



# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOLUME 14, ISSUE 4, OCT – DEC 2003

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## Public Lectures\*

**William Harris, MD**

**“Some Thoughts on the Raw Food Diet ”**

Sat., Oct. 11, 7 p.m.  
McCoy Pavilion

**CALDWELL ESSELSTYN, MD**

**“Poor Nutrition:  
A Weapon of Mass Destruction”**

Sat., Nov. 15, 7 p.m.  
Honolulu Central Seventh-Day  
Adventist Church

**TERRY SHINTANI, MD &  
YANA LEHUA**

**“Healthy Holiday Eating”**

Sat., Dec. 13, 7 p.m.  
McCoy Pavilion

\*See page 10 for more info.

# VSH Launches “Choose Veg” TV Campaign

by Jim Brown  
VSH Vice President

The Vegetarian Society of Hawaii has launched a television campaign promoting vegetarianism in Hawaii. During the next six months over 300,000 cable-viewing households throughout the islands will see a series of public service announcements in which actual vegetarians discuss their reasons for choosing to become vegetarian. From Shawn (right), the 40-year-old surfer, to Robert, the vegan body builder who eats veg to keep his athletic edge, to sisters Tami and Shannon, who cook up vegetarian feasts for their friends every Sunday, it's clear that choosing to become veg has never been a healthier or easier decision.



To help promote the campaign, VSH has registered the Internet domain name VegHawaii.org, which appears at the end of each of the six 30-second spots. Visitors to VegHawaii.org are directed to the VSH website, where they can view all six of the PSAs and learn more about the many benefits of a veg diet and lifestyle.



See also our new and improved website for information about “Getting Started” on the road to vegetarianism, local veg-friendly restaurants and health food stores, recipes, meeting schedule, and more.



# 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.

I am delighted to welcome Wendy and Michael Newman to our volunteer ranks as membership co-chairpersons. The Newmans sought out vegetarians soon after their recent arrival in Hawaii, and we're glad they did. You'll see them at their own special table at monthly meetings processing new memberships, renewals, and other donations (now also *via* major credit cards, thanks to the perseverance of Robert Moses). Read more on this issue's Meet Our Members page. You'll also notice that our dine out function is resuming, as have our tabling activities around the island, thanks to Outreach Coordinator Helen Wells. Watch for announcements of what we hope will be monthly events. And with regard to VSH membership -- we've reached another milestone with 1501 members at last count (some of you will remember when we honored our 1,000<sup>th</sup> member in March of last year). All of this, along with our newly instituted multi-year membership renewal discounts, is making VSH even more attractive to potential members -- including our family members, neighbors, friends, and coworkers -- to whom we can bring the vegetarian message.

As I write this message, I am overlooking the working waterfront in one of the oldest fishing ports in the "New World" -- my home town of Gloucester, Massachusetts, locale of the book and movie, *The Perfect Storm*. The fishing industry has sustained the people of this community since 1623. In fact, my own grandfather was a commercial fisherman who was lost at sea in 1935 on what was to be his last trip before retirement. Recent federal regulations have severely restricted the "days at sea" allowed each fishing boat to 88 a year, and further reductions are expected. As a result, hundreds of families have lost or are about to lose their life-long occupations, and the cultural and historical marine-industrial character of the city will inevitably be lost or changed. Retraining is available, but it is inadequate to meet the need, and stress is high among fishing families and countless others working in ancillary jobs. Beyond the immediate affects on this fishing community, however, the long-term implications for our planet are even more compelling, as the ocean's intricate ecological balance is upset by over-fishing.

This situation is not unlike the dilemma that may soon face those in the meat-production and related industries as people reduce their consumption of meat and meat products. Perhaps one way of hastening the time when animals are no longer exploited, human health is no longer compromised, and the environment is not threatened would be to encourage alternative industry and employment in plant agriculture across the country. A tall order, somewhat beyond the present resources of VSH, but worth beginning to think about, I believe.



# SCIENCE CORNER

by William Harris, MD, VSH Board Member  
[www.vegsource.com/harris/](http://www.vegsource.com/harris/)



## QUESTIONS ABOUT GELATIN & INSULIN

Two questions that came in on the veggie line (944-8344) were forwarded to me. The first concerned alternatives to gelatin capsules. Gelatin is a protein substance obtained by boiling animal bones, hooves, and collagen in water or dilute acid<sup>1</sup> and it's the customary material used not only for gelatin desserts but for medicinal capsules. It's not a balanced protein, and the collagen we make in and for our own bodies is made mostly from the non-protein, non-essential amino acids hydroxyproline and hydroxylysine. Empty capsules suitable for vegetarians are often made from agar that is extracted from seaweed by boiling. Vegetarian flaked agar dessert gelatins are also available. The vitamin section at Down to Earth sells North Best Veggie Capsules listing "Kosher Carbohydrate gum from vegetable cellulose" as its ingredient. "The VegLife® brand uses a cellulose-based capsule with substantially equivalent characteristics to traditional gelatin capsules." <http://www.nutraceutical.com/about/veglife.cfm>

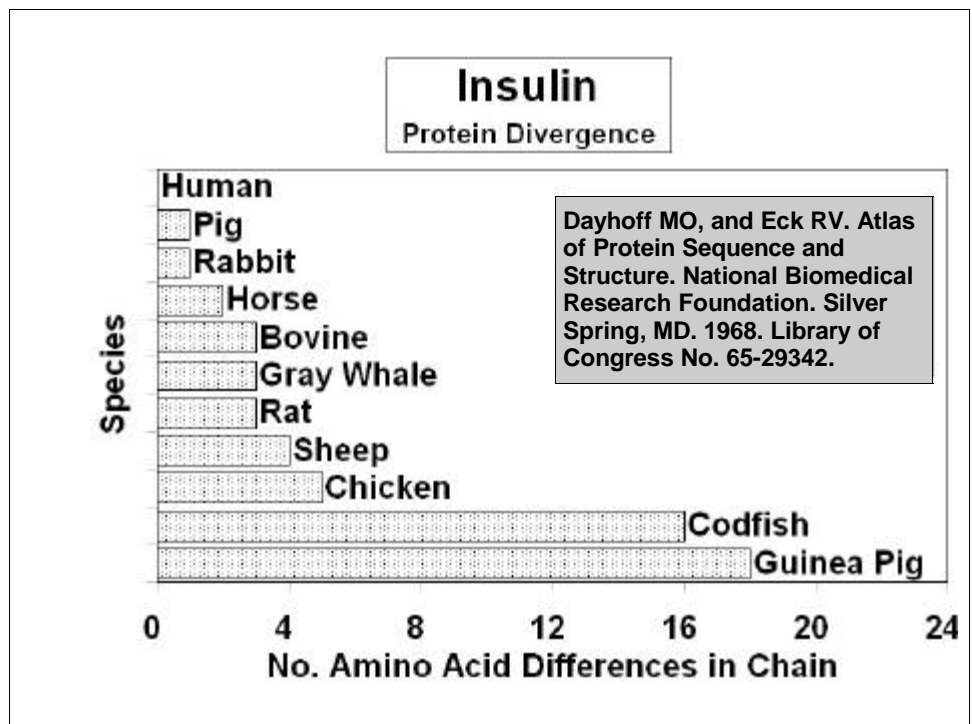
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The second question concerned the origin of insulin. Insulin is a protein hormone with a molecular weight of approximately 6000 found only in animals. Therein lies a quaint story from about 40 years ago when a health spa in Cuernavaca was advising its diabetic patients to eat Jerusalem artichokes because they contain insulin. In fact, no plant contains in-

ulin, but Jerusalem artichokes *Helianthus tuberosus* (the gnarly roots that grow underground and are related to the sunflower) contain inulin, molecular weight 5,200<sup>1</sup>, made mostly of fructose<sup>2</sup>. Inulin is so biologically inert that "inulin clearance" is a standard test of kidney function. The amount that comes out in the urine is directly related to the amount

biology it looks very complicated, but it's really just a spiral chain of amino acids with a couple of disulfide bridges holding the bottom part together.<sup>3</sup>

Until the 1980s physicians prescribed beef and pork insulin for insulin-dependent diabetes mellitus (IDDM) patients because that's all that was available. That led to some



that went in, because none of it is metabolized in the body. Inulin allegedly does not lead to an increase of blood glucose levels, so it may be good for diabetics, but it's not insulin.

True insulin is another story. In the manner customary to all fields of

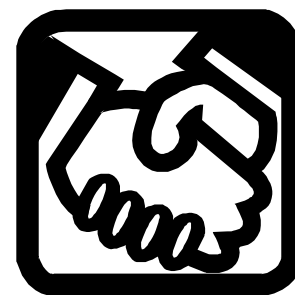
problems, however, because there are specie differences as shown in the box above. There were more allergic and inflammatory reactions with beef than pig insulin because, as you can see, there are three amino differences

(See *Insulin* on page 19)

# MEET OUR MEMBERS

by Helen Wells, MA

## WENDY CANEPA NEWMAN



Wendy has been volunteering lately at VSH tabling events and as a greeter at our monthly meetings. Born and raised in Lima, Peru, she has been interested in healthy eating her whole life. Just a few years ago it would have never occurred to her to become a vegan, however. Her doctor in Peru told her she needed meat for protein.

Wendy learned about vegetarianism three years ago when she met her future husband Michael Newman, who had been and on-and-off vegetarian. Becoming fully vegetarian was a two-year process for Wendy and Michael. Wendy eliminated red meat and chicken from her diet, then seafood. Finally, after doing some research, she came to the conclusion that she wanted a life completely free of animal products.

"I guess my biggest reason for becoming vegetarian was that my heart was telling me to. I did research, I found better products, better food to keep my body and soul healthy. After changing my diet, I lost weight. I feel I'm in the best shape ever, which keeps me strong to perform efficiently as a massage therapist and fitness instructor."

For many years Wendy had worked in banking in Peru and Houston until she decided that she wanted to

do something that she felt passionate about. Health and fitness had always interested her, so she decided to become a fitness instructor. She quit her job in Houston and studied and trained for her new career.



She then worked for a prestigious gym in Houston until moving to Hawaii, where she has her massage therapist license. "Being able to help others while doing what I love is a blessing."

Wendy says that being a vegetarian helps her in her work, and her work in turn helps the vegetarian cause. "There's so much interest out there about vegetarianism, especially about ways to become healthier. Also, people see that I'm fit and strong, able to massage a person larger than myself. That elicits questions about nutrition and exercise."

When people ask Wendy the "how do you get your protein" question, she informs them about the bad aspects of

meat consumption. "I share what I know about farm factories, battery cages, the transmission of diseases, etc. that was completely unknown to me not too long ago. And the most important thing is to tell them about alternatives."

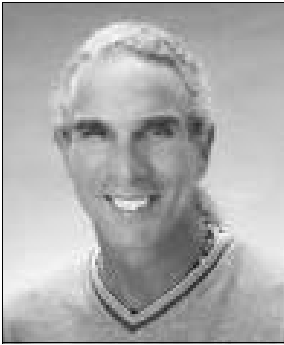
Wendy loves to cook. Some of her favorite foods are bean dishes, rice, salads, and baked potatoes. She also tries to have some raw items with each meal. When she travels, she says she can almost always find places to eat: Italian, Thai, Mexican. "Even if I can't find a restaurant, there's always healthy and fast food at supermarkets—fresh fruits and vegetables." She enjoys dining on Maui and also likes the vegetarian restaurants in Houston.

Wendy is proficient in several types of massage, including medical massage, Shiatsu, deep tissue massage, sports massage, lymphatic massage, and relaxation/Swedish massage. Contact her at 371-5591 if you are interested. She'll give a 15% discount and will discount gift certificates by 15% for VSH members.

Welcome to VSH, Wendy!



**B**e a part of one of the largest and fastest growing vegetarian societies in the country by helping to spread our healthful and compassionate message throughout the islands. Volunteers are vital to our success and every little bit helps. Call 944-VEGI (8344) or e-mail [info@VSH.org](mailto:info@VSH.org).



## Antibiotics Overused in Chickens

by Hesh Goldstein  
VSH member

In the typical chicken house tens of thousands of cramped and clucking fowl munch on antibiotics. Today more than 8 billion chickens, cattle, and hogs raised for the dinner table in America receive some type of antibiotic during their lifetime – not to cure disease, but to promote growth.

Until recently there was a storehouse of antibiotics that could handily fight even the nastiest of infectious diseases in humans. But the overuse of these “miracle drugs”-- in hospitals, consumer products, veterinary clinics, cattle feedlots, and hog and chicken factories -- is resulting in the spread of super bugs that medicine may be unable to treat. The Union of Concerned Scientists estimates that the total yearly use of antibiotics in healthy livestock has climbed from 16 million pounds in the mid 1980’s to 25 million pounds today. About 11 million pounds of that are used in poultry feed, 10 million in hog feed, and 4 million in cattle feed. By contrast, only 3 million pounds of antibiotics are used in human medicine. That means that we’re using eight times the amount of antibiotics in healthy animals that we use to treat

diseases in our children and ourselves.

Flesh producers rely on antibiotics, not just because they promote growth, but because of *how* they promote growth. The drugs’ fattening effects come mostly from bracing the chickens against the highly stressful conditions inside a chicken house. As a result the birds reach slaughter weight on less feed. And lower feed costs mean higher company profits.

If you think chicken houses smell bad from outside, live dangerously and go inside. Particles of manure and feathers hover like a fog, while the presence of ammonia stings the eyes. On the ground a sea of chickens swirls as they seek a little space, decent air, and another snack. Stay in a chicken house for 10 minutes and you’ll feel like you need an antibiotic.

And therein lies the tradeoff. The overuse of antibiotics in livestock production may mean that one day those drugs might not work for you when you need them. Doctors are beginning to do their part to combat the resistance problem. In the spring the nation’s second largest medical association published prescription guidelines to reduce the use of antibiotics by 20 or 30 percent.

So, if doctors are tackling the overuse of antibiotics in human medicine, why don’t flesh producers curtail their unnecessary use in livestock? The answer is simple and obvious: \$\$\$\$\$\$ and more of it. After all, for some, enough is never enough!


Aloha!

*Hesh Goldstein is the host of Health Talk on K108 radio (AM 1080) on Saturdays 8-9 a.m.*



## Important Dates

### October

- 1 **World Vegetarian Day**
- 2 **Mohandas Gandhi’s birthday** “It ill becomes us to invoke in our daily prayers the blessings of God the compassionate if we in turn will not practice elementary compassion towards our fellow creatures.” 
- 2 **World Farm Animals Day**  
20th annual observance (WFAD.org)
- 4 **St. Francis of Assisi’s Feast Day** - “My opinion is well known. I do not regard flesh food as necessary for us at any stage and under any clime in which it is possible for human beings ordinarily to live. I hold flesh-food to be unsuited to our species.”
- 11 **VSH Meeting—William Harris, MD** (see page 10)
- 16 **World Food Day**
- 22 **VSH Dine Out at The Pyramids** (see page 18 for details)

### November

- 1 **World Vegan Day**
- 15 **VSH Meeting—Caldwell Esslestyn, MD** (see page 10)
- 26 **VSH Thanksgiving Eve Dinner at Govinda’s.** Call 595-7369 for reservations.
- 27 **Thanksgiving is Murder on Turkeys Day**

### December

- 13 **VSH Meeting—Terry Shintani, MD & Yana Lehua** (see page 10)

# Animal Rights Corner



## Campaign to Ban Veal from Hawaii Restaurants

by Laurelee Blanchard  
VSH Maui Meeting Coordinator

When people learn about the cruelty associated with veal production, they are appalled, and most choose not to support this inhumane business. But, unfortunately, many consumers are unaware of the unusual cruelty involved in veal production. In order to produce veal, young calves are taken from their mothers and chained by the neck in crates measuring two feet in width. They are unable to turn around, stretch their limbs, or even lie down comfortably. This severe confinement

makes their meat “tender” because their muscles cannot develop.

Scientific research indicates that calves confined in crates experience chronic stress and require approximately five times more medication than calves living in more spacious conditions. It is not surprising, then, that veal is among the meats most likely to contain illegal drug residues posing a threat to human consumers. Researchers have also reported that veal calves exhibit abnormal coping behaviors associated with frustration. These include head tossing, head shaking, kicking, scratching, and stereotypical chewing behavior. Confined calves also experience leg and joint disorders and an impaired ability to walk.

Veal calves are fed an all-liquid milk substitute purposely deficient in iron and fiber that is designed to produce borderline anemia and the pale-colored flesh fancied by “gourmets.” At approximately twenty weeks of age these weak animals are slaughtered and marketed as “white” veal, also known as “fancy,” “milk-fed,” “special-fed,” and “formula-fed” veal.

You can play a role in preventing the suffering of veal calves by contacting local restaurants and other food establishments and urging them not to sell this meat. Over 350 conscientious businesses across the United States have pledged not to serve veal, and it is time for Hawaii’s restaurants to join this movement.

Please call or visit food establish-

(See NoVeal on page 19)

## Should Your Cat or Dog Go Veg?

### Obligate Carnivore

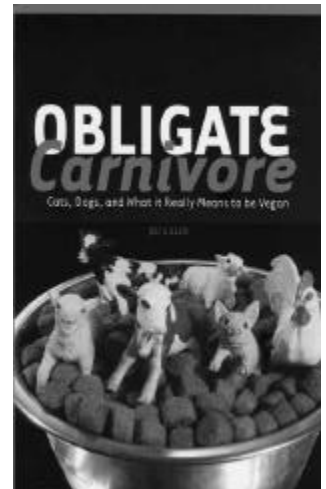
Cats, Dogs, and What it Really Means to be Vegan, by Jed Gillen

A must-have book for all animal rights/vegan activists! This book not only provides a definitive answer to the controversial question, “Can cats be vegan? (they can!), but

also, through examples, philosophical musings, and personal stories, explains why those in the ethical vegan community MUST feed their cats and dogs a vegan diet. It discusses relative merits of meat v. vegan diets from a number of perspectives (ethical, health, environmental, etc.) and gives practical advice for making a successful switch for your cats and dogs.

Author Jed Gillen has been a vegan activist for many years and is the guardian of four vegan cats and two vegan dogs.

The book is available for \$10, including shipping, from [vegancats.com](http://vegancats.com).



## Everyday Activism

Spread the word! Animals are Friends, Not Food.

Want to help animals? Don't leave the house without wearing PETA's new “Ask me why I'm vegan” button and carrying a stash of cards urging people to “Please, think before you eat.” (GoVeg.com)

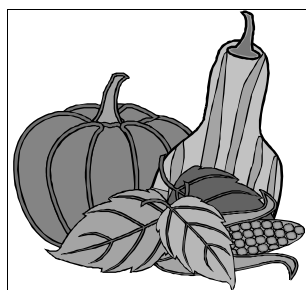


# Thanksgiving Eve Dinner 2003

by Elaine Johnson, MBA  
VSH Board Member

Full is upon us, and with its arrival we begin to contemplate the holiday season ahead. The Vegetarian Society of Hawaii Thanksgiving Eve Dinner, a long-standing tradition, is a central part of holiday planning for many island vegetarians and their families and friends. We are pleased to announce that for the fourth consecutive year Govinda's

restaurant will be our hosts for this dinner. This establishment is one of the few all-vegetarian restaurants



on Oahu. It offers our community outstanding, reasonably priced vegetarian dishes, many of them vegan. All of the dishes at our special dinner will be vegan.

The restaurant staff is always warm and gracious. The beautiful old temple sits atop a private tree-lined yard that offers a tranquil, sleepy atmosphere. No one is sleepy in the kitchen, though. The hard working staff often seem to move effortlessly at the speed of light keeping the buffet table brimming and guests accommodated.

We hope you will join us to celebrate the Thanksgiving holiday by partaking in our delicious vegan, cruelty-free dinner. The planned menu is:

- ? Dinner Rolls
- ? Tossed Salad
- ? Tofu Turkey
- ? Gravy
- ? Faux Ham



- ? Mashed Potatoes
- ? Stuffing
- ? Fresh Cranberry Sauce
- ? Baked Yams
- ? Green Beans Almondine
- ? Fresh Pumpkin Pie
- ? Baked Apple
- ? Herb Tea

Seatings are at 5 and 7 p.m. on Wednesday, November 26. Reservations are required. Call 595-7369 and leave a message with your name and

the number in your party and which seating time you prefer. (Please do not call the main number of the restaurant.) The cost is still only \$12 for adults and \$8 for children under 10, so bring your family and friends. Govinda's is located at 51 Coelho Way, off the Honolulu-bound side of the Pali Highway just before the Nuuanu Avenue exit.

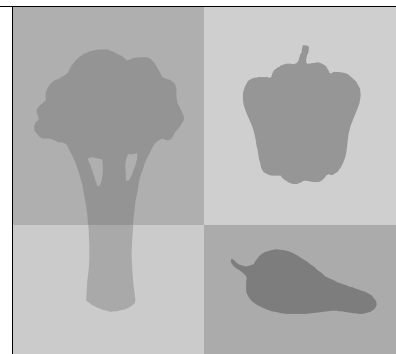
Note: Ask the restaurant staff about other holiday offerings.



VSH members marched in the Family Day Parade held July 5th in Waikiki. Pictured front row from left: Genie, Katherine, Masami, Andrea, and Diane. Back row: Robert, Helen, Scott, Sol, Dan, Joe, Karl, and Naoki.

# On the Menu...

## Recipes from our members



## Beans, Beans, the Musical Fruit. Prepare Ahead and Save Some Loot!

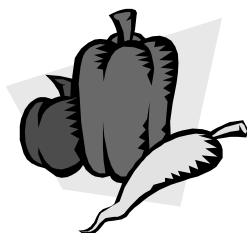
by Mary Arakaki, RD  
VSH secretary

Last issue I wrote about the nutritional benefits of beans and mentioned that each half-cup serving of dry beans provides six to seven grams of protein and costs 20 cents per serving.

Many people avoid using dried beans, however, because of the preparation time.

To make these more user-friendly, I suggest planning ahead and cooking up a variety of beans and then freezing them for when you need them later on.

**In Freezer:** Pack beans in 1 2/3 cup quantities (same amount as in a 15-oz. can) so you can easily use in place of canned beans. Put in ziplock bags or stackable plastic freezer cartons with the date frozen and type of bean. Be sure to leave some space in the container for expansion during freezing. Frozen beans can be kept in the freezer for approximately six months.



**Thawing:** Should be done slowly to retain shape. Thaw overnight in fridge or for about an hour in a pan of warm water or microwave at 50% power. After thawing, you may want to reheat with a little water or broth to restore consistency.

**Cooking Tips for 1 lb. of dry beans:** (1 lb. pkg. = 2 cups dry = approx. 5 cups cooked)

### Preparation:

1. Sort and rinse dried beans.
2. Soak beans overnight in 6 cups of water. For quick cooking: place beans in a large pot and cover with 6 to 8 cups water. Boil for 2 to 5 minutes to soften the skin, then let stand for 2-4 hours before cooking.
3. Discard soaking water, rinse beans, add fresh water, and simmer until cooked to desired consistency.
4. Do not add salt or acid (lime, tomato, etc.) until beans are cooked. Acid toughens beans and increases cooking time. Add seasonings near the end of the cooking process.
5. **Microwave Cooking:** Put 1 pound of beans in 5 quart container with 8 cups of water. Cover and cook at full power for 8-10 minutes or until boiling. Reduce power 50% and cook another 15-20 minutes or until beans are tender. Stop microwave and stir beans a couple of times to make sure they cook



consistently. Add water if necessary. Cook a little longer if necessary until tender. The beans are now ready to use in any recipe using cooked beans.

Here's a quick and delicious recipe using black beans, but any type of beans or combination of beans can be used:

### Cuban Black Bean Chili

- 1 large onion, diced
- 1 large green pepper, diced
- 3 cloves crushed garlic
- 3 finely grated carrots
- 1 to 2 cups black beans (precooked) or one 15-oz can
- 1 large can crushed tomatoes (28 to 32 oz.)
- 2 14-oz. cans of tomato sauce
- Juice of 3 limes, fresh (or 6 Tbsp. bottled)
- Dash of Tabasco or other hot sauce
- 1 Tbsp. cumin
- 1 Tbsp. garlic powder
- (optional 8-12 oz [1-1/2 cup] of Vegan Crumbles, Vegan Garden Burger [crumbled] or textured vegetable protein)

1. In large pot sauté onion and green pepper in onion until lightly brown.
2. Add garlic and carrots. Sauté for another 5 to 8 minutes (you may need to add more water).
3. Add the rest of the ingredients and simmer for at least 35 minutes.

Makes 6-8 servings.



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# New Report on Breast Cancer

by William Harris, MD

Several investigators have concluded that there is no correlation between dietary fat intake and breast cancer in women<sup>1</sup>. Comes now an article indicating that there is, and that previous studies used a faulty dietary recall method.

## Are imprecise methods obscuring a relation between fat and breast cancer?

Sheila A Bingham, Robert Luben, Ailsa Welch, Nicholas Wareham, Kay-Tee Khaw, Nicholas Day. *Lancet* 2003 Volume 362 Issue 9379 Page 212

“Pooled analyses of cohort studies show no relation between fat intake and breast-cancer risk. However, food-frequency questionnaire (FFQ) methods used in these studies are prone to measurement error. We assessed diet with an FFQ and a detailed 7-day food diary in 13,070 women between 1993 and 1997. We compared 168 breast-cancer cases incident by 2000 with four matched controls. Risk of breast cancer was associated with saturated-fat intake measured with the food diary (hazard ratio 1.22 [95% CI 1.06-1.40],  $p=0.005$ , per quintile increase in energy-adjusted fat intake), but not with saturated fat measured with the FFQ (1.10 [0.94-1.29],  $p=0.23$ ). Dietary measurement error might explain the absence of a significant association between dietary fat and breast-cancer risk in cohort studies.”

T. Colin Campbell, in his VSH lecture in January of this year, suggested that we're really stalking the wrong boar to begin with, that it's not fat *per se* that's the culprit. Campbell found that animal protein also contributes and suggested that fat intake is simply a marker for animal food consumption.

Since most plant food is low in fat while animal food is high, the people reporting high fat intake are really consuming high amounts of animal food and processed food. The combination of animal protein, saturated and refined fat, the pesticides absorbed into the animal fat, and the lack of fiber and protective phytochemicals contained in plant foods are perhaps what's really doing the damage.

At any rate, the fat/breast cancer connection is once again center stage.

1. Willett WC, Hunter DJ, Stampfer MJ, Colditz G, Manson JE, Spiegelman D, Rosner B, Hennekens CH, Speizer FE. *Dietary fat and fiber in relation to risk of breast cancer. An 8-year follow-up.* *JAMA* 1992 Oct 21;268(15):2037-44

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# Can't Get Enough of that Tasty & Meatless Show

Tasty and Meatless, Hawaii's own popular meatless food and lifestyle TV series, will expand its programming to air 14 times each week on Oceanic Time Warner Channel 16. The TV series registered in the last Nielsen ratings sweeps period, proving the growing trend that consumers want more information about healthy products and services and that they tune in to Tasty and Meatless to find the resources and advice they need to support their healthy lifestyle.

Tasty and Meatless provides information about how to cook simple meatless meals, where to shop for healthy products, and what island restaurants serve healthy food as well as other advice from health experts.

Joy Waters, the show's producer, said, “We will continue our coverage of meatless topics and are pleased to announce that we are expanding to meet the demand from our viewers for features on non-food organizations and events that support health and well-

ness.”

You can participate by logging onto the web site at [tastyandmeatless.com](http://tastyandmeatless.com) to download free meatless recipes, send in your suggestions about things you'd like to see in upcoming episodes, and to send a question to Dr. John Westerdahl, the show's nutrition expert. The web site will also tell you how you can become a guest cook on the show and share your favorite meatless recipe on TV.

## New Broadcast Schedule

Sundays 7:30 p.m. (weekly new show premiere).

Repeats throughout the week:

Mon. 3:30 a.m., 11:30 a.m., 5:30 p.m.

Tue., Wed., Thur. 1:30 a.m., 9:30 a.m., 5:30 p.m.

Sat. 7:30 p.m.

Oceanic Time Warner Channel 16

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## Legend Vegetarian

by Helen Wells, MA

You know the menu at Legend Vegetarian Restaurant in the Chinese Cultural Plaza is extensive, but when was the last time you ordered something you've never had before? Some friends and I had just finished several delightful dim sum dishes when our main orders of house fried noodles (\$8.95) and deep fried crispy tofu with spicy sauce (\$8.95) came out. I had never had the latter and was enchanted by its presentation and taste. 100 N. Beretania St., 532-8218.



# Vegetarian Society of Hawaii

Calendar of Events October - December 2003

## WILLIAM HARRIS, MD



### SOME THOUGHTS ON THE RAW FOOD DIET

Sat., Oct. 11, 7 p.m.  
McCoy Pavilion, Ala Moana Park

While a balanced diet comprised only of raw plant foods can reduce cholesterol and virtually guarantee weight loss, there are some caveats. Find out the good and the not so good aspects of a raw food diet and if raw is the optimal diet for you.

Is a raw food diet right for you?

William Harris, MD, a founding and current director of the Vegetarian Society of Hawaii, has been a vegetarian since 1950 and vegan since 1963. Prior to his retirement he

was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic here in Honolulu. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*.

Dr. Harris will also be speaking on Maui on Wed., Oct. 8 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave., (Entrance on Wakea), in Kahului.

## CALDWELL ESSELSTYN, JR., MD



### POOR NUTRITION: A WEAPON OF MASS DESTRUCTION

Sat., Nov. 15, 7 p.m.  
Honolulu Central Seventh-Day Adventist Church, 2313 Nuuanu Ave.

Plenty of quick fixes are available to treat heart disease — surgery, drugs, and other interventions that can provide temporary relief, but only one treatment has been proven effective in stopping completely the progression of coronary heart disease.

Since 1985 Caldwell B. Esselstyn, Jr. MD has conducted the longest running study that clearly proves that heart disease can be arrested or reversed. There is now compelling evidence, including published peer reviewed journal articles, showing clearly that heart disease can actually be reversed through lifestyle changes.

Find out how you can prevent or reverse heart disease and become heart attack proof!

Dr. Esselstyn is a Preventive Cardiology Consultant in the Department of General Surgery at the renowned Cleveland Clinic. He has been president of the staff and a member of its Board of Governors, and he is the immediate past-chairman of the Clinic's Breast Cancer Task Force.

Dr. Esselstyn will also be speaking on Maui on Wed., Nov. 12 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave., (Entrance on Wakea), in Kahului and at Castle Medical Center in Kailua on Thu., Nov. 13 at 7 p.m. (registration required: 263-5400).

## TERRY SHINTANI, MD & YANA LEHUA

Present

### HEALTHY HOLIDAY EATING:

### A LECTURE & COOKING DEMONSTRATION

Sat., Dec. 13, 7 p.m., McCoy Pavilion, Ala Moana Park



Learn quick and easy alternatives to traditionally time consuming and fat-laden holiday dishes so that you can "Eat More" and "Weigh Less" during the holidays. And try some delicious and healthful holiday fare.

Terry Shintani, MD is the author of the *Eat More, Weigh Less Diet*, the *Hawaii Diet* and *The Good Carbohydrate Revolution*. He's been featured in Newsweek, on CNN and CBS News, on ABC national radio, and on Dateline NBC. He received his master's degree in nutrition from Harvard University and his medical and law degrees from the University of Hawaii. He is board certified in preventative medicine.

Yana Lehua, a vegetarian for over 25 years, has given hundreds of home-style vegetarian cooking demonstrations as part of the Down To Earth Community Outreach Team. She's been featured on local television programs, including "Cooking with Cutty," "The Vegetarian," "Local Kine Grinds," and "Tasty and Meatless" and has been a regular instructor for Down To Earth's Lifestyle Center cooking class and the "Veggie Life" cooking classes at Castle Medical Center.

Lectures are **FREE** and open to the public. Donations are appreciated and tax-free. Visit [VSH.org](http://VSH.org) or call-944-VEGI 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

\$\_\_\_\_\_ 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.

# Restaurant Reviews

## White Elephant Thai Cuisine

by Helen Wells, MA

3404 Waialae Ave., 732-7433

I found this charming small restaurant in Kaimuki to have some very flavorful vegetarian dishes. The wait staff understands “veg-etarian,” but you may want to review “vegan” and go over the “no fish sauce, no oyster sauce, no chicken juice” litany just to be on the safe side.



Tofu in Tamarind Sauce at \$5.95 (the price for all of the vegetarian dishes) was suggested. “Tofu cooked in a piquant sweet and sour dressing. It makes an ideal accompaniment to rice.” It was marvelous! It was solidly my favorite dish of two evenings’ ventures. On the menu it is under Vegetarian Dishes. The portions were pretty good, and I felt that six dollars per flavorful vegetable dish was reasonable. Two people can eat there comfortably for under twenty dollars. Another dish, Sweet and Sour Tofu, is similar to the Sweet and Sour Mixed Vegetables.

Both of these have a unique sweet and sour flavored sauce, different from the usual red glaze out of a can that many Asian restaurants use.

I also tried an un-choy dish with preserved yellow bean. It was interesting and satisfying. None of the food here is boring. The cook is doing a stunning job. I’m surprised that one of the fancy hotels hasn’t recruited him! The first night that I went I watched through the small Plexiglas kitchen window. He was hard at work and seemed to be engrossed in doing a very fine job. The spicing of these dishes is very good, very skilled. White and brown rice is served in a big, pretty tureen.

Other vegetarian items on the list included Red Rama Tofu, Garlic Vegetable Chop Suey, Spicy Mushroom, Spicy Mushroom with Holy Basil, and Stir-Fried Ginger and Black Mushroom. Now, when is the last time you saw such vegetarian variety on a menu? For me, it was probably back in 1996 when I went to Thailand, a country that has a marvelous and under-publicized (in the world) vegetarian cuisine.

The White Elephant décor is simple, kind of cute, pleasant, and relaxing. Numerous little touches made the dining room enjoyable. The walls are red, aqua, and white. Small framed drawings, embroidered cream-colored tablecloths, many small sculptural depictions of elephants, a corner dedicated to the Thai king (in the manner of many Thai restaurants), and colorful small lights in the windows were all so sweet that one could tell that great care had been taken in setting up this place. The music is Thai instrumental.

The restaurant bills itself as

“The Paragon of Traditional Thai Herbal Cuisine.” I agree that the variety of herbs in the dishes make this statement true. There’s a lot of potential at White Elephant. I expect this new restaurant to be very successful.



## Pah Ke's Chinese Restaurant

by Karl Seff, PhD  
VSH board member

46-018 Kam Hwy, Kaneohe  
235-4505, 235-4506

Open Daily 10:30 a.m. – 9 p.m.

The days of sleepy old Kaneohe are over now that there is easy H-3 access. In line with that, Pah Ke’s is a Hong Kong emporium, large, attractively decorated, including ceiling fans, and nice lighting. It is professionally run by a friendly and up-beat staff. Despite the awkward address, Pah Ke’s sits right in the middle of town on the main road, where Rosie’s Boat House (restaurant) once was. It is across the main street from Star Market and John Westerdahl’s former Castle Wellness Center, just before Macy’s in The Windward Mall.

Because of the good food and good prices, Pah Ke’s is busy with diners,

*(Continued on page 13)*

(Continued from previous page)

especially when we got there at ca. 7 p.m. on Saturday night. While we waited (15 minutes) for a table, we heard compliments from happy people leaving with their big boxes of take-out food, and we were repeatedly reminded that our table would be ready very soon.

The large menu was disappointing, with just eight items under vegetables, three with sea-animal sauce. However, the waitress simply asked, "What do you want?" If you close your menu and reply, you can quickly negotiate a fine vegetarian/vegan dinner. We ordered eggplant, which was not on the menu, and two dishes that were, adding tofu to one of them. The ong choi could readily be made with a vegetarian sauce, etc. etc. etc., but the egg rolls are unmodifiable.

Both brown and white rice are available, and \$1 brings the biggest personal bowl of it that I have ever seen. The bill was just over \$20 for a big tasty dinner. The final test? It was not too oily. I look forward to my next visit.



## Hawaiian Adventist Book (and Food!) Center

2728 Pali Highway, 595-4689

by Helen Wells, MA

This little shop has been offering vegetarian food items since 1972. Rod, the manager, stated that while they serve a lot of Seventh-Day Adventists, everyone is welcome.

Many items are vegetarian and a few items are vegan. I particularly like the Three Grain Pecan Patty that comes

in a can and sells for \$4.35. It's a good alternative to morning sausage. It has the texture and some of the flavoring of mild sausage. I lightly fry it with black pepper until brown and serve it with flaky vegan biscuits, or sometimes I eat the fried patty with mustard and pickles on whole wheat bread. It's also good to have a supply of this in the cabinet in case of hurricanes, other emergencies, or unexpected guests.

Ask the staff which products have egg whites.

There are several pre-packaged dry goods for sale here including granolas, raw nuts, sunflower seeds, whole wheat flour, wheat berries, and three varieties of gluten products.



Lychee, papaya, and new Central American dragonfruit from Chinatown in July. When was your last visit to Chinatown?



## 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](http://kapiolani.org).

**Castle Medical Center**  
Pali Hwy. at Ulukahiki St., Kailua  
**Thurs, Oct. 9, 7 - 8:30 p.m.**  
**Veggie Life Cooking Class:**  
**Healthy Japanese Cuisine, Part II**

Call 263-5400 or visit [CastleMed.org](http://CastleMed.org) to register (required) and for more information.

All classes are vegan.

# Meateaters Deficient in Seven Nutrients

by Michael Greger, MD

The latest data on the dietary intakes of vegans was just published in August.<sup>1</sup> The diets of about 100 vegans were recorded for a week and were found deficient in calcium, iodine, and vitamin

B<sub>12</sub>. Using the same standards, however, the standard American diet is deficient in seven nutrients! The diet of your average American is not only *also* deficient in calcium and iodine, it's deficient in vitamin C, vitamin E, fiber, folate, and magnesium.<sup>2</sup>

The American public has over twice as many nutritional deficiencies in their diets, and vegans were shown to have higher intakes of 16 out of the 19 nutrients studied, including calcium. The vegans were getting more than enough protein on average and three times more vitamin C, vitamin E, and fiber. Vegans got twice the folate, magnesium, copper, and manganese.

And of course the vegans had twice the fruit and vegetable intake and half the saturated fat intake, meeting the new 2003 World Health Organization guidelines for fat intake and weight control.<sup>3</sup> Almost two-thirds of Americans are overweight.<sup>3</sup> In contrast, only 11% of the vegans were overweight. Almost one in three Americans are obese.<sup>4</sup> Zero of the 98 vegans in this study were obese.



So when meateaters ask you “Where do you get your B<sub>12</sub>,” you can counter with, “Where do *you* get your vitamin C, vitamin E, fiber, folate, and magnesium?” And while you’re at it, you can ask them how they keep their sodium, saturated fat, total fat, and cholesterol intake under control (not to mention their weight).

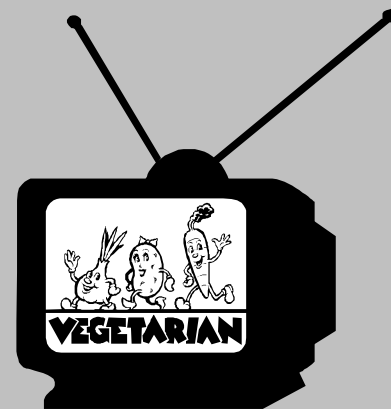
Then you can finally answer their question and proudly say, “B<sub>12</sub> fortified foods or B<sub>12</sub> supplements.” Of course, the fact that we are deficient in B<sub>12</sub> should not be taken lightly, so be sure

to get this nutrient, by supplementation if necessary. I recommend *Vitamin B<sub>12</sub>: Are You Getting It?* found online at [VeganHealth.org](http://VeganHealth.org).

#### References

1. Results from the German Vegan Study. *European Journal of Clinical Nutrition* 57(August 2003):947.
2. USDA. *Food and Nutrient Intakes by Individuals in the United States, by Region, 1994-96*.
3. World Health Organization Technical Report Series 916. *Diet, Nutrition and the Prevention of Chronic Diseases*. 2003
4. Centers for Disease Control.

**Michael Greger, MD** was the VSH guest speaker in September. He is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine. He's a general practitioner specializing in vegetarian nutrition in Boston. For more information about Dr. Greger visit his website: [VeganMD.org](http://VeganMD.org).



## On TV...

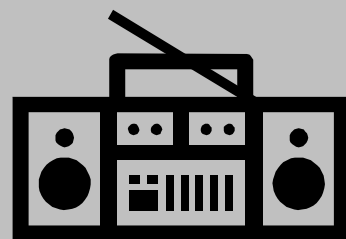
### “Vegetarian”

Oceanic Cable Channel 52  
Thursdays 6-7 p.m.  
VSH meetings & more

### “Tasty & Meatless”

Oceanic Time Warner Channel 16  
\*Mon 3:30 a.m., 11:30 a.m., 5:30 p.m.  
\*Tue, Wed, Thu., 1:30 a.m.,  
9:30 a.m., 5:30 p.m.  
\*Sat. & Sun., 7:30 p.m.

### New show on Sundays



## ...and Radio

### Nutrition & You

Ruth Heidrich, PhD  
Terry Shintani, MD  
John Westerdahl, PhD  
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



by Laurelee Blanchard  
VSH Maui Meeting coordinator

## Maui Humane Society Adopts Animal-Friendly Menu

In the spring of 2002 Animal Place launched Food for Thought: Adopting an Animal-Friendly Menu, a multi-year campaign to encourage SPCAs and humane societies to become consistent in their compassion and behavior toward all species. Specifically they are asking animal welfare organizations to adopt a vegetarian or vegan policy for all their events.

It comes as welcome news that the Maui Humane Society decided to implement this policy and to serve only vegetarian foods at its fundraisers.

In a letter to her peers across the nation, Diane Allevato, executive director of the Marin Humane Society and a partner in the campaign, wrote: "The simple premise of the campaign involves asking ourselves two questions: What animals do we protect? And do we serve those same animals at our events?"

"Too often we rescue injured pigs from the roadway or adopt a classroom chick that became a

chicken; then we host our annual gala with breast of chicken on the menu or kick-off our 'dog walks' with a pancake breakfast featuring sausage links."

The Marin Humane Society has not served meat at its events for more than a decade. As Allevato explains, "We rescue them. We care for them. We adopt them. At our events, we should not have them on the menu."

Anyone interested in submitting this excellent brochure to their local humane society should check out [http://www.animalplace.org/ap\\_humane\\_menu.html](http://www.animalplace.org/ap_humane_menu.html)

## Vegetarian Outreach to Religion

**Question:** Why is a concern/awareness for animal spirituality coming to the fore of organized religion, especially Christianity?

**Answer:** Followers of religion subscribe to love, mercy, and the belief that all beings should be treated with benevolence. We see faith communities as a multitude that, if reached with a message of compassion, could help end the horrendous suffering of billions of animals on factory farms and in slaughterhouses. For many, a concern for animal spirituality means moving away from using animals as food and toward a wholesome, non-violent plant-based diet.

Cows, pigs, chickens, and other animals commonly exploited by agribusiness are sentient beings, capable of awareness, feeling, and suffering, and humans have an ethical obligation to refrain from behaviors that inflict suffering upon them. Sentient beings deserve an environment and conditions that allow them to fulfill their natural behaviors and achieve a state of well-being.

Animals exploited for food and fiber in the United States, however, are considered primarily as com-

modities or "tools of production," not sentient beings. This prevailing attitude has led to widespread animal suffering on industrialized factory farms in the U.S. By contrast, European law requires that animals be recognized as sentient beings, not commodities, and this has led to basic humane protections for farm animals there. Through the Sentient Beings Campaign ([www.sentientbeings.org](http://www.sentientbeings.org)), Farm Sanctuary hopes to improve the status of farm animals in the United States and to achieve basic legal protections.

**Question:** What can recognition of animal spirituality contribute to human spirituality?

**Answer:** Human spirituality is enhanced by the recognition that in order to contribute to a more peaceful society, we must first solve the problem of violence in our own hearts and actions. So it's not surprising that thousands of people from all walks of life have, in their search for truth and compassion, become vegetarian. Compassion to animals enriches us as humans, and is an essential step toward a better society. Among those who have espoused kindness to animals and vegetarian living are Pythagoras, Socrates, Plato, Clement of Alexandria, Plutarch, King Asoka, Leonardo da Vinci, Montaigne, Akbar, John Milton, Sir Isaac Newton, Emanuel Swedenborg, Voltaire, Benjamin Franklin, Jean Jacques Rousear, Lamartine, Percy Bysshe Shelley, Ralph Waldo Emerson, Henry David Thoreau, Leo Tolstoy, George Bernard Shaw, Rabindranath Tagore, Mahatma Gandhi, Albert Schweitzer, and Albert Einstein.

*Laurelee Blanchard is a Farm Sanctuary Campaign Consultant and Humane Activist Network State Captain.*





## UH Chef Goes to (Veg) School

by Helen Wells, MA

University of Hawaii chef Lyndon Honda of Sodexo Campus Services is the Executive Chef of Education Services. He usually works in the cafeteria in the Campus Center at UH Manoa. As a winner of



UH Chef Lyndon Honda recently completed a special course in vegetarian cooking.

a Sodexo and Culinary Institute of American contest, he attended a special vegetarian class this summer in Napa Valley, California.

Although there was some reading material, particularly information that explained the different kinds of “vegetarian,” 90% of the course was “hands on” cooking. “I’m still learn-

ing about vegetarian and vegan,” Chef Honda says, “and I brought back a lot of material to read.”

He learned about dishes that use protein substitutes, including tempeh, seitan, grains, and beans. He has enjoyed serving lemongrass tofu with balsamic rice, tempeh with Thai curry and soy sauce, and seared summer roll and kung pau. The cafeteria also regularly offers portobello mushrooms and Japanese marinade stir fry with noodles and tofu.

He uses buckwheat or spinach soba or long-rice bean thread of different variations as a vegetarian option to the egg pasta. Vegetarian items are offered all week and vegan items are offered two times a week. “If vegan demand continues as it is, we’ll offer it more often.” Chef Honda would also like to do more vegan exhibitions. Also, he is using more fresh vegetable stocks instead of meat stocks in the daily soups. Vegan soups are labeled. He plans to also have “more elaborate salads with protein substitutes such as tempeh or tofu.”

Chef Honda believes that he should take more nutrition courses to help him continue to incorporate healthy vegan food into the UH menu.



## UH-Manoa to Open Veggie Kiosk This Fall

A new eatery will open this fall on the University of Hawaii at Manoa campus that will offer tasty vegetarian fare made with organic, locally grown produce.

The new food kiosk is the centerpiece of a plan to create a lively open-air gathering place in an existing courtyard surrounded by Kuykendall and Sakamaki Halls and the Hawaii Institute of Geophysics. The transformation of the underdeveloped and underutilized area into an attractive, vibrant center is a response by the University to requests from its faculty, staff, and students.

The development of the courtyard, which will illustrate other Earth-friendly principles in addition to vegetarianism, is being coordinated by the UH Office of Sustainability, with support from the UH-Manoa Office of the Chancellor. The public is invited to visit the campus to patronize the new food bar.

An opening date and other announcements will follow. For more information, contact the UH Office of Sustainability at 956-9346 or [sustain@hawaii.edu](mailto:sustain@hawaii.edu).

## Vegetarian Cooking Workshop

One of the new workshops at the Joint Women’s Conference at the Hickam Officers’ Club October 17-18 will be “Vegetarian Cooking” by Sharon Kobayashi of Latitude 22 Catering. Military spouses, retirees, and active duty females will “learn and sample new ways of cooking healthy” for themselves and their families. Cost of the conference is \$25 for two days, but if qualified military persons want

to attend the day of the cooking workshop only, the cost is just \$15. Registration forms are available at Hickam AFB or log on to [jointwomensconference.org](http://jointwomensconference.org) for more information. Or contact Cathy Doran at [cathy.doran@hickam.af.mil](mailto:cathy.doran@hickam.af.mil).

Sharon Kobayashi formerly was a chef at a vegan restaurant in Seattle. All the items she will demonstrate at Hickam will be vegetarian, most vegan, including party foods for the holidays and vegetarian sushi. She says that her passion is healthy cooking. For vegan catering, call her at 554-9240.



## Short Takes

by Helen Wells, MA  
VSH Outreach Director

Update on Punjabi Inn at the corner of Kapiolani and McCully. If you see something that looks like a red hair in the dahl or vegan sweet rice dessert, it isn't. It's a saffron thread. Saffron is one of the most valuable spices on the planet and Punjabi Inn doesn't skimp on using it.



It's Chili in Hawaii (945-7070) at 2080 S. King has some vegetarian and vegan frozen "sicles." They look like Popsicles® but they have a kick, a habanero pepper kick! My favorite is the vegan cucumber. It was very refreshing and a bit startling! Highly recommended by me. While you're there, tell these guys what you like to cook (tofu, tempeh, vegetables) and they'll show you various sauces you can use to add the firepower.

Thank you, Mr. Goodburger (Queen St. at Alakea), for donating coupons for vegan burgers. We gave them away as doorprizes at our July meeting. And, congratulations on winning the Golden Bun Award from PETA for the Best Hometown Veggie Burger! Read about it at [www.peta.org/feat/goldbun/](http://www.peta.org/feat/goldbun/).

Dating and roommate news: Concernedsingles.com is a dating service for environmentalists and political activists, but many of the people listed with this service are vegetarian, vegan, or raw foodists. This may be the year you (and I) find true vegan love! Also,

another service that many of us have already tried, VeggieDate.org, has just added a new roommate finder service: EcoRoommates.com. They can help you find a vegan or vegetarian environment to share. This is a long-awaited service. Previously we only had the health food store bulletin boards for making a veg. roommate connection.

Please place VSH meeting flyers at your business, place of worship, or any other appropriate public place.

I like Organic Café, Marie's Health Foods (926-3900) on Beachwalk off of Kalakaua Ave. behind Planet Hollywood in Waikiki. This place is very cute with a few immaculate counters and fine chairs inside and adorable metal tables and chairs with umbrellas outside. I had the Spinach Wrap at \$2.95: "Spinach tortilla wrap with a generous spread of homemade organic hummus (garbanzo beans, tahini, garlic, lemon, olive oil). All organic baked tofu, iceberg lettuce, carrots, and cucumber. Naturally grown daikon and snow pea sprouts. Served with fresh sesame dip." They also have a Chili/ Tomato Wrap for \$2.95 that can be made without feta cheese upon request. I also tried the All Organic Veggie Sandwich (whole grain bread) at \$4.95: There's a Favorite Veggie Burger for \$4.95. Be sure to select organic soy cheese for it. Oh, this place had the best berry/apple/soy milk smoothie I've ever had in my life. Smoothies with soy milk cost \$3.75-\$3.95.

Volcano Joe's on University Avenue across from UH has some vegan options. The best thing to do is to go in and tell them your level of vegetarianism and the knowledgeable staff will refer you to what is available that day. I had something with chick peas paste and avocados at a reasonable price. It filled me up. Soymilk is available as an alternative to cow mammary fluid. Unfortunately they have many other items that are not vegan friendly at all. Bottom line, it's worth going to for a quick veg. meal, but there aren't enough op-

tions for a fancy veg. date. The service was good, however.

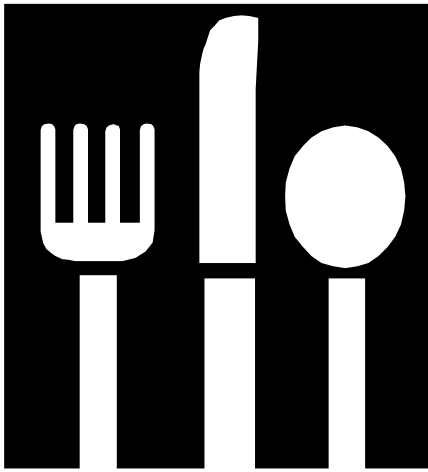
VSH had a great tabling event at Kapiolani Park on August 9, at HeartWalk. We gave away hundreds of flyers that explained the connection between healthy eating and a healthy heart. Those who participated in the walk received a card that they used as a guide to the various information booths (VSH's included), and when they had at least ten signatures they could submit the card for a prize. This was an excellent method of bringing people to the tables to gather information. We were able to speak to many people and answer many questions. Thank you, Mary Arakaki, Robert Moses, and Leila Ishiki for helping to make this event successful.



VSH secretary Mary Arakaki, holding a carrot, helped to distribute healthful veg information at the VSH booth at the HeartWalk event at Kapiolani Park.

We have many such tabling events coming up. If you would like to be on our list of volunteers for tabling, contact VSH volunteer coordinator Robert Moses (944-8344).

I like it when companies like HMSA remind their customers to have five fruits and vegetables every day. I recently received a card from them that explained "5 A Day" and what a serving is: "1/2 cup fresh or frozen fruits or vegetables or 3/4 cup or 6 oz. of fresh or 100 percent frozen fruit or vegetable juice." Of course many of us would like to see "All A Day," meaning we would like to see people eat all their food in the form of fruits and vegetables.



## VSH Dine Out

### Gourmet Dinner

Place: Pyramids  
758 Kapahulu Ave.  
Date: Wednesday, October 22  
Time: 7-9:30 p.m.  
Cost: About \$17 plus drinks and tip  
Dress: Informal  
Call: Helen at 955-9868 for reservations

We will sit together in a “veggie bloc.” Order your own meal from the menu or make friends at your table and share with a couple of others near you. This restaurant offers hearty veg. fare and interesting decor.

**IMPORTANT MESSAGE FROM THE VEGAN POLICE:** *Although meat is served at this restaurant, we’ll do our best to keep it away from our tables. Please inform your guests to eat at least vegetarian, preferably vegan, at these dine outs. After all, veg. eating is our reason for being.*

**See page 7 for holiday dining options.**

## The Joy of Soy

### Katherine Kupukaa Gives Free Samples of Veg Chili

by Helen Wells, MA

She smiles nicely and has a very friendly manner about her. She greets the customers at Vim & Vigor at Ala Moana Shopping Center and asks them if they would like to sample vegetarian chili. Katherine Kupukaa does this as a volunteer on Tuesdays between 1 and 3 p.m. in order to promote alternatives to meat.

“It doesn’t have any cholesterol, it’s low in fat, and it’s high in fiber and protein,” she tells each person as they sample. I tried her incredible chili myself and found it to be the best I’ve ever had. Katherine is truly an expert when it comes to the use of soy products.

As many members and guests of the VSH July meeting learned, some of these imitation meat soy products must be hydrated, but then they may be used in recipes as if they are real meat. Katherine uses onion broth to give hydrate her soy and give it the right taste. She says that mushroom broth also works well.

I listened and watched as Katherine talked to a lady from Palau. We all agreed that while meat-eating is very popular on Palau, this soy alternative would be a healthier choice. Katherine explains that one of the best things about soy substitutes is that there is no grease. A chili that uses real beef will have a layer of grease on top of it after it sits in the refrigerator, but this chili only has a water layer. The pot is easier to clean as a result. Think about that layer of grease on the pot the next time you are tempted to eat meat chili! Your arteries would become like the pot, coated in grease and hard to clean.

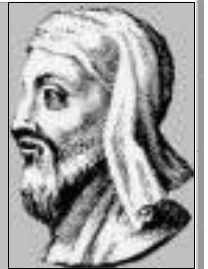


Katherine Kupukaa offers free samples of her delicious vegan chili at the Vim ‘n Vigor store in the Ala Moana Shopping Center on Tuesdays from 1- 3 p.m.

Vim & Vigor also has fresh juices, many vitamin supplements, and some vegetarian salads. I purchased some liquid iron at a reasonable price.

Katherine has also taken vegan chili samples to our Hawaii legislators. She is constantly thinking of new ways to share the joy of soy. Thank you, Katherine, for using your cooking talent in such an educational way. She may be reached at [katherine4eversoy@yahoo.com](mailto:katherine4eversoy@yahoo.com) or 623-7070 if you are interested in purchasing her brand of soy products.

**“But for the sake of some little mouthful of flesh, we deprive a soul of the sun and light and of that proportion of life and time it had been born into the world to enjoy.”**



*Plutarch, A.D. 46?– 120?  
Greek essayist and biographer*

**(NoVeal** *from page 6*)

ments in your area. Inform the chef or manager about the cruelty of veal production and encourage him or her to sign Farm Sanctuary's pledge (at right or see NoVeal.org) not to serve veal. It would also help to provide literature or other materials. You may want to start with a few businesses that don't currently sell veal. Not only is getting a pledge not to sell veal significant in itself, but these pledges will encourage other restaurants to do the same. For more information, please visit NoVeal.org.

*Laurelee Blanchard is a campaign consultant to Farm Sanctuary (farmsanctuary.org).*

## PLEDGE NOT TO SERVE VEAL

Name of establishment \_\_\_\_\_  
pledges not to serve veal in recognition of the cruelty with which veal calves are raised.

\_\_\_\_\_  
(please sign name here)

\_\_\_\_\_  
(please print name and position here)

\_\_\_\_\_  
(please print city and state of establishment here)

\_\_\_\_\_  
(comments)

Please return to Farm Sanctuary · P.O. Box 150 · Watkins Glen NY 14891 · Fax: 607-583-2041

**(Insulin** *from page 3*)

in the bovine chain relative to the human chain as opposed to just one difference in the pig chain.

Humulin, the proprietary human insulin of Eli Lilly, is made by recombinant DNA technology.

**N**othing in the treatment of any disease beats not getting it in the first place.

There's no species difference here because, as the company's brochure states, "Humulin is synthesized in a non-disease-producing special laboratory strain of Escherichia coli bacteria that has been genetically altered by the addition of the gene for human insulin production." Unless you have objections to the abuse of a bacterium that already calls your large intestine home, there would seem to be no ethical objections to recombinant human insulin. However, several websites, one run by an ethical vegetarian with IDDM, report problems with human insulin, primarily a blunting of the

awareness that a low blood sugar reaction is about to occur:

<http://home.freeuk.net/humaninsulin/fmyexp.htm>

<http://www.insulinquest.com/>

<http://www.diabetictypeone.org/Daily%20Mail%20Newspaper%208-29-02.html>

### Prevent Diabetes

Nothing in the treatment of any disease beats not getting it in the first place. Adult onset diabetes in which insulin levels run normal to high but the insulin can't find its receptors on the cell membranes is clearly related to obesity, and that in turn is clearly related to the consumption of animal foods and refined plant foods (sugar and oil). And in one study of IDDM, 142 out of 142 newly diagnosed child patients had "immunity to cow's milk albumin, with antibodies to an albumin peptide that are capable of reacting with a beta-cell-specific surface protein. Such antibodies could participate in the development of islet dysfunction."<sup>4</sup> In other words, proteins in the cow's milk the children drank generated antibodies that cross-reacted with

a key protein in the pancreas and wiped out their own insulin-making beta cells.

1. Considine DM, Considine GD Van Nostrand Scientific Encyclopedia (VNSE), Revised Eighth Edition on CD-ROM, John Wiley & Sons 1999 ISBN 0-471-29323-7
2. Microsoft Encarta Encyclopedia Standard 2001, Microsoft Corporation
3. Murray RK, Granner DK, Mayes PA, and Rodwell VW., Harper's Biochemistry. Appleton and Lange, Norwalk, CT 1990 ISBN 0-8385-3640-9 p 533 Fig 52-3
4. Karjalainen J, Martin J, Knip M. et al. A bovine albumin peptide as a possible trigger of insulin-dependent diabetes mellitus. N Eng J Med 1992;327(5):302-7

**T**he "Vegetarian" TV series airs VSH meetings. The schedule is available on the VSH.org website or by e-mail. To subscribe, send a message to VSH-News-Group-Subscribe@yahoo.groups.com.



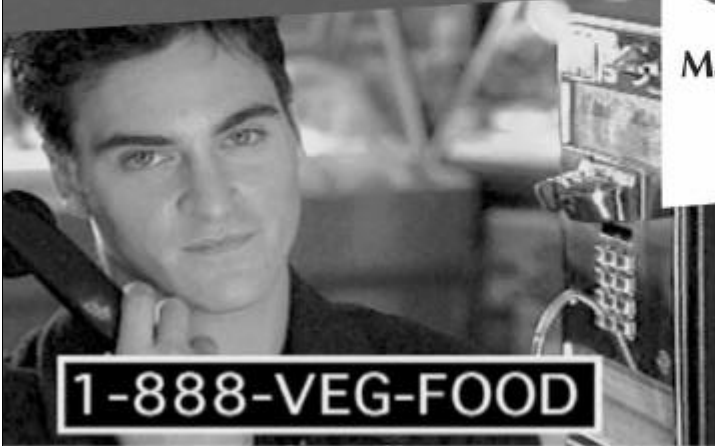
# Thanksgiving

Is Murder

# on Turkeys

Make this one for the birds—go vegetarian.

— *Joaquin Phoenix*



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