Governor Cayetano To Be Awarded A VSH Membership

Governor Ben Cayetano will attend our March 24th meeting to receive a complimentary VSH membership in acknowledgement of his successful completion of the Hawaii Health Program. We have asked the Governor to say a few words to us about his experience with vegetarian cuisine and to stay for the meeting and social time following. That night our speaker will be Dr. Terry Shintani, and his topic is, “The Week the Governor Became a Vegetarian.” This should be a memorable meeting for VSH! Jim Deuck, Legislative Liaison

LATE BREAKING NEWS: “EAT FOR LIFE” WORKSHOPS WITH JENNIFER RAYMOND

We are happy to announce that nationally acclaimed nutrition consultant, Jennifer Raymond is rescheduling her work tour in Hawaii for late April and early May. As with her original schedule, she is being brought here by the Vegetarian Society of Hawaii. see reschedule page 5

EARTHSAVE NUTRITION EDUCATORS SUSAN CAMPBELL AND TODD WINANT

BIG HIT WITH HAWAII STUDENTS!

“Thanks for coming to our school and teaching us a lot about animal foods that can kill us!”, “One thing I didn’t know was 1 hamburger takes up 12 pounds of grain, 55 sq. ft. of the rain forest and 2,500 gallons of water!”, “My goal for 1997 is to not eat animal foods and to start telling my friends to not eat animal foods.”

“In response, Campbell and Winant proclaimed that Hawaii students and adults were warm, well-mannered, and informed, and they, Campbell and Winant, appreciated the welcome extended them by the Vegetarian Society of Hawaii.”

see healthy page 8

inside this issue

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Aloha, Everybody!

This is really an exciting time for VSH. The Howard Lyman visit was extremely successful and was the culmination of the dream of Jack Le to bring the former cattle-rancher-turned-vegan from Washington DC all the way out to Hawaii to give a series of talks to groups ranging from our very-vegan-unfriendly monthly meeting to the very-vegan-unfriendly animal sciences people at the University of Hawaii. This latter group, by the way, declined our invitation to debate the subject. There were others who helped make the visit the success that it was, including people who made financial donations, opened their homes to the Lymans, even entertaining them by taking them up for a glider ride, and, in general, insured that all went well.

The School Lunch Program was an even bigger challenge. This involved bringing a total of four people over from the mainland, sending them to the outer islands to visit the school lunch people there as well as our own school lunch people, exposing them to people who probably didn’t really appreciate an “outsider” coming in to “help” them improve the quality of the school lunches they were serving. Then the flu struck the main star! She was totally disabled by the bug and had to cancel at the last minute. Thank goodness for people like Dr. Michael Klaper, Paul Onishi, and Masa and Harriet Yafuso who were willing to fill in. This project was a result of the vision of our own efforts. On March 24 he is the Governor Became a Vegetarian. The job, however, is far from done. We need to continue to expose more people to the possibilities of greater health for ourselves, the animals, and the planet. We also need to support the people who are in the process of change. We all know how easy it is to backslide, so it’s necessary to “keep on keeping on.” What’s next? It’s up to you!

With & ha,

Ruth Heidrich

Recap of winter Meetings

by Elaine French, Meeting planner Candidate

Our December 9 meeting was a great experience for the 150 people attending. Former cattle rancher-turned-vegetarian Howard Lyman told his personal story of making inroads that are unprecedented and she deserves to be congratulated for a fantastic job!

Then there was Dr. Shintani’s very successful Hawaii Diet program where he got the governor and key members of his staff to change their diet for three weeks, the last of which was vegan. The group lost a total of 250 pounds, cholesterol and triglyceride levels dropped steeply, and many were able to get off medications such as insulin and high blood pressure pills. While not a VSH effort per se, Dr. Shintani’s effort dovetailed perfectly with our own efforts. On March 24 he is the title of his talk is “The Week the Governor Became a Vegetarian.”

We need to continue to expose more people to the possibilities of greater health for ourselves, the animals, and the planet. We also need to support the people who are in the process of change. We all know how easy it is to backslide, so it’s necessary to “keep on keeping on.” What’s next? It’s up to you!

With & ha,

Ruth Heidrich
I spent the greater part of Saturday the 11th of January at the State Legislature attending a course on “Getting the Laws you Want,” sponsored by Common Cause Hawaii. Like many of you, I am interested in educating and influencing our legislators on the subject of vegetarianism. In the past I attempted to be a good citizen by giving testimony at legislative hearings, serving on my Neighborhood Board, voting in elections, and even by arguing politics with my friends. And perhaps like you, down deep I felt frustrated and powerless to meaningfully influence those who can make the right things happen.

Well, that was then and this is now.

Do you know that you belong to an organization that has legislative muscle if only we used it? How many organizations that you belong to have 900 dues-paying members...with friends and relatives who vote?

A State representative friend of mine told me that at a recent legislative event he and some others were given a lei, courtesy of a local hotel. On the lei was a tag with a simple note saying, “There are 52 members of our staff residing in your district.” My friend admitted that this simple idea got his attention and will keep his attention in the future.

I would like to propose a similar plan endorsed by past VSH legislative liaisons Bill Harris and Kimo Sutton, that I believe will move us toward political influence. The basic concept is this. The legislative liaison (for the moment that’s me) keeps an eye on the legislative process and receives information from various sources. When activity occurs that is of interest to vegetarianism, this person sends a “Vegetarian Legislative Alert” by e-mail and/or FAX to the VSH membership. The alert will include the name, essence, and issues of a bill or other proposal along with names of legislators to whom, in addition to our district representatives and State senators, our views should be made known. In addition there may be a sample message for you to send. It should take less than 30 minutes of your life to become a lobbyist for your beliefs. Imagine the impact on our legislators when 900 or more grass root messages hit them.

How do we start?

First, those interested in participating in this effort should e-mail me at JADeutch@Juno.Com to be put on the list of those to be notified.

Second, anyone with multiple FAX capability that can be utilized for Vegetarian Society business, or anyone who can advise or assist me in setting up such a system, should contact me by e-mail or by phone at 988-5000. Hopefully in the near future we’ll be able to communicate with those of you who have FAX access. When we have accomplished this, we’ll request your FAX numbers.

Thirdly, anyone who is interested in being a part of the VSH Legislative Liaison Team should call or e-mail me soon. Your talent and assistance can be of great value to this effort and can become a meaningful and exciting part of your life as a vegetarian.

Thanks -- I hope to hear from many of you in the days to come. I’ll give you an update of our progress in the next VSH newsletter.
HA WAZZ HERBZVORE HAPPENZNGS

Vegetarian Society of Hawaii Calendar of Events February - May 1997

February 17, Monday: Mililani Branch monthly meeting. Joy Ostroff, N.D. will speak on healing with a cleansing - vegetarian diet. The meeting is at 7 p.m. at Christ Lutheran Church, 95-1361 Meheula Parkway (across from the Yum Yum Tree), in Mililani. Call Mollie at 621-0017 for more information.

February 27, Thursday (PLEASE NOTE THE SPECIAL DATE): Please join us for a free public lecture by Agatha Thrash, M.D., who will speak to us on “The Cause, Prevention, and Cure of Diseases.” She and her husband Dr. Calvin Thrash currently are directors of Yuchi Pines Institute in Seale, Alabama, where they have assisted hundreds in developing healthier lifestyles. Her many books include Nutrition for Vegetarians, The Animal Connection, Eat for Strength, and Diabetes & the Hypoglycemic Syndrome. A favorite speaker at national vegetarian conventions, she will be visiting Hawaii after a lecture tour in Asia; those who were fortunate to hear her speak during her 1991 visit are eagerly awaiting her return. Don’t miss this exciting evening, and be sure to invite your friends! The meeting will be held at 7 p.m. at the Ala Wai Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, 0.2 mile behind the Waikiki-Kapahulu Library.

March 5, Wednesday: Please join us at 7 p.m. at the Lotus Vegetarian Restaurant at 1259 S. King (makai side), the newest veggie-style restaurant in Honolulu. There is parking on the street and at the bank building across King. Call Roger at 672-4207 and leave your name, phone number, and party size.

March 15, Saturday: Fundraising Fun. Participate in our 1st Annual Garage Sale at Dawn Bardusch’s house at 1306 Kainui Drive in Kailua. Proceeds to go to the healthy school lunch program. Leave a message at 944-8344 if you have something to donate, want to help, or want more information.

March 17, Monday: Mililani Branch monthly meeting. Dr. Ruth Heidrich will speak on “Nutritional Myths and Exercise Myths.” The meeting is at 7 p.m. at Christ Lutheran Church, 95-1361 Meheula Parkway (across from the Yum Yum Tree), in Mililani. Call Mollie at 621-0017 for more information.

March 20, Thursday: Please join us at 6 p.m. at India Bazaar, 2320 S. King St. in Moiliili. This is an inexpensive, McDougall approved, plate lunch restaurant serving Indian cuisine. Some parking in the shopping center, street parking nearby. Call Roger at 672-4207 to make reservations.

March 24, Monday: Please join us for a free public lecture by Terry Shintani, M.D., J.D., M.P.H., who will speak on the topic, “The Week the Governor became a Vegetarian.” Dr. Shintani is the Director of Preventive Medicine at the Waianae Coast Comprehensive Health Center, co-host of the K108 radio program “Nutrition and You,” and the author of Eat More, Weigh Less and its companion cookbook. His Waianae Diet, which uses traditional foods of the native Hawaiians, has received national recognition, and his program is featured in the Encyclopedia Britannica. Another very special guest this evening will be Governor Ben Cayetano, who has recently successfully completed Dr. Shintani’s Hawaii Health Program. This is a meeting you won’t want to miss -- be sure to bring a friend! It will be held at 7 p.m. at the Ala Wai Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, 0.2 mile behind the Waikiki-Kapahulu Library.

May 12, Monday: Please join us for our “spiced up” annual membership meeting; VSH Board members will report on activities and accomplishments of the past year and discuss plans for the future. Ideas and suggestions from members are welcomed, and we hope to see many of you there! The meeting will be held at 7 p.m. at the Ala Wai Golf Course multi-purpose recreation facility, second floor, 404 Kapahulu Avenue, 0.2 mile behind the Waikiki-Kapahulu Library.

May 14, Wednesday: Please join us at 8 p.m. at Payao Thai Cuisine at Restaurant Row, 500 Ala Moana Boulevard (close to Row Bar). Payao Thao offers a separate vegetarian menu with low-fat vegan entrees, reasonable prices, and a 10% discount on a meal when you show your membership card. Parking is on the street and at the bank. Call Roger at 672-4207 and leave your name, phone number, and party size.

Please join us for dinner and conversation at one of our restaurant outings.

April 8, Tuesday: Join us at the Buddhist Vegetarian Restaurant (100 N. Beretania #109) at 6 p.m. 10% discount to VSH members. Validated parking ($2) entrance on Maunakea St. Call Roger at 672-4207, and leave your phone number and party size.

April 21, Monday: Please join us at 7 p.m. at the Moca Java Cafe at Ward Center. Inside and outside seating is available, and there is a free herbal tea for VSH members. Plenty of free parking. Call Roger at 672-4207 and leave your name, phone number, and party size.

April 21, Monday: Please join us at the Moana Cafe at Ward Center. Inside and outside seating is available, and there is a free herbal tea for VSH members. Plenty of free parking. Call Roger at 672-4207 and leave your name, phone number, and party size.

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from reschedule page 1

Hawaii in collaboration with American Cancer Society/Hawaiian Electric Co., Castle Medical Center, Crazy Shirts, Inc. and other generous sponsors as mentioned in the ‘EarthSave Nutrition Educators’ article. Along with training of school food service managers on three islands and dietitians from statewide medical institutions, she will conduct three public “Eat for Life” low-fat vegan cooking demonstrations complete with samples to taste (yum!):

April 27, 2-4pm, Castle Medical Center, Kailua, Auditorium in basement
April 28, 7-9pm, Honolulu Central Seventh Day Adventist Church, 23 13 Nuuanu Av. (next to Royal Mausoleum), Fellowship Hall, middle level of Millner Chapel at back of parking lot.
May 6, 6:30-8:30pm, Haiku Elementary School, Maui.

Many Hawaii residents were disappointed when Jennifer had to cancel her original schedule of events in January. The question of the hour has been “When is Jennifer coming?” With great excitement we welcome her to Hawaii and again look forward to her informed and energetic presentations.

For those of you who didn’t read it in the last newsletter, here is a biography on Jennifer Raymond: M.S. in Nutrition; taught doctors and other health professionals about diet with the Institute for the Advancement of Nutrition Education and Research; authored and co-authored several nutrition and cooking books; had her own cooking show nationally broadcast on TV; worked in programs to ‘reverse heart disease with diet’ in cooperation with Dr. Dean Ornish; worked as a nutrition consultant and instructor with the fitness programs of several corporations and health spas; and most recently has been working around the country to improve the quality of meals provided school children as guest chef and training consultant with the National School Lunch Program.
a microbe that makes one person sick may not affect a person who has a stronger immune system. At his health center, where he treats disease using a combination of vegetarian diet, fasting, stress: reduction, and walking, a number of people have recovered from cancer. However, Dr. Aly commented wryly that when people recover from cancer following his regimen, the scientific establishment usually responds with one of three explanations: it was a faulty diagnosis in the first place, it was a spontaneous remission that had nothing to do with the diet and lifestyle change, or it is a manifestation of the placebo effect. Dr. Aly enlivened his talk with numerous jokes. I liked the one about the doctor who had problems with his bathroom plumbing on the evening he had planned a large party. He called a plumber and then pressured him to immediately diagnose and fix the problem before his guests arrived. Irritated by the unreasonable demand, the plumber threw two aspirin in the toilet and told the doctor to call him in the morning. Dr. Aly concluded that the problem with the doctor’s toilet was not caused by a lack of aspirin however, and that likewise, the diseases affecting humankind are not caused by a deficiency of drugs and surgery.

For our February 3 meeting we had scheduled a cooking demonstration by Jennifer Raymond. Unfortunately, Jennifer came down with a bad case of the flu and was unable to make it to Hawaii for any of her speaking engagements. The good news is that popular VSH members Masa and Harriet Yafuso were willing to give a substitute cooking demonstration. A crowd of 100 people heard Masa cover many of the basics of vegetarian nutrition. His story is worth noting, as he was an ovo-lacto vegetarian for many years and yet still developed heart disease. He subsequently attended the Weimar Institute in California and became a low fat vegan (omitting eggs, dairy products and free fats from his diet). He then lost weight, reduced his cholesterol level significantly, and began the process of reversing his heart disease. Harriet demonstrated several easy recipes and talked about the high nutrient content of edible hibiscus, distributing samples of the leaves. Two of Harriet’s recipes and some information about the hibiscus are printed in this newsletter for the enjoyment of VSH members who missed the meeting.

HELP WANTED!

Meeting Greeter: If you can arrive early for our monthly membership meetings and are willing to pass out name tags and greet members and the public as they arrive, this is an ideal way to get involved. This position will also occasionally require you to answer general questions about the organization and events.

Set-up Coordinator: This position requires arriving early at monthly membership meetings and assisting in the set-up and take-down of the chairs and tables used during the meeting. This person also may direct other volunteers.

Discount Coordinator: This person actively solicits discounts for VSH members from restaurants, businesses, and organizations.

Membership Assistant: This person assembles new member and renewal packets when needed and performs various other miscellaneous office/clerical duties.

Book Table Assistant: This position requires arriving early at monthly membership meetings and assisting in the overall operation of the merchandise table. Duties include advising people regarding content of the books and other materials and selling/recommending these, giving general information on vegetarianism and VSH, setting up and repacking merchandise, etc.

Bulk Mail Manager: This person arranges for and sets up a non-profit bulk mail system for VSH as necessary ‘and represents VSH in all interactions with our printing and bulk mail service provider.

Print Manager: This person is responsible for assuring that the VSH office has a sufficient paper supply, keeping a file of master copies of all handouts and membership materials, soliciting free copying from within the VSH membership, receiving requests to print materials, and performing other related duties as requested.

Historian: This person documents VSH events in consultation with the VSH photographer. S/he develops and maintains a scrapbook of event documentation and media articles and also answers questions about the history of VSH.

Special Event Coordinator: Duties include but are not limited to proposing speakers for a special event, and making all arrangements for the event, including communicating with the speaker, developing a budget, arranging a meeting place and securing any necessary permits, having tickets printed and distributed, helping design flyers and other announcements, submitting newsletter articles announcing the event, and arranging for book sales at the event.

Help us fill these vacancies. Call VSH at 672-4207 and leave your name, phone number, and party size.

May 25, Sunday: Please join us at 7 p.m. at newly renovated and enlarged Chiang Mai Northern Thai Cuisine, 2239 S. Ring, in the same block as the Old Stadium Park in Moili. Street parking and some parking behind the restaurant. Call Roger at 672-4207 and leave your name, phone number, and party size.
Artichoke and Caper Appetizer Spread

1 can (13 3/4 oz.) water-packed artichoke bottoms
2 T drained capers
1 T dried parsley
1 T Dijon mustard
2 T apple cider vinegar
1 t dried basil
1 t paprika
several grinds black pepper
2 med or 3 sm red bell peppers

Drain the artichoke bottoms and mince finely. In a separate bowl mix mustard, vinegar, basil, paprika, capers, parsley, and black pepper. Add minced artichokes and stir until all ingredients are well combined. Set aside.

Cut red bell peppers in half lengthwise. Discard stems, seeds, and white membranes. Cut each half pepper into 3 or 4 lengthwise strips wide enough to hold the spread (artichoke mixture). Spoon the spread onto the strips of bell pepper, using their natural curvature as a cup. Arrange on a serving platter and serve at room temperature.

(The artichoke caper spread can also be used in sandwiches or on crackers.)


Creamed Vegetables

1/2 cup raw cashews
2 cups hot water
1 tsp. salt
2 tsp. onion powder
1 10-oz. package frozen peas
1-2 cups steamed carrots, broccoli, or cauliflower

In a blender, spin the cashews with 1 cup of hot water until creamy. Add the second cup of water, salt, and onion powder and mix again. Pour into a pot.

Add the frozen peas and steamed vegetables. Cook until the peas are tender. Serve over brown rice or whole grain toast.

Fresh Vegetables with Braggs Aminos and Lemon Juice

To make the dressing, mix equal parts of Bragg’s liquid aminos, water, and lemon juice.

Pour onto your favorite fresh vegetable salad. (Kale, carrots, Chinese cabbage, head cabbage, edible hibiscus, lettuce, broccoli, cauliflower, watercress, parsley, collards, spinach, daikon leaves, beet leaves, etc.)

Pele, the Tongan Edible Hibiscus (Hibiscus Manihot)

Edible hibiscus can be propagated by seed or cutting. Since seed germination is very low, people usually use cuttings. Select loamy soil and keep moist.

Plants should be 2 1/2 feet apart. They will grow to 6-8 feet in height and last 2-3 years.

Edible hibiscus leaves may be eaten raw or cooked. Use young green leaves for salads or fast cooking. (In addition, the World Health Organization has made a special recommendation these young leaves be used as an infant food because of their high nutritive value and tender texture.) The older leaves require slow cooking as in stews and casseroles.

Wash the leaves and discard the stems. Cut the leaves lengthwise into 2-inch pieces and then crosswise into 1/3 inch strips. If the leaves feel slimy after you cut them, soak them in water for a few minutes.
from healthy page 1

Campbell and Winant wowed over 160 classroom students at five public primary and secondary schools at Punahou School. Their props included wooden flutes, a giant rubbery model of saturated fat, simulated blood vessel sections at successive stages of occlusion, a colorful cloth world globe and John Robbii video, “Diet for a New America”. During a month that in our nations' schools was declared 'Wellness Month', and 'Hawaii Health Month' by Governor Ben Cayetano the nationally successful educators were also a big hit with the adults, including Department of Education Superintendent Aizawa school food service managers, teachers, counselors, and parents.

Susan Campbell shared a lecture slot with Dr. Michael Klaper, who flew over from Maui to deliver a moving keynote speech to over 450 participants of the Hawaii School Food Service Association Conference, advocating plant-based choices for lunch menus. Susan and Todd also spoke to the January 27th meeting of the Mililani branch of VSH and have done a great job training a potential team of volunteer classroom nutrition presenters, who will continue to advocate healthy school lunch choices. Other local speakers included vegetarian chef Paul Onishi, who conducted vegetarian food preparation demonstrations with delicious samples at both the SFS Conference and for a public nutrition workshop at Castle Medical Center and Masa and Harriet Yafuso, who treated attendees of the February VSH meeting to a lively nutrition lecture and cooking demonstration.

VSH who coordinated this major project, congratulates Eugene Kaneshiro, Department of Education School Food Services Director, for having the foresight to include these national experts in staff training as he works toward his vision of a daily 'choice' in all statewide schools. A big Thank You goes to our last minute speakers who filled in for nutrition consultant, Jennifer Raymond sadly reported she would have to postpone her part of the project. Announcement of her rescheduled events are included in a related article on page one.

“Mahalo” to our wonderful sponsors! The American Cancer Society, ‘Changing the Course, Cafeteria Style’, funded statewide by Hawaiian Electric Company. This collaboration had been facilitated by ACS’s Marlene Maneda. Other major sponsors: Castle Medical Center; Crazy Shirts, Inc.; Nutrition Education and Training Project, Ann Horluchi, State Coordinator; DOE School Food Services, Eugene Kaneshiro; Dr. Ruth Heidrich’s ‘Race for Life’; Ian and Eda Kinnear, Maybelle Roth; Kapunahala Elementary School Ohana, PTA; Haiku Elementary; Downtown Rotaract; VSH member Mary Kruslin; Emily Chung; and natural food stores Down to Earth, Huckleberry Farms, and The Source. Other generous supporters: Robert and Julienne Irwin; Betty Wood; Amy Kimura; Dawn Bardusch; Marcia Deutch; Dawn Seto-Abe; and Jim Hawkins.

A special mahalo to Kapunahala and other school students who produced beautiful gift placemats to acknowledge donors to the project, to the parents who purchased them and to Dawn Bardusch for the brilliant idea. Thanks also to a number of anonymous donors. Dawn Bardusch, Carol Gronseth, and Haiku SFS Manager John Cadman generously offered lodging. John who has a daily lacto-vegetarian choice at his school, facilitated several trainings there. Hotel Molokai on Molokai and Copy Rite in Kaneohe offered us valuable discounts. Kapunahala School and Castle Medical Center allowed use of their computers. Other pending sponsorships will be announced in our next newsletter.

Also appreciated for their help and encouragement of this project VSH President Ruth Heidrich (endless guidance, help and support); Dr. William Harris, (our original school services liaison, tireless videotape specialist and producer for Public Access TV); Gail Parrish, health writer who hosted and facilitated on Molokai; Dick Algire of KITV 4 News; Barbara Burke of the Honolulu Star Bulletin, Carol Chang of Sun Press; again Dr. Heidrich of the K108 AM radio show ‘Nutrition and You’, for featuring our guest speakers and project; and VSH board members who manned informational display booths or offered encouragement, Dawn and Kurt Seto-Abe, Elaine French, Jerry Smith, Alida Labrie, Jack Le, Jackye Winter, Roger Taylor, Kimo Sutton, and Jim Deutch; and especially to my own Kapunahala sixth-grader Dustin Tang-Chung, who made the most sacrifices, you will someday realize just how important your contribution has been in preserving the health of the Earth that you and your fellow earthlings call home! OUR THANKS TO YOU ALL! This is a great beginning for Hawaii.

Warm aloha and super health to everyone!

Cheryl Chung, VSH School Lunch Coordinator

from memberpage 7

got a hold of a few more books, some animal interest literature, and of course, the Bible, -Diet for a New America-. I remember crying through the book-it was so powerful. It killed me—human cruelty knows no bounds.

Anuj is working on his PhD in Comparative Philosophy, concentrating on Indian and Western philosophies of aesthetics. In addition to his unrelenting passion for sports, especially tennis, and his undying personal and intellectual interest in Madonna (he made a documentary film and wrote a whole thesis on this subject), his philosophical outlook and his sunshine personality have already added tons of (vegan of course) spice to VSH. We look forward to continued work with Anuj in the coming months and years.
Lotus Vegetarian Restaurant Review

1269 S. King Street, makai side, between Piikoi and Keeaumoku Streets 596-2207 (reservations desirable but not necessary) Hours: Mon.-Sat., 11-2 p.m. and 5-9 p.m.

Parking 1. There’s a little behind the restaurant; double parking is OK. 2. Across the side street (Birch) from behind the restaurant. You may ignore the warning signs for dinner parking ONLY. 3. One block further Diind Head at BUDGET (big blue and white sign): 1350 S. King (mauka side) for $1 after 5 pm for all evening. 4. Free parking on Saturday ONLY at 1314 S. King St. (First Interstate).

The Basics: While the menu is strangely mute on rice, entrees without an obvious major carbohydrate source come with a choice of brown or white. Owner Marie Chen, a vegan, states categorically that no eggs, no animal stocks, and no fish extracts are used in any of her vegetarian dishes. About half of the menu items are low-fat vegan; most of the rest contain dairy (usually cheese). AND THERE ARE TWO NON-VEGETARIAN entrees. Oil is NOT added gratuitously to any dish. Each item states its ingredients clearly, and Marie is right there to answer your questions and to hear what you want and don't want.

The Review: The menu is imaginative. The portions are medium to large, and the food is tasty! You won’t go wrong with the big bowl of homemade Soup-of-the-Day for $2, the Spinach Salad with tomatoes and mushrooms and garlic-flavored dressing for $3, the Baked Stuffed Peppers, or the Chili Chihuahua, each for $5.50. Also, each day Marie will be eager to tell you about her vegan Chefs Special. Folks looking for inner peace may just want Steamed Garden Fresh Vegetables (with two scoops of brown rice) with a garlic-lemon or a butter-dill sauce for $5.50.

There is a spicy Golden Triangle Curry made with coconut milk, curry, and basil for $5.50. For $6.95 the Ratatouille a’ la Lotus contains mozzarella cheese, but Marie says that this popular dish is very soon to become vegan. You are welcome to bring your own beer or wine.

Open for business on Jan 20, 1997, the Lotus offers some new opportunities to Honolulu vegetarian diners. Marie, who is also the waitress, will often be wearing our own VSH T-shirt to emphasize her positive and aggressive pro-vegetarian stance. She states clearly that she would be delighted to further vegetarainize and veganize her menu if sufficient clientele appear to support this. Take-out and delivery are available, as is a long list of vegetarian sandwiches, several without cheese. The restaurant is medium-sized, pleasant, and clean. As Marie herself says, this is not tine dining. But, as she goes on to say, the prices are low and the food is tasty — and she is right.

This vegan will go on to say, if he remembers correctly what “fine dig” is, that he doesn’t want any more of it in this lifetime. He would rather become a regular at the Lotus.

Karl Seff, Dining Guide Coordinator

BOOKS AND TAPES:

The (Almost) No Fat Cookbook  $12.95
Bryanna Clark Grogan
A Basic Course in Veg/Vegan Nutrition  $22.00
George Eisman, R.D.
Cook Healthy Fast Cookbook  $10.00
Dick Alligre
Diet for a New America  $13.95
John Robbins
Diet for a New America Video  $19.95

Fabulous Beans  $9.95
Barb Bloomfield
Fat Free & Easy  $10.00
Jennifer Raymond
Healthy Heart Handbook  $15.95
Neal Pinckney, Ph.D.
Live Longer, Live Better (cassette)  $9.95
Neal Barnard, M.D.
Megahhealth  $23.95
Marc Sorenson, Ed.D.
New McDougall Cookbook  $24.00
John & Mary McDougall
Pregnancy, Children and the Vegan Diet  $9.95
Michael Klaper, M.D.
The Race for Life Cookbook  $9.95
Ruth Heidrich, Ph.D.
The Scientific Basis of Vegetarianism  $15.95
William Harris, M.D.
The Uncheese Cookbook  $11.95
Joanne Stepaniak
VSH Dining Guide (send SASE) FREE
Why Do Vegetarians Eat Like That?  $11.95
David A. Gabbe

THE VSH T-SHIRT
Size (S-M-L-XL) and Women’s one size
'I Speak Vegetarian’ T-shirt  $15.62
Size (M-L-XL) Circle size

Subtotal  $15.62
Shipping (15% of subtotal)  $1 -
TOTAL  $1

Use the Form on the Next page To Place Or&r, Apply for Membership, or to make Address Change
MEMBERSZZZP, ORDER, AND CHANGE OF ADDRESS

Name (please Print) ____________________________
City State ZIP ________________________________
Telephone(H)________________________(W)__________
(FAX)________________________(e-mail) ____________

1. Please circle one:
   1. Vegan (no animal products at all)
   2. Vegetarian (no flesh, fish or fowl)
   3. Non-vegetarian associate
3. Annual dues (includes quarterly newsletter)

Please check one:

Regular $20 ______
Full-time Student $12 ______
Family $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 Bx 23208 Honolulu, HI 96823-3208
(808)395-1499

GARAGE SALE FUND RAISER

WHEN: SATURDAY MARCH 15th 1997, 8am-2pm
WHERE: 1306 KAINUI DR KAILUA

HOW YOU CAN HELP: We need your donations of items in good repair (nothing broken or junk, no clothing please). Call the VSH hotline, 944-VEGI, to arrange for a pick-up or drop-off. Leave a message and someone will get back to you. Volunteers to man the garage sale are also needed. Thank you for your support!

P.O. 23208
Honolulu, HI
96823-3208

The Newsletter of the Vegetarian Society of Hawaii

18 Jun-97
William Harris M.D.
1765 Ala Moana #1880
Honolulu HI 968 15

Open Immediately! Don't miss our special meeting on Feb. 27th

Details Inside!