

The Vegetarian Society of Hawaii Quarterly



supporting human health, animal rights and ecology

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Lucky Maui Students Learn Healthy New Tastes with HELP! Which Hawaii schools will be next?

by Cheryl Chung, VSH School Lunch Coordinator

"The more I see you, the more I love you," a line from a song made popular in the sixties, could well be a theme for the Health Education Lunch Project (HELP)! For three weeks in March, HELP project coordinator and nutrition consultant Jennifer Raymond, Haiku Elementary School food service manager John Cadman, and Cornell University nutrition educator Antonia Demas conducted an innovative school nutrition pilot at Haiku Elementary School on Maui. One must picture the above refrain being sung by a classroom of fourth graders to a heaping plate full of grains and vegetables that they helped to prepare.

While Raymond worked with Cadman to produce such cost-effective plant-based options as "Good Shepherd's Pie," Demas had students in kindergarten through fifth grade classrooms preparing various dishes. They studied cultural, scientific, and "food as art" connections. All three are nationally recognized for their previous labors of love in the school nutrition arena. This was their first three-way collaboration.

Teachers at Haiku were very enthusiastic about the project. Eighteen classrooms, a PTA presentation, and Maui food service managers' orientation were included in the project along with three weeks of daily plant-based cafeteria options (complete with nutrient analyses by Raymond). The pilot was promoted statewide to schools and was videotaped. Raymond and Demas also talked with people at Castle Medical Center's booth at the "I Love Kailua" town party, and they conducted a lively lecture/demonstration with children preparing food for the VSH March meeting. Demas also visited Molokai to participate in an agri-

cultural extension class on taro so that she could incorporate it into her classroom work.

Jennifer Raymond explains part of why changing students' eating habits is such a challenge: "School food service is expected to be self-supporting. Meal purchases are expected to cover production costs, which means serving as many meals as possible. To do this, they give customers what they want so they will come back again. This explains why most school meals have become fast-food look-alikes. Kids love pizza, corn dogs, and chicken nuggets." She says, "This is why the classroom component of this project is so essential. Children must be educated to cultivate new tastes before healthful meals can be successfully incorporated into the school lunch program." Other challenges are unrealistically large serving sizes required by the USDA, distractions in noisy cafeterias, and the enticement of recess right after lunch. This results in even familiar foods they like getting left on the plate.

A forward move of the Hawaii School Food Services Program has been to order salad bars. At Haiku Raymond observed that "those who choose their own vegetables are eating them, so there is very little waste on the plates." This is in contrast with the "sixty to seventy per

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cent of food that usually ends up in the rubbish," including meat and even pizza. Cadman says the salad bar helps him cut costs and gives kids "a sense of empowerment."

Raymond is creating an action guide from the pilot for use here and nationwide. A number of Hawaii elementary schools are experimenting with plant-based options, some using recipes from Raymond.

Raymond and Demas also met with Terry Shintani, M.D., popular *Wuanae Diet* physician, and Herman Aizawa, Ph.D., Superintendent of the Hawaii Department of Education. Shintani's *Hawaii Diet* was introduced into several schools. Raymond says Dr. Aizawa was supportive of HELP being introduced into the schools if funds were available.

To readers knowledgeable about possible grants and/or schools open to developing plant-based options and nutrition curricula: please contact **Jennifer Raymond** at (707) 942-2180 (vegicook@aol.com) or **Cheryl Chung** at (808) 235-5132 (vegimom@juno.com).

MAHALO to sponsors of HELP!



Major grant: Physicians Committee for Responsible Medicine; *Donations toward VSH support of inter-island airfare, rental car, postage, etc.:* William A. Harris, M.D., Castle Medical Center, Ian and Eda Kinnear, Emily Chung; *Donations of lodging:* Eileen and Mark Towata, John and Tammi Cadman (Peace of Maui vacation rental); *Donations of printing:* Carol Gronseth, Alida Rutchick.

As we go to press...

Dr. Ruth Heidrich, VSH President, is recovering from several severe injuries resulting from an accident. While cycling, she was hit by a truck. Always an optimist, Ruth views this as another challenge in her life and looks forward to returning to the activities she so enjoys.



President's Message

VSH
President
Ruth Heidrich

You've all seen the "Top Ten Reasons" applied to many subjects. Here are the first ten reasons I came up with as to why we should belong to VSH:

10. Save money! Plant foods are generally cheaper than animal foods, and you most probably will also save on medical bills.

9. Get a great newsletter! We bring you local and national news of interest as well as new recipes for you to try.

8. Get to attend educational meetings with opportunities to hear experts in the field of health, the environment, and nutrition.

7. Get to know others who are leading healthy lifestyles, especially at dineouts, health fairs, and other events. You can both get support and give support. We all need both at times.

6. Take advantage of our other modes of support: talk radio (KWAI 1080 AM "Nutrition & You, 7:00 - 9:00 p.m. on Sundays, phone 524-1080), TV (Ch. 53, "The Veggie Hour," 7:30 p.m. on Saturdays), the Vegi-Line (944-VEGI), and our VSH books!

5. Encourage our local organic farmers by getting more people to eat healthier foods.

4. Save more money by taking advantage of the restaurants, natural food stores, and businesses that offer VSH member discounts.

3. Have fun by meeting people who share some of the same ideals and goals.

2. Support a really great cause: improving our health, saving lives (ours and the animals that would otherwise be eaten), and helping protect our environment.

1. What is your No.1 reason for belonging? If I've missed it, let me know!

With aloha,
Ruth Heidrich, Ph.D.

VSH LEADERSHIP POSITIONS

BOARD OF DIRECTORS: President-Ruth Heidrich, Ph.D.; Vice President—Alida Rutchick, M.Ed.; Treasurer-Bonnie Hilton, Ph.D.; Recording Secretary-Julie Williams; Fund Raiser—Warner (Kimo) Sutton; Legislative Liaison—Jim Deutch, D.S.W.; Meeting Planner-Karl Seff, Ph.D.; Outreach & Education Director-Anuj Shah; Public Access TV Coordinator-William Harris, M.D.; School Lunch Coordinator-Cheryl Chung; Social Director-Roger Taylor; Volunteer Coordinator-Elaine Johnson, M.B.A. **BOARD ASSISTANTS:** Bookkeeper—Allene Ishikawa; Dining Guide Coordinator-Karl Seff, Ph.D.; Internet Secretary—Patrick Moore; Internet Coordinator-Donovan Watts; Newsletter Editor-Eileen Towata, Ph.D.; Photographer-Barry Herr; Vegi-Line Secretary-Nancy Dangler.

The Legislative Link **Political Scoreboard 1998 — 9th inning**

by James A. Deutch, D.S. W., Legislative Liaison

This year VSH went after two bills that directly concern our welfare: House Bill 3089 (companion Senate Bill 2475), "Relating to Nutrition Practice," and Senate Bill 2236 (companion House Bill 2547), relating to "Oahu Slaughterhouse Bonds."

HB 3089, relating to nutritional practice, was a poorly written bill in my opinion and in the opinions of several members of the House Consumer Protection and Commerce Committee. With some exceptions it would have criminalized any person who gave "nutritional information" who was not licensed as a "nutritionist." For example, a member of the VSH board talking to a prospective or new VSH member and giving him/her individualized information could be arrested for nutritional counseling without a license. You don't think it could happen? Recently, I learned of a physician who was licensed in New York being arrested in Virginia and charged for practicing medicine without a license right after he finished a lecture on vegetarian nutrition. You still don't think bad things could happen to good people? Does the name Oprah Winfrey sound familiar?

I gave testimony before the House Consumer Protection and Commerce Committee. (I thank Dawn Barusch for her support that evening.) VSH is not against the concept of licensure of nutritionists. However, we are against any bill that would gag our freedom of speech and tie our hands in our attempts to educate people about vegetarianism.

As a result of our efforts and the efforts of some nutritionists, HB 3089 and SB 2475 died in committee. However, its sponsors have promised to revive the bill next year.

House Bill 2547 (companion Senate Bill 2236) authorized special purpose revenue bonds to assist the Palama Meat Company to create a slaughterhouse/processing facility on Oahu. From the beginning Dr. Bill Harris and I realized that this was going to be a near impossible fight to win. However, we had to make VSH's presence and position known to our legislators. We were able to get a meeting with Senator Brian Taniguchi of Manoa and surrounding areas, co-chair of the Committee on Economic Development and friend of VSH. (Last year he helped our cause by "slaughtering" the cowtainer bill.) Senator Taniguchi was honest with us about the politics of the situation. This bill would not directly cost the taxpayers money

and was part of a plan to support the sagging dairy economy. He realized our position but pointed out that he had an obligation to support all legal and legitimate economic development on Oahu. He also thought that this bill would have a good chance of passing because of its popularity, no matter what his position.

In spite of the long odds a number of VSHers gave written testimony to the House Finance Committee. The House Finance Committee never "passed out" the Oahu slaughterhouse bonds bill. This means that one of three things did or will happen: first, the slaughterhouse bill was slaughtered and we won another victory. Second, the bill will miraculously reappear as part of another bill. Or third, in the confusion of the last moments of the session, our legislature will resurrect the bill and vote on it.

In April Governor Cayetano chose to release the funds he had held back since last year's legislative session to rebuild the Molokai slaughterhouse. I do not know why the funds were released at this particular time. We do know that the Governor is getting ready for a tough reelection fight with Republican Linda Lingle, the mayor of Maui. VSH regrets his actions.

This is the last Legislative Link report that I will be giving as your legislative liaison. However, what I have learned during the past two years I will gladly share with whoever next takes over this position. If you have an interest in politics and want to have a little fun working for vegetarianism, please contact Dr. Bill Harris who will be organizing the legislative strategies for next year (e-mail: 72050.536@compuserve.com). Bill is a gifted man and he has taught me much about political action. You will enjoy working with him and his ideas.

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

What's Cooking?

"Slice" out a little time on Saturday afternoon for FREE vegetarian/vegan cooking classes at Down To Earth (2525 S. King Street.) Samples and recipes are provided. Classes are at 2:00 p.m. in the Lifestyle Center. Sign-up sheet is at the Down To Earth customer service booth. There is also a health fair every third Saturday of the month!

Hawaii Herbivore Happenings



VSH Meetings

Regular monthly meetings are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 p.m. All regular monthly meetings are FREE and open to the public.

June 8 (Monday): KIMBERLY CLARK will talk about "The Present and Future of Organic Farming in Hawaii." She is the Oahu coordinator of the Hawaii Organic Farmers Association, about half of whose 250 members are farmers. Hear about what's being grown in Hawaii, how it is grown and inspected. Hear about the issues before Hawaii and U.S. legislatures and how demand is increasing locally/nationally. Dr. Clark earned her Ph.D. in agricultural economics from the University of Hawaii .

July 6 (Monday): Let's go food shopping. MARK FERGUSSON is the C.E.O. at Down To Earth, the largest natural food store in Hawaii and the only one that cares to be vegetarian. His lecture is entitled "Vegetarianism and the Health Food Industry." What new products are coming on-line for this growing market, and how is this market evolving?

August 3 (Monday): Please join us in welcoming physician and author ARTHUR BROWNSTEIN from the Princeville Medical Clinic on Kauai. He will be taking us into his office with a talk entitled "Use of Vegetarian Diets in Clinical Medicine." Dr. Brownstein is a vegetarian and is board certified in preventive medicine. His experience includes work with Dean Ornish, M.D.

Other Events

June 14 (Sunday): Tired of the same old recipes? Castle Center for Health Promotion presents "Picnics 'n Potlucks", 2:00-4:00 p.m., 46-001 Kamehameha Hwy. Suite 104, Kaneohe. Join us for ideas on easy-to-prepare and transport vegan delectables. Cost: \$10 per person (includes samples/recipes). Pre-registration required: 235-8737.



Dineouts

For all dineouts, RESERVATIONS ARE NEEDED. Please call Roger Taylor (486-9910). Leave phone number, name, and party size.

June 4 (Thursday): Join us at the Buddhist Vegetarian Restaurant, 100 N. Beretania (Chinese Cultural Plaza) at 6:30 p.m. VSH members receive a 5% discount. A good place to bring friends who are considering vegetarianism. Validated parking (\$2), entrance on Maunakea Street.

June 17 (Wednesday): Join us at 6:30 p.m. at Siam Orchid, 15 17 Kapiolani Blvd. (next to Kapiolani Bakery by Ala Moana Shopping Center). Parking in front and back. Vegan low-fat cooking.

July 14 (Tuesday): Our dineout will be at 6:30 p.m. at Gauranga's, 51 Coelho Way (Krishna Temple, Nuuanu) for an all vegetarian buffet for \$5.75. Parking on the grounds. I will request a vegan entree, so be sure to call me (Roger) to make reservations.

July 29 (Wednesday): Mocha Java Cafe at Ward Center, 1200 Ala Moana Blvd., is the location of this 6:30 p.m. dineout. Plenty of free parking and card-carrying VSH members receive a free herbal tea with their meals.

August 6 (Thursday): Our dineout is at India Bazaar, 2320 S. King St. in Moiliili, 6:30 p.m. This is an inexpensive, McDougall-approved plate lunch restaurant serving Indian cuisine. Park in the shopping center or in nearby street parking.

August 24 (Monday): Join us for a dineout at Diem Vietnamese Restaurant, 2633 S. King St., 6:30 p.m. Excellent all-you-can-eat vegetarian plate for \$8.95, 10% discount for other entrees for card carrying members of the VSH. Validated (free) parking on the corner of King and University.

Reminder: Call Roger to make your reservations for all dineouts!

A View Of The News...

by William Harris, M.D., VSH Legislative Committee

Harrumph! Department

(27 Feb 1998 WASHINGTON {AP}) "It is insulting to the integrity of American business and to the intelligence of the American public to imply that any industry contributes to Congress to buy votes," said Kelly Johnston, a top official with the National Food Processors Association.

But the Center for Public Integrity claimed that the food industry handed \$41 million in campaign contributions to key members of Congress to prevent passage of tougher food safety laws that would have tightened regulation on processing of meat, poultry, and other *E. coli* contaminated foods. "As the number of people dying and getting ill from contaminated food escalated in recent years, the food industry has managed to kill every single bill introduced that promised meaningful reform," said CPI.

Bad News and Bad News Department (Federal Branch)

1. As part of the 1990 Farm Bill, Congress passed the Organic Foods Production Act of 1990. However, the use of genetic modified organisms (GMOs), food irradiation, municipal sewage (sludge) as a crop fertilizer, and sulfur dioxide as a preservative for table grapes were all approved as "organic" processes as part of Docket #TMD-94-00-2.

2. WASHINGTON, April 2, 1998 (Reuters) - The U.S. Agriculture Department said it would not publish the results of salmonella tests that are being conducted at U.S. meat and poultry plants as part of the department's new food safety procedures.

3. WASHINGTON, February 20, 1998 - Agriculture Secretary Dan Glickman announced that USDA will purchase up to \$30 million of pork products to help improve prices to hog producers. "Current purchases of pork products for the 1997-98 National School Lunch Program are nearing an end," Glickman said. (Apparently the U.S. still doesn't have enough overweight kids.)

Bad News and Bad News Department (Hawaii Branch)

(All items received adverse testimony from Animal Rights Hawaii -ARH - and the Vegetarian Society of Hawaii - VSH.)

1. Governor Cayetano released \$500,000 in state funds to build a slaughterhouse on Molokai (initiated by Sen. Rosalyn Baker as SB2010 in 1994).

2. The Hawaii Department of Agriculture appropriated \$50,000 for the 1998 Hawaii State Farm Fair. About \$35,000 of this will be used to highlight the 4-H Club's farm animal display. All those cute and cuddly lambs, goats, pigs, and steers are killed and dismembered the day after the fair closes, at the Kahua Meat Company's slaughterhouse on Fort Weaver Road in Ewa.

3. VSH and ARH helped defeat SB 1819 (introduced in 1997 by State Senator Malama Solomon), a bill that was to appropriate \$650,000 in taxpayer money to build "cowtainers" for Hawaii cattle on their way to mainland slaughterhouses. This year the Hawaii Cattle Producers Cooperative Association (HCPCA) ran around left end to the Hawaii Department of Agriculture and got a \$127,500 "cowtainer" loan from Chairman James Nakatani and the Agriculture Board. The loan is split 50/50 between the Bank of Hawaii (BOH) and the Department of Agriculture, but the BOH portion is 90% guaranteed by the State.

In my opinion, the animal food biz has always been a ward of the state. Without government assistance, meat, poultry, eggs, and dairy cannot survive in the marketplace, competing against healthy and cheap vegetables, fruits, and grains. The meat industry will be back again next year at the Hawaii Legislature, hat in hand. Stay tuned and please help us out next time. A FAX, a letter, a phone call or even testimony is a small sacrifice.



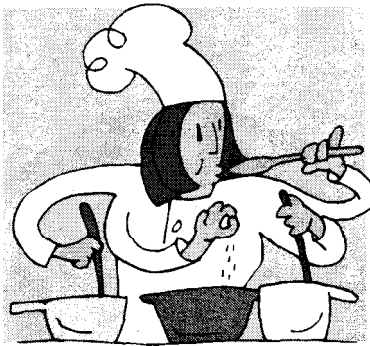
VSH Volunteers Needed...

The Vegetarian Society of Hawaii (VSH) is always looking for at least a few good men and women, but never more so than now. As we approach election time for our 1998 Board of Directors, a number of director positions remain unfilled. We have reorganized and now have four officers. The remainder of the board will consist of directors whose duties will vary according to their skills and interests, as well as the Society's needs, rather than having set titles and position descriptions as in the past. In addition we have many unfilled board assistant positions.

We are currently looking for people in the areas of public outreach, volunteer procurement, fund raising, legislative issues, office help, membership issues, merchandise management, assistance at general meetings, special projects and more.

If you would like to get involved, we would love to talk with you. Please call the Vegi-Line (944-VEGI) and leave a message.

Elaine Johnson



RECIPES.'

**Enjoy these great vegan recipes today!
If you need help in finding other tasty ideas, don't forget to look at the VSH book list. Many cookbooks can be ordered by mail or purchased at VSH meetings.**

Millet Bars

This recipe appears in VSH President Ruth Heidrich's "The Race for Life Cookbook." These bars are easy to make and transport — they are great for take-along breakfast items or potluck desserts.

- 1 cup millet
- 3 cups water
- 2 tablespoons blackstrap molasses
- 1/2 cup raisins
- 1 apple, diced
- 2 tablespoons grated orange peel
- 3 tablespoons frozen apple juice concentrate
- 1 tablespoon vanilla
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg

Combine millet, water, molasses, raisins, apple and orange peel in a saucepan. Bring to a boil, cook for 2 minutes, reduce heat, cover and simmer 30-40 minutes or until water has been absorbed. Remove from heat, add juice concentrate, vanilla, cinnamon and nutmeg. Spread mixture in a shallow, non-stick pan and place in refrigerator to harden. Cut into bars. 6-8 servings.

Couscous Confetti Salad

Couscous has its origins in northern Africa and is the world's smallest pasta. This recipe by Jennifer Raymond, author of "Fut-Free and Easy" and "The Peaceful Palate," was prepared by children in attendance at the March VSH meeting. (Note: This meeting will be shown at 7:30 p.m. on Channel 53 on two Saturdays, June 20 and July 18.)

- 1 1/2 cups couscous (whole wheat if possible)
- 2 cups boiling water
- 3 green onions, finely chopped, including tops
- 1 red bell pepper, seeded and finely diced

(couscous continued)

- 1 carrot, grated
- 1 cup finely shredded red cabbage
- 1/2 cup finely chopped cilantro
- 1/2 cup finely chopped parsley
- 1/2 cup golden raisins
- 1 15-ounce can garbanzo beans, drained
- 2 tablespoons olive oil
- 1 lemon, juiced (about 1/4 cup)
- 1/2 cup seasoned rice vinegar
- 1 teaspoon curry powder
- 1/2 teaspoon salt

Place couscous in a large bowl. Stir in the boiling water, then cover and let stand until all the water has been absorbed, about 5 minutes. Fluff with a fork. Prepare all the vegetables as directed, then add them to the COUSCOUS. Mix all the remaining ingredients in a small bowl, then add to the salad. Toss to mix. 8-10 servings.

Nutrition information per serving (1/2 cup): 83 calories; 3 g protein; 15 g carbohydrate; 1 g fat; 99 mg sodium; 0 mg cholesterol.

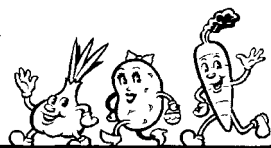


A Special Note...

Dear Friends,

Wow! Was I ever surprised at the February monthly meeting when the Vegetarian Society of Hawaii awarded me a lovely handmade koa clock and a very beautiful lei. Thank you so much for these special gifts! The clock appears quite elegant in my living room and I will treasure it forever. Through my volunteer work with VSH, I have made some wonderful friendships. It has been a pleasure.

Aloha,
Marcia Deutch



VEGETARIAN RESOURCES

Telephone • Call the Vegetarian Society of Hawaii at 944-VEGI (944-8344) for information about upcoming events. You may also leave a message if you have questions/comments. A volunteer will return your call when possible.

Television -Tune into ATTN2 (Channel 53 on both Oceanic and TCI) on Saturdays at 7:30 p.m. for vegetarian programs. The schedule through July is:

June 6 and July 4 "Nutrition Basics for Vegetarians" (VSH meeting) by George Eisman, R.D.

June 13 and July 1 "Healthy Heart at the Vegetarian Lifestyle Clinic (VLC) (#18) by Neal Pinckney, Ph.D.

June 20 and July 18 "Kitchen in the Classroom" (VSH meeting) by Jennifer Raymond, M.S. and Antonia Demas, Ph.D.

June 27 and July 25 "Green Cuisine at the VLC" (#19) by Eileen Towata, Ph.D.

On KITV-4, Dick Allgire presents his vegetarian recipes on Thursdays' "Cook Healthy Fast."

Websites • Visit the Vegetarian Society of Hawaii at <http://www.envirolink.org/arrs/vsh/default.html>. <http://www.vegsource.com> features Ruth Heidrich, Ph.D., Michael Klaper, M.D. and William Harris, M.D.

Radio - "Nutrition & You" with Terry Shintani, M.D. and triathlete Ruth Heidrich, Ph.D., Sundays 7:00 - 9:00 p.m. on K108 AM. Call in at 524-1080.

VOLUNTEER EXPERT NEEDED in Quick Books 5.0 Windows to show us how to make best use of program.

Contact treasurer or
bookkeeper at 944-VEGI.



VSH Bookstore Items

Books

<i>The (Almost) No Fat Cookbook</i>	\$12.95
Bryanna Clark Grogan	
<i>Animal Connection</i>	6.95
Agatha Thrash, M.D.	
<i>A Basic Course in Vegetarian & Vegan Nutrition</i>	21.95
George Eisman, R.D.	
<i>Cook Healthy Fast</i>	15.95
Dick Allgire	
<i>Cooking with Natural Foods</i>	14.95
Muriel Beltz	
<i>Diet for a New America</i>	14.95
John Robbins	
<i>Eco-Cuisine</i>	16.95
Ron Pickarski	
<i>Fabulous Beans</i>	9.95
Barb Bloomfield	
<i>Fat-Free & Easy</i>	10.00
Jennifer Raymond	
<i>Friendly Foods</i>	16.95
Ron Pickarski	
<i>Garden Cuisine</i>	26.00
Paul Wenner	
<i>Healthy Heart Handbook</i>	11.95
Neal Pinckney, Ph.D.	
<i>McDougall Health-Supporting Cookbook Vol. II</i>	9.95
Mary McDougall	
<i>Mega Health</i>	14.95
Marc Sorenson	
<i>The Peaceful Palate</i>	15.00
Jennifer Raymond	
<i>Pregnancy Children, and the Vegan Diet</i>	9.95
Michael Klaper, M.D.	
<i>A Race for Life</i>	14.95
Ruth Heidrich, Ph.D.	
<i>The Scientific Basis of Vegetarianism</i>	15.95
William Harris, M.D.	
<i>Simply Good</i>	7.95
C.C.C.T.	
<i>The Uncheese Cookbook</i>	11.95
Joanne Stepaniak	
<i>Vegan Nutrition: Pure and Simple</i>	9.95
Michael Klaper, M.D.	
<i>The VSH T-Shirt</i>	15.62
Specify S M L XL Women's One Size	
<i>I Speak Vegetarian T-Shirt</i>	15.62
Specify M L XL	

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See the **form** on the back page to order, apply **for** membership or make address change.

