
The Vegetarian Society of Hawaii Quarterly



supporting human health, animal rights and ecology

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HELP Is Here For Hawaii School Children!

Growing new tastes and lunch options for a healthier generation

by Cheryl Chung, VSH School Lunch Coordinator

Hawaii is the fortunate site this month of an innovative new school nutrition project which will likely become a model for the nation!

The **Health Education Lunch Project (HELP)** is the result of a collaboration among a nationally recognized Maui school food service manager, the California nutritionist/lecturer/author/TV cook show host who wowed Hawaii with her cooking demonstrations/lectures last spring and a New York housewife-turned-educator with a Ph.D. in nutrition from Cornell University.

The school food service manager of Haiku Elementary School is **John Cadman**. He is also the chairman of this year's Menu Planning Committee for all state schools. The California nutritionist and HELP creator/project coordinator is **Jennifer Raymond**, the energetic chef-teacher with a passion for making the nation's school children healthier. The Cornell nutritionist who has worked with China Diet Study architect Colin Campbell, M.D., and whose school programs linking children's hands-on classroom experiences with food to the study of related cultures have received national awards is **Antonia Demas**.

The ambitious HELP project involves six months of program development. The main implementation takes place March 2 through 20 at Haiku Elementary. Raymond will work with Cadman to develop a three-week plant-based menu. Food service staff from Haiku and other schools will receive training in healthy food preparation and related issues such as nutrient and cost analysis. Demas will teach her food-based curriculum in the classrooms and link it to Hawaiian

culture and related academic subjects. She will involve the students in simple hands-on food preparation. Teachers and volunteers (parents and community members) will observe and then learn how to teach the curriculum.

The project will be promoted throughout the state so interested schools and personnel can participate. There will be a follow-up at the end of May to reinforce, evaluate and expand the program. Videotaping will be done and an action guide for use in other schools will be produced.

During March, Raymond and Demas will visit Oahu to demonstrate the program. At the March 9 VSH General Membership Meeting, they will explain the project and conduct a demonstration of a classroom session involving young people from the audience. They invite families to allow their children to stay up later this one school night for this valuable presentation. Similar presentations may be scheduled as time permits.

The Vegetarian Society of Hawaii (VSH), along with the support of many generous sponsors such as the American Cancer Society and Hawaiian Electric Company, facilitated school lunch presentations in January through May, 1997. EarthSave's Healthy School Lunch

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Program Coordinators, Susan Campbell and Todd Winant, and later Jennifer Raymond, traveled throughout the state. The beneficial impact they had on students, teachers, food service managers, parents, medical personnel, patients and government officials was extensive. The stage was set for HELP, which is a continuation. A longer, hands-on and how-to approach is needed to have lasting and measurable effects.

An old Chinese proverb says: "Tell me and I forget. Show me and I remember. Involve me and I understand." Studies have shown this to be true as students will not choose new foods in the cafeteria without significant hands-on exposure in the classroom. Cafeteria staff are loathe to try the healthier options without the assurance they can meet the complex federal guidelines, cost, manpower and supply challenges of their jobs. There also needs to be acceptance by the students. An elementary school in windward Oahu discontinued their one-year-plus pilot plant-based option for lack of support from the state and sufficient numbers of students.

HELP is addressing these concerns. For example, Raymond is offering training in Nutrient Standard Menu Planning-made-simple for state food service managers. This will help them produce healthier food and meet government requirements. Hawaii was chosen for premiering this program because of the excessively high incidence of diet-related diseases here, especially in the native populations. The origins of such diseases are known to start in childhood. Haiku Elementary was chosen because of Cadman's leadership position and his willingness to make this option, similar to one he has already piloted, available to his students.

Since HELP constitutes a milestone in nutrition education and lunch options in the nation's schools, the Physicians for Responsible Medicine provided a grant to fund the majority of the project. VSH is helping to facilitate and promote HELP, including looking for funds to pay for inter-island travel, etc.

To get involved from any island call: **(Oahu) Cheryl Chung, VSH School Lunch Coordinator, (808) 235-5132; (Maui) John Cadman, SFS Manager Haiku Elementary, (808) 575-2894, 7:30-10:30 a.m. or e-mail pom@maui.net.; (Other islands), contact your school.**



VSH
President
Ruth Heidrich

President's Message

The VSH is looking for members who are interested in taking a voluntary leadership position within the organization. VSH is growing and we need your help to be sure we grow in a way that serves our members and society best. Here's how you can help:

Board of Directors-Help set the tone and direction of VSH. We need future-thinking, nutritionally aware people who care about the health of our people, the animals and our planet. With elections coming up soon we anticipate several vacancies and need your help.

Newsletter-We've got a terrific new editor and you can help support her by submitting articles for her consideration. You can also offer your expertise in any of the myriad of functions involved in getting a newsletter out such as bulk-mailing, lower postage, etc.

Meetings-We're always looking for the best in speakers who appeal to the "non-converted" as well as the "converted." We try for a mix of topics within vegetarianism (health, animal rights, ecology) as well as appeal to differing levels of education.

The VSH is YOUR association and you can help set the tone, direction and impact of the VSH.

With aloha,
Ruth Heidrich, Ph.D.

VSH LEADERSHIP POSITIONS

BOARD OF DIRECTORS: President-Ruth Heidrich, Ph.D.; Vice President—Alida Rutchick, M.Ed.; Corresponding Secretary-Judy Counce; Recording Secretary-Julie William; Branch Coordinator—Janet Clark; Fund Raiser—Warner (Kimo) Sutton; Legislative Liaison—Jim Deutch, D.S.W.; Meeting Planner—Karl Seff, Ph.D.; Merchandise Manager—Jerry Smith; Outreach & Education Director—Anuj Shah; President Emeritus—Elaine French; Public Access TV Coordinator—William Harris, M.D.; Publicity Director—Carol Gronseth; School Lunch Coordinator—Cheryl Chung; Social Director—Roger Taylor; Volunteer Coordinator—Elaine Johnson; Office Manager—Zayin Neumann. **BOARD CANDIDATES:** Membership Secretary—Annette Fashelle; Newsletter Editor—Eileen Towata, Ph.D.; Treasurer—Bonnie Hilton, Ph.D. **BOARD ASSISTANTS:** Bookkeeper—Allene Ishikawa; Bulk Mail Assistant—Charles Nakamura; Dining Guide Coordinator—Karl Seff, Ph.D.; Internet Secretary—Patrick Moore; Internet Coordinator—Donovan Watts; Photographer—Barry Herr; Vegi-Line Secretary—Nancy Dangler.

The Legislative Link ***Farm Fair Funding Found Faulty***

*by James A. Deutch, D.S. W., Legislative Liaison and
William Harris, M.D., Member, Legislative Committee*

A special meeting of the Hawaii Department of Agriculture was held on January 5, 1998 to hear objections to a \$50,000 State appropriation for the 1998 Hawaii State Farm Fair. The Committee of seven persons was chaired by James J. Nakatani.

Testifying against the appropriation was a coordinated team of Vegetarian Society of Hawaii and Animal Rights Hawaii members. The team consisted of William Harris, M.D. and Elaine Johnson, both members of the VSH board of directors, as well as Cathy Goggel, ARH President and Bill Bailey, ARH member.

The team's objections centered on the impropriety of the state funding the livestock portion of the 1998 Hawaii Farm Fair, using tax money recovered in part from the estimated 50,000 non-meat-eating citizens of Hawaii...this at a time when most health authorities recommend a lower intake of animal source foods. The team also objected to the 4-H Livestock Show Authorization to Purchase which directs that all animals purchased at the Farm Fair must be slaughtered. It was argued that this represented de facto discrimination against individuals who would only buy the animals on the condition they could take them home alive, and therefore that public tax funds should not be used to support private discrimination.

The Department of Agriculture board listened to the team's objections for 15 minutes, then Mr. Nakatani asked if any of the board members agreed with the VSH and ARH position. None did. In the words of Dr. Bill Harris, "And that was that."

Several members from VSH as individuals sent faxes to Mr. Nakatani prior to the meeting. The following fax was sent by your legislative liaison to represent the position of VSH on this matter:

March Matters

In March, we celebrate National Nutrition Month as well as the Great American Meatout. What better time to plan a special meal and invite a non-vegetarian friend to enjoy the delicious possibilities of plant-based cuisine!



January 2, 1998

Mr. James Nakatani, Chair
Department of Agriculture
1428 South King Street
Honolulu, HI 968 14

Dear Mr. Nakatani:

I am writing to you on behalf of 900 plus members of the Vegetarian Society of Hawaii. We oppose the Department of Agriculture's providing a supplemental \$50,000 to the 1998 State Farm Fair.

We oppose this supplemental funding for three reasons:

(1) The Legislature has already appropriated significant funding for the Farm Fair. When combined with private funds and other fees, these monies should suffice to cover Farm Fair costs. There are worthier projects on which to spend limited funds from your department.

(2) Health authorities are recommending a significant increase in consumption of plant-based foods and a corresponding decrease in animal products. Governor Cayetano and his staff have publicly recognized the efficacy of the plant-based Hawaii diet.

It's contrary to public health and the financial well-being of Hawaii to use funds to promote animal-based food production. If additional money is available, especially during lean financial times, it should be used solely to support an increase in locally produced vegetables, fruits and grains.

(3) All animals sold after the Farm Fair must be slaughtered. No one can even purchase an animal to "rescue" it. These rules discriminate against people who wish to save animal lives. We do not want money to go to an organization which discriminates, particularly against advocates opposing the unnecessary slaughter of animals.

If the Farm Fair needs additional funds, we suggest it obtain them from: 1) the private companies which will be showcasing their products and brands; 2) a slight increase in admission fees; 3) a more favorable deal with E.K. Fernandez; or 4) borrow the money from a commercial lender.

With appreciation for your time and attention to our concerns,

James A. Deutch, D.S.W., Governmental Liaison, VSH



Hawaii Herbivore Happenings

March 9 (Monday): Join JENNIFER RAYMOND and ANTONIA DEMAS for their free presentation entitled “Kitchen Magic In The Classroom - Cooking Up A Lifelong Love Affair With Healthy Foods.” Jennifer and Antonia will share their secrets for getting kids to love their vegetables and for getting healthy meals into the school cafeterias. They are on Maui this month working with students and administrators at Haiku Elementary School. Expect a lively presentation and tasty food samples, prepared by kids. 7:00 pm, Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library.

March 10 (Tuesday): Join us for a dineout at 6:30 pm at Vieng’s Diner, 3452 Waiālae Ave. (corner of Waiālae/9th). One of our regulars, Ailene Johnson, has suggested this location. Vieng’s serves Thai and Lao-tian dishes. Street parking. Call Roger Taylor at 486-99 10 for reservations.

March 23 (Monday): Here’s a chance for Windward residents to easily join the 6:30 pm dineout. We’ll meet at Champa Thai, 33 Aulike Street in Kailua. Plenty of street parking. Call Roger Taylor for reservations (486-99 10.)

April 6 (Monday): I Love Country Cafe at 451 Piikoi (near BlockBusters at the Ewa end of Ala Moana Center) will be the location of our 6:30 pm dineout. This restaurant promotes the vegetarian lifestyle by advertising Dick Allgire’s Health Report and Cooking Vegetarian Style shows on KITV. Call Roger Taylor for reservations (486-9910.)

March 7, 21 and every 2 weeks: Down To Earth (2525 S. King Street) offers free vegetarian/vegan cooking classes and samples. Carol Lent of the Kahului, Maui, Down To Earth store, a 20-year veteran of cooking classes, will teach. For information and registration, call or visit the store’s customer service booth (947-7678.) They will also be celebrating their 21st anniversary on Saturday, March 21, and will be holding some special events to mark the occasion.

April 13 (Monday): KEVIN KUNZ, M.D. will give us current medical statistics on “Risk Factors for Disease” in his free public lecture. Dr. Kunz is a graduate of the John A. Burns School of Medicine, is board certified in preventive medicine and practices at Kona-Kohala Health Care. He will be flying in from the Big Island on his way to a medical meeting. 7:00 pm, Ala Wai Golf Course recreation facility.

April 23 (Thursday): Enjoy inexpensive, McDougall approved food at India Bazaar, 2320 S. King Street in Moiliili. Join us at 6:30 pm for this dineout. Some parking is available in the shopping center; street parking is also nearby. Call Roger Taylor at 486-99 10 for reservations.

May 11 (Monday): Join us for our ANNUAL MEMBERSHIP MEETING. Officers will summarize activities of the past year and report on major changes/decisions that have been made. Input from the membership is welcome and the meeting is open to the public. 7:00 pm. Ala Wai Golf Course recreation facility.

May 12 (Tuesday): Our dineout will be at 6:30 pm at Payao Thai Cuisine, 500 Ala Moana Blvd. (Restaurant Row) This restaurant offers a separate vegetarian menu with low-fat vegan entrees and reasonable rates. There is validated (free) parking after 5. Call Roger Taylor at 486-99 10 and leave phone number/name and party size.

May 27 (Wednesday): Diem Vietnamese Restaurant, 2633 S. King Street, has an excellent all-you-can-eat vegetarian plate for \$8.95. Join the dineout at 6:30 pm. They have a 10% discount for other entrees for card-carrying VSH members. Call Roger Taylor (486-9910) for reservations.

Other Events



March 29 (Sunday): Castle Medical Center presents the chefs/owners of Kailua’s “Good To Go Hawaii”, John Akana and Drew Breen, facing off as “Akana vs. Breen” in a fast-paced vegan cookoff! They’ll create new dishes on the spot using “mystery” ingredients from our pantry. Join the fun as they vie for your tastebuds. Fee: \$10 per person (includes vegan soup and sandwich from “Good To Go Hawaii.”) Reservations: 235-8737.

YES! Comes To Maui!

by Stephanie Hoffman, YES
(Youth for Environmental Sanity)

YES! Camps (Youth For Environmental Sanity) bring together people (15 to 25 years old) from diverse backgrounds who are passionate about the world and who want to make a profound difference. YES! Camp will be held July 11-18 at Hana, Maui on a tropical fruit plantation. Coming to YES! Camp can be a life-changing experience. For more information, contact YES! Camps, 420 Bronco Rd., Soquel, CA 95073 or visit the YES! website at: www.yesworld.org.

YES! was founded in 1990 by Ocean Robbins (then age 16) and Ryan Eliason (then age 19). The name Robbins is familiar to most ice cream fans because Ocean is the grandson of Irv Robbins, co-founder of the very successful Baskin-Robbins. Ocean's dad, John Robbins, walked away from his father's ice cream empire to become one of America's leading spokespeople for a healthier world through his landmark best sellers "Diet for a New America" and "Reclaiming Our Health." The younger Robbins follows in his father's footsteps. Ocean's passion has been organizing and facilitating YES! environmental leadership training camps in seven countries over the last seven years. "We've developed a winning formula," says Ocean, "that has already changed thousands of lives and inspired stunning success from student activists all over the world. YES! Camps have a profound impact on their participants."

Robbins concludes that "YES! Camp participants return home with expanded self esteem and motivation to make healthy and safe choices for themselves and their world. Some have given up smoking and changed their diets to move in a healthier direction. Others have started environmental clubs or become activists and organizers in their schools and communities. All of them have grown inwardly and as activists."



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April 5 • May 24 (Sundays): Vegan Cooking Classes and Lifestyle Seminar will be conducted by Masa and Harriet Yafuso. The eight sessions will be held at the Manoa Seventh Day Adventist Church at 2655 Manoa Road from 2:00 - 4:00 pm and will include samples. FREE. Call 247-5779 to register.

A Celebration of Earth Day....

by Warner Kimo Sutton, VSH Fundraising Officer

A celebration of Earth Day and Health will be held on Saturday, April 18 from 9:00 am - 5:00 pm at the new extension of Waterfront Park, located between Fisherman's Wharf and Honolulu Harbor. This new annual festival will include a health fair, vegetarian food booths, crafts and entertainment — something for the whole family! Two stages will feature entertainment along the beautiful new extension of Kakaako Waterfront Park and the amphitheater on the side of the park. Vegetarian only food booths and organic produce growers will also be featured.

This new project is similar to vegetarian events on the mainland except that more than food will be highlighted. This celebration will showcase both health and ecological issues. Plans and information will be disseminated to the media and members of VSH. Reservations for booths and entertainers are now being taken. Interested persons should call 944-vegi (8344) by April 10. For the festival we will need donated staging, sound equipment, tents for large areas, entertainment, printing and security. Please call us at VSH if you can help.

The Vegetarian Society of Hawaii also needs other donations — donations of your time, donations of your old car, etc. We can accept many kinds of gifts that you may write off your taxes. Just like the big charities, we do take tax-deductible donations. The VSH is a tax-free non-profit organization or a 501(c)3.

Join us on April 18! Come as you are and bring your friends!

Vegetarian Essay Contest

Do you have children 18 and under? Encourage them to enter the annual essay contest sponsored by the Vegetarian Resource Group. First prize in each category is a \$50 savings bond. Entrants should write a 2-3 page essay on any aspect of vegetarianism. Vegetarians do not eat meat, fish or poultry. Among the many reasons for being a vegetarian are beliefs about ethics, culture, health, aesthetics, religion, world peace, economics, world hunger and the environment. Contest categories are: ages 8 and under, 9-13, 14-18. Entrants should base their compositions on interviews, research and/or personal opinion. Being a vegetarian is not a requirement for entrance into this contest. All essays become property of the Vegetarian Resource group. Submissions should be postmarked by May 1. Send them to Vegetarian Resource Group, P.O.Box 1463, Baltimore, MD 21203. Include name/age/address/telephone/grade/school/teacher's name.



RECIPES!

Here are some easy recipes to try - and enjoy!

VSH Tea

This recipe was adapted from a recipe by Jennifer Raymond. It has been served at many VSH meetings and is a simple way to make large quantities of herbal tea without having to boil the water. (Recipe courtesy of Elaine French.)

- 14 cups water
- 12 Cranberry Cove herbal tea bags
- 16 oz. frozen apple juice concentrate

Put the water in a gallon jug. (The easiest way to do this is to fill the jug, then remove 2 cups.) Drop the tea bags into the jug of water. Be sure to use a jug with a wide enough mouth that it will be possible to remove the tea bags later. Put the jug in the refrigerator for 6 hours or more. Thaw the apple juice concentrate in the refrigerator while the tea is steeping. Remove the tea bags with a long-handled teaspoon. Pour in the juice concentrate, shake briefly and serve. (To make a smaller quantity, use 8 cups of water, 8 teabags, and 12oz. frozen apple juice concentrate.)

Potato Potage

This easy soup — and the applesauce cake that follows — were prepared and served at the December 1997 meeting. (Recipes courtesy of Eileen Towata.)

- 2 cups water
- 3 large potatoes, peeled/diced
- 1 medium onion, chopped
- 1/2 teaspoon dried thyme
- 1 tablespoon lemon juice
- 3 large collard green leaves, chopped
- 1/2 cup vegetable stock
- salt/black pepper to taste
- 1 1/2 cups lowfat rice or soy milk
- 2 tablespoons nutritional yeast flakes

Bring first five ingredients to a boil in a large soup pot. Reduce heat and simmer (covered) about 50 minutes to 1 hour. Add the next three ingredients and simmer an additional 15-20 minutes. If liquid level is too low, add a little more water or a little soy/rice

soup continued)

milk and continue to cook until greens are softened, not mushy. Taste soup and add salt/pepper carefully. Stir in -ice/soy milk and nutritional yeast flakes. Serve with a crusty whole grain bread and a crispy salad.

Applesauce Cake

- 1 1/2 cups whole wheat pastry flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 to 1/2 cup turbinado sugar
- 2 tablespoons flaxseed meal
- 3/4 cup water (divided to 1/2 + 1/4 cup)
- 1/2 cup currants
- 7/8 cup unsweetened applesauce

Spray a round cake pan lightly with cooking spray. Pre-heat oven to 350 degrees. Combine all dry ingredients down to and including sugar. Use a small strainer or sifter when adding baking soda/powder/spices. Set aside dry ingredients. Place flaxseed meal and 1/2 cup water in a food processor and process for about 1 minute. The mixture will have a slippery feel when done and be somewhat thickened. Pour into dry ingredients, add remaining water, currants, applesauce and stir just to combine. Pour into pan, bake for 25 to 30 minutes. Test. Remove from oven and cool on a rack.

Cooking Tip!

If collard green leaves are not available, you can use other deep green and nutritious leaves. Try the potato potage with kale or mustard greens.

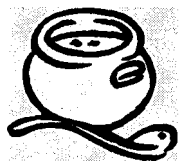


Restaurant Review

by Karl Seff, VSH Meeting Planner
Dining Guide Coordinator

Last month I was walking by that little coffee-kine restaurant in the middle of the floor at Kahala Mall, that island unto itself, up the long aisle from the theaters. It is now called "The Panini Grill" (732-7701.) Out of the corner of my eye I thought I read the word "vegan." To verify that I was wrong, I stopped and examined it. There were these wide thick square "Vegan Delight" sandwiches (I was not wrong!) with lots of greens (spinach) inside, made with focaccia bread (whole grain unlikely.) I bought one just to reward the management for using the stronger of the two "V" words in public, because otherwise \$6 for a sandwich, even though it seemed the size of two, sounded high. The Vegan Delight, with grilled egg-plant, roasted red pepper, caramelized onion, and basil pesto, was delicious and delovely. It was grilled for four minutes in a non-greasy machine before I was allowed to take it home. I reheated it and enjoyed it with a big pot of uncondimented steamed sweet potato leaves. I could have eaten it there at the counter (from a tall stool) or at a nearby table.

I spoke with the manager, Kat (for Kathleen.) She is also the manager of the Gourmet Express, twenty steps away from The Panini Grill. She assured me that the pesto sauce was vegan. She said that they make it themselves because otherwise (she knew) all commercial pesto sauce is at best untrustworthy, if not simply heavy cheese with spices. The 10% Gourmet-Express Vegetarian-Society discount extends to The Panini Grill.



What's Cooking?

New plans for the newsletter, that's what! Your contributions for the newsletter are welcome. Original recipes (low-fat/vegan) are especially welcome. If you have questions you would like to see answered, you may also forward those. You may e-mail any contributions, suggestions, comments to:

Eileen Towata — anaerobic@aol.com
or mail them to the VSH office.

VSH Bookstore Items

Books

- The (Almost) No Fat Cookbook*\$12.95
Bryanna Clark Grogan
- Animal Connection* 6.95
Agatha Thrash, M.D.
- A Basic Course in Vegetarian & Vegan Nutrition*..... 2 1.95
George Eisman, R.D.
- Cook Healthy Fast* 15.95
Dick Allgire
- Cooking with Natural Foods* 14.95
Muriel Beltz
- Diet for a New America* 14.95
John Robbins
- Eco-Cuisine* 16.95
Ron Pickarski
- Fabulous Beans* 9.95
Barb Bloomfield
- Fat-Free & Easy* 10.00
Jennifer Raymond
- Friendly Foods* 16.95
Ron Pickarski
- Garden Cuisine* 26.00
Paul Wenner
- Healthy Heart Handbook* 9.51
Neal Pinckney, Ph.D.
- McDougall Health-Supporting Cookbook Vol. II*..... 9.95
Mary McDougall
- Mega Health* 14.95
Marc Sorenson
- Newstart Lifestyle Cookbook* 19.99
The Weimar Institute
- Pregnancy, Children, and the Vegan Diet* 9.95
Michael Klaper, M.D.
- A Race for Life* 14.95
Ruth Heidrich, Ph.D.
- The Scientific Basis of Vegetarianism* 15.95
William Harris, M.D.
- Simply Good* 7.95
C.C.C.T.
- The Uncheese Cookbook* 11.95
Joanne Stepaniak
- Vegan Nutrition: Pure and Simple* 9.95
Michael Klaper, M.D.
- The VSH T-Shirt* 15.62
Specify S M L XL Women's One Size
- I Speak Vegetarian T-Shirt* 15.62
Specify M L XL

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