



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 23, Issue 3, July-September 2012

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Coming up:

ERIK MARCUS

"THE END OF FACTORY FARMING"

Tuesday, July 10th, 7 p.m.

Ala Wai Golf Course Clubhouse

MARK FERGUSON

**"BUILDING A BUSINESS BASED
ON A VEGETARIAN MISSION"**

Tuesday, August 14th, 7 p.m.

Ala Wai Golf Course Clubhouse

WILLIAM HARRIS, M.D.

"GETTING STARTED"

Tuesday, September 11th, 7 p.m.

Ala Wai Golf Course Clubhouse

See page 10 for more details,
including Maui meeting times.

People, animals savor each other's company at Farm Sanctuary hoedown

by Eva Uran, VSH member

My friend drove me nearly four hundred miles from Los Osos to Orland, California so that we could take part in the annual Farm Sanctuary Hoedown. The weekend event comprises guided tours, lectures, educational videos, and a rousing barn dance. It was my first visit ever.

As soon as we arrived, we set up a tent and joined a guided tour to see the animals in barns and outdoors. All the creatures had been rescued from a lifetime of suffering and impending death. There were downed cows from stockyards; pigs from medical research laboratories; turkeys, geese, goats, and sheep abused or neglected in pens and backyards; and chickens left to perish from hunger and thirst at the notorious Turlock factory farm in an incident that received national attention. Hundreds of hens rescued only a few months earlier, still showing evidence of maltreatment such as bedraggled feathers and clipped beaks, are just starting to recover (see tinyurl.com/turlock-rescue for details and pictures).

One calf, separated from his mother at birth, was in such a delicate condition that we couldn't even touch him. Hopefully he will improve.

We meandered to the meadows to visit a steer peacefully munching on grass. He was so tame that we could pet him. Most heartening was the sight of a big pig in the pond, basking in the sunshine and grinning with pure delight.

The guides told us that

at first these poor creatures were terrified of humans because of their past traumas. Eventually they learned to trust people and even welcome human contact. They grew affectionate, playful, and even whimsical like the prancing baby goat Scribbles (see tinyurl.com/scribbles-goat).

(see **Hoedown** page 11)



Photo: thejustdish.com

Reggie the rescued pig enjoys a refreshing mud bath at Farm Sanctuary in Orland, California.

The Island Vegetarian

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Visit our website for a restaurant guide, TV and meeting schedules, 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 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.



President's Message

Aloha!

We have just concluded our 2012 Board election, and I am happy to present to you our newly elected Board. I look forward to another two-year term as president, and I congratulate incoming vice president Jim Brown, our new treasurer Jim Thompson, secretary Bill Harris, M.D., directors Steve Blake, Sc.D., Ori Ann Li, Patrick Moore, and Karl Seff, Ph.D on their reelection.

We mailed 967 ballots to eligible voters, 182 of whom voted by the deadline. Of them, 175 voted for all candidates, one voted for a partial slate, three abstained, and three returned blank ballots.

Twenty-four voters wrote comments and suggestions on their ballots. I don't have space to respond to all of them here, but I would like to echo the sentiment of one member who praised the "remarkably good job" done by our newsletter editor Scott Owen Snarr. Although Scott has chosen to leave behind board duties, we are fortunate to have him remain as the newsletter editor.

Anjie Pham, outgoing VSH treasurer, whom many of you also know as dineout coordinator, has devoted much effort to our mission. I am grateful to the dedication that she brought to her office.

Laurelee Blanchard occupies a special place in VSH history. In 2001 Jim Brown asked if she would host a talk on Maui by Peter Singer, our Oahu speaker for September. The talk was a success, and VSH Maui was born. Jim sent four more VSH speakers to Maui in 2002. Laurelee joined our board in 2004 and continued to coordinate VSH Maui's monthly talks until 2011, doing everything from reserving venues and distributing flyers to providing meeting refreshments and cleaning up afterwards. Because of Laurelee VSH has provided the people of Maui with unprecedented access to speakers, including prominent animal rights activists, physicians, nutritionists, chefs, athletes, and performers. Meanwhile Laurelee also founded Leilani Farm Sanctuary in Haiku, whose rescued animals have come to need her more and more. I am sorry to lose her wise presence on the board, but I am grateful that she promotes our mission through her work at Leilani Farm Sanctuary. I'd like to offer her special thanks for her work.

Finally, mahalo to our members. Your volunteer efforts, your dues, and your donations are greatly appreciated and help us promote human health, animal rights, and protection of the environment through vegetarian education.

Annual Meeting Scheduled

Annual reports from the Board will be made to the membership prior to our featured speaker on August 14, 2012. Please attend and learn the status of *your* organization. Mahalo!



IN THE NEWS

Diet is key to reducing emissions in UK

The United Kingdom could shrink its carbon footprint if more of its citizens switched to a vegetarian diet, according to new research by Lancaster University.

The report “Relative greenhouse gas impacts of realistic dietary choices,” published in *Energy Policy*, says that if everyone in the U.K. swapped their current eating habits for a vegetarian or vegan diet, the country would cut greenhouse gas emissions by 44 million tons — about the same amount that would be cut if everyone drove their cars 50% less.

By estimating the greenhouse gases emitted in the production of 61 different categories of food, the researchers determined that the emissions from foods eaten in the U.K. create the equivalent of 167 million tons of carbon dioxide (as measured over a hundred-year period). Switching to vegetarian or vegan diets could cut this by 22% to 26%.

Among foods, meat and cheese were shown to have the highest emissions, largely due to nitrous oxide from fertilizer and methane from rumination, slurry, and farmyard manure. One pound of meat has a carbon footprint of 17 pounds CO₂-equivalent. The same amount of cheese has 15 pounds, and bacon has 9 pounds. In contrast, the emissions from a pound of potatoes, apples, bread, or cereals amount to less than two pounds.

“Greenhouse gases resulting from human activities are changing the composition of the atmosphere, ultimately, with effects on global climate,” said study coauthor Professor

Nick Hewitt. “Realistic choices about diet can make substantial differences to embodied greenhouse gas emissions.”

M. Berners-Lee, et al. Relative greenhouse gas impacts of realistic dietary choices. Energy Policy. 2012; 43:184-190. ISSN 0301-4215. doi: 10.1016/j.enpol.2011.12.054

Farm Bill discussion highlights hazards of factory farms

A Capitol Hill discussion highlighted public health and environmental hazards created by factory farms and the need to address these problems in the upcoming Farm Bill. Physicians Committee for Responsible Medicine (PCRM) organized the April 19th event.

PCRM president Neal Barnard, M.D. topped off the roster of speakers, which also boasted Dan Imhoff, author of the book *Food Fight: The Citizen's Guide to the Next Food and Farm Bill*; Don Webb, a former hog farmer-turned-environmentalist who now works for the Waterkeeper Alliance; and PCRM director of government affairs Elizabeth Kucinich.

“Factory farms pose a serious public health hazard, so why are they subsidized by public money?” Dr. Barnard remarked. “We want Congress to stop rewarding facilities that endanger public health.”

Animal waste runoff from factory farms, where chickens, pigs, and cows raised for food are confined in small spaces, has contaminated waterways and even drinking water and led to disease outbreaks among humans and aquatic life. The widespread use of antibiotics, a common practice on fac-

tory farms, has led to a proliferation of antibiotic-resistant bacteria, making it harder to treat infections among humans.

Of the government's agricultural subsidies in recent history, 63% have directly or indirectly supported meat and dairy production. Less than 1% of these subsidies have gone to fruits and vegetables even though the USDA's Dietary Guidelines say that consuming more plant-based foods and less saturated fat and cholesterol helps prevent heart problems and other life-threatening conditions.

Source: Physicians Committee for Responsible Medicine

Cows, cars both culprit in L.A. smog

by Scott Owen Snarr, Editor

Los Angeles smog brings to mind the city's endless labyrinth of highways and traffic jams. But a new study published in *Geophysical Research Letters* shows that dairy farms just east of L.A. are equally responsible for the area's notorious haze.

Fine particles of ammonium nitrate are a harmful component of the smog. They form when nitrogen oxides from car exhaust, oxidized further in the sunny atmosphere, combine with ammonia from bacteria that feed on cattle manure.

The region's ten million cars and 298,000 cattle make a disastrous combination when it comes to air quality. The researchers suggested that policies aimed at limiting the impact of dairy herds could be as effective as those aimed at automobiles.

J.B. Nowak, et al. Ammonia sources in the California South Coast Air Basin and their impact on ammonium nitrate formation. Geophysical Research Letters. 2012. 39:L07804. doi:10.1029/2012GL051197



Health Update

A healthy teenager is a happy teenager

Teenagers who steer clear of alcohol, cigarettes, and junk food are happier than their peers.

A new study, which used information from Understanding Society, a long-term study of 40,000 U.K. households funded by the Economic and Social Research Council (ESRC), examined how 5,000 young people ages 10 through 15 responded to questions about their health-related behaviors and levels of happiness. Here's what their answers revealed:

- Youth who eat more fruits and vegetables and less candy, chips, and soft drinks are happier overall.
- Young people who never drink any alcohol are four to six times more likely to be very happy than those who drink any amount.
- Youth who smoke are about five times less likely to be very happy than those who never smoke.
- The more hours the youth exercise every week, the happier they are.

The relationship between teens' health choices and levels of happiness remains even when gender, age, family income, and parents' education are taken into account.

During ages 13 through 15, when young people are given more autonomy over their lifestyles, they begin to eat less healthfully and to exercise less. "We know that there are clear long-term links between health-related behaviors and wellbeing in adulthood," said study coauthor Dr. Cara Booker. "Helping young people to reduce damaging health choices as they start making independent deci-

sions is important in order to reduce the number of adults at risk from chronic disease."

Source: Economic and Social Research Council (ESRC)

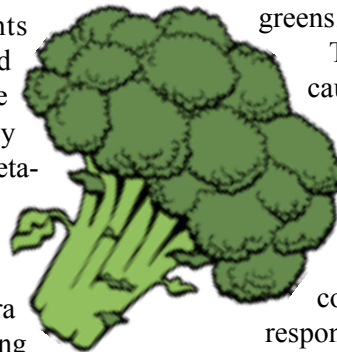
Fast food meals depressing

A new study shows how eating fast food and commercial baked goods is linked to a greater risk of suffering from depression.

Published in the journal *Public Health Nutrition*, the results reveal that consumers of cupcakes, croissants, doughnuts, hamburgers, hot dogs, and pizza are 51% more likely to develop depression than those who eat little or none of these foods, and the more of these foods consumed, the greater the risk of depression.

Research participants who ate the most fast food were more likely to be single and less active. They also ate fewer fruits, vegetables, and nuts.

The study sample belonged to the SUN Project (University of Navarra Diet and Lifestyle Tracking Program). It consisted of 8,964 participants who had never been diagnosed with depression or taken antidepressants. They were assessed for an average of six months, during which 493 were diagnosed with de-



pression or started to take antidepressants.

Depression affects 121 million people worldwide.

Source: Plataforma SINC. doi: 10.1017/S1368980011001856

Broccoli, bok choy help women survive breast cancer

Women with breast cancer who eat large amounts of cruciferous vegetables may increase their chances for survival, according to research presented at the American Association for Cancer Research Annual Meeting 2012 in Chicago.

Researchers studied 4,886 Chinese women diagnosed with stage 1 to stage 4 breast cancer from 2002 to 2006. After adjusting for demographics, clinical characteristics, and lifestyle factors, the researchers found that a higher intake of cruciferous vegetables during the first 36 months after diagnosis was associated with a lower risk of total mortality, breast cancer-specific mortality, and recurrence.

Cruciferous vegetables include cabbage, cauliflower, broccoli, bok choy, collards, and other types of greens.

The researchers urged caution when generalizing these results. Consumption habits differ between China and the United States, and the level of the bioactive compounds thought to be responsible for the anticancer effects depends on both the type and the amount of vegetables consumed.

Source: American Association for Cancer Research

Popcorn packed with polyphenols

Popcorn has much higher levels of healthful antioxidants called polyphenols than previously believed. This finding was presented at the 243rd National Meeting & Exposition of the American Chemical Society in San Diego in March.

Researcher Joe Vinson, Ph.D. found that the amount of polyphenols in popcorn was as much as 300 milligrams per serving compared to 114 milligrams in a serving of sweet corn and 160 milligrams in a serving of fruit. The hard hulls have the highest concentrations of polyphenols and fiber. Vinson called them “nutritional gold nuggets.”

The high amounts of polyphenols could be due to the small water content of popcorn — about 4%. In contrast, polyphenols are diluted in the 90% water that constitutes many fruits and vegetables.

Vinson cautioned that popcorn cannot replace fresh fruits and vegetables, which contain important vitamins and nutrients that are missing in popcorn. Furthermore, adding butter, oil, and sugar to popcorn can quickly transform this natural health food into a junk food laden with fat and calories.

Source: American Chemical Society

Dairy products do not promote bone health

Dairy products and calcium do not prevent stress fractures, according to a new study published in *Archives of Pediatrics and Adolescent Medicine*. Researchers followed adolescent girls

for seven years, tracking their diets, physical activity, and stress fractures. Girls consuming the most dairy products and calcium had no added protection. In fact, among the most active girls — those who exercised more than one hour per day — the girls who got the most calcium in their diets had more than double the risk of a stress fracture compared with the girls who got less calcium.

Researchers found that vitamin D intake helped cut risk. Girls getting the most vitamin D had half the risk of a fracture compared with girls getting less vitamin D.

K. Sonnevile, C. Gordon, et al. Vitamin D, calcium, and dairy intakes and stress fractures among female adolescents. Archives of Pediatrics and Adolescent Medicine. Published ahead of print March 5, 2012.

Chicken to blame for urinary tract infections

by Mercy For Animals

Each year, six to eight million Americans endure urinary tract infections (UTIs). A new McGill University study found that nearly 85% of these are caused by *Escherichia coli* (*E. coli*), a bacteria commonly found in factory-farmed chicken, beef, and pork.

The study compared the genomes of the *E. coli* responsible for these infections to the genomes of *E. coli* present in meat sources and found a match between the UTI bacteria and strains found in chicken.

Researchers expressed concern over the increasing resistance to anti-

Girls consuming the most dairy products and calcium had no added protection.

biotics fueled by excessive doses given to overcrowded, maltreated, and chronically ill farmed animals in lieu of better living conditions and proper veterinary care. Because of this resistance, it is becoming more difficult to treat bacterial infections like UTIs, especially when the bacteria genomes are linked to disease-ridden animals raised for food.

R. Bergeron, C. Prussing, et al. Chicken as reservoir for extraintestinal pathogenic Escherichia coli in humans, Canada. Emerging Infectious Diseases. 2012; 18:3.

Feces found in half of supermarket chicken

Nearly half the chicken products marketed by national brands and sold in supermarkets are contaminated with feces, according to testing by an independent laboratory at the request of Physicians Committee for Responsible Medicine (PCRM).

PCRM investigated over two dozen popular brands of chicken from fifteen grocery store chains in ten major U.S. cities. The results revealed that 48% of the chicken samples tested positive for fecal contamination as indicated by the presence of coliform bacteria commonly found in chicken dung. Chicken samples from every city and every grocery store chain tested positive.

Both organic and conventional products were frequently contaminated, and skinless chicken breast was particularly likely to have fecal traces.

Source: Physicians Committee for Responsible Medicine

It is becoming more difficult to treat bacterial infections like UTIs.



Local Happenings

Vegetarian Resource Group director gets taste of Maui

by Reed Mangels, Ph.D., R.D.
Vegetarian Resource Group

While our daughter was working on Maui for two months with AmeriCorps-National Civilian Community Corps, we decided that taking a trip to see her was an opportunity not to be missed. We were on the island for four days.

One of the first places that we stopped at was Yee's fruit stand in Kihei, one of the oldest mango farms on Maui. The stand had at least four kinds of mangos as well as several kinds of papayas and other fruits. Until then I hadn't appreciated how the different kinds of mangos can vary in taste. Our favorite was Golden Glow — sweet, mild, and juicy.

Maui has several natural foods stores that are well stocked with produce and packages of food. In Paia we stopped at Mana Foods. It has a large selection of organic and locally grown fruits and vegetables. Our favorites from their salad bar included tofu eggless salad, Hawaiian fern salad, green papaya salad, and kale salad. All vegan salads are clearly labeled, and the selection changes daily.

Close to the airport in Kahului we found Down to Earth. This store is packed full of natural foods, including a produce section and bulk foods. It has both hot and cold food bars and makes

sandwiches to order. All items in the store are vegetarian; vegan items on the hot and cold bars are clearly labeled. It also has vegan baked goods. I felt as if I were at a Vegetarian Resource Group potluck when I had a plate of purple potato salad, vegan macaroni salad, cucumber salad, mixed greens, penne with sauce, and more from the salad bar.

One night we had dinner with a friend from Maui, and he took us to his favorite Thai restaurant, Bangkok Cuisine in Kahului. Knowing we were all vegans (he's not), he ordered for us and clearly told the waitstaff to make everything vegan, including leaving out the fish sauce. The staff was very accommodating, and the food was delicious. My favorite was a Thai green curry served with sticky rice. Our host instructed us to make little balls of the rice and dip them into the sauce. Thai restaurants are found on many parts of Maui.

For a quick dinner we ate at Maui Tacos in Lahaina (other locations are in Kihei, Kahului, and Napili). Their menu includes several burritos, tacos, and bowls that are vegan or can easily be made vegan. Beans are cooked without lard, even the refried beans. I

had the Vegetarian Bowl, which surprisingly had potatoes in addition to the more usual beans, rice, greens, tomatoes, and corn chips. A salsa bar lets you add just the right amount of hotness.

A vegan whom our daughter knows recommended Veg-Out, a vegetarian restaurant in Haiku. It was hard to decide which of the menu items to order. With vegan pizzas, Italian sandwiches, a Middle Eastern platter, pasta, burgers, burritos, tacos, curries, and large salads, this place has something to please everyone. I had a wonderful muffuletta sandwich with breaded tofu, tomatoes, shredded lettuce, and a cajun olive sauce on focaccia.

We didn't make it all the way to Hana, but we did get as far as Coconut Glen's, a stand by the side of the road between mile markers 27 and 28. Glen makes nondairy ice cream from coconut milk, and this is coconut ice cream like no other. It's served in half a coconut shell with a piece of coconut rind as a spoon. We had Coffee Toffee, Coconut Coconut (homemade coconut candy mixed with nondairy coconut ice cream), and Chili Chocolate Chipotle — all of which I could eat on a daily basis. We asked about the marshmallows in one flavor, and Glen wasn't sure if they were vegan; his website www.coconutglens.com says his ice cream is organic and vegan.

There are many other places on Maui where we could have eaten. Those mentioned above only include places we visited. For more information about veggie dining on Maui see VRG's restaurant guide or VSH's dining guide:

www.vrg.org/restaurant/Hawaii.php
www.vsh.org/Veg-Friendly-Maui.htm

This article originally appeared on the Vegetarian Resource Group blog April 26, 2012. Reprinted with permission. www.vrg.org/blog



Photo: Glen Simkins

Glen's coconut ice cream brings refreshment to travelers along the perilous road to Hana.

Local Happenings

April dineout guest Michael Greger, M.D. (standing fourth from right) amused eighteen other diners with his encyclopedic knowledge of nutrition. The managers at Mini Garden Orient and Vegetarian Cuisine treated the group to mango shaved ice for dessert. ➡



An enthusiastic team of volunteers signed up fourteen new VSH members on Earth Day 2012 at UH Manoa. Raffle winners took home banana trees. Clockwise from far left: Anjie Pham, Lorraine Sakaguchi, Maureen O'Malley, Matt Jisa, Ross Migita. ➡



Anjie Pham (left) and Karl Seff (right) dish up free pupus at a monthly lecture in Ala Wai Golf Course Clubhouse. Down to Earth provided the mock chicken salad and other tasty deli items. ↓



Photo: Lorraine Sakaguchi

Vegan chef Ori Ann Li (left) served scrumptious curry stew, Chinese-style spaghetti noodles, and fresh green smoothies at A Taste of Aloha: Cinco de Mayo Celebration at Aloha Tower Marketplace, an event to help prevent childhood obesity. Sirilak Moore (right) staffed the neighboring VSH literature table. ↑



Photo: Lorraine Sakaguchi



VSH Events on Oahu & Maui

April



Photo: James Thompson

Everyone in the audience became a contestant in a game show about nutrition science, and Michael Greger, M.D. was the host. Each winner received a “nutrition library” on CD-ROM.

May



Photo: Lorraine Sakaguchi

Photojournalist Jo-Anne McArthur showed life (and sometimes death) through the eyes of animals with touching scenes she has captured on camera throughout her career.

June



Photo: Lorraine Sakaguchi

The NotMilkMan Robert Cohen delivered scientific facts on the dangers of drinking milk, from mood swings and acid reflux to recombinant Bovine Growth Hormone.

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 \$7 per year for a foreign address):

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

\$25 \$48 \$68 \$85 \$100
Regular

\$15 \$30 \$45 \$60 \$75
Full-time student

\$38 \$72 \$102 \$128 \$150
Couple or Family

Life membership \$500

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

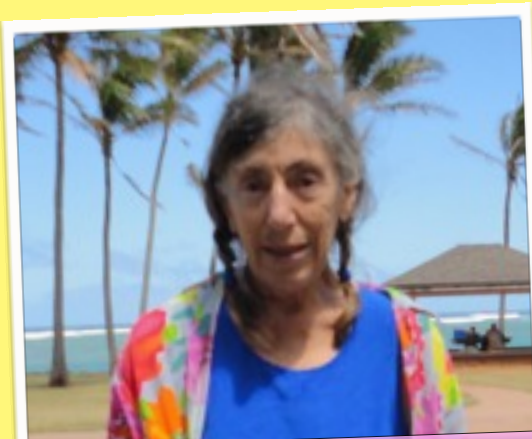
Associate (not yet a vegetarian)

**SAVE
on multiyear
memberships
or renewals.**

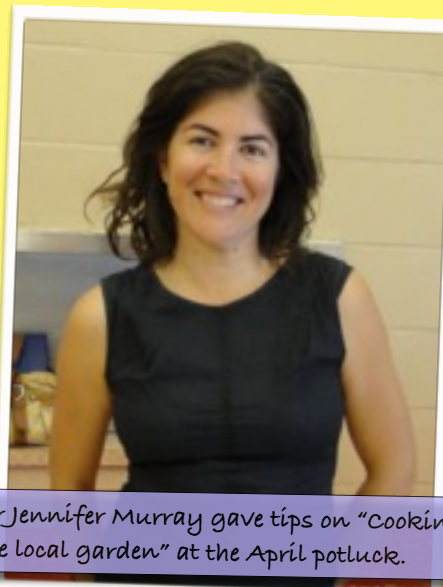
**Members receive a
quarterly newsletter
and discounts at
vegetarian-friendly
restaurants and
health food stores.**



VSH Events on Kauai



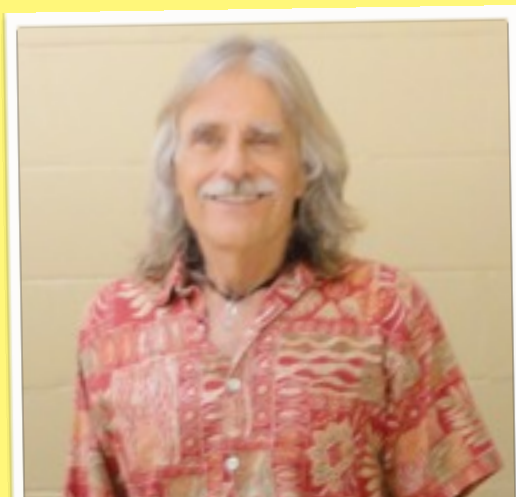
Hedda Schmutz's vegan ice cream cake took the cake, so to speak, in the May recipe contest.



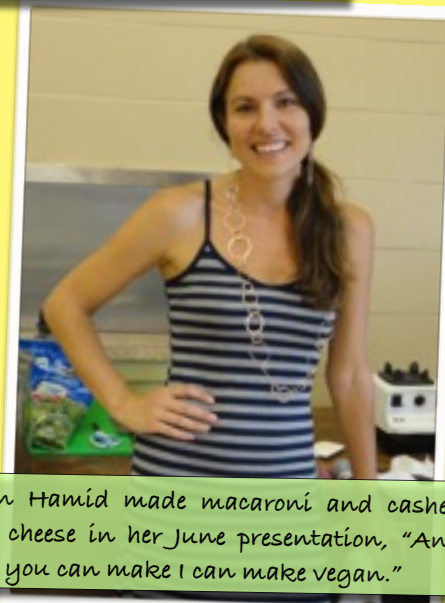
Speaker Jennifer Murray gave tips on "Cooking from the local garden" at the April potluck.



Peggy Kadey won the June recipe contest with Peggy's Asian Quinoa Slaw.



May speaker Gordon LaBedz, M.D. invited the audience to "Bring your diet and health questions."



Hollan Hamid made macaroni and cashew-based cheese in her June presentation, "Anything you can make I can make vegan."

Photos: Jim Brown

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.



Calendar of Events July-September 2012

ERIK MARCUS

“The End of Factory Farming”

Tuesday, July 10th, 7 p.m., Ala Wai Golf Course Clubhouse*



Erik Marcus, a leading expert on animal agribusiness, will chart the recent decline of the meat and dairy industries and the startling increase in the popularity of plant-centered diets. He will then take you through the steps necessary to easily and healthfully cut animal products from your diet.

Erik Marcus has a master's degree from Colombia University and a bachelor's degree from UC Santa Cruz. He's the author of four popular books related to vegetarianism and animal agribusiness. He published vegan.com, one of the most popular vegetarian-oriented websites.

**Mr. Marcus will also be speaking on Maui Thursday, July 12th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

MARK FERGUSSON

“Building a Business Based on a Vegetarian Mission”

**Tuesday, August 14th, 7 p.m.
Ala Wai Golf Course Clubhouse***



In 1977, when a few friends decided to help improve the health of Hawaii's residents by starting a small natural foods store in Wailuku, no one predicted their phenomenal success. They offered organic and natural products and promoted a vegetarian diet. Years later their unconventional vision of a healthy lifestyle has become a part of the American mainstream. Mark Fergusson, Chief Vegetarian Officer (CEO/CFO) of Down to Earth ALL VEGETARIAN *Organic & Natural* will talk story about the company's history, mission, and journey to becoming Hawaii's only all-vegetarian food store chain and one of only a few in the nation. He will discuss why he became a vegetarian. He will also discuss the vegetarian diet in terms of its health and environmental benefits and its role in protecting innocent animals.

Mark Fergusson left his native homeland, Australia, in 1991 to join Down to Earth for a dream job come true. His values fit perfectly with Down to Earth's vegetarian mission. He started as CFO, later became CEO, and in 2009 added CVO (Chief Vegetarian Officer) to his job titles. Mark graduated from Macquarie University with a bachelor's degree in economics and is a fellow of CPA Australia. He is a volunteer mediator for the Mediation Center of the Pacific. He sits on various boards, including the board of the Hawaii Organic Farmers Association and the advisory board of the Vegetarian Society of Hawaii, and he actively assists other nonprofit organizations.

**Mr. Fergusson will also be speaking on Maui:
Thursday, August 16th, 7:00 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

WILLIAM HARRIS, M.D.

“Getting Started”

**Tuesday, September 11th, 7 p.m.
Ala Wai Golf Course Clubhouse***



In this presentation Dr. Harris will discuss the changes and simplifications he has made to the introductory page he wrote for the Vegetarian Society of Hawaii website many years ago, www.vsh.org/getting_started.htm. With the explosion of dependable vegan websites and restaurants, the vegan diet has become easier and the choices far greater. Working from 350 PowerPoint reference slides, Dr. Harris will take questions from the audience on a wide spectrum of diet-related issues.

A vegetarian since 1950 and vegan since 1964, William Harris, M.D. is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco in 1963 and is the author of The Scientific Basis of Vegetarianism, now online free at www.vegsource.com/harris.

**Dr. Harris will also be speaking on Maui:
Thursday, September 13th, 7:00 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**



***Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Avenue,
0.2 miles behind the Waikiki-Kapahulu Library across from the Chevron Station**

Hoedown from page 1

Following the tour we listened to informative and inspiring lectures by notables Gene Baur, cofounder of Farm Sanctuary; Bruce Friedrich, co-author of *The Animal Activist's Handbook*; Lynn Henning, winner of the 2010 USA Goldman Environmental Prize for bravely exposing severe factory farm pollution in her rural Michigan area at great personal peril; Caryn Ginsberg, animal rights consultant and author of *Animal Impact*; Kathy Freston, author of *Veganist*; and Marisa Miller Wolfson, who was the event host as well as producer of the film *Vegucated*, which we subsequently viewed.

At day's end we enjoyed square dancing accompanied by a live band.

As positive as all this was, in retrospect we realized that the animals at the sanctuary are just a lucky few out of billions mercilessly confined and killed. Thanks to witnesses who reported abuse, brave rescuers, devoted volunteers, and dedicated donors, those few hapless animals were plucked from the jaws of torture and premature death and given a chance to experience healing love, kindness, and ultimate happiness at the sanctuary. Many of the young volunteers were not vegan to start with but underwent a transformation while working with these animals, whose overall recoveries have been truly remarkable. We can only wish that all animals — not just house pets — could be treated so well. That could happen if we all became vegan.

Does eating meat make you a man?

by Scott Owen Snarr, Editor

In a famous Burger King commercial a man, fed up with “chick food,” walks out on his date and goes “on the prowl” for man food. Outside he is joined by hundreds of other men from

all walks of life in pursuit of the Burger King Double Whopper.

A banner that reads “eat this meat” is unfurled next to one that says “I am man.” In this parallel universe of advertising, it's the meat that unites men of all races, classes, and appearances and gives them an identity distinct from that of women.

But is it all that different from the real world?

Whether eating meat makes someone a “real man” is purely a matter of opinion. But scientists can devise ways to look for evidence of that belief among people.

That's what Paul Rozin from the University of Pennsylvania and his colleagues did recently. They set up six separate experiments to test the cultural associations between meat and maleness. Though the results of each study alone aren't strong, taken together they confirm previous research showing that people in Western cultures, much like the man on the prowl for a Whopper, tend to think that there is something manly about eating meat.

No one can say why with certainty, but it probably has its roots in hunting. “Meat, as the product of the hunt, falls into the male domain since cross-culturally and historically, hunting has been an almost exclusively male domain,” explain the researchers.

Armed with only crude weapons, primitive men needed strength and physical courage to overpower wild — often dangerous — animals. So it's no wonder those traits were prized and cultivated in men.

But however ancient societies benefited from the spoils of a successful hunt, the same is not true today. The modern systems of meat production and consumption are at the heart of our most formidable crises: health epidemics, widespread violence, and environmental catastrophes, especially climate change — a monumental threat to our entire civilization.

Isn't it time we ask whether the idealized masculine traits of our ancestors have outlived their usefulness? Modern men who want to be of benefit to society need kinds of strength and courage different from those of the prehistoric hunter.

Speaking up for farmed animals and the environment requires moral courage. Making pertinent changes in oneself and one's lifestyle takes a great deal of social courage and inner strength.

Eating meat is easy. I challenge any man to find the strength and courage to go vegan.

Reference:

P. Rozin, J. Hormes, et al. *Is Meat Male? A quantitative multimethod framework to establish metaphoric relationships*. Journal of Consumer Research. www.jstor.org/stable/10.1086/664970

Keep current with vegan events calendar

A new website lets you sign up to be notified of upcoming vegan events on Oahu. Visit ConsciousCommunityCo.com and select the “vegan events” option in the right sidebar.

Some activities are free and some will have a charge. Some may require an advance purchase or RSVP to attend.

Upcoming events include screenings of documentaries such as *Vegucated*, *Planeat*, and *Fowl Play*. Dinners and potlucks will also be scheduled.

Electronic Newsletter

Now you can get *The Island Vegetarian* electronically in full color. It saves VSH printing and postage costs. It also saves trees. To switch from the paper to the electronic edition, send us your name and email address:

support@vsh.org



Animal Rights Arena

Animal abuse rampant on farms, ships

by Scott Owen Snarr, Editor

Farm investigations continue to show that brutality is the rule, not the exception in animal farming.

Setting: Egg factory

Location: Manheim, Pennsylvania

Date of Report: April 12, 2012

Investigator: The HSUS

Background: Kreider Farms houses two million hens in nine buildings in Manheim and holds seven million birds overall.

Summary: Severely overcrowded cages allowed only 54 to 58 square inches of horizontal space for each hen — less than the size of a mousepad. Corpses rotted and mummified in cages alongside the living. Dead flies accumulated on the floor and in the feeding trough. Cage wires ensnared hens by their heads, legs, and wings.

Report: tinyurl.com/kreider-eggs

Video: tinyurl.com/kreider-video

Settings: A pig breeding unit and a pig weaning unit

Location: Norfolk, England

Date of report: April 2012

Investigator: Animal Equality

Background: East Anglian Pig Co. is the UK's third largest pork producer. The company supplies Cranswick Plc., which in turn supplies many popular supermarket chains throughout England as well as McDonald's.

Summary: Sick piglets were whacked on the head with an iron rod and then left convulsing on the ground. Some who didn't die this way were picked up and smacked against the ground or nearby walls or else

suffocated by hand. Pigs locked in gestation crates furiously bit the metal bars.

Report: tinyurl.com/eastanglian-1

Video: tinyurl.com/eastanglian-2

Setting: Pig breeding facility

Location: Wheatland, Wyoming

Date of report: May 8, 2012

Investigator: The HSUS

Background: Wyoming Premium Farms, owned by Itoham America, Inc. is a major supplier for Tyson Foods. This farm houses more than 10,000 pigs.

Summary: An obese worker bounced her body on the back of a pig with a broken leg. Workers struck sows in the face with paddles. They threw piglet testicles at each other and fed them to sows for "fun." The investigator was told to sweep waste containing plastic, metal, broken light bulbs, and feces and feed it to pigs.

Report: tinyurl.com/wpf-pigs

Video: tinyurl.com/wpf-video

Setting: Livestock auction yard

Location: Ontario, California

Date of Report: May 30, 2012

Investigator: Mercy For Animals

Background: Ontario Livestock Sales trades over a thousand animals every week, including horses, cattle, goats, pigs, and exotic animals.

Summary: Sick, injured, and dying animals were kicked, shoved, and dragged into trucks. Workers grabbed animals by the head, necks, ears, horns, tails, and legs. Animals were crowded into small pens, forcing them to stand on one another.

Update: Prosecutors have filed 21 counts of animal cruelty against the owner and seven employees.

Report & Video: www.mercyforanimals.org/auction/video.aspx

Setting: Fishing boat

Location: Near Carloforte, Sardinia

Date of report: June 2012

Investigator: Animal Equality

Background: Every year in late May or early June hundreds of bluefish tuna migrating in the Mediterranean Sea are caught and killed in a ritual called *Mattanza*, loosely translated as "massacre."

Summary: The fish are trapped in nets and raised to the surface of the sea. Then they are harpooned at point-blank and thrown onto the boat to suffocate, writhing in a pool of blood.

Report: tinyurl.com/824pr75

Video: www.thekillingoftuna.org

The manager of Ontario Livestock Sales called the animal cruelty charges against him "a bunch of crap." He said, "How are you going to pick [the animals] up? They don't have a leash. They run. Believe me, they do run."

Though cruelty is never excusable, he raised an important point: large-scale trading of animals is incompatible with humane treatment. There's no gentle way to herd animals to their deaths. Considering that they are slated to be killed for human ends, beating them into submission has an internal logic.

The fastest — and only way — to end inhumane treatment of animals is to stop using them as objects for human satisfaction. In other words, go vegan.

Correction

Two urls were misprinted in "Farm investigations show extreme abuse" on page 11 of the previous issue of *The Island Vegetarian* (volume 23, issue 2). The correct urls for the report and video of two pig breeding factories in Goodwell, Oklahoma are as follows:

Report: tinyurl.com/hsus-hogs

Video: tinyurl.com/hsus-hogvideo

Clever cow fools farmer to save son

by Scott Owen Snarr, Editor

Veterinarian Holly Cheever was baffled. Neither she nor the farmer could understand why a healthy dairy cow who had just given birth was not making milk.

After eleven days the farmer solved the mystery. He discovered that the cow had actually given birth to twins, surrendered one of them to him, and hidden the other one at the edge of the pasture. There she secretly nursed him day and night, coming back to the barn for milking time twice a day with an empty udder.

Upon this discovery Cheever pleaded with the farmer to allow the mother and son to stay together. The farmer refused, and the calf was hawked to a veal farm.¹

The incident displayed the remarkable intelligence of the cow. She must have not only recalled the pain of separation from her four previous calves but also reasoned that hiding both twins would have aroused the

farmer's suspicion and led to their being caught much sooner.

Recent studies have confirmed that cows are emotional, individually nuanced creatures. Each cow has an individual personality and temperament² and forms friendships with other cows.³ Dairy cows that are given a name and called by that name produce more milk than those who remain nameless.⁴

"There is a lot more going on behind those beautiful eyes than we humans have ever given them credit for," writes Cheever.

Stories and studies like these remind us that these sentient creatures suffer not just physical but immense psychic pain at the hands of humans who use them for milk or meat.

References:

1. *Cheever, Holly. Cow proves animals love, think, and act.* www.globalanimal.org. 13 Apr 2012.
2. *Dairy cows have individual temperaments.* www.sciencedaily.com. 23 March 2012.
3. *Heifer so lonely: how cows have best friends and get stressed when they are separated.* Daily Mail Reporter. www.dailymail.co.uk. 5 Jul 2011
4. *Personal touch in farming: giving a cow a name boosts her milk production.* www.sciencedaily.com. 28 Jan 2009.

Calf kill riles viewers

by Scott Owen Snarr, Editor

England's Channel 4 drew a whirlwind of complaints after showing footage of day-old calves being shot in the head. A farmer on the program *Jimmy and the Giant Supermarket* explained that the male calves were among 90,000 shot each year in the U.K. because the dairy industry has no use for them.

Rather than attacking the messenger, people revolted by these scenes can help end this violence by refusing to consume milk and other animal products.

Source: www.dailymail.co.uk

Television

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Wednesday 11 a.m.

Thursdays as listed
in Oahu TV guides

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

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The Oahu Vegan Meetup

www.veganoahu.org

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 September 1, 2012. Submissions accepted by email only:

TheIslandVegetarian@gmail.com



Book Reviews

Chloe's Kitchen: 125 easy, delicious recipes for making the food you love the vegan way

by Chloe Coscarelli

\$18.99 (paperback)
288 pages
Publisher: Free Press
March 6, 2012
ISBN-10: 1451636741
ISBN-13: 978-1451636741

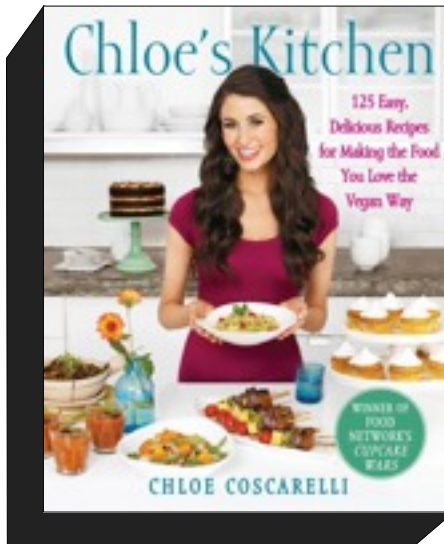
Publisher's description:

Chloe's Kitchen features vegan food like you've never seen it before.

Classically trained Chef Chloe Coscarelli brings fun and energy to this healthful, animal-free cuisine by reinterpreting 125 of America's favorite foods with great-tasting ingredients and clever techniques. Chef Chloe burst onto the culinary scene by winning the Food Network's hit reality show *Cupcake Wars* — the first time a vegan chef captured the top prize — which delighted her loyal followers on *chefchloe.com*. The new face of vegan cooking, Chef Chloe is luring foodies of all stripes to try her ingenious, accessible recipes for delicious, vibrant, beautiful food.

With foreword by renowned physician Neal D. Barnard, M.D., Chef Chloe's first-ever cookbook is illustrated with gorgeous full-color photography of its mouthwatering dishes. She begins with helpful advice on how to set up your own kitchen for stress-free, healthful eating. She also explains how to get all your nutrition from a plant-based diet and why it's

so healthy. Then in her fresh, dynamic style she provides a huge array of incredibly appetizing, inventive recipes, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy fettuccine Alfredo, crave-inducing sliders and fries, and



adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike.

With *Chloe's Kitchen*,

eating vegan doesn't mean giving up your favorite treats and flavors. With instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, you can enjoy family favorites as well as Chloe's renowned, coveted desserts — including her *Cupcake Wars*-winning vegan cupcakes — without busting your belt.



Vegan is Love: Having heart and taking action

by Ruby Roth

\$16.95 (hardcover)
44 pages
Publisher: North Atlantic Books
April 24, 2012
ISBN-10: 1583943544
ISBN-13: 978-1583943540

Review by Eva Uran:

The author of *That's Why We Don't Eat Animals* presents young children with another captivating picture book. *Vegan is Love* goes a step further than its predecessor by broadening the scope of compassion beyond food choices to consideration of clothing, cosmetics, and entertainment. The recurring theme is that by boycotting products and enterprises that exploit and harm animals, we show our love for the animals and the environment.

The introduction makes an appeal to kids that they have the power to change the world right now by choosing how to live; they don't have to wait till they grow up. One mother in an online review stated that her son "was hooked from the first page!"

With colorful, stylized, cartoon-like illustrations and a short, poetic text on each two-page spread, the sad plight of farmed animals, wildlife hunted down for meat and clothing, and fish harvested from the oceans is evocatively depicted, as are the pitiful lives of circus, race, and rodeo animals forced to perform unnaturally and caged creatures in zoos, aquariums, and cosmetic testing labs yearning to be free.

Here is a sample quote from the book: "The truth is,

(continued on next page)

(continued from previous page)

we do not need to eat meat or dairy. Most animals in the world are herbivores, and just like them, we can grow strong and healthy eating from nature's gardens. This way our bodies do not collect the chemicals, fat, and disease found in animal products. Instead we feed our bodies with love and life."

The book has already aroused controversy. Even in a progressive publication like *HuffPost Parents*, a psychologist and a dietician claim that the disturbing illustrations (such as the impaled animals in the two-page spread depicting hunting, bullfights, and rodeos) would scare children into a "malnourished" vegan diet.

Yet, according to a poll reported in the same article, about 70% of parents confirmed that they would share the book with their children, while only 30% thought it was too mature. Actually, the pictures are less frightening than photographs that depict the same things.

The book ends with empowering tips like supporting a local farm sanctuary; preparing and sharing vegan

recipes with friends, family, and teachers; asking stores to carry more vegan food; and helping one's school become more vegan friendly.

Barbara's tasty split pea soup

by Barbara Steinberg

- 2 cups dry split peas, rinsed well
- 1 clove garlic
- 1 onion, chopped
- 4 stalks celery, finely chopped
- 1 turnip, chopped
- 1 zucchini, chopped
- 2 Tbs. or more vegan soup broth powder or curry powder
- 1/8 to 1/4 cup Bragg Liquid Aminos
- 1 bunch kale or collards, chopped (optional)
- 1 bunch parsley, chopped (optional)
- cilantro to taste, chopped (optional)

Place peas in a soup pot or slow cooker. Add water to make water level two inches higher than peas. Bring to a boil, then turn to medium heat. Foam will appear several times. Scoop it off and discard it.

Add broth or curry and Bragg Liquid Aminos. Add other vegetables gradually. If necessary, add just enough water to keep peas and vegetables submerged. Cook until peas are soft and soup reaches desired consistency.

This soup can be frozen and reheated, so you can prepare as much as you want.

Barbara Steinberg, BFA teaches art classes to children in Kihei and upcountry, Maui. The students pledge to be kind to animals, whereby they become members of the Maui Kindness Club. For more information call 879-0025 or email h2oColor@webtv.net.

Cauliflower tomato curry

by Scott Owen Snarr

A delicious curry doesn't have to mean hard work in the kitchen. This optionally nonfat curry is as easy as it gets. I love to make it with a box of fresh cherry tomatoes.

- 2 15-oz. cans tomatoes or equivalent amount of fresh tomatoes
- 1 head cauliflower, chopped into bite-sized florets
- 2 15-oz. cans chickpeas, drained
- 2 Tbs. vegetarian curry powder or 2 cubes vegetarian curry
- 1 tsp ginger
- 1 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp chili powder (optional)
- 1 Tbs. vegetable oil (optional)
- pinch of salt (optional)

Liquify tomatoes in a blender. Pour into a wok or large pot. Add spices, curry, oil, and salt while tomatoes are being brought to a boil. Add cauliflower and simmer, stirring frequently. When cauliflower is tender enough to be pierced with a fork, add chickpeas and simmer several more minutes. Remove from heat and allow to cool.

Serve over whole wheat chapatis, tortillas, or brown rice with fresh salad on the side.

Summer Calendar

July:
National Veggie Hot Dog Month
(Compassion Over Killing)

August:
National Salad Month
2-5: National Animal Rights Conference (Washington, D.C.)
7: International Day of Action for Dogs and Cats in Korea (In Defense of Animals)

September:
Fruit & Veggies — More Matters Month
Whole Grains Month
13-16: International Animal Rights Conference (Luxembourg)
16-22: National Farm Animal Awareness Week (The HSUS)
21: World Day of Peace
29: Family Health & Fitness Day



Photo: Scott Snarr



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