** at 1269 S. King, **makai** side. There is parking on the street and **after** 5 p.m. in the parking lot of 1251 S. Ring (**first** driveway past the Texaco station) Call Roger at **486-9910** and leave your name, phone number, and party size.

February 9, Monday: Please join us for a **free** public lecture by NEAL PINCKNEY, who will instruct us on how to "EAT YOUR HEART OUT -- OF TROUBLE." Dr. Pinckney has his Ph.D. in psychology, taught for many years in the California State University system, and was in private practice for 30 years. His life may be described as psychologist, **SURWOR**, author, and lecturer. He rather quickly overcame a serious

heart disease problem several years ago with a program of diet and exercise and proceeded to write "The Healthy Heart Handbook." Most **recently he has been a member of the** professional treatment team at Dr. Dean **Ornish's** residential retreats on the mainland and will be sharing with us some of the latest happenings there. The meeting will be held at 7:00 p.m. at the Ala **Wai** Golf Course recreation **facility**, second floor, 404 **Kapahulu**, 0.2 miles **behind** the **Waikiki-Kapahulu Library**.

February 10, Tuesday: Please join us at the Buddhist Vegetarian **Restaurant**, 100 N. Beretania (**#109**) at 6:30 PM. 5% discount to VSH members. Validated parking (**\$2**), entrance on **Maunakea** St. Call Roger at **486-9910** and leave your name, phone number, and party size.

February 26, Thursday: Please join us at 6:30 p.m. at Gauranga's (the Krishna Dining Facility) at 51 Coelho Way in Nuuanu for an all-vegetarian **buffet** for \$8.75. Parking on the grounds. Call Roger at **486-9910** to make reservations and request a vegan entree.



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To subscribe to the **FatFree** list, send an **email** message to: **fatfree-request@fatfree.com** with the Subject: *subscribe*. No message text is needed. The FAQ (Frequently Asked Questions) for the **FatFree** list, a very **helpful** document with much **valuable** information, is sent to all new subscribers."

Now that you have the **directions** to subscribe to these interesting sources of information, go to your computer, turn it on, and turn your self on to the world of healthy information.

Restaurant Reviews

Reviews by *Elaine French*

Fine Dining To Go

Honolulu has recently been blessed with the opening of a gourmet **lunch** place that provides taste treats for jaded vegetarian palates. Located on **Beretania upstairs from** the old Kinko's, the **Well Bento** specializes in plate lunches. But these are like no plate lunches you have seen before. Using mostly organic ingredients, Harris and Miyuki **Brazina** produce perfectly seasoned seitan and tempeh dishes with innovative gourmet sauces. They use no eggs, **refined** sugar or dairy products, but there are a few transitional plates containing fish or chicken. On our first visit we tried the tempeh scaloppini and the spicy Louisiana tempeh **& seitan** grilled over lava rocks. Both were exquisite, and **left** us craving more. On subsequent visits, we sampled seitan pepper steak, millet almond **tofu croquettes**, seitan **stroganoff**, and another dish we loved, tempeh with spicy black bean sauce. **Each plate** lunch comes with brown rice, a vegan macaroni salad, and an **interesting** vegetable and seaweed salad. The brown rice is moist and tender, portions are large, and the entire meal is put together with love and artistry in classic macrobiotic style. The **Well Bento** is wonder&l with a few caveats. Fii there is absolutely no place to sit and eat your food. Food this beautiful should be served on china **plates** with candlelight instead of going out the door in Styrofoam boxes. **Second**, the place is not open for dinner, even though the quantity and quality of food would make it ideal for an evening meal; the hours are Monday through Saturday **from** approximately 11 :00 a.m. to 5:00 p.m. Third since good food takes time to prepare, the service is not **fast**. It says right on the menu that order by phone is recommended. We found this worked reasonably well, although sometimes **the food was still not ready** in the time promised. If you have a schedule to meet, be sure to **allow** an extra 10 or 15 minutes for waiting. When he moved to Hawaii seven years ago, **Harris brought with him a long pedigree of experience as a natural foods chef**, culminating **in his position as sous chef at Luma Restaurant** in New York City. He would like nothing better than to expand his little take-away place into a fill-fledged dining establishment. In fact, he pointed out that the **space** next door is vacant and the only thing stopping him is cash to fund the venture. Anyone interested?

Discover Hawaii Kai

Those of us out here in the east **suburbs have been** deprived too long. While our veggie **friends** in town feasted on dim sum at Buddhist Vegetarian or lemon grass **tofu** at Diem, we were stuck with Subway sandwiches. Them days **are** over. Smce **Malee** and Steven opened their Thai/Vietnamese Cuisine place in Hawaii Kai Shopping Center, we have seen our neighborhood in a new light: the light of sunset gently setting over the marina as we contemplated the fourteen vegetarian dishes on the menu. The atmosphere was cozy, the waiter understood immediately when we told him no fish sauce, and we began to relax. For an appetizer we ordered the veggie rolls, fresh rolled and not **fried**. They were **filled** with tofu, chop suey yam, and potatoes in addition to the usual rice noodles and fresh herbs. Then we devoured a huge platter of vegetarian papaya salad, **colorful** and delicious with wheat noodles and bits of tofu. I could have made a meal of that dish alone. We tried a curry and a dish called pad ped, ordering **everything** medium hot. The seasoning was just to my liking: spicy but not mind-blowingly hot. When we asked the waiter afterward if the hot vegetable dishes could be prepared without oil, he quickly responded in the **affirmative**. He also agreed to give a **10%** discount to

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VSH Leadership Positions

Board of Directors

President	<i>Ruth Heidrich</i>
Vice President	<i>Alida Rutchick, M.Ed.</i>
Corresponding Secretary	<i>Judy Counce</i>
Recording Secretary	<i>Julie Williams</i>
Treasurer Candidate	<i>Bonnie Hilton, Ph.D.</i>
Merchandise Manager	<i>Jerry Smith</i>
Office Manager Candidate	<i>Zayin Neumann</i>
Publicity Director	<i>Carol Gronseth</i>
Social Director	<i>Roger Taylor</i>
Fund Raiser	<i>Warner (Kimo) Sutton</i>
President Emeritus	<i>Elaine French</i>
Volunteer Coordinator	<i>Elaine Johnson</i>
Outreach and Education Director	<i>Anuj Shah</i>
Public Access TV Coord.	<i>Bill Harris, M.D.</i>
School Lunch Coordinator	<i>Cheryl Chung</i>
Meeting Planner	<i>Karl Seff, Ph.D.</i>
Legislative Liaison	<i>Jim Deutch, D.S.W.</i>
Branch Coordinator	<i>Janet Clark</i>

Board Assistants

Newsletter Editor	<i>Jim Hawkins</i>
Internet Secretary	<i>Patrick Moore</i>
Internet Coordinator	<i>Donovan Watts</i>
Bookkeeper	<i>Allene Ishikawa</i>
Dining Guide Coordinator	<i>Karl Seff, Ph.D.</i>
Bulk Mail Manager	<i>Charles Nakamura</i>
Photographer	<i>Barry Herr</i>

Board Vacancies

Newsletter Editor	
Membership Secretary	

Board Assistant Vacancies

Meeting Greeter	Board Coordinator
Content Editor	Discount Coordinator
Book Table Assistant	Historian Print
Mgr.	Data Base Manager Special
Event Coordinator	Dining Review
Coordinator	Membership Assistant
Mililani Branch Mgr.	Office Equipment
Mgr.	Set-up Event Coordinator

Volunteers Wanted

Would you like to assist us in continuing the important **work** of this organization? Two pivotal positions are open on our board. If you are good with figures and have accounting expertise you may wish to consider the position of Treasurer. This position oversees all the financial activities of our organization. We are also seeking a Newsletter Editor to publish this Quarterly newsletter. If you have publishing experience, and would like to help, we would like to talk with you. Please contact Elaine Johnson at 672-8339 for these and other opportunities.



from lunch update page 3

one third of what it once was. Gut of an increase in marketing and drive for a bigger membership, dedicated volunteers will be sought and mobiiied around new strategies and goals.

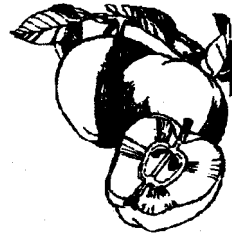
Especially due to recent cancer diagnoses of several beloved staff members, Kaneohe's King Intermediate School, where nutritionist Jennifer Raymond presented her first of five school food service manager workshops in **Hawaii**, was looking for a speaker to lead a workshop on wellness. Incredibly, VSH President, triathlete, radio health show co-host, Roadrunners Club President, worldwide health lecturer, and publisher, Ruth Heidrich said yes! (**Mahalo**, Ruth!) Her presentation

Happy Holidays to AU?

As the holidays approach and we reflect on what the holidays mean to us, it is **easy** to be saddened that, for many, this holiday is still celebrated by eating a large slaughtered bid.

Those of us who are vegetarian can feel a little better in knowing no **birds** were raised under cramped, unnatural, nightmare like conditions, then slaughtered on our behalf Still, the killing goes on, and the conditions in the slaughterhouses are by no means improving. **On** a recent morning myself and other members of Animal Rights Hawaii held a demonstration at the slaughterhouse in Ewa.

We had, through the Freedom of Information Act, received several USDA Iqection reports detailing numerous, and by the reports own accounts, repeated and serious violations of the Humane Slaughter Act which occurred here over the past two years. The reports included the



following quotes: "Several pens had hogs which had dried or wet feces..." **caked**" to their bodies sometimes covering more than **50%** of the hog." "Observed a red **angus** struggling to regain footage.. **attempted** 9 more times using a captive bolt stunner to render the animal insensitive to pain. **After** 10 minutes the animal was then shackled and **bled....Plant** management has been warned...as to the need for better

methods and equipment." Clearly, we need to do more to ensure humane slaughter practices stem some of the suffering until the slaughterhouse doors close.

Being active in legislative matters, and vocal about these issues is a good start. We can also assist our fellow **earthlings** this holiday season by buying cruelty **free** products, avoiding **fur**, leather, and all animal ingredients in the products we use, avoiding animal sideshows and acts, and helping the many stray animals in our neighborhoods. Happy holidays to you and all earth's creatures!

"Nutrition and Exercise Myths," a part of three workshops on "Parent Night," will have come and gone by the time this newsletter is circulated.

We need more "**yeah**" sayers and fewer "My" sayers. Would you like to share the good benefits of veganism with a classroom of students or an adult workshop? Do you know of a school open to such workshops? Do you know of a school food service manager interested in plant-based recipes or training from a vegan **nutritionist**?

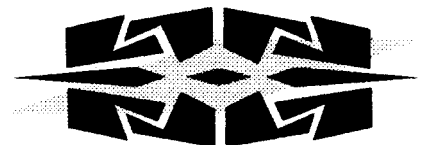
"Yeah" sayers, please call the VSH hot line, (808) **944-VEGI** or me (Cheryl) at (808) 235-S 132.

Me ke aloha a ke olakino maika'i, maia Cheryl. (With love and good health from Cheryl)

from reviews page 5

VSH members. Who was this man? He was Steven, the co-owner. How did he learn to make such good veggie Vietnamese food? He worked at Hale Viet Nam for ten years. I felt I had died and gone to Southeast Asian heaven. Come out and discover Hawaii Kai, because we have something much better than Subway **now**.

Malee & Steven Thai/Vietnamese Cuisine 377 Keahole Street #201 (near Safeway and Long's Drugs, above L&L Drive-Zn.) Phone: 394-2525 Open 10 am. to 10 p.m. every day



'tiz The Season

Sweets are a necessary **and** delicious **addition** to our holiday menus Here are three recipes from Jennifer Raymond's book **Fat-free and Easy**. Available from the VSH bookstore. Reprinted with permission

Pumpkin Raiiin cookies

Makes 36 - 3-inch cookies

Children love these plump, moist cookies because they taste so good. You'll love them because they're loaded with beta-carotene and other nutrients.

3 cups whole wheat pastry flour

4 teaspoons baking powder

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon nutmeg

3/4 cup sugar or other sweetner

1 S-ounce can solid-pack pumpkin

1 ripe banana, mashed

1 cup nonfat soymilk or water

1 cup raisins

Preheat oven to 350 degrees. Mix dry ingredients together and set aside. Add the **pumpkin**, mashed banana, soymilk or water, and raisins. Mix until just combined.

Drop by **tablespoonfuls** onto a baking sheet which has been sprayed with a nonstick spray. Bake 15 **Minutes**, until lightly browned. Remove **from** baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

Nutritional information per cookie: 75 calories (1% from fat); 1.5 g. protein; 17 g. carbohydrate; 0.1 g. fat; 134 mg. sodium; 43 mg. calcium

Pumpkin Pie (one nine inch pie)

Corstarch is used as a thickener in place of eggs in this pie and the pie is baked in a delicious fat-free crust.

5 tablespoons cornstarch

1/2 cupsugar or other sweetner

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon ginger

1/8 teaspoon cloves

1 15-ounce can pumpkin

1 1/2 cups soymilk or rice milk

1 cup Grape-Nuts cereal

1/4 cup apple juice concentrate

Preheat oven to 350 degrees. Mix the Grape-nuts and apple juice **concentrate**, thenpatintothebottomand part way up the sides of a **9-inch** pie pan Bake 7 minutes. Remove **from** oven and set aside.

In a huge **bowli** combine the cornstarch with the sugar, salt, cinnamon, ginger, and cloves. Blend in the pumpkin and milk. Pour into the partially baked crust and bake 45 minutes. Cool before cutting.

Nutrition information per serving: 150 calories (3% from fat); 3 g. of protein; 33g. carbohydrate; 0.5 g. fat; 186 mg sodium; 49 mg calcium

Quick Rice Pudding

Serves 3 to 4

1 1/2 cups nonfat soymilk (vanilla or plain)

1 tablespoon cornstarch or arrowroot

2 cups cooked rice (white or brown)

1/4 cup mable syrup

1/3 cup raisins

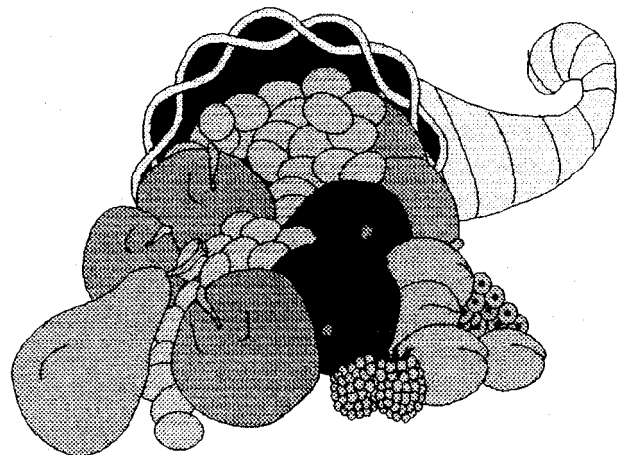
1/4 teaspoon cinnamon

1 teaspoon vanilla

1/2 teaspoon almond extract

Pour soymilk into a medium-sized saucepan and stir in cornstarch. Add rice, maple syrup, raisins and cinnamonandbringtoasimmerovermediumheat. Cook 3 minutes, then remove **from** heat and stir in vanilla and ahnond extract. Serve hot or cold.

Nutrition information per serving: 151 calories (4% from fat); 2.5 g. protein; 34 g. carbohydrate; 1 g. fat; 28 mg sodium; 44 mg calcium



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Honolulu HI 968 15

Huckleberry Discount Endangered

One of the big advantages of joining VSH is receiving discounts at Natural food stores and restaurants, and the **10%** discount at Huckleberry Farms is used by many of our members. However, we have recently been **notified** by Huckleberry management that they are considering revoking the discount. Because the discount applies only to non-sale items, VSH members must present their membership card to the checker before any purchases are rung up so that the checker can separate sale items **from** non-sale items. This requirement is clearly listed on our **dining** guide and on our discount flyer. It is understandable that we may occasionally forget to present our card in advance, and if this occurs, we must accept the responsibility for our error and pay the full price for our purchases. Ringing up the order again is additional work for the checker; expecting this generates ill will between our members and the Huckleberry **staff**. Apparently some VSH members have demanded the discount in such a situation and have been unpleasant to the checker over the issue. Please be aware that the Huckleberry discount brings many members to **VSH**; these membership dues are essential for us to be able to maintain our office and pay our other expenses. So let's do everything we can to maintain and improve our relationship with these nice people. The next time you shop at Huckleberry Farms, present your card immediately, give the checker a warm and friendly smile, and tell him/her how much you appreciate the generous discount!

MEMBERSHIP, ORDER, AND CHANGE OF ADDRESS

Name @lease Print) _____

Address _____

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

B. 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