



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 21, Issue 4, October-December 2010

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Public Lectures

SUSAN TETON CAMPBELL

“SUGAR-FREE DESSERTS”

Saturday, October 23rd, 7 p.m.
McCoy Pavilion, Ala Moana Park

MADHAVA DAS

“FOREVER THE RAINBOW:

HOW THE COLORS OF THE GARDEN
CAN SAVE YOUR LIFE”

Saturday, November 20th, 7 p.m.
McCoy Pavilion, Ala Moana Park

VESANTO MELINA, R.D.

“RAW FOOD DIETS:

WHAT’S TRUE, WHAT’S NOT”

Saturday, December 18th, 7 p.m.
McCoy Pavilion, Ala Moana Park

See page 14 for more details,
including Maui meeting times.

Honolulu’s first two vegan restaurants open

by Karl Seff, Ph.D., VSH Board member

I asked around. No one can remember there ever being a vegan restaurant in Honolulu. This year two have opened, both on South King Street.

A vegan restaurant is one where everything on the menu is vegan, where the owners, managers, and cooks are vegan by principal, and where everything in the kitchen is vegan. The following become unnecessary: No fish sauce, please. Is there egg in the noodles? Does the vegetarian meat contain whey? Is the bread made with egg, dairy, or honey?

The Peace Café was first. At 2239 South King it is across the street from Longs Drugs and shares a parking area behind Chiang Mai Thai Cuisine. The fare is Japanese-American. The hours are Monday through Saturday, 11 a.m. to 7 p.m. and Sundays, 11 a.m. to 4 p.m. Phone: 951-7555; www.peacecafehawaii.com.

Then, a few months later, Loving Hut opened. It is at 1614 South King. Park in front in the area they share with Baskin-Robbins near Punahou Street. The fare is Asian, perhaps closest to Taiwanese. The hours are Monday through Saturday, 10:30 a.m. to 2:30 p.m. and 5:30 to 8:30 p.m. Phone: 373-6465; www.lovinghut.us/honolulu. A second Loving Hut on the corner of Pensacola and Young Streets will open soon.

At both restaurants the fare is beautiful, delicious, healthy, cruelty free, and gentle on the planet. Their commitment to the highest ideals of the Vegetarian Society of Hawaii is inspiring. The VSH is proud to have helped build a customer base for them.

We are grateful to the many restaurants in Hawaii that serve vegan food. However, most of them also serve nonvegan food and may not be entirely sensitive to the concerns of the vegan customers. We need to question the food each time, trust that we have asked enough questions, and hope that our wishes have been followed.

The Peace Café and Loving Hut are stress-free alternatives. By opening, they have taken a chance on veganism. Let’s do what we can to have them succeed and be the fore-runners of many more vegan restaurants in Hawaii.

Celebrate

Thanksgiving Eve

with the Vegetarian Society of Hawaii
Wednesday, November 24th
at Govinda’s Restaurant

See page 6 for details.

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 a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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VegHawaii.org

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Mahalo
to all our volunteers!

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

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.



Letters to the Editor

Vegetarian (not Vegan) Society

I have been a vegetarian since 1966 and a proud member of the Vegetarian Society of Hawaii for many years. I appreciate the good work that the VSH has done to promote healthy, meatless living.

I believe that VSH has lost sight of its original mission, however, which I believe was to promote vegetarianism and provide information to help those who wish to transition to a vegetarian lifestyle. It seems that VSH has been hijacked by a vocal minority who appear to hold themselves in high esteem. They seem to believe that they have attained a higher level, one that we mere vegetarians aspire to. They assume that everyone emulates them and wants to be like them. I personally do not believe that this is the case. Does the phrase "legends in their own minds" ring a bell?

VSH, contrary to what was stated in the last newsletter, is not celebrating 20 years of veganism — we are celebrating 20 years of vegetarianism. Look at the name of our group. If the board of directors is not satisfied with the mission of the Vegetarian Society, might I suggest they start a Vegan Society of Hawaii?

In the newsletter I often see "just a vegetarian" or "not yet a vegan," as if this is some lower level of attainment. I take offense at these judgmental, patronizing phrases.

I feel that the primary mission of VSH is not to pat ourselves on the back or to convince the membership that we're on the righteous path (we already know that), but to promote the vegetarian lifestyle and to facilitate the transition from a meat-based diet.

I'm told that Dr. McDougall, in an effort to make it easier for a larger segment of the population to change its diet, chose to emphasize a vegetarian diet while no longer making organics a prerequisite for the switch from carnivore to vegetarian. He chose to promote attainable goals and remove, initially, one of the hurdles rather than feed his own ego.

Take the hint: lighten up. Set goals that are attainable for the populace. Give us back our vegetarian society. Look in the mirror; you're not as cool as you believe. As the poet once said, "If I had a mind to, I wouldn't want to be like you!"

Why not print this letter in the newsletter to see if other members concur?

Aloha,
Robert S. MacMurray

Dear Robert,

Thank you for your continued support. Since its inception VSH has never promoted the use of any animal products. We hope that we can support those who want to transition to a meatless diet as well as to a vegan diet.

(continued on next page)

Annual Meeting Scheduled



Reports from the Board will be made to the membership prior to our featured speaker on October 23, 2010. Please attend and learn the latest and current status of YOUR organization. Mahalo!

(continued from previous page)

Regarding the phrase to which you took offense, I ran a search on past newsletters as far back as January 2008 (the first issue that I edited) and found this passage in a book review by one of our members. Here it is in its context:

... the heroine of this storybook series, Mandy Hope, is both a vegetarian and an avid animal lover. **Granted, she is only a lacto-ovo-vegetarian, not a vegan;** yet her activism for the animals and her genuine care and concern for creatures of all kinds are worthy of a true-green vegan and animal rights activist. [emphasis added]

The wording reflects the attitude of the reviewer. But your point is taken; I apologize if it implicitly — even if unintentionally — put down lacto-ovo-vegetarians.

Scott Snarr, Editor

Where there is right, there are rights

I read with interest an article in the last newsletter (“New leader envisions cage-free world”), highlighting some accomplishments of In Defense of Animals and its new president, Scotlund Haisley.

SUBMISSIONS

The Island Vegetarian welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words.

All submissions must be accompanied by a full name and phone number. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is December 1, 2010. Please send submissions (electronically only) to:

info@vsh.org

I would like to bring your readers' attention to a related matter not generally addressed, i.e., how non-governmental organizations, including animal advocacy groups, must learn and follow the law in order to successfully protect animals.

Last year Scotlund Haisley participated in activities to remove and relocate/rehouse animals at the request of Norman Pang, whose deceased spouse ran Animal Haven, a no-kill shelter in Waianae. This removal/rehousing effort (not a rescue/save operation) led to a federal lawsuit. At the time Haisley worked for The Humane Society of the United States (HSUS).

Issues have clouded the role of Haisley and others in this activity, as identified in the federal lawsuit filed last year by Mr. Pang. Allegations include denial of Pang's rights under the First, Fourth, Fifth, and Fourteenth Amendments to the U.S. Constitution, impersonating a law enforcement officer (wearing fake badges), entering property without a search warrant, and defamation of character.

Read the federal lawsuit: <http://carrollcox.com/Pang.htm>

Read a statement about Haisley's use of fake badges by a former member of The HSUS Emergency Rescue Team: <http://carrollcox.com/show/101809.htm>

I do not take issue with the previous article, but we must be concerned about this. Similarly, I am not suggesting that we should not recognize the good work Haisley may have done, but we must also acknowledge the illegal acts as alleged by Mr. Pang.

Realize that if people operate outside U.S. laws and the Constitution, it hinders the animal rights movement.

Pamela Davis
President, Animal Advocate Inc.
www.animaladvocateinc.org/index.htm

Television

“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Wednesday 11 a.m.
First and third Thursdays 6 p.m.
Go to olelo.org and click on “Oahu Channel 52.”

The shows are also on line at 6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52
Wednesday 9:30 p.m.
Thursday 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Saturday 2 p.m.

Kauai—Ho‘ike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

“Cook Healthy Fast”

with Dick Allgire
Short, quick, vegan recipes
Tuesdays: 5 p.m.
KITV-4

Radio & Internet

“Healing & You”

Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.D.

Sundays: 8-9 p.m.
K108 — AM 1080
Call-in line: 524-1080

“Vegan World Radio”

Telling the story of the vegan revolution that's saving animals, the planet, and our health.
www.veganworldradio.org

Community

Vegetarian Cooking Classes

First Saturday of every month.
Down to Earth
2515 King Street, Honolulu
Call 947-3249 to register for free.



IN THE NEWS

Salmonella outbreak linked to repeat offender

by Nathan Runkle

Austin “Jack” DeCoster, owner of Quality Egg of New England (QENE) — the subject of a 2009 MFA undercover cruelty investigation — is now connected to a nationwide recall of 380 million eggs. The eggs, linked to over 200 cases of salmonella poisoning in several states, were produced by Wright County Egg in Galt, Iowa — one of DeCoster’s many agribusiness operations. On August 13th the company began a recall of 228 million eggs and on August 18th expanded the recall to 380 million eggs (or 32 million 12-egg cartons).

As does DeCoster’s Maine egg farm, Wright County Egg uses a battery-cage confinement system. Battery-caged hens are crammed four to six per file drawer-sized cage, often living in their own waste and among rotting carcasses. In an interview for Maine Public Radio MFA’s Executive Director Nathan Runkle explained that “when we cram birds in cages on factory farms, where they can’t spread their wings, and these birds are living in filth, the risk of spreading salmonella onto consumers is increased dramatically.”

DeCoster has a sordid history of immigration, environmental, and animal cruelty offenses. In 2001 the Iowa Supreme Court ruled that as a repeat violator of environmental laws he would not be allowed to build hog farms in the state. In 2003 he pleaded guilty to federal immigration charges, and earlier this year in a

landmark settlement sparked by MFA’s investigation he pleaded guilty to ten civil counts of cruelty to animals and paid over \$100,000 in fines and restitution. Now he is being sued by a Wisconsin woman who became sickened and hospitalized after consuming eggs from Wright County Egg. Over a dozen additional lawsuits are also in the works.

Source: www.mercyforanimals.org

Conscious food choices can mitigate climate change

Reducing the consumption of meat and dairy products and improving agricultural practices could decrease global greenhouse gas emissions more than 80% by 2055, researchers of the Potsdam Institute for Climate Impact Research (PIK) found. The results of the modeling study were published in the journal *Global Environmental Change*.

“Meat and milk really matter,” says Alexander Popp of PIK, the study’s main author. “Reduced consumption could decrease future emissions of nitrous oxide and methane from agriculture to levels below those of 1995.” Agricultural emissions of these gases have been increasing steadily for years.

The researchers used a global land use model to assess the impact of future changes in food consumption and diet shifts as well as technological mitigation options on agricultural greenhouse gas emissions up to the year 2055. The global model combines information on population, income, food demand, and production

costs with spatially explicit environmental data on potential crop yields.

The calculations show that global agricultural non-CO₂ emissions will increase significantly until 2055 if food energy consumption and diet preferences remain constant at the level of 1995. With the changing dietary preferences toward meat and milk associated with higher income, emissions will rise even more. In contrast, reducing the demand for livestock products by 25% each decade from 2015 to 2055 will lead to lower non-CO₂ emissions even compared to 1995.

There are technological mitigation options to decrease emissions significantly, but they are not as effective as changes in food consumption. The highest reduction potential could be achieved by a combination of both approaches, the researchers report. Compared to a scenario that takes into account population growth and an increase in the demand for livestock products, emissions of methane and nitrous oxide could be 84% less in 2055.

Nitrous oxide is about 300 times and methane about 20 times more effective than carbon dioxide at trapping heat in the atmosphere. Agricultural emissions originate with the use of synthetic fertilizers on croplands and from flooded rice fields. Because animal products require large amounts of fodder crops, livestock production is connected to higher emissions from fertilizer application. Additional livestock emissions occur as a result of manure excretion, management, and application and methane-producing microbes in ruminants’ digestive systems.

Popp, A., et al., Food consumption, diet shifts and associated non-CO₂ greenhouse gases from agricultural production. Global Environ. Change (2010), doi:10.1016/j.gloenvcha.2010.02.001 <http://dx.doi.org/10.1016/j.gloenvcha.2010.02.001>



Health Update

Eating meat packs on pounds

Meat eating leads to weight gain, according to a new study published in the *American Journal of Clinical Nutrition*. Researchers studied the diets of 373,803 participants in the European Prospective Investigation into Cancer (EPIC study). Those who ate 8.8 ounces (about two servings) of meat per day gained about one extra pound per year compared with people who ate less meat or none at all. The researchers concluded that reducing meat consumption may help people avoid weight gain.

Vergnaud AC, Norat T, Romaguera D, et al. Meat consumption and prospective weight change in participants of the EPIC-PANACEA study. Am J Clin Nutr. Published ahead of print June 30, 2010. doi: 10.3945/ajcn.2009.28713.

Higher risk of death with low-carb diet

A low-carbohydrate diet based on animal food sources increases mortality risk, according to a new study funded by the National Institutes of Health. The study included 85,168 women from the Nurses' Health Study and 44,548 men from the Health Professionals' Follow-up Study with an average of 23 years of followup. Researchers found that a diet high in animal foods and low in carbohydrates was linked with higher all-cause mortality, including a higher rate of cancer deaths. A high-vegetable, low-carbohydrate diet was

associated with lower mortality, especially reducing the risk of death from cardiovascular events.

Fung TT, van Dam RM, Hankinson SE, Stampfer M, Willett WC, Hu FB. Low-carbohydrate diets and all-cause and cause-specific mortality: two cohort studies. Ann Intern Med. 2010;153:289-298.

Leafy greens could thwart diabetes

Eating more green leafy vegetables can significantly reduce the risk of developing type 2 diabetes, according to research published recently on *bmj.com*.

Patrice Carter and colleagues reviewed six studies involving over 220,000 participants that focused on the links between fruit and vegetable consumption and type 2 diabetes.

The results reveal that eating one and a half extra servings of green leafy vegetables a day reduces the risk of type 2 diabetes by 14%. However, simply eating more fruit and vegetables combined does not appear to affect this risk.

In the past two decades there has been a dramatic increase in the number of individuals developing type 2 diabetes worldwide. The study says, "It was estimated that inadequate consumption of fruit and vegetables could have accounted for 2.6 million deaths worldwide in the year 2000."

The researchers believe that fruit and vegetables can prevent chronic diseases because of their antioxidant content. Green leafy vegetables such as spinach may also act to reduce type 2 diabetes risk because of their high magnesium content.

The authors argue that whole foods "rather than isolated components such as antioxidants are beneficial for health . . . [R]esults from several supplement trials have produced disappointing results for prevention of disease."

The authors say there is a need for further investigation into the potential benefits of green leafy vegetables. Diets high in fruits and vegetables are known to help reduce both cancer and heart disease, but the relationship between fruit and vegetable intake and diabetes remains unclear.

Carter P, Gray L, Troughton J, Khunti K, Davies M. Fruit and vegetable intake and incidence of type 2 diabetes mellitus: systematic review and meta-analysis. BMJ 2010; 341:c4229. doi: 10.1136/bmj.c4229

Vegetarians feel better

Vegetarians have lower instances of depression, according to a new study in *Nutrition Journal*. Researchers looked at 60 vegetarians and 78 meat eaters in the southwestern United States and found that vegetarians scored significantly better on standardized mood tests. The tests measured depression, anxiety, and stress and were compared with food frequency questionnaires. The vegetarians consumed less eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and arachidonic acid — all animal sources of essential fatty acids — but reported higher mean intakes of plant sources of omega-6 and omega-3.

Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. Nutr J. 2010;9:26.

Twenty-first annual Thanksgiving Eve dinner

A VSH healthy and compassionate holiday tradition

by Karl Seff, Ph.D.
VSH Board member

Autumn is here, and plans have been made for our annual Thanksgiving Eve Dinner. As before, Govinda's Vegetarian Buffet is pleased to be hosting this wonderful event. It is open to members and nonmembers alike. Expect a cozy and serene family-style Thanksgiving experience.

The fare will be traditional (see menu at right), completely homemade, and vegan. Whenever possible, it will be organic. It will also be free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. The oil and salt content will be kept low, and nut-free alternatives will be available. Don't leave until you're full.

Seating will be indoors and in a large tent outdoors that will be better protected against the Nuuanu rain than last year. There will be no incense or music. A supervised child care area with activities will be available. Special needs (disabled parking, special seating, help up the few steps, high chairs for kids) will be accommodated.

The cost is \$19 per person. It is \$15 for children ages 8 to 13, and children 7 and under eat free. Choose a seating time: 5:00, 5:30, 6:00, 6:30, 7:00, 7:30, or 8:00 p.m. **To make a reservation, email Nandarani at vsthanksgiving@gmail.com or phone her at 282-9333.** State your name, phone number, number of people in your party, seating time, and special needs if any.

This event is well known for bringing together the diverse arms of the vegetarian community, including animal rights activists, environmentalists, health vegetarians, ethical vegetarians, and people of various creeds and faiths. Together we are the "Honolulu Vegetarian Family." Talk to the people at your table; like you, they wanted their Thanksgiving to be vegan.

Millions of people across the U.S. are celebrating Thanksgiving in this way. "Gentle Thanksgiving" is a program of FARM (Farm Animal Reform Movement). Thanksgiving is easy to tame; just substitute a few ingredients in the mashed potatoes, stuffing, gravy, and pie; use mock meats or forget about them altogether, and it is done. Baked yams, cranberry sauce, and veggies were always whole vegan fare.

We hope to see you there!



Govinda's is located in the Hare Krishna Temple at 51 Coelho Way, off the Honolulu-bound side of the Pali Highway just before the Nuuanu Avenue exit.

Thanksgiving Eve Menu

Salad

Organic Spring Green Salad
Choice of Dressing

Courses

Mock Turkey
Pineapple Baked Faux Ham
Herb stuffing
Home-Style Mashed Potatoes
Madana's Gravy
Autumn Vegetables Almandine
Tangy Cranberry Orange Relish
Maple Glazed Yams
Whole Grain Dinner Rolls

Beverages

Hot and Cold Herbal Tea
Water

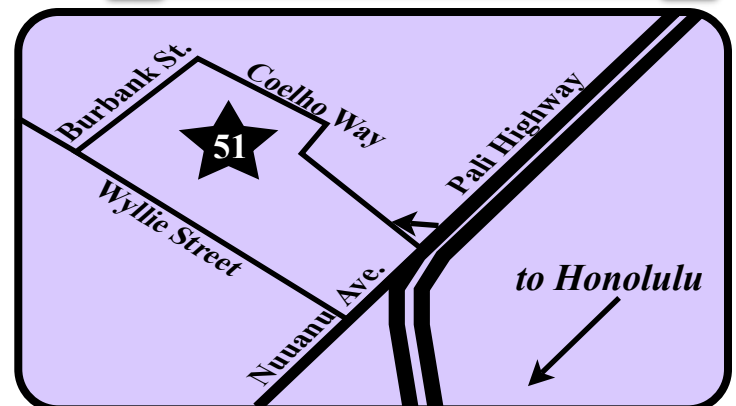
Dessert

Fresh Homemade Pumpkin Pie
Holiday Spice Cake
Warm Fruit Crisp

Reservations:

282-9333

vsthanksgiving@gmail.com



Happy healthy humane holidays!

by Scott Owen Snarr, Editor

The holidays are supposed to be a time of caring, sharing, and fun. But Halloween candy, Thanksgiving turkeys, and Christmas commercialism create a sticky situation for those of us who want to celebrate compassionately with our values, our health, and the Earth intact. So I searched the Internet to come up with the best alternatives with the right holiday spirit minus the cruelty, the hangovers, and the Earth-crushing commercialism.

Halloween

1. **Instead of candy** give out stationery, toys, or collectibles to trick-or-treaters. For a list of ideas see "Animal-Free Halloween Treats," www.vsh.org/newsletter-2009-12.pdf, page 16.
2. **Go reverse trick-or-treating.** Every time your kids collect a piece of candy, they get to give a treat in return — a vegan brochure or card. Go to www.veganoutreach.org to order Why Vegan? and other brochures or www.farmusa.org/litRequest.php for cards. At the end of the night have your kids trade in their candy to you for a special vegan treat.
3. **Trick-or-treat for charity.** Instead of having your kids collect candy, send them out to raise money for a charity that helps animals or people.
4. **Throw a costume party** for your kids and their friends as an alternative to trick-or-treating. Help them bake vegan cookies cut into traditional Halloween shapes, set up holiday crafts, or put on some movies.

Thanksgiving

5. **Join** the VSH Thanksgiving Eve dinner at Govinda's. See facing page for details.

6. **Celebrate** a Gentle Thanksgiving by veganizing your menu. See www.gentlethanksgiving.org.
7. **Start a new tradition.** Many families cling to the turkey habit simply because it's tradition. Get rid of the turkey and replace it with something more meaningful. Consider, for example, sponsoring an animal at a no-kill sanctuary for the coming year. Helping an animal or person in need will help you feel thankful for your own blessings.
8. **Read a story** to your children. "Selecting a topic that can help your child appreciate the ethics of being a vegan will go a long way toward reaffirming what they already know but are made to question again and again in our nonvegan world," writes Cynthia Mosher, editor of *VegFamily* magazine. See inset below for a list of suggested titles.

Christmas

9. **Bake** low-fat vegan treats for the holiday. Share them with your family, friends, and neighbors

along with a note about why your treats are egg and dairy free.

10. **Share** memorable activities rather than material gifts with your family. Plan a special outing or volunteer during the Christmas season where your services are needed.
11. **Create** personal hand-made crafts, poems, songs, and works of art to give to your friends and loved ones instead of buying them mass-produced junk.
12. **Give to charity.** Arrange with friends and relatives to give to a good cause instead of to each other. Consider donating your Christmas to charity by going to www.justgive.org and designating organizations to which people can give in your name. Nonprofits and the people and animals they serve need the resources more than you need the clutter.

New Year's Day

13. **Make** a resolution to go vegetarian or vegan. Encourage a friend to do the same.

Happy Holidays!

Suggested Thanksgiving Reading

'Twas the Night before Thanksgiving * Dav Pilkey
Silly Tilly's Thanksgiving Dinner * Lillian Hoban
A Turkey for Thanksgiving * Eve Bunting
She's Wearing a Dead Bird on her Head * Kathryn Lasky
The Smallest Cow in the World * Katherine Patterson
The Story of Ferdinand * Munro Leaf
Monkey for Sale * Sanna Stanley
To Market, To Market * Anne Miranda
Deliverance of the Dancing Bears * Elizabeth Stanley
The Little Hen and the Giant * Maria Polushkin
Making Minestrone * Stella Blackstone
The Snow Tree * Caroline Repchuk
Victor, the Vegetarian: Saving the Little Lambs * Radha Vignola
Victor's Picnic with the Vegetarian Animals * Radha Vignola
Serendipity * Stephen Cosgrove
The Gnats of Knotty Pine * Bill Peet
Tales of the Teezles * Terry Barber

List compiled by Cynthia Mosher.

For reviews see tinyurl.com/veganthanksgivingstories



Celebrating 20 years of veganism

The Vegetarian Society of Hawaii is celebrating its 20th birthday in 2010. We asked leaders of the vegan movement in Hawaii and around the globe to share their thoughts about the past and next twenty years of the movement. Here's what some of them had to say:

Patrice Jones:

Over the past decade the vegan movement has come to better understand the ways that our concerns are linked with those of other social movements. That process must continue. If we want the fair trade and environmental movements to incorporate our ideas into their agendas, we've got to be willing to incorporate feminism and antiracism into ours. It's all connected. The sooner we see and authentically incorporate that ecological fact into everything we do, the better able we will be to create the changes we need. And by "we," of course I mean everybody, since climate change menaces us all.

*Patrice Jones is cofounder of the Eastern Shore Sanctuary (www.bravebirds.org) and author of *Aftershock: Confronting Trauma in a Violent World*.*

Ruth Heidrich, Ph.D.:

Having been vegan now for 28 years, I've seen a lot of progress. For example, back in 1982 most people didn't know how to pronounce the word "vegan" much less what it meant. That has changed to the point that I see the word everywhere.

What hasn't changed as much is the adoption of a plant-based diet by the mainstream population. This is amazing to me given that a simple dietary change has the power to re-

verse most diseases, stop the environmental damage to our planet, and stop the most inhumane practices on animals that humans have ever conceived. Somehow we have got to get this information to individuals and organizations and into the culture because that's what it's going to take to get us off this path to sure destruction. Educational change has to occur in schools at all levels, from K-12 to universities — and especially medical schools.

It's going to take a massive re-education process, and each one of us, as individuals or in groups, needs to do our part to make this happen. Our survival depends on it!

*Ruth Heidrich, Ph.D. is a perennial Ironman triathlete and author of *A Race for Life, Chef, and Senior Fitness*. www.ruthheidrich.com*

Kathy Freston:

What is most exciting is that the movement is no longer fringe; it is firmly in the mainstream culture with athletes, actors, and business leaders proudly proclaiming that a meat-free diet has changed their lives for the better. There are famous chefs embracing the food, talk show hosts doing stories, and restaurants participating in Meatless Mondays.

As more and more people choose vegan, economies of scale will lower costs and increase the variety and quality of meat and dairy alternatives. A cycle will follow in which food innovations and the increasing number of people going vegan will mutually

reinforce each other. Soon that long row of animal flesh at the back of the grocery store will be occupied by varieties of tofu, tempeh, seitan, and other meat alternatives. Entire new industries will be created: new micro "dairies" will produce regional faux cheeses; demand for a more diverse variety of fruits and vegetables will drive new, more sustainable, and fair

Educational change has to occur in schools at all levels, from K-12 to universities — and especially medical schools.

trade agreements between nations; free from the stench and pathogens that surround meat production, a new generation of farmers will produce their crops closer to human populations.

The most important thing we can do as individuals is to present well. We should be kind, courteous, and healthy. The best way to spread a message is by example. If our energy is robust and magnetic — free of judgement — the message that being vegan is a good thing rings loud and clear.

*Kathy Freston is a health and wellness expert and author of the bestselling *Quantum Wellness*. www.kathyfreston.com.*

Keith McHenry:

When Food Not Bombs first started to share vegan food, we called it vegetarian, and there were very few cookbooks to turn to. We wrote our book *Food Not Bombs* in 1992 with recipes for 100 and described why and how to introduce the public to a vegan diet. Vegetarian magazines and animal rights groups were also getting started.

People eating with Food Not Bombs were often surprised at how tasty vegan food was and became interested in how we made our meals. Many people thought that the only people who didn't eat meat were from India. Some low-income people ex-

(continued on page 18)

Founders recall early days of VSH

by Elaine French and
Jerry Smith, VSH Founders

When VSH president Lorraine Sakaguchi asked us for an article about the early days of VSH, it brought back many memories. You may wonder what motivated us to start a vegetarian society in the first place. In 1989 we went to an American Vegan Society conference in Arcata, California and made some great friends there, including Dr. Michael Klaper. We were inspired by one panel discussion called “How to Start a Local Group,” and we went home eager to make it happen.

We decided to call our group the Vegetarian Society of Honolulu. We set up the VSH “office” on a small enclosed lanai in our Hawaii Kai townhouse. We got a post office box and deposited \$300 in a checking account. We bought a used bookcase, desk, and typewriter. We used stick-on letters to design the membership application. Dr. Klaper helped us write the “Why Be Vegetarian?” material on the back. Huckleberry Farms kindly allowed us to leave our applications there. We were thrilled when the first one arrived in the post office box from someone we didn’t even know!

We held our first meeting on May 8, 1990 in the Makiki District Park basement meeting room. Thirteen people showed up. We all put our chairs in a circle, introduced ourselves, and took turns talking about being vegetarian. We had a small potluck after the meeting.

I (Elaine) typed the address labels for the first newsletter by hand. Then Dr. Bill Harris gave us an old computer with a DOS operating system

and taught me how to input the membership data.

On June 28, 1990 the Vegetarian Society of Honolulu was approved as a domestic nonprofit organization in the state of Hawaii. I was president,

Andy Mertz was vice president, Jerry was secretary-treasurer, and Bill Harris was the newsletter editor. Since we knew nothing about running a nonprofit organization, we didn’t even hold the first board meeting until November. Ruth Heidrich and Peter Burwash were among the first board members.

Our first office volunteer was Patrick Moore, who came to our house to process new member applications. Later volunteers were Mary Arakaki, Marcia Deutch, and Nancy Dangler. We admired their hard work and attention to detail. When the office workload finally overwhelmed them, we hired bookkeeper Allene Ishikawa to process the memberships, and she still performs that function today. By the fall of 1993 VSH had over 300 members. Some responsibilities

started to slip through the cracks, so then vice president Alida Rutchick helped us create written job descriptions for fifteen board members. As a result, things began to run more smoothly.

In September of 1996 the membership approved a board proposal to rename the organization the Vegetarian Society of Hawaii. In October VSH leased a 222-square-foot office in Puck’s Alley at University and King Street. We were happy to get the use of our lanai back, and we no longer had volunteers traipsing through our bedroom!

In many ways VSH was our child — we shared fun and exciting times, some drudgery, and at least one major trauma. And when VSH moved out of our house, we experienced empty nest syndrome. We were active in the group until we moved to the Mainland in February of 2002. We are still members, and we read every page of the newsletter when it arrives. We also love to watch the videos of the speakers on the VSH website. We are grateful to all the current board members and volunteers for their hard work. It is amazing to see how our child has grown!



Board potluck, May 1994. (Left to right) Back: Karl Seff, Jerry Smith, Bill Harris, Ruth Heidrich, Allen Schubert. Front: Marcia Deutch, Barbara Hoapili, Alida Rutchick, Eva Martin, Katalina Lambert, Elaine French.



Local Happenings

Maui keiki learn compassion through painting

by Mike Moran

Why different people choose to restrict or eliminate the use of animal products varies from spiritual choices to health concerns and beyond. A part of this decision-making process begins with early environment and upbringing. If youngsters are presented with enlightened choices and guidance rather than rote and fixed rules, they may decide that treating animals with respect and care is the way to go.

Four times a year in Kihei, Maui art teacher Barbara Steinberg teaches a class for 5- to 13-year-olds in watercolor painting of various animals, ranging from native species such as Hawaiian monk seals that they can observe to those they can only imagine, such as elephants and jungle cats. Guest speakers provide information

on how different animals feel and act in addition to simply how they appear. Thus the artistic instruction becomes a tool to infuse the students with caring and respect for the creatures whose image they reproduce in watercolor. The loving philosophy of animal kindness pervades all aspects of the instruction.

The concept of Ms. Steinberg's class comes from the The Kindness Club of New Brunswick, Canada, ironically located due south of the notorious annual harp seal massacre area in the Gulf of St. Lawrence. Finding a positive, upbeat approach to the prevention of cruelty to all animals is the basis of the original Kindness Club and also of Barbara's Maui Kindness Club Painting Class.

Steinberg, a professional artist with a Bachelor in Fine Arts, started the Kindness Club on Maui because she found that children understand intuitively that animals are meant to be loved and to be free. She says, "I hope the children become leaders on this planet and take responsibility to protect animals from harm." A vege-

tarian, Steinberg is also founder and Maui coordinator of No Foie Gras (NFG), a campaign to ban the sale and production of foie gras.

The nine-week watercolor sessions are held two hours just before sunset once a week at the picturesque North Kihei Kenolio Park area in view of the ocean shoreline, backed by the West Maui mountains. The course ends with an art exhibit and awards ceremony where the children recite the following kindness pledge: "I promise to be kind to animals (as well as to people) and to speak and act in defense of all helpless creatures." The more loquacious children then ad lib about what the pledge means to them. The pledge was taken from the original Kindness Club, of which Albert Schweitzer was honorary president many years ago.

The classes are cosponsored by Maui Department of Parks and Recreation. The next one begins December 29th. For more information call 879-0025 or email h20color@webtv.net.

Licious Dishes says Happy Birthday VSH with a 10% discount

In celebration of the Vegetarian Society of Hawaii's twentieth birthday Licious Dishes is inviting VSH members to enjoy a 10% discount on Licious Dishes meals and Grab N Go (at the Iwilei shop only) till the end of 2010. Just show your VSH membership card.

Chef/owner Sylvia Thompson hopes that this promotion will help to spur expansion of the VSH membership base. She praised VSH for "doing such an awesome job promoting the health, environmental, and ethical awareness that the consumption of a plant-based diet represents."

(continued on next page)



Students of Barbara Steinberg (back) proudly display their Kindness Kids certificates after learning how to paint — and speak up for — animals.

(continued from previous page)

“We’ve been sharing our creations of raw vegan gourmet cuisine for the past three and a half years with loving responses from the community,” says Thompson.

Check out www.e-liciousdishes.com for info on classes and farmers’ market participation dates and locations. Subscribe to the e-newsletter by entering your email address in the contact file.



Licious Dishes is located at 650 Iwilei Road, Suite 170, at the shops at Dole Cannery. Enter the Costco parking lot between Home Depot and Costco and you’ll see the Dole Cannery sign on the building in front of you. Licious Dishes is at the end of the first corridor, ground level — room 170. Call 536-9680.

Mililani teen activist wins scholarship

Mililani resident Melissa Monette was presented with a \$5,000 scholarship by the Vegetarian Resource Group for her outstanding work in promoting vegetarianism one pound of food at a time. With diligence and the help of community members and donors she was able to collect over 28,000 pounds of fruits and vegetables to feed over 133,000 individuals.

Melissa’s nonprofit charity, A Harvest For Many Inc., was created after her grandmother was turned away from a



Melissa Monette helped thousands of hungry eat more — and better.

nonprofit that distributed canned goods only to the homeless. Melissa noticed that her grandmother, who was left to survive on a single income after the passing of her husband, and others like her needed help. Melissa’s program has been able to provide vegetarian food assistance to senior citizens, the homeless, displaced teens, and battered women and children living in shelters.

After a time of acquiring fresh and canned fruits and vegetables from farms, organizations, supermarkets, canned food drives, and the homeowners of Oahu who donated surplus fruits and vegetables, Melissa wanted to emphasize the importance of fitness and nutrition. She therefore added an aerobics class to the program. The class included vegetarian meals, and dietitians gave presentations on eating healthy Hawaiian foods. The program gave nutritional information about the bountiful locally grown foods in Hawaii such as mangoes, papayas, and taro. Melissa was also able to coordinate several vegetarian potlucks, and she plans to create a vegetarian cookbook from the potlucks’ best dishes and recipes.

Melissa encouraged low-income facilities to create community gardens to grow their own produce. By planting tomato seedlings herself, she was able to more effectively advocate a healthy vegetarian diet; she also ensured that there would be at least one more pound of food growing.

VSH monthly dine-outs are back

Join fellow VSH members for dinner and conversation at vegetarian- and vegan-friendly restaurants. Order from the menu and pay your share.

- **Loving Hut**
1614 South King at Punahou Street
Tuesday, October 26th, 6:30 p.m.
- **Loving Hut**
1614 South King at Punahou Street
Wednesday, October 27th, 6:30 p.m.
- **Spaghetti Factory**
Ward Warehouse, Ewa end
Tuesday, November 9th, 6:30 p.m.
- **Phuket Thai**
401 Kamakee, near Ward Center.
Wednesday, December 8th, 6:30 p.m.

Call 226-7917 to make a reservation at least two days before the event. Leave a message stating your name, phone number, the number of people coming, and the restaurant and date. *Please do not call the restaurant.*

The above restaurants are described in the VSH Dining Guide available at vsh.org.

A vegetarian for five years now, Melissa carried her activism beyond her nonprofit charity. As captain of her tennis team and Oahu Interscholastic Association (OIA) state champion, she regularly prepared vegetarian pasta dishes for her teammates. She also gave presentations at neighborhood board meetings and community service meetings about the vegetarian diet.

Melissa’s awards are well deserved. She not only serves as a role model for her peers but is an inspiration to all who dream of bettering their communities.

Source: The Vegetarian Resource Group



VSH Events on Kauai



Cynthia Chiang (left) of Kilauea won the July recipe contest with her Herb Warm Rice Salad. Diana LaBedz (right) was the judge.



July speaker John Stern explained "Easy Fermentation for a Strong Immune System."



VSH founding board member William Harris, M.D. addressed the August crowd about "Health Care Reform: Emptying a Flooded Basement Without Turning Off the Tap."



Diana Hayden's Quinoa Delight made her the proud recipe winner at the August potluck.



Special guest Diana LaBedz inspired September potluck-goers to "Transform Into Something Greater Than You Are."



Kim Grote (right) was congratulated by recipe judge Karin Medigovich Dameron (left) for her Corn and Blueberry Salad in September.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.



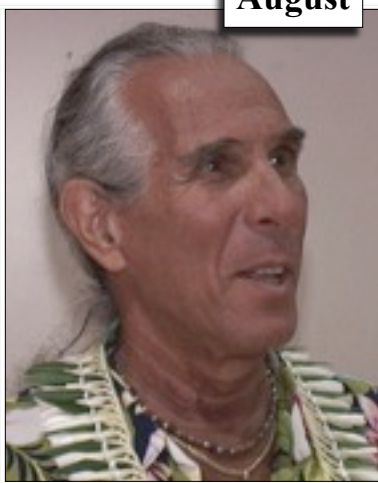
VSH Events on Oahu & Maui

July



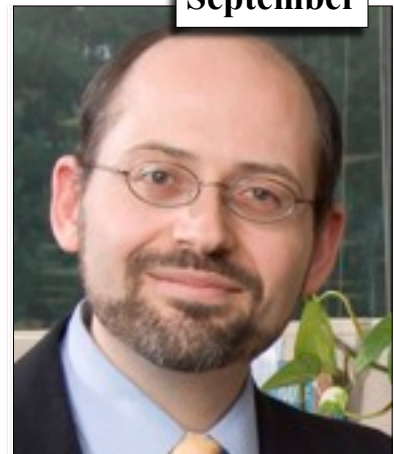
Bill Harris, M.D. spoke about the absurdities of American agriculture and health care policies. He also delved into the questions of vitamin D and omega-3 deficiencies.

August



Radio talk show host Hesh Goldstein spoke passionately about the vices of the animal food industries and wove in anecdotes about his personal transformation to veganism.

September



In his hallmark game show format Dr. Michael Greger revealed the latest scientific findings and shocking facts about superbugs, fish, eggs, poultry, pork, obesity, and vitamin B₁₂ deficiency.

See these and other talks online at www.vsh.org.

Donate, join, or renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, 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
Regular

\$12 \$24 \$36 \$48 \$60
Full-time student

\$30 \$57 \$81 \$102 \$120
Couple or Family

Life membership \$400

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet a vegetarian)

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

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



Calendar of Events October-December 2010



SUSAN TETON CAMPBELL

“Sugar-Free Desserts”

**Saturday, October 23rd, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

Using natural nuts, fruits, seeds, and wild-crafted sweeteners, Chef Teton will show you how to make nourishing desserts. The demonstration will include vital information about how to use nuts and seeds to their full potential and how to thicken fruits the vegetarian way for luscious puddings. Using these methods, we can create the satisfying richness that we love in desserts. Recipes will include Cacao Truffles with Coconut Cream and Pineapple Berry Pie.

Susan Teton Campbell, known as the Green Chef, took her advocacy to the kitchen after years of lecturing about food, health, and the environment with her award-winning book The Healthy School Lunch Action Guide and curricula motivating kids to make healthier food choices. Recently she produced Chef Teton’s Essential Cuisine, a 6-DVD cooking series highlighting raw, cooked, and cultured foods, a diet similar to the celebrated centenarians. As chair of Slow Food Maui, Susan is inspired to help create a healthy whole systems approach to farming, dining, and health. Her body, mind, and soul approach is to “Make Every Bite Count.”

**Susan will also be presenting on Maui:
Wednesday, October 20th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



MADHAVA DAS

“Forever the Rainbow: How the Colors of the Garden Can Save Your Life”

**Saturday, November 20th, 7 p.m.
McCoy Pavilion,
Ala Moana Beach Park**

There’s so much conflicting information presented by different “experts” in the field of nutrition.

We need a simple, accurate concept of healthy eating. What can be more beautiful, simple, and appealing than a rainbow in your garden?

By attending this lecture and question-and-answer session, you will become familiar with the beautiful and powerful science-based approach to nutrition that can dramatically reduce your risk of cancer, diabetes, heart disease, and obesity, improving your quality of life and happiness.

Madhava Das holds a Certificate in Plant-Based Nutrition from the Cornell University & the T. Colin Campbell Foundation. He has studied nutrition for over 35 years. As a nutritional consultant and food healer he has developed a unique perspective on food and health. An accomplished speaker, Madhava is author of the book of the same title as his presentation: Forever The Rainbow: How the Colors of the Garden Can Save Your Life.

**Mr. Das will also be speaking on Maui:
Thursday, November 18th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

VESANTO MELINA, R.D.

“Raw Food Diets: What’s True, What’s Not?”

**Saturday, December 18th, 7 p.m.
McCoy Pavilion, Ala Moana Beach Park**

Do our bodies need the enzymes from plant foods? Are cooked foods toxic? Is food combining important for optimal digestion and health? Are inorganic minerals nutritionally useful or useless? Should we be eating buckwheat greens, sprouted legumes, raw mushrooms, and sea vegetables? Must our diet be 100% raw for maximum benefit? What do we learn from the major scientific studies about creating an optimal raw or high-raw diet?

Vesanto Melina is a Registered Dietitian and coauthor of Becoming Raw (with Brenda Davis) and The Raw Food Revolution Diet (with Cherie Soria and Brenda Davis), as well as of the bestselling nutrition classics Becoming Vegan, Becoming Vegetarian, The New Becoming Vegetarian, Raising Vegetarian Children, and The Food Allergy Survival Guide. Vesanto taught nutrition at the University of British Columbia in Vancouver, Canada and at Seattle’s Bastyr University. She also coauthored the joint position paper on vegetarian diets by the American Dietetic Association and Dietitians of Canada. Her website is www.nutrispeak.com.

**Ms. Melina will also be speaking on Maui, Thursday, December 16th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



Declaration on meat consumption and climate change

A call from people concerned about the future of all life on earth for a major shift to plant-based diets to avoid an impending unprecedented global climate catastrophe.

To be presented to the media and to world leaders and decision makers, including delegates to the UN climate conference, scheduled to be held in Cancun, Mexico in December, 2010:

According to the cover article by two World Bank environmental advisors in the November/December 2009 issue of *World Watch* magazine, the livestock sector is responsible for at least 51% of all human-induced greenhouse gas emissions (GHGs). A 2006 UN Food and Agriculture Organization report indicated that animal-based agriculture is responsible for more GHGs (in CO₂ equivalents) than all the cars, planes, ships, and other means of transportation worldwide combined. Making the situation worse, if current trends continue, global meat production is projected to double by 2050, with the associated increase in GHGs negating the effects of many positive changes, making it very difficult, if not impossible, to reach the GHG reductions that climate experts believe are essential to avoid the worst effects of climate change. Technology-oriented solutions will not be adequate to sufficiently mitigate global warming. A major societal shift to plant-based diets is essential. Such a shift would have many additional benefits, including improved human health, less dependence on oil

Nothing less than the fate of humanity and all life on earth is at stake, and there is no time to spare.

and other fossil fuels, more efficient use of land, water, energy, and other resources, and a reduction in deforestation, desertification, soil erosion, water and air pollution, loss of biodiversity, and many other environmental problems.

To avoid a global climate catastrophe, it is urgent that governments, intergovernmental agencies, international donors and the development community, professional organizations, educators, religious, spiritual, and political leaders, and individuals, including artists and celebrities, as well as the media, promote effective steps to slow and ultimately reverse the consumption of meat and other animal products by supporting the recommendations indicated below and by providing the resources and political and economic backing necessary to achieve them. Nothing less than the fate of humanity and all life on earth is at stake, and there is no time to spare.

Recommendations

- Convert areas currently used to grow feed crops into forests to increase the absorption of CO₂.
- Initiate a protocol under the United Nations Framework Convention for Climate Change (UNFCCC) to reduce the consumption of meat and other animal products.
- Introduce a significant tax on all meat sold to create an incentive for people to shift toward plant-based diets.
- Increase awareness about the devastating impacts of meat consumption on the climate, other environmental concerns, public health,

A major shift to plant-based diets is an essential part of efforts to avoid a climate catastrophe.

hunger, animal welfare, and water and energy scarcities.

- Implement carbon footprint labeling on meat products.
- Provide accurate information about plant-based diets and their many benefits.
- Provide increased access to healthy and affordable plant-based foods.
- Subsidize locally grown, organic plant-food production through subsidies and technical support for farmers.
- Support and subsidize backyard garden projects, school gardens, and other local garden projects.
- Support campaigns to reduce meat consumption, such as Meatless Mondays.
- Provide a variety of plant-based options at schools and other public and governmental food programs, including at military bases.
- Encourage food producers to expand the number of healthy, nutritious meat substitutes and create financial and other incentives to do so.
- Use videos, the internet, and other modern communication methods to educate people about the health, environmental, and other benefits of plant-based diets.
- Stress that a major shift to plant-based diets is essential to help meet the GHG emissions reduction targets that scientists claim are essential to avoid major climate upheavals.
- Encourage sustainable technologies and green, climate-friendly lifestyles.
- Urge the delegates to the UN Cancun climate conference to stress in their final report that a major shift to plant-based diets is an essential part of efforts to avoid a climate catastrophe.

Source: <http://vegclimatealliance.org>



Book & Movie Reviews

The Cove

\$14.99

\$19.99 (HD)

Motion Picture (2010)

Running time: 91 minutes

Director: Louie Psihoyos

Producers: Fisher Stevens and

Paula DePré Pesman

Screenwriter: Mark Monroe

www.thecovemovie.com



"Either you're an activist, or you're an inactivist. I wanted to be active; I wanted to stop this." ~Louie Psihoyos

Review by Scott Snarr

In a little cove near the little town of Taiji, Japan there's a big secret. A big, dirty secret. The naturally protected inlet is accessible by land only through a series of tunnels, fences, barbed wire, ominous warning signs, and a tenacious group of fishermen who will stop at nothing to keep people and cameras out. The fishermen are joined by the local police and the Japanese government in keeping the

secret hidden. "If the world finds out what goes on here," said one of the fishermen, "we'll be shut down." *The Cove* is the true story about the amazing feat performed by a team of dedicated individuals to uncover this secret.

From September to March every year a group of fishermen take a fleet of boats out to the dolphin migratory path. They bang on partly submerged metal poles with hammers, creating a wall of underwater cacophony that terrifies the dolphins and drives them into the cove. There they are penned in until they meet their fate the next morning.

At sunrise dolphin trainers from around the world line up in search of captives for their dolphinariums and swim-with-the-dolphins programs. They are willing to shell out \$150,000 for one with just the right look. While spectators are applauding the flips and tricks of bottlenosed dolphins at places like SeaWorld, few realize that they are helping fund the massacre of the magnificent animals they have come to admire, for the dolphins who aren't sold into captivity — some 23,000 of them a year — are killed. Every last one of them.

The dolphin meat, which is tainted with 2000 ppm mercury, was being fed to Japanese students for school lunch and is still being sold in supermarkets as "whale meat."

Dolphin expert Ric O'Barry — repentant of his role in helping popularize dolphin captivity with the 1960s TV series *Flipper* — is the film's main protagonist. He needs help to find out and expose the secret, so he turns to Louie Psihoyos of the Oceanic Preservation Society. Psihoyos recruits a pair of world-record freedivers, an accomplished daredevil, a special effects expert, an experi-

enced military engineer, and a concert organizer to handle the mind-boggling logistics of the operation. Their undercover ops gives the movie the air of an action film, but with real lives at stake.

What they witness near the end of the film is both shocking and heart-wrenching. You must see it for yourself.

Fortunately, the final ending is up to us. The moviemakers have done the hard part in exposing the secret; now it's up to the rest of us to get the word out and pressure the Japanese government to stop the slaughter.

Since the movie's release progress has been made, but there's more to be done. First watch the film with your friends. Then visit www.takepart.com/thecove to see what else you can do to help stop the slaughter and make sure this story gets the happy ending it deserves.

Becoming Raw: the essential guide to raw vegan diets

by **Brenda Davis, R.D., and
Vesanto Melina, M.S., R.D.,
with Rynn Berry**

\$24.95

352 pages (paperback)

Publisher: Book Publishing Co.

(February 5, 2010)

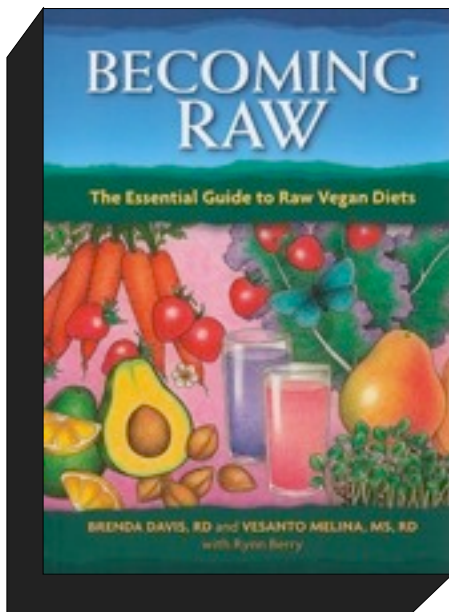
ISBN-10: 1570672385

ISBN-13: 978-1570672385

Product Description:

This book contains a wealth of information on the raw food lifestyle. Nutrition experts Brenda Davis and Vesanto Melina once again provide

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the essential information needed to confidently embrace a new dietary lifestyle. As they did for vegetarians and vegans in *Becoming Vegetarian* and *Becoming Vegan*, they present the first authoritative look at the science behind raw foods. Old converts to raw foods and new recruits alike will be fascinated with food historian Rynn Berry's presentation of the first narrative history of the raw foods movement in the United States.

More people are jumping onto the raw foods bandwagon either to lose weight, fight chronic health problems, or simply to benefit from the high level of nutrients found in uncooked or sprouted foods. Readers will find science-based answers to tough questions about raw foods and raw diets, easy-to-follow nutritional guidelines, and practical information on how to construct a raw diet that meets recommended nutrient intakes simply and easily.

A section of over 45 recipes provides dishes for any time of day and every occasion. Nutritional analyses are given for each recipe. Also included is a section on what foods and equipment and what raw food preparation basics are needed to get started.

This book is a major contribution to the raw foods movement.

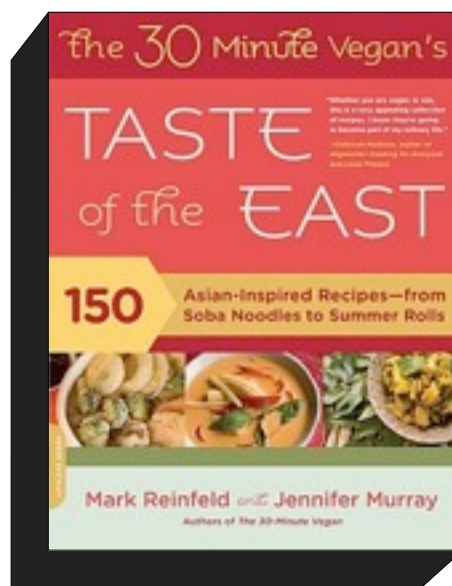
The 30 Minute Vegan's Taste of the East: 150 Asian-inspired recipes — from soba noodles to summer rolls.

by Mark Reinfeld and Jennifer Murray.

\$18.95
304 pages (paperback)
Publisher: Da Capo Press
(July 6, 2010)
ISBN-10: 0738213829
ISBN-13: 978-0738213828

Review by Neal Pinckney, Ph.D., VSH Member

Written conversationally in the first person, as if you were in the kitchen with the authors, *The Taste of the East* is organized into regions: India, Thailand, China, and Japan. There is also a section called Asian Fusion, a medley of treats from Indonesia, Nepal, Vietnam, Korea, Tibet, Iran, and Afghanistan. There are both familiar, traditional dishes and lesser-known recipes from each area. A final section has appendices on preparation basics, a glossary, a metric conversion guide, additional resources, and a rationale for vegan living with information about GMO foods.



The authors have included vegan versions of many of the sauces, dressings, and marinades that are common in Asian cuisine, most of which are uncomplicated and easy to prepare. Reprinted verbatim, here's one of the simpler recipes from the book:

Toasted sesame-roasted vegetables — serves 4

Here's a simple marinade for all of your roasting needs. Change up the different vegetables and have yourself a good ol' time. The vegetables are the perfect side dish for Teriyaki Tofu (page 159), Arame Garlic Rice (page 153), and Coconut Mashed Parsnips (page 186).

- 2 medium tomatoes, cut in half
- 2 zucchinis, sliced
- 2 heads baby bok choy, cut in half

Marinade:

- ½ cup water,
- 2 Tbs. toasted sesame oil
- 2 Tbs. soy sauce
- 1 Tbs. rice vinegar
- 2 tsp seeded and diced hot chile pepper

1. Preheat the oven to 400°F. Place the marinade ingredients in a large casserole dish. Add the tomatoes and zucchini and cook for 15 minutes. Add the bok choy and cook for 10 minutes longer. Use tongs to flip the bok choy periodically to keep it moist.

2. To serve, place the vegetables on a plate and drizzle with the marinade.

Unfortunately this book does not include nutritional information for each recipe. The amounts of protein, carbohydrates, fat, and sodium, along with the total calories and fat calories per serving are absent. But for those who don't require that information, this book is a welcome addition to the library of vegan cookbooks.

(continued from page 8)

pressed the belief that we were showing disrespect by offering vegetarian meals, thinking that we were doing so to save money.

In those 20 years vegetarian — and to some extent vegan — eating has become mainstream, and everyone we share food with knows that many people other than those of the Hindu faith are vegetarian. One of the most impressive trends is the acknowledgment of institutions such as the United Nations that vegan eating is a major solution to issues such as world hunger and climate change.

I believe that the current trend toward eating more meat will change as we discover more and more that it is impossible to continue because of climate change, poverty, and the increase in world hunger. This will motivate more people to become vegan, and others will begin to eat less meat.

Providing more vegan meals to the public will encourage them to eat less meat. We have been sharing free vegan meals with the public in over 1,000 cities and providing literature to support the reasoning behind our efforts. This should help speed the process.

Keith McHenry is cofounder of Food Not Bombs. www.foodnotbombs.net

Neal Pinckney, Ph.D.:

I joined VSH seventeen years ago when it was only three years old and had a much smaller membership. But because it was small, most of the members attended the monthly meetings and were very active in helping new vegetarians. A wide variety of literature, research reports, and recipes was available at the meetings, making the transition much easier. That help is very much a part of why I'm alive today.

I became a vegan for health reasons. It was through a vegan lifestyle that I was able to reverse acute coro-

nary artery disease. Along the way contact with other vegans made me aware of and an advocate for conservation and animal rights issues.

Although VSH has grown to become a much larger organization, it has become even more useful with its excellent website. Being able to see and hear the monthly speakers online when I'm unable to attend meetings has been a great benefit for me. The dedicated core of volunteers may often go unrecognized, but they have kept VSH a primary resource for vegetarian concerns.

Neal Pinckney is author of the Healing Heart Handbook. He has established and led support groups for people with heart disease or with multiple risk factors at several local hospitals.

The meat trap

by Scott Owen Snarr, Editor

When habits and values collide, values are often the first to go. In a recent study published in *Appetite*, Steve Loughnan and fellow researchers concluded that "People may escape the conflict between enjoying meat and concern for animal welfare by perceiving animals as unworthy and unfeeling."¹

About a hundred participants were given either cashews or beef jerky under the pretense of evaluating the taste of the food. Later they were given other supposedly unrelated questionnaires. From those the researchers gathered data about people's attitudes toward the moral status of animals and their beliefs about the cow's capacity to experience 18 cognitive states: nine related to sensation (pain, pleasure, fear, happiness, etc.) and nine related to intellect (thinking, imagining, choosing, reasoning, etc.)

Compared to those who ate nuts, the group who ate beef jerky thought the cow deserved less moral consideration.

A second finding of the study was that moral concern for the cow was correlated with its perceived capacity to experience sensation (rather than with intellect), reaffirming "the philosophical claims that it is the capacity to suffer, rather than the capacity to think, that is linked to moral concern."

Many vegetarians say that their choice to abstain from meat stems from a moral duty not to harm animals. What this study suggests is that people eat meat not just because they don't care about animals — but that they don't care about animals because they enjoy eating meat. Rather than live with cognitive dissonance — an uncomfortable feeling when one's actions and beliefs are in conflict — meat eaters tend to resolve the situation by denying animals' capacity to suffer and excluding them from moral consideration. In fact, a recent survey in Great Britain reports that consumers know very little about the way animals are farmed.²

It's a vicious cycle. People lack concern for farmed animals, so they eat meat, which in turn diminishes their concern for those animals.

From this insight we can infer ways to help people break the meat habit. We should remind others (and ourselves) that animals raised for food suffer immensely and that this is a great injustice. Animals deserve moral treatment, which precludes our eating them. Mentioning studies like these might be an effective way to broach the topic with friends and family. But if possible, do it over a delicious vegan meal.

References:

1. Loughnan S, Haslam N, Bastian B. *The role of meat consumption in the denial of moral status and mind to meat animals.* *Appetite* 55 (2010) 156-159.
2. Driver, Alistair. "Consumers unaware of animal welfare — Food Freedom Boss." *Farmers Guardian*, 26 July 2010. <http://tinyurl.com/2642mga>

Creamy mushroom miso soup

by Leslie Ashburn

- 1 tsp or less olive oil or toasted sesame oil
- 1 onion, diced
- 2 cups fresh mushrooms (crimini, shiitake, or white), sliced
- 3-4 cups water
- ½ to 1 cup unsweetened soy milk (or other nondairy beverage)
- 1 to 2 Tbs. barley or brown rice miso
- chives, parsley, or green onions, chopped to garnish (optional)

Saute the onions and mushrooms in a soup pot with a small amount of oil until they are tender. Add the water and bring to a gentle boil. Cover and simmer on low for 10 to 15 minutes. Blend the mushrooms and water in a blender or food processor until creamy. Pour back into the soup pot and stir in the soy milk. Reheat gently. Take a small amount of the soup out of the pot and place into a bowl with the miso. Blend the miso and soup until creamy and then pour directly back in. Taste and adjust seasonings if necessary. Serve with freshly chopped herbs of your choice.

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.macrobiohawaii.com.

Vegan Tidbits

by Scott Owen Snarr

Slim Willie Clinton sheds 24 pounds

Gone are the days when former President Bill Clinton is synonymous with McDonald's French fries. Beans, fruits, vegetables, and almond milk are more like it since he took up a plant-based diet (with the exception of

an occasional piece of fish).

He is happy to have trimmed down for his daughter's wedding, but he is also trying to avert another surgery like the quadruple bypass he had in 2004. As he explained in an interview with Wolf Blitzer, "So I did all this research, and I saw that 82% of the people since 1986 who have gone on a plant-based [diet] — no dairy, no meat of any kind . . . have begun to heal themselves. Their arterial blockage cleans up; the calcium deposit around their heart breaks up."

Clinton's change was not unilateral. Singapore Health Minister Khaw Boon Wan began an oil-free vegan diet after undergoing heart bypass surgery in the spring, eating mostly fruits, salads, and whole grains. It has yet to be seen whether his new approach to health will have any effect on policy in his country, where incidence of heart disease, cancer, and strokes has tripled since 1957.

Sources: tinyurl.com/clintonsheds24, Vegetarian Society of Singapore

Meat sells, but who's buying?

An England slaughterhouse was forced to shut down after Animal Aid released undercover footage taken at the plant. The video captured the incompetent stunning of almost all of the 767 pigs filmed and frequent malicious attacks by the slaughterer. His license was immediately revoked, and he and the employer are facing prosecution. The kicker came when a German sausage maker canceled its contract on the basis of the film, forcing the plant out of business.

Kate Fowler of Animal Aid said that the campaign to install closed-circuit television in all England slaughterhouses could provide evidence for prosecutions, but that the only way to end the suffering is for consumers to choose meat-free foods. If people took that advice, we could put *all* the slaughterhouses out of business!

Source: tinyurl.com/animalaid1

Back to basics

Sometimes a diagnosis can do what the most hardcore vegan activist can't: persuade the unlikeliest of people to go vegan. After finding out he had cancer last year, 53-year-old hog farmer Fred Leman of Illinois cut out all animal foods from his diet along with processed foods such as soft drinks and high-fructose corn syrup.

Leman is not going it alone; he's getting some coaching from his wife Brenda, a licensed practical nurse. "Eliminating all processed food is nothing radical," she explains. "This is how people used to eat."

Fred once thought he needed meat for strength, but he finds his new diet surprisingly easy. "Now I get my protein from nuts and vegetables," he said, "and that hasn't hurt my strength. Before, I ate supper and I'd nap for an hour. Now I don't run out of energy. I work a full day on the farm."

As for the hog farm — let's hope he finds another way to bring home the bacon.

Source: tinyurl.com/veganhogfarmer

Fall Calendar

October:

World Animal Month

1: World Vegetarian Day

1-7: World Vegetarian Week

1-9: World Vegetarian Congress - Jakarta (IVU)

2: International Day of Non-violence (UN)

2: World Farmed Animals Day

4: World Animal Day

10: World Raw Food Day

24-31: World Go Vegan Week

November:

World Vegan Month (Animal Aid)

1: World Vegan Day

24: Thanksgiving Eve Vegan Dinner (VSH)

25: Gentle Thanksgiving

December:

10: UN Human Rights Day



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