



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

Volume VI, No. 1, Mar. 1995

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

President's Message



Greetings!

Those of you who received our December 1993 newsletter will remember that in the fall of that year the Board underwent a radical change in its structure and functioning. Our organization was created and led from its inception by Elaine French who, along with a couple of other stalwarts, had been doing the majority of the work of the organization herself. When her energy inevitably became over-taxed, like a marathon runner who "hits the wall," she decided that she either had to let others take on some of the burden or let the organization fade away. This crisis led to the proposal that the various necessary tasks be divided into 15 distinct areas with one Board member taking responsibility for each. After immediately accepting the proposal, recognizing that this approach was best for the organization, half of the members resigned from the Board, also recognizing that for their own reasons they were not in a position to take on the required levels of responsibility. What remained was a "working" Board of directors. Not all of the vacated positions were filled right away, but as other volunteers gradually came forward, they were awarded Board member status. The president now has a more manageable job with the other Board members taking on the sometimes large logistical tasks that are within their areas of responsibility. With the diversity and number of Board members who are now actively supporting the organization we have access to a greater abundance of ideas and expertise. And because we aren't dependent upon just one or two people, if we lose a volunteer or two we are not in danger of collapse as an organization.

In addition to resulting in a stronger organization in Hawaii, our restructuring attracted the attention of a national vegetarian organization of which the Vegetarian Society of Honolulu is a member, the Vegetarian Union of North America (VUNA). VUNA is the organization that in effect holds all of the local member vegetarian groups together; by means of its publication "VUNAVIEWS" what one group accomplishes can be known by other groups around the nation -- we can share ideas on increasing membership, operating more efficiently, etc. In the Autumn 1994 issue of VUNAVIEWS an article appeared on "Finding Helpers: a Radical Approach that Worked." In this piece Elaine told the above story in the hope of assisting others who may be facing the dilemma that VSH found itself in a while back.

So, while it may seem that we are a tiny voice out here in the Pacific, we are in fact an integral part of a national network of like-minded and like-motivated people. And as a member of VUNA we are part of an international effort as well: the International Vegetarian Union--IVU--operates on a global scale to tie national and other international groups together. I for one feel inspired by the strength and numbers that the vegetarian movement is gathering and feel privileged to be a part of it.

-Alida



Honolulu Herbivore Happenings



Spring 1995

March 10, Friday:

Meet for dinner at the Greek Island Taverna, 1345 S. Beretania, at 6 P.M. For more info call Freeman at 528-5412.

March 16, Thursday:

Monthly meeting of the Society, 7 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Dr. Terry Shintani, Director of Preventive Medicine at the Waianae Coast Comprehensive Health Center and on the clinical faculty of the U.H. Medical School, School of Public Health, and Cancer Research Center, will speak on the topic "Let Food Be Your Medicine."

March 20, Monday:

It's the Great American Meatout. VSH will mark the occasion with an informal dinner at Diem Restaurant, 2633 So. King St., at 6:00 PM. Owner Win Trinh will offer an "all you can eat" vegan dinner for \$8.95. For more info call Freeman at 528-5412.



April 3, Monday:

Join us for dinner at Hale Vietnam, 1140 12th Ave. in Kaimuki, at 6 P.M. For more info call Freeman at 528-5412.

April 11, Tuesday:

Monthly meeting of the Society, 7 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Joannie Dobbs, Ph.D. in Nutrition from U.C. Davis and Director, "Exploring New Concepts" will speak (partly from personal experience) on the topic, "Balancing Iron Nutrition."

April 29, Saturday:

Pot Luck dinner at Freeman and Eva's, 1201 Wilder St., in Makiki at 6 P.M. Bring swimsuits if you like for the pool/jacuzzi. Only nonbreakable utensils please for our Recreation Area. Bring your own plates and utensils, and a dish containing no meat, fish, or fowl. Also bring a list of ingredients for your dish. For more info call Freeman at 528-5412.

May 9, Tuesday:

Annual Membership Meeting at 7 P.M. at St. Clement's Episcopal Church, 1515 Wilder Ave. at Makiki St. Officers will report on the major decisions and activities of the past year.

May 12, Friday:

Meet for dinner at Crepe Fever, 1200 Ala Moana Blvd. (Ward Center), at 6 P.M. For more info call Freeman 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 Ph.D., a "pair-o-docs". Call in to the show at the new number 524-1080. Events of the Vegetarian Society will be announced on the program.

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

VSH has a regular half-hour TV show Tuesdays at 8:00 p.m. on cable access TEC (The Education Channel) 26 (Oceanic) and Channel 3 (Chronicle). We alternate half hour and hour shows including some veggie tapes from the mainland. Watch for "Vegetarian" in your TV guide and eventually you'll see about 21 separate tapes, some locally produced by VSH, some done on the mainland.

Healing Hearts, a weekly cardiac support group facilitated by Neal Pinckney, Ph.D. and utilizing the advice of Doctors Ornish, McDougall, Shintani, Harris, and others, meets at two Kaiser Hospital locations. Groups are filled presently but new groups will begin quarterly. Information at 696-2428.

Low fat vegan cooking classes! Starting April 2 Masa and Harriet Yafuso will conduct eight classes at the Central Seventh Day Adventist Church at 2313 Nuuanu Ave. Sundays 2:00-4:00 p.m. Free! For information call 247-5779. (Free samples, too!). Church phone: 524-1352.

Tune in to Hawaii's newest Health Talk radio show, DOCTOR HEALTH. Get your weekend off to a healthy start every Saturday morning from 10 to 11 A.M. on AM 760 KGO. Program features include the Health Hotline News, Medical Minute, AMA reports, and weekly guest experts. Dr. Neal Pinckney was featured guest on Feb 18th. Join host David Snow for an hour of fun and fact-filled information. Call in your questions and comments to 296-7676.

The Honolulu Chapter of the American Culinary Federation (ACF), The Chefs de Cuisine of Hawaii will present a vegan menu in addition to a game meat menu at the 31st Annual Renaissance Dinner, "The Art of Eating", Tuesday, March 28, 1995 at the Sheraton Waikiki Ballroom. Tickets are \$85.00 per person but discounted to \$75.00 for VSH members who request the Vegetarian Menu. Chef Alfred Cabacuengan informs us this will be the first time this event has presented a vegetarian option and it is done in response to increasing demand for vegetarian food. Proceeds go to a culinary scholarship. For further information call Chef Alfred at 734-9586. Pre-paid reservations by Mar. 13th.

The National Scene:

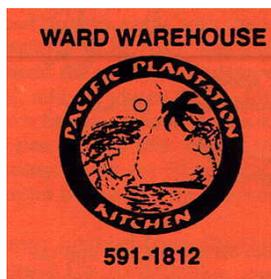


The First Vegetarian Art Show is set for May 6-25, 1995. Vegetarian artists are invited to share their art illuminating any aspect of the philosophy of vegetarianism. Contact Sunnen Gallery (New York) before sending any art. 212/966-3188 or 212/679-8008 FAX.

Get ready for the 8th International Vegan Festival hosted by the Vegetarian Union of North America at San Diego State University from Sunday August 6 to August 13, 1995. Speakers will include VSHers Ruth Heidrich, Dick Allgire, and Bill Harris. Details: The American Vegan Society, P.O. Box H, Malaga NJ 08328.

Fine Dining at the Bottom of the Food Chain

IT HAS TO BE GOOD AND FAST AND VEG



Impossible? Well..maybe almost. A new, outdoor micro eatery in Ward Warehouse, the Pacific Plantation Kitchen, is trying very hard to be creative in providing some vegetarian and vegan choices. What caught my attention was the wonderful variety of menu items that didn't sound at all like fast food, and that's partially because much of it is prepared fresh as it is ordered. The menu tells us that their goal is to "give personal control over taste, cost and nutrition", not quite your average bear. As per usual, the lacto options exceed the vegan items, but there are still some tasty choices, all of which are made with vegetarian broths. The menu has a variety of lacto Gallettes, fill of dough shaped like pizzas with some innovative toppings. The World Food group offers Mediterranean, Moroccan (ask for tofu) and Indian plates, each with a variety of dishes. There's a mix and match grain or pasta with separately ordered sauces. We sampled the vegan Thai black rice with Evil Jungle Prince sauce. The Roma Tomatoes with Fresh Basil sauce was made with fresh tomatoes and is perfect over fettucini or polenta. Tempeh and Seitan dishes are grilled, too bad we didn't have a chance to sample them before the deadline for this review. We did try the tasty wheat free spelt bread, and declined the offer of home made basil butter, soy margarine or soynaisse. There's a variety of pre-prepared salads, of which the roasted primavera pasta salad looked great. For dessert, I sampled the "very low fat" Triple Chocolate Decadence, very decent for its low sin load. We enjoyed sitting at the bar stools at the pink tile countertop to eat, watching the chef prepare the food, which does include some chicken and fish dishes for our not quite converted friends. Small tables are also available for more private conversation. This place definitely has potential! They're not totally operational at press time, but do stop by. Pacific Plantation is located at the Ewa end, street level of Ward Warehouse, 1050 Ala Moana Blvd. Enter the parking area on Auahi St. just ewa (west) of Ward Ave. This place is philosophically and gastronomically on the right track; they deserve our support.

Congratulations to Bill and Mary Arakaki on the birth of Dominique ("Nick") on Dec 22, 1994. Weight 7#11 oz, Mom and baby now doing very well. Dr. said Mary was a star patient during both pregnancy and delivery but couldn't believe her explanation: the vegetarian diet.

VSH thanks all the volunteers who tabled for VSH at:

Feb 17-19 Aloha Health Expo at Blaisdell Center

- Mary Arakaki
- Elaine French
- Ruth Heidrich
- Barbara Hoapili
- Andy Mertz
- Karen Mertz
- Allen Schubert
- Jerry Smith
- David Snow
- David Snow
- Louise Walker
- Eva Wright

WANTED: Vegetarian Society Coordinators for Maui, Kauai, and Big Island. We will keep membership records and mailing lists and print your activities in this newsletter.

WANTED: Volunteers to work in the VSH office during week-days. Must have some office skills. Please call the Veggie Hot Line 395-1499.

Recipes

by **Marcia Deutch**

SUKIYAKI

4 Servings

- 2 carrots, cut into thin slices on the diagonal
- 1 head Chinese mustard cabbage, chopped into thin strips
- 2 zucchini, diced
- 1 red bell pepper, cut into thin strips
- 1 cup snow peas, trimmed
- 1 cup mushrooms, sliced
- 3 tablespoons reduced sodium soy sauce
- 2/3 cup water
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder

Place the vegetables in a two quart pot in the order listed with the carrots on the bottom and the mushrooms on the top. In a small bowl, mix the water and soy sauce, and slowly pour over the vegetables; sprinkle the top with the onion and garlic powder. Cover the pot and turn the heat to high. When the pot begins to hiss, reduce the heat and steam for 5 minutes or until vegetables shrink to about half their original volume. Toss gently with wooden spoons. Serve over rice.

MARINATED FRUIT COMBO

6 Servings

This is good as a fruit salad or dessert. Try it with cantaloupe, red apples, and green seedless grapes. It can be made with any fresh fruit!

- 3 cups honeydew melon balls
- 2 cups sliced nectarines
- 1 cup strawberries
- 1 6 oz. can pineapple juice
- 1/4 cup all fruit orange marmalade
- fresh mint

Combine the fruits in a large plastic bag. Combine the juice and the marmalade, and pour over the fruits. Fasten the bag so that it does not leak and does not contain a lot of air. Chill 1 to 2 hours; turn the bag occasionally so that the fruit is evenly marinated. Serve in a glass bowl and garnish with fresh mint.

TOFU DINNER LOAF

6 Servings

This tastes similar to old fashioned meat loaf. It is good hot or cold, and makes delicious sandwiches. The recipe can be doubled, and you can try different seasonings. Note that the tofu needs to be frozen at least 48 hours in advance and thawed.

- 1 cup fresh whole wheat bread crumbs
- 1/3 cup water
- 2 cups onions, minced (2 large onions)
- 2 cloves garlic, minced
- 1 1/2 pounds frozen reduced-fat firm or medium-firm regular tofu, thawed, squeezed, and crumbled
- 1/4 cup reduced sodium soy sauce
- 1/2 tablespoon tomato paste or 1 tablespoon ketchup
- 1/2 teaspoon EACH dried basil, sage, and oregano
- 1/4 teaspoon EACH dried thyme, and savory
- pepper, to taste
- 1 teaspoon Kitchen Bouquet (opt., for color)
- 1/4 cup vital wheat gluten flour or 1/3 cup whole wheat flour

In a large bowl, mix the bread crumbs and water, and set aside. In a large non-stick skillet, steam-fry the onions and garlic with a small amount of water until the onions are very soft and brown. Add the onions to the bread crumbs along with the tofu and seasonings, except the gluten flour. Mix well and allow the mixture to cool. Preheat the oven to 350 degrees. When the mixture is cool, add the gluten flour. Mix well and pat the mixture into a lightly-greased or non-stick, 9-inch round cake or pie pan. If you like, spread the top with a thin layer of ketchup. Bake for 30 minutes, then let sit for 10-15 minutes before cutting into wedges.

Source: Adapted from *The (Almost) No Fat Cookbook* by Bryanna Clark Groggin.

	Sukiyaki	Fruit Combo	Tofu Loaf
<i>% of Calories from:</i>			
Carbohydrate	66	92	53
Fat	6	4	18
Protein	28	4	29

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

	(%)	(%)	(%)
Calcium	359	48	119
<i>Cholesterol</i>	0	0	0
Fiber	539	260	141
Folate	1277	183	23
Iron	529	50	184
Magnesium	498	119	235
Potassium	832	422	232
Phosphorus	440	64	251
Riboflavin	769	98	113
Thiamin	475	164	221
Vitamin A	4179	134	8
Vitamin B12	0	0	0
Vitamin B6	685	125	94
Vitamin E	353	187	115
Vitamin C	3388	1280	120

An anonymous VSH member sent the following to your editor who promptly cracked up. He presented it to a random assemblage of Board members who almost unanimously but anonymously approved it. We hope we don't lose too many members.

WHAT IF FOOD WAS DIRTY AND SEX WAS CLEAN?

When you think of it there are only two things you need to make people. You've got to have sex. You've got to have food. That's it. You don't need clothing, shelter, or TV. Okay, maybe TV, but otherwise it's sex and food. But for some reason sex is dirty. Maybe God was a Republican. Somebody said, "All right, you want to propagate, go ahead, but only late at night with all the doors closed, lights out, once a week, that's it!"

But not only can you eat the charred decaying flesh of other major mammals, you can do it in broad daylight and invite others to watch: "Hey Chuck, why don't you come over on Sunday? We're going to kill a pig, cut him up, burn him, and eat him. Bring the wife and kids, have a helluva time."

What if they had been switched around? What if, through a simple twist of fate sex was clean but food was dirty? Our entire culture would change. Food would become a four-letter word.

When people got angry with you they'd yell out, "Oh yeah? Well food you. Suck cheese, you Popsicle slurper."

Punks in passing cars would flip you the fork.

Flashers would have pizza strapped to their chests. "Omigod, it's pepperoni."

Locker room talk would change. "Hey, man how'd you do this weekend?" "Two burgers and a bag of fries. Crinkle cut."

Garlic would be illegal in most southern states.

Supermarkets would check I.D.'s and charge admission to the poultry section.

Frederick's of Hollywood would feature peekaboo napkins and day-of-the-week paper plates.

Foreplay would be listed as a menu selection.

Vice squads would raid backyard barbecues. "Alright, put down your meat. Just back away from the buns, mister!"

Vegetarians would be prohibited from being teachers and a lot of them would move to the Bay Area.

Suburban school districts would ban Home Economics.

Hookers would become cooks. You'd be accosted on street corners by plump ladies in day-glo aprons: "Hey, Baby, looking for a hot meal? Wanna crack some crab?"

Parents would tell their children not to play with their food or they'll go blind.

-Will Durst via Mensa-Press



Meet the Members

"If it can't be cooked in one pot I don't do it," said VSH Publicity Director Allen Schubert, describing his culinary habits. "It either has to be very fast or fixed in a crock pot and I don't even know who has my cook books now. But Cous-cous is only a five minute thing."



Allen switched to the veggie diet in 1990 shortly before hearing Elaine French speak at an early VSH meeting at Manoa Library. "I made the same mistake many people make. You eat a lot of salad but then in an hour you're starving so you go out for a pizza." Now it looks like a better strategy would have included grains and potatoes to fill in Caloric needs.

Allen was born in Tokyo and grew up as an "Army brat" moving around as his Japanese mother and laboratory technician father went to Germany, Texas, Kentucky, and California. "I started thinking about vegetarianism in college." Runner's World had mentioned greater endurance on a veggie diet and the book *Diet for a Small Planet* had pointed out that 10 pounds of grain are needed to produce one pound of meat. "I was impressed that we could feed more people on a vegetarian diet."

He graduated from Austin Peat University in Clarksville Tennessee with a B.S. in psychology and went into Army Intelligence with an understanding of Chinese and Vietnamese. Now an E7 (Sergeant 1st Class) at the Kunia post he had been in the service for 12 years before he finally made the diet transition.

"I had a friend who went veggie at 14. I figured if she could do it at that age I could do it as an adult." After two years he found he had lost the taste for cheese so he went completely vegan.

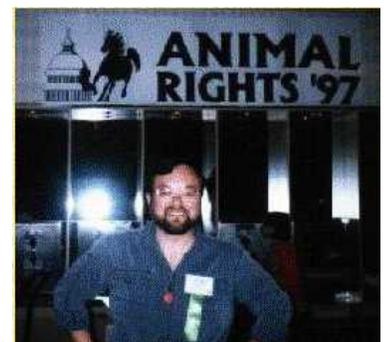
"I really enjoy working at the Vegetarian Society booth," says Allen. He's good at it too, "tabling" for VSH at public functions such as the recent Aloha Health Expo at the Blaisdell Center. "People are now asking serious questions about diet that they weren't ready to ask five years ago. We're at the same place we were with smoking in the sixties," says Allen. "There's no doubt now about smoking."

How about the ethical issues?

"I didn't initially do this with any thought about animal rights. I shied away from the articles about it in Vegetarian Times. But it just sort of grew by itself. One day I saw a CNN story on a piece of beef. It looked like a horrible thing. A raw piece of meat looked really gross."

Maybe it's because your mind only lets you really see the picture after you stop eating meat.

"Meat doesn't cause all of the world's problems," says Allen. "But vegetarianism could help a lot of them."



-Bill Harris, M.D.

June 19, 1999

Update on Allen Schubert:

Anyway, at my peak, I ran about 6-8 lists simultaneously. Currently, only 4 or so. However, two of them are AR-News and Veg-News -- non-discussion lists that have quite a few rules, so that takes some time (I now have a colistowner to help out). I've also helped people start almost as many lists.

I also run Animal Rights Resource Site (<http://arrs.envirolink.org/>), and have started sites for many organizations, such as Vegetarian Society of Honolulu, Animal Rights Hawai'i, Vegetarian Society of DC, EarthSave Central Pennsylvania, Compassion Over Killing - that's what I can immediately recall.

I was on the board of directors and served as publicity director for the Vegetarian Society of Honolulu and am currently on the board for the Vegetarian Society of DC (I'm contemplating leaving as I am extremely busy with my cyber obligations).

Also, when I retired from the army, I worked for FARM and, later, Animals' Agenda. I also worked on the staff of the AR97 conference. And...served on panels discussing animal rights and vegetarianism on the 'net at AR97 as well as SummerFest98.

The Island Vegetarian

11/24/94 VSH editor Bill Harris, M.D. appeared on PBS' *Dialog* discussing weight reduction issues with several non-vegetarian but well-informed and tolerant dieticians. In the question period PBS received a torrent of intelligently worded phone calls...12/10/94 Margaret Tennant, VSH member in Hong Kong, sent us a clipping from *Marketing News*: "Veggieburger creator aims for McDonald's", outlining entrepreneur Paul Wenner's attempts to persuade the giant chain to sell his Gardenburgers. "People are becoming more health-conscious and the fast-food people are wondering what to do next"...12/25/94 "Red Meat is Not the Enemy" says the hype for *Slim Forever* by Dr. Robert Harris, who recommends eating red meat for breakfast, lunch, and dinner. Peter Burwash found the ad in a tennis magazine but the author has "a lifelong battle of the bulge." "Wonder why?...1/10/95 Gerald Prickett, Nutritionist with the Hawaii Department of Health spoke on "Fruits and Vegetables for Better Health: Why the National Cancer Institute, the Center for Disease Control Recommend Increasing Your Intake of Fruits and Vegetables." DOH recommends "five a day", five servings of fruits and vegetables per day. It's pretty easy for vegetarians to exceed that amount and we're pleased to see active government support for the idea...1/20/95 Member Dorothy Silva writes from Hilo:"I note the newspapers and media are offering much more factual information than before (about nutrition)." She thinks there are quite a few veggies on the Big Island and this inspires us to try to help them get coordinated (see pg 5)...2/14/95 Elaine French pointed the finger at "Twenty Nutrition Secrets the Government Doesn't Want You to Know." This VSH lecture was taped and should appear on our Olelo show in the Spring...2/16/95 C-Span taped a U.S. Senate Budget Committee assault on the United States Department of Agriculture (USDA) which for years has selectively given support to the animal food industry. Senator Frank Lautenberg (D- NJ) suggested the USDA be downsized saying: "How can we allow these outdated inefficient programs which raise food prices and pay mostly rich farmers at the expense of the poor and the middle class?" 30% of USDA subsidies go to the 4% of farmers who already have incomes of \$100,000. Sen. Hank Brown (R-CO) was also down on the USDA for its high-handed treatment of business interests. Agriculture Secretary Richard Rominger defended the USDA poultry and meat inspection programs against charges they should be handled by the private sector but said the USDA is closing offices and reducing its departments from 43 to 29. He also said that this year's projected \$10.4 billion in price supports marks a *reduction*. And what does an increase look like? Look for further debate on this issue; many economists feel supports should be reduced to zero. If you agree send your comments to: Senate Budget Committee, 621 Dirksen Bldg., Washington, DC 20510...

Book Review

The Food Factor: An Account of the Nutrition Revolution

Barbara Griggs (van der Zee)

Penguin Books

Aylesbury, England, 1988

"...at last doctors are 'discovering' truths which for years have been continuously and successfully employed in the battle against ill health by people once called cranks, who were recommending a diet once denounced as faddist."

Although it did not get much press when it came out this 1988 British book is at the downtown State Library. It contains an extensive history of nutritional science and the vegetarian movement.

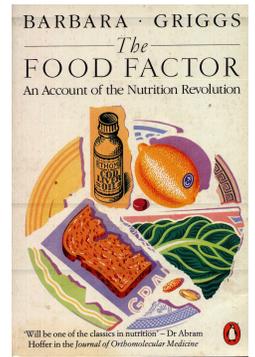
We learn that almost all the deficiency diseases surfaced either as the result of the milling of naturally healthy grains (beri-beri, pellagra), or from such egregious blunders as putting out to sea with no fresh plant food on board (scurvy). The mistakes led to the discovery of vitamins and essential nutrients but it's clear the emerging wisdom stopped short of its logical conclusion: the official endorsement of whole-food vegetarianism as the preferred human diet.

Griggs gives a very readable account of some vegetarian pioneers. Bircher-Benner, Davis, Hauser, Kellogg, Lady Balfour, Macfadden, Shelton, Tilden, and Trall all put in an appearance with a combination of rational but sometimes incomplete health ideas coupled with their occasionally odd personalities (Bernarr Macfadden insisted that his five-month pregnant wife jump off a sixty foot platform into the sea to demonstrate her superior fitness. He also bailed out over Chicago in his 80's to demonstrate his own).

Some ideas were amusing but probably helpful. "Nature will castigate those who don't masticate," advised Horace Fletcher who required that all food be chewed until reduced to a creamy pulp to insure proper digestion.

Gimmick therapeutics (Aerotherapy, Autotherapy, Biodynamochromatic Diagnosis, Chromotherapy, Electrotherapy, Kensipathy, Limpio-Comerology, Physculopathy, Poropathy, Sanitology, and Vita-o-Pathy were all attempts to cash in on the travails and gullibility of humanity; they get short shrift from author Griggs. Father Sebastian Kneipp is cited; reading his gently illustrated book *My Water Cure* may induce tranquility even though the treatment itself is probably marginal.

The 12th century physician Moses Maimonides sums it all up in a quote which is still applicable: "No illness which can be treated by diet should be treated by any other means."



-Bill Harris, M.D.

We'd like to make a production out of "The Great American Meatout", the Farm Animal Reform Movement's annual nationwide extravaganza to persuade Americans to kick the meat habit at least for a day (Mar 20th).

Alex Hershaf's media blitz is now in its 10th year and we should picket at shopping centers, fast food joints, give veggie food to the poor, and get a proclamation from the Mayor, same as the folks on the mainland.



We'd also like to do more F.A.R.M. work on October 2nd which is World Farm Animal's Day, one day past the beginning of World Vegetarian Month, and Gandhi's birthday all in one.

The problem is that VSH is an all-volunteer organization running on a tight budget with about half our volunteers approaching melt-down. So until more volunteers

surface we'll have to scratch the public events.

We will, however, plan to honor the Meatout and WFAD with informal vegetarian dinners which will be scheduled in our calendar (see pg. 3).

HERE'S THE BEEF!

