

Human Health, Animal Rights, and Ecology

Volume III, No. 4, Dec. 1992

PRESIDENT'S MESSAGE



Aloha Friends,

The presidential election is finally over. Bill Clinton and Al Gore will be leading our country for the next four years, and although Clinton has unpleasantly close ties with chicken industry moguls, Gore has a strong commitment to environmental action. In his book, *Earth in the Balance*, Gore acknowledges some of the harmful effects of animal agriculture on our planet. He points out that the destruction of the Amazon rain forest is occurring to create pastureland for fast food beef. He describes how the grazing of marginal lands causes desertification and climate change. He warns of the depletion of aquifers in the high plains states and the increasing pressure on the water supplies of major river systems. He implies that population pressure alone is to blame for this situation, but you and I know that the primary use of this precious water is to grow food for livestock.

As his quote on the back cover of this newsletter illustrates, Al Gore is prepared to take action on behalf of the planet, and he proposes a global "Marshall Plan" to get all countries moving toward environmental sanity. As one step in this plan he states that "Governments should eliminate public expenditures that subsidize and encourage environmentally destructive activities." He gives examples such as World Bank subsidies to build logging roads in the Amazon, and subsidized grazing on public lands in the western United States. To those examples I would add the use of subsidized water to grow food for livestock. Gore literally wants to "shift the burden of proof to the advocates of subsidies, to show that ecological problems will not occur as a result of distorting the market." The current distortion of the market by subsidized land and water use in the U.S. means that huge amounts of animal food are available at unrealistically low prices. The production of these foods uses excessive amounts of land, water and energy and results in soil erosion, release of greenhouse gases like CO₂ and methane, and water pollution from pesticides and animal waste. In a market not distorted by such subsidies, beef would cost \$35 a pound and the cost of other animal foods would rise proportionately. Demand would drop and most of the population would revert to an affordable and healthy diet of legumes, grains, vegetables and fruits. The environment would benefit greatly.

Gore also suggests using the tax structure to influence consumer buying habits. Ecologically safe products could be subsidized, and harmful ones taxed. Al Gore probably hasn't yet carried these ideas to their logical conclusion with respect to animal agriculture, but I envision a world where meat, poultry, fish, eggs and dairy products are taxed, and vegetable foods are subsidized. People would be *rewarded* for being vegetarians!

Of course, Al Gore is only the Vice President, but we can hope he has an influence on Bill Clinton when it comes to environmental matters. This is a time for decisive action on all fronts, before it is too late.

Best wishes,



VSH CALENDAR

Winter 1992-93



Tuesday, December 1st:

Informal dinner at Diem Restaurant, 2633 S. King at 6:00 P.M. Free parking at University and King. 10% discount with VSH membership card, no reservations necessary.

Tuesday, December 8th:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder Avenue at Makiki Street. Ruth Heidrich, author and triathlete, speaks on "How to Survive the Holidays, or Just Say No to Eggnog."

Saturday, December 12th:

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.) For more information call Ted Booth at 373-4294.

Wednesday, December 16th:

Informal dinner at Cafe Athena, 6:00 P.M. at Restaurant Row, 500 Ala Moana Boulevard, mauka of the central bandstand. Vegan selections available. Parking free after 5:00 P.M. off Pohukaina Street. No reservations needed.

Sunday, December 20th:

Group hike along the ridge line above St. Louis Heights. Meet at Kennedy Theater on East-West Road at the University of Hawaii at 9:00 A.M. for transportation. Return to Kennedy Theater will be between noon and 1:00 P.M. Picnic lunch if you like. For details, call Oi Man Chan at 988-3758.

Monday, December 21st:

Meet at the new Taj Mahal Restaurant, 1309 Kalakaua, (near Beretania) at 6:00 P.M. for an informal dinner. No reservations necessary.

Sunday, December 27th:

Holiday party and potluck dinner, 6:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street. Bring your own utensils and a dish containing no meat, fish, or fowl. Also bring a list of ingredients for your dish, as many members eat no dairy, eggs, or honey.

Tuesday, January 5th:

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

Tuesday, January 12th:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street. Vegetarian mothers Cheryl Chung and Cynthia Smith with Bill Harris, M.D., will discuss "Feeding Vegetarian Children".

Saturday, January 16th:

Potluck dinner at 6:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Ave at Makiki Street. Bring your own utensils and a dish containing no meat, fish or fowl. Also bring a list of ingredients for your dish, as many members eat no dairy, eggs, or honey.

Wednesday, January 20th:

Informal dinner at Diem Restaurant, 2633 S. King at 6:00 P.M. 10% discount with VSH membership card, no reservations needed.

Sunday, January 24th:

Group hike at Hoomaluhia Botanical Garden in Kaneohe. Meet at 9:00 A.M. behind Foodland at Windward City Shopping Center (Kam Hwy at Kaneohe Bay Dr.) for transportation. Return to Foodland will be between 11:30 A.M. and 12:30 P.M. For reservations and a ride to Foodland, call Oi Man Chan at 988-3758.

Monday, January 25th:

Meet at the India Bazaar Madras Cafe for a casual dinner at 6:00 P.M., 2320 S. King Street at Stadium Mall. No reservations needed.

Tuesday, February 2nd:

Gather for dinner at 6:00 P.M. at the London Cafe, 1345 S. Beretania near Keeaumoku. No reservations necessary.

Tuesday, February 9th:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street. Dick Allgire, KITV's vegetarian news anchor, will speak on "Taking the Heat for Taking on Meat, or Converting the Carnivores".

Saturday, February 13th:

Potluck dinner at 6:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street. Bring your own utensils and a dish containing no meat, fish, or fowl. Also bring a list of ingredients for your dish, as many members eat no eggs, dairy, or honey.

Wednesday, February 17th:

Meet at 6:00 P.M. at the Krishna dining facility, 51 Coelho Way, off the Pali Highway on the Ewa side. No reservations necessary.

Sunday, February 21st:

Group hike along the ridge line above Pacific Palisades in Pearl City. Meet at Neal Blaisdell Park (Kam Hwy and Kaahumanu St) at 9:00 P.M. for transportation. Return to the Park will be between noon and 1:00 P.M. Bring lunch if you like. For info and reservations, call Oi Man Chan at 988-3758.

Monday, February 22nd:

Informal dinner at Diem Restaurant, 2633 S. King at 6:00 P.M. 10% discount with VSH membership card, no reservations needed.

Related Events:

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

On KITV's 5:00 news on Wednesdays, Dick Allgire presents vegetarian recipes.



MEET THE MEMBERS

Are you a bunny hugger? Linda Day is, and doesn't see anything wrong with it. "If I had one right now I *would* hug it, even though I'm allergic to bunnies."

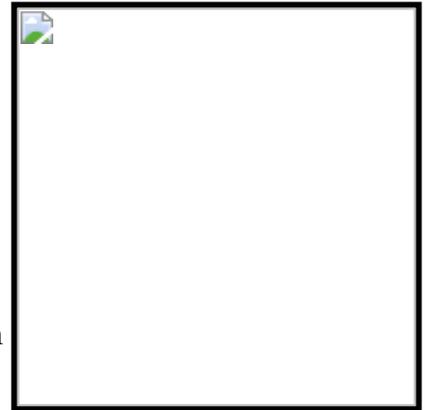
Linda doesn't mind being called a tree hugger either, although she thinks the trees don't hug back. "I literally do hug trees," she says. "They're a pillar of support. The tree probably doesn't know I'm there, except maybe it's saying, 'Get this hot oily thing off me.'"

Linda sparked the PR work for World Farm Animals Day at the Gandhi statue October 2, and also did most of the legwork for The Great American Meatout in March. A lifelong resident of Oahu, she thinks, "Growing up in such an outdoorsy place made me more aware of nature." Linda graduated from the UH School of Journalism in 1979. With the choices of broadcast, print, or public relations Linda initially avoided PR but finally decided that, "It's OK to promote a cause, if it's good for everybody and you tell the truth about it. Vegetarianism is one of those causes since it doesn't hurt anybody."

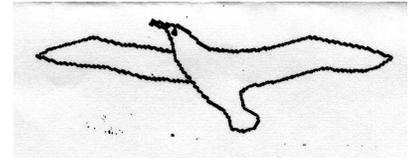
"Peace, Back by Popular Demand," is Linda's favorite bumper sticker, and her modus operandi is "Think globally, act locally." In 1990 Linda was co-coordinator for the statewide project which culminated in the 4/22/90 Earth Day celebration at Kapiolani park. "We planted 19,000 indigenous trees all over the state. I feel pretty good about that."

Husband Jim Day, a glass company manager, "has been incredibly supportive," of Linda's multiple roles and helped out with the Gandhi celebration, too.

Linda became an ovo-lacto-vegetarian at age 17, for spiritual, ethical, and health reasons and, "for all those little guys who can't do it for themselves. I don't like to see anyone be a victim, especially when they're helpless to do much about it. I think we're obligated to help in those cases. I've always felt a deep natural connection to all things living. I guess that's empathy or compassion, but it sure puts me in my place: being one little organism on a planet teeming with all sorts of life."



Linda would love some help setting up the 1993 Great American Meatout coming up next March. If you'd like to assist in this important public event call VSH at 395-1499 or Animal Rights Hawaii at 261-6192.



RECIPES

Elaine's Burgers (Elaine French)

- 2 cups TVP (textured vegetable protein)
- 1 onion, chopped fine
- 8 oz mushrooms, chopped fine
- 1/2 cup corn meal
- 1/2 cup quick rolled oats
- 1/4 cup nutritional yeast flakes
- 2 Tbsp vital wheat gluten
- 1 tsp cumin
- 1/2 tsp pepper
- 1/4 cup A1 sauce
- 2 Tbsp vegetarian Worcestershire sauce.

In a medium sized bowl, pour 1 3/4 cups of boiling water over the TVP and set aside. In a medium saucepan, saute the onion and mushrooms in 1/4 cup water until they are tender and all the excess liquid from the mushrooms has evaporated. This will take about 10 minutes. In a large mixing bowl, combine the corn meal, oats, yeast, gluten, cumin and pepper and mix well. Add the A1 and Worcestershire sauces to the TVP and stir until combined, then stir this mixture into the large bowl of dry ingredients along with the onion-mushroom mixture. Fold a piece of waxed paper until it is four layers thick, then shape a burger patty on it. Preheat a non-stick frying pan on medium high heat and quickly turn the piece of waxed paper upside down, dropping the patty on to the hot skillet. Cook for a couple of minutes, then turn and cook the other side.

Continue to make patties in this manner until all the mix has been used. Serve on whole wheat buns with all the trimmings. Makes 12 burgers.

NIF Pancakes

- 4 cups whole wheat pastry flour
- 1 1/2 Tbsp baking powder
- 1/4 cup fructose (powdered)
- 1/2 tsp cinnamon
- 4 cups water
- 1/2 tsp grated orange peel
- 2 tsp vanilla

In a large bowl, combine flour, baking powder, fructose, cinnamon and orange peel and stir until well mixed. Combine water with vanilla, then pour the liquid into the dry mixture. Mix briefly with a whisk until most of the lumps are gone. Preheat a non-stick skillet on medium high heat and pour in 1/2 cup of the pancake batter (or less for smaller pancakes.) Cook until bubbles break, then turn over and cook the other side. Serve with cherry sauce. Makes 12 big pancakes.

Waffles

- 2 cups rolled oats
- 1 cup barley flour
- 1/2 cup whole wheat pastry flour
- 3 cups water
- 1 Tbsp blackstrap molasses

Combine the oats and the two flours in a bowl and mix well. Put the water and molasses in a blender, then add the flour mixture. Blend well, then let batter "rest" for 15 minutes. Preheat a non-stick waffle iron on medium high. Ladle batter on to iron and cook for 10 minutes.

Cherry Sauce

- 1 12-oz. can frozen cherry juice
- 1 1/2 cups (1 juice can) water
- 3 Tbsp cornstarch
- 1/2 cup cold water
- 1 16-oz. pkg frozen dark sweet cherries

Put cherry juice and 1 1/2 cups water in a medium saucepan and bring to a boil. Dissolve cornstarch in 1/2 cup cold water and stir this mixture into the hot cherry juice. Return to a boil and cook for one minute, until mixture thickens and clears. Stir in frozen cherries and heat through. Remove from heat and serve as a topping for pancakes or waffles.

This sauce can be made with any frozen juice and compatible fruit. When using fragile fruits like raspberries, allow the thickened mixture to cool completely before adding the berries.

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 Elaines burgers were the only food for the day there would be 316.5 gm protein, 1636 mg calcium, 66.3 mg iron, and 22.1 mg zinc). There's neither vitamin B₁₂ (gulp) nor cholesterol (hurray!) in these recipes.

(Nutrients in 2200 Calories)

NUTRIENT	RDA	Burgers	Pancakes	Waffles	C.Sauce
Calories	2200.0	2200	2200.0	2200.0	2200
Protein (gm)	50.0	316.5	42.9	78.2	32.6
Fat(VSH Rec.)-(gm)	< 49.0	14.6	4.6	23.5	15.5
Calcium (mg)	800.0	1636.0	468.2	516.8	457.0
Cholesterol (mg)	0.0	0.0	0.0	0.0	0.0
Iron (mg)	15.0	66.3	38.9	31.8	19.38
Magnesium	280.0	1635.0	87.2	854.9	319.4

(mg)					
Potassium (mg)	2000.0	11502	1408.0	2700.0	4326.0
Riboflavin (mg)	1.3	3.4	2.7	0.9	50.7
Sodium (mg)	500.0	862.1	12.5	55.0	50.7
Thiamin (mg)	1.1	2.5	4.7	3.9	1.5
Vitamin A (R.E.)	800.0	584.0	1.0	36.1	3038.0
Vitamin B12 (ug)	2.0	0.0	0.0	0.0	0.0
Vitamin B6 (mg)	1.6	3.5	0.2	1.3	2.3
Vitamin C (mg)	60.0	30.9	2.0	0.0	59.6
Zinc (mg)	12.0	22.1	3.3	16.3	3.6

ANCHOR MAN

"What will it be this time, Dick, rack of cucumber?"

And so begins another recipe segment on KITV-4's Health Report where Dick Allgire has really been laying it on the line about the relationship of animal food and human disease. In the past month Dick has featured recipes by VSH Pres Elaine French, Alaina Lynch, of Avante Garde Catering, and some of his own quickie recipes, all of them low fat and most of them strict vegetarian. He has also interviewed Ruth Heidrich, Terry Shintani M.D., and Bill Harris M.D., on various controversial health issues.



Dick himself has been a veggie since 1986 when on a camping trip, he discovered his older vegetarian friend had more stamina and was in better shape than he was.

"I could have been a vegetarian all my life," says Dick, who remembers being grossed out when his mother served tongue one day, "and the smell of hamburger offended me." Dick's sister, Martine, went hippie/macrobiotic back in the consciousness-raising sixties and he realized *she* was also healthier.

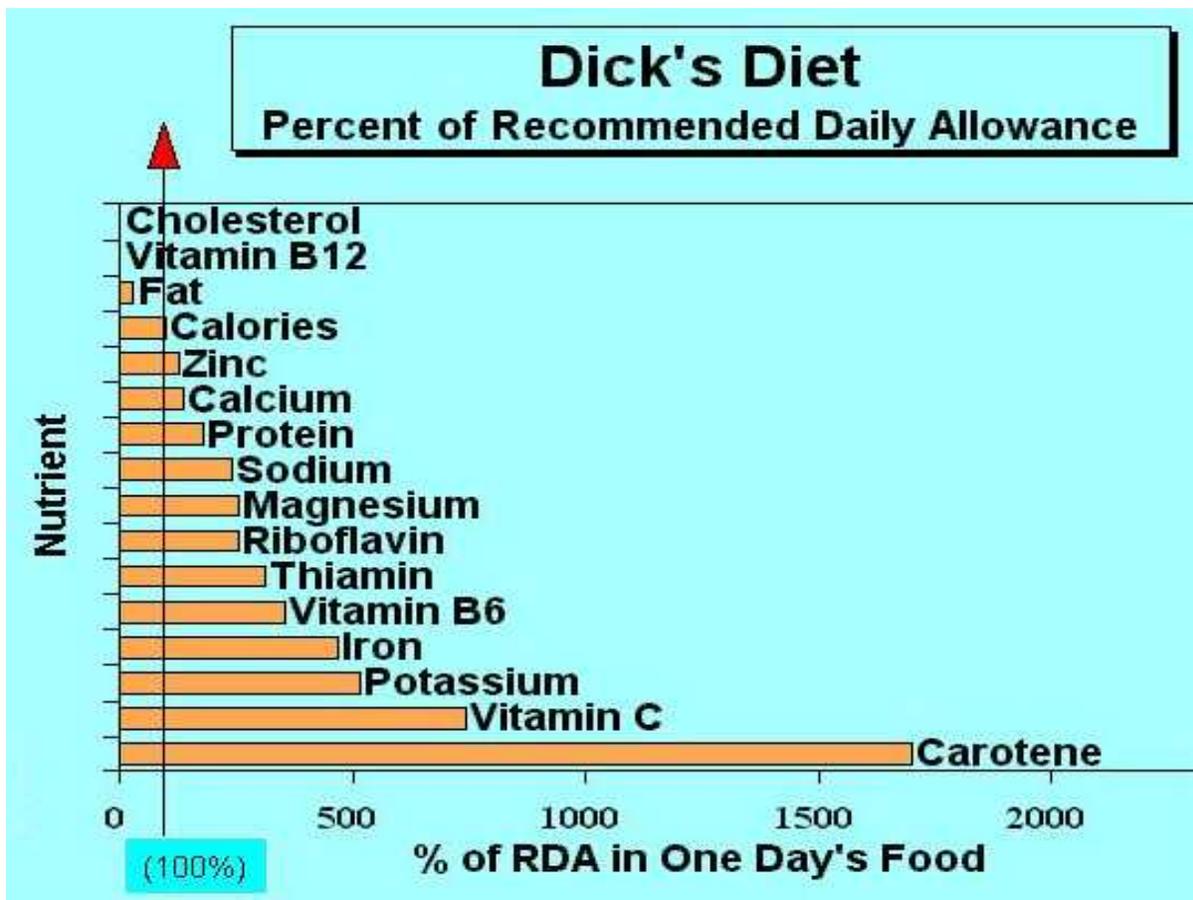
Dick was the Utah state freestyle swimming champion (50 and 100 meters) in 1971, and attended the University of Utah from '71-76, landing a job as a newscaster in '74, which led to a spot at KGMB in '85 and a switch to KITV-4 in '88. Dick had an interest in health topics, so TV4's news director, Wally Zimmerman, asked him to take the Health Report. Dick runs a busy schedule, turning out a health report for every week day and serving as anchorman for the 5:00 PM and 10:00 PM KITV-4 weekend news.

Since going vegan six months ago Dick has noted even more energy and well being than he acquired in the '86 veggie switch. He dropped from 200# to 185# and now carries about 15% body fat. "I feel better at 39 than I did at 30," says Dick, who proved it by placing second in the Sept. '92 *Ocean Challenge*, a celebrity swim contest which included a few young ringers from the City and County Lifeguard department.

In his daily forty minute workout at Gold's gym he has noted better endurance and a slight increase in strength. "My night sleep pattern is better," says Dick. "I used to get the mid-afternoon blahs, but they're gone too." Incidentally, TV4's weatherman, Dan Cook, has also gone vegan recently, after listening to Dick. Dan reports a drop of 15# and better athletic endurance.

How about those folks who try the vegan diet and give up because they feel weak? "They're not eating enough," says Dick. "They're used to just three squares a day, but on a vegan diet you can snack all day and not get fat."

A typical day's menu starts with fresh juice from 8 carrots, 2 apples, 1 wedge of cabbage, and a cup of kale. Half of this delicious concoction goes to his Korean-born wife Mimi, whose native diet was nearly vegetarian, mostly starch and greens. Breakfast: grapenuts with apple juice and a banana. Mid-morning: whole wheat toast. Lunch: pasta and tomato sauce. Afternoon snack: a taco with veggie refried beans, corn, tomato, onion, lettuce, and salsa. Dinner: a baked potato with tofu-cucumber dressing. Evening snack: dry popcorn with tabasco or liquid aminos for flavor. Most of this food goes to work with him in 3-4 Tupperware containers.



We fed this list into Nutritionist III, our resident computer diet whiz, and then made a graph of the 16 nutrients we usually index in the VSH recipe section. As you can see 2900 Calories of Dick's diet ranges from 1700% of the Recommended Dietary Allowance (RDA) for Carotene, the *real* vitamin A, to 127% of the RDA for zinc. The fat and cholesterol nobody needs, and Dick takes a vitamin B12 supplement to solve that problem.

Ethical obligations are important to Dick. "I don't believe humans have the right to dominate other animals or kill them for food," he says, noting also that animal agriculture trashes the environment.

Having covered the Jarvik and DeVries work on artificial hearts while reporting on the mainland, Dick has ideas on the best way to avoid such heroic intervention. "I think scientists and nutritionists are on the verge of proving conclusively that animal flesh is harmful to humans. Even though the body can handle it for a time, eventually it crashes."

These are not popular positions in the world of commerce. Although Dick will be featured in an upcoming *Vegetarian Times* article, local support helps, too. VSH members should tune in to News Four at Five (KITV-4 at 5:00 PM), for a highly visible media figure who says what veggies have been saying without much effect for 2500 years. Send your fan letters to:

Dick Allgire

KITV-4

1290 Ala Moana Blvd.

Honolulu, HI 96814

545-4444

RESTAURANT REVIEW

First Chinese Pizza Restaurant in Hawaii

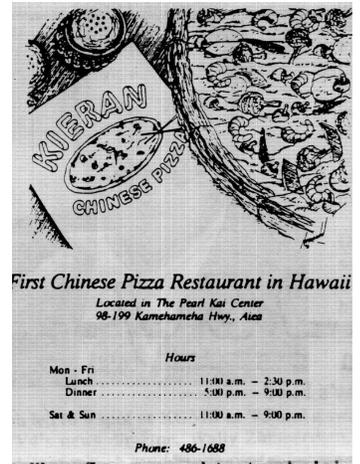
From Honolulu, take H1 to Kam Hwy., make a left into the shopping mall on Pali Momi St., and left at the Texaco station. Phone: 486-1688, or 488-1898.

The locals in a city with Jawaiian music shouldn't be surprised to find a Chinese Pizza place. This little gem's quite a find, a combo of something a bit different, budget priced, and a pleasant spot to relax tired shopping legs.

While not exactly in the Mc Donald's price range, it comes awfully close...quite a surprise considering that it's tastefully decorated and comfortably cool. From the fairly blah-looking parking area out front, you enter into an atmosphere best described as generic American minimalist modern, with nary a hint of either Chinese or Italian heritage. Tables are neatly arranged in straight rows, each with its burgundy cotton tablecloth and pink fan folded cloth napkin sitting like a flower on a plate at each chair, pretty snazzy for you frugal gourmets. Modern acrylic decorated ceiling paddle fans with coordinated light fixtures give a clean, airy but comfortable feel to the dining area. The no smoking tables are on your right as you enter; too bad there's no way to keep the smoke confined to the left side of the room. Lucky us! No one was smoking when we visited.

Nice decor is important, but let's get down to business, i.e., the food. The menu has 10 vegetarian selections on the pizza section with your choice of either whole wheat or white pizza dough. There's cheese on them thar pizzas, so you vegans have two options: ask to have the cheese deleted or they'll serve the pizza topping on a plate plain for you. Sorry, white rice only is on the menu for now. Two rice plates are vegan, from the waitress's description: pineapple or tomato sauce fried rice. We were assured that there's no milk in the pizza dough and that only vegetable oils are used. The pizzas are available in small, medium and large, ranging from \$8.95 to \$17.95. The two of us were plenty full for lunch sharing a small. Thin crust pizzas with a wide brim were baked in an aluminum pan, a slight flaw in the system. Pizza bakes best when on an open rack in an oven to get the bottom crust well baked through. Our pizza bottom was a little less than perfectly baked, probably due to the pan situation combined with lots of cheese and a load of fresh vegetables on the dough. The high sides were perfectly baked. Maybe cast iron pans would help, but, all in all, the pizza tasted really good, and only fuss-bucket bread bakers like us would notice such a mild deviation from perfection.

What kind of pizzas are oriental? Try mixed vegetables with Satay sauce, labelled spicy, but pretty mild to our palates accustomed to searing Thai dishes. Grandma Tofu and Kung Pao vegetables are two other options. I've got to try the vegetable curry pizza. There's three cultures represented there, and I guess that's also true of the satay, but the flavors seem just about right on pizza crust. Beverages include beer, including Tsing Tao & Kirin, soft drinks and juices. Wine by the glass or bottle is a nice surprise at very modest prices.



-Eva and Freeman Wright

THE THREE DOT VEGETARIAN



World Farm Animals Day, October 2nd, at the Gandhi statue fronting the zoo, was a modest success, drawing 60 people for a brown bag lunch. Organized and manned by Linda Day, Cathy Goeggel, Keith Krueger, Eliot Rosen, and Gailynn Williamson, the event capped with a short talk on Gandhi's vegetarian views by Dr. Cromwell Crawford, Director of South Asian Studies at UH, who as a child actually met

Gandhi. VSH'er Dustin Chung then handed a lei to Keith, in cow "drag", who put it around the statue. Shankar Bhat M.D. did a nice A capella rendition of a Hindu prayer. We thank the Watamull family, who commissioned this splendid statue two years ago, a gathering place for people concerned with both human and animal rights...the Oct 7 Food section of the Advertiser featured 3 exotic Indian vegetarian recipes by Kusuma Cooray...VSH editor, Bill Harris, M.D. was guest speaker 9/26/92 via long distance on a Rhode Island radio talk show. Topic: vegetarianism, natch...UH has a computer bulletin board "PLATO" and we have a section in it titled VEGETAR under "health and nutrition." For software and communications parameters contact John Nakasone at 956-2409...Ruth Heidrich profile will be in upcoming Mar '93 *Vegetarian Times*...



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.

Attorney David L. Bourgoïn offers our members a 25% discount on all legal services. Phone 523-7779.

Hawaiian Eye-Land, 1901 Kapiolani Blvd. Suite 195, offers our members a 20% discount for contact lenses and eye wear. Phone 947-3121.

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.

Diem Vietnamese Restaurant, 2633 S. King St., offers our members a 10% discount.

Down to Earth (both store and deli), 2525 S. King St., offers our members a 5% discount.

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 10 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.

VSH now has a Maui Dining Guide available for people who are planning an outer island trip. Send us a SASE and we will mail one to you.

Are you looking for gift ideas for the holidays? Why not send family and friends a one year membership in the Vegetarian Society? We also have a great assortment of books for sale. For people concerned about weight loss,

a copy of *Megahealth* by Marc Sorenson would be a real eye-opener. Or how about a "Fat Finder" calculator to help beginners read labels?

Quote:

"I have come to believe that we must take bold and unequivocal action: we must make the rescue of the environment the central organizing principle for civilization.....(This) means embarking on an all-out effort to use every policy and program, every law and institution, every treaty and alliance, every tactic and strategy, every plan and course of action - to use, in short, every means to halt the destruction of the environment and to preserve and nurture our ecological system."

Al Gore

Earth in the Balance

1992

