



The VEGETARIAN

SOCIETY of

HONOLULU Quarterly

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

President's Message



Greetings!

Last month marked the fifth anniversary of the Vegetarian Society of Honolulu. From our humble beginnings (our first meeting was attended by 13 people) we have emerged as a recognized and respected resource in our community. When I joined the Vegetarian society when we were five months old, Jerry Smith, one of our founders, told me that I was member #72. I was impressed, and Jerry was delighted -- someday we might reach 100 members! Today we have over 625 members. Over the past year membership has grown an average of one new member every business day. And whereas in our formative years we were dependent upon the donations of a few dedicated individuals, membership dues now enable us to pay for all of our operating expenses, to upgrade our office equipment, and to maintain an impressive inventory of low-fat, vegan cookbooks and other literature both for sale and for distribution to the public at no charge. Increasingly we are asked to provide speakers for meetings around town, and we are being sought out to display our wares and share our message at events both alternative and mainstream. Physicians refer their patients to us for dietary education, and have you noticed that when the Vegetarian Society is mentioned in conversation nowadays (some of us can hardly talk about anything else!), more often than not the listener has heard of us? Speakers at our monthly meetings and special events that we have hosted have included such luminaries as Dr. Terry Shintani, well known M.D. and co-host of the popular radio program, "Nutrition and You"; Dick Allgire, TV newscaster and health promoter; Peter Burwash, internationally acclaimed vegetarian educator and former tennis pro; John Robbins, author of the landmark work, *Diet for a New America*, and several scientists and professors from the University of Hawaii. Attendance ranges from 80 plus to a high of 180 when Dr. Shintani was our speaker. Our Thanksgiving dinner, held last year at the Waiole Tea Room, has increased in size to a record 140. We also have a presence on local public television, thanks largely to Dr. Bill Harris, another founder, generous contributor, and newsletter editor who has filmed, edited, and otherwise prepared to be shown on the air various videos on vegetarianism and health. Dick Allgire will be with us again in July at the Ala Wai Clubhouse off Kapahulu, and Peter Burwash is speaking in December at the Ala Moana Hotel. And thanks to publicity director Allen Schubert, we are about to join Internet, which will connect us to vegetarians and other sympathetic souls all over the world. It's pretty obvious that we have arrived. Please call us to learn how you may more actively participate in the growth of VSH!

-Alida

Honolulu Herbivore Happenings

Summer 1995

June 11, Sunday:

Join Jack Le for a tour of the Chinatown markets. Meet at the Maunakea Square in the Courtyard at 10 A.M. We will also visit a local tofu factory. The tour will end by 1 P.M. Lunch to follow the tour is an option if there are enough interested people. Call Jack for more info at 923-5325.

June 13, Tuesday:

Monthly meeting of the Society, 7 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. Dr. William Harris, M.D., co-founder of the Society and Editor of this newsletter, will speak on his new book *The Scientific Basis of Vegetarianism*.

July 10, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course--Recreation Facility (2nd floor), 404 Kapahulu Ave. behind Kapahulu Library. Dick Allgire, KITV-4 NEWS Anchor will speak on the topic: "The Truth, the Whole Grain, and Nothing but the Veggies."

July 27, Thursday:

Join us for dinner and conversation at the Thai Taste Restaurant at 1246 S. King St. at 6 P.M. For more info call the VSH office at 395-1499.

August 8, Tuesday:

Monthly meeting of the Society, 7 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki St. A video presentation entitled "Diabetes" by Marc Sorenson, P.H.D., founder and owner of the National Institute of Fitness will be shown.

August 23, Wednesday:

Join us for dinner at Diem Restaurant, 2633 S. King St., at 6 P.M. Parking is available in the lot on the corner of King and University. 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 now on Mondays at 7:00 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! From July 9 to August 27 Masa and Harriet Yafuso will conduct eight classes at the Waimanalo Seventh Day Adventist Church at 41-592 Paalima Street, Waimanalo. Sundays 2:00-4:00 p.m. Free! For information call 247-5779. (Free samples, too!).

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 KGU. Program features include the Health Hotline News, Medical Minute, AMA reports, and weekly guest experts. Join host David Snow for an hour of fun and fact-filled information. Call in your questions and comments to 296-7676.

The National Scene:

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 VSH'ers Ruth Heidrich, Dick Allgire, and Bill Harris. Details: The American Vegan Society, P.O. Box H, Malaga NJ 08328.

Recipes

Try this easy, quick meal on a hot summer day. The night before, prepare the rice for the Spanish Rice, and make the Green Papaya Salad so it will have time to chill. Invite your friends over for the fiesta!

Fajitas

6 Servings

This colorful dish can be as versatile as your pantry permits.

- 1 onion, thinly sliced
- 1 red bell pepper, cut into small strips
- 1 green bell pepper, cut into small strips
- 2 cloves garlic, minced
- 1 cup sliced mushrooms
- 1 tablespoon ground cumin
- 1 teaspoon Italian seasoning
- 2 cups yellow squash, sliced
- 2 cups broccoli florets
- 2 tomatoes, chopped
- 1 16 oz. can red kidney beans, drained
- pinch cayenne pepper, optional
- salt and pepper, to taste
- 12 fat free whole wheat tortillas

Preheat oven to 250 F. Wrap tortillas in foil and place in oven until warm, about 10 minutes. (Or tortillas can be wrapped in paper towels and heated in a microwave oven, about 45 seconds.)

Stir fry onions and bell peppers in a large non-stick skillet until they begin to brown, being very careful not to burn. Add a few tablespoons water, garlic, mushrooms, cumin, and Italian seasoning, and stir for 2 minutes. Add yellow squash and broccoli and continue to stir, adding water as necessary until vegetables are tender-crisp, about 8 minutes. Add tomatoes, beans, and seasonings, and continue to cook until heated through.

To assemble, spoon filling down the center of tortilla. Encase by folding like an envelope, leaving one end open. Serve immediately and bite from the open end.

Source: Marcia Deutch

Spanish Rice

6 Servings

A traditional Mexican side dish that is easy to make with leftover rice.

- 1 cup chopped green or red bell peppers
- 1 cup thinly sliced scallions
- 1/4 teaspoon garlic powder
- 1 teaspoon cumin
- 3 cups cold cooked long grain brown rice

1 8 oz. can tomato sauce, no salt added, dash liquid hot pepper sauce, to taste, salt and pepper, to taste fresh cilantro, chopped, optional. In a non-stick skillet, stir fry the chopped peppers, adding water as necessary so that vegetables do not burn for 5 minutes. Add scallions, garlic powder, and cumin and continue to saute another 2 minutes. Stir in the rice, tomato sauce, and the seasonings. Cook until the rice is hot and the moisture evaporated. Serve with chopped cilantro as a garnish.

Source: Marcia Deutch

Green Papaya Salad

- 2 small green papayas (pale yellow-orange on the inside)
- 2 tomatoes
- 1/4 cup cilantro, chopped fresh
- 1/4 cup reduced sodium soy sauce
- 3 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice
- 2 cloves garlic, minced
- 1/2 teaspoon crushed dried red chilies
- 1/4 teaspoon dried kelp granules

Peel and seed the papayas, then shred them in thin strips. Slice the tomatoes in long thin strips. Combine the papayas, tomatoes and cilantro in a large bowl. Combine all dressing ingredients in a jar with a lid and shake to mix. Pour over the salad and stir. Refrigerate to chill.

Source: Elaine French

	Fajitas	Spanish rice	Papaya salad
<i>% of Calories from:</i>			
Carbohydrate	72	82	90
Fat	12	7	3
Protein	17	11	7

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

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	(%)	(%)	(%)
Calcium	137	69	155
<i>Cholesterol</i>	0	0	0
Fiber	274	123	362
Folate	582	177	316
Iron	267	163	195
Magnesium	208	335	356
Potassium	292	180	483
Phosphorus	200	219	113
Riboflavin	184	106	157
Thiamin	166	238	166
Vitamin A	126	322	330
Vitamin B12	0	0	0
Vitamin B6	187	309	160
Vitamin E	158	294	255
Vitamin C	1236	1290	4390
Zinc	102	116	50

VSH thanks all the volunteers who tabled for VSH at:

Earth Day at Kapiolani Park, April 22, 1995

- Mary Arakaki
- Elaine French
- Neal Pinckney
- Allen Schubert
- Jerry Smith

WANTED: Vegetarian Society Coordinators for Maui and the Big Island. We will keep membership records and mailing lists and print your activities in this newsletter. We're pleased to announce that Mary Jayne, a Junior High School teacher on Kauai has volunteered to be the coordinator for the Garden Island. She can be reached at (808) 822-5410, PO Box 1053, Lihue, HI 96766. Mary envisions occasional vegetarian restaurant outings, such as the ones we have here, and perhaps the swapping of veggie tapes to be shown on Kauai Channel Access TV. We hope our Kauai members will give Mary a call.

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

Fine Dining at the Bottom of the Food Chain

HIGHER TASTE FROM THE ALOHA TOWER

The Higher Taste

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Aloha Tower Marketplace

Open 11:00 AM to 9:00 PM Daily

FREE PARKING

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Ask about our delivery service.

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Suite 221, Aloha Tower Dr, Unit 26, Honolulu, HI 96813

If you haven't seen the view from the top of the newly refurbished Aloha Tower, you're missing a real treat. The view is spectacular, it's free, and you can find some lacto and even a few vegan munchies nearby. Higher Taste is on the upper level of the Aloha Tower Marketplace. You'll find a choice of two vegan soups, roasted eggplant and grilled tofu sandwiches, lasagna, burekas, (savory pastries) filled with either mushroom & onion or spinach & cheese fillings and more. On our last trip, we enjoyed the mildly spicy vegetable curry with brown rice. Lighter fare includes garden, Greek & pasta salads. They have

some interesting beverages including a nice ginger & ginseng drink and iced herbal tea. Prices are very moderate, and they validate parking for checks of \$15 or more. You'll eat in a cool and breezy setting. We enjoyed the pleasant atmosphere, sitting at tables that are artfully decorated with historic Hawaiian posters, nicely complementing the theme of the Aloha Tower. The staff are pleasant and happy to explain the menu to you. Bring your Vegetarian Society card for a double feel-good. They'll give you a nice 10% discount and you'll be supporting the availability of good quality, nourishing vegetarian food in our community.

-Eva & Freeman Wright

Membership Discounts

(Show current VSH membership card)

After this issue we will discontinue the Membership Discount page since it is in the new member packet.

Arakaki Carpet Care offers a 10% discount to our members on carpet shampoo & extraction or upholstery cleaning. Phone: 488-1505.

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

Classic Rustproofing, 1437 N. King St., 20% off rustproofing, fabric and paint sealants, waxing and polishing. Phone 848-0941.

Fox Photo offers us a 40% discount on developing and printing, 25% off on enlargements, panoramic prints and reprints, and 20% off E-6 slide processing. Cameras at cost plus 10% at any location here.

Hana Plantation Houses resort on Maui offers us 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.

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

Island Fender, 918 Ilaniwai St. off Ward Ave. \$25-\$100 discount on collision insurance deductibles. Phone 521-8757.

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 on NIF, send a SASE to VSH.

Petra's Keiki Garden (vegetarian daycare) offers 8% off the full time monthly fee of \$485 or off the part time monthly fee of \$300. Call 395-5829 for more information.

Teddy Bears & Dolls, 66-134 Kam Hwy., Haleiwa Town Center (next to Wyland Gallery), Haleiwa, offers our members 5% off on all items except books and consignments. Phone 637-6429.

Many restaurants and natural food stores offer discounts to our members. See VSH Dining Guide for details, available by mail with SASE or at monthly meetings.

Note: VSH does not accept any discount notices for diagnostic or therapeutic services.



Nancy Dangler has been the hard working and indispensable



VSH Membership Secretary for the last two years and thus the person responsible for this newsletter being in your hands. Nancy puts in her Wednesday mornings at the VSH office in Hawaii Kai which means a long trip around the island from her home in Kailua. "I enjoy working for VSH," says Nancy. "It helps me in staying a vegan, and it's fun chatting with other veggies, reading other newsletters, and watching VSH grow by leaps and bounds. I think our TV shows have attracted most of them." We're now up to 620 plus members and, Nancy notes, have many inquiries from the Big Island, Kauai and other outer islands.

"I became a vegan for health reasons," says Nancy, who started out on the advice of John McDougall, M.D. when he was still practicing on Oahu. "But I didn't stick to it until my blood pressure and cholesterol went up. Then I had to get serious." Both of those came down a bit but she's a bit disappointed they're still slightly higher than she would like. "On the other hand, I enjoy the food, the lifestyle, the weight loss, and I feel I have lots of energy."

Nancy graduated with a B.A. in music from Mary Washington College in Virginia and with a strong interest in vocal studies she first taught in an elementary school. But she and husband Ed came out here for two days about 25 years ago and never left. He's a body surfer, she swims at Kailua beach for exercise. He joined the Soil Science Department at UH and Nancy again taught elementary school. She picked up an M.L.S. (Master of Library Science) from UH in 1982 and subsequently became the librarian at St. Ann's Catholic school in Kailua.

Nancy is now the choir director at Kailua's St. John Lutheran church and also rehearses the ten member hand-bell choir which, one note at a time, manages a three-octave range and can play anything from classical to contemporary music. "The church has to adapt to modern times," says Nancy who anticipates the arrival of a keyboard synthesizer and a guitar, to keep the young folks in the picture.

And how do the young folks feel about Nancy's vegetarianism? "When my son was growing up he fought me about it, but now he's very thoughtful." He's a chemical engineer living in Orange County and her daughter studies Spanish literature and is, "more vegetarian than not."

For Nancy as for many other vegans, social considerations are really the main complication. "I know when I eat the wrong things," she says. "Most of our friends are not vegetarian; they can't understand why we eat this way, so sometimes I eat before I go to a party."

Nancy started out just for health reasons but now can see the ethical and ecological aspects, too. "I wasn't put on Earth to eat animals. It turns my stomach now."

How to persuade others? "I'd tell them how good I feel as a vegetarian. I just feel better overall."

-Bill Harris, M.D.

Vegetarian Teens

by Marie Uyttingco

From the days when Mommy and Daddy had to remind you to "eat your veggies!" many teens are now growing into sensitive health-conscious young people. It's ironic how parents had to force you to eat your vegetables when you were a child, yet when you decide to take on a new lifestyle of vegetarianism, they worry for the life of you. Well, there's no need to worry! Teenagers who have decided to lead a meatless life back up their decisions with compassionate reasons and sensible diets.

Once a non-vegetarian classmate asked me, "Why not eat something that's already there for you? Cows don't do anything anyway!" Obviously this person assumed all vegetarians are doing it for animal rights and nothing else. Others have labeled it a new trend among teens. Whatever the reason is, many vegetarian teens have good explanations for their choice. Mary Meadows, a junior at Mililani High School states, "Most people think you're a vegetarian for animal rights reasons. For me it's more for my health. It makes me upset that people categorize as a whole. I think it's (vegetarianism) an exceptional lifestyle that everyone should look into. We save a lot of money and a lot of land and a lot of energy."

Bryan Black, a freshman, says, "I think vegetarians are cool, but I couldn't live without meat. I hate those people who always tell me not to eat meat because you're killing animals. Did they ever kill a mosquito? Like once this girl was telling me 'Don't eat meat! Don't kill animals!' and she was wearing Birkenstocks! Hello! It's made of leather!" Although sophomore Steven Sawada is not a vegetarian, he believes that, "It's good because it's healthy. And vegetarianism is a trend, um, it's okay because it's for a better body. If it's a trend, it'll be good as long as the idea behind it is not lost." He continues, "Why am I not a vegetarian? Because I'm a meat junkie."

Some young people use vegetarianism as a security blanket. In a world where people are dying from contaminated fast-food burgers, some think it's a lot safer to just stay away from meat. Junior Tammy Cleghorn explains, "In Health class I watched a movie on how meat is processed. They showed how some of the places drop the food, touch it with dirty hands, and cut it with dirty knives. It just repulsed me to where I couldn't eat meat." Senior Kuulei Miura read Dr. Shintani's *Eat More, Weigh Less* which "stresses the benefits of being vegetarian. I've had some problems with my parents about the whole concept but now they are pretty much vegetarian with an occasional consumption of meat. Plus my grandpa recently had a stroke and he can only eat a limited amount of meat, so he has to eat vegetarian dishes, too." Senior Ryan Keenan believes that, "Eating meat makes you more temperamental...sort of. I think vegetarian people have much more moderate emotions. Not to say that they're not sensitive, because they are-obviously because they aren't eating meat. They're being sensitive to the animals' feelings." Overall, Junior Morgan Whitley expresses, "After being a vegetarian for a year, I realize how good it is for your health."

Now teens can finally break away from the generalization that most of them are "hamburger freaks" or "junk food junkies." Vegetarians become vegetarians for various reasons such as animal rights, their health, the environment, or to lose weight. As long as they keep a reasonable, nutritious diet they'll remain sensible vegetarians. Teen vegetarians have chosen an excellent lifestyle, and have proven themselves to have made the right decision.

Book Review

The Scientific Basis of Vegetarianism

By William Harris, M.D.

Hawaii Health Publishers, 1995.

ISBN 0-9646538-0-X

Why another nutrition book? If you've noticed the profusion of nutrition books on the shelves of bookstores, you might legitimately wonder why yet another. The answer is that none of them packs the power of *The Scientific*



Basis of Vegetarianism. Approached from every point of view, the answer comes up that we eat animals at great peril to our health, to our earth home, to our pocketbooks, and, of course, to the gentle creatures themselves. Examined from the anthropological, biological, economic, physical, and political points of view, Dr. Harris leads the reader to the inescapable conclusion that the ideal food for humans is plants. One by one, Dr. Harris takes on the nutritional myths that keep most Americans committing slow suicide. Attacking a major myth, he demolishes the idea that animal protein, even the heavily promoted chicken and fish, is good for you. He then demonstrates with worldwide statistics that a dozen major diseases are associated with animal food consumption. Alcohol consumption and the frequency of divorce, rape, and war also correlate with animal food consumption.

With rapier-like wit, Harris exposes the government's role in leading its citizens to, if not an early demise, then being very good customers for our health care system. Hospital food insures repeat business as well.

So how does Dr. Harris come by his capability to take on this gargantuan task of trying to change people's eating habits? It may have started with his B.A. in Physics from the University of California at Berkeley. This led him to Medical School, U.C. San Francisco, and to thirty years as an Emergency Room physician. His other interests range from composing symphonies, to hang-gliding, sailplaning, trampolining, and computer and video technology. He even photographed the beguiling cover of the book, two adorable rabbits. All of this background and experience has uniquely prepared him to put together a rationale that should end all controversy regarding what humans should eat.

Available now from the publisher, this book is in a 5-1/2" by 8-1/2" soft cover edition, priced at \$15.95. It is also available through the Vegetarian Society of Honolulu, and the American Vegan Society.

-Ruth Heidrich, Ph.D.

The vegetarian movement does not expand by changing the values of others. It works by persuading individuals to act on their values."

-Kim Powell