



VEGETARIAN SOCIETY
OF HONOLULU



Human Health, Animal Rights, and Ecology

Volume II, No. 4, Dec. 1991

PRESIDENT'S MESSAGE



Aloha friends,

I want to thank each of you for supporting our society in its infancy. We had phenomenal growth in 1991 and now have over 300 members. We also just received tax exempt status with the IRS, so donations to the Society, both cash and other items, can be written off as federal tax deductions.

We exist on a meager budget, as do many non-profit groups. One early decision we made was not to accept advertising in our newsletter; we wanted to provide reliable, non-commercial information. However, we have learned that our \$12 membership dues don't cover the cost of printing the newsletter and operating our office. To supplement dues income, a few of us have donated money to the organization. Also, Jerry and I have not accepted any payment for the time we've spent teaching the cooking seminars.

We can account for every penny spent, but costs continue to rise. Postage rates increased by 16% this year. We started buying recycled paper, which increased our printing costs by 20%. The public libraries may not continue allowing non-profit groups to use their meeting rooms, as they are running out of space. The alternatives we've found all charge a room rental fee.

For these reasons, we find it necessary to raise membership dues in 1992. Our Board of Directors has agreed to the increase and it will go into effect January 1. Regular dues will be \$15, family \$22, and student \$8. An additional \$4 will be added for international postage. We regret having to make these changes, but we want the Society to support itself in the long run. The good news is that for new members or renewals received under the increased rates, we will be able to offer half-priced membership in the North American Vegetarian Society. This represents a savings of \$9 for individuals and \$12 for families, and we encourage you to take advantage of it. The NAVS magazine, "Vegetarian Voice", is an informative, well written publication, and you will be supporting a good cause.

For our part, we will continue to educate the public, to the best of our ability, about the benefits of vegetarianism.

Best wishes,

-Elaine French

DIETARY CHANGE: WHY DO WE RESIST?

by Dr. Carl Weisbrod

(Summary of a talk given to VSH 7/9/91 at Kaimuki Library)

Few of us want to die, but statistics from the Centers for Disease Control (CDC) in Atlanta clearly show that the majority of U.S. deaths are from preventable causes such as heart attack, stroke, and cancer.

A million Americans are dying each year simply because they refuse to change their diet, get more exercise, or quit smoking. Health problems can be honestly solved, or honestly accepted. Dishonestly, they can be resolved by defense mechanisms, the mental blocks that avoid change. Here are a few, with the appropriate inner replies:

Denial: "I'm not going to think about my high cholesterol."

(It's still there)

Discounting: "I like meat. I'm entitled to one vice."

(Nature grants no entitlements)

Evasion: "Nobody lives forever."

(But you needn't dig your grave with your own teeth)

Procrastination: "Maybe I'll try to be a vegetarian *tomorrow*."

(Tomorrow never comes)

Projection: "It's Mom's fault I never learned to eat right."

(But it's your fault you don't teach yourself)

Rationalization: "Roast beef tastes soo.. good."

(Taste is acquired)

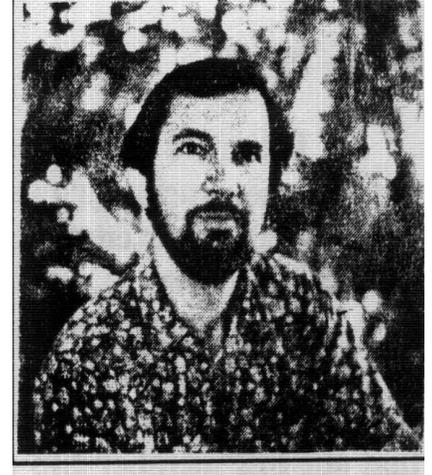
Regression: "Fatty food is FUN!"

(Heart attacks are not)

Those who insist on sticking with a diet high in fat, cholesterol, and protein are using (at least) rationalization and denial.

Epidemiological studies show that populations living on a starch based diet, as our ancestors did, have little of the heart disease and cancer that is common in countries with our "civilized" lifestyle. Defense mechanisms quiet the conflicts which arise within us as a result of that lifestyle.

Dr. Weisbrod holds a Bachelor's Degree in Psychology (Oregon State University), a Master's Degree in Counselling Psychology (University of Wisconsin), and Ph.D. in Neurotechnology (Williams Institute of Neurotechnology). He has practiced psychotherapy, most recently in the field of smoking aversion technique. He also runs the Adult Education Division of the Montessori School in Manoa.





VSH CALENDAR

Winter 1991-92



Tuesday, December 10th:

Monthly meeting of the Society. State Senator Rick Reed, a 15-year vegetarian, speaks on the topic "Vegetarianism and Political Activism: How They Affect Our Environment." He will also show a video entitled "Mount Olomana." 7:00 P.M. at the Lunalilo School cafetorium, 810 Pumehana St.

Saturday, December 28th:

Potluck dinner and holiday party. Bring a hot dish serving 4-6 people and containing no meat, poultry, fish or seafood. Many members are vegans who do not eat eggs or dairy products either. Bring your own plate and utensils, and a list of ingredients for your dish. 6:00 P.M. at the parish hall of St. Clement's Episcopal Church, 1515 Wilder Ave.

Tuesday, January 14th:

Monthly meeting of the Society. Alaina Lynch speaks on the topic "The Care and Feeding of V.I.V.'s (Very Important Vegetarians)." Ms. Lynch is a gourmet chef and the owner of Avant Garde Catering. 7:00 P.M. at the parish hall of St. Clement's Episcopal Church, 1515 Wilder Ave.

Tuesdays, January 21st, 28th and February 4th:

Series of three vegetarian nutrition and cooking seminars taught by Elaine French. Emphasis is on the preparation of low fat, no cholesterol food. Four course dinner is included each evening. Space is limited; reserve a place by sending payment in full to the Vegetarian Society. \$60 for non-members, \$55 for members. 6:30 to 9:30 P.M. Call 395-1499 for more information.

Monday, January 27th:

Meet at Country Life Vegetarian Buffet for a casual dinner. No reservations necessary. Bring your Society membership card for a 10% discount. 6:00 P.M. at 421 Nahua St. in Waikiki. Parking will be partially validated at any Outrigger lot.

Tuesday, February 11th:

Monthly meeting of the Society. Rosalind Philips MS MPH RD gives a lecture and slide presentation entitled "Weight Reduction, Vegetarian Style." Ms. Philips is the coordinator of nutrition and health programs at Castle Hospital's Center for Health Promotion. 7:00 P.M. at the parish hall of St. Clement's Episcopal Church, 1515 Wilder Ave.

Sunday, February 23rd:

Potluck dinner. Bring a hot dish serving 4-6 people and containing no meat, poultry, fish or seafood. Many members are vegans who do not eat eggs or dairy products either. Also bring your own plate and utensils, and a list of ingredients for your dish. 6:00 P.M. at the parish hall of St. Clement's Episcopal Church, 1515 Wilder Ave.

RESTAURANT REVIEW

Mon-Sat 10:30 AM-2:00 PM, 4:30 PM-9:00 PM.

Sun 4:30 PM-9:00 PM.

For those of you looking for lots of good vegetarian Chinese food, an inexpensive evening, and a conveniently central location, try Pineland.

Your VSH newsletter staff checked out this restaurant based on several recommendations. It passes the test, although you need to remember to ask for their separate vegetarian menu.



Dishes sampled were:

Shredded Vegetables With Spicy Hunan Garlic Sauce (and yes, it was spicy!) for \$4.75.

Egg Plant With Spicy Hunan Garlic Sauce (the same spicy sauce was good enough for two entrees) \$4.95.

House Special Assorted Vegetables at \$4.50, which were requested steamed, plain, and no MSG. The dish was delivered to the table as ordered despite mild protestations and some disbelief that was what we really wanted.

Moo-Shu, a vegetarian spring roll bulging with assorted vegetables in a delicious sauce at \$4.75. I could have made a meal on these alone.

The dishes were so tasty and filling it was hard to believe that no more than a teaspoon of oil was used in any of them. White rice was served on the side and our suggestions that they consider serving brown rice were met with incredulity. We assured the staff that brown rice was, indeed, a good food and that they may find that they'll be getting more requests for it. (Hint, hint.)

The restaurant seats about 40 and the decor, while simple, is adequate without the "traditional Chinese" long fluorescent bulbs. Limited free parking is available at the Chevron Station adjacent to the building which is located at 1236 Keeaumoku Street. The nearest major cross streets are Beretania and the H-1 Freeway.

-Ruth Heidrich.



Books:

<i>A Race for Life.</i> Ruth Heidrich.....	\$12.95
<i>A Vegetarian's Ecstasy.</i> (Cookbook) GLO Inc.....	\$14.95
<i>Diet for a New America.</i> John Robbins.....	\$13.95
<i>Diet for a New America.</i> (VHS tape) KCET Video.....	\$19.95
<i>McDougall Recipes I.</i> Mary McDougall.....	\$8.95
<i>McDougall Recipes II.</i> Mary McDougall.....	\$8.95
<i>Pregnancy, Children and the Vegan Diet.</i> Michael Klaper M.D.....	\$8.95
<i>The Cookbook for People Who Love Animals.</i> Gentle World.....	\$9.95
<i>The Power of Your Plate.</i> Neal Barnard M.D.....	\$10.95

The Animal Connection. Agatha Thrash M.D.....\$4.95
The McDougall Plan. John McDougall M.D.....\$9.95
The McDougall Program. John McDougall M.D.....\$10.95
Vegan Nutrition: Pure and Simple. Michael Klaper M.D.....\$8.95

THE VSH CRAZY-SHIRT !.....\$15.00

(VSH Members).....\$13.00

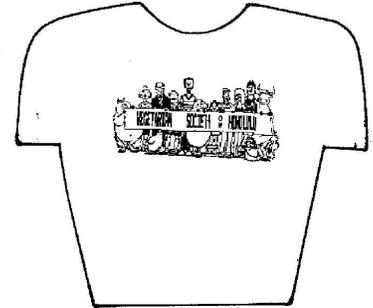
Size (S M L XL)

Subtotal.....\$ _____

Hawaii State Excise Tax 4%.....\$ _____

Shipping (15% of Subtotal).....\$ _____

Items Total.....\$ _____



RECIPES

Vegan Chop Suey

- 1/2 cup raw cashews
- 1 pkg (14 oz) raw firm tofu, cubed
- 1 tsp soy sauce or tamari
- 1 slice fresh ginger, grated
- 1 clove raw garlic, grated
- 1 Tbsp cornstarch
- 1 tsp Dijon or brown mustard
- 1 1/3 cup long grain brown rice
- 1/4 cup raw mushrooms
- 1 bag (8 oz) mung bean sprouts
- 1/4 cup broccoli
- 1/3 cup raw onion

1/4 cup raw celery

1/2 cup raw carrots

2/3 cup raw Chinese peas

Steam or boil the rice until done. Slice the vegetables lengthwise and steam in a basket with the cashews and tofu for 10 minutes. Pour a cup of cold water into the cornstarch, mix, and bring to a simmer. Stir until thick, adding the garlic, ginger, and soy sauce. Add the sauce to the vegetables and place over the strained rice. Use mustard for additional seasoning. Serves two or three.

Lentil Loaf - from McDougall Recipes I

2 cups cooked lentils

1 cup cooked brown rice

1/2 cup diced green peppers

1/2 cup diced onions

1/2 cup chopped tomato

1/4 cup diced celery

1/2 cup bread crumbs

1/4 cup tomato paste

3 Tbsp minced fresh parsley

2 tsp basil

2 tsp egg replacer

1 tsp oregano

1/2 tsp marjoram

1/4 tsp dried red pepper flakes

Combine all ingredients except egg replacer in a large bowl. Put egg replacer in a blender with 1/4 cup water and add 1 cup of the lentil mixture to the blender. Process on low speed until smooth. Stir this blended mixture into the lentil mixture and turn into a non-stick loaf pan. Bake at 350 degrees for 45 minutes.

This is a delicious loaf and not high in fat like tofu or nut loaves. It is good alone, or with your favorite sauce or gravy. We always make a double batch of this because it disappears so quickly!

Stuffed Dates

1 lemon

1 Tbsp miso (red or kome)

1 Tbsp tahini

1/2 tsp cinnamon

1 cup walnuts, roasted and finely chopped

1 Tbsp barley malt

1 lb. large dates, pitted

Grate the zest (outer yellow part of the rind) of the lemon, then juice the lemon. Combine zest and juice with all other stuffing ingredients except the walnuts and mix well. Add walnuts and mix again. Slit dates and stuff each one with some of the mixture. This filling has a wonderful tangy taste that cuts the sweetness of the dates. A box of these dates makes a good Christmas gift.

The nutrient index below compares the recipes to the recommended dietary allowances (RDA) for an active adult requiring 2200 Calories/day. (e.g. if 2200 Calories of chop suey were the only food for the day there would be 102.4 gm protein, 987 mg calcium, 50.9 mg iron, and 16.7 mg zinc). There's neither vitamin B₁₂ (gulp) nor cholesterol (hurray!) in these recipes.

(Nutrients in 2200 Calories)				
NUTRIENT	RDA	Veg-suey	Len-loaf	St-Dates
Calories	2200	2200.0	2200.0	2200.0
Protein (gm)	50.0	102.4	119.0	39.0
Fat (gm)	< 73.0	77.4	15.4	63.0
Calcium (mg)	800.0	987.0	834.0	446.0
Cholesterol (mg)	0.0	0.0	0.0	0.0
Iron (mg)	15.0	50.9	38.4	12.8
Magnesium (mg)	280.0	1025.7	407.0	447.0
Potassium (mg)	2000.0	3103.5	5363.0	4307.0
Riboflavin (mg)	1.3	1.4	1.8	0.8
Sodium (mg)	500.0	743.4	1549.0	768.0
Thiamin (mg)	1.1	1.4	2.0	0.9
Vitamin A (R.E.)	800.0	1431.5	938.0	61.2
Vitamin B12 (ug)	2.0	0.0	0.0	0.0
Vitamin B6 (mg)	1.6	2.5	7.0	1.3
Vitamin C (mg)	60.0	141.9	267.0	99.4
Zinc (mg)	12.0	16.7	14.5	6.6

THE THREE DOT VEGETARIAN



Animal Rights Hawaii, PO Box 61386, Hono. HI 96839-1386 just came out with Vol. 1, No. 1 of THE ANIMAL RIGHTS NEWS. ARH will get two half hour slots on Public Access Channel 22 beginning in December and continuing for 26 weeks. They plan to run pro-quality films concentrating on ethical and environmental issues and we warmly wish them well...PCRM, the Physicians Committee for Responsible Medicine ("They're neither physicians nor responsible," harrumphed the American Medical Association) conducted a model campaign against some Army experiments at Louisiana State University. Cats were shot in the head with steel pellets to simulate battlefield wounds. It was a soft target for PCRM and dozens of neurosurgeons and E.R. docs testified to its low scientific priority. According to PCRM aide Joel Newman the Pentagon will wrap up the study with no further cat shooting...Lufthansa now advertises its "careful vegetarian offerings" with a *Business Week* full color spread of the airline's chefs buying fresh veggies...The Second International Congress on Vegetarian Nutrition comes up 6/28/92 in Arlington, VA. Last time the proceedings were published in *Am J Clin Nutr*, a scientific landmark...Compuserve now has a Pets Forum. To join the Animal Rights Electronic Network, log into section 14 and look for file AREN2.NFO...The dolphins still cruise Manele Bay on Lanai and if you're lucky you can swim with them. A good way to distract

them from their morning fish run is to stick your feet out of the water and spin around upside down. The Manele Bay Hotel's Hulopoe Court Dining Room featured a scrumptious spinach salad, baked potato, and a vegetable plate from their own organic garden. The island is switching from monoculture pineapple to diversified agriculture (loud cheers!).

Some of the fast food chains are now claiming a 93% fat free hamburger. Analysis is by weight of course, so that means that in a 100 gram hamburger 93 grams of it is not fat. On the other hand 7 grams are, and since fat carries 9 Calories per gram that means that $7 \times 9 = 63$ Calories out of 179 are from fat. The "93% fat free" burger is $100 \times 63 / 179 = 35\%$ of Calories from fat. Did somebody say deceptive advertising? *Shoe's* 70% fat free burger would be $100 \times (100 - 70) \times 9 / 268 = 101\%$ fat. Not even hamburgers are that bad.

IT'S NOT OVER 'TIL THE FAT LADY SINGS



But What's She Singing *About*? O patria mia, mai piu ti rivedo

O verdi colli, o profumate rive..

O fresche valli, o questo asil beato

and later:

La..tra foreste vergini

Ivi il suolo è aromi e fior

Fresche valli e verdi prati

A noi talamo saranno

Oh, how I long to see my home

Oh, fertile meadows scented with summer flowers

Oh, fragrant valleys, oh blessed haven

There where the virgin forests rise

Flowers blossom in every grove

Fragrant valleys and summer meadows

The only marriage bed we lie on Board member Alida Labrie read the subtitles and wondered what Aïda's magical homeland was called. Would you believe Ethiopia? By the 1980's Ethiopia was a famine-ridden dustbowl. What happened to the blessed haven?

We asked Gary Hickling to check it out for us. Gary hosts "Great Songs" on KHPR after the Saturday opera, plays bass in the Honolulu Symphony, helps out in the Hawaii Green Party, and is a member of VSH. Gary sent us the following:

The Khedive of Egypt commissioned Giuseppe Verdi (aka Joe Green) to write an opera for the opening of the Cairo opera house on 12/24/1871. Verdi turned the libretto over to Antonio Ghislanzoni who wrote the melodrama about Aïda, an Ethiopian princess captured and taken as a slave to the Pharaoh's court, circa 1000 B.C.

Ghislanzoni's account was based on the work of French Egyptologist Auguste Mariette, and it squares with the ancient Greek belief that "the land of Punt" was the home of the gods and the origin of wheat and olive oil.

Then, Ethiopia had a dense mantle of trees, grass, orchards, and food crops⁽¹⁾. Sometime between then and 1974 it developed a livestock population of 100,000,000 animals, 1/4 of which were cattle⁽²⁾

That's 20% of the total African cattle population on 3.6 % of the total African land area.

Cynthia Smith, lecturer in history at Leeward Community College, and our VSH secretary, spoke on 5/14/91 about "Animal Agriculture and the Fall of Civilization." Mesopotamia, Egypt, Italy, Greece, Lebanon, and most of North Africa all started out as lush Gardens of Eden, too, but the inhabitants took to raising animals, mostly goats, for food. In each case the animals got their revenge by eating all the vegetation including the trees and the bark thereon. After that the topsoil blew away, and those ancient civilizations just blew away after it. Ethiopia's present woes are partly the result of European colonialism, Communist mismanagement, and failure to control population, but not much has been said about the additional burdens imposed by animal agriculture.

Could it happen here? It *is* happening here. For the gory ecological details, read John Robbins' "Diet for a New America."

-Bill Harris, M.D.

References:

1. Simoons FJ. *Northwest Ethiopia*. Univ. of Wisconsin Press. Madison 1960.

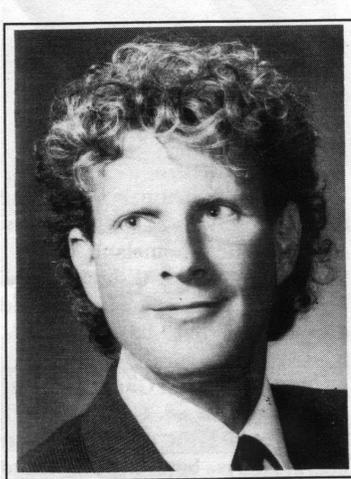
LCCCN 60-5660. p 210.

2. Encyclopedia Britannica, Inc. *Encyclopedia Britannica*. Chicago, 1974.

ISBN 0-85229-290-2. Vol. 6 p 1002. Vol. 19, p 83.



MEET THE MEMBERS



Eliot Rosen publicized the highly successful lecture by Peter Burwash at the Ala Moana Hotel on November 4th. The proceeds of this SRO event put the VSH treasury firmly in the black. Eliot also arranged for an advance PR column in the 11/3/91 Star-Bulletin.

A recent arrival in the islands, Eliot is Case Supervisor at the Diamond Head Community Mental Health Center, a branch of the Hawaii Department of Health. He has been a vegetarian for 19 years, and a vegan for 16.

Holder of an MSW (Master of Social Work) from Cal. State Sacramento he was Vice President of the Sacramento Chapter of the National Phi Alpha Social Work Honor Society. Formerly Nutritional Advisor to the *Sacramento Vegetarian Society*, Eliot also worked in Broadcasting and Newswriting at Santa Monica College.

From the State University of New York at Albany he did independent studies in Bombay and Cuernavaca with Ivan Illich, author of the controversial but stimulating *Medical Nemesis*.

He has wide experience in clinical psychology but has also lectured on diverse topics including vegetarian modifications to the National School Lunch Program. This is a wide open topic, as Eliot explained in his lecture at our October 8th VSH meeting. Hawaii school lunch menus are built around hamburgers, sloppy Joes, Kalua pork, hot dogs, chicken nuggets, beef tacos, and other animal food, with a few overcooked vegetables on the side as an afterthought. There are few vegetarian options on any public school menu, except for an occasional lasagna with cheese.

Good for You by Barbara Burke in the 10/16/91 Star-Bulletin gave a nice account of Eliot's lecture and his ideas on lunch reform. A survey of school lunches found they average 39 percent of Calories from fat, and that 25% of school children have elevated cholesterol levels. French fries are offered more than any other kind of potato and menus run high in sodium and low in fiber. Much of the beef, pork, chicken, cheese, eggs, and butter in these lunches are provided "free" by the USDA. Although half the schools in England offer one vegetarian meal every day, U.S. public schools won't change unless there's a 51% majority. The National School lunch program requires that children's meals have milk and one concentrated protein but tofu is not allowed.

If the petition on the next page gathers enough signatures, Eliot and The Committee to Improve School Lunches will present a plan to Eugene Kaneshiro, the director of School Food Services for the DOE, outlining economical improvements without limiting *anyone's* food choices.

Eliot has worked with various luminaries including Dick Gregory, James Arness, Danny DeVito, Andreas Cahling, Sidney Clute, and Nathan Pritikin. He's edited and written several health oriented books, and hosted Healthchoice, a weekly L.A. radio show. A member of Local 802 Musician's Union, Eliot plays percussion gigs and was house drummer for three summers in various upstate New York resorts.

Eliot came here for reasons of physical and spiritual health. Vegetarianism opens new vistas, he says, and if one could make only one intervention on behalf of world peace and human survival, vegetarianism would be the choice.



PETITION TO IMPROVE SCHOOL LUNCHES

WE, the undersigned, as concerned students, parents, teachers and citizens, urge the Hawaii School Food Service and the Department of Education to improve the nutritional quality of school lunches.

LOWER THE AMOUNT OF FAT AND CHOLESTEROL IN SCHOOL LUNCHES-The Surgeon General and other authorities recognize a link between high fat foods and cardiovascular disease, diabetes, obesity, and several types of cancer.

GIVE STUDENTS A CHOICE-By signing this document we voice our preference for a nutritionally balanced plant-based entrée to be offered alongside, or in substitution for, the high fat animal-based school lunches.

ECONOMICALLY FEASIBLE-Since the U.S.D.A. regularly donates free or low-cost plant-based foods to local school lunch programs, the addition of more healthful food choices is affordable.

SERVE MORE UNPROCESSED FOODS-Meet the taste preferences of students, but without sugar, white flour, preservatives, and excess salt.

IMPROVE THE NUTRITION CURRICULUM-Outdated nutritional ideas taught in public schools reinforce eating patterns that are now known to increase health risks.

VEGETARIAN SOCIETY

OF HONOLULU

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Quote:

"To be a vegetarian is to disagree - to disagree with the course of things today. Starvation, world hunger, cruelty, waste, wars - we must make a statement against these things. Vegetarianism is my statement, and I think it's a strong one."

-Isaac Bashevis Singer, 1904-1991