

VEGETARIAN SOCIETY  
OF HONOLULU



*Human*

## *Health Health, Animal Rights, and Ecology*

Volume III, No. 3, Sept. 1992

### PRESIDENT'S MESSAGE



Aloha friends,

Since we had no local health or environmental fairs scheduled for the summer, I took advantage of the lull in activities to attend the Second International Congress on Vegetarian Nutrition, held June 28 to July 1 in Washington, D.C. The Congress was sponsored by Loma Linda University, and scientists from around the world presented their research to the assembled health professionals.

Several researchers discussed the results of Seventh Day Adventist health studies. The longevity and low disease rates found in SDAs are testimony to the benefits of a vegetarian diet. Another study showed that animal proteins such as casein (a dairy protein) have a negative effect on serum cholesterol and insulin levels. This effect is *separate* from the damage caused by animal fat and cholesterol; skim milk or flesh foods with a reduced fat content are still harmful to our health!

It was an honor to hear T. Colin Campbell report on his massive Cornell-China-Oxford study of 6500 Chinese. He found a direct correlation between the incidence of degenerative diseases and the intake of animal foods; even small amounts of these foods increased disease rates. Dean Ornish, M.D., described his success in reversing heart disease with a low fat vegetarian diet. He received a standing ovation from the hundreds of physicians, nurses and dietitians in attendance.

All presentations at the Congress were professionally recorded and are available on audio tapes. You can send us a SASE for an order form.

I returned to the mainland with Jerry for the Vegetarian Summerfest at Bryant College near Providence, Rhode Island August 5-9. We attended lectures, food demonstrations and social activities, and we enjoyed the workshops for vegetarian "activists". The things we learned will help us strengthen and improve the Vegetarian Society. We also made some connections that should result in exciting speakers for our future meetings.

We liked the talk by George Eisman, R.D., chair-elect of the recently formed Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. He said that the ever-conservative ADA had decreed the VN DPG would be disbanded if it did not attract at least 150 members in its first year of existence. It was amusing to hear that today, only eight months later, it has 1500 members. George also mentioned that *half* of the current undergraduates in the Cornell University nutrition department are vegetarians, and Cornell has the largest nutrition department of any school in the United States!

So rest assured that our important message is being heard across the country and around the world. Health educators, environmentalists and animal rights activists are coming together to teach people a better way to live.

We know how to help humans, animals, and the planet; we know that health and non-violence begin with the fork.

Best wishes,

-Elaine French



## VSH CALENDAR

Fall 1992



Tuesday, September 1st:

Meet at Saeng's Thai Restaurant, 315 Hahani Street in Kailua for an informal dinner.

Tuesday, September 8th:

Monthly meeting of the Society. Ruth Heidrich-Geier, world class triathlete and author of *A Race for Life: from Cancer to the Ironman*, speaks on the topic, "Vegetarian Food: the Perfect Fuel for Health and Fitness". 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue.

Monday, September 14th:

Informal dinner at Cafe Athena at Restaurant Row. No reservations necessary. 6:00 P.M. at 500 Ala Moana Boulevard, mauka of the central bandstand. Parking is free after 5:00 P.M.

Monday, September 21st:

Informal dinner at Diem Vietnamese Restaurant at 6:00 P.M. No reservations necessary. 2633 South King Street, Diamond Head of University.

Saturday, September 26th:

Potluck dinner at 6:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue (at Makiki Street.) Bring a hot dish serving 4-6 people and containing no meat, fish, or fowl. Also bring your own utensils and a list of ingredients for your dish, as many members eat no dairy products, eggs, or honey. The program may include a brief talk.



Friday, October 2nd (Gandhi's birthday):

Holy cow! It's World Farm Animals Day *and* the Mahatma's too. Animal Rights Hawaii and VSH will have music and a ceremony (12:00N-1:00PM) for the 5 billion lesser souls who get eaten every year. Bring your brown bag veggie lunch to the Gandhi statue fronting the Honolulu Zoo. Call VSH (395-1499) or ARH (261-6192), and *please* turn out for this international event.

Tuesday, October 6th:

Meet for dinner at 6:30 P.M. at Champa Thai Restaurant. No reservations are necessary. Pearl Kai Center, 98-199 Kam Highway, Unit C-2.

Tuesday, October 13th:

Monthly meeting of the Society. Bill Harris, M.D., 40-year vegetarian, speaks on the topic "Nutritional Errors to Avoid". 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue (at Makiki Street.)

Monday, October 19th:

Informal dinner at 6:00 P.M. at India Bazaar Madras Cafe. No reservations necessary. 2320 South King Street in Stadium Mall.

Saturday, October 24th:

Potluck dinner at 6:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue (at Makiki Street.) Bring a hot dish serving 4-6 people and containing no meat, fish, or fowl. Also bring your own utensils and a list of ingredients for your dish, as many members eat no dairy products, eggs, or honey. The program may include a brief talk.

Tuesday, October 27th:

Meet in the dining facility at the Krishna Temple for a casual buffet dinner. No reservations necessary. 6:00 P.M. at 51 Coelho Way, off the Pali Highway on the makai side.

Tuesday, November 3rd:

Meet at Thai Taste Restaurant at 6:00 P.M. for a casual dinner. No reservations necessary. 1246 South King Street (between Piikoi and Keeaumoku Streets on the mauka side.)

Tuesday, November 10th:

Monthly meeting of the Society. Elaine French, President of the Vegetarian Society, speaks on the topic "Fast Vegetarian Meals for Busy People." 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue (at Makiki Street.)

Monday, November 16th:

Informal dinner at Cafe Athena at Restaurant Row. No reservations necessary. 6:00 P.M. at 500 Ala Moana Boulevard, mauka of the central bandstand. Parking is free after 5:00 P.M.

Monday, November 23rd:

Informal dinner at La Salsa Mexican Restaurant at Restaurant Row. No reservations necessary. 6:00 P.M. at 500 Ala Moana Boulevard, #5-D. Parking is free after 5:00 P.M.

Wednesday, November 25th:

Third annual Vegetarian Society Thanksgiving dinner. Alaina Lynch of Avant Garde Catering will serve a pure vegetarian (vegan) dinner with pupus at 5:00 P.M. and buffet dinner from 6:00-8:00 P.M., in the Atherton Halau at the Bishop Museum, 1525 Bernice Street, off of Kapalama Avenue. Seating is limited; purchase your tickets early so as not to be disappointed! Tickets are available from Eco-Foods, 1541 So. Beretania, or by sending a stamped, self-addressed envelope

with check made out to:

Vegetarian Society of Honolulu

P.O. Box 25233

Honolulu, HI 96825

\$18 for adults, \$8 for children under 12, and no charge for children 3 and under. A \$2 refund will be given at the door to adult VSH members. Please present your membership card.

**Related Events:**

\*\*\*\*\*

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

VSH will have a booth at the first annual Healthy Living Hawaii Faire, with camping on the North Shore of Oahu. Inquiries and reservations: Healthy Living Hawaii Faire, PO Box 1263, Kailua, HI 96734. Phone 523-7779.

**RECIPES**

**Artichoke-Tofu Spread**

\*\*\*\*\*

- 1 14-oz. can water packed artichoke hearts
- (OR 1 pkg. frozen artichoke hearts, thawed)
- 16 oz. tofu, drained
- 1 small onion, minced
- 1/2 tsp garlic powder
- 1/4 cup oil-free Italian dressing
- dash or two of Tabasco sauce

Place the artichoke hearts in a food processor or blender and process until smooth. Place the tofu in a bowl and mash with a potato masher or fork. Add the blended artichoke hearts and the remaining ingredients. Mix well and chill. (Recipe courtesy of Mary McDougall)

**Quick and Easy Brown Bread**

\*\*\*\*\*

- 1 1/2 cups fat free soy milk (or 1% fat)
- 2 Tbsp vinegar
- 3 cups whole wheat pastry flour
- 2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup molasses
- 1/2 cup raisins

Preheat oven to 325 degrees. Mix soy milk with vinegar and set aside. In a large bowl, mix flour, soda and salt together. Add molasses, soy milk mixture, and raisins and stir just until ingredients are combined. Spoon into a

large non-stick loaf pan and bake at 325 degrees for one hour.

(Recipe courtesy of Jennifer Raymond)

### Israeli Wheat Berry Stew

\*\*\*\*\*

- 7 cups water
- 1 1/2 cups Great Northern (white) beans
- 1 cup wheat berries
- 6 smallish potatoes, cut in half
- 1 large onion, sliced
- 4 cloves garlic, minced or pressed
- 5 tsp ground cumin
- 4 tsp turmeric
- 1/2 tsp pepper

Combine all ingredients in a large pot. Cover and simmer over medium heat at least 4 hours. This spicy dish is our favorite thing to make in the slow cooker. It takes about 8-10 hours on the high setting. We usually add some salt just before serving. (Recipe courtesy of Mary McDougall)

### Carob-Orange Mousse

\*\*\*\*\*

- 1 lb. soft tofu
- 1/4 cup carob powder
- 1/2 tsp grated orange zest
- 2 tsp vanilla
- 1/2 cup brown rice syrup

Combine tofu, carob powder, orange zest and vanilla in a food processor and spin until smooth, stopping once to scrape the sides. With the machine running, add rice syrup and continue to mix until very creamy. If using a blender, add all ingredients at once. Chill. Makes 4 servings. For a decadent treat, replace the carob with unsweetened cocoa.



### Nutrients in 2200 Calories

NUTRIENT	RDA	Artichoke	Brown Bread	Israeli	Mousse
Calories	2200.0	2200.0	2200.0	2200.0	2200.0
Protein (gm)	50.0	197.0	70.7	79.1	207.0
Fat(VSH Rec.)-	< 49.0	109.0	16.0	12.1	115.0

(gm)					
Calcium (mg)	800.0	2574.0	1469.0	561.0	2915.0
Cholesterol (mg)	0.0	0.0	0.0	0.0	0.0
Iron (mg)	15.0	119.0	49.9	38.0	135.0
Magnesium (mg)	280.0	1541.0	679.0	601.0	1213.0
Potassium (mg)	2000.0	6181.0	8303.0	6727.0	3211.0
Riboflavin (mg)	1.3	1.8	1.6	0.8	1.3
Sodium (mg)	500.0	1276.0	3360.0	105.0	191.0
Thiamin (mg)	1.1	2.4	2.8	2.6	2.1
Vitamin A (R.E.)	800.0	341.0	13.1	20.1	258.0
Vitamin B12 (ug)	2.0	0.0	0.0	0.0	0.0
Vitamin B6 (mg)	1.6	2.3	2.2	5.8	1.2
Vitamin C (mg)	60.0	114.0	2.8	129.0	14.5
Zinc (mg)	12.0	21.2	13.4	14.8	20.2



## MEET THE

## MEMBERS

"It's rude to interrupt the life of another sentient being. Just because you don't understand 'moo' is no reason to kill a cow and have it for lunch." We were talking to Brian Isaacson, a VSH member since 2/91, and the conversation was peppered with *bon mots*.

Brian went vegetarian in 1970. Why? "Disgust," he said. At age 15 he'd seen "Blood of the Beasts", a black and white slaughterhouse film, and became "dismayed at the idea of eating body parts." Finally he took the plunge, bothered that he was "doing this thing that was nuts and unconventional," but aware that eating at the top of the food chain is unecological, and according to Rachel Carson, full of pesticides. Also, "depersonalizing animals prior to eating them is similar to depersonalizing human enemies before you go to war." Propaganda buffs take note. The Vietnam protest raised consciousness about killing things in general and finally Brian decided, "there's no need to eat things with veins in them."

He taught comparative religion in his Unitarian Sunday School, and Buddhism, Jainism, and Hinduism left a mark. "I thought of being a minister, but nobody listens to 'em," says Brian.

With a hefty knowledge of sports and race car maintenance picked up in Ann Arbor, Michigan he moved easily into aviation, where the "technology is more intelligent." He earned his private pilot's license in 1974 and then took the fast track through the Aircraft and Powerplant curriculum at San Francisco City College.



Beginning in 1980 he taught A & P at San Mateo College and then, after coming here as a consultant in 1988, became lead instructor in Aircraft and Powerplants at Honolulu Community College, which now graduates 60 students/year versed in the maintenance of fixed and rotary wing aircraft, gliders, balloons, and powerplants ranging from piston to turbo-prop and jet.

Once a week Brian "bores holes in the sky" in a "Midget Mustang", a low wing homebuilt. Most Saturdays he scuba with the UH Aquanauts, but he goes down to look, not to spear. He's an expert target shooter (one rank below master) and a member of the National and Hawaii Rifle Associations. Not a hunter, he comes from a family of hunters and feels more kindly toward responsible hunters than casual hamburger eaters who really don't want to know where the hamburger came from. "Ooh, that's gross!" quotes Brian, "but they go right on eating, after you tell them."

Brian observes that VSH members have wider and more vehement food preferences than the general public. On the club's masthead, "Health, Ecology, and Animal Rights", he thinks the latter is the most important, since if we hadn't violated the ethical rights of animals in the first place we wouldn't have most of our health and ecological problems now.

\*\*\*\*\*

Correction: In our last edition we said that Cheryl Chung helped found the Hawaii Kidney Foundation. In fact it was the Hawaii Kidney Association, a St. Francis Hospital patients' organization.

---

## ***BAD NEWS AND GOOD NEWS AND BAD NEWS DEPARTMENT***

### **Some folks widely reputed to be vegetarians:**



Schweitzer, Albert.

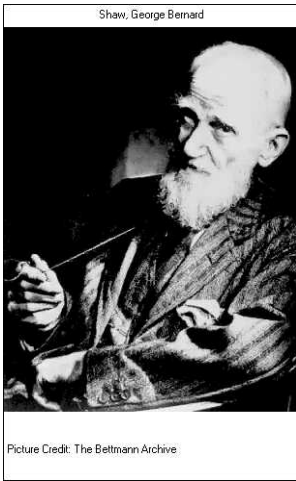
Although reverence for life was his code phrase, "he occasionally ate meat and it was always on his table"[\(1\)](#).

Hitler, Adolph

"When his niece, Geli, committed suicide he became a strict vegetarian although he continued to eat liver"[\(2\)](#). A little problem with definitions here. The same author also stated that Hitler "had a special fondness for Bavarian sausage". David Irving described Hitler as an extremely cranky vegetarian[\(3\)](#), but also noted that his physician, Dr. Morel, kept him loaded with liver pills and hormones, including testosterone, apparently on an empirical basis.



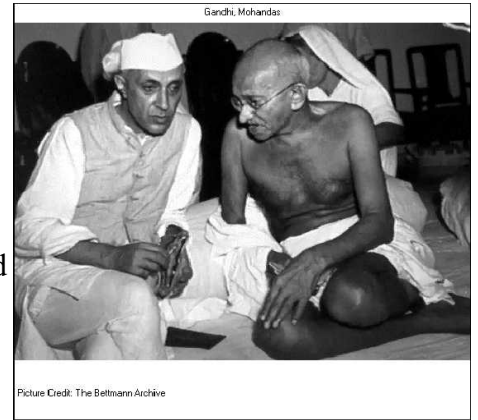
Shaw, George Bernard



This witty Irishman wrote passionately on vegetarianism. However, in his nineties he developed pernicious anemia. He accepted injections of liver extract which were known to be specific for the condition. Had the disease occurred five years later Shaw would have been spared the criticism of his fellow vegetarians. In 1948 Lester Smith, at Glaxo Laboratories, isolated vitamin B12 and showed that it was synthesized by bacteria. Shaw could have taken injections of cyanocobalamin without humiliating his principles.

Gandhi, Mohandas (10/2/1869-1/30/1948).

Exploiting the common belief that crystalline table salt is essential in the diet, Gandhi led the 1930 "salt rebellion" against the British, who monopolized salt production and imposed a "salt tax" on their Indian subjects. However, sodium balance is maintained with a dietary intake of only 198 mg/day' although the RDA is (mistakenly) set at 1100-3300 mg/day. Since sodium is selectively conserved by the hormone aldosterone, it's hard to construct a diet that's salt deficient, unless you eat only fruit, or only rice, or only starch; then deficiencies of protein and vitamin A (Beta-carotene) occur as well. If garden vegetables are added, these problems disappear. Gandhi was an ardent vegetarian and an astute politician, but only an opportunistic biochemist. His supporters needed fresh vegetables more than salt.



### References for "Bad News and Good News..."

- 1. Barkas, Janet. *The Vegetable Passion*. Charles Scribner's Sons. New York 1975 p 133
- 2. Payne, Robert. *The Life and Death of Adolph Hitler*. Praeger Publishers
- 3. Irving D. *The Secret Diaries of Hitler's Doctor*. MacMillan. New York, 1983

### RESTAURANT REVIEW



Keo Sananikone started with one Thai restaurant back in 1977. Now he has three and we've been customers at the King Street establishment several times. For one thing parking is no problem after hours and the place is modestly classy, with pleasant, neat, and helpful staffers. For another, Keo really seems to understand the definition of vegetarian, so there's no worry about what's really in the list of vegetarian appetizers, salads, entrees, and desserts. If your friends are not of the plant eating persuasion they'll find dishes to suit, but the veggie dishes may suit them even more.

The atmosphere is pleasant and if your large viscera start to digest your small while dinner's cooking, there are roasted, ground, unsalted peanuts on the table intended to be sprinkled on the forthcoming food. Keo's also specializes in industrial strength chili sauce which should be applied with caution.

Keo's serves brown rice. This is a rarity in oriental restaurants which usually serve only white rice, perhaps in an attempt to bring back good old beri-beri. Some of the dishes are stir fried, and we'd be pleased if they were steamed or "stir fried" in water instead of oil but, shucks folks, that's Utopian thinking. Vegetarian spring rolls, though fried, come with a huge mound of lettuce, to be used as outer wrapping. Coconut milk adds an interesting flavor to many dishes.



The beautifully illustrated *Keo's Thai Cuisine* cookbook is purchasable for \$24.95 at the restaurant, so we bought it and then picked up a few odd vegetables at The Asian Grocery, 1319 So. Beretania, 531-8371. The way we made it the Jungle Prince was pretty Evil all right, but then it didn't taste much like Keo's either. We've tried most of the restaurant entrees now and they're all first rate, but some are firster than others. Below is our rating with 10 as tops.

DISH	PRICE	RATING
Vegetable Curry	\$6.95	7
Watercress with Tofu	\$6.95	6
Broccoli with Tofu	\$6.95	9
Evil Jungle Prince	\$6.95	10
Ginger String Beans	\$6.95	9
Eggplant with tofu	\$6.95	10
Tofu with Fresh Basil	\$7.95	8

---

## ANIMAL RIGHTS HAWAII



Sixty people showed for the ARH candlelight vigil originated by ISAR, the International Society for Animal Rights, at Honolulu Hale Aug 22. Ellen Ervin and her poi dog, Kanani, made the channel 2 TV news coverage that night. Ellen was eloquent on the sufferings of millions of stray, unwanted animals, but her dog didn't say much. The solution, of course, is birth control; spay/neuter programs are high on the priorities at ARH.

ARH's quarterly meeting will be from 5:00 P.M.-7:00 P.M. on Thursday September 3 at Winstedt House, 3840 Paki Ave. Examined will be the spectrum of laws protecting animals at the city, state, and federal level with the assistance of the respective enforcement officials. Call 261-6192 for details.

On Mahatma ("Great Soul") Gandhi's birthday, Friday October 2 from 12:00 noon to 1:00 P.M., ARH and VSH will commemorate World Farm Animals Day, with a brown bag vegetarian lunch, music, and a short ceremony at the Gandhi statue on Kalakaua Ave. under the banyan tree fronting the Honolulu Zoo. "Farm animals never have a nice day" in the words of FARM (Farm Animal Reform Movement) founder Alex Hershaft. Call VSH (395-1499) or ARH (261-6192) for late breaks, and *please, please, please* turn out for this international event.



ARH and VSH members planned a rescue operation for one lucky lamb at the June 27 Hawaii State 4-H Livestock Show during the Hawaii State Farm Fair. However, before one can bid in the auction, papers must be signed stating, "I understand that all animals...are market animals, and must be slaughtered." Maybe we'll be a little better organized next year. So, if we buy an animal and put it out to safe pasture for a long and natural life will the gendarmes come after us for violation of contract? Or maybe for violation of the animal welfare act? The 4-H club does fine work teaching farm kids good work habits and financial skills, but more emphasis on plant agriculture would make sense in a world where animal ag is on the way out.

### **RAW FOODER'S DICTIONARY (Lifted from *Mensaloha* who lifted it from *NH Mensa*)**

\*\*\*\*\*

Microwave oven: space age kitchen appliance that uses radar to locate and destroy any food placed inside.

Oven: Compact home incinerator used for disposing of bulky pieces of meat and poultry.

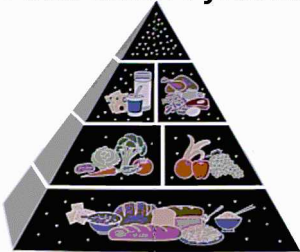
Recipe: a series of step-by-step instructions for preparing ingredients you forgot to buy, in utensils you don't own, to make a dish a dog won't eat the rest of.

---

## THE THREE DOT VEGETARIAN

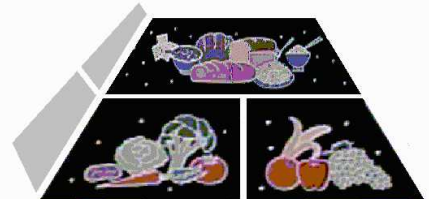
VSH'er Paul Hancock informs us the poultry industry has come up with a three legged chicken. Predicted to taste very good, no one knows for sure since no one has been able to catch it. Expect to find this mythical creature in the butcher's display right next to the 91% fat free hot dogs...Terry Shintani, M.D., was the cover story write-up in Midweek 4/29/92. His near-vegetarian Waianae Diet Program has cut native Hawaiian fat intakes from 40% of Calories to 10%. "After a heart attack the hospital would serve them meat," says Terry. "That's what got them in the hospital in the first place."...now that Country Life has gone out of business, we no longer have their discount dinners. We suggest that any member who has contact with the manager of a vegetarian restaurant might approach him/her about a 10% discount? The restaurant will be mentioned in our newsletter (which accepts no paid advertising), and all of our members will benefit!..Little Caesar's Pizza, if ordered without cheese, contains no animal ingredients. This is good news for vegans who have been frustrated by other pizza chains that put parmesan cheese in their tomato sauce

### Food Guide Pyramid



...over the bleatings of wounded meat and dairy interests, and after a year and \$855,000 in stalling tactics, the USDA Food Guide Pyramid became official policy on 4/28/92. The area sizes represent the recommended amount of each food group. If they chopped off the three groups in the apex they'd finally have it right! Tune in next

### Food Guide Trapezoid



century.

On June 1, the new VSH Board of Directors took office. You will see their names listed in the newsletter. New Board members are Ted Booth, Cheryl Chung and Linda Day. Peter Burwash has retired from the Board due to his busy schedule, but remains as an advisor.

The 30th World Vegetarian Congress will be held in Madras, India January 5-10, 1993. For details, write: The Indian Vegetarian Congress; 17, Damodaran Street,(2nd Floor); Gopalapuram, Madras -600 086; T.N. State, INDIA.

The Association of Vegetarian Dietitians and Nutrition Educators (VEGEDINE) is offering a correspondence course in Vegetarian Nutrition under the instruction of George Eisman, R.D., the founder of the credit program in Vegetarian Studies at Miami-Dade College in Florida. Send us a stamped, self-addressed envelope for an application for course enrollment or write: VEGEDINE Correspondence Course; 3835 Rt. 414; Burdett, NY 14818

### Membership Discounts

\*\*\*\*\*

Hana Plantation Houses resort on Maui offers our members discounts of up to 25% off regular rates. For more information write to: P.O. Box 489-V; Hana, HI 96713. Phone: 1-800-657-7723 or (808) 248-7248.

National Institute of Fitness (NIF) in St. George, Utah offers members a 10% discount, upon presentation of current VSH membership card at registration. For a brochure with information on NIF, send a SASE to us.

### NAME CONTEST

The VSH newsletter is now held in several libraries and will soon be listed in a *Bibliography of Vegetarianism* published by Soyfoods Center. "Human Health, Animal Rights, and Ecology" describes what we're about, but it's not really a title. How about:

## Vegetarian News?

Vegetarian Gnus?



Vegetarian Moos?

Vegetarian Ewes ?



Vegetarian Nudes ? (VSH Playboy edition)



I certainly will not take bite. How do I know it isn't full of chlorinated hydrocarbons, benzene hexachloride, and organic phosphates."

Vegetarian Snooze  
(VSH editor in characteristic pose)



Anyway, a name is needed for this mag and it's up to you readers. Think of a catchy title to go on our mast where it presently says "Vegetarian Society of Honolulu" and we'll give you a video of

John Robbins' *Diet for a New America*. We hope it will say something about where we're located, and it would be handy if you could work our abbreviation (VSH) into it, too. Ribald titles will be applauded by the editor but suppressed by the board of directors.

---

## POINT OF VIEW

Thanksgiving dinner's sad and thankless

Christmas dinner's dark and blue

When you stop and try to see it

From the turkey's point of view.

Sunday dinner isn't sunny

Easter feasts are just bad luck

When you see it from the viewpoint

Of a chicken or a duck.

Oh, how I once loved tuna salad

Pork and lobsters, lamb chops too

'til I stopped and looked at dinner

From the dinner's point of view.

*-Shel Silverstein*

---



Vegetarian Noose ?  
(Would please readers  
at Hawaii Meat Co.)