
The Vegetarian Society of Hawaii Quarterly



supporting human health, animal rights and ecology

VOLUME 9 NUMBER 3

SEPTEMBER, 1998

President's Message

by Alida Rutchick, M.Ed.

Greetings, VSH members and friends. The past few months have been interesting and challenging ones for our organization. Just prior to our last newsletter our president, Ruth Heidrich, quite unexpectedly "lost an argument with a truck," as Board member Bill Harris so aptly put it, while cycling in Kaimuki. I'm happy to be able to tell you, however, that after many weeks Ruth is recovering and expects to be 100% before long.

Meanwhile, the fourth two-year term of the VSH Board of Directors has ended and the fifth has begun. Elsewhere in this publication you will read about our new slate of Board officers and members, including my own introduction as the newly-elected VSH president. We've seen various changes in our organization since its founding in 1990, some that have just evolved, and some that have been more deliberate. One of our more deliberate change efforts this past year has been a restructuring process directed by our resident expert on non-profit volunteer organizations, **Bonnie** Hilton. As you may have heard, Board members (with the exception of the officers) no longer have titles that lock them into rigidly defined tasks. Instead, the work of the organization has been divided into broader areas and will be carried out by people working on committees. We expect that this structure will allow for more collaboration and camaraderie among Board members and more opportunity for non-Board members to participate. We also envision a more fertile exchange of ideas and creative solutions. And as always, we would love to talk with any of you who might like to help out on a committee as a Board assistant.

Another product of our taking a closer look at where

we are as an organization was a mission statement, drawn from the statement of purpose in our bylaws. I'd like to share our mission with you here. **Our** mission is:

"To promote human health, animal rights, and protection of the environment by educating people about vegetarianism. We will accomplish this by:

1. investigating and acquiring factual information regarding the scientific, economic, ethical, and other aspects of vegetarianism and establishing and maintaining contact with authorities in these areas;
2. serving as a vegetarian information center in Hawaii for organizations, government agencies, and the public, utilizing publications, free and salable literature, the media, public lectures, classes, and other lawful means to distribute information; and
3. encouraging, advising, and assisting other vegetarian organizations with similar purposes on local, national, and international levels."

Ambitious to be sure, and no easy task for a small band of volunteers, most of whom have other full-time responsibilities. But we believe that as one of the largest local vegetarian societies in North America, VSH should be on the leading edge of this movement. The support of our members will help make this a reality.

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Healing Foods Forum A New Monthly Program

by Ed Hoover

Castle Medical Center (Kailua) has recently provided another opportunity for residents to come together and discuss current nutrition issues. Dietitians at Castle facilitate these informal sessions. The first monthly session was hosted by Deanna Nakamura, R.D., chief clinical dietitian, and past president of the Hawaii Dietetic Association. Among the topics explored was the pros and cons of juicing fruits and vegetables. Participants were reminded that a number of national organizations strongly recommend eating more fresh fruits and vegetables to help prevent and even treat disease. (The national **5-A-Day** Campaign encouraging fruit and vegetable consumption is coming September 13-19!) A Castle employee, Fely Carag, shared some of the positive experiences she and other friends have had with juicing. Attendees also were treated to a demonstration of juicing and fresh samples of one of Fely's favorite blends. If you have a juicer, try this refreshing blend:

Fely's Favorite

6 carrots

3 stalks celery (include the leaves)

1 apple

Wash the produce well and process whole through a juicer.

The Healing Foods Forums are held at Castle Medical Center's **Pali** Gardens Restaurant. They are FREE and open to the public. Upcoming forums are scheduled for September 17, October 15, and November 12. Since samples are included and space is limited, reservations are highly recommended. Call Castle Center for Health Promotion, 235-8737.

As we go to press...

volunteers for the annual Thanksgiving dinner are needed for the decorations, set up, and clean up committees. We can also use donated floral arrangements or other materials for table decorations. If you can help with this event, please call 944-VEGI (944-8344) and leave a message with your name/phone number. VSH is a volunteer organization and we appreciate your help! (See page 5 for **dinner** details.)

VSH Board Election Results



Newly Elected
VSH President
Alida Rutchick

And the results are in! Of the approximately 450 ballots mailed to our vegetarian members, 133 were returned, the overwhelming majority of which indicated **acceptance** of the slate of nominees as presented and of the proposed amendments to our bylaws. Specifically, of the 133 votes cast:

- 1) all were in favor of nominees with the exception of 7 votes opposing all or individual nominees, and
- 2) bylaw amendment proposal **#1** passed with 115 in favor, 12 opposed, 3 abstaining, and 3 left blank; and bylaw amendment proposal **#2** passed with 103 in favor, 20 opposed, 5 abstaining, and 5 left blank.

At this time we would like to express our sincere thanks **to the outgoing** Board members. They are President Ruth Heidrich, Secretary Julie Williams, Fund Raiser Kimo Sutton, Corresponding Secretary Judy Counce, Office Manager Zayin Neuman, Social Director Roger Taylor, and Branch Coordinator Janet Clark. We deeply appreciate the contributions these folks have made to the smooth functioning of our organization and to the furthering of the cause of vegetarianism. We look **forward** to and welcome their continuing participation in VSH activities.

Incoming and continuing Board members are: President **Alida** Rutchick, Vice President Jim Deutch, Treasurer Bonnie Hilton, and at-large members Cheryl Chung, Marcia Deutch, Bill Harris, Elaine Johnson, Karl **Seff**, and Anuj Shah.

Comments, suggestions, and questions from the VSH membership are welcome. We invite you to communicate with us at our new e-mail address: **VSH19@juno.com**.

VSH LEADERSHIP POSITIONS

BOARD OF DIRECTORS: President—Alida Rutchick, M Ed.; Vice President—Jim Deutch, D S.W.; Treasurer—Bonnie Hilton, Ph.D.; Cheryl Chung, Marcia Deutch, William Hams, M.D.; Elaine Johnson, M.B.A.; Karl Seff, Ph.D.; Anuj Shah, M.A. **BOARD ASSISTANTS:** Corresponding Secretary—Judy Counce; Vegi-Line Secretary—Nancy Dangler; Photographer—Barry Herr; Bookkeeper—Allene Ishikawa; Internet Secretary/Legislative Liaison—Patrick Moore; Meeting Set-Up Coordinator—Robert Moser, Newsletter Editor—Eileen Towata; Internet Coordinator—Donovan Watts

Wild & Raw in Paradise

Review of a New Veggie Eatery

by Elaine French

Tired of burning your mouth on hot soup and baked potatoes? Or are you just looking for a taste adventure? Maybe it's time to try Wild & Raw. Since May of this year Suzanne Handal has been burning nothing except the midnight oil in her mission to offer customers organically grown, nutrient-rich vegetarian foods. Her bright, clean store is located at 3046 Monsarrat Avenue across the street from Bueno Nalo; it consists of a small organic grocery and produce store, a deli, a juice bar, and a couple of tables. Baskets of papayas, bananas, potatoes, and onions decorate the entrance, and other produce is kept in refrigerator cases. The packaged items in the grocery section are made entirely of organic ingredients.

I found the deli and organic juice bar to be the most fascinating; trays of vivid green wheat grass, sunflower sprouts, and buckwheat sprouts glowing in the window light, and not a stove or grill to be found. Serving what Suzanne describes as "living foods," Wild & Raw offers concoctions of raw plant-based foods. Most of the foods are sprouted; others are fermented. Because Suzanne is still groping for the right words to describe some of the processes and their results, I discovered dishes containing mysterious ingredients like sprouted tofu (sprouted sesame seeds, almond butter, and Bragg's **aminos**) and barley rice (cracked soaked barley). I sampled a number of items during the course of three visits to the deli and enjoyed the crunchy texture associated with most of the dishes. Although the portions at first glance appear to be small, the food is rich and filling, probably because of the frequent use of nuts and seeds. I especially liked the Chinese broccoli and tofu salad with peanut sauce and the Moroccan stuffed cabbage, which contained sprouted wild rice. In addition to the pure raw foods dishes, the deli offers sandwiches, burgers, and burritos. All fillings and spreads are raw, but the cooked breads make the menu items seem more familiar. Eventually Suzanne will be making breads and crackers using sprouted uncooked grains.

Other plans for the near future are ambitious: a complete organic living foods grocery with over fifty varieties of sprouted seeds, nuts, legumes, and grains; take-out pints and quarts of condiments, ingredients, and recipes; quick-start dinner and luncheon entrees; gift baskets; catering; organic pure shave ice; an expanded restaurant section. Wild & Raw also offers

an assortment of sweet treats, all made of raw ingredients without flour or sugar. The carob flax roll is a delicious and unusual way to ingest some essential fatty acids; other items include carrot cake, chocolate beet cake, fig bars, and peanut-sesame candy. Strict vegans should be aware that some of the desserts are sweetened with honey; the sandwich bread is not. All ingredients are carefully listed for all deli items, but if you have any **further** questions, please don't hesitate to ask.

Wild & Raw is open Monday through Saturday from 8:00 a.m. to 8:00 p.m. and Sunday from 9:00 a.m. to 8:00 p.m. Parking on Monsarrat is limited, but you may park in the alley just past the deli (there are 3 or 4 places) and there is also plenty of street parking in the neighborhood behind the alley. VSH members receive a 5% discount.

What's Cooking?

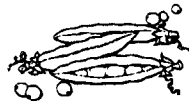
"Slice" out a little time on Saturday afternoon for **FREE** vegetarian/vegan cooking classes at Down To Earth (2525 S. King Street). Samples and recipes are provided. Classes are at 2:00 p.m. in the Lifestyle Center. Sign-up sheet is at the Down To Earth customer service booth.

Masa and Harriet Yafuso conduct **FREE** vegan cooking classes and lifestyle seminar October 4 through November 2 (Sundays). The eight sessions will be held at the Manoa Seventh Day Adventist Church at 2655 Manoa Road from 2:00 - 4:00 p.m. and will include food samples. Call 247-5779 to register.

Hands-on vegan cooking classes will be taught by Eileen Towata at Kalaheo High School through the Windward School for Adults. Tuesday sessions are scheduled for October 13 through November 10 (four sessions, 6:30 - 9:00 p.m.); Saturday options are October 17/24, 8:30 - 11:30 a.m.. Call 254-7955 for registration and fees/supplies/information.



Hawaii Herbivore Happenings



Public Lectures

Monthly public lectures 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 lectures are FREE and open to the public.

September 14 (Monday): DALE RIFFLE and JIM BREWER co-founded "PIGS, a sanctuary" in Charles Town, West Virginia in 1992. Dale will present an illustrated lecture entitled "The Difference We Make, The Lives We Touch." Dale and Jim provide shelter to about 200 pigs of various breeds, including Hawaiian feral pigs; their site is an active education center. This event is cosponsored by Animal Rights Hawaii.

October 12 (Monday): WILLIAM HARRIS, M.D., practices emergency medicine at Kaiser's Honolulu Clinic. He founded and manages The Vegetarian Lifestyle Clinic there. He has been a leader of the VSH since its inception. A vegetarian for 48 years and a vegan for 15, he will tell you "All You Ever Wanted To Know About Food But Were Afraid To Ask." Dr. Bill tapes most of our VSH lectures for later showing on Channel 53 on Saturdays at 7:30 p.m.

November 9 (Monday): Author of *JET SMART: 200 Tips for Healthy Air Travel* and *NONI: Aspirin of the Ancients*, DIANA FAIRECHILD has been a vegetarian for most of her life. As an international flight attendant for 21 years/10 million miles, she has specific dietary advice for airline passengers. Come hear her talk, "Vegetarians Victorious Over Jetlag: Eating Light to Fly Right," a compilation of airline facts, tales, and advice that extends nicely from above the clouds down to the surface of the earth.

Important October dates include **October 1 (World Vegetarian Day)** and **October 2 (Gandhi's birthday and World Farm Animals Day)**. Help spread the message of vegetarianism!



Dineouts

For all dineouts, **RESERVATIONS ARE NEEDED**. Please call Roger Taylor (8457900). Leave phone number, name, and party size.

September 3 (Thursday): Buddhist Vegetarian Restaurant, 100 N. Beretania (Chinese Cultural Plaza), 6:30 p.m. This is a good place to bring friends who are considering vegetarianism. VSH members: 5% discount. Validated parking (\$2), entrance on Maunakea St.

September 22 (Tuesday): Payao Thai Cuisine at Restaurant Row, 500 Ala Moana Blvd (close to Row Bar), 6:30 p.m. Payao Thai offers a separate vegetarian menu with low-fat vegan entrees at reasonable prices. Validated (free) parking after 5:00 p.m.

October 7 (Wednesday): Malee & Steven Thai & Vietnamese Cuisine in Hawaii Kai at 377 Keahole Suite 201 (in the same shopping center as Safeway and Long's), 6:30 p.m. Plenty of parking. This will be our first visit to this restaurant which was reviewed in a recent newsletter.

October 19 (Monday): Diem Vietnamese Restaurant at 2633 S. King St., 6:30 p.m. They have an excellent all-you-can-eat vegetarian plate for \$8.95; 15% discount for other entrees for VSH members. Validated (free) parking on the corner of King and University.

November 5 (Thursday): Gauranga's, 51 Coelho Way (Krishna Temple, Nuuanu), 6:30 p.m. There is an all-vegetarian buffet for \$8.75 or salad bar or soup/salad bar for a lower price. Parking on the grounds.

November 17 (Tuesday): Wild & Raw, 3046 Monsarrat Ave., 6:30 p.m. Parking on the street and in an alley way next to the store. VSH members: 5% discount. See restaurant review (page 3) for details.

Call Roger Taylor for reservations for all dineouts.

Quick Bites

From one of the residents of Arcadia Retirement Residence in Honolulu comes this good news — numerous meat and fish substitute entrees are available in the dining room. They are made of soy protein, gluten (a wheat protein), bean curd, and other non-animal sources. Menu selections include “vegetarian **dinner** roast” made of gluten and soy **meal** or “tuna” chunk with vegetables and **taro** bao (vegetarian “tuna” sauteed with vegetables and served with a Chinese dumpling filled with taro paste). This is but a small sampling of the items listed on the *Arcadia Vegetarian Du Jour* menu. What a great idea!

VSH “chemist in the kitchen” (Dr. Karl **Seff**) returned from the recent North American Vegetarian Society conference in Johnstown, PA, where he was a featured speaker. The following is one of his “unrecipes”:

For the summertime,

When hot, agitated, hungry, and thirsty:

To say it differently, when in need of an oasis:

Take a cold carrot or Japanese cucumber.

Snip the two little ends off Cut no further.

Wash with detergent, washing your hands at the same time.

Eat with a dip of your favorite mustard.

If you **are** looking for information on assorted environmental topics from animal rights to organic agriculture, from green markets to organizations/publications, check out <http://envirolink.org/arrs/farm>. Recipe lists of various types may also be accessed.



Volunteer Corner...

by Elaine Johnson

We have had a fast-paced and interesting quarter implementing our reorganization plans. At the time this is published, our new slate of officers will be in place, and we will be getting back to our more routine duties.

As with many non-profit organizations, we find that a few individuals still consistently volunteer to help us in various capacities while the majority of our members do not get involved. The organization is here to support our members, and we also need your support to keep alive and growing. This year we have a smaller board than in the past. While this enables us to make decisions more quickly, we still want new people with fresh ideas on our board and also on our various committees. Under the new structure, you do not have to be a board member to do most of the jobs in the organization. Of the open job list that follows, only the secretary must be on the board; people who fill the other **functions** may or may not be board members. Please call the Vegi-Line (944-8344) if you would like to join us in making the organization an even better one. Open positions are:

Fund Raising (several) - represent VSH in activities focused on solicitation of donations of services, items, or funds;

Merchandising (several) - supervise the book table, order merchandise, and handle all aspects of merchandise sales for VSH;

Newsletter (several) - publish a quarterly newsletter by soliciting and/or writing articles, determining layout, and overseeing printing/distribution;

Recording Secretary - take minutes at board meetings, oversee the ballot process during election years;

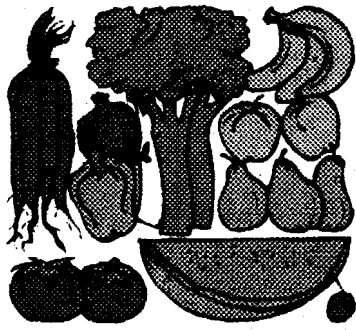
Meeting Assistants (several) - greet members and visitors to our monthly meetings, provide name tags and general information, assist with room set up and tear down, assist with book table sales.

Thanksgiving Fete Planned

The Vegetarian Society of Hawaii **Annual** Thanksgiving Dinner will be held on **Wednesday, November 25**, at 6:30 p.m. at the McCoy Pavilion, located near the tennis courts in Ala Moana Beach Park. Experience the culinary expertise of **Madana** Peatross. This vegan buffet will have the following approximate menu: *Vegetable Chowder, Salad, Tofu “Turkey” Loaf & Stuffing, Vegetarian Curry, Sweet Potatoes, Fresh Cranberry Relish, Carrots with Ginger Maple Glaze, Dessert & more.*

PRICES: Age 12 to adult (\$25); Age 4 to 11 (\$12); Age 5 and under (FREE). Tickets may be purchased in advance at Down To Earth, 2525 S. King Street, beginning October 15. This lovely vegan dinner is open to the public, so be sure to invite your friends. Seating is limited, however, so purchase your tickets early!





RECIPES! by Jennifer Raymond

These delicious dishes were prepared at Haiku Elementary School on Maui and served to students there during the three-week Health Education Lunch Project (HELP) in March, 1998. Mahalo to Jennifer for again sharing her creations for you and your family to enjoy! For more recipes, check out her cookbooks listed on page 7 (VSH book list). For more information on the school lunch project, contact Cheryl Chung at (808) 235-5132 or e-mail at vegimom@juno.com.

Three Bean Salad

This salad is delicious all by itself or as an addition to a green salad. I like to mix it with torn romaine lettuce leaves for a quick, nearly-instant salad.

- 1 15-ounce can kidney beans, drained
- 1 15-ounce can garbanzo beans, drained
- 1 15-ounce can green beans, drained
- 1/2 small red onion, finely chopped
- 1/4 cup finely chopped fresh parsley
- 1/2 cup cider vinegar
- 2 tablespoons seasoned rice vinegar
- 3 garlic cloves, minced
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon marjoram
- 1/4 teaspoon black pepper

Drain the beans and place them in a large bowl with the chopped onion and parsley. In a separate bowl whisk the vinegars, garlic, and seasonings together to make a dressing. Add to beans and toss to mix. If possible, refrigerate for 2 to 3 hours before serving. Serves 8. Per serving: 141 calories (6% from fat); 7 g protein; 26 g carbohydrate; 1 g fat; 140 mg sodium; 0 mg cholesterol.

Curried Rice Salad

This salad is as colorful as it is delicious.

- 1 cup brown basmati rice
- 3 cups water
- 1/2 teaspoon salt
- 1/2 small red onion, finely chopped
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 stalk celery, thinly sliced
- 1 carrot, grated
- 1 cup cabbage, finely shredded
- 1 cup green peas, fresh or frozen
- 1 cup raisins

Curried Rice Salad continued)

- 1/4 cup balsamic vinegar
- 1/4 cup seasoned rice vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon toasted sesame oil (optional)
- 2 cloves garlic, minced or pressed
- 1 teaspoon soy sauce
- 2 teaspoons curry powder

Bring water to a boil, add salt and rice, then return to a simmer. Cover and cook until rice is just tender, about 30 minutes. Drain off excess liquid (this may be used as a soup stock). Allow the rice to cool. Prepare all vegetables as directed, then add to cooled rice, along with the peas and raisins. Combine vinegars and remaining dressing ingredients and mix well. Pour over salad and toss to mix. Serves 8 to 10. Per serving: 175 calories; 4 g protein; 38 g carbohydrate; 1 g fat; 405 mg sodium; 0 mg cholesterol.

Very Prim0 Pasta

Mix up some pasta with vegetables and beans for a deliciously satisfying meal.

- 8 ounces pasta spiral or shells (or similar pasta)
- 1/2 cup water
- 2 onions, chopped
- 1 large bell pepper, diced
- 2 carrots, sliced
- 2 stalks of celery, sliced
- 1/2 pound (about 2 cups) mushrooms, sliced
- 1 15ounce can crushed tomatoes
- 1 15ounce can kidney beans, drained
- 1 teaspoon basil
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 2 tablespoons soy sauce

Begin heating a large pot of water for cooking the pasta. When it is rapidly boiling, add the pasta and cook until it is just tender. Drain and rinse quickly with cold

(continued page 7)

The Power of Plants



As we head into September's **5-A-Day** campaign and October's several vegetarian hallmark days, let the following cancer-related information help serve as a reminder of just one of the values of plant-based eating.

*Consumption of fruits and vegetables shows a convincing decreased risk of cancers of the mouth and pharynx, esophagus, lung, stomach, colon/rectum. Consumption also shows a probable decreased risk of larynx, pancreas, breast, and bladder cancers. A possible decreased risk is associated with a variety of other cancers.

*Plant foods such as fruits and vegetables contain many bioactive compounds (also known as **phytochemicals** or **phytoprotectants**). "It is likely that further research will produce evidence indicating that diets high in various bioactive compounds protect against a number of cancers."

Source: World Cancer Research Fund/American Institute for Cancer Research (1997) *Nutrition and the Prevention of Cancer: a global perspective.*

(Very *Primo* Pasta *continued from page 6*)

water. In the meantime, heat 1/2 cup of water in a large pot or skillet. Cook the onions for 3 minutes then add the pepper, carrots, and celery and cook for 5 minutes over medium heat. Add the mushrooms, then cover the pan and cook an additional 7 minutes, stirring occasionally. Add the tomatoes, kidney beans, basil, paprika, pepper and soy sauce, then cover and cook 10 to 15 minutes.

Spread the cooked pasta on a platter and top it with the vegetable mixture.

Serves 8. Per serving: 147 calories; 6.5 g protein; 29 g carbohydrate; 0 g fat; 137 mg sodium; 0 mg cholesterol.

VSH Bookstore Items

Books

- The (Almost) No Fat Cookbook*..... \$12.95
Bryanna Clark Grogan
- Animal Connection*..... 6.95
Agatba Thrash, M.D.
- A Basic Course in Vegetarian & Vegan Nutrition*.....21.95
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*..... 11.95
Neal Pinckney, Ph.D.
- McDougall Health-Supporting Cookbook Vol. II.* , **9.95**
Mary McDougall
- Mega Health*..... 14.95
Marc Sorenson
- The Peaceful Palate*..... 15.00
Jennifer Raymond
- 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
- Subtotal.....
- Shipping (15% of total).....
- Total.....

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

*The Vegetarian Society
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1765 ALA MOANA BLVD APT 1880
HONOLULU HI 968 15- 1424-55



----- MEMBERSHIP APPLICATION -----

Please Print:
Name(s): _____

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City, State, Zip: _____

Home Phone: () _____

Work Phone: () _____

Fax: () _____

E-mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
My dues are enclosed.

Please check one:

- \$ 20 regular (1 year)
- \$ 12 full-time student (1 year)
- \$ 30 couple or family (1 year)
- a \$400 life membership
(add \$4 if for a foreign address)-

\$ _____ additional donation

Please check one:

- Vegan
(no animal products at all)
- Vegetarian
(no flesh, fish, or fowl)
- Associate
(not yet a vegetarian)

Please make checks
payable to:

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Honolulu, HI 96823

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ucts, services and activities.