



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 14, ISSUE 3, JUL – SEP 2003

## Inside

- President's Message
- Michael Greger, MD
- Animal Rights Corner
- Calendar of Events & Bookstore
- Reviews
- Recipes

## Public Lectures\*

**PAUL ONISHI &  
VISHNU OM**

**“Healthy Soy Alternatives”**

**Wed., July 9, 7 p.m.**

**Ala Wai Golf Course Clubhouse**

**WAYNE PACELLE**

**“Fighting Animal  
Exploitation”**

**Wed., Aug. 13, 7 p.m.**

**Ala Wai Golf Course Clubhouse**

**MICHAEL GREGER, MD**

**“Five Lectures in Hawaii”**

**Sept. 4, 5, 8, 10, & 13.**

**Various Topics & Locations**

**\*See page 10 for more info.**

## Hope For Farm Animals

At the June 10<sup>th</sup> and 11<sup>th</sup> meetings of the Vegetarian Society of Hawaii, Farm Sanctuary co-founder Gene Bauston gave a powerful presentation on the deplorable treatment of animals on factory farms. He also described efforts to improve the living conditions for animals destined for the nation's dinner table.

Bauston's lectures included a videotape exposing the inhumane conditions endured by the vast majority of animals raised for food. The tape revealed unconscionable farm practices used in the “production” of pigs, chickens, and veal calves, practices banned in many countries around the world, yet legal in the U.S.



Gene Bauston was the guest speaker at the June 11th VSH meeting held at the Ala Wai Golf Course clubhouse.

## Senator Akaka to the Rescue

In the latter part of his talk and during an interesting Q&A session, Bauston relayed efforts by Farm Sanctuary and other animal advocacy organizations to improve conditions for farm animals through legislation. Many in the audience appeared surprised and delighted to learn that Hawaii's own Senator Daniel Akaka is a sponsor of the Downed Animal Protection Act currently before the U.S. Senate. “Downed” animals are so diseased or badly injured that they can't walk or even stand. Under current law they're dragged to slaughter and may be used for human consumption.



The meat and dairy industries will continue to use, and abuse, “downers” until laws are passed to prohibit downed animal cruelties. The Downed Animal Protection Act, if passed, will do just that.

Bauston recommended getting involved in the legislative process and suggested that a first good step would be to call and send letters and e-mail to Senator Akaka, thanking him for his support and also to ask the other Hawaii senator and representatives to back this important bill (see contact information on page 9).

To learn more about the Downed Animal Protection Act and Farm Sanctuary's national campaigns to stop the exploitation of animals raised for food, visit [farmsanctuary.org](http://farmsanctuary.org). The website also includes shelter tour details, photographs of the shelters' vegan “barn and breakfasts,” an online store, and links to other related sites.



# President's Message

by Alida Rutchick, MEd

## The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii  
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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 a generous software donation.

Dear Friends,

This quarter saw the addition to our Board of Helen Wells, newsletter contributor and vegetarian advocate *par excellence*. Helen has agreed to fill the long-vacant position of the outreach coordinator. Welcome and mahalo, Helen! With this important position now filled, our goal will be for the Vegetarian Society to assume a higher profile, both by "tabling" at health events at schools and elsewhere in our community and by filling requests from various community groups for speakers on diet and vegetarianism.

Recently we had an opportunity to introduce our organization to several thousand plant enthusiasts at the annual sale held at Foster Botanical Garden. New VSH volunteer Ryan Ferchoff, N.D. helped table, and we look forward to his participation in the future. I enjoyed giving a brief talk on the reasons for and means of becoming vegetarian, and Down to Earth gave a cooking demonstration, generously providing samples to those who had gathered. As I was serving these, I was gratified when a boy around the age of 10 or 11 said to me, "That was delicious!" Of course I immediately handed him a second serving, which he happily accepted. Who knows? This young man may someday be a leading spokesperson for the vegetarian movement. As always, the children are our future. Another great opportunity to show our vegetarian advocacy will be at Family Day on July 5<sup>th</sup>. If you and your children have always wanted to march in a parade, this is your chance. See the article by Volunteer Coordinator Robert Moses on page 19 for the details.

Here's a heads-up to members to watch for the VSH semi-annual fundraising letter that will be going out shortly. Tax deductible donations that we've received in response to these letters over the past couple of years have become a significant part of our programming budget. Please consider sending in what you can.

We hope to see you at the upcoming public lectures.

Aloha,

# SARS: Another Deadly Virus from the Meat Industry

by Michael Greger, MD, [veganMD.org](http://veganMD.org)



Animal agriculture is not just a public health hazard for those that consume meat. In fact, the single worst epidemic in recorded world history, the 1918 influenza pandemic, has been blamed on the livestock industry.[1] In that case, the unnatural density and proximity of ducks and pigs raised for slaughter probably led to the deaths of 20 to 40 million people across the world.[2] Since then, the raising of pigs and poultry has resulted in millions more human deaths from the 1957-58 Asian flu, the 1968-69 Hong Kong flu, and the 1977 swine flu.[3] All of these influenza strains seem to have arisen in the same region of southern China where intensive systems of animal agriculture have become a breeding ground for new killer viruses.[4]

For centuries the Guangdong province of China has had the world's largest concentration of humans, pigs, and fowl living in close proximity.[5] In this environment pigs can become co-infected with both human and avian (bird) strains of influenza. When this happens, a deadly gene swapping can take place, in which the lethality of viral strains rampant in the Chinese poultry industry[6] can combine with the human transmissibility of the human strains to create new mutated flu viruses capable of infecting and killing people on a global scale.[7]

Other viral threats besides influenza have also escaped from Southeast Asian livestock operations. In 1999 a new virus, now known as the Nipah virus, jumped from pigs to humans in Malaysia, infecting pig breeders and killing about a hundred people before it was stamped out.[8]

In the Southern Chinese province of Guangdong, battery chickens are sometimes kept directly above pig pens, depositing their waste right into the pigs' food troughs.[9] It may come as no surprise, then, that Guangdong is thought to have been ground zero for the deadly SARS virus as well.[10] The Severe Acute Respiratory Syndrome (SARS) virus is just the latest in a string of human tragedies traced back to our appetite for animal flesh.

According to the World Health Organization, SARS, which has already infected thousands worldwide, could become the "first severe new disease of the 21st century with global epidemic potential." [11] And experts are again blaming intensive animal agriculture.[12,13,14,15] According to China's equivalent of the Centers for Disease Control, the first people to succumb to the SARS virus were bird vendors and chefs, who had been in close and continued contact with chickens, ducks, and other birds.[16] Scientists have identified SARS as a coronavirus, a class of viruses well known to the livestock industry.[17] Coronaviruses are found in many feedlot cattle who die of pneumonia, and they are responsible for the respiratory disease known as shipping fever found in cattle stressed by transport.[18] There's currently a new mutant strain of coronavirus causing outbreaks of a contagious pneumonia on pig farms in several countries.[19] Preliminary work, though, suggests the SARS virus is more related to the one that causes lung infections in chickens.[20]

The concentration of animals with the weakened immune systems

in unsanitary conditions seems inherent to factory farming. As intensive livestock operations continue to spread worldwide, so will viral breeding grounds.[21] Moving away from intensive animal agriculture and towards more sustainable plant-based methods of production may benefit the health of the planet and its inhabitants in more ways than we know.

- [1] Daily GC, Ehrlich PR. Development, Global Change, and the Epidemiological Environment. Stanford, CA: Stanford University; 1995. Paper #0062.
- [2] Kiple KF, editor. The Cambridge World History of Human Disease. Cambridge: Cambridge University Press; 1993.
- [3] The Straits Times (Singapore), March 21, 2003.
- [4] Ibid.
- [5] Time, April 7, 2003.
- [6] The Straits Times (Singapore), March 21, 2003.
- [7] Courier Mail (Australia), April 12, 2003.
- [8] South China Morning Post, April 9, 2003.
- [9] Sydney Morning Herald, April 7, 2003.
- [10] Time, April 7, 2003.
- [11] The Atlanta Journal and Constitution, April 12, 2003.
- [12] TB & Outbreaks Week, April 15, 2003.
- [13] The Toronto Sun, March 28, 2003.
- [14] New Scientist, April 03, 2003.
- [15] Courier Mail (Australia), April 12, 2003.
- [16] The Michigan Daily, April 09, 2003.
- [17] New England Journal of Medicine, April 10, 2003.
- [18] Santa Fe New Mexican (New Mexico), April 6, 2003.
- [19] Ibid.
- [20] New Scientist, April 03, 2003.
- [21] Time, April 7, 2003.

# AMERICA'S TOP TEN VEGETARIAN FRIENDLY CITIES

## #5 HONOLULU, HAWAII: THE (NON-DAIRY) CREAM OF THE CROP

EXCERPTED FROM AN ARTICLE ON THE PETA.ORG WEBSITE



**V**egetarian restaurants, stores, events, and products are sprouting up all cross the country. PETA recently surveyed America's cities to find out which are the most vegetarian-friendly, ones boasting vegetarian restaurants, health food supermarkets and stores, and high sales of vegetarian and vegan products (based on data from eight major vegetarian/vegan companies). We also conducted random telephone surveys of popular eateries in each city to ask about meatless options. Cities that are home to active vegetarian groups and vegetarian food fairs received bonus points. Lastly we weighed population as a factor and determined a per-capita ratio that evens out the playing field for the smaller cities.

### Honolulu

**S**and, Surf and Soy: Whether carving the monster waves at the North Shore gets you stoked or if boogie boarding the warm friendly waters of Waikiki is more your style, visitors of every ilk find a vibrant and growing vegetarian community in Honolulu, home to the nation's largest local vegetarian society.

"You're never far from a Down

To Earth Natural Foods store" brags one vegetarian in paradise. These all-in-one completely veggie markets are loaded with organic fruits and vegetables and all have a deli, salad bar,

### The Top Ten

1. San Francisco
2. Seattle
3. New York
4. Portland
5. **Honolulu**
6. Atlanta
7. Minneapolis
8. Orlando
9. Asheville
10. Houston

hot food buffet, and fresh baked goods. Down To Earth is one of only a handful of U.S. "health food" stores that doesn't sell meat, and it carries only cruelty-free personal care products. Since Honolulu is closer to Tokyo than Chicago and with half its residents finding their roots in Asia, it's not surprising that the city's restaurants flourish with the exotic flavors of Thailand, Vietnam, China, Japan, and India. One of the best is the Legend Vegetarian Restaurant in Honolulu's Chinese Cultural Plaza. All vegan and all delicious, Legend's is well known for its extensive menu and delectable meat alternatives.

Need more time to work on your tan? Try fast food restaurant Mr. Goodburger's, where all the "burgers" are meat-free. Add fries and a tropical fruit smoothie for a great alternative to the more common fast food outlets. To top off your Hawaiian veggie tour, be sure to experience the scrumptious pineapple swirl at the Dole Plantation. Dude, it's

awesome.

With more than 1400 members, the Vegetarian Society of Hawaii is the largest local veggie group in the U.S. and a valuable resource for residents and visitors alike. Monthly meetings feature the best and brightest, such as recent guests Peter Singer, Howard Lyman, Michael Greger, and PETA's vegan outreach director Bruce Friedrich. Many long-time vegan proponents call Hawaii home, including active VSH member MDs William Harris, Michael Klapner, and Terry Shintani, along with champion "ironman" triathlete Ruth Heidrich, PhD. Surf the society's website (VSH.org) for its lecture schedule and a list of veg-friendly restaurants and businesses.

### The Best of the Rest

1. Washington
2. Los Angeles
3. Denver
4. Philadelphia
5. Eugene
6. Austin

For descriptions of all top ten cities (and the bottom five), visit this website: <http://www.peta.org/feat/vegcities/index.html>



## A Message to Aging Vegetarians

by Helen Wells, MA

Every so often when I'm tabling for VSH or doing some demonstration for Animal Rights Hawaii, old veggies will come by and talk to me about what they did in the 60s and 70s. Maybe they were vegetarian activists in Florida or Michigan or New York. Maybe they helped PETA or went to learn to farm in India or were one of the original raw foodist movement folks. Maybe they advocated vegetable and fruit juicing, or they lobbied on behalf of things organic and locally grown. I am always surprised when they more often than not ask, "Do you think we made a difference?"

The question flabbergasts me. They seem sincere when they ask this; I don't think they are fishing for compliments. Indeed, they express true doubt about the good that they did. Maybe they look around and see that the planet is struggling to stay alive. They must read about the poisonous run-off from factory farms and county-blanketing mega-corporate-pesticide-using grain farms (that cause "dead zones" down river). They hear the people from the Marshall Islands lamenting global warm-

ing that's going to cover their entire country with water. They see the ads for 99-cent hamburgers and they see obese kids throughout our society. They see the oceans so polluted that nearly all the sea creatures are contaminated. The list goes on and on, and they ask me, "Do you think we made a difference?"

But I am still stunned by their question. *Of course* they made a difference! Whether they are still activists today or supporters, I assure them, they made a difference. Then they want to know how. After all, they might have burnt themselves out and spent all their money on vegetarian and environmental causes. They might have sacrificed some relationships and personal comforts that non-vegetarian society takes for granted. They took the bone buttons off their shirts, and they always wore man-made "leather," even back when those shoes tore up your feet. They went to so many parties where they

couldn't eat anything, and they drove their children crazy by being anti-meat obsessed.

So, they really want to know now, "How did I help?" They need to hear it, so I tell them. Well, I say, speaking personally, what if there hadn't been

**D**o you think we made a difference?

PETA brochures when I was in college? What if someone had not put those brochures on a counter in the University library? What if someone hadn't handed me information in Atlanta's subway? What if others had not asked for vegetarian meals in restaurants so that by the time I became enlightened about how bad meat is there was something already on the menu for me? Perhaps if it had been too hard for me to find veggie food, I wouldn't have been strong enough to persevere. What if some group had not organized a discussion about Peter Singer's book, and what if someone else had not recorded that discus-

sion and put it on the radio? What if veggie/religious organizations of all types had not made an abundance of free veggie and philosophical materials available? And again, what if someone had not paid for their publication, what if someone had not delivered them to various locations, what if someone had not even written, compiled, or translated them? What if no one had organized veggie co-ops? What if some people had not taken great financial risks, going out on limbs to risk starting companies that made products not tested on animals and with no animal ingredients?

So, although the list of evils could go on and on, at least we have this other list of positives that can also go on and on. I tell them you did these things for us. You made a difference.

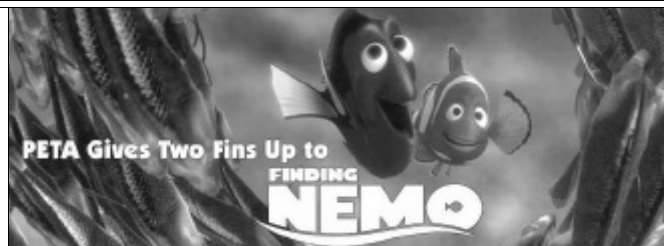
## "Isn't fish a health food?"



Anyone who eats fish for "health" reasons should think again: The flesh of fish can accumulate toxins up to 9 million times as concentrated as those in the waters that they live in, and the flesh of some sea animals, like shrimps and scallops, contains more cholesterol than beef. Fish on farms are also fed antibiotics that are passed along to humans, impairing the immune system. And according to the Centers for Disease Control and Prevention, 325,000 people get sick and some die every year in the U.S. from eating contaminated fish and other sea animals.

*Neal Barnard, MD, founder of the Physicians Committee for Responsible Medicine (PCRM)*

# Animal Rights Corner



## The Violence Factor

by Elaine Johnson, MBA  
VSH Public Relations Director

**D**o you think you know all that you ever wanted to know about the Elizabeth Smart case? Although the media drowned us in coverage of this story, largely ignored was the part that animal cruelty, in combination with animal eating, played here. "He shot our dog. He killed our bunny and made us eat it." relayed Mark Thompson, who was kidnapper Mitchell's stepson.<sup>1</sup> Karen Dawn of Dawnwatch reported on March 22 that of the roughly 650 articles she could find on this story, only about 10 bothered to mention this aspect of the case.<sup>2</sup> What does this mean? Cruelty to animals is not even deemed note-

worthy by most of the media and is not a felony in many states, including our own, despite a recent attempt to change this.

The connection between violence toward animals and later violent acts toward humans is well documented. It would be nice if society as a whole was so upset about violence toward animals for its own sake that it would not be tolerated. Sadly, this is not the case. People are mostly only upset enough *en masse* to take action when the violence spreads to include humans. Ms. Dawn makes the point that if the media and police were clued in to thinking about animal abuse as an important precursor to violence against humans, and Mitchell's prior cruelty had been on a police felony record, the police may have found him a lot sooner.

The link between eating a diet of meat and violent behavior has also been well documented. Our own Dr. Bill Harris discusses this in his book "The Scientific Basis of Vegetarianism" (Chapter 13), and he is not alone. Other references to this diet-violence phenomenon are scattered throughout the literature and the politicians are not yet listening very closely. Of course, meat-eating is also another form of violence toward animals.

The media and our politicians are said to shape, to some extent, public mores, as do the laws passed by our elected officials. The reverse is also true. Issues that the media deem important to the public they will report. Politicians take action on things they think are important to large numbers of the public. As vegetarians it is our duty to shape the world we want by

(See **Violence** on page 19)

## National Animal Rights Conference to be Held in LA

by Laurelee Blanchard  
VSH Maui Meeting Coordinator

**A** thousand animal rights activists from throughout the U.S. will rally in Los Angeles August 1 - 5 to map the movement's national strategy for the coming year. Animal Rights 2003 will feature 160 sessions, including keynote addresses, briefings on various forms of animal abuse, workshops on organizing and outreach skills, ideological "rap" sessions, campaign reports, and exhibits of educational literature, merchandise, and videos. Special activities will include newcomer orientation, planning meetings, an awards banquet, networking receptions, U.S. Animal Rights Hall of Fame, Congressional lobbying, and street demonstrations. Additional details are provided at [AnimalRights2003.org](http://AnimalRights2003.org).

Television talk show host and comedian Bill Maher has been named "Celebrity Animal Advocate of the Year" and will receive the coveted award at the conference. The award recognizes his outstanding activities and commitment to animal liberation from human exploitation. Maher was the star of late-night television's "Politically Incorrect" for more than five years on ABC, vigorously defending animal rights during many heated discussions on the show. He now has a new show on HBO entitled "Real Time with Bill Maher."

(See **Conference** on page 19)

## Be Encouraging

**"E**ncourage others to become vegetarian by wearing a veggie button, baseball cap, or T-shirt and providing information to those who request it."

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



# U.S. Violates World Health Organization Guidelines for Mad Cow Disease

## A Comparison of North American and European Safeguards

Excerpted and adapted from the article by Michael Greger, MD (June 4, 2003) for the Organic Consumers Association

The National Cattlemen's Beef Association describes government and industry efforts to safeguard the American public from mad cow disease as "swift," "decisive," and "aggressive." [1] The U.S. Secretary of Agriculture adds "diligent," [2] "vigilant," and "strong." [3] The world's authority on these diseases disagrees. Dr. Stanley Prusiner is the scientist who won the Nobel Prize in Medicine for his discovery of prions, the infectious agents thought to cause bovine spongiform encephalopathy (BSE), or mad cow disease. The word Dr. Prusiner uses to describe the efforts of the U.S. government and the cattle industry is "terrible." [4] What are these "stringent protective measures" [5] that the Cattlemen's Association is talking about, and how do they compare to global standards and internationally recognized guidelines?

In 1996, in response to the revelation that young people in Britain were dying from variant Creutzfeldt Jakob Disease (vCJD), the human equivalent of mad cow disease, the World Health Organization (WHO) issued seven "Recommendations." The first four were proscriptions to reduce the likelihood of the disease spreading to humans. [6] The U.S. government violates every one of these guidelines.

### #1. Stop Feeding Infected Animals to Other Animals

WHO recommends that no "part or product" of an animal showing signs of spongiform encephalopathy (TSE) should be fed to any animal. [7] Yet in the U.S. it is legal to feed infected deer and elk to livestock. [9]

In May 2003 the FDA drafted proposed suggestions for the rendering industry, recommending that deer and elk infected or at high risk for the disease be excluded from animal feed. [21] However, even if this proposal is enacted, it is non-binding and non-enforceable.

Europe's Scientific Steering Committee met in 2003 and concluded that the U.S. should comply with WHO guidelines. The U.S. seems to be the only country that knowingly allows these infected animals to be fed to other animals, including those destined for the dinner plate.

### #2. All Countries Need to Establish Adequate Testing and Surveillance

The beef industry and the USDA claim that the level of U.S. testing "far exceeds" international testing standards. [26] At the USDA website "for the latest info on BSE Surveillance," it's said that "OIE recommends a surveillance level of 433 samples per year" [27] and that in 2002 the U.S. tested almost 20,000. [28] However, the oft-cited "433" figure [30-32] represents the required minimum number of cattle showing suspicious signs that should be examined each year. [34] The Animal Health Code then recommends that "Cattle that have died or been killed for reasons other than routine slaughter (including 'fallen' stock and emergency slaughter) should be examined." [36] This is where the U.S. (and Canada) fall seriously short. The combination of fallen stock and emergency slaughter cattle is equivalent to the U.S. nonambulatory, or "downed" cattle population. [37]

Every year an estimated 195,000 [38] to one million [39] cattle collapse in the U.S. for largely unknown reasons. [40] Most of these are still ruled fit for human consumption. [41] Europe is testing cattle at a rate of almost two thousand times that of the U.S. [58] The beef industry has argued that they have the disease, and we don't. This is circular reasoning: We don't rigorously test because we haven't found any cases. [59] The meat industry, however, opposes more testing. [66] Dan Murphy, the spokesperson for the American Meat Institute, stated, "Further testing would cost taxpayers more money, could slow production, and would yield no benefits." [67]

Now that mad cow disease has been found in a downer cow in North America, however, is the USDA drafting plans to at least step up its surveillance of downer cattle? According to a spokesperson for the USDA, "At the moment, no changes are being discussed." [91]

### #3. Stop feeding bovine brains, eyes, spinal cords, or intestines to people or livestock

Unfortunately, the U.S. still feeds these tissues to people, pigs, pets, and poultry. Also, people are likely to consume potentially infectious tissues such as spinal cord in hot dogs and hamburgers. The spokesperson for the American Meat Institute explained that the meatpacking industry would take a "significant hit" financially if the USDA enacted [a proposal to use brains and spinal cords from downer cattle in human

*(See Mad Cow Disease on page 13)*



# On the Menu

## Recipes from our members



## Have you “Bean” Missing Out?

by Mary Arakaki  
Dietetic Intern, VSH Secretary

This year I worked in the community and in a clinical setting completing a variety of competencies in my dietetic internship in pursuit of the RD (Registered Dietitian) designation. In my efforts to encourage people to eat more plant foods, I came to realize that beans are a highly underutilized part of the diets of most people -- vegetarians and omnivores alike. This is unfortunate, because beans are a great and inexpensive source of nutrients.

- ◆ **Protein:** Each half-cup serving of dry beans provides six to seven grams of protein (at least 10% of the Recommended Dietary Allowance [RDA]) and costs 20 cents per serving.
- ◆ **Complementary:** The complementation of plant proteins at the same meal is no longer regarded an essential part of meal planning because the foods eaten throughout the day form an amino acid pool that can be drawn on as needed. But as informed vegetarians you should know that beans are a rich source of the amino acid lysine while being a poor source of methionine. But never fear, because cereal grains are a poor source of

lysine but high in methionine and other sulfur amino acids. When beans and grains (for example beans and rice) are served some-time throughout the day, they provide a complementary protein profile.

- ◆ **Fiber:** A half-cup serving of cooked dry beans provides about 25-30% of the Daily Value of dietary fiber. About 75% of the fiber is insoluble and thus may reduce the risk of colon cancer. The remaining 25% is soluble fiber, which has been shown to lower blood cholesterol.



- ◆ **Low-Fat:** A half-cup serving of beans contains less than 0.5 grams of mostly polyunsaturated fat and no cholesterol.
- ◆ **Vitamins & Folate:** Although some B vitamins are lost in preparation, cooked dry beans retain more than 70% of these vitamins after hot soaking and

cooking. Extended cooking times will result in greater B vitamin losses. One half-cup serving of beans provides 36% of the Recommended Daily Intake (RDI) of 400 micrograms of folate and 11% of the RDI of thiamin (B<sub>1</sub>).

- ◆ **Minerals:** One half-cup serving of cooked dry beans contains large amounts of iron, phosphorous, magnesium, manganese, potassium, copper, calcium, and zinc. The bioavailability of these minerals is somewhat lower because of the presence of fiber, phenolic compounds, and phytic acid, which decrease their absorption. The absorption of the nonheme form of iron in beans can be increased by consuming beans with a source of vitamin C, however.

So if you've been missing out on the many benefits of beans, I encourage you to make them a regular part of your meal plan. If you're looking for a tasty quick bean recipe, here's one I borrowed from Dr. Shintani's Hawaii Diet Cookbook. I prepared this recipe for the middle school kids at Waimanalo Health Center's Ku I Ka Mana Youth Mentoring program, and it was a big hit. So try this recipe on your family and friends, and look for storage and preparation tips on beans in the next issue of *The Island Vegetarian*.

Enjoy!



## Maui Taco's Black Bean Burrito

1 1/2 cups rice, cooked or Spanish  
5 small potatoes  
Cooking spray  
1/2 onion, chopped  
1 Tablespoon garlic (granulated)  
1 2/3 cup cooked black beans (or 1 15-oz. can - see following recipe)  
5 tortillas  
1 cup lettuce, shredded  
1 cup salsa

Wash and peel potatoes. Place in saucepan and add water to cover. Boil potatoes for 35 to 40 minutes. Drain water, cut into 1/2" cubes, and set aside.

Sauté onion and garlic in cooking spray until translucent. Add black beans, potatoes and rice. Gently mix together until combined.

Lay out tortillas on a flat surface. Layer the filling in the following order: black bean-potato-rice mixture, lettuce, salsa, and guacamole. Fold tortilla over layers, envelope fashion. Garnish with Guacamole and taco chips to taste.

Makes 5 Burritos.

## Maui Taco's Black Beans

1 1b black beans, tripled washed water, to cover  
1/4 onion, chopped  
1 Tablespoon garlic (granulated)

Wash beans thoroughly.

In a large pot add the beans, onions, garlic, and enough water to cover beans while cooking. Bring to a boil, then turn heat to low. Cook for 4 hours or until beans are tender. Remove from heat. Cool. Leave black beans whole.

Makes 5 portions.

Recipes from Dr. Shintani's Hawaii Diet Cookbook, slightly modified



## No Excuses

**Y**ou said, "I'm waiting for a VSH sale to upgrade my membership." Well, we're having TWO! One's temporary and the other is longer term. Let's start with the latter. A regular membership is now \$20 for the 1st year, \$38 for 2 years, \$54 for 3, \$68 for 4, and just \$80 for 5 full years. The biggest dues savings are for a couple or family for whom the dues are \$30, \$57, \$81, \$102 and just \$120 for 5 years.

The temporary sale is on our life membership, which is regularly \$400. But during July, August, and September you can join for life for only \$300.

There's never been a better time to join or renew. For an application form please go to our beautiful new website VSH.org and click on Join VSH. Mahalo for your support!

**THE HUMANE SOCIETY  
OF THE UNITED STATES.**

**“When they are hunted, and captured, and caged, and slaughtered, for frivolous items to merchandise. Do we not feel their pain and suffering? Do we not feel some sense of shame that we as a species have become the executioner of so many others.”**

**Animals in Peril  
HSUS video, 1994**



## Get Involved

Contact information for Hawaii's U.S. Senators and Representatives:

### Sen. Daniel K. Akaka

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Fax: (808) 538-0233  
ed.case@mail.house.gov

E-mail messages may be sent to legislators through the congress.org website.



# Vegetarian Society of Hawaii

Calendar of Events July - September 2003



## PAUL ONISHI WITH VISHNU OM

Wed., July 9, 7 p.m.  
Ala Wai Golf Course  
Clubhouse\*

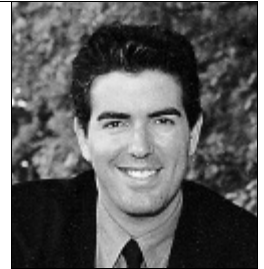
### HEALTHY SOY ALTERNATIVES A COOKING DEMONSTRATION

**P**aul Onishi has been demonstrating and instructing people about food preparation and presentation for over 17 years. He was one of the first sushi chefs trained in America, he owned and managed catering businesses in California and Hawaii, and he has taught cooking classes around the country. He presently works as a teacher at Castle High School in a hands-on food service program.

**Vishnu Om** has been a vegetarian all his life. He was one of Mr. Onishi's top students, and he currently works in the "show kitchen" at Sam Choy's Diamond Head Restaurant.

## WAYNE PACELLE

Wed., Aug. 13, 7 p.m.  
Ala Wai Golf Course Clubhouse\*



### FIGHTING ANIMAL EXPLOITATION

**W**ayne Pacelle is senior vice president of The Humane Society of the United States (HSUS), the nation's largest animal protection organization.

Since 1990 he has conceived of or helped to direct more than a dozen successful ballot initiatives, and he led the recent fight in Congress to ban interstate transport or export of birds for fighting - a measure that should have a major impact on Hawaii's cockfighting industry.

Prior to joining The HSUS, Pacelle served as the director of The Fund for Animals, a national animal advocacy group founded by Cleveland Amory.

Mr. Pacelle will discuss the importance of challenging industrial animal agriculture and other animal abuse industries through a combination of consumer activism and political participation.

**He will also speak on Maui on Sat., Aug. 16, at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave, Kahului.**



## MICHAEL GREGER, MD

**B**rimming with the latest nutritional research gleaned from the national vegetarian conference Summerfest, Dr. Michael Greger will be back in Hawaii to give five exciting lectures on a variety of interesting topics. His leading edge information and unique and humorous presentation skills promise an entertaining and educational experience not to be missed.

### GOING VEGETARIAN! A HOW-TO GUIDE

Mon., Sept. 8, 5 p.m.  
UH-Manoa,  
Campus Center Building  
Room #309

### TRANS FATS & ACRYLIMIDE: WHAT YOU DON'T KNOW MAY HURT YOU

Thurs., Sept. 4, 7 p.m.  
Castle Medical Center

Registration required:  
Call 263-5400

### CORPORATE GLOBALIZA- TION: TRADING AWAY OUR RIGHT TO PROTECT ANIMALS

Fri., Sept. 5, 5 p.m.  
UH-Manoa  
Campus Center Building  
Room #309

### OPTIMUM VEGETARIAN NUTRITION

Wed., Sept. 10, 7 p.m.  
Ala Wai Golf Course  
Clubhouse\*  
(Regular VSH monthly meeting)

Sat., Sept. 13, 7 p.m.  
Seventh-Day Adventist Church  
261 S. Puunene Ave, Kahului, Maui

\*The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., .2 miles behind the Waikiki-Kapahulu Library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call-944-VEGI or visit VSH.org for more info.

## 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 Application & 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

# 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 per year for a foreign address):

1 yr.    2 yrs.    3 yrs.    4 yrs.    5 yrs.

\$20   \$38   \$54   \$68   \$80

\$12   \$24   \$36   \$48   \$60

\$30   \$57   \$81   \$102   \$120

Life membership ~~\$400~~ **\$300! (Jul-Sep)**

\$\_\_\_\_\_ additional tax deductible donation

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

Books/Merchandise



**SAVE  
on Multi-Year  
Memberships/  
Renewals!**

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

# Veggie Views

by Helen Wells, MA

On Saturday, June 14, *The Island Vegetarian* visited Down To Earth Natural Foods at 2515 S. King Street in Moiliili and asked some of the shoppers for their vegetarian thoughts for the day.



"I like tofu." Jasmine Westerdahl



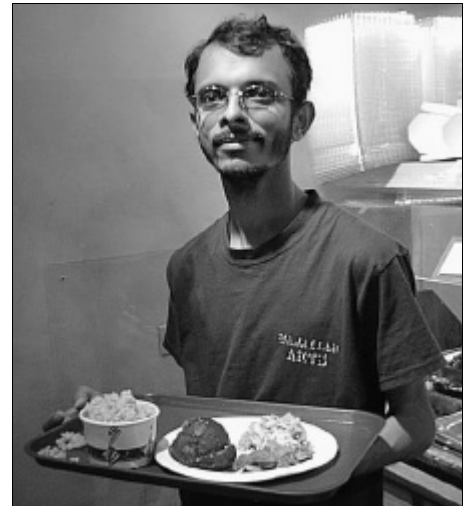
"I put avocados on everything. They go well on potatoes, salad, and stir fry." Scott Snarr



"We are totally strict vegetarians. My husband Danny has been vegetarian for over 20 years. I've been vegetarian for six years. I'm going to a vegetarian pot luck tonight and I wanted to bring Mock Chicken Pesto Manapua. Vegetarian is the way to go." Jennie Gamage



"I have bulk dried instant pea soup. It has peas, carrots, sea salt, onion, garlic, herbs, and spices. I'm buying it for myself and a friend who's returning to Japan. I also like the yeast-free French Meadow Rice bread because I have allergies. It's an excellent product." Niki Miller



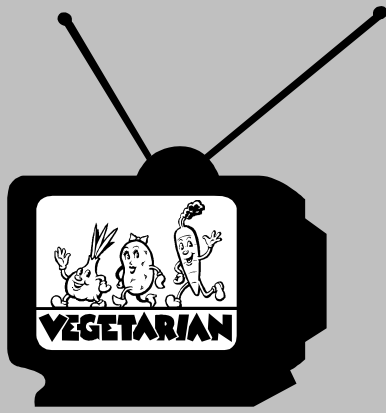
"I'm a new member. Scott Snarr told me about the Vegetarian Society. I buy Indian spices and groceries and eat all veggie international foods." Rahul Zaveri



"I'm buying organic and baking sweet potatoes and fresh fruits. My husband likes whole food. I just put (the potato) in the oven and bake it." Rosa Louie



The King Street location's entrees are usually about half vegan. There's a salad bar with many organic ingredients and a bakery. You may also order sandwiches and smoothies. Eat in or get it to go.



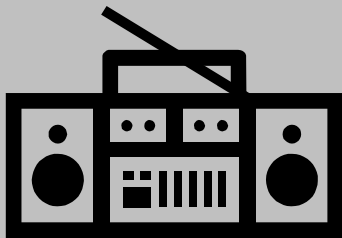
## On TV...

### “Vegetarian”

Olelo, Channel 52  
Thursdays 6-7 p.m.  
VSH meetings & more

### “Tasty & Meatless”

Olelo, Channel 16  
Sat., Sun., 6:30-7 p.m.  
Mon., Tue., Wed., 5:30-6 p.m.  
New Show Every Sunday



## ...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



## Lifestream Natural Foods

702 Kapahulu Ave., 732-6253

Russell, who runs the Lifestream store at the corner of Date St. and Kapahulu Ave., said that Lifestream is a vegetarian establishment that's been in operation for 18 years. He has many neighborhood customers, but he also has many commuter customers on their way to Waikiki.

Bragg's products such as Liquid Aminos and Apple Cider Vinegar are always on sale here, he said. The store also carries a lot of vitamins and minerals and health and beauty products at competitive prices. His canned vegetarian items, maple syrup, and boxed mixes are of good quality and are reasonably priced. The store carries a full line of Bob's Red Mill grains, cereals, flours and mixes, various nutrition bars, Knudsen juices, and soy and rice milks. There's a small selection of new and used books and a large case of refrigerated fresh juices.

In the back is the favorite section of several VSH members; bulk, where may be found packages of peanuts, pumpkin seeds, Paradise Mix, carob drops, coconut, papaya, peas, beans, lentils, and dried garbanzo beans, to name only some.

## (Mad Cow Disease *from page 7*)

food].[282][283]

### #4. Stop Weaning Calves on Cow's Blood

Most newborn calves in the U.S. are separated from their mothers within 12 hours so that the mother's milk can be marketed for human consumption. [249] The majority of dairy producers feed the calves a milk replacer, a blend of water, a source of protein, and a source of fat.[250] Outbreaks of mad cow disease in Denmark,[251] Germany[252] and Japan[253] have been tentatively tied to milk replacer that used beef tallow as a source of fat.

The protein source used is most often milk protein (whey), but dairy farmers also use cattle blood protein [254], which is cheaper.[255] The reason Nobel Laureate Stanley Prusiner is concerned about this is that there is experimental proof that the disease can be transmitted through blood.

### Conclusion

Now that mad cow disease has been discovered in North America, the USDA should immediately enact measures to prevent human exposure by issuing an emergency interim rule to ban products that may contain the causative agent.[286] So far, though, the USDA isn't even discussing plans to increase testing for the disease.[287]

*Michael Greger, MD, is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine. He has been speaking about mad cow disease since 1993. In 1997 he was an expert witness in the Oprah Winfrey trial. He has contributed to many books and articles on the subject.*

*For the list of references and to view the complete article please email Dr. Greger at [mhg1@cornell.edu](mailto:mhg1@cornell.edu), or go to <http://www.organicconsumers.org/madcow.htm>.*

# Restaurant Reviews

## Punjabi Inn

by Helen Wells, MA

1901 Kapiolani Blvd., 942-0853

Dinner Buffet \$12.99

Tues-Sun 6-9:30 p.m.

Lunch Buffet \$8.50

Fri, Sat, Sun 11:30 a.m.-2 p.m.

I recommend Punjabi Inn, an Indian restaurant at the corner of Kapiolani and McCully. In a previous incarnation this restaurant was known as Ahimsa. Thankfully the new owners are using less oil and butter. In fact, I found all but one of the vegetarian items to be vegan. Unfortunately the bread pudding dessert has dairy in it.

There is no menu here, only the items on the buffet. I went for dinner, and I went in hungry to make sure that I could do vegetarian justice to \$12.99. I did indeed do it justice. Everything had very good flavor and the items weren't oily.

The rice had bay leaves and cumin, was light and fluffy, and was cooked to perfection. So often rice is prepared in a perfunctory manner and ends up sticky, gooey, or unflavorful or has been sitting too long. But the rice at Punjabi Inn was moist and fragrant.

There was salad of chopped lettuce, tomatoes, and carrots. It wasn't fancy, but it was fresh. I could see the care of the cook in this item because the ingredients of the salad were chopped nicely, not randomly. It gave



Punjabi Inn owner Kuldip with chefs Amarjeet (left) and his wife Rani (right).

me the feeling that she was putting nice energy into the food and that she was thinking about me, the diner, when she prepared it.

Other items I enjoyed were spicy peas, a potato with cauliflower dish whose combination of spices was a surprise. It had a light tomato and spice flavoring. You have to try it to understand it (tomato and cauliflower?), but it was delicious! I passed it by my first time through, thinking it looked a bit experimental and wanting to get a layer of more familiar foods into my stomach first. But my eyes popped open by the second or third bite of this potato/cauliflower/tomato/spice montage, and I regretted that I was already so full. It was a work of art. I also enjoyed the lentil dish, and the stir fried cabbage had only very light oil.

Regretfully, I observed that there was one meat dish at the end of the buffet. So, the restaurant is not entirely vegetarian. Nevertheless, there is much less meat here than at most other restaurants. It would be nice if the meat item were moved a little further away from the vegetarian items.

The owner and manager, Kuldip, hails from England where he was a doctor. He sounds well-educated, of course, and is pleasant. His wife Rani and their business partner Amarjeet are the cooks. Kuldip says that sometimes they serve a few other dishes, such as garbanzo bean dishes, mixed vegetables, or other versions of cauliflower or pea dishes.

The décor has also improved dramatically

over what it was in Ahimsa days. The main color now is pale eggplant, which is lovely and well suited to the other fixtures and the artwork. Tables have cloth pink roses in white vases. The restaurant isn't glamorous, but it's neat and clean and pleasing, the restrooms are well kept, and the service is good and friendly.

Kuldip says that Vegetarian Society members may show their membership cards for a 5% discount. Later he'll be implementing a card for "Buy nine meals, get the tenth meal free."



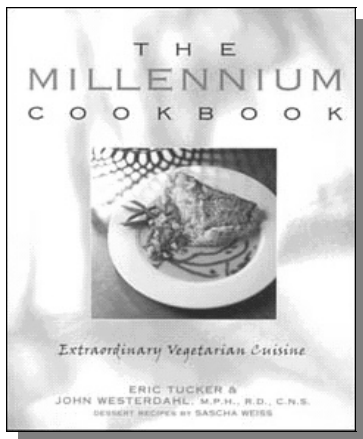
Reviewer Helen Wells displays her selections from the dinner buffet.

Dr. SHINTANI'S  
**SHINTANI**  
SHINTANI  
**CUISINE**

### Guilt-Free Fast Food

Dr. Shintani's Cuisine at Zippy's is constantly being developed, added to, and improved. Now there are baked beans. The day I was there I had the vegetarian chili on rice at a very good price!

Helen



## The Millennium Cookbook

### MILLENNIUM OIL-FREE CAESAR SALAD

**MAKES 6 SERVINGS**

*This is our version of the classic.<sup>1</sup> The combination of capers and nutritional yeast gives this dressing the pungent bite and body that eludes many vegetarian Caesar dressings. If nutritional yeast is unavailable, add ¼ cup bread that has been soaked in water. This will help keep the dressing emulsified and thick.*

- 3 heads romaine lettuce (all but the very outermost leaves)
- 1 ½ cups Oil-Free Croutons (recipe follows)
- 1 ½ cups Oil-Free Caesar Dressing (recipe follows)
- 1 carrot, peeled and shredded

Tear the lettuce leaves into bit-sized pieces. In a large bowl toss the lettuce and croutons with the dressing. Divide among 6 salad plates and top with the shredded carrot.

#### NUTRITIONAL INFORMATION PER SERVING OF DRESSED SALAD:

114 Calories (16% from fat), 7 g Protein, 17 g Carbohydrate, 2 g Fat, 0 mg Cholesterol, 531 mg Sodium, 3 g Fiber

## CAESAR DRESSING

**MAKES 1 ¾ CUPS**

- One 12.3-ounce package low-fat silken tofu
- ¾ cup fresh lemon juice
- 1 clove garlic, minced, or more to taste
- 3 tablespoons capers, drained
- ¼ cup nutritional yeast
- 2 tablespoon Dijon mustard
- ½ teaspoon ground pepper
- 1 cup water
- Sea salt to taste

In a blender, purée all the ingredients until smooth. Taste and adjust the seasoning. Thin with more water if needed to reach the desired consistency. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional information per ¼ cup dressing:

41 Calories (22% from fat), 4 g Protein, 4 g Carbohydrate, 1 g Fat, 0 mg Cholesterol, 302 mg Sodium, 0.1 g Fiber

## CROUTONS

**MAKES 4 CUPS**

- 2 cups slightly stale bread cubes
- ¼ cup water
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- ½ teaspoon paprika
- ½ teaspoon sea salt

Preheat oven to 350°C. In a medium bowl combine all the ingredients and toss well. Spread the bread cubes on a baking sheet and bake, turning every 5 minutes, for 15 minutes, or until the bread cubes are crisp and dry. Let cool to room temperature. Store in an airtight container for up to 1 week.

#### NUTRITIONAL INFORMATION PER ¼ CUP CROUTONS:

53 Calories (17% from fat), 2 g Protein, 9 g Carbohydrate, 1 g Fat, 0 mg

Cholesterol, 216 mg Sodium, 0.5 g Fiber

<sup>1</sup> The Millennium Restaurant, San Francisco

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



## What's Cooking?

**This quarter's cooking classes:**

**Kapi'olani Women's Center**  
1907 S. Beretania St.

Vegan classes are held monthly. For registration, fee information, and other details "Call-a-Nurse" at 535-7000 or visit kapiolani.org.

**Castle Medical Center**  
Pali Hwy. at Ulukahiki St., Kailua

**July 10, 7 - 8:30 p.m.**  
**Veggie Life Cooking Class:**  
**"Summer Vegetarian Recipes"**

Call 263-5400 or visit CastleMed.org to register (required) 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.



# VSH Members Abound at Castle Wellness Dinner

VSH was well represented at the *Veggie Life* vegetarian cuisine cooking demonstration and dinner held June 5th at the Castle Wellness & Lifestyle Center in Kailua. “The Calm Beauty of Japan” was the theme for the evening, which included a performance by concert pianist Lisa Nakamichi.

The menu included tofu steak, gomoku brown rice, soba salad, and pumpkin spring roll demonstrated by Hiroshima chef Toshie Sumida.

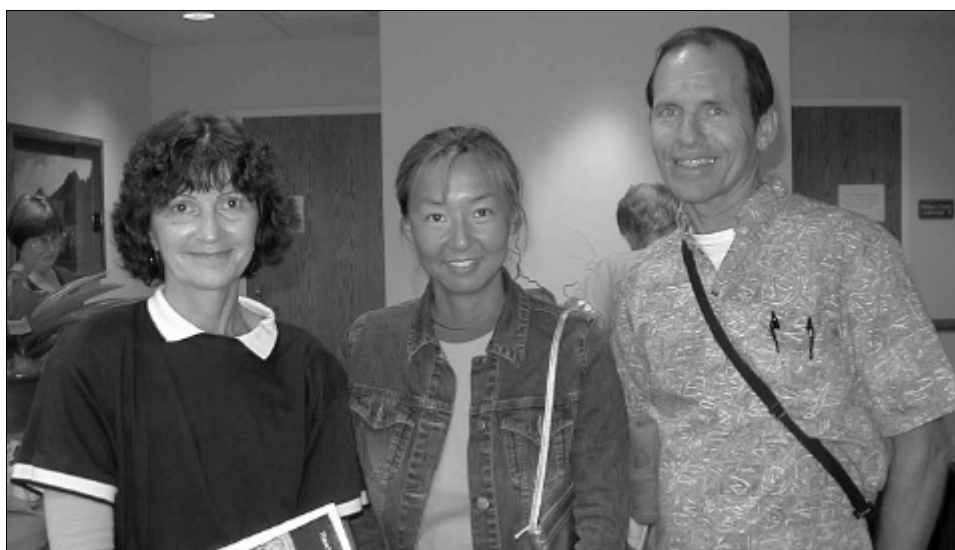
For more information about vegetarian cooking demonstrations and other events at the Castle Wellness & Lifestyle Medicine Center call 263-5400.



“Lifelong” vegans Jasmine Westerdahl and Alexia Sommers



Liz and Jim Takishita



Julia Hemmila, Masami Yoshitake, Patrick Moore



Masa Yafuso and Lee Pietz



Nearly 100 diners enjoyed the authentic Japanese cuisine



Katherine Kupukaa, Amy Kimura, George Arakaki

## Short Takes

by Helen Wells, MA  
VSH Outreach Director

**W**ow! I just love to run into other VSH members at Kokua Market, Huckleberry Farms, Down To Earth, and the other health food stores around town. That's one of the joys of being a vegetarian.

I recently tried the vegan tamales from the freezer section of It's Chili in Hawaii, that great hot sauce store at 2080 S. King Street. There are two 5-oz. pieces per pack, either Vegan Spin-



Steamed Vegan Gourmet Tamales and hot sauces from It's Chili in Hawaii.

ach, Leeks & Corn or Vegan Eggplant, Zucchini, & Roasted Bell Pepper. Both types are wrapped in corn husks with no lard or artificial ingredients. You have to keep them frozen or refrigerated and then steam them in a steamer for 20 minutes or in your microwave for 5-7 min. frozen or 2-3 min. thawed. They are manufactured by Corn Maiden Foods in Los Angeles.

Is it my imagination, or are the local school lunches starting to offer more fruits and vegetables? Recently at Kaimuki High I saw all-you-can-eat broccoli, corn, pineapple, and peaches. Now if we can get them to get rid of the turkey and milk and offer brown rice instead of white.... When you see industrial food places make changes for the better -- even small changes -- be sure to thank them.

I took fake ham sandwiches to my church one Sunday recently...displayed

the fake ham, sprouted grain bags, and Nayonaise jar. Comments on the products were good. The great thing about this easy kind of veg. food -- it's inexpensive, healthy, and fun.

You know we tell people about our good dentist, our favorite hair cutting place, or where to find a great sale. Why don't we tell them where they can get vegetarian food?

I went by It's Soy Delicious at 170 N. King Street in Chinatown this weekend and was delighted to see that they have several new imitation meat products in their freezers.

I could not believe the vegetarian section at Borders bookstore! They have the latest and greatest veggie books. What a nice veggie day or date -- to go upstairs and sip tea while perusing the vegetarian lifestyle books and cookbooks.

Put some time in and take some veggie-wanna-be's grocery shopping with you so they can see how you do it. Or invite them to dinner and cook it while they watch and visit so that they can learn. How many times have I heard, "I want to be vegetarian, but I don't know how?" When someone you know says that, how can you help them? Think of some ways in advance.

Sunset at the Beach has some vegetarian options, by the way. I've been happy to see Ba-Le French Sandwich & Restaurant there with some options including Vegetarian Summer Rolls, Vegetarian Tofu with Noodles, Fried Tofu with Teriyaki Sauce, Rice and Salad, and Tofu Curry, Rice and Salad.

May door prizes included two books donated by Dr. Bill Harris, *Plant Roots* and *Vege-dining*, a decorative crystal from C & C Vegetarian Foods, a girl's T-shirt with the slogan "Go Vegetarian" from PETA, a print titled "Rusti" (of Rusti the Orangutan) from Lonewolf Graphics (224-3085, 955-0450), a 1-year membership to VeggieDate.org from the VeggieDate people, and a Mr. Goodburger's gift certificate, courtesy of Mr. Goodburger's

management.

Finally, remember to give VSH gift memberships to your friends and family. Even if they're not vegetarians, they will learn about "what you are into." Just write the words "Gift Membership from [your name]" somewhere on the form.

Oh, P.S.: There's a new product at C&C Vegetarian Foods called "Vege Ginger Chicken." Oh, wow, that stuff is good in a stir fry!

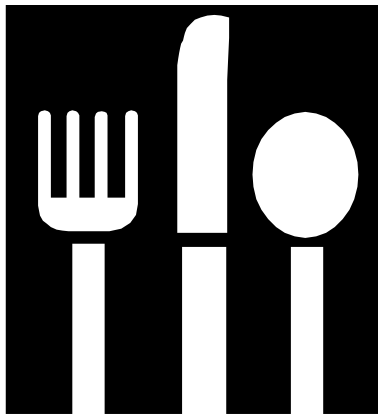


## Vegeteers Needed

**C**astle Medical Center's Wellness & Lifestyle Medicine Center is looking for volunteers. Opportunities are available in the Center's many programs, including vegan nutrition and wellness classes as well as doing general office work.

Volunteers for the new state-of-the-art Wellness Center are official volunteers of Castle Medical Center and as such are entitled to benefits such as free vegetarian meals, free Windward YMCA membership, and free access (or substantial discounts) to many of Castle's wellness classes and services.

The greatest benefit is knowing that they'll play a key role in helping people learn about a healthy vegetarian lifestyle that promotes wellness of the body, mind, and spirit. For more information call Dr. John Westerdahl, Director of Wellness & Lifestyle Medicine at Castle, at 263-5050.



## VSH Dine Outs

### Budget Lunch

- Place: India Bazaar, 2320 S. King St.  
 Date: Saturday, July 26  
 Time: 1:30 - 3 p.m.  
 Cost: \$6.77 includes tax; drinks and tip are extra  
 Items: Three vegan items (mild, medium, or hot), rice  
 Dress: Extremely casual, come and go, bring a friend  
 Call: Helen at 955-9868 for reservations  
 Play: New board game Veganopoly after lunch (optional)

### Gourmet Dinner

- Place: Zaffron in Waikiki, 470 Ena Road, park in rear  
 Date: Friday, August 22  
 Time: 6:30-8 p.m.  
 Cost: \$15 includes tax; drinks and tip are extra  
 Items: Salad, at least six vegan items, all-you-can-eat buffet  
 Dress: Informal  
 Call: Helen at 955-9868 for reservations  
 Other: After-dinner walk around Waikiki (optional)

Note: Non-vegan items are served at both of these restaurants. Specific vegan seating areas will be provided.

## Veganopoly

by Helen Wells, MA

“Object: Play the role of an animal trying to make it in the restaurant business rather than being the main course. The winner is the player who ends up owning all of the establishments on the board.” The Veganopoly board looks similar to the Monopoly board; however, the properties are quite different. Players buy restaurants such as “Samosas Unlimited,” “Tahini Terrace,” and “Sachi’s Fish-Free Sushi.” After the properties are purchased, they may be upgraded by



stars: one star for a fruit bar, two stars for a salad bar, three stars for non-dairy smoothies, four stars for organically farmed, and five stars for “veganically” farmed.

Players start the game with 1000 United Earth Credits (UEC), and collect 100 UEC when they pass “Mother Earth” on the corner of the board. A player might land on “Opportunity Knocks” or “Twist of Fate.” Examples of Opportunity Knocks cards: “You’ve convinced your doctor that veganism is not a self-imposed death sentence. Collect 75 UEC as he refers patients to your establishments” and “You persuade a nearby school to replace soda machines with fresh juice machines. Add a star to any restaurant you own.” Examples of Twist of Fate cards: “Your dishwashers go on strike. Collect no money from anyone until after your next turn” and “Rescue card. Good for one escape from the Slaugh-

terhouse.”

Yes, players want to avoid the slaughterhouse; which is in the same place as jail in the Monopoly game.

This is a cute game. It brings some levity to an otherwise serious situation. It’s also an educational tool. I particularly like the small page of game directions, which offers “Explanations of Establishment Names.” This discusses, for example, what hummus and tofu are and how to flavor them. It talks about using textured vegetable protein instead of beef.

I love this game. It is fun and educational. I ordered mine through Pangea Vegan Products (veganstore.com) for \$21.95 plus shipping.

### Veganopoly

104 NE 16th Ave #6  
 Fort Lauderdale, FL 33301  
 (954) 763-8334  
 veganopoly.com

## Volunteers: The Spirit of VSH

I’m Robert Moses and I’m the VSH volunteer coordinator. This whole society (except for one bookkeeper) is run by volunteers, without whom we could not exist. Volunteers are our life blood and we’re asking for transfusions. Like the military we rely on volunteers, but if you don’t enlist, we may have to start drafting!



We need people who are willing to donate some of their time to help us help others. There are many different and interesting jobs available, such as tabling, meeting room preparation, refreshments, merchandising, clerical, distribution, newsletter production, etc. If you want to join us as a volunteer, please email me at robert@vsh.org or call 941-0191.

## (Violence *from page 6*)

making our presence known at every possible turn. The political process is an obvious example of one way we have made some inroads, although clearly, this process is still in its infancy. The media is a more ignored arena. Every time we see reporting that doesn't reflect our values as vegetarians and/or animal advocates, we should write and let the offending reporter know, while also remembering to thank those who do cover stories that are important to us. Each time that we see an advertisement that promotes cruelty or portrays vegetarians in an unflattering manner, we need to let the company whose product is being displayed know that we are not pleased. Numbers count. We need to work toward a time when the animal cruelty connection in a case like the Elizabeth Smart story is considered top news by the media and important evidence by the police and courts -- when the violence-diet connection is understood by all.

1. Newsweek, March 24, 2003. p.34
2. Dawnwatch is an animal advocacy media watch list located at dawnwatch.com.

## (Conference *from page 6*)

Some 120 speakers, representing every faction of the animal rights movement in a dozen countries, will share their knowledge and experience. Here is a sampling:

- Carol Adams is a prominent feminist and author.
- Joyce D'Silva has been responsible for much of Europe's farm animal protection legislation.
- Karen Davis, PhD leads the battle for humane treatment of chickens and turkeys.
- Michael Greger, MD is an expert on "Mad Cow" disease and global trade.

- Alex Hershaft, PhD is a founder of the animal rights movement and the Great American Meatout.
- Steve Hindi visits animal abuse sites with his "Tiger Truck," screening animal abuse videos.
- Kevin Jonas runs the notorious "Stop Huntingdon Atrocities Campaign."
- Howard Lyman is a rancher-turned-animal-movement's foremost spokesman.
- Peter Singer, PhD is professor of philosophy and ideological founder of the movement.
- Paul Watson is the cofounder of Greenpeace and captain of an anti-whaling ship.

The timing of this year's conference coincides with a massive shift toward public acceptance of animal rights. This is reflected in public opinion surveys, in enactment of animal protection legislation, in reduced use and improved care of animals in laboratories, and in the growing popularity of vegetarian foods.

Animal Rights 2003 is sponsored by FARM, a national public interest organization advocating wholesome, nonviolent, plant-based eating. Other supporting organizations include the American Anti-Vivisection Society, Animal Legal Defense Fund, Animals Voice, Animal Protection Institute, Dairy Education Board, Farm Sanctuary, Fund For Animals, HSUS, In Defense of Animals, Lantern Books, New England Anti-Vivisection Society, United Poultry Concerns, Veg News, Vegan Outreach, Vegetarian Times, and Wildlife Land Trust.

*Laurelee Blanchard is the Communications Director for FARM (Farm Animal Reform Movement).*



## VSH Joins Family Day Festival

by Robert Moses  
VSH Volunteer Coordinator

On Saturday, July 5th, the City of Honolulu is sponsoring Family Day at Kapiolani Park. The Vegetarian Society will have a table there from 10 a.m. until 6 p.m. There will be a parade from Fort DeRussy to the park starting at 10 a.m. We want as large a contingent of marchers as possible, proudly wearing VSH T-shirts, to make a big impression on the public (children are welcome and encouraged to attend). We have some VSH T-shirts that say Vegetarian Society of Honolulu (the original name of VSH) instead of "Hawaii" (the current name). A generous benefactor has offered to pay for each shirt, while they last, for VSH members who will march with us in solidarity to show the public that we care about their health and the welfare of other animals. We will meet at 9 a.m. by the corner of Kalakaua Ave & Ala Moana Blvd.

For more information or to register to march with us in the parade, please email volunteer coordinator Robert Moses at robert@vsh.org. If marching and you want a free T-shirt, please indicate your size and we will reply with availability and pickup location.

For more information about Family Day visit [www.co.honolulu.hi.us/mayor/familyday.htm](http://www.co.honolulu.hi.us/mayor/familyday.htm).





# Feeding kids meat is child abuse

[GOVEG.COM](http://GOVEG.COM)

The late Dr. Benjamin Spock, America's leading authority on child care, spoke out against feeding fish, chicken, other meats, or milk to children. He recommends that children "get their nutrients from beans, grains, vegetables, and fruits, rather than from meats."

"Another good reason for getting your nutrition from plant sources is that animals tend to concentrate pesticides and other chemicals in their meat and milk. ... Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer." —Dr. Benjamin Spock, *Baby & Child*

 **Vegetarian Society  
of Hawaii**

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