



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 23, Issue 4, October-December 2012

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Coming up:

KARL SEFF, PH.D.

**"CONFESSIONS OF A
LOW-CLASS VEGAN"**

Tuesday, October 9th, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN MCDUGALL, M.D.

**"THE DIET WARS:
THE TIME FOR UNIFICATION IS NOW"**

Tuesday, November 13th, 7 p.m.
Ala Wai Golf Course Clubhouse

JOHN CADMAN

**"THERE'S NO SUCH THING
AS A FREE LUNCH"**

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

See page 11 for more details,
including Maui meeting times.

Support group springs up for experienced, new, and not-yet vegans

by Scott Owen Snarr, Editor

Being vegan in a nonvegan world is not always easy, but you don't have to go it alone. VSH members have formed Imagine a Vegan World Support Group to offer encouragement to those who are grappling with the challenges of a vegan diet.

When experienced Life Coach Terry Bear heard there was demand for such a group, she joined forces with longtime VSH volunteer Denise Snyder and planned the first meeting for August 14th just before the monthly VSH lecture at Ala Wai Golf Course Clubhouse.

As the lone coordinators waited fruitlessly for comers that evening, it looked like a nonstarter. "Then, it seemed like out of nowhere people started to stroll over to the table, asking if this was the vegan support group," recounts Bear. "We were just delighted." They put their chairs in a circle, passed out name tags, and introduced themselves.

A total of nine people took part in the group's debut, including a nine-year veteran of the vegan diet as well as those who were getting their first

(See Support, page 6)

You are invited

*to the 23rd annual
Vegetarian Society of Hawaii
Thanksgiving Eve Dinner.*

Details on page 7.



Photo: Denise Snyder

Imagine a Vegan World Support Group members break the ice at the first meeting. Cofounder Terry Bear (white T-shirt) fosters earnest conversation.

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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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'd like to share with you and respond to some voters' comments written on the ballots submitted in the recent VSH Board election.

Speaker suggestions included John Robbins, Heather Nauta, Michael Polan, and Dana Lyons. Getting specific speakers involves many factors, including costs and schedules. Stay tuned for some great speakers coming soon!

Someone asked if we have anything organized in Kona (not yet!). Others suggested evening potlucks on Kauai and on Oahu. If anyone would like to help coordinate such activities, please contact us.

Someone asked how to get the public school system to educate students on foods they eat. Please see Chef John Cadman's past and upcoming talks on his work in Maui schools (details on page 11). VSH is happy to work with both public and private schools, and volunteer speakers are available upon invitation. Call or email us to schedule presentations or arrange informational tables. This commenter also posts our flyers at school, which we appreciate.

As suggested, we are working to add periodic opinion polls on hot topics to the VSH website.

VSH was asked to educate a local airline about providing vegetarian meals. We will be happy to ask the airline to provide meals for vegetarians and vegans. As customers, we should also consistently ask for such meals so that airlines will know that we want them.

This voter also asked us to focus on motivations other than animal welfare for becoming vegetarian. Our mission encompasses human health, animal rights, and protection of the environment. Please check out our talks and articles by dietitians, physicians, athletes, and chefs, among others.

One person sent us interesting biblical literature, including a pamphlet advocating a plant-based diet for good health.

Another person suggested revamping the newsletter, including jazzing up the content with more color and rearranging the features. Please feel free to send specific ideas to our editor at newsletter@vsh.org and see our newsletters online in full color.

We appreciate your restaurant and discount suggestions. Please see the recently updated version of the VSH Dining Guide on our website.

One voter warned about cross-contamination between vegan and animal products at the deli of a large grocer. VSH will pass this concern along to management. Customers should also alert store personnel if they see this happening. Both staff and customers should exercise vigilance whenever vegan and nonvegan (or vegetarian and nonvegetarian) foods are prepared on-site or served in the open side by side.

Another person asked about encouragement for those who have achieved vegetarianism. VSH applauds our members' achievements in choosing to follow a healthy diet that is kinder to animals and to the environment.

Many wrote to thank the board, newsletter editor, and volunteers for all their hard work. We all very much appreciate the kind words!

Please send any further comments to info@vsh.org.

Mahalo,



IN THE NEWS

Demand for animal foods will lead to world water shortage

by Scott Owen Snarr, Editor

A new report by Stockholm International Water Institute suggests that unless the world dramatically slashes animal consumption by 2050, there won't be enough water to go around.

While the world grapples to feed a projected nine billion mouths by mid-century, the finite supply of fresh water will be pressed to its limits. Growing food is one of the primary uses of water, guzzling fifty to a hundred times the amount a person uses at home.

The Food and Agriculture Organization predicts that the population growth will have to be matched by a Herculean 70% increase in food production by 2050. But as the authors of this study point out, global hunger has historically risen in tandem with food production. They warn that increased production can't stave off famine unless thoughtful policies are implemented worldwide and precious water is directed away from wasteful animal rearing toward efficient plant-based diets:

There will not be enough water available on current croplands to produce food for the expected population in 2050 if we follow current trends and changes towards diets common in Western nations. . . . There will, however, be just enough water if the proportion of animal based foods is limited to 5% of total calories and considerable regional water deficits can be met by a well organized and reliable system of food trade.

The report is a sober reminder that animal-based diets will ultimately have to come to an end by choice or by necessity; the sooner we opt out, the less carnage there will be.

Source: A. Jägerskog, T. Jönch Clausen (eds.) 2012. Feeding a thirsty world: challenges and opportunities for a water and food secure future. Report Nr. 31. Stockholm International Water Institute. www.siwi.org

USDA retracts Meatless Monday

by Cathy Goeggel
VSH member

Thousands of corporate and school cafeterias and restaurants have embraced Meatless Monday with support from Johns Hopkins Bloomberg School of Public Health. But when a USDA newsletter recently asked employees to consider omitting meat from their diets once a week as part of the "Greening Headquarters Update Project," outrage poured in from the National Cattlemen's Beef Association (NCBA). "This move by USDA should be condemned by anyone who believes agriculture is fundamental to sustaining life on this planet," wrote NCBA president J.D. Alexander in a press release.

Iowa Congressman Steve King called the recommendation "heresy" and pledged to "have the double rib-eye Mondays instead."

The USDA withdrew the newsletter from its website within an hour of the NCBA's censure. The offending material included the following statement: "Because Meatless Monday involves only one day a week, it is a small change that could produce big

results. Did you notice that our cafeterias have tasty meatless options?"

The USDA is charged with a dual role of promoting agriculture whilst also promoting healthy eating, but it has traditionally weighted its campaigns heavily on the side of the livestock industry. The support for Meatless Monday, however brief, demonstrated a tiny crack in the old-boy network that has ruled the USDA for a very long time.

Doctors order healthier diets for families in need

by Scott Owen Snarr, Editor

Hippocrates' ancient dictum, "Let food be your medicine and medicine be your food," is getting a second wind as doctors prescribe fresh fruits and vegetables for pregnant or obese patients and their families.

The Fruit and Vegetable Prescription Program (FVRx) partners with primary healthcare providers in twelve communities across the country where access to fresh fruits and vegetables is lacking. Participants are given prescriptions worth a dollar a day per family member that they redeem not at pharmacies, but at farmers' markets. They also make monthly visits to the clinic, where the doctor refills their prescription and a nutritionist records their metrics and helps them set new healthy eating goals.

The pilot program last year saw tangible results. Among its 1,122 participants, including 541 children, 38.1% decreased their BMI during the four- to six-month prescription period. Participating farmers' markets earned an extra \$8,129 on average.

FVRx is funded by Wholesome Wave, a nonprofit organization that helps to bring affordable, locally grown produce to underserved areas.

Source: wholesomewave.org

Network strikes roots of animal oppression

by Scott Owen Snarr, Editor

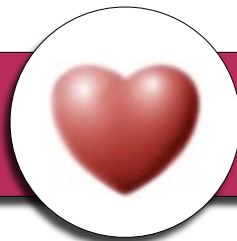
A new organization promises to revolutionize the way people think about animals — and ultimately whether they eat them or not. By raising awareness about *carnism* — the pervasive belief system that conditions people to eat certain kinds of animals — Carnism Awareness & Action Network (CAAN) hopes to “bring about a powerful shift in public consciousness.”



The nonprofit network is the brainchild of Melanie Joy, author of *Why we love dogs, eat pigs, and wear cows*. In her groundbreaking book Joy explodes the myths that eating meat is normal, natural, and necessary and makes the case that meat eaters, like vegetarians, bring their beliefs to the dinner table.

Rather than pushing for animal welfare reforms, CAAN aims to dismantle the system of exploitation by undermining the defense mechanisms that maintain it. Carnism Awareness Task Forces — communities of empowered professionals — will integrate carnism awareness into their work in education, law, media, medicine, veterinary medicine, social science, and other influential fields.

In addition, the website offers resources for people traumatized by performing or witnessing acts of violence against animals as well as a treasure trove of advice to vegans for handling delicate discussions with nonvegans. See carnism.com for more information.



Health Update

Fruits and veggies help smokers quit

Eating more fruits and vegetables may help smokers quit and stay tobacco-free for longer, according to a new study published in *Nicotine and Tobacco Research* by University at Buffalo public health researchers.

One thousand smokers aged 25 and older from around the country chosen by random digit dialing were interviewed by phone. At a followup interview fourteen months later, those who consumed the most fruits and vegetables were three times more likely to be tobacco-free for at least 30 days compared to those consuming the smallest quantities of fruits and vegetables. They also smoked fewer cigarettes, waited longer to smoke their first cigarette of the day, and scored lower on a common test of nicotine dependence.

These findings persisted even when adjustments were made for age, gender, ethnicity, education, household income, and health orientation.

Possible explanations for the results are that people who consume a lot of fruits and vegetables have less nicotine dependence or that the large amounts of fiber in fruits and vegetables make people feel fuller. Also, fruits and vegetables do not enhance the taste of tobacco, unlike meats, caffeinated beverages, and alcohol. In fact, they may make the taste of cigarettes worse.

“We may have identified a new tool that can help people quit smok-

ing,” says Jeffrey P. Haibach, MPH, first author on the paper and graduate research assistant in the UB Department of Community Health and Health Behavior.

The authors caution that more research is needed to determine whether these findings replicate. If they do, the mechanisms that explain how fruit and vegetable consumption helps smokers quit will need to be identified.

Source: *University at Buffalo*

Less meat, cheese leads to lower weight

Long-term weight loss was associated with a decreased intake of meat, cheese, and sweets and an increased intake of fruits and vegetables in a new study published in the *Journal of the Academy of Nutrition and Dietetics*.

Researchers studied 481 overweight and obese postmenopausal women from the Women on the Move Through Activity and Nutrition Study in Pennsylvania.

The women who received counseling on how to consume less total fat, saturated fat, and cholesterol and how to eat more fiber saw the most long-term weight loss. Long-term weight loss is associated with decreased risk of chronic diseases, including heart disease, type 2 diabetes, and cancer.

B.B. Gibbs, L.S. Kinzel, et al. Short- and long-term eating habit modification predicts weight change in overweight, postmenopausal women: results from the WOMAN Study. Journal of the Academy of Nutrition and Dietetics. 2012;112:1347-1355.



Research confirms link between meat and stroke

Red and processed meats increase the risk of stroke, according to a new meta-analysis published by the American Heart Association.

Stroke risk increased 11% for each serving of red meat consumed as part of a person's daily diet and 13% for each daily serving of processed meat. The study population included 329,495 people in Europe, Japan, and the United States. The suspected catalysts include meat's saturated fat, cholesterol, and heme iron as well as the sodium and nitrites used to preserve and flavor processed meats.

The study did not examine the relationship between stroke and poultry or fish consumption.

J. Kaluza, A. Wolk, S.C. Larsson. Red meat consumption and risk of stroke: a meta-analysis of prospective studies. Stroke. Published online July 2012.

Plant-filled diet eases symptoms of menopause

Women who were encouraged to eat a low-fat diet with more fruits, vegetables, and whole grains lost more weight and reduced hot flashes and night sweats, found a new study published in *Menopause*.

Researchers analyzed 17,473 postmenopausal women from the Women's Health Initiative Dietary Modification trial and put them either in a group supported to make specific dietary changes or in a control group that received minimal nutrition information and no group support. Although weight loss was not a stated goal for either group, women who adopted the low-fat diet were three times as likely to lose weight com-

pared with women in the control group, who in turn were twice as likely to gain weight. Women who lost weight were more likely to eliminate hot flashes and night sweats, compared with women who maintained their weight. These improvements were strongest among those who made the dietary changes.

C.H. Kroenke, B.J. Caan, et al. Effects of a dietary intervention and weight change on vasomotor symptoms in the Women's Health Initiative. Menopause. In press.

Fast food heightens risk for diabetes, heart disease

University of Minnesota School of Public Health researchers have found new evidence that a diet heavy in fast food increases the risk of developing type 2 diabetes and coronary heart disease.

The latest research, published online by the American Heart Association's journal *Circulation*, found that Singaporeans who consume fast food even once a week increase their risk of dying from coronary heart disease by 20% in comparison to those who avoid fast food. The risk increases by 50% for people eating fast food two or three times a week and by nearly 80% for those who eat fast food at least four times a week.

Eating fast food two or more times a week was also found to increase the risk of developing type 2 diabetes by 27%.

Researchers examined results of a study conducted over a period of 16 years beginning in 1993 that looked at the eating habits of 52,000 Chinese residents of Singapore who have experienced a recent, sudden transition from traditional foods to Western-style fast food.

Source: University of Minnesota Academic Health Center

Egg yolk about as bad for arteries as cigarettes

Newly published research shows that eating egg yolks accelerates atherosclerosis — also called coronary artery disease — in a manner similar to smoking cigarettes.

Surveying 1231 patients, Dr. David Spence of Western University, Canada found that regular consumption of egg yolks is about two-thirds as bad as smoking when it comes to increased build-up of carotid plaque, a risk factor for stroke and heart attack. The research is published online in the journal *Atherosclerosis*.

The researchers found that carotid plaque area increased linearly with age after age 40 but increased exponentially with pack-years of smoking and egg yolk-years. In other words, compared to age, both tobacco smoking and egg yolk consumption accelerate atherosclerosis. The study also found that those who ate three or more yolks a week had more plaque area than those who ate no more than two each week.

Source: University of Western Ontario

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, 2012. Submissions accepted by email only:

newsletter@vsh.org



Local Happenings

Support from page 1

taste of a new way of life. “The success of our first meeting proved that the need was out there and was now going to be filled,” proclaimed Bear.

“Support is key in transitioning to a new lifestyle,” added Snyder. “There were a lot of online support groups but none that met in person. I think there is a need for face-to-face support, too.”

Bear facilitates the group discussion, ensuring that all members get a chance to express their concerns, challenges, and triumphs. “The coordinators are kind, welcoming, and non-judgmental,” says Inga Gibson, who plans to attend the club regularly. “It’s a great opportunity to share information and ideas and to make new friends with common concerns.”

Though conversation focuses on the experiences and pitfalls of trying to live as a vegetarian or vegan, members will also exchange food and recipes. “I especially look forward to sharing recipes and sampling some gourmet goodies from other support group members,” says Gibson.

Future meetings are planned for Tuesdays at 7 p.m. except on the second Tuesday of each month when VSH lectures take place. The group will meet at Central YMCA on 401 Atkinson Drive in the Preschool

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 an email with your name and email address:

support@vsh.org

Classroom. If you’re interested in joining, contact Terry Bear at kailuabear2003@yahoo.com or 397-8666 or simply invite yourself to the next meeting.

Dozens dare to watch eye-opening video

by Scott Owen Snarr, Editor

A pair of activists gave strangers an unusual way to make a fast buck on September 13th. Terry Bear and Denise Snyder pledged a dollar to anyone who would watch a four-minute animal rights video. The forty-odd people who took up their offer walked away not just a dollar richer but worlds wiser.

Terry Bear orchestrated the five-hour event that took place inside UH-Manoa Campus Center with financial support from VegFund, a nonprofit group that sponsors vegan outreach activities across the world. Strategically placed across from bustling Starbucks, a flashy video viewing booth plastered with laminated dollar bills and compassionate quotations from the likes of Darwin and Einstein enticed passersby to take the challenge.

The footage came from *Farm to Fridge*, a short documentary issued by Mercy For Animals in 2011. The graphic film uncovers “an eye-opening exploration behind the closed doors of the nation’s largest industrial poultry, pig, dairy, and fish farms, hatcheries, and slaughter plants.”

Brave viewers were shaken to learn of the cruelties inflicted ceaselessly on defenseless farmed animals across America.

Heartwrenching scenes triggered tears from young men and women alike.

Though reactions were a mixture of sadness, shock, anger, helplessness, and disbelief, viewers unanimously denounced the violence they had seen on screen. Bear and Snyder followed up with gentle reassurances, hugs when needed, vegan starter brochures, and of course a fresh greenback.

“I can’t tell you how amazing it felt to experience the power of seeing the transformation in each person and to know that we can make a difference,” reflected Bear. A teacher for many years, she says she has never before seen the instant change that this video viewing brought about. “This was truly one of the most rewarding experiences of my life.”

Bear hopes to repeat this event on a monthly basis, but she needs help preparing, setting up, and staffing the booth. If you can assist, please contact her at kailuabear2003@yahoo.com or 397-8666. You can also help fund activities like this by making a tax-deductible donation at www.vegfund.org/donate.html.

Watch the film for free at www.meatvideo.com or request a free DVD at www.mercyforanimals.org/order-farm-to-fridge-dvd.aspx.



Photo: Denise Snyder

Educator Terry Bear devised a video viewing station to help people discover the closeted truths about the animals on their plates.

Thanksgiving Eve dinner 2012

by Karl Seff, Ph.D.
VSH Board member

The year-end holidays begin with the VSH Annual Thanksgiving Eve Dinner on Wednesday, November 21st. Govinda's Vegetarian Buffet will be hosting this event again as they have many times in years past. Open to VSH members and nonmembers alike, the event was attended by 301 guests last year.

The fare will be very traditional (see below), completely homemade, and vegan. Wherever possible it will be organic and free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. The oil and salt content will be kept under control, and nut- and gluten-free alternatives will be available.

Dinner this year will be at Govinda's at 51 Coelho Way in Nuuanu Valley. Our hosts at Govinda's will as usual be doing their best for us. Madana, the director at Govinda's, deserves special thanks for making this happen.

Dinner will cost \$20 for adults and \$15 for children ages 8 to 13; children 7 and under eat free. Govinda's will provide a supervised craft and entertainment area for the keiki.

Payment will be collected in advance this year. You may pay by check (made out to *ISKCON Hawaii* and sent to *Thanksgiving, 51 Coelho Way, Honolulu HI 96817*) or by credit card over the phone. A full reimbursement will be given for cancellations made before November 7th.

Choose a seating time: 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, or 7:00 p.m. Everyone, even late arrivals, must be out by 8:00 p.m. so that Govinda's has time to clean up and prepare for the next day.

To make a reservation, email Madana at vsthanksgiving@hotmail.com or phone her between 9 a.m. and 9 p.m. at 531-1929. Leave a message with your name, phone number, seating time, and the number of people in your party. You will receive confirmation within a day or two. You can discuss the method of payment then.

We hope to see you there.

Honolulu welcomes fifth and sixth vegan restaurants

by Karl Seff, Ph.D.
VSH Board member

The Vegetarian Society of Hawaii welcomes two exciting 100% vegan restaurants to Honolulu. Vicky Zhu gives us Eden on Earth downtown, and Sylvia Thompson presents Greens and Vines on Kapiolani Boulevard across from the Neal Blaisdell Center.

Eden on Earth replaces Govindaji's at 1118 Fort Street Mall. Its theme is uncooked and unfried, but it is not entirely raw. Among its offerings are soups, sandwiches, salads, stir-fried tofu, and raw cake. The hours are Monday through Saturday, 10 a.m. to 3:30 p.m. Telephone: 521-7979.

Greens and Vines is an extension of 'Licious Dishes. It is on the ground floor of the big condominium at 909 Kapiolani Boulevard at Ward Avenue. It offers gourmet raw food and hopes to serve wine one day. Parking in back is free and easy. Telephone: 536-9680.

The Vegetarian Society of Hawaii heartily thanks the owners of these restaurants for their socially responsible entrepreneurial efforts and wishes them the best of success.



Speaker Dineout

Special guest: Karl Seff, Ph.D.
When: Wednesday, October 10, 6:30 p.m.
Where: Loving Hut, 1614 South King Street, Honolulu
Cost: Typically \$9 and up, depending on order
RSVP: dineout@vsh.org

Thanksgiving Eve Menu 2012

Courses:

- * Mock turkey
- * Savory herb stuffing
- * Mashed potatoes
- * Home-style gravy
- * Citrus-cranberry sauce
- * Maple-glazed yams
- * Whole-grain dinner rolls
- * Melange of autumn vegetables almandine

Salad:

- * Organic mixed greens
- * Assorted dressings

Desserts:

- * Homemade pumpkin pie
- * Holiday spice cake
- * Warm fruit crisp

Drinks:

- * Hot and cold herb tea
- * Purified water

Reservations: 531-1929
vsthanksgiving@hotmail.com

Local Happenings



Photo: Lorraine Sakaguchi

Erik Marcus (left), author of four books on veganism, discusses accurate and effective writing with VSH founders Elaine French (center) and Jerry Smith (right) at a dineout following Erik's July talk. ↑



Photo: Lorraine Sakaguchi

New and returning members of the Imagine a Vegan World Support Group rendezvous at Gordon Biersch in Aloha Tower Marketplace for the group's second meeting. Left to right: Facilitator Terry Bear, George Casen, Tamara Ramos, Abigail Nickell. ↑



Photo: Lorraine Sakaguchi

A UH student eagerly signs up to receive emails about VSH at the University of Hawaii Manoa's Warrior Welcome Fair on August 23rd at the Hale Aloha courtyard. VSH shared a tent with Andrea Bertoli and Cynthia Cruz of Down to Earth, who gave out free servings of vegan deli dishes to table visitors. ↑



Photo: Lorraine Sakaguchi



State Representative Corrine Ching (center) personally invited VSH to host a table at the Ninth Annual I Love Liliha Town Festival held on August 26th, a celebration founded and organized by Ching. VSH president Lorraine Sakaguchi (right) and treasurer Jim Thompson (left) spoke with celebrants between the Royal Hawaiian Band, the lion dancers, the kung fu martial artists, and other community performances. ←

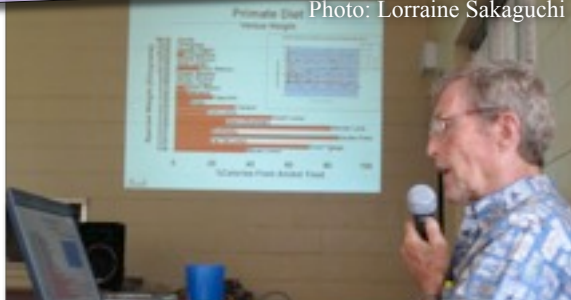


VSH Events on Kauai



Vesanto Melina's VSH talk, "RAW Food Diets: What's True, What's Not," was screened at the July potluck.

Photo: Lorraine Sakaguchi



August speaker Bill Harris, M.D. gave straightforward advice about "Getting Started" on the vegan diet.



Photo: Lorraine Sakaguchi

Joseph Dunsmoor (right) spoke about "Sustainable Gardening" to 43 people at the September potluck. VSH vice president Jim Brown (left) organizes this monthly event.

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.



Photo: Jim Thompson

While visiting from Arizona, Joe (left) and Axille Aguilin (right) spotted Lorraine Sakaguchi (center) in Papaya's Natural Foods. They recognized her from the VSH monthly lecture video series on YouTube.



Photo: Lorraine Sakaguchi

Kauai residents load their plates with dozens of delectable dishes before Bill Harris's August lecture.



Photo: Jim Brown

Petra Sundheim's Tofu Muffin Meatballs distinguished her as the three-time cooking contest winner this September.



VSH Events on Oahu & Maui

July



Photo: Lorraine Sakaguchi

People have the power to help end the despicable practices of animal agriculture, explained Erik Marcus, by easily transitioning to veganism.

August



Photo: Jim Thompson

Mark Fergusson, CEO of Down to Earth, described what it was like to develop a competitive company based on vegetarian principles. He recounted some of the failures and successes along the way.

September



Photo: Lorraine Sakaguchi

Bill Harris spoke of how easy it has become in recent years to get started on the vegan diet. He also took health-related questions from the audience.

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.**



Calendar of Events October-December 2012

KARL SEFF, PH.D.

“Confessions of a Low-Class Vegan”

**Tuesday, October 9th, 7 p.m.
Ala Wai Golf Course Clubhouse***



Let me remind you of a simpler side of yourself. Think of the meaning of a big bowl of wholesome food to a desert traveler in ancient times. Tofu can be eaten directly with some added flavor. Frozen peas don't need to be cooked. Fresh-baked whole-grain bread is yours without having to bake it. A hot chunk of orange squash with cold kimchee is delicious. A whole dinner can come from a cast-iron Dutch oven. Don't be ashamed to eat a banana or a bell pepper out of hand, or, with a sauce of your choosing, a carrot or a cucumber. Recipes? Meal planning? Yes, but it can be so simple with little washing up to do. Whom are you trying to impress? It is not hard for a vegan to prepare and love a plain healthy dinner.

Karl Seff earned his Ph.D. from MIT and has been a professor of chemistry at UH Manoa since 1968. He has authored more than 260 scientific papers. He has been a vegan since 1991 and has been on the VSH Board of Directors since 1992.

**Dr. Seff will also be speaking on Maui:
Tuesday, October 2nd, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

LAURELEE BLANCHARD

**“Saving the World
One Animal at a Time”**

**Thursday, November 15th, 7 p.m.
Kaunoa Senior Center
401 Alakapa Place, Paia, Maui**



In her talk Laurelee Blanchard will describe the joys and challenges of running Leilani Farm Sanctuary and its work rescuing animals and providing humane education to the community. She will also explain how our food choices affect human health, animals, and the environment. The audience will enjoy a PowerPoint slide show featuring beautiful and compelling photographs of the sanctuary and heartwarming stories about the animals whose lives were saved and who now are living in a safe, idyllic environment.

Laurelee Blanchard is Founder and President of Leilani Farm Sanctuary, home to 160 rescued animals. She founded VSH Maui in 2001 and served as its head until 2011. She has also worked as National Communications Director for Farm Animal Rights Movement (FARM) and as campaign consultant to Farm Sanctuary. In 2012 Laurelee was presented with the Vegan of the Year-North America commendation for her outstanding animal activist work.

**Maui
only**

JOHN MCDUGALL, M.D.

**“The Diet Wars:
The Time for Unification is Now”**

**Tuesday, November 13th, 7 p.m.
Ala Wai Golf Course Clubhouse***



The battle lines are drawn between those who recommend low-carb (meat, dairy, and oil) and high-carb (starch, vegetable, and fruit) diets. Our future is at stake. The philosophy behind animals served as human food (promoted by the Paleo and Atkins diets) results in diets that make people sick, destroy planet Earth, and kill billions of animals yearly. Countering these evils is the philosophy of eating based on plant foods. Unfortunately, proponents of these healthy diets are often in conflict amongst themselves. This lecture is a call for those of us who promote plant-based eating to unite and make the world a better place.

John McDougall, M.D. is a board-certified internist, author of twelve national best-selling books and the international on-line McDougall Newsletter, and medical director of the 10-day live-in McDougall Program in Santa Rosa, California. He also hosts seminars and health-oriented adventure vacations.

**Oahu
only**

JOHN CADMAN

**“There’s No Such Thing
as a Free Lunch”**

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



What are the true costs of the National School Lunch Program? Cadman will shed light on this question and discuss the challenges involved in trying to mass-feed 30 million school children daily in this country. Come and learn why this is the most popular yet flawed social welfare program in our nation's history.

John Cadman is currently the Food Service Director for Kamehameha Schools Maui Campus. He served for 15 years as a food service manager in elementary and high school settings. He has six boys of his own, so feeding children is one thing he knows a lot about. Come and let him share his passion for feeding children with you.

**Mr. Cadman will also be speaking on Maui:
Thursday, December 13th, 7 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**



Restaurant Review

Saeng's Thai Cuisine

2119 Vineyard Street
Wailuku, Maui
(808) 244-1567
11:00 a.m. - 2:30 p.m.
Monday - Friday
5:00 p.m. to 9:30 p.m.
Nightly

by Dana Naylor, VSH member

Saeng's is deceiving from the outside; it's in a simple, older building on a side street that you would hardly notice passing by. Inside, however, the dining area has a charming atmosphere that opens up to a tropical garden with a fountain. The staff is prompt and pleasant.

The menu has a designated "Vegetarian Lovers" section. Most items on the list are vegan, but beware of two selections, the Pad Ped Tofu and the Eggplant Tofu, as they contain oyster sauce. Because the food is prepared fresh as ordered, even the sauces, the cooks can substitute sesame oil upon request.

Saeng's offers a variety of vegetable and tofu curry dishes as well as stir-fries with peanut sauce. Some of their most popular dishes are the Garlic Vegetables and my favorite, the Evil Prince Tofu — mixed vegetables, tofu sauteed with spices, coconut milk,

bamboo shoots, and basil atop a bed of fresh-chopped cabbage. The vegetables are cooked al dente with a fresh crunch, and the curry spices are perfectly combined in the coconut sauce. For most dishes you can request mild, medium, or hot, the hot being not too extreme.

The menu also has a Coconut Tofu Soup and a Tom Yum made from mixed vegetables, galangal (ginger), mushroom, onion, lemongrass, and spices in a special broth. You can select jasmine or brown rice.

All of the herbs are grown on the property, as is the papaya used for the Green Papaya Salad, a traditional Thai dish that can be made vegan by omission of the fish sauce. What I love most about Saeng's is that the food is prepared fresh to order, and the vegetables are cooked perfectly.

Note: Saeng's Thai Cuisine in Kailua, Oahu is independently owned and operated.

All of the herbs are grown on the property, as is the papaya.

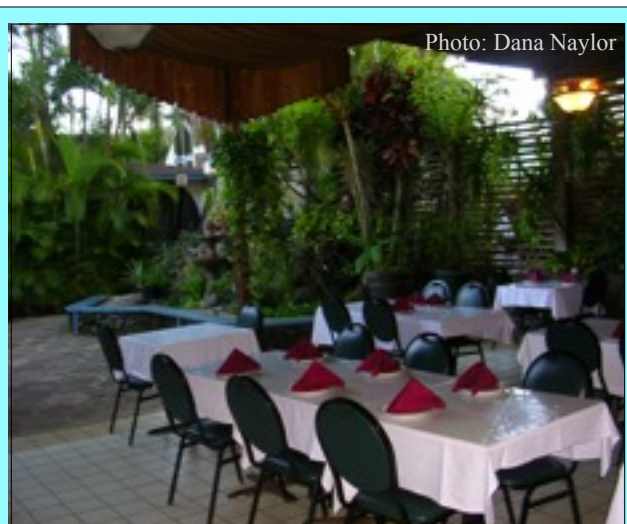


Photo: Dana Naylor

A sheltered dining area at Saeng's cuisine in Wailuku captures the best of both worlds: indoors and out.

Television

"Vegetarian" VSH lectures

Oahu—Oceanic Cable Ch. 52
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

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

Free Cooking Classes

Down to Earth
Honolulu + Kahului + Kailua
Kapolei + Pearlridge
[www.downtoearth.org/
free-cooking-classes](http://www.downtoearth.org/free-cooking-classes)
Or call 947-3249 for info.

The Oahu Vegan Meetup

www.veganoahu.org



Animal Rights Arena

Greener Pastures

Kea's escape

by Laurelee Blanchard
Leilani Farm Sanctuary

A tiny piglet squeezed beneath the gate of the pig farm where she was slated to be raised for pork. She escaped to the garage of a neighbor, who found the little pig and named her Kea, which means "white" in Hawaiian. She was the size of a rabbit, with white bristly hair and a high-pitched squeal. After contemplating her fate, the neighbors decided to bring Kea to Leilani Farm Sanctuary, where she would be safe and loved for her entire life.

As soon as Kea arrived, we introduced her to George, our blind potbellied pig. George was not receptive to Kea, however, so we placed her with the rabbits, where she had boundless fun running in circles with them in their spacious enclosure.

Within two weeks Kea had outgrown the rabbit yard. Domestic Yorkshire pigs like Kea are bred by the pork industry to grow large at a

rapid pace. They gain a pound a day and can reach a staggering one thousand pounds. Very few pigs of this type live to be full size, however, because they are sent to slaughter at six months of age when they weigh just a hundred pounds.

After outgrowing the rabbit yard, Kea was introduced to the other animals. She loved mingling with the herd. A sassy goat named Penny loved to tease her with head-butts. Then one day Kea realized that she was big enough to retaliate. After this discovery she had great fun chasing Penny around relentlessly.

Nowadays each night at sunset a big, black wild boar on the other side of the fence comes over to flirt with Kea, and their conversations can be heard from the nearby cottage.

After a good night's sleep Kea races as fast as she can to the orchard to get any fruit that has fallen from the trees before the goats can find it. She has figured out that when the lady with the food scraps arrives, the smartest approach is to sneak the long way around in order to avoid alerting the goats to the goodies.

Pigs are believed to be among the most intelligent of all quadrupeds. Smarter than dogs, they have cognitive abilities comparable to three-year-old humans.*

Kea has an idyllic life, complete with soft bedding, mud baths, a macadamia nut tree, sunshine, and all the comforts a pig could dream of. Sadly, for billions

of pigs raised in factory farms, life is misery. They are treated as pork-producing machines and forced to live crowded on filthy concrete floors. Pregnant sows spend 24 hours a day confined to stalls so small and narrow that they can't turn around or lie down comfortably.

After giving birth, mother pigs are placed inside farrowing crates to nurse their babies. Then they are sent back to the gestation crates for another cycle of pregnancy. After enduring this for years, the pigs are trucked to the slaughterhouse, where they are killed for human consumption.

Before ordering your next hot dog, ham sandwich, or slice of bacon, please think of Kea's sisters and brothers and have mercy on them. Go vegan!

* See *No Paradise for Pigs: the long-distance transport of live farm animals from mainland U.S. to Hawaii*. World Society for the Protection of Animals. www.wspa-usa.org, tinyurl.com/noparadise

Home to over 160 animals, Leilani Farm Sanctuary is located on a lush eight-acre farm in Haiku, Maui. It is an all-volunteer, nonprofit organization created to provide shelter and care for rescued animals and humane education to the community. www.leilanifarmsanctuary.org

Video leads to slaughterhouse closure

by Scott Owen Snarr, Editor

Setting: A slaughterhouse

Location: Hanford, California

Date of Report: August 21, 2012

Investigator: Compassion Over Killing

Background: Most of the animals slaughtered at Central Valley Meat Co. are spent dairy cows, exhausted of their ability to become pregnant or make milk.

Summary: Cows that could not walk to the kill floor were battered with

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Sanctuary newcomer Kea (left) tries unsuccessfully to befriend old-timer George the potbellied pig (right).

(continued from page 13)

electric shocks and hot water sprays. Lame cows were shot and left convulsing on the ground. When bullets failed to kill, workers finished the job by suffocating the cows under their boots. Inadequately stunned cows were hoisted upside-down onto the conveyor belt and slaughtered while kicking.

Update: After reviewing the video, the USDA shut down the slaughterhouse, citing “egregious inhumane handling and treatment of livestock.”

Report & video: www.cok.net/cali_forniacows

Fish farmed by the billions

by Scott Owen Snarr, Editor

A new study estimates that somewhere between 37 and 120 billion farmed fish are killed each year for human consumption.¹ When added to the 970 billion to 2.7 trillion wild fish caught annually,² these numbers show that fish eating is an animal rights issue to be taken seriously.

The staggering figures are derived from Food and Agriculture Organization reports of tonnage of fish harvested and separate data about the average weight of target fish species.

The actual number of marine animals killed by farming is even greater when one takes into account fish used for bait, fish dying in farms before harvests, illegally farmed (hence unreported) fish, nonfish species such as lobsters, and wild aquatic animal deaths due to the environmental impacts of fish farms.

References:

1. A. Mood, P. Brooke (2012). *Estimating the Number of Farmed Fish Killed in Global Aquaculture Each Year*.
2. A. Mood, P. Brooke. (2010) *Estimating the Number of Fish Caught in Global Fishing Each Year*.



Book Reviews

Animal Impact: Secrets proven to achieve results and move the world

by Caryn Ginsberg

\$24.95 (paperback)

224 pages

Publisher: Priority Ventures Group

November 30, 2011

ISBN-10: 0984766073

ISBN-13: 978-0984766079



Review by Eva Uran:

Have you ever wished you could do more to save the animals by persuading people to go veg? Have you repeatedly wondered, “Why don’t they just get it?”

I listened to this remarkable author’s lecture at the Farm Sanctuary Hoedown. She grabbed our attention from the get-go with an insightful exercise, asking us how we would react if she exhorted us to buy exclusively from thrift stores instead of shopping malls because of socioeconomic and environmental exploitation of Third World countries by manufacturers.

How many of us would comply? Only a few of us raised our hands. Asked why not, some stated that they would resent being told what to do and being harangued about it. Others found it unpleasant, difficult, and isolating. Likewise, that’s how diehard meat eaters might react to a vegan campaign.

So the paramount question is this: How can we package our animal compassion message in a palatable and effective way? The real trick is to make it fun, easy, and popular.

Caryn Ginsberg uses her expertise as a social consultant for animal rights groups to help achieve the most effective results for their limited time, energy, and resources. It’s about changing behavior through social marketing, which she defines as “using commercial marketing approaches to influence people to voluntarily adopt a behavior that helps animals.” She employs a seven-step strategy, an acronym called ACHIEVE, as in how to achieve change. It stands for **A**ction and audience; **C**reate benefits and cut barriers; **H**ow to say something to someone instead of nothing to everyone; **I** am not my target audience; **E**ducation is not enough; **V**oice matters; and **E**valuate, don’t guess.

Each step is detailed in its own chapter filled with insightful tips and inspiring examples of real-life failures and subsequent successes of leading animal rights advocates.

A prime example is dietician Mark Rifkin, who answers the question, “What’s in it for me?” by offering tasty vegan dishes in his food preparation workshops, where participants end up asking for more.

The book is not solely about converting people to vegan diets. It also

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offers tips on reducing animal suffering in all spheres, from puppy mills, fur farms, circuses, and sports hunting to scientific labs by replacing them with compassionate alternatives.

This book is a must-read for serious and passionate activists who want to make a positive impact.

The Starch Solution: Eat the foods you love, regain your health, and lose the weight for good!

by John McDougall, M.D.
and Mary McDougall

\$26.99 (hardcover)
368 pages
Publisher: Rodale Books
May 8, 2012
ISBN-10: 1609613937
ISBN-13: 978-1609613938



Book description:

From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing.

In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, M.D. and his

kitchen-savvy wife Mary turn the notion that starch is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills.

Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes in their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered life-threatening illnesses such as diabetes and cardiac ailments.

Vegan for the Holidays: Celebration feasts for Thanksgiving through New Year's Day

by Zel Allen

\$19.95 (paperback)
160 pages
Publisher: Book Publishing Company (TN)
July 1, 2012
ISBN-10: 1570672849
ISBN-13: 978-1570672842

Review by Neal Pinckney:

Vegan for the Holidays has over 110 recipes that are much too good to wait for the holidays to enjoy. Following her highly successful book *The Nut Gourmet*, chef Zel Allen (a past speaker for VSH) has given us a collection of delicious dishes that answer the question, "What do I serve for any holiday that's vegan and captures the holiday spirit?"

The five holidays featured are Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Year. But most of



the recipes are ones you'll want to savor all year round.

The recipes are easy to follow for those who are just beginning to prepare vegan meals as well as for the experienced cook who is looking for new and exciting dishes. A short introduction, 150 pages of recipes, beautiful color photographs, and a comprehensive index make this book an essential part of any recipe collection.

Fall Calendar

October:

World Animal Month
Vegetarian Awareness Month
1: World Vegetarian Day
2: International Day of Nonviolence (UN)
2: World Farm Animals Day
5-8: World Veg Festival (San Francisco)
11-14: International Vegetarian Union Healthy Lifestyle Expo (San Francisco)
24: Food Day
24-31: World Go Vegan Week

November:

World Vegan Month (Animal Aid)
1: World Vegan Day
21 Thanksgiving Eve Vegan Dinner (VSH)
22: Gentle Thanksgiving

December:

10: Human Rights Day



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

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NOTE: Because many members did not receive this issue in October, we are remailing it to you. This reprint also includes a few small corrections to the original version.

BRINGING
YOU ALL
THE NEWS

The EVOLVE! Times

LATE CITY EDITION
If you're reading this small print,
naturally... you read a real today!

VOLUME CLVI...No. 57,235

The Internet, Tuesday, February 8th 2011

ONE DOLLAR

STUDIES SHOW A VEGAN DIET IS LACKING!



Lacking in cholesterol, saturated animal fat, violence and cruelty!