



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 14, ISSUE 1, JAN – MAR 2003

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**“Reverse Aging
& Go for the Gold”**

Sat., Feb. 15, 7 p.m.

McCoy Pavilion
Ala Moana Beach Park

GUEST SPEAKER TBA

Sat., Mar. 8, 7 p.m.

McCoy Pavilion
Ala Moana Beach Park

*See page 8 for more info.

Volunteers Hailed

VSH volunteers were honored at a celebration held December 15th at the Legend Vegetarian Restaurant at the Chinese Cultural Plaza. A nine-course vegan dinner was served to the volunteers and guests in appreciation for their service in support of the VSH mission -- to create a more healthful and compassionate world through vegetarian education.



Clockwise from front left: Karl Seff, Gayle Lim, Neal Pinkney, Marcia Deutch, Allene Ishikawa, Jim Deutch, Eva Wright, Patrice Le-Muire Jones, Bob Leitch, and Ruth Heidrich.



Clockwise from front left: Andrea Lee, Elaine Johnson, Brian Hart, Helen Wells, George Casen, Bill Harris, Georgie Yap, Cheryl Chung, Dustin Chung, David Bourgoïn, and Patrick Connair.



President's Message

by Alida Rutchick, MED

The Island Vegetarian

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Visit our website for newsletter archives and more.

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Mahalo to all our volunteers.

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Mahalo to the Adobe Corporation for its generous software donation.

Greetings. Membership is at another all-time high; as of this writing, we're at 1276 and still averaging well over one new member per business day. We recently held our annual volunteer dinner at the Legend Vegetarian Restaurant. Next year we hope YOU will be there. Opportunities for getting involved will be increased now that former board member Robert Moses is our volunteer coordinator. In addition to faithfully setting up our meeting rooms each month and acting as liaison between VSH and the various facilities where we hold our public lectures, Robert will now be the one who contacts those who have expressed interest in volunteering to ascertain their interests and skills and how they might best be of service to our cause. Thanks, Robert, for taking on this important task!

You may have heard that we have unofficially added a fourth reason to our big three for being vegetarian. Human health, animal rights, and protection of the environment are certainly reasons enough, but we are also becoming more aware of the effect of animal agriculture on human rights, manifested as world hunger. In a future issue we'll cover this in more depth, but for now suffice it to say that some believe that if we all ate a diet of plants, there would be enough food to feed everyone on the planet. And another aspect of the effect of diet on human rights is the exploitation of people who are employed in the animal food industries.

We've learned some sobering facts and will detail some of this later as well.

That's one of the great things about this field of advocacy -- that there's room at every stage of awareness for those who are on the path but not yet all the way to low fat, whole food veganism. Even those of us who have been at this a long time are still learning and refining our values with regard to these issues. Most enter the field for one of the reasons mentioned. As we're exposure to information and other people in the movement, however, it often happens that the other reasons come to take on more importance, and what may start as a personal quest for health may end up as a well defined, coherent philosophy of life. In my opinion being anywhere on the continuum is cause to celebrate, and since you're reading this message, it's likely that you're in the process. If you'd like to share your experience of vegetarianism with our readers, please send your story to me at alidarutchick@hawaii.rr.com. We'd love to hear from you.

Aloha,



“...buzz, buzz, buzz, I wonder why he does.”

by William Harris, MD
VSH TV coordinator

Among the external annoyances of veganism, along with the omnipresent casein and whey from dairy in otherwise edible food products, is the equally omnipresent honey in otherwise edible breads and snack bars. The late Jay Dinshaw, a friend of mine who with his wife Freya founded the American Vegan Society in 1963, was quite adamant that honey is not vegan.

Seems logical to me. Bees don't grow on trees, they are members of the animal kingdom, and while the dim self awareness that must inhabit the tiny brains of bees and insects in general will remain forever a mystery to me, it seems likely that they don't appreciate having the labors of their myriad nectar trips (a hive of bees logs 55,000 air miles to produce a pound of honey) ripped off so that humans can sweeten the marginally healthful goodies into which honey finds its way¹.

The apiarists in some years past collected USDA price supports equal to the market value of the honey they produce², and they usually push their product on the basis of its superior nutritional value relative to that of cane sugar. However, as a sweetener honey is only slightly healthier than refined sugar and no match for just about any kind of fruit.

Bee pollen is another item that has been hyped to the moon. Fortunately, this one is valued only by aficionados, hence easily avoidable by the rest of us.

Here's what a well known food skeptic had to say about bee products:

Bee Pollen

William T. Jarvis, Ph.D. <http://www.ncahf.org/articles/a-b/beepollen.html>

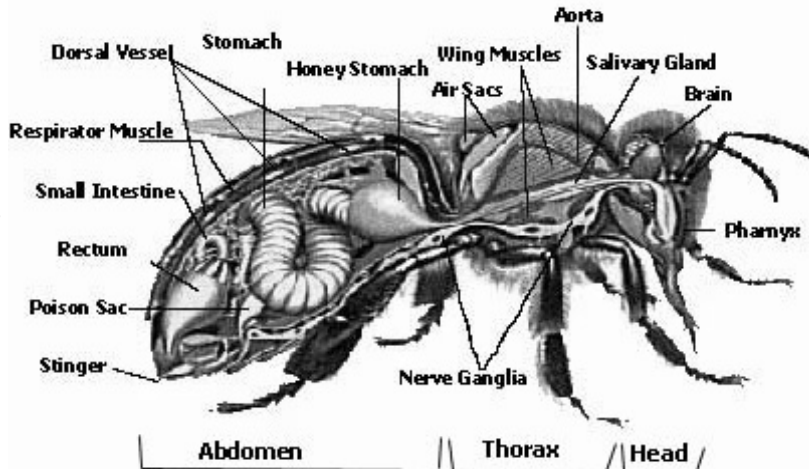
“Bee pollen is plant pollen carried by bees to the hive where it is gathered by placing brushes at the hive's entrance, knocking the pollen off the bees as they enter. Bee pollen is said to con-

ver knows, pollens are among the most allergic substances in nature...Other items that have caught the public's fancy are royal jelly (fed to queen bees to make them fertile), propolis (the glue that holds hive parts together), honey (bee vomit), honey comb (bee's wax and vomit), and even bee stings for arthritis or multiple sclerosis. None of these has proven scientific value and several have potential for harm...There is no reason to believe that bee pollen

has special benefits... although rarely, it can cause serious adverse reactions in some users. Considering its cost and cleanliness, bee pollen is best left to the bees.”

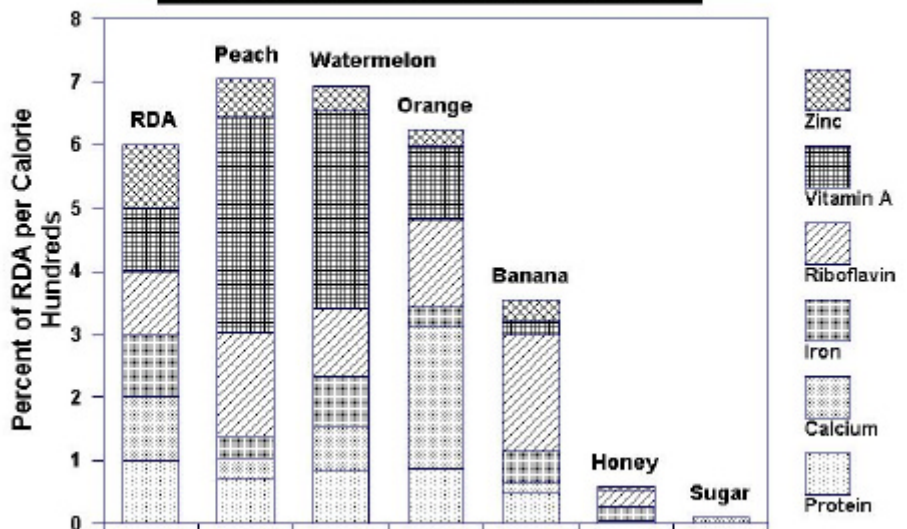
Ditto for honey, perhaps?

1. www.honey.com
2. Bovard, James. *The Farm Fiasco*. How federal agriculture policy squanders billions of dollars a year, sacrifices the poor to the rich, and gives congressmen and bureaucrats vast arbitrary powers over American citizens. Institute for Contemporary Studies. San Francisco, 1989 ISBN 1-55815-001-3



sist of 40% plant carbohydrate, 5% plant fat, and 5% plant protein--the remaining 50% is fungus, bacteria, insect body parts and hairs, mites, and bee fecal material. As anyone with hay fe-

Fruits and Sweets
% of Recommended Dietary Allowance



Animal Rights Corner



**Might I suggest
a nice veggie
burger?**



Meatout Is Oldest Diet Education Campaign

by Laurelee Blanchard, VSH Maui Meeting Coordinator

First launched in 1985, the Great American Meatout is one of our nation's oldest annual grassroots diet education campaign and has led the way for several other national campaigns that promote consumption of vegetables, fruits, and grains, including the National Cancer Institute's 5-A-Day program.

On March 20, the first day of Spring, people in two thousand communities in all 50 states and several foreign countries will ask their friends and neighbors to "kick the meat habit and explore a wholesome, nonviolent, plant-based diet." They will hold colorful educational events ranging from elaborate "Lifestivals" and a congressional reception to public dinners, cooking demonstrations, exhibits, and information tables (steakouts). They will promote plant-based deli slices, veggie burgers and dogs, heat-and-eat dinners, and soy-

based milk and ice cream now available in every supermarket.

Hundreds of large billboards and bus cards in a dozen metropolitan areas as well as extensive media coverage will carry the Meatout message to millions. The Meatout draws massive support from consumer, environmental, and animal protection advocates as well as from public officials, health providers, meatless food manufacturers and retailers, educators, mass media, public officials, and other opinion leaders. More than 40 governors and mayors are expected to issue Meatout proclamations promoting consumption of fruits and vegetables. This year's celebrity headliners include Casey Kasem, Mary Tyler Moore, James Cromwell, Ed Asner, Jennie Garth, Joaquin Phoenix, and Bill Maher.

Meatout 2003 reflects several recent major dietary developments:

(See **Meatout** on page 16)

Aloha Spirit

by Elaine Johnson, MBA

Just what is the "spirit of aloha?" Everyone talks about it, but it means something different to each person. I believe that aloha spirit is a quality of generosity and empathy. This is a story of three people who possess this quality in abundance.

A few weeks ago on a Saturday morning I got a call from Cathy Goegel, president of Animal Rights Hawaii (ARH). She and ARH board member Pam Davis were going on a tour of the old slaughterhouse in Ewa, to be followed by a tour of the new slaughterhouse site in Kapolei -- a strange outing for some, but typical for these women. I planned to have lunch with them after their tour. When I arrived at the restaurant, I found two long-faced, sad women. It seems that the new slaughterhouse, which is to be run by the Hawaii Livestock Cooperative, has been awarded a special lease by the state for the land it will reside on. The Cooperative will pay just \$6,000 a year and will receive rent abatement until June 2004 -- courtesy of the taxpayers.

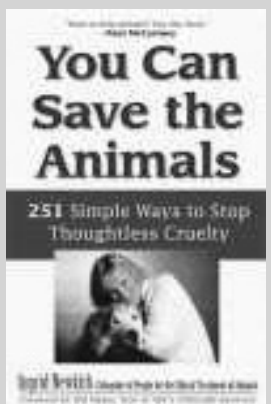
The larger problem, though, was what Cathy and Pam had found at a vacant lot adjacent to the old slaughterhouse. Two dogs were lying in a field. One was dead, having been hit by a car, and the other was hardly able to walk, starving, and covered with sores. The dog had refused to leave his dead friend and was guarding its lifeless body, but it gratefully swallowed a little of the food Cathy and Pam of-

(See **Spirit** on page 16)

An Odd Catch

"It may be hard, at first, to care about what fish feel, but we know they do feel. If we can't justify impaling dogs on barbed hooks and dragging them into the water, how can we justify doing the same sort of thing to a fish?"

You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty (1998), by Ingrid Newkirk. Available at PETA.com.



Dr. Greger's Recommendations for Optimum Vegetarian Nutrition*



Vitamin B₁₂ One 2000 mcg (or 1 g) tablet (ideally chewed or dissolved under your tongue) once a week; or at least 10-100 mcg once a day; or servings of B₁₂-fortified foods (containing at least 25% "Daily Value" on the label) at least twice a day.

Essential Fatty Acids Two tablespoons of ground flax seeds every day or two teaspoons daily of flax seed oil, in addition to avoiding omega 6-rich oils (corn, safflower, sunflower, cottonseed), saturated fats, and trans fats. Diabetics and pregnant or breast-feeding women should take 300 mg of DHA every day.

Vitamin D North of Los Angeles or Atlanta, non-elderly white non-sunscreen-using adults who spend time in the sun can get away with ensuring daily dietary Vitamin D just during the summer. Everyone else living at such latitudes should include daily Vitamin D sources in their diet year-round. Sources include Vitamin D-fortified foods, Vitamin D supplements, or eating about a dozen dried shitake mushrooms or a dozen fresh Chanterelle mushrooms every day.

Calcium 1000 mg a day for ages 19-54 via cups of low-oxalate greens, fortified foods, and/or supplements.

Iodine If you don't drink milk or eat seaweed or use iodized salt, you may need to supplement your diet.

Iron Menstruating women should increase their intake by combining iron-rich and Vitamin C-rich foods at meals and should get checked for iron-deficiency anemia every few years. Men should be checked for hemochromatosis before increasing iron intake.

Selenium Northern European vegetarians may need to use supplements or eat about 20 Brazil nuts per month.

Eat dark leafy greens, beans, nuts, fresh fruit, and whole grains every day.

Eat as many vegetables as you can.

Drink at least five glasses of water a day.

Articles

Michael Klaper on minerals: <http://downloads.weblogger.com/gems/myvsh/newletter3Q01.pdf>

Ginny Messina on calcium: <http://vegRD.vegan.com/pages/article.php?id=462>

Stephen Walsh on iodine: <http://www.vegansociety.com/html/info/info56.htm>

"Ten most common myths about vegetarian diets": <http://www.llu.edu/llu/vegetarian/myths.htm>

Books

Becoming Vegan by Brenda Davis and Vesanto Melina

Newsletter

"Vegetarian Nutrition and Health Letter" from Loma Linda University, 1(888)558-8703.

Websites

<http://vegRD.vegan.com>

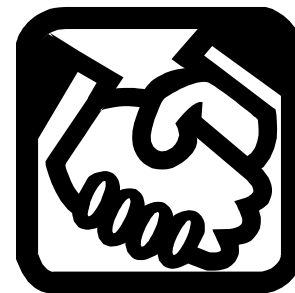
<http://www.veganoutreach.org/health/>

<http://www.vegansociety.com/html/info/infohome.html>

*Guest speaker Michael Greger, MD provided the above recommendations in an audience handout at the November 2002 VSH meetings. For more information about Dr. Greger visit his website: www.veganMD.org.

Meet Our Members

ADMIRAL ANDY SINGER, USN



You may have seen Andy over the years at one of our monthly meetings, at Down to Earth, or at any of the Island's ethnic or vegetarian restaurants. Andy first visited the Hawaiian Islands in the early 80's.

Within hours of landing at Honolulu International he was at Down to Earth Natural Foods buying groceries for his stay and asking about places to eat. As subsequent visits to Hawaii became more frequent, he joined VSH, even though not yet a Hawaii resident. Andy figured that joining VSH was a natural—it supported a great organization doing great things and let the world know about the vegetarian movement in Hawaii.

Always an animal lover, as a child Andy avoided the kids who chased ants with magnifying glasses or hunted with BB guns. Growing up in the 50s & 60s, his taste buds were trained on morning eggs (never really liked the taste) and bacon, heavy intake of dairy products, hotdogs, hamburgers, and steaks. But even then Andy was destined to become vegetarian. He often felt "greasy" after eating the standard dinner of meat and potatoes. At one family gathering, he was completely horrified as an uncle made dinner from the pet chickens that roamed the property and nearby woods. In college in the 70s he became interested in things

Asian, including the cuisine. He was also introduced to Macrobiotics, the local food co-op, and vegetarian and Asian offerings in the Philadelphia area. On Thanksgiving Day 1972 a friend challenged him to not eat turkey. The challenge included the dare,

"You could never stop eating meat." He was quick to say "I can, too; I can stop eating meat today!" That day Andy became a Macrobiotic (still eating fish).

Over the next decade Andy came to know the health, compassion, ethical, and ecological benefits of a plant-based dietary lifestyle. He not only followed a vegetarian diet, he

has been active in organizations such as the Vegetarian Resource Group of Baltimore. Going vegetarian, he still used skimmed milk on his cereal and occasionally "treated" himself to non-fat frozen yogurt. In 1994 he dropped the milk and other dairy with the exception of the non-fat frozen yogurt. He moved to Hawaii in 1995 and began attending and helping out at the VSH monthly meetings and other activities. He admitted his yogurt forays to a VSH volunteer coordinator, who told him of the many dairy-free frozen dessert alternatives now available. Andy became a vegan that day.

Andy's Navy moves began in 1978. They have taken him to Japan,

Guam, Europe, and the Middle East as well as Hawaii, Virginia, Maryland, Rhode Island, and Florida. Andy can guide you to vegetarian fare throughout the world. He is now known as Admiral Singer, United States Navy. Selected for "Flag" in April, he left his recent position as Commander, Kunia Regional Security Operations Center, Schofield Barracks and will be promoted this year. Once again he finds himself off island but ever the VSH member. Andy and his vegetarian spouse Melanie now live in Virginia Beach, Virginia. Melanie too has traveled extensively and lived all over the world. They expect to return to Hawaii in the next 3-5 years and look forward to once again helping VSH. They recently enjoyed a vegan Thanksgiving with the Vegetarian Society of DC at Bethesda, Maryland.

"It's more effective to be *for* a healthy plant-based lifestyle than to be *against* meat eating," says Andy. "Today, now more than ever, the options are so broad that people can, given knowledge and choice, change the way they eat and live." Having traveled and seen many a vegetarian society, Andy says, "VSH is the benchmark—the clear standout." See you back in Hawaii soon, Andy.

Favorite Neighbor Island place – Kauai and Hanapepe Café.

Favorite on Oahu—most every place listed in the VSH dining guide—Last vegan meals on Oahu—Phuket Thai, Mililani, Champa Thai, Kailua.



Book Review

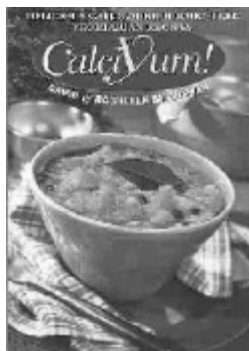
CalciYum!

by David & Rachelle Bronfman

reviewed by Helen Wells, MA

I recommend this easy-to-use paperback cookbook with its many vegetarian recipes that are “Delicious Calcium-Rich” and “Dairy Free.” The cover price is \$19.95. Contents include: physician’s forward, author’s introduction, a discussion about calcium, a list and explanation of the non-dairy foods that contain calcium, nutritional analyses, and many simple recipes. The recipes are divided into the following categories: Spreads and Dips, Soups, Salads and Salad Dressings, Main Courses, Side Dishes, Burgers and Pasties, Pasta, Desserts, and Beverages.

Side Dishes has the following recipes: Stuffed Tomatoes with Crumbled Rapini and Broccoli, Moroccan-Style Carrots and Parsnips, Chinese Lettuce with Slivered Almonds and Caraway, Bean and Kale Scramble, Greens with Sun-Dried Tomatoes, Gingered Broccoli, Sesame Vegetable Bowl with Dill, Marinated Tofu Cubes over Quinoa, Tofu Baked Beans with Rich Savory Sauce, Snowy Bean Mashed Potatoes, Sweet Cinnamon Potato Boats, Creamy Sweet Potato Bake, Layered Mashed Potatoes, and Faux French



The earth affords a lavish supply of riches, of innocent foods, and offers you banquets that involve no bloodshed or slaughter.

—Pythagoras, 6th century BC

Fries.”

And, the book has big, full-page, color photos of several of the dishes. You’d better look at this cookbook only if you’re feeling well fed; otherwise you’re going to feel quite hungry after you’ve read a few of the recipes and looked at some of the photos.

Short Takes

by Helen Wells, MA

Here’s a list of Kauai’s veggie eating places per Robin Marshall: Hanapepe Café & Espresso (335-5011), The Kawayan (245-8823), Papaya’s Natural Food & Café (823-0190), Postcards Café (826-1191). Many restaurants on Kauai have limited and changeable hours and menus, so call ahead.

I am enraged at the pro-kill whale people in Shimonoseki. Let me get this straight -- their arguments for killing whales are “whale is so delicious” and the whales are eating *their* fish? I am outraged that they are blaming the whales for the depletion of fish in the ocean.

Mr. Goodburger’s has some new fruit juice options (blended from fresh fruit chunks), which are a lot healthier than sodas and other bottled drinks. As for sandwiches, the *Sacramento* on whole wheat is still my favorite sandwich there. It’s vegan and it tastes better every time I go because it’s being improved. If you eat in and don’t want to eat the temperature-hot vegan chili in a plastic container, you may ask for it to be served in a ceramic bowl with a “real” spoon.

You can take or leave the following, but I have to share it. I got rid of a large piece of leather furniture from my home in July, and the energy in my place has improved tremendously.

Some of you may have seen my e-mails in June about tapeworms. Encourage your meat-eating friends to surf the net on this subject. Apparently the number one tapeworm in the US is the one that comes from cattle; the number one tapeworm in China comes from pigs/pork; and the number one tapeworm in Japan comes from fish. Who would have thought...?

When a politician or political candidate shakes your hand, ask if she or he is a vegetarian and give him or her a spiel about vegetarianism and its connection to improving the environment. Our leaders will know that these subjects matter to us.

Finally, this has been an incredible time for distributing VSH materials. What a pleasure it is to be walking along the sidewalk and overhear conversations about a vegetarian topic! This is happening more and more, and each time it makes my spirit soar.



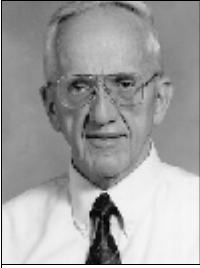
VSH co-sponsored a talk on the issue of genetically modified organisms (GMO) and their threat to Hawaii. The talk was given by vegetarian environmental journalist Claire Cummings at Central Union Church on October 24.

For more information about GMOs in Hawaii, visit the following websites: Hawaiian-Environmental Alliance (www.kahea.org) and the Hawaii Genetic Engineering Action Network (www.gean.org).



Vegetarian Society of Hawaii

Calendar of Events January - March 2003



T. COLIN CAMPBELL, PhD

Sat., Jan. 11, 7 p.m.
Honolulu Central Seventh-Day
Adventist Church
(2313 Nuuanu Ave.)

“LESSONS FROM THE CHINA PROJECT”

The *China Project* is a uniquely comprehensive study that is yielding scientifically solid, groundbreaking information that can directly impact your health now and for the rest of your life — **information that you can use on cancer, heart disease, diabetes, osteoporosis, and more.**

“*The China Project...is the 'Grand Prix'...the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease...tantalizing findings.*”
The New York Times

T. Colin Campbell, Ph.D. is co-chair of the World Cancer Research Fund and director of the ongoing China-Oxford-Cornell Diet and Health Project. He is Professor of Nutritional Biochemistry at Cornell University in Ithaca, NY. He has participated in multiple deliberations on state, national, and international policy matters and has authored over 300 research papers.



RUTH HEIDRICH, PhD

Sat., Feb. 15, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park

“REVERSE AGING & GO FOR THE GOLD”

Learn the secrets to optimal health, reversing the aging process, and improving athletic performance through diet and exercise from eight-time Senior Olympics gold medalist and Ironman triathlete **Ruth Heidrich, PhD.**

Dr. Heidrich has earned a Master's in Psychology and a PhD in Health Management. She is knowledgeable, therefore, about both the theory and practice of motivation and modifying behavior as well as about how to get the most out of what you eat. She's the author of *A Race For Life* book and video and *The Race For Life Cookbook*. She is a certified fitness trainer and has held two age-group world records for fitness at the world-famous Cooper Clinic in Dallas, Texas. She still actively competes in track, road races, and triathlons and has won more than 800 trophies and medals since her diagnosis of breast cancer in 1982 at the age of 47.

Dr. Heidrich is a founding member and past-president of the Vegetarian Society of Hawaii.



GUEST SPEAKER TO BE ANNOUNCED

Sat., Mar. 8, 7 p.m., McCoy Pavilion, Ala Moana Beach Park

A planned March lecture by Caldwell B. Esselstyn, Jr., MD will be rescheduled for later this year.

**Maui meetings: Drs. Campbell and Heidrich will also be appearing on Maui.
For details visit VSH.org or call 944-8344.**

Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Call-944-VEGI or visit VSH.org for more information.

Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan).....	\$12.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Deep Vegetarianism (Michael Allen Fox).....	\$19.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Intro. to Animal Rights: Your Child or the Dog (Francione).....	\$19.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Quick & Easy Cookbook (Mary & John McDougall)	\$19.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.).....	\$9.95
Race for Life (Ruth Heidrich, Ph.D.).....	\$14.95
Race for Life Cookbook (Ruth Heidrich, Ph.D.).....	\$9.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan In Volume: Vegan Quantity Recipes for Every Occasion.....	\$19.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, RD)..	\$21.95

Miscellaneous

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet For All Reasons video (Michael Klaper, M.D.).....	\$22.00
Four Food Groups poster	\$6.00

VSH Membership Form & Bookstore

To order items from the bookstore, complete the form below, check "Books/Merchandise," circle the item (s) you wish to order, and mail this page with payment to VSH. Please add 20% to the total for shipping. Make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:

Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, Hawaii 96823

**Gift & Multi-Year
Memberships/
Renewals
Available!**

Join or renew today!

Vegetarian Society of Hawaii Membership Application/Order Form

Please Print

Name(s): _____

Street: _____

City, St., Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.
My dues are enclosed (add \$4 for a foreign address):

Regular

1 yr \$20 2 yrs \$40 3 yrs \$60

Full-time student

1 yr \$12 2 yrs \$24 3 yrs \$36

Couple or Family

1 yr \$30 2 yrs \$60 3 yrs \$90

Life membership \$400

\$_____ additional donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Books/Merchandise



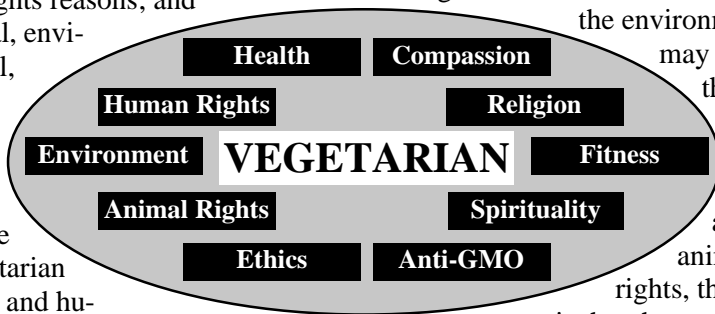
**Members receive a
quarterly newsletter
and discounts on
products and services
at many vegetarian-
friendly restaurants
and health food stores.**

Vegetarian Coalition

an essay by Helen Wells, MA

Two recent VSH guest speakers talked about the need for vegetarians to form coalitions. The Vegetarian Society of Hawaii includes members who are vegetarian for health or fitness reasons; spiritual, religious, philosophical reasons; compassion and animal rights reasons; and ecological, environmental, and economic reasons. Some people are also vegetarian for social and humanitarian reasons, as meat-cutters and packers are some of the most abused and poorest workers in the developed and developing world.

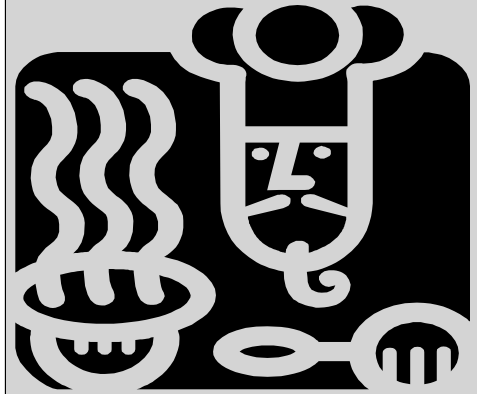
When building a coalition of vegetarians, it's important to focus on our commonality. It doesn't do any good to say, "So and so is a vegetarian *but...*" It's much better to say, "So and so is a vegetarian!" For example, if I am a vegetarian for health reasons and I have a friend who is vegetarian for environmental reasons, I should be happy



that my friend is a vegetarian because she will also be healthier than she would be if she were a meat eater. If she is open to hearing this, great, if not, I should just keep it to myself. That's because there is a "big picture."

Another example would be of an environmentalist vegetarian and a compassionate vegetarian. The environmentalist may not be interested in animal rights, but he can see that the environment is better off because one fewer person is eating meat. The compassionate vegetarian knows that even though the environmentalist may not have thought about the philosophical aspects of animal rights, the outcome is that the environmentalist is in fact another person not eating animals.

So, this is wonderful common ground. We can include all of these people. We can share our ideas with each other and discuss our interests. We should always look at the big picture. For the Vegetarian Society the focus is "vegetarian." A broad membership base is better than a narrow one, because this way we can come together and learn from each other.



What's Cooking?

This quarter's cooking classes:

Kapi'olani Women's Center

1907 S. Beretania St.

For registration, fee information, and other details Call-a-Nurse at 535-7000 or visit kapiolani.org. All classes are vegan.

Jan. 25, 10 - 11:30 a.m.

"The Vegetarian Pantry"

Feb. 15, 10 a.m. - noon

"Vegetarian Chili-fest"

Mar. 29, 10 a.m. - noon

"Tempting Tofu"

Castle Medical Center

Pali Hwy. at Ulukahiki St., Kailua

Jan. 16, 7 - 8:30 p.m.

**Healing Foods Forum (lecture):
"Popular Diet Supplements"**

Feb. 13, 7 - 8:30 p.m.

**Vegetarian Cuisine Cooking Class:
"Heart Healthy Cooking for Preventing and Reversing Heart Disease"**

Call 263-5400 or visit CastleMed.org to register and for more information. All classes are vegan.

Down To Earth

Natural Foods

2515 S. King St.

Classes are held on the first Saturday of each month. Call 949-0298 for more information.



Norwegian Line Freestyle Cruises features a vegetarian section. The cruise line offers seven- and ten-day cruises of the Hawaiian Islands.

“Ironwoman” Speaks Out for Vegetarianism

by Paul Mitchell

Dr. Ruth Heidrich stood in front of over 150 people looking as though she was ready to run a marathon, wearing bright blue running tights and an Ironman triathlon T-shirt. She was there to celebrate World Vegetarian Day in Seattle. Watching people munch on the treats donated by local vegetarian restaurants, she began an hour and a half lecture on the vital role that diet and exercise play in our longevity and enjoyment of life.

At age 47 Ruth was diagnosed with breast cancer, an advanced form of infiltrating ductal carcinoma which, in her words, was, “of the 15 different types, not the worst to have, but far from the best. It was a pretty grim diagnosis.” She was told that she might only have months to live. The reason that her cancer had developed without being detected is one that everyone should take note of: “Mammograms miss about 30 percent of cancers,” Ruth told her captivated audience, and she was one of the unlucky ones. Learning this, Ruth felt, “This is not fair!” She’d eaten a balanced diet, gotten plenty of exercise, and even run marathons. She’d had frequent medical check-ups, including mammograms, and had examined her breasts every month.

Following surgery in which both breasts were removed, Ruth saw an ad calling for breast cancer patients to participate in a diet research study and made an appointment for the

next day. “After spending two and a half hours with Dr. John McDougall, the physician directing the study, I was convinced that I was not going to have chemo and radiation and that I was going to be changing my diet instead.”

She admits that she was uncertain at first. Her oncologist had told her that there was no link between diet and breast cancer. But Dr McDougall showed her the results of studies that showed a link between a high fat diet and increased rates of cancers, including breast cancer.

The diet worked. Ruth went into full remission and increased her fitness to a higher level. She is an active triathlete, has completed more than 60 marathons, has participated in more than 100 triathlons, has finished six

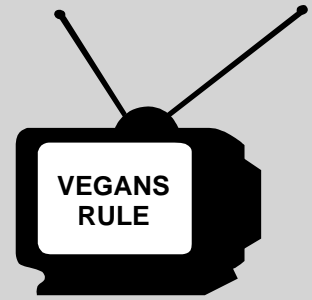
Ironman triathlons, and has run in more than 36 countries.

Ruth, however, doesn’t believe that there is a cure for cancer. “I don’t consider myself cured. I’m “cancer free” clinically, in that everything has been arrested, but I will never change my diet because I really believe that if I went back to the standard American diet, the cancer would flare up again,” she said.

Finally, Ruth says, “Eating fruits and vegetables is less expensive than eating processed, refined foods, and meat is always more expensive than produce. Load up on fruits and veggies, take them home, wash, chop, and eat. No clean up, no mess, no fuss, and you’ve got all the protein and other nutrients you need.”

(Paul Mitchell is a reporter for *The Daily* of the University of Washington. His article, excerpted here, was first published in *The Daily* on October 7, 2002).

Dr. Ruth will be the guest speaker at the VSH meeting on Sat., Feb. 15th, 7 p.m., at McCoy Pavilion, Ala Moana Beach Park.



On TV...

“Vegetarian”

Olelo, Channel 52
Thursdays 6-7 p.m.

“Animal Rights”

Olelo, Channel 54
Sundays 11-11:30 p.m.

“McDougall, M.D.”

KHET, Cable Channel 11
Saturdays 11-11:30 a.m.

“Tasty & Meatless”

Olelo, Channel 16
Mon., Wed., Sat., 6:30 p.m.



...and Radio

Nutrition & You

John Westerdahl, PhD
Ruth Heidrich, PhD
Terry Shintani, MD
Sundays 8-9 p.m.
K108 (AM 1080)
Call-in line: 524-1080

Health Talk

Hosted by Hesh
Saturdays 8-9 a.m.
K108 (AM 1080)
Call-in line: 524-1080



Restaurant Reviews

by Helen Wells, MA

India Bazaar Madras Curry

2320 S. King St., 949-4840

Customers in India Bazaar told me that they eat there because the food tastes good and is reasonably priced for Indian food. They added that the service is fast and convenient and that the majority of the items are vegetarian. "Sometimes I just want to get my food quickly," one diner told me. It is exactly these reasons that lead me to eat here at least once a week.

Indeed, the food is gratifying. The vegetarian items on a typical day:

- coconut vege kurma (mild)
- lentil eggplant sambar (spicy)
- potato mushroom curry (spicy)
- bean curry (medium)
- lentil tomato (mild)
- vege potato curry (spicy)
- tofu peas curry (spicy)
- lentil spinach (mild)
- potato stir fry (medium)

You get rice with three of the above vegetarian choices for \$6.25. Paratha Bread is \$1.50. Generally all the food on the vegetarian buffet is actually vegan; on the very rare occasions that there is a dairy dish, it is labeled as such.

Vegan condiments are sweet mango chutney and spicy pickle in small plastic containers for 50 cents each. Drinks include canned juices.

The restaurant has been at this location for over 13 years. Its owners are originally from South India. It is a family-run business with many regular vegetarian customers. Most of the peo-

ple who come in order vegetarian food. The décor is basic. Only three small tables have cloths and Plexiglas. The rest of the tables are bare, and customers often share a seat at one long table.

The tables and chairs are very simple. You have to share the salt shaker. The plates and napkins are paper; the cups and forks are plastic.

Nevertheless, business is good. Why? The place is consistent. The food is consistent, and the price is consistent.

Also, the 1 or 2 meat dishes are kept distant from the vegetarian foods. Coconut milk is used, not cow's milk. To-go orders are easy to get quickly. The aroma of this restaurant is very

nice. The people working behind the counter are friendly. Oh, and the air conditioner is always pumping to cool you off from all that curry.

Warning to the uninitiated: beware the occasional random hot red pepper in the rice.

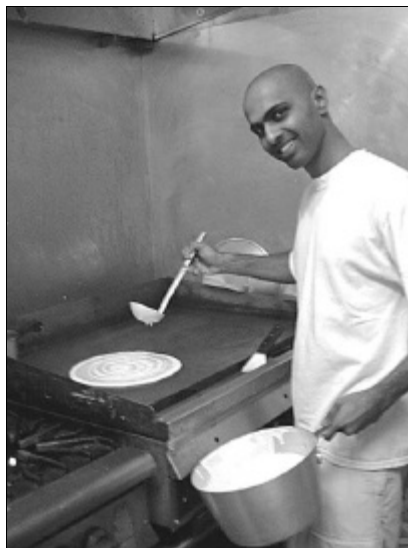


India Café

2851-1 Kihei Place, Kapahulu
737-4600

We encountered some interesting flavorings at this small but cute Indian/Malaysian restaurant. We went for lunch, and Karl (VSH Board member Karl Seff) had "Two Roti Pratha

Plate" for \$5.50 with curried potatoes, cauliflower, and vegetable masala for his three vegetables. The spices were perky and somewhat different from those at other Indian restaurants. Per-



Shree, the owner and chef of India Café, prepares dosai (rice bread).

haps the Malaysian influence introduced the new flavors. I had the "Two Dosai Plate" for \$6.50 with tofu sambal (spicy), cauliflower, and coconut cabbage. The rice pancakes (dosai) were filling. We look forward to trying the spicy eggplant. My meal came with coconut chutney. All of these items were vegan (always double check).

Other interesting vegetarian items on the menu: One Garlic Onion Dosai \$6.00, "Stone Ground South

Indian Rice Pancake cooked with sautéed garlic & onion served with Sambar & Homemade Coconut Chutney." Order "a - vegetarian" Vegetable Sambar Plate for \$6.00: "Mixed Vegetables Sambar made with Carrots, Onions, Ginger, Garlic, Dried Peppers, Curry Leaves, Daikon, Long Beans in a Yellow Split Pea Stew. Comes with Traditional Curried Potatoes, Cauliflower & Vegetable Masala." The owner/chef, Shree, gave us a sample of the Sambar. It was colorful and filling.

The dinner menu included: "Shree's Spicy Vegetarian Plate \$9.00. Fire Tofu Sambal (Soft Fried Tofu in Garlic Chili Sauce), Spicy Eggplant, Vegetable Sambar & Cauliflower, w/ Jasmine Rice 1 Dosai & Coconut Chutney)." Also, there is "Malaysian Nasi Lemak;" ask for "vegetarian plate/version." This has "Jasmine Rice Flavored with Coconut Milk, Anise Star, Cardamon, Cloves & Cinnamon." The vegetarian plate includes "Fire Tofu

(Continued on page 13)

(Continued from page 12)

Sambal, Spicy Eggplant, Cauliflower, 1 Dosai & Coconut Chutney” and costs \$10.00. And there is a dinner Vegetable Sambar Plate for \$9.00.

There are even more versions of all the items listed above in two sections of the menu titled “Masala Dosai Plates (Stuffed Dosai Wraps)” and “Light Indian Lunch Bowls (Quick & Easy).”

A variety of drinks is available. At lunch we were given a plastic knife, fork, and spoon. The environment is pleasant, and Shree is genuinely interested in serving vegetarians. Next time you want hot or spicy Southern Indian/Malaysian food, check this place out.



Hale Vietnam Restaurant

1140 12th Ave., 735-7581

The *Honolulu Weekly* reviewed this restaurant in December. Well, it's a good restaurant, and here is our review of the same place:

First, even though the menu says Vegetarian Dishes, one must still tell the wait staff “No chicken broth.” That done, you may proceed to ordering some very yummy vegetarian items.

Sauteed tofu with eggplant was a winner -- garlicky and peppery. Vegetarian curry was quite yummy -- bet-

ter than average, and vegetarian sour soup was good -- light and tasty, yet gratifying. Each dish was \$9.50 at dinner. Brown rice sells for \$1.00/individual bowl. There is a fruit sorbet that is, to the best of our questioning, vegan. At \$2.95 per serving, it comes in various flavors, including lychee, coconut, orange, pineapple, and mango. There was also a tapioca made with coconut milk and banana.

Hale Vietnam is open 364 days a year. The olive-green walls, cut-away areas, delicate Chinese art, sculptures and vases, make the place interesting and enjoyable. Plates were traditional white/pink china-ware, table tops were marble veneer, and table condiments were red (hot) and brown (sweet) sauces. There is a small bar and the restrooms are in good condition.

The restaurant is often crowded for dinner. The cooks are very familiar with making vegetarian preparations. Just remember to stress that you are “strict vegetarian.” If you order fried rice, be sure to specify “no egg, no chicken broth,” -- that kind of thing.

Overall, it's a good place that can do up a tasty vegetarian meal for you with little prompting. It's well known and an old favorite to a lot of Honolulu's vegetarians.

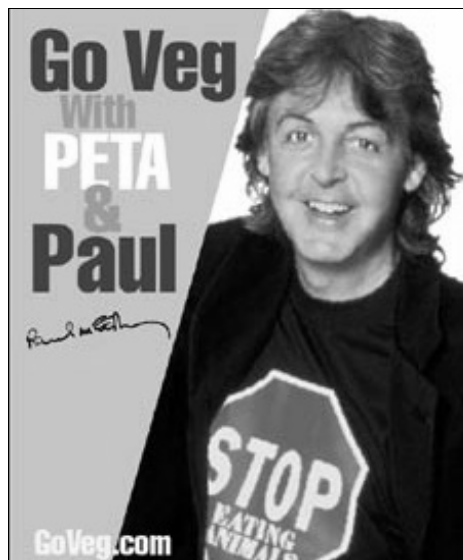


VSH volunteers Helen Wells and Andrea Lee offered free vegan literature to shoppers at Cheapo Books & Music in Moiliili for World Vegan Day, Nov. 1.

New Veg. Market Opens in Chinatown



Julie Shin, owner of It's Soy Delicious, holds three varieties of vegetarian pâté at this new Asian and veggie food market in Chinatown (170 N. King St.). In addition to inexpensive fresh fruits and vegetables, the market carries many frozen imitation meat products. Vegans will make some good finds here.



“If anyone wants to save the planet, all they have to do is just stop eating meat. That's the single most important thing you could do. It's staggering when you think about it. Vegetarianism takes care of so many things in one shot: ecology, famine, cruelty.”

--Sir Paul McCartney

War and Peace

by Norma Koenig, VSH member

I attended a peace conference at the Hawaii state capitol entitled "Waging Peace: Confronting the Global Crisis in Human Conflict" sponsored by Humanity United Globally (HUG). Speakers gave moving testimony of the cost of war, spelling out the human suffering, the loss of lives, global conflicts, the festering of historical differences, and the tragedy of participating in an eye for an eye culture. About two decades ago I felt personally challenged by another peace conference, when the speaker, while concluding his presentation, said, "What will you do to bring peace into your life?" My initial reaction was to cop out and deny that he was addressing me personally...or was he? I knew deep down that he was, so I started my journey of self-exploration.

Was I going to smile more, help elders to cross streets, be more tolerant of a pesky neighbor? How was I going to walk the talk of the song, "Let there be peace on Earth and let it begin with me?" How was I going to implement my notion of peace and translate it into functional, practical, tangible, and feasible actions? For one thing, I discovered that I had to

internalize the meaning of peace and catch myself when my thoughts or actions deviated from this definition. Since then I have taken a number of steps, the first of which was to become a vegetarian.

This was relatively easy for me because I felt a direct connection to my intention and it felt good. I would smile at night reminding myself I was meeting his challenge, I was doing my part. But was that enough? I then branched out into human com-

What will you do to bring peace into your life?"

munication. The words we use every day have a whole repertoire of violent connotations. To name a few: "Put your ducks in a row," "Better fish to fry," "Kill two birds with one stone." We utter those words unconscious of the implications behind them. I chose to stop using them, and when I hear them, I smile and say, "I prefer to smell two roses with one sniff." I don't tell people to do anything themselves, because my inner wisdom has discovered that I cannot change others.

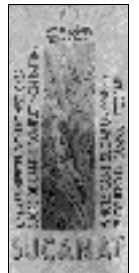
And speaking of others, America is a society of consumers -- we hunger for anything that feels good or shows how well we live, although most of us would deny that we are the epitome of self indulgence. I admit it takes a lot of discipline of thought and action to change one's internal attitudes and approaches to consumerism. I have to be ever so present and vigilant. In every moment I have to make choices in harmony with the concept of peace. I believe that we can generate and emanate peace only when we genuinely feel it inside.

Do I consider myself enlightened or superior? No, just fortunate that I have the awareness to begin to take care of my most precious possession: the health of my body and mind. Doing this goes way beyond the fork as the most harmful weapon. It lies with the mouth, as we devour life with

toxic gusto: toxic foods, toxic habits (smoking, etc.), and toxic words. War is the toxic result.

I truly believe that peace has to be brought to a very personal level. Then and only then will we have hope for peaceful change.

A Sweet Alternative



Sucanat® (SUGar CAne NATural) granulated cane juice is made by blending together the two sweeteners that typical sugar processing separates - sugar and molasses. It has long been the favorite natural sweetener of the health food consumer. It is brown in color and has a light molasses flavor that enhances many foods, especially cookies, cakes, breads, and sauces.

Product Attributes

- no additives or preservatives
- lower sucrose level than conventional sugar
- instant solubility
- one-for-one replacement for refined white sugar, brown sugar, and honey
- excellent consistency and texture in baked goods
- free-flowing
- homogenous blending
- natural, rich flavor

Nutritional: (per 100g)

Protein (N X 6.25), g	0.97
Fat, g	0.00
Ash, g	0.65
Carbohydrates (total), g	97.03
Calories #	392
Sugars, g	95.18
Other Carbohydrates, g	1.85
Total Dietary Fiber, g	0.00
Sodium, mg	60.0
Potassium, mg	148
Calcium, mg	39.6
Iron, mg	1.31

Source: wholesomesweeteners.com



"A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite."

— Leo Tolstoy (1828-1910)

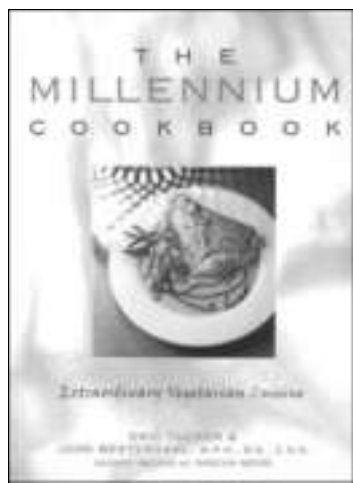
The Millennium Cookbook

BASIC VEGETABLE STOCK

MAKES 3 QUARTS

Vegetable stocks are the foundation for many of our soups, sauces, and entrées. We make them every day with the vegetable trimmings and scraps from the previous day.¹ Our stocks vary with the seasons, though onions, garlic, tomatoes, carrots, and celery are a constant. Here are our basic stock and three variations; the basic vegetable stock is a good starting point for any number of variations. A few words of caution: Stay away from strong-tasting vegetables such as broccoli, kale, and other members of the cabbage family. They tend to lend an unpleasant (“skunky”) quality to a stock. Also, don’t use too many onion peels in a stock, as this can make it bitter. Stocks freeze quite well. Prepare a large batch, portion it into pints, and remove from the freezer as needed.

6 quarts cold water
4 yellow onions, halved
4 cloves garlic
4 carrots, peeled and coarsely chopped
2 stalks celery
2 tomatoes, chopped
8 ounces button mushrooms and/or mushroom stems
2 bay leaves
6 allspice berries
½ bunch thyme stems or ½ teaspoon dried thyme
3 rosemary stems or ½ teaspoon dried rosemary
Optional ingredients: Root vegetables, fennel bulbs, corn, wild mushrooms, basil stems, tarragon stems,



fresh ginger, lemon zest, peppercorns

In a large pot combine all the ingredients. Bring to a boil, reduce heat to simmer, and cook for 1 hour. Strain through a fine-meshed sieve. Store in the refrigerator for up to 3 days or freeze for up to 3 months.

NUTRITIONAL INFORMATION PER CUP:

20 Calories (0% from fat), 0 g Protein, 5 g Carbohydrate, 0 g Fat, 0 mg Cholesterol, 25 mg Sodium, 0 g Fiber

Asian Vegetable Stock

Prepare the Basic Vegetable Stock, replacing the thyme and rosemary with 4 stalks lemongrass, crushed; ½ cup coarsely chopped fresh ginger, 1 cup shiitake mushroom stems; 1 teaspoon Schezuan peppercorns, 1 bunch cilantro stems; and 1 bunch basil stems.

Tomato-Corn Stock

Prepare the Basic Vegetable Stock, replacing the mushrooms with 8 chopped tomatoes, 6 to 8 corn cobs, and 1 bunch basil stems.

Mushroom Stock

Prepare the Basic Vegetable Stock, adding 1 ounce dried porcini; 8 ounces fresh button or cremini mushrooms, chopped; and 1 cup shiitake mushroom stems.

¹ The Millennium Restaurant, San Francisco

The Millennium Cookbook, by Erik Tucker; John Westerdahl, MPH, RD, CNS; Sascha Weiss - 1998, Ten Speed Press



Video Review

Diseases Don't Just Happen!

by Lorraine Day, MD

reviewed by Helen Wells, MA

Dr. Lorraine Day's video, "Diseases Don't Just Happen!"

is a thorough and easily understood account of the relationship of meat eating to poor health. Dr. Day had an aggressive cancer, but she changed her diet and lifestyle and eventually overcame her disease. In this video she discusses many diseases and their known dietary causes.

What is wonderful, Dr. Day tells us, is that by eating vegan fare and drinking much good water, diseases can be prevented and that in many cases established diseases can be reduced or eliminated. It's a very educational tape. Because Dr. Day covers so much material, mostly in a lecture format, I recommend that you watch about half an hour of it at a time. You'll probably want to watch it twice and then pass it on to someone you know who is dealing with one of the problems discussed. A young friend of mine went into the hospital this summer and found out that she was developing blockages in her arteries, so she decided to become vegan. I sent her this tape in support of her efforts.

To order this videotape, eight others that Dr. Day has produced, or her new audio tape, call 1-800-574-2437 or go to DoctorDay.com. Some of her videos are from a Christian perspective.



(Meatout *from page 4*)

- The US Surgeon General has warned that 300,000 Americans die every year from illnesses caused or worsened by obesity.
- American children are getting fatter at an alarming rate, and the American Heart Association has warned that overweight children are at high risk for heart disease in adult life.
- The American Heart Association has condemned high-protein diets.
- The National Cancer Institute has raised its recommended daily number of servings of fruits and vegetables from five to nine.



- The Chronic Wasting Disease is spreading in the U.S.; Mad Cow disease is expected any day.
- Burger King has launched a veggie burger in all U.S. outlets.

The annual observances are coordinated by FARM, a national nonprofit public-interest organization ([www.](http://www.meatout.org)

www.meatout.org 1-800-MEATOUT). Individual events are planned and conducted by local consumer and animal protection groups.

Maui resident Laurelee Blanchard is the communications director for FARM (Farm Animal Reform Movement).

(Spirit *from page 4*)

ferred. The women learned that the nearby fire department had called the Hawaiian Humane Society (HHS), which then arrived to pick up the animal. Some hours later Cathy called HHS to determine the fate of the dog and learned that he was still living. She went to HHS and re-

quested possession of him. She and Dr. Sabina DeGiacomo, a veterinarian and animal rights activist, then spent hours that evening washing the dog, scraping his sores, and treating him.

Thanks to Cathy, Pam, and Sabina, the sweet, gentle dog now known as "Honey Boy" is living in a nice foster home while awaiting a new owner. Sabina is still treating him, donating her skills and time, and he is coming along well.

Thanks to his personal angels Honey Boy has a second chance. He now weighs 57 pounds, up from 45 when he was rescued, and is a gentle and loving animal with beautiful eyes. If you'd like to give Honey Boy a home, please call ARH at 941-9476.



Vegetarian Society of Hawaii

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Honolulu, Hawaii USA
96823-3208

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