



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

Volume IV, No. 4, Dec. 1993

*** supporting human health, animal rights, and ecology ***

President's Message



Aloha friends,

This quarter there has been a change in the operation of our organization. When the Vegetarian Society was founded in 1990, a Board of Directors was appointed because we were required to have one. Very few duties were spelled out, and three or four people did everything. As our membership grew, the same few people handled the increasing work load, with a big rise in stress levels.

In 1991, Board member and experienced corporate executive Peter Burwash strongly recommended that I draw up job descriptions so that the work could be more evenly distributed, but I was so busy doing most of the jobs that I never had time to write the descriptions! Last summer, Vice President Alida Quistgard again brought up the subject of job descriptions and volunteered to write them herself. Working together, we distributed all known duties among fourteen jobs and gave each job a title. The intention was to turn our symbolic Board into a true working Board. Although this may sound a little strange in the corporate world, it is a fact of life for all-volunteer organizations. No one is getting paid for his/her work, so hard-working volunteers should at least have titles and a say in running the organization.

It was a tense period for me as I mailed the job descriptions to the Board and waited. Would enough people agree to share the work, or would the entire organization collapse? With great regret, six members of the Board resigned. It was painful for all of us to accept the necessity of the resignations; these people did (and still do) care deeply about the organization. They simply didn't have the time to handle specific duties. Nervously looking at the remaining skeleton crew of four officers and three very new members, I put out a plea for volunteers to fill the most essential positions. Jerry Smith, my always-optimistic partner, reassured me that, just like the baseball diamond in the movie "Field of Dreams", if you build it, they will come.

And they did. Twelve out of fourteen jobs are now filled with committed volunteers. They might make a few mistakes as they learn their jobs, but their enthusiasm is contagious and we will all benefit from the change. Especially me! Please look at the new list of Board members and candidates in this newsletter so you can become familiar with their names and titles. Each of them is donating his/her precious free time to help educate others about the benefits of vegetarianism. Each of them is invaluable to us and we love them like family; without them we would not survive.

If you would like to be one of the people who directs our organization AND does the work, consider filling one of the two remaining jobs: that of Outreach/Education Director or that of Special Events Coordinator. Summaries of the duties of these two jobs are included in this newsletter.

Best wishes,

-Elaine French



Honolulu Herbivore Happenings



Winter 1993

Thursday, December 2:

Join us at 6:00 P.M. for an informal gourmet Chinese dinner at the largely vegan Buddhist Vegetarian Restaurant in the Chinese Cultural Plaza. 100 N. Beretania St. No reservations necessary. For more information call Eva or Freeman Wright at 528-5412.

Wednesday, December 8:

Informal dinner at 6:00 P.M. at Crepe Fever, 1200 Ala Moana Blvd. (Ward Center) All vegetarian dinner menu, largely vegan. No reservations necessary. For more information call Eva or Freeman Wright at 528-5412.

Tuesday, December 14:

Monthly meeting of the Society. Dr. Karl Seff, Professor of Chemistry at the University of Hawaii-Manoa and VSH Board member, will speak on the topic, "The Natural Diet." 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

Sunday, December 19:

Adopt-A-Highway cleanup from Koko Marina to Sandy Beach. Meet at 9:00 A.M. in front of Foodland at Koko Marina Shopping Center, 7192 Kalaniana'ole Hwy (at Lunalilo Home Rd). In case of inclement weather, cleanup is postponed to the next Sunday. For more information call 528-5412.

Monday, December 27:

Join us at 6:00 P.M. for a holiday get-together at Keo's Thai Restaurant at 1200 Ala Moana Blvd. (Ward Center) No reservations necessary. For more information call Kat Lambert at 624-3434.

Tuesday, January 11:

Monthly meeting of the Society. Elaine French, VSH President, will speak on the topic, "Getting Motivated to Improve your Diet." 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

Monday, January 17:

Diem Restaurant at 2633 S. King now has a vegan menu. Park at corner of S. King and University. Come join us at 6:00 P.M. for Vietnamese food and receive a 10% discount with your current VSH card. No reservations necessary. For more information call Eva or Freeman Wright at 528-5412.

Wednesday, February 2:

The old La Salsa at Restaurant Row, 500 Ala Moana Blvd, #5-D, is now called Salsa Rita. Parking is free after 5:00 P.M. Join us at 6:00 P.M. for a Mexican supper at this old favorite. Enter parking lot on Pohukaina St. No reservations necessary. For more information call Eva or Freeman Wright at 528-5412.

Tuesday, February 8:

Monthly meeting of the Society. Cromwell Crawford, M.A.T., TH.D., F.R.A.S., Professor of Religion at the University of Hawaii-Manoa and Director of the Center for South Asian Studies, will speak on "The Philosophy

of Vegetarianism." 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

Wednesday, February 23:

Have you still not visited Henry Ford IV's Nuuanu mansion, leased to the Hare Krishna's? Wednesday is vegan night at the dining facility there. All you can eat for \$7.50. 6:00 P.M., 51 Coelho Way, off the Ewa side of the Pali Hwy in Nuuanu. No reservations necessary. For more information call Eva or Freeman Wright at 528-5412.

Related Events:

Every Sunday from 7:00-9:00 P.M., K108 AM radio presents "Nutrition and You", with Terry Shintani, M.D., and triathlete Ruth Heidrich. Call in to the show at 522-5108. Events of the Vegetarian Society will be announced on the program.

On KITV-4's 5:00 news, Dick Allgire's Health Report presents vegetarian ideas, and on Thursdays Dick presents his vegetarian recipes.

VSH President Elaine French prepares her recipes on "The Vegetarian Chef", Mondays at 6:00 PM, on cable access Channels 22 (Oceanic) or 8 (Chronicle). The first five episodes are available on VHS tape (see *Items*, p 2). "Veggie Jox" shows on 12/6/93, followed that month by VSH 6. We're scheduled for Wednesdays at 8:00 PM as of January 12, 1994. Watch for "Vegetarian" in your TV schedule.

Healing Hearts, a support group utilizing the advice of Doctors Ornish, McDougall, Shintani, and others, will begin January 6 at Castle Hospital and will continue on Thursdays from 7:00-8:30 PM. For information call Ed Hoover at 235-8737.

CALL FOR NOMINATIONS

Anyone wishing to serve on the Board of Directors of the Vegetarian Society of Honolulu (a two-year term beginning June 1st), please submit your name to the nominating committee by March 15th.

The address is:

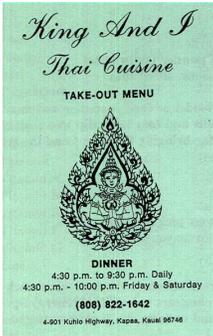
- Nominating Committee
- Vegetarian Society of Honolulu
- P.O. Box 25233
- Honolulu, HI 96825

To be eligible for the Board of Directors, an applicant must be a vegetarian and a dues paying member of VSH. The Nominating Committee will meet in March/April to select nominees from those applicants who are eligible. Ballots will be mailed to all voting members by May 1st and must be returned by May 15th.

Members wishing to amend the bylaws in any way should submit a petition signed by at least 12 voting (i.e., vegetarian) members. Proposed amendments are also due by March 15th. For a copy of the current by-laws, please send a stamped, self-addressed envelope to the VSH.

Fine Dining at the Bottom of the Food Chain

THREE FOR THE ROAD



Well, Kauai is not exactly accessible by road, but, if you find yourself hungry at dinner time on the Garden Isle, wheel on down to the *King and I Thai Cuisine* in Kapaa. Just a short jaunt from Lihue you'll find some good, hearty vegan fare in a separate menu section. The setting is quiet and pleasant and casual enough for relaxed dining. The helpful waitress was attentive to providing for our needs all mealtime, not just to take our order. The prices are quite modest even for our stingy pocketbook at between \$5.25 and \$6.50 for a main course with rice extra. Brown rice is also available. They're at 4-901 Kuhio Hwy in a shopping area on the mauka side of the road. Call 822-1642 for more info.

Rolling on to the North Shore of Oahu, we found gustatory salvation at *Paradise Found Cafe*, a totally funky looking fast food eatery that has a Key West atmosphere. From 9-6 Mon-Sat and 10-6 Sunday hours, you'll get filled up for almost any meal on low fat, mostly vegan food. Prices are low, considering the laudable quality of the simple fare. The black bean soup was souper (sorry), whole wheat chapati roll-ups were bountiful, and mock chicken salad sandwich delicious. The foods were well presented by the Jane of all Jobs order taker-food preparer-waitress-cashier. We dined during change of shift, so we sampled the service of two of the staff; both were helpful, patient, and accommodating. Too bad the owner hasn't opened a place in the Makai Market, just where I need it most. Search out this great little place on the makai side of the road inside the Celestial Natural Foods market, which, incidentally, has a good supply of bulk organic grains and lentils. Park behind the market by entering at the Haleiwa Post office and turning left to the public parking area. Catering service is available. Find Paradise at 66-443 Kam Hwy: 637-4540.



Our last stop on the road today is a short one: *Buzz's Original Steak (Oh, sorry) House*, 413 Kawaihoa Rd. on the mauka side of the street across from Kailua Beach Park at the river. If you happen to be in the area with animal eaters for dinner mates, you can find a generous salad bar with warm bread. There are some appetizer possibilities to supplement the menu, but you're in animal eater country here. The food is no great shakes, but the atmosphere and service are pleasant with both indoor and lanai seating. This place has been around almost forever, but its menu is too limited for it to be on my list of favorite places.

-Eva Wright

Recipes

Bean Dip

- 1 16-oz. can Rosarita "Fat Free" refried beans
- 5 ounces soft tofu, drained
- 3/4 cup salsa
- 2 cloves garlic
- 1 tsp chili powder (or to taste)
- 2 green onions, sliced thin

Combine beans, tofu, salsa, garlic, and chili powder in a blender or food processor and mix. Stir in green onions and serve with fat-free tortilla chips. This delicious and easy bean dip was a hit at the November monthly meeting. A big thank you to Mary Rieman for bringing the pupus and the recipe!

Mock Tuna Salad

- 2 cups cooked garbanzo beans, chopped
- 1 cup diced celery
- 1/4 cup minced fresh onion
- 1/4 cup sweet pickle relish
- 3/4 cup tofu mayonnaise

Combine all ingredients and chill. Serve as a sandwich spread or salad. We feed these mock tuna sandwiches on home made whole wheat bread to our VSH office volunteers to keep their energy up. Our Vice President likes them so much she claims she lives on these and nothing else (not recommended!)

Tofu Mayonnaise

- 10 1/2 oz. silken firm tofu
- 1/2 tsp dry mustard
- 1/2 tsp salt
- pinch of cayenne
- 1 Tbsp cider vinegar
- 1 Tbsp fresh lemon juice
- 1 Tbsp rice syrup

Combine tofu, mustard, salt and cayenne in food processor and spin until very smooth, stopping to scrape down the sides once if necessary. With the machine running, add the vinegar, lemon juice and rice syrup. Chill.

Whole Wheat Bread

(for Panasonic breadmaker)

- 2 cups whole wheat flour
- 2 Tbsp any other flour (or more whole wheat flour)
- 2 Tbsp vital wheat gluten
- 1/2 tsp salt
- 1 Tbsp turbinado sugar
- 1/4 cup applesauce
- 2/3 cup water
- 1 tsp yeast (regular or rapid-rising)

Stir together flours, gluten, salt, and sugar in a bowl; pour into breadmaker cup. Add applesauce and water. Put cup into breadmaker and close lid. Put yeast in top compartment and follow instructions for whole wheat bread making.

Nutrient Percent of (RDA per Calorie)

	Bean Dip	Mock Tuna	Bread
	(%)	(%)	(%)
Calcium	153	145	38
Fiber	427	461	374
Folate	1330	130	316
Iron	285	333	199
Magnesium	379	281	319

Potassium	461	357	141
Phosphorus	367	308	300
Riboflavin	114	92	152
Thiamin	438	100	400
Vitamin A	167	20	3
Vitamin B12	0	0	0
Vitamin B6	253	58	157
Vitamin E	423	807	71
Vitamin C	595	273	23
Zinc	171	164	183

% of Calories from:

Carbohydrate	63	68	76
Fat	13	15	4
Protein	25	18	20
Cholesterol (mg)	0	0	0

Miscellaneous

Members who want to have more involvement in VSH plans and activities are invited to attend our Board of Directors' meetings. The next meeting will be held Sunday, January 9 at 3:00 P.M. at St. Clement's Church. Meetings start on time and can last as long as three hours. Please bring your valid membership card for identification.

Under our recent reorganization, the following Board positions still need to be filled:

1. The Outreach/Education Director responds to requests for VSH presence at health fairs, environmental fairs, and other community events. S/he determines the number of volunteers needed at the event and the type of volunteer skills needed. S/he arranges for literature distribution and book sales when appropriate. S/he arranges for VSH speakers when requested by outside groups.
2. The Special Events Coordinator plans activities involving important speakers or other events, such as the Peter Burwash seminar or the YES! Tour. S/he works with other Board members to ensure room rental, tickets, publicity, and all other details are arranged. Only one special event per year is suggested; additional ones are optional.

We could also use a volunteer to take over the planning of our quarterly Adopt-a-Highway cleanup. If no one volunteers, we plan to resign from the project and notify the state to remove our sign from the highway.

Are you a single vegetarian? Or a formerly single one? *Vegetarian Journal* is planning an article on unmarried vegetarians and is looking for true life experiences to relate. Any ideas about how to meet people or what kind of events are available for veggie singles would be welcomed by the editors. Send your contributions to Jean Krasnansky, The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203.

Cheryl Chung, for 1-1/2 years chief coordinator of the VSH phone tree until its replacement by the present quick-mail service, wishes to express the gratitude of VSH to coordinators Clay Roberts, Susan Rodesky, Karl Seff, and the many volunteers who worked under them.

Cheryl also thanks the pupu providers for the monthly meetings, including Ted Booth, Jack Boyle, Marcia Deutch, Hedy Hagar, Katalina Lambert, Phyllis Mettauer, Otome Myers, Mary Rieman, Jerry Smith, Rudy Smith, Sunita Swarup, and Freeman and Eva Wright. Ted and Mary fixed pupus twice each, and we hope we didn't miss anyone else.

The Island Vegetarian



World Farm Animals Day, 10/2/93, was a pleasant affair with a short speech at the Gandhi statue in front of the Honolulu zoo by Dr. Cromwell Crawford, VSH member and chairman of the UH Asian Studies Department. Kat Lambert and Kathy Goeggel were on Channel 22 a week before to explain why Gandhi would have approved this event, and Keith Krueger dressed up in the now familiar cow suit to put the lei on the statue, while Shankar Bhat, M.D. sang a nice a cappella Hindu hymn, appropriate to the occasion. Thanks go to the Watumull family, who erected this noble statue, and to the Indian community for participation...Rosalind Phillips, M.S., M.P.H., R.D., coordinator of nutrition and health at Castle Hospital spoke to us on 10/12/93 and gave the benefit of her nutritional knowledge plus some remarkably beautiful food slides...the Peter Burwash lecture at the Ala Moana Hotel on 10/25/93 was a smashing success; Peter's dynamic delivery style and the content of his speech resulted in a standing room only crowd. 400 tickets were sold, and the club netted \$1689.12 after expenses. Thanks to Peter for donating his time, and to Dick Allgire for featuring him on KITV-4 a few days before the event. Kat Lambert and Eliot Rosen did a first rate job on the PR. Bill Arakaki, Oi Man Chan, Ruth Heidrich, Terrell McGruder, Andy Mertz, and Mary Reiman manned the VSH booth and the ticket desk...Dick Allgire gave us more of the same on 10/9/93 in the Saint Clement's Episcopal Church chapel. In addition to a highly informed, illustrated, and motivational talk, Dick plays *geetar* and regaled us with his five stanza composition "The Dead Cow Blues," which is a blast...Bob Jones (*Midweek* columnist) 3/24/93: "Julia Child, the woman who put Americans back in touch with their food, eats butter, meat, chicken skin, cheese, ice cream, fatty salmon, goat cheese, oils, fried foods and wine. If it pleases you, eat it. Let the grains-and-beans gurus stew in their own broths." Bob Jones *Midweek* 10/3/93: "I've made it a policy since my own (open heart) surgery six years ago to be supportive of recovering patients." **Yuh caint teach a mule nuthin' less'n yu wack him on the haid first t' git his attention.** Ah reckon that ol' Missouri farmer just didn't use a big enough mallet, Bob...



After legal prodding by the Beyond Beef Coalition, the USDA announced additional labeling instructions for meat and poultry products. The Farm Animal Reform Movement drolly suggested an additional warning, but wholesalers, food distributors, and retailers pressured U.S. District Judge James Nowlin to overturn the whole plan. Said he: "Immediate action is not necessary. The most serious food-borne illness outbreaks appear to have resulted from problems at restaurants and fast food outlets." Aye, Judge, and we'd love to sell ye' our wee lovely bridge in Brooklyn.

Meet the Members

Eva and Freeman Wright are the restaurant reviewers for



VSH. "We just like to eat good quality food and try out new flavors," says Eva. "We're into hot spices."

They met in 1979 when Freeman, who has an electrical engineering (B.S.E.E.) degree from the University of Maine, was the manufacturer's rep for General Electric, assigned to keep an eye on the nuclear engines of U.S. submarines.

Eva, with an R.N. and two M.S. degrees, was on the faculty of the University of Hawaii School of Nursing, teaching medical-surgical nursing to students.

"We were low-fat oriented for a long time," says Eva, but they didn't make the veggie switch until they returned to Hawaii in 1991 after a long hiatus in California, where Freeman was minding the nukes at Mare Island Naval Shipyard.

"We had more restaurants to choose from in San Jose, but we weren't vegetarians then."

What finally brought about the switch?

Freeman thinks the Dean Ornish book, *Reversing Heart Disease*, did it for him. "My mother has diabetes and heart disease," he says "and I didn't want it." After going to a lacto-vegetarian diet he dropped from 175# to 150#.

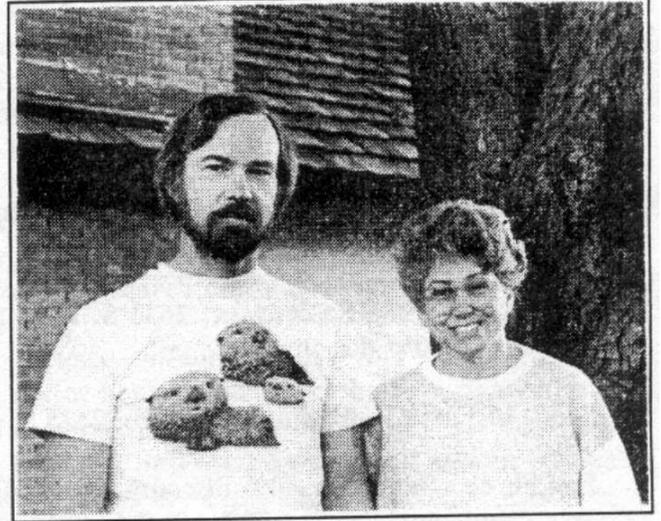
Eva found that she had more energy after the switch. "Definitely the ecological and ethical considerations were important. Animal agriculture devastates third world countries and damages our own water supply," she believes.

It's not that Eva and Freeman eat out *all* the time. "We're also into cookbooks," says Eva. "Freeman is the breadmaker, I do the rest." They're now mini ovo-lacto-vegetarians, which means just a little bit of dairy, and the egg yolks go in the garbage. "We use small amounts of olive oil, maybe a half teaspoon on a loaf of bread, and some tofu. Probably about 10-20% of our Calories come from fat."

"People have lost their cooking skills over the past forty years," says Freeman. "Everybody used to cook, but now they open cans and microwave the contents. Just to say vegetarian isn't enough. There was a news story about a vegetarian teenager whose diet was mostly cheese and avocado sandwiches."

What about spreading some veggie ideas among the UH nursing students? "They giggle at me a lot as they eat their meat and butter, but at least they know about it," says Eva. "We'd like to organize a cardiac prevention program, but most of the patients are too old to change. It would be good to start dietary education in kindergarten, but unless people feel vulnerable, they won't change."

Does that mean that when they're still young enough to change, they won't, and when they're finally old enough to get the message, it's too late? And what about those third world countries that make a beeline for the animal food as soon as they get enough money to buy it? "Business pressures drive their economies," says Freeman. "As per capita income goes up, they're ready to buy, and what the U.S. has to sell isn't vegetarian. Many countries just copy everything that's Western."



That echoes Andy Rooney, who jests that the final revenge for the Pearl Harbor attack may just turn out to be American fast food joints in Japan.

-Bill Harris, M.D.

Book Report

A Consumer's Guide to Alternative Medicine

by Kurt Butler

Prometheus Books

New York

ISBN 0-87975-733-7. 281 pages.



P.T. Barnum: "There's a sucker born every minute."

Joe Makaratz: "Barnum underestimated by a factor of sixty."

"Peter Popoff grossed tens of millions of dollars through performances in which he called out people in the audience, named their ailment, and performed miraculous healings with the power of Jeeezus. It turned out he was using a tiny radio receiver, hidden in his ear, to get the information broadcast by his wife backstage." While few other flim-flam artists reach such pinnacles of deceit, many of them continue in business, unlike Popoff, who was finally undone by James Randi, a magician, and Johnny Carson, an amateur magician.

This exposé is appropriate reading both for vegetarians, who historically appear susceptible to irrational notions, and to omnivores, who incessantly search out magic cures for the diseases brought on by their diet.

The most serious offenders in this catalogue of schlockmeisters are major book publishers, who investigate health claims with all the sense of responsibility of *The National Inquirer*. If a book will sell, they'll print it. TV personalities like Donahue, Rivera, Oprah, Sonya, S.J. Raphael, and even Larry King also emerge as promoters of the bogus. However, most of Kurt Butler's specimens are exploiting the deficiencies of the standard medical system. If the medical nostrums *all* really worked there wouldn't be any market for quacks. But they don't, and there is.

Carleton Fredericks, a chain-smoker who inflicted on a gullible public the catch-all diagnosis "hypoglycemia", appears early on. Then there are numerous supplement pushers who recommend such oddities as cytochrome C and who call pangamic acid "vitamin B₁₅", even though there's no evidence it's needed in the diet of vertebrates. Raw calf's liver and coffee enemas are used as treatment for cancer. A lady author studies therapeutics using herself as a guinea pig. "Everything she tries makes her better, but she remains unwell enough to continue seeking treatment". Past-life and polarity therapy put in an appearance as does "chronic yeast infection", Edgar Cayce's "psychic diagnosis", high colonic irrigation, homeopathy, iridology, Kirlian photography, multi-million dollar vitamin marketing schemes, orthomolecular medicine, psychic surgery, psychic astrology, rebirthing, snake blood therapy, superoxide dismutase, TM, and UFO abduction therapy. None of it's for free, and some of the advocates are making moderate to outrageous profits.

"Macrobiotics is a quasi-religious philosophical system that includes a semi-vegetarian diet based on balancing the 'yin' and 'yang' forces in one's life." But "yin" and "yang" are oriental metaphysical concepts. Who decided that potassium was 'yin' and sodium was 'yang'? Certainly not the ancient Chinese, who had no periodic table of the elements. If you balance the potassium in a vegan diet with an equal weight of sodium, you'll be adding about 1.75 teaspoons of salt to your food.

At least one name is out of place. Hawaii's John McDougall M.D., whose landmark *McDougall Plan* in 1983 was the first vegetarian tome to actually include a scientific bibliography, does not belong in the same volume with Peter Popoff. Kurt himself, now a Maui resident, says that if he had to remove a single section from the book, the McDougall critique would be the one.

This reviewer was not comfortable with some other inclusions, omissions, and assumptions. For example, the medical profession and the Food and Drug Administration seem to be offered as a gold standard, although Butler does admit, "Health care in America is costly and sometimes incompetent." This book is recommended however, particularly to our Board members. As VSH becomes more credible and prominent, we will be under pressure from dubious practitioners to highlight *their* work, thus diluting our own, which is not to treat people, but to teach, at no cost or profit, dietary changes that will keep them from getting sick in the first place.

-Bill Harris, M.D.