



The . Vegetarian Society of Hawaii Quarterly

Volume 7 Issue 4

December, 1996

VSH MOVES TO NEW OFFICE

Have you noticed our VSH banner in the window at Puck's Alley? Our new office is located on University Avenue, across the street from the Varsity Theater, on the second floor of Puck's Alley directly above The Greek Comer restaurant. It is very convenient: near UH, several health food stores, and many good restaurants

We are still in need of some equipment, so if you are discarding items, think of us and give us a call. Remember, VSH is a non-profit tax exempt organization, and you will get a tax credit for anything that you donate.

Because we are all volunteers, we don't have regular office hours, but we are often there working on the computer, updating the membership records, or just swapping recipes. You are welcome to come up and chat with us, look over our cookbooks, read veggie newsletters from around the world, watch a good veggie video, or renew your membership. We always need volunteers, and maybe you would like to donate a little time to give us a hand. It's great fun, and you see office page three

VSH TO SPONSER LYMAN

NATIONALLY RENOWNED LECTURER AND PRESIDENT OF INT'L VEGETARIAN UNION WILL SPEAK AT VSH DECEMBER MEETING

Vegetarian Society of Hawaii is proud to sponsor a lecture tour on Oahu from December 7th to the 14th, 1996 featuring Dr. Howard Lyman. Dr. Lyman a former "factory farmer" cattle producer, will speak from first hand experience about the unsustainability of today's chemically based agricultural production methods and Bovine Spongiform Encephalopathy, or Mad Cow Disease.

Dr. Lyman was a fourth-generation family farmer in Montana for almost 40 years. He speaks from a background of personal experience when he says that today's chemically based agricultural production methods are unsustainable, and therefore ecologically disastrous. His experiences range from working in a large organic dairy, to raising registered beef cattle, and to owning a large "factory" feedlot. He has farmed thousands of acres of grain and has produced a herd of over 1000 beef cows. In addition, he has raised chickens, pigs and turkeys. He has also grown crops such as wheat, barley, oats, corn, alfalfa and grass. He was educated in modern agriculture and knows from experience that it is not sustainable.

Following all the modern farming techniques, he saw his organic soil go from a living, productive base to sterile, chemical saturated, mono-cultural ground. In 1979, he was paralyzed from the waist down due to a tumor on his spinal cord. His life was forever changed when he vowed to dedicate the rest of his life to doing what is right for the planet and for those who occupy it. Dr. Lyman is currently the President of the

see Lyman page 3

inside this issue

President's Message page 2

School Lunch Update page 2

Herbivore Happenings page 4

Cookie Recipe page 6

Bookstore page 8



President's Message

With the arrival of another Holiday Season comes the reminder of another passing year. They fly by so quickly and it helps to stop and take stock of where we are. With it also comes the opportunity to reflect on what all we have to be thankful for.

In my own case, I am grateful that I found out in time what fuel my body needs to function at its best. When I load it up with vegetables, whole grains, and fruit, it responds by giving me more energy. I really enjoy channeling that energy back into the fun reminiscent of childhood, that is, running, big, and swimming. This, in turn, keeps muscles, bones, tendons, and ligaments strong and even improving as I find I can do more and more, thus dispelling the notion that it's downhill as you age. I'm thrilled to be able to tell you that at the relatively advanced age of 61, I won **four** gold medals in the **State-level Senior Olympics** Oct. 12-13. I also want to tell you that you, too, might have been able to do the same if you had set that as your goal.

I'm also thankful for this organization with its mission of education. Please help by spreading the word to more and more people so that we all can enjoy abundant good health, vitality, and re-capturing the **fun** of youth. The best advertisement is by example, and getting out there and having **fun**, too.

With aloha, Ruth Heidrich

FUNDS BEING SOUGHT FOR EXCITING SCHOOL NUTRITION PROJECTS

Editor's npte: In the September newsletter I erroneously reported that Ms. Susan Campbell would be helping to plan menus and that Ms. Jennifer Raymond would be conducting classroom/workshop nutrition education. The reverse is correct. I apologize for any confusion this may of caused The following article contains the correct and most recent information update.

Nationally renowned nutrition consultant Jennifer Raymond will be visiting Hawaii in late January and early February of next year for the purposes of training State Department of Education School Food Services **staff** in the nutrient analysis of meals by computer, planning of central recipes using a new federal data base, and preparation of low-fat, plant-based meals. (Nutrient based planning is more flexible and conducive to preparation of health-promoting meals. For example, in the nutrient based '**NuMenu**' system, appropriately labeled tofu can be used to meet weekly protein and calcium requirements, whereas with the present food group 'Food Base' method, **tofu** is not approved as satisfying a meat or dairy 'alternate' category).

Susan Campbell, Co-director of **EarthSave's** Healthy School Lunch Program, is coming to Hawaii in mid-January to conduct classroom nutrition education, including parent workshops, in pilot schools. She will share information gained **from** her work in schools around the nation facilitating healthier and more informed nutritional choices. Ms. Campbell's educative sessions about nutrition include vital information about related environmental issues. When school lunch change is accompanied by updated nutritional education, the results are understanding and success, with the number of students and staff purchasing lunches (especially healthy options) **from** school cafeterias increasing **dramatically**.

These dynamic individuals **will** be presenting their expertise at a state conference of the Hawaii School Food Service Association on January 24th. They are also planning to take their programs to schools on at least one neighbor island. Ms. Campbell **will** share about her enormously successful national campaign to inform schools and children at the Mililani branch of the VSH on January 27. Ms. Raymond will again conduct one of her popular lecture and cooking demonstration s during a February -3rd meeting of our General Membership at the Ala Wai Clubhouse. (Her lecture last January **filled** the room to overflowing.) Then, later in the school year, **EarthSave's YES!** (Youth for Environmental Sanity) may bring their exciting performance to Hawaii's pilot schools. **YES!** assemblies dramatically open the eyes of children and adults to the effects of our food choices on our fragile environment and the issue of world hunger.

These projects will have far-reaching benefits for the over 200,000 public and private school children in Hawaii, their **families** and school **staff**. It is well documented that obesity and clogged arteries are already compromising the health of many elementary school children in Hawaii as well as in other parts of the United States. Many are on their way experiencing other major diet-related diseases (various cancers, diabetes, kidney disease and osteoporosis).

Since we all care about our children, please kokua with tax-deductible funding support or with suggestions for other funding sources. Also please let us know of any school, health facility or other organization that may be interested in participating in these projects.

Ms. Raymond is **available** to teach and update food service supervisors, managers and other **staff**. She is also open to conducting nutrition lectures see Nutrition *page 5*

from Lyman page one

International Vegetarian Union and Director of the *Eating with Conscience* Campaign, which is designed to educate people about organic, sustainable agriculture and the dangers of current methods of food production.

Howard Lyman will be the guest speaker at the Vegetarian Society of Hawaii's monthly meeting on **Monday, December 9 at 7:00 p.m.** at the Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor). This will be one of the most important lectures you will hear all *year as Mad Cow Disease* is on the increase and is, possibly, already present in food animals in the United States. **On Tuesday, December 10 at 6:00 p.m.**, Dr. Lyman will speak at a symposium on the *Manoa* Campus of the University of Hawaii in the Art Building auditorium, Room 132. **On Wednesday, December 11th at 7:00 p.m.** he will give his *Eating with Conscience* lecture at Castle Medical Center. This lecture will be repeated on **Friday, December 13th** at 6:00 p.m. at the *McCully/Moiliili* Library and will include a cooking demonstration. **On Saturday, December 14th** the Vegetarian Society of Hawaii will have a Farewell Luncheon for Dr. Lyman at **1:00 p.m.** in the Paki Hale building -in Kapiolani Park. This gourmet vegan meal will cost only \$10.00 per person. Tickets must be **purchased** in advance at one of the aforementioned events of by calling Jack Le at **571-5225(pager)**. Paki Hale is located at 3840 Paki Avenue. For more information, please **call** Jack Le.

from office page one

will meet a lot of friendly vegetarians. Look for our VSH banner, and drop by. Let us know your interests and talents; we'd like to get to know you!

Our new address is: Vegetarian Society of Hawaii P.O. Box 23208 Honolulu, HI 96823-3208. Our new Phone number is 944-8344 (944-VEGI).

Marcia Deutch Office Manager

LOOK OUT, 'LADIES: MEAT WITHOUT MEAT!!

Anuj Shah, our new member of the month and Board Candidate for Outreach and Education Coordinator, and his good friend, local attorney at law, Mitch Wallis (both vegans) are embarking on an interesting and vegetarian-oriented project. They are putting together the 1998 Vegetarian Male Calendar.

"The purpose of the calendar, to us, anyway, is **first** and foremost to educate," begins Anuj. "There's this pernicious misconception that vegetarian men are these **90-lb. weaklings**, and this calendar, as tastefully-done as we can get it to be, is to show everyone that vegetarian men are active, vibrant, healthy, and can live athletic and fun lives. We really believe in the project, and we hope **all** the positive energy in the universe helps us attain our goal."

The calendar, explains Mitch, will consist exclusively of vegetarian men (fish and chicken NOT acceptable), and models will be asked to sign a statement ascertaining their vegetarianism. Photographed in different athletic and active-lifestyle activities, Vegetarian **Male** should be a positive, fun way for the vegetarian message to get around.

Anuj and Mitch have been working on this project for a few months, contacting national publications, and have heard vocal support from **PETA, EarthSave**, and many other groups, and they have actually gotten recognition from major magazines such as *Healthy* and *Natural* and *Vegetarian Ties*, the

latter of which has a write-up in the November issue's "Potpourri" section.

"The project idea just came to us like lightning," explains Mitch. "We were just kayaking at Lanikai, and one thought association led to another, and I said something, then Anuj said something, and then suddenly, we just got the idea, and we've been brainstorming since."

It's interesting to see what diverse projects vegetarians around the country, and indeed, the world, are engaging in to spread the message: Vegetarianism is a healthy lifechoice! Mitch and Anuj are currently looking for models and any other ideas to help them along the way. We wish them well in their noble effort--go for it, guys. **Look out, Sports Illustrated!!**

RENEW YOUR MEMBERSHIP, NOW!

Don't forget membership dues will be increased effective January 1, 1997. Individual dues will be raised to \$20, family to \$30, and student to \$12. Membership in VSH is more valuable than ever, as more restaurants and businesses offer discounts to our members. If you renew now you can lock in the current rate for up to five years.

WE NEED IDEAS

We are always interested in any **fundraising** ideas. Keeping in mind vegetarianism, the environment and animal rights. Dazzle us with your brilliant ideas. Contact Kimo Sutton through the Vegi-hotline at 944-8344.

"If people are falling over the edge of a cliff and sustaining injuries, the problem could be dealt with by stationing ambulances at the bottom, or erecting a fence at the top. Unfortunately, we put too much effort into the provisioning of ambulances and far too little into the simple approach of erecting fences."

-Dennis Burkitt, Surgeon

HA WAZZ HERBZVOZZE HAPPENZNGS

December 8, Sunday: Howard Lyman will join Ruth Heidrich and Terry Shintani, M.D. on their *Nutrition and You* talk show at 7:00 PM • 9:00 PM on **K108** (AM 1080).

December 9, Monday: Please join us for a **free** lecture at our monthly meeting at 7:00 PM Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). **Internationally known speaker Dr. Howard Lyman will be our "Special Event" for 1996.** Dr. Lyman is a former cattle rancher who dramatically came to share the vegetarian philosophy, and now **speaks** all over the world. Dr. Lyman was recently on the **Oprah Winfrey** TV show. **Our** own Jack Le deserves the credit (and our thanks!) for working tirelessly on this project of bringing Dr. Lyman to Honolulu, and despite the high cost, Jack insisted on making this event **free** to the public. So everyone please come hear this great orator • you definitely won't be disappointed!

December 10, Tuesday: Howard Lyman will be speaking at the Vegetarian Society of the University of Hawaii, Manoa from 6:00 PM to 9:00 PM in the Art Building Room 132.

December 11, Wednesday: Castle Medical Center (Kailua): *Eating with Conscience* Lecture from 7:00 PM to 8:30 PM. **Howard Lyman will be the featured speaker. Call 263-5286** for reservations and more information. *Rm 1040 size (No Cassioira Center Market)*

December 13, Friday: *Eating with Conscience* **Lecture / Cooking Demonstration with Howard Lyman** from 6:00 PM to 9:00 PM at the McCully-Moiliili Library 2211 S. King St.

December 14, Saturday: Farewell Luncheon Party from 1:00 PM to 3:00 PM for Howard Lyman at Paki

Hale 3840 Paki St. in Kapiolani Park. Tickets \$10. Call Jack Le for more information and tickets 571-5225 (Pager).

December 17, Tuesday: Dineout at Indigo Eurasian Cuisine 112 1 Nuuanu Ave. (Downtown and Classy). Join us for an early Holiday Season. Several public parking garages in the area plus some street parking. Meet at 6:00 PM. Call Roger Taylor 672-4207 for reservations.

January 6, Monday: Dineout at Gordon Biersch Brewery Restaurant at the Aloha Tower Market Place. **Our first** time here. They have been getting good reviews for their vegetarian fare. Meet at 6:00 PM. Parking is \$2 tier 5 PM. Call Roger Taylor 672-4207 for reservations.

January 13, Monday: Please join us for a **free** lecture at our monthly meeting at 7:00 PM Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). **Karl-Otto Aly, M.D. will discuss his thirty year career as Medical Director of the Tallmogarten Health Sanitarium in Ronninge, Sweden.** Dr. Aly is internationally recognized in the field of vegetarian nutrition and fasting as a treatment for chronic degenerative disease. This is a real treat for us here in **Hawaii**, since we don't often have the opportunity to hear distinguished scientists from Europe.

January 30, Thursday: Dineout at I Love Country Cafe 451 Piikoi (near Block Buster Video, at the Ewa end of Ala Moana Shopping Center). **Our first** time here. Meet at 6:00 PM. Call Roger Taylor 672-4207 for reservations.

February 3, Monday: Please join us for a **free** lecture at our monthly meeting at 7:00 PM *please note this is a change from our usual meeting date on the second Monday*, Ala Wai

Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). **Jennifer Raymond will be back! Jennifer was our very special speaker and cooking demonstrator from the mainland in January 1996, (her credentials and the important and exciting work she will be doing in Hawaii is featured in an article on page two of this issue,)** and since that time we've been eagerly awaiting her return. We probably had our second largest audience ever last time and now we anticipate an even bigger audience this time. So please come because you'll definitely learn something practical about nutrition and cooking.

February 11, Tuesday: Join us at 6:00 PM at Gauranga's: 51 Coelho Way (Krishna Temple, Nuuanu) for an all vegetarian buffet for \$8.75. Parking on the grounds. Call Roger 672-4207 to make reservations.

February 26, Wednesday: Dineout at Diem Vietnamese Restaurant 2633 S. King St. They have an excellent all you can eat vegetarian plate for \$8.95. Validated (free) parking on the corner of King and University. Meet at 6:00 PM. Call Roger Taylor 672-4207 for reservations.

MILILANI BRANCH MEETINGS NOTES

Calender of Events: *editors note: Moiiiie Saunders of Wahiawa has taken over the task of Mililani Branch Manager. Lets- give her all the support we can. She can be reached at 621-0017. AN the branches meetings are held at Christ Lutheran Church located at 95-1361 Meheula Parkway in Mililani across the street from the Yum Yum Tree Restaurant.*

December 16th, Monday: Cathy Goeggel of Animal Rights Hawaii

see Mililani page 6

from nutrition page 2

and/or cooking demonstrations for the public at various locations. Ms. Campbell is available to conduct nutrition education (classroom, workshop and for the general public). Her lectures on the experiences of the national Healthy School Lunch Program (sharing resources and the how-to of facilitating options) are appropriate for teachers, administrators and food service staff. She also plans to train a team of volunteers to continue her work in classrooms.

Fundii is needed for Ms Campbell's and Ms. Raymond's air fare (between California, Oahu and one neighbor island), consultant and teaching fees, materials, car rental and meals for two and three week stays. Lodging will be provided by VSH members. Ms. Raymond will bring one assistant. The total of projected expenses for these two projects is nearly \$8000.

A number of organizations have been approached for funding help and the results of these applications are pending. Thanks to Maybelle Roth, Downtown Rotaract (via VSH member Mary Kruslin) and Stewart Postiethwart for their generous donations to this worthy project. *Me ke aloha, Cheryl Chung, School Lunch Coordinator.*

For information, to offer suggestions or to make a contribution (financial or manpbwer) Please contact Cheryl Chung 235-5132 or Mary Arakaki 488-1505.

BIOGRAPHICAL NOTES ON SPEAKERS. -

Jennifer Raymond; M.S. in Nutrition, teaches doctors and other health professionals about diet with the Institute for the Advancement of Nutrition Education and Research, has authored and co-authored several nutrition and cooking books, and has her own nationally broadcast TV Show.

See speakers page 6

VSH Leadership Positions

President:	Ruth Heidrich, Ph.D.
Vice President:	Jackye Winter, M.S.W
Recording Secretary	Dawn Seto-Abe
Treasurer	Michele Cyr
Corresponding Secretary	Dawn Bardusch
Merchandise Manager	Jerry Smith
Meeting Planner	Robert Moses
Office Manager	Marcia Deutch
Publicity Director	Carol Gronseth
Social Director	Roger Taylor
Volunteer Coordinator	Nancy Thomas
Fund Raiser	Warner (Kimo) Sutton
President Emeritus	Alida Quistgard

Board Candidates

Newsletter Editor	Jim Hawkins
Outreach and Education Director	Anuj Shak
Membership Secretary	Abhinay Armstrong

Vacancies

Legislative Liaison and Branch Coordinator

Board Assistants

Board Coordinator	Elaine French
Bookkeeper	Allene Ishikawa
Content Editor	Alida Quistgard
Database Manager	Randy Humiston
Dining Guide Coordinator	Jaida N'ha Sandra
Internet Coordinator	Donovan Watts
Militant Manager	Mollie Saunders
Office Equipment Manager	Michael Bowles
Photographer	Patrick Moore
Public Access TV Coordinator	Bill Harris, M.D.
School Lunch Coordinator	Cheryl Chung
Howard Lyman Coordinato	Jack Le

COOKIES FOR THE MONSTER

Recipe By Marcia Duetch

Carob Raisin Cookies Makes 3 1/2 dozen.

1/3 cup roasted carob powder

1 Tbsp soy flour, roasted (Place dry flour in a skillet, and stir constantly on moderate high heat 3 to 5 minutes until light brown. Be careful not to burn.)

2 cups whole wheat pastry flour

1 tsp baking soda

1 tsp baking powder

1/2 cup applesauce-unsweetened

1 cup frozen apple juice concentrate

1 tsp vanilla

2 cups raisins

Preheat the oven to 350 degrees. Sift first 5 ingredients into a large bowl. Set aside. Stir the vanilla into the juice. Pour the liquid ingredients into the dry ingredients. Stir with large spatula until just mixed. Stir in the raisins. Place by tablespoonfuls on non-stick cookie sheet. Bake 10 minutes. Remove from cookie sheet to paper to cool.

Tips:

- * These cookies can be frozen and used as needed.
- * Make "mixes" of the dry ingredients and keep them in small plastic bags in the freezer to make cookies quickly
- * You can use other kinds of juice concentrate (100% juice) for different flavors. *Dole's Mountain Cherry is fantastic!*

from Mililani page 4

from speakers page 5

will speak on "From Compassion to Activism".

January 27th, Monday: Susan Campbell will share valuable information gained facilitating and educating students, parents and teachers in schools across the country on healthy lunch options. Included in her presentation will be guidelines for the ideal diet for children and tips for facilitating updated nutrition awareness in Hawaii schools.

An update on February's meeting will be available via the Vegi-hotline 944-VEGI (944-8344).

In co-operation with Dr. Dean Ornish she is working to advance the efforts to help reverse heart disease through changes in diet. She also continues to work as a nutrition consultant and instructor with the fitness programs of several corporations and health spas while remaining committed to improving the quality of meals provided school children with the federal governments' National School Lunch Program.

Susan Campbell; Co-director, with Todd Winant, of EarthSave's nationally successful Healthy School Lunch Program and co-author, with

GARAGE SALE FUND RAISER

By Carol Grunseth and Dawn Bardusch

The Vegetarian Society of Hawaii will be having a GIANT garage sale the first part of next year in an effort to raise much needed funds.

We need your donations of items in good repair (nothing broken or junk and no clothing, please). You'll end up with a clean garage, attic basement, storage shed, etc. and the Society will have some of the funds needed to keep operating and to keep educating the people of Hawaii about the benefits of vegetarianism.

Small items can be brought. to the regular monthly meetings in December, January and February. Call the VSH Hotline, 944-VEGI, to make arrangements to drop off larger items or to have them picked-up. Leave a message and someone will get back to you.

VSH will provide receipts for the garage sale value of items when requested. The date and place of the garage sale will be announced at the monthly meeting in February and it will be advertised in the newspaper.

This is a fund raising project we can all be involved in and contribute to, so start cleaning out those storage areas and dusting off those 'white elephants'.

Of course we will be looking for volunteers to be on the Garage Sale Committee. Remember Committee Members get first 'dibs' on all the good stuff. *Thanks for your support!*

Todd Winant, of the wonderfully helpful and newly revised *Healthy School Lunch Guide*. Susan has worked with school districts from coast-to-coast and from Miami to Vancouver conducting classroom and parent workshop nutrition education. She is able to share valuable information on what constitutes an ideal diet for children.

A Personal Plea Front a very busy person living in Paradise trying to make ends meet. (Sound familiar to most of you?)

Written By Any One of Us

The Vegetarian Society of Hawaii has been in existence for over 6 years. We now have a membership of close to **900** members. We are by far the largest, local vegetarian society in the United States. **Our** main objective has always been education. Due to our growth in size and our hard-earned respect within the community, we felt it was appropriate to embark on a much larger educational mission by encouraging healthy lunch choices and nutritional education in our schools. We soon found out that the goal of educating supervisors and **staff** of food services, teachers, students and their parents would take a lot more time, energy and money than we first expected. The first reason for this was the enthusiastic response **from** so many local schools. The second is that because of the current state budget cutbacks we can not expect Department of Education to fund our efforts. This is both good and bad. We want to reach as many schools, as possible, showing an interest in the project, but it is difficult to fund such a project. In the **6 years** of **VSH's** existence we have never asked the membership for help to accomplish such a large project. We are asking now. The cost of this **project** is close to \$8000.00. The bottom line is we don't have it. We feel this is a immensely worthwhile endeavor and don't want to scrap it. We have approached foundations, corporations and individuals for donations. We are also planning a garage sale in the Spring along with other **fundraisers**. As the largest, local vegetarian society in the United States one would think we could **find** the support within our own group. I know we are all busy people. We all work hard, have families, go to school and are just trying to make ends meet living here in Hawaii. We all have our own special causes that

we believe to be of importance. I am asking on behalf of all the children of Hawaii 'for you to make the Healthy School Lunch Program one of your causes. Donate whatever you can, **from** manpower to money. Please support this endeavor. What could be more worthwhile than the **future** of **OUR** children?

To help make this request a little more enticing to you, I have been racking my brain to come up with a small reward system. For those of you who celebrate Christmas or other winter holidays your shopping headaches are over. Donate an amount of \$10.00 or more in the name of a loved relative or friend, and we will send you a **placemat/certificate** handmade by the children

of Hawaii. You may present this as a gift. A gift of HEALTH. The Board of Directors would like to honor the contributors who donate \$100.00 or more with a group vegetarian dinner/awards ceremony.

As I said earlier, I have been trying to come up with incentives for donations. I am at a loss on how to encourage people to donate to this worthwhile cause. But next time you see a child walking to school, take a moment to really look at that child. That should be incentive enough.

Thank you.

Editor's note: Please see article on School Lunch Nutrition Project on page 2.

HEALTHY SCHOOL LUNCH PROGRAM DONATION

YOUR NAME _____ PHONE NUMBER _____
 Would you like a place **mat/certificate** in return for your donation? _____ *If not, a donation can be considered tax deductible.* Do you want the amount of the donation noted on the place mat / **certificate?** y/n

NAME OF THE PERSON FOR WHOM YOU ARE MAKING THE DONATION _____

ADDRESS TO WHICH YOU WANT THE CERTIFICATE/PLACE MAT
 S E N T

(Please include all information.) (i.e.. apt. #, zip code etc.)

Contributors who donate \$100.00 or more will be honored as a group, with a vegetarian **dinner/awards** ceremony. Time, date and place to be announced later. Eligible contributors will be contacted.

Please return completed form and a check made out to :

VEGETARIAN SOCIETY OF HA WAI

P.O. BOX 23208

HONOLULU, HI 96823-3208

If you have any questions please call 944-8344 and someone will get back to you as soon as possible.

"The more I have understood the realities of our animal-based diet, the more liberated I have felt. Our choices do matter. What's healthiest for each of us personally is also healthiest for the life support systems of our precious, but wounded planet. -John Robbins, author 'Diet for a New America'

MEMBERSHIP, ORDER AND CHANGE OF ADDRESS FORM

Name: _____ (Please Print)

First _____ Last _____

Street _____ Address _____

City _____ State _____ ZIP _____

Telephone

A. Please circle one:

- 1. Vegan (no animal products at all)
- 2. Vegetarian (no flesh, fish or fowl)
- 3. non-vegetarian associate

B. Annual dues (includes quarterly newsletter)

Please check one:

Regular \$15 (increasing to \$20, Jan. 1) _____

Full-time Student \$8 (inc. to \$12) _____

Family \$22 (inc. to \$30) _____

(Foreign: Please add \$4 postage)

C. _____ Total _____

(ordered items, shipping and dues) \$ _____

D. I am already a member, _____

...address change only _____

Please make checks payable to:

VEGETARIAN SOCIETY OF HAWAII

PO Box 23208

Honolulu, HI 96823-3208

P.O. 23208
Honolulu, HI
968253208

VSH Bookstore Items

BOOKS AND TAPES:

<i>The (Almost) No Fat Cookbook</i> Btyanna Clark Grogan	\$12.95
<i>A Basic Course in Veg./Vegan Nutrition</i> George Eisman , R.D.	\$22.00
<i>Cook Healthy Fast Cookbook</i> Dick Allgire	\$10.00
<i>Diet for a New America</i> John Robbins	\$13.95
<i>Diet for a New America . Video</i>	\$19.95
<i>Fabulous Beans</i> Barb Bloomfield	\$ 9.95
<i>Fat Free & Easy</i> Jennifer Raymond	\$10.00
<i>Healthy Heart Handbook</i> Neal Pinckney , Ph.D.	\$15.95
<i>Live Longer, Live Better (cassette)</i> Neal Barnard, M.D.	\$ 9.95
<i>MegaHealth</i> Marc Sorenson, Ed.D.	\$23.95
<i>New McDougall Cookbook</i> John & Mary McDougall	\$24.00
<i>The Peaceful Palate</i> Jennifer Raymond	\$15.00
<i>Pregnancy, Children and the Vegan Diet</i> Michael Klaper, M.D.	\$ 9.95
<i>The Race for Life Cookbook</i> Ruth Heidrich , Ph.D.	\$ 9.95
<i>The Scientific Basis of Vegetarianism</i> William Harris, M.D.	\$15.95
<i>The Uncheese Cookbook</i> Joanne Stepaniak	\$11.95
VSH Dining Guide (send SASE)	FREE
<i>Why Do Vegetarians Eat Like That?</i> David A. Gabbe	\$11.95

THE VSH T-SHIRT

Size (S-M-L and Women's one size.)

'I Speak Vegetarian' T-shirt \$15.62

Size (M-L-XL) Circle size (they run large)

Subtotal \$ _____

Shipping (15% of subtotal) \$ _____

TOTAL \$ _____

*The Newsletter of the
Vegetarian Society
of Hawaii*

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