

# The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Publication

supporting human health, animal rights, and ecology

Volume 11, Issue 3, Oct - Dec 2000

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## Public Lectures

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## Jay Dinshah's Gift

by Michael Klaper, M.D.

**S**eventeenth-century physician Dr. Thomas Sydenham said, "You are as old as your arteries." A person in his or her twenties whose blood vessels have become stiffened and clogged is aged and at risk for heart attack, stroke, and sudden death. If your arteries are flexible and open, bringing life-sustaining blood to your brain and vital organs, you are youthful, no matter what birth date appears on your driver's license. The recent death of H. Jay



**H. Jay Dinshah  
1933-2000**

Dinshah, Founding President of the American Vegan Society, of an apparent heart attack at age 66 brings to light the reality that consuming a plant-based diet may not be all that is required to protect our arteries as the years go by.

Scientists have recently discovered that there are factors beyond the consumption of saturated animal fat that may contribute to atherosclerotic plaque accumulating in, and ultimately clogging, vital arteries in the heart and throughout the body. Minimizing these risks should be a goal for all modern-day vegetarians and vegans as well as for our omnivore brethren (and sistren):

### Assure adequate reserves of Vitamin B-12.

Elevated blood levels of homocysteine, a byproduct of the metabolism of the essential amino acid methionine, can contribute to damage of the artery walls, which is viewed as an early step in the build-up of atherosclerotic plaque in the arteries. Cobalamin (vitamin B-12) is essential for the metabolism and elimination of homocysteine, and if vitamin B-12 in the blood is not adequate, homocysteine may rise to artery-damaging levels. Modern day vegans and vegetarians do not consume vitamin B-12 from the environment as did our ancestors (on the surface of root vegetables, drinking water from free-flowing streams and wells, etc.). These people therefore would be wise to consume vitamin B-12-enriched foods or some food or supplement containing at least 5 to 10 micrograms of vitamin B-12 one to two times weekly. This can be conveniently done via vitamin B-12-fortified foods (nutritional yeast, soy and rice-based beverages) or via supplemental cobalamin in tablet, nasal gel, vitamin spray, or sublingual "microdot" form. Larger doses (50 to 1000 mcg. several times weekly) are proving to be efficient at helping vegans maintain adequate B-12 stores in their body.

*(See Jay Dinshah's Gift on page 12)*

# President's Message

By Alida Rutchick, M.Ed.

In our last issue of the *Island Vegetarian* we enclosed a survey that solicited your opinions of and suggestions for our newsletter. Of the approximately 500 surveys sent out, to date 57 have been returned. As mentioned on the survey form, because producing the newsletter is labor intensive and one of our largest expense items, we want to assure that it is of value to its audience. We were delighted to learn that at least 10% of our membership had positive feelings about the newsletter! We hope that these folks are somewhat representa-

tive of those of you who have not (yet) returned your surveys. Here is a summary of the responses:

1. Do you read the VSH newsletter? [56] Yes [1] Some of it [0] No
2. How valuable to you overall is the information in the newsletter (1-10, 10 being high)? Average Score: 7.5
3. Do you consider the newsletter a major benefit of VSH membership? [48] Yes [6] No
4. How valuable to you are the following regular features (1-10, 10 being high)? Average Scores:
  - a. Ask Dr. Klaper: 8.1
  - b. Calendar of Events: 8.4
  - c. President's Message: 7.4
  - d. Recipes: 7.7
  - e. Restaurant Reviews 8.6
  - f. Science Corner 7.9

5. Which of the following topics would you like to see more of in the newsletter?

- a. animal rights [11]
- b. environment [18]
- c. gardening [14]
- d. legislation [9]
- e. recipes [22]
- f. other: ongoing VSH projects, grown foods (how to use, where to buy), nutrition, what's in "vegetarian" food/sauces, micro-biographies of our members, a simple explanation of vegetarianism to offer to non-vegetarians, local information of cooking classes, dine outs, etc., testimonials, book reviews, global human food supply, current research, education initiatives, veganism, raw foodism.

6. What would you like to see less of?

Animal rights, recipes, spending so much \$ on the newsletter, general vegetarian information available elsewhere, science and nutrition values, legislative.

7. Do you prefer a standardized format for the newsletter, or would you prefer a more "whatever-is-current" format?

- [16] Current [6] Standardized  
[18] Whatever works best /doesn't matter

8. Suggestions for Improving the Newsletter:

Add some color, more pictures of people, traveling as a vegetarian, short member autobiographies, varying the night of the monthly lecture, review the lectures, report on Board decisions, provide a forum for John Robbins to respond to criticism, involve the members, a singles section, staple, more relevant articles, and send by email on request.

9. Do you regularly access the VSH website? [5] Yes [49] No

10. If the hardcopy newsletter were discontinued, would you access the website more often?

- [22] Yes [28] No

11. Do you recommend that VSH continue to publish this newsletter in hard copy? [47] Yes [7] No

12. Website only? [7] Yes [25] No

13. If the newsletter were discontinued, what would you suggest replace it?

An on-line newsletter, web access, email, press releases, automatic telephone info system, larger member discounts at stores and restaurants, video production, flyers for members at health food stores, more social events, special events flyers.

14. Additional Comments:

Eliminating the newsletter may decrease membership; newsletter is too wordy; use money for something more useful; save trees; have an annual or semi-annual event; have more cooking demonstrations; have shorter

## The Island Vegetarian

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Call, write, or email for a free back issue. Visit the web site at [www.vsh.org](http://www.vsh.org) for newsletter archives and more.

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Mahalo to all our volunteers...

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

(See President's Message on page 7)

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# Go Cruelty-Free for the Holidays

by Elaine Johnson, MBA  
Animal Rights Hawaii

It is important to many of us as vegetarians that our household goods, cosmetics, and gifts be animal and cruelty-free. The label of "cruelty-free," especially in the cosmetics and personal care area, can be confusing. While it means that no animal testing was used in conjunction with the product, it does not mean that none of the ingredients are animal products.

Reading the labels thoroughly and having an idea of what to look out for are essential if you want to avoid using slaughterhouse byproducts and other animal ingredients.

Animal testing is required by law in the development of new pharmaceutical products but is not required for cosmetics and household products. And in fact, the tests that are now being performed in lieu of animal tests are considerably more accurate than the animal tests that were previously done. For example, computer models and synthetically produced materials that replicate various human body parts such as skin and the cornea give accurate predictions of reactions. On the other hand, animal tests are usually not reliable because animals often don't react in the same manner that humans do to a particular chemical or compound. This has been proven over and over again, sadly, by drugs that have come to market after massive animal tests had been conducted and resulted in numerous deaths before being recalled. Still, many consumer products companies such as Proctor and

Gamble, according to People for the Ethical Treatment of Animals (PETA) stubbornly continue animal testing.

The move toward major cosmetics companies going cruelty-free began almost 10 years ago. PETA began a massive campaign against Avon products, which was at the time the largest cosmetics company in the world. Avon gave up all animal testing after a year of "encouragement" by PETA to do so.



Next PETA focused its sights on Revlon, who almost immediately signed a moratorium on animal testing. Not testing on animals in the cosmetics and consumer products companies has since become more the rule than the exception. These and other companies are to be applauded for pioneering the way among large cosmetics and personal hygiene products. Even more praiseworthy are salon brands such as Paul Mitchell and the many health food and mail order brands such as Beauty Without Cruelty that have *never* tested on animals.

For lists of companies that are cruelty-free and those that are still cruel as well as lists of animal ingredients that may appear on labels of

consumer products, visit the PETA web site at: [www.peta-online.org](http://www.peta-online.org).

Holiday gift giving can become simple and also promote humane ethics. While you are there, why not check out your favorite charity to see if it supports tests on animals?

For humane holiday gift giving in other areas, you can select high quality synthetics in the place of leather, fur, wool, and silk. A number of companies that specialize in these products can be found by using your search engine. High quality synthetic articles are also plentiful now in all major department stores. Or, think about giving gourmet vegan cookies, candies, and baked goods. And don't forget your four-legged friends when making your shopping list!

Please join us in helping to make the holidays peaceful and happy for all creatures, great and small.

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## VSH Member Discounts Clarified

One of the many benefits of VSH membership, as we all know, is the discounts that various merchants around town have graciously extended to us. In receiving our discounts, which are given to us voluntarily, it is important that we show courtesy and most of all that we respect the individual merchant's policies and any restrictions that apply. At Huckleberry Farms, for example, our discount applies only to vegetarian foods - that is, although some meat and poultry are sold at the store, these items are *not* discounted for VSH members. Similarly, at La Pizza Rina, the VSH discount applies only to meatless and cheeseless pizza. Please help us maintain friendly relations with these merchants who help support the vegetarian lifestyle.

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# There's A Reason To Season

by Eileen M. Towata, Ph.D.

Are you cutting back on salt? Reducing your fats? Are you looking for some excitement in your cooking? The answer to more interesting, flavorful foods lies in learning to use seasonings! Whole volumes have been written on the botanical, geographical, and historical origins of spices and herbs.

Perhaps the first mystery to unravel about these sometimes exotic sounding ingredients is the question of "spice" versus "herb." Growth habit of the plant or plant part used (seed, leaf, root, etc.) might seem to be a logical way to separate them – but that system has many exceptions to the rule. The most straightforward distinction is based on geography. Spices are those highly prized commodities that inspired the establishment of trade routes centuries ago. Most of the seasonings we now refer to as "spices" are of Asian, African, and New World origins. The "herbs" are usually the plants of Mediterranean/European origins. Basil and rosemary are good examples. These days the matter is even more complicated by the interest in herbs for medicinal properties. Certainly this interest in botanicals is not new, however. "Herbals," extensive written works on mostly medicinal plants, were common in the 15<sup>th</sup> century or so, and earlier works are also known. Although medicinal uses are interesting, our focus here is on *culinary* uses.

The second mystery about herbs and spices is how to use them. As flavor enhancers they should complement rather than overwhelm the natural flavors of the foods we're preparing. The right touch of seasoning gives the foods a certain depth – and may help convince your non-vegetarian friends and family members that vegetarian foods can have a complexity of flavors, too. With the many spices and herbs available, how does one select and use them? Identifying some favorite foods or types of foods is a good way to start! As an example, someone who enjoys Italian foods and wants to do some cooking at home might begin stocking the following:

\*Basil (*Ocimum basilicum*) - Sweet or common basil is one of about 150 species.

A classic pairing of basil leaves and tomatoes is delicious! Although dried basil is a handy pantry item, fresh basil flavor is hard to beat. Basil is easy to grow and does well in pots.

\*Bay leaf (*Laurus nobilis*) - Leaves are used in sauces, stews, and soups. Be sure to remove these very tough, leathery leaves from the pot before serving as they should not be eaten.

\*Capers (*Capparis spinosa*) – These flower buds are used mostly for flavoring pickles, relishes, and sauces.

\*Garlic (*Allium sativum*) – Garlic bulbs are widely used, although garlic is more commonly viewed as a seasoning plant rather than herb or spice. Use it in a variety of dishes.

\*Oregano (*Origanum vulgare*) – Oregano, basil, and tomatoes – what a delicious combination! These flavorful leaves can enhance soups and vegetable dishes.

\*Parsley (*Petroselinum crispum*) – This widely cultivated herb is known for its vivid green leaves, often appearing on plates as garnish. There is another variety (Neapolitanum or Italian parsley), which is also flavorful, although not as attractive. Parsley's flavor pairs up well with soups, vegetable stews, salads, and salad dressings.

\*Rosemary (*Rosmarinus officinalis*) - The leaves of this bushy, woody shrub are small and resinous. Brush past a rosemary shrub and you will immediately smell the fragrance. Rosemary works well with potatoes and in soups. It's relatively easy to grow and also easy to find in both fresh and dried forms in stores.

\*Sage (*Salvia officinalis*) – Short, silvery hairs cover the fragrant leaves of the sage plant. Fresh or dried leaves may be used for cooking. Cannellini beans cooked with fresh sage, tomatoes, and garlic is an outstanding combination.

\*Thyme (*Thymus vulgaris*) – The tiny leaves of this widely cultivated herb are used to flavor soups and sauces. It has a potent flavor, so use sparingly.

Here are a few tips for use with all spices, herbs, and seasonings:

- 1) Health food/natural food stores usually sell spices and dried herbs in "bulk." Scoop out as much or as little of something as you want to purchase. You can try it – and come back to purchase more if you decide it is a useful/desirable addition to your kitchen.

- 2) Buying in small quantities allows you to discard seasonings that may have lost their zip, punch, or whatever you want to call it! Replace with new, flavorful seasonings.
- 3) Dried seasonings should be kept away from light and moisture.
- 4) Use a light hand when seasoning, especially if using a new seasoning or trying/creating a new recipe. It is always easy to add more, if needed.
- 5) Grind your own! For example, grating from the whole nutmeg as you need it rather than buying ground nutmeg will give more flavor.
- 6) Try growing some of the herbs you most often use or are likely to use.
- 7) Confused about quantities? Most recommendations are to substitute ½ teaspoon dry herb for 1 tablespoon of fresh.

If you would like to learn more, here are a few books you may want to consult. There are many available on this subject!

*The Complete Book of Herbs, A practical guide to growing & using herbs.* Lesley Bremness. New York: Viking Studio Books, 1988.

*The Complete Book of Spices, A practical guide to spices & aromatic seeds.* Jill Norman. New York: Viking Studio Books, 1990.

*Taylor's Guide to Herbs.* Boston: Houghton Mifflin, 1995.

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## Looking for vegan cooking classes?

### Lyon Arboretum:

Saturday, Oct 7. 9:30-11:45 am  
"Harvest Stews"

Saturday, Oct. 21, 9:30-11:45 am  
"Potluck & Pupu Favorites from  
The Garden"

For class fees, location and registration, call 988-0456.

### Kapiolani Women's Center:

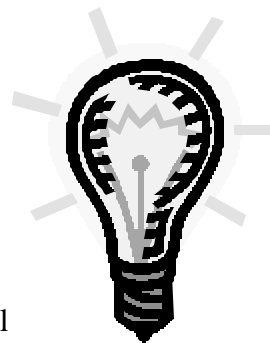
Saturday Dec. 2, 11 am - 1 pm.  
"Flavorful Feasting From

The Garden." Questions?  
Phone Call-a-Nurse at 535-7000.

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# Science Corner

by William Harris, M.D.



## USDA Nutrient Database

Free download of the major source of food composition data in the United States at:

[http://www.vegsource.com/harris/food\\_comp.htm](http://www.vegsource.com/harris/food_comp.htm)

“Click here to download zipped Excel file Abbrev21.zip.”

I assembled this 16.2 MB Microsoft Excel Spreadsheet "Abbrev21.xls" from the USDA Nutrient Database for Standard Reference, Release 13 on CD-ROM. The CD came in the form of an electronic erector set with no instructions for assembly. The zipped version is "Abbrev21.zip" (5.63) MB and requires about 20 minutes to download on a 56K modem. After that it can be unzipped in 10 seconds and operated by Microsoft Excel 97 (or later), Corel Quattro Pro, and possibly other spreadsheet programs, although it was designed for Excel because that seems to be the commonest PC spreadsheet. (For a free unzip program, please visit <http://www.pkware.com/>.)

Abbrev21.xls contains data on 6,210 food items in 176 columns including macro nutrients (carbohydrate, fat, and protein), amino acids, carotenoids, fatty acids, isoflavones, minerals, phytochemicals, vitamins, and miscellany. Column headers in regular type indicate nutrient values per 100 grams of food. Headers in italics indicate *nutrient values per 100*

### *Calories of food.*

Abbrev21.xls consists of 6 sheets: "Database" (the main data sheet), the sheet "About" which gives an overview of the entire spreadsheet, "NUT\_DATA" (source of most of the USDA data that was unscrambled), "NUT\_DEF" (containing nutrient numbers and descriptions), "Sugar" (containing the values for 12 sugars in 522 foods), and "Trans Fats" (which can not be related to the Nutrient Database Numbers in the "Database" sheet but is included for interest).

The Database can be sorted for the highest values for any nutrient either by weight or by Calorie, and easy sorting instructions are given on each sheet. It is advisable not to save "Abbrev21.xls" unless it is renamed since any changes made will disrupt the original data. If a sort has been performed it can be undone by Edit/Undo Sort or "Control-Z".

No provision is made for individual nutritional analysis. However, it could be done by copying the top six header rows into a new spreadsheet and then selecting all of the foods eaten in a given period of time and copying those rows into the new spreadsheet. Standard spreadsheet methods could then be used to adjust the food quantities and summarize the nutrient intake.

### **Assembly Details**

The original USDA file "Abbrev.dbf" contained 36 col-

umns of macro nutrient, vitamin, and mineral data. Using Adobe Acrobat, Microsoft Access, and Microsoft Excel, the USDA files Cbf\_tbl.pdf, Nut\_data.dbf, Nutr\_def.dbf, Car\_tbl.txt, Isfl\_tbl.txt, Isfl\_dsc.txt, Trms\_dat.txt, Trms\_doc.txt, Vitk\_dat.txt, and Vitk\_doc.txt were queried for the remaining data which was then inserted into the resulting 176 column "Abbrev21.xls". Care was taken to insure that the Nutrient Data Base Numbers (Column A: NDB\_NO) were properly aligned. Formulas and error messages were removed and replaced by values using Corel Quattro Pro.

### **Fatty acids**

The USDA includes (incomplete) data on 25 fatty acids using their biochemical definitions (e.g. 18:3 = 18 carbon atoms and 3 double bonds), systematic name (e.g. octadecatrienoic), and common name of most typical isomer (e.g. Alpha-linolenic or ALA). Only two of them are nutritionally essential, 18:2 LA and 18:3 ALA.

### **USDA Nutrient Tables**

USDA SR13 is the latest successor to USDA Handbook No. 8, published in 1963. The first half of that book gave composition of foods in 100 gram edible portions and the second half, composition

(See Science Corner on page 6)

of foods in 1 pound edible portions. This seemed like a foolish waste of space.

Why not have the second half give composition of food in 100 Calorie portions instead of in an even less scientific unit of weight? No doubt weighing food is a simple way to find out how much you've got, but there is no RDA for weight in the diet while there is an RDA for Calories.

Most people have caught on to the idea of percent of Calories from fat, protein, and carbohydrate; why not carry that idea to its logical conclusion and give nutrient/Calorie ratios for all the other nutrients, too? The foods with the highest nutrient/Calorie ratios are the ones providing maximum nutrition with the least risk of obesity, arguably the chief dietary problem in the U.S. For the most part those foods also turn out to be plant foods, so vegetarians should find the sorted nutrient/100 Calorie columns of particular interest.

Most of the original USDA files are available for download at: <http://www.nal.usda.gov/fnic/foodcomp/Data/SR13/sr13.html>

The SR 13 CD-ROM was issued February, 2000. "Abbrev21.xls" was completed on August 23, 2000 by: William Harris, M.D.

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### **Vegetarian on Olelo**

VSH presents "Vegetarian," a weekly Public Access TV program. Channel 52 on Thursdays from 7-8 p.m.

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## November Is Diabetes Month

by Alida Rutchick, M.Ed.

**D**id you know that according to research findings diabetes is not a sugar disease, but a fat disease? In his book MegaHealth Marc Sorenson, Ed.D., tells us that the high levels of blood sugar found in many diabetics is actually the *result* of diabetes, not the cause. He explains the dynamic of this disease and reports on reversals and cures that have resulted from switching to a low fat high carbohydrate diet.

It is well established that excessive fat in the blood inhibits the efficiency of insulin in removing excess sugar. In this situation the body responds by producing more insulin in an attempt to remove the blood sugar, and when even this is not enough, insulin injections are required. Increased insulin 1) causes more fat to be stored in cells and 2) lowers metabolic rate so that less fat is burned off. The resulting increased body fat contributes to a further desensitizing of the insulin so that even more must be produced or injected to metabolize the sugar in the blood. The vicious circle is thereby created of ever-increasing levels of fat and insulin. The good news is that the high fiber levels in a plant-based diet have been found to reduce the production of insulin and the resulting fat, thereby controlling and even eliminating the symptoms and/or severity of diabetes.

Since the late 1920's articles have been published in leading medical journals that support the above statements, and in recent times the effect of dietary change on diabetes has

been demonstrated at several residential health programs as well as in numerous controlled studies.

Epidemiological research also shows lower levels of diabetes to be associated with lower fat diets: a) during times of war when high fat foods are scarce and b) in rural areas where diets tend to be lower in fat the occurrence of diabetes has been found to be low. Conversely, in studies of populations that have changed their diets with migration to more developed areas or as a result of an improved economy that allowed the importation of high fat Western food, we have seen a corresponding increase in the prevalence of diabetes. Dr. Sorenson offers us two dramatic examples of this, the people of the Pacific island of Nauru and the Pima Indians.

The traditional diet of the Nauruans was low in fat and high in carbohydrates; and diabetes was virtually unknown. Following World War II the sale of phosphorous to countries developing new industries brought to Nauru enormous wealth and the importation of high fat foods, including meat and fish, from Australia. It is now estimated that approximately 34% of Naauruan adults have diabetes. The Pima Indians of Arizona have experienced an even greater tragedy. Originally their diet consisted primarily of fruits, beans, and corn, and diabetes was rare; when they began to move off the reservation into the American mainstream, they adopted one of the world's highest fat diets, and they became obese and diabetic. Presently over 50% of Pima Indians over the age of 35 have this disease and the rate has increased 40% since 1970!

These and numerous other stud-

(See Diabetes on page 16)

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# Restaurant Review

## Puck's Alley Bale Sandwich

by Helen Wells

**D**ear Vegetarian Friends, I have to tell you that I only review restaurants with which I am at least 90% satisfied. Today's review was NO PROBLEM. I, along with numerous UH students and professors, have consistently enjoyed good vegetarian dishes at the Puck's Alley Bale Sandwich.

A good portion of the business here seems to be takeout, but the dining area of the restaurant is simple and clean, and I usually do eat in. I enjoy eating there because (a) there's a large vegetarian menu, (b) there are a couple of dishes in particular that bring me back repeatedly, (c) the portions are big and offered at excellent prices, (d) the cashier is knowledgeable about the food, and she or owner/cook Paul are always happy to answer all of my questions. They've told me that they don't use any fish sauces in their vegetarian menu and that there is no egg in their French bread.

One of my favorite items is the vegetarian sandwich offered for only \$2.50. *You will need to tell them "no mayonnaise" for all the sandwiches. Don't forget!* The vegetarian sandwich consists of a sweetly-pickled daikon radish, lettuce, carrot, cucumber, parsley, and Vietnamese pickle inside a crispy French bread roll. The inside of the fresh bread is moist, so - trust me - you don't need that mayonnaise.

This sandwich is delightful. It is the prize. The vegetables are very fresh and crispy. I have also enjoyed the tofu with lemon grass sandwich for \$3.50 and the vegetarian rolls for \$3.75. Other vegetarian dishes on the menu include:

1. Fried Seaweed Knots
2. Vegetarian Mushrooms
3. Braised Gluten Vegetable
4. Spicy Tofu
5. Colorful Fried Rice
6. Imitation Crab Vegetable
7. Broccoli Tofu
8. Eggplant Mix Vegetable
9. Bean Sprout Mix Vegetable
10. Zucchini Vegetable
11. Rainbow Fried Rice Noodle
12. Bamboo Shoots Vegetable
13. Veggie Curry
14. Tofu Eggplant
15. Seaweed Tofu with Black Bean Sauce

All of the above are \$5.45 with the exception of #3, Braised Gluten Vegetable, which is \$5.65.

Number 13, veggie curry, had a standard mild curry sauce, fresh vegetables, including broccoli, (great) cabbage, and carrots, tofu, sauce, and a large serving of rice on the side. Number 14, tofu eggplant, included eggplant, mushroom, carrots, chives, and rice. All of these dishes are very filling.

The restaurant also offers a variety of tapiocas made with coconut milk. My favorite is the banana -- a perfect mixture of banana, tapioca, coconut milk and (a little) sugar. Other choices are almond tofu, papaya, taro, sweet potato, chocolate, and coconut. These are wonderful and sell for \$1.25.

In conclusion, I always leave this restaurant satisfied. I particularly like to go there when I'm on a budget or when I'm very hungry.

It's good to see the university students eating vegetarian dishes there. The business hours are Mon-Fri 9 a.m. to 9 p.m., Sat 10 a.m. to 9 p.m., Sun & holidays 10 a.m. to 5 p.m.

And now for the disclaimer. I do my best to find out if there are any "hidden" meat or egg products in the dishes I review, but ultimately I have to rely on information that is given to me. Therefore, please feel free to do your own checking/asking/sniffing at the restaurants. Besides, it is a mark of a good vegetarian restaurant when the staff gladly responds to our questions. Until next time, Helen.

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*(President's Message continued from page 2)*  
articles with more photos and graphics; focus on natural healing; hold events on days and weekends; I'm 87 and learned much from your newsletter; more raw food info, please.

Whew! Obviously, we have our work cut out for us! The Board and Newsletter Committee will be carefully reviewing all of the survey responses in an effort to continually improve and better meet our members' needs and wishes. Mahalo to all who participated in our survey.

If you haven't returned your survey form, it's not too late; in fact, whenever you have a suggestion or concern about VSH - or if you'd like to contribute to the newsletter -- please let us know. And while we're on the subject of the newsletter, we'd like to acknowledge new volunteer Jim Brown for taking on the daunting job of laying out this issue of our newsletter and having it printed and mailed on short notice. We're happy to see our volunteer base expanding. Thank you, Jim!

# Calendar of Events

October—December 2000



**October 11**  
**Ruth Heidrich, Ph.D.**  
**Video "The Witness"**

Ruth Heidrich calls "The Witness" "the most powerful video I've ever seen, bar none!" It was named Best Documentary at the Canyonlands Film Festival 2000. It is powerful and gripping and has the power to change lives. While neither a vegan/vegetarian nor an animal rights presentation *per se*, it hits both areas hard. It is about a "miracle," defined here as a change in perception, which is the effect it delivers. "After seeing 'The Witness,' you will never again doubt the magic of relationship -- human to human, or human to animal," writes Susan McElroy, author of NY Times Bestseller "Animals As Teachers and Healers." "The Witness" has not yet been released, so this showing will be a first for Hawaii. Dr. Heidrich will also present news from the 34th International Vegetarian Congress held in July 2000 in Toronto, Canada and Summerfest in Asheville, North Carolina.

**November 8**  
**Michael Klaper, M.D.**  
**"Assuring Nutritional Adequacy in Vegetarian Diets"**

Be sure your plant-based diet supplies all the nutrients your body needs. Trace minerals, essential fatty acids, even protein may require extra attention in a particular individual's diet. Come hear the latest research findings and nutritional strategies from Maui vegan physician, Michael Klaper, M.D., Director of the Institute of Nutrition Education and Research's Vegan Health Study. Sure to be a nourishing evening for all.

**December 13**  
**Gary Francione**  
**"Introduction to Animal Rights: Your Child or Your Dog"**

Gary L. Francione is Professor of Law and Nicholas deB. Katzenbach Scholar of Law and Philosophy at Rutgers University in New Jersey. He is the Founder and Director of Rutgers Animal Rights Law Clinic and has written several other highly regarded books, including Rain Without Thunder and Animals, Property, and the Law.

His latest critically acclaimed book, Introduction to Animal Rights: Your Child or Your Dog is a guidebook for examining our personal and ethical beliefs about human treatment of animals.

"He's probably the most influential animal rights lawyer in the world," says Stuart Deutsch, dean of Rutgers Law School.

## Dates to Remember

- Oct. 1: World Vegetarian Day
- Oct. 2: Gandhi's Birthday
- Oct. 2: World Farm Animals Day
- Oct. 2: World Habitat Day
- Oct. 16: World Food Day
  
- Nov. 3: International Marketplace in Honolulu stops using Avitrol to control pigeons, 1998.
- Nov. 23: "Thanksgiving is Murder on Turkeys" Day
- Nov. 24: Fur Free Friday
  
- Dec. 10 International Human Rights Day

Monthly public lectures are held at the Ala Wai Golf Course recreation facility, second floor, 404 Kapahulu Avenue, 0.2 miles behind the Waikiki-Kapahulu Library, beginning at 7:00 p.m. Unless otherwise indicated, all lectures are free and open to the public. Call 808-944-VEGI or visit [www.vsh.org](http://www.vsh.org) for more information.

**As a reminder, remove and post this page on your bulletin board.**



## Books

The (Almost) No Fat Cookbook (Bryanna Clark Grogan).....	\$10.95
The (Almost) No Fat Holiday Cookbook (Bryanna Clark Grogan)....	\$12.95
Animal Connection (Agatha/Calvin Thrash, M.D.).....	\$6.95
Cook Healthy Fast (Dick Allgire).....	\$15.95
Cooking with Natural Foods (Muriel Beltz).....	\$14.95
Diet for a New America book (John Robbins).....	\$14.95
Eco-Cuisine (Ron Pickarski).....	\$16.95
Fabulous Beans (Barb Bloomfield).....	\$9.95
Fat-Free & Easy (Jennifer Raymond).....	\$10.00
From the Produce Isle (Eileen Towata, Ph.D.).....	\$11.99
Garden Cuisine (Paul Wenner) SALE.....	\$10.00
Healthy Heart Handbook (Neal Pinckney, Ph.D.).....	\$11.95
Luscious Low-Fat Desserts (Maria Oser).....	\$11.95
McDougall Health-Supporting Cookbook Vol. II (Mary McDougall)	\$9.95
MegaHealth (Marc Sorenson, Ed.D.).....	\$14.95
Most Noble Diet (George Eisman, R.D.).....	\$9.95
Newstart Lifestyle Cookbook (Christenson & De Vries).....	\$19.99
Nonna's Italian Kitchen (Bryanna Clark Grogan).....	\$14.95
Peaceful Palate (Jennifer Raymond).....	\$15.00
Pregnancy, Children, and the Vegan Diet (Michael Klaper, M.D.)....	\$9.95
Race for Life book (Ruth Heidrich, Ph.D.).....	\$14.95
Scientific Basis of Vegetarianism (William Harris, M.D.).....	\$15.95
Simply Good Recipes and More from C.C.C.T. (C.C.C.T.).....	\$7.95
Table for Two (Joanne Stepaniak).....	\$12.95
Uncheese Cookbook (Joanne Stepaniak).....	\$11.95
Vegan Nutrition: Pure and Simple (Michael Klaper, M.D.).....	\$9.95
Vegetarian and Vegan Nutrition, Basic Course (George Eisman, R.D.)	\$21.95
Vegetarian Secrets Atsuko Kitchen, HB (Atsuko Tsubota).....	\$29.95
Why Do Vegetarians Eat Like That (David A. Gabbe).....	\$11.95

## Misc.

I Speak Vegetarian T-Shirt (Specify S M L XL).....	\$15.62
VSH T-Shirt (Specify S M L XL Women's One Size).....	\$15.62
Diet of All Reasons video (Michael Klaper, M.D.).....	\$22.00
Vegetarian Chef video (Elaine French).....	\$19.95
Four Food Groups poster .....	\$6.00

# VSH

# Bookstore

To order items from the bookstore, on a separate sheet of paper enter your name and address and list the items you would like to purchase. Add 20% to the total for shipping. Please make check payable to *Vegetarian Society of Hawaii*.

Send order/application to:  
**Vegetarian Society of Hawaii**  
 P.O. Box 23208  
 Honolulu, Hawaii 96823



## Vegetarian Society of Hawaii Membership Application

**Please Print**

**Name(s):** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Home Phone:** (     ) \_\_\_\_\_

**Work Phone:** (     ) \_\_\_\_\_

**Fax:** (     ) \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**#** \_\_\_\_\_ **D** \_\_\_\_\_ **Ex** \_\_\_\_\_

**YES**, please enroll me as a member.

My dues are enclosed.

**Please check one:**

- ? \$20 Regular (1 year)
- ? \$12 full-time student (1 year)
- ? \$30 couple or family (1 year)
- ? \$400 life membership
- ? (add \$4 for a foreign address)

\$ \_\_\_\_\_ additional donation

**Please check one:**

- ? Vegan (no animal products at all)
- ? Vegetarian (no flesh, fish, or fowl)
- ? Associate (not yet a vegetarian)

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# Culinary Conversation

by Eileen Towata, Ph.D.

Recently I spent time talking with well-known chef Kusuma Cooray. Chef Cooray, the former executive chef at The Willows, has numerous culinary achievements to her credit – and now she is sharing her experiences by teaching a new generation of upcoming chefs. As an Associate Professor at Kapi'olani Community College she is the chef instructor at Ka'ikena Lau'e Restaurant. In addition to training new professionals for the culinary industry, Chef Cooray conducts classes for the public. Earlier this year I enjoyed her class on "Cooking with Grains, Legumes, and Greens" at Lyon Arboretum, a beautiful setting in Manoa Valley that seemed quite appropriate for a plant-based cooking class! I thought it would be interesting to get an insider's tips for vegetarian "dining out" and "cooking in." Here's what we talked about:

How can vegetarian (vegan) diners get a creative meal at a more upscale restaurant that doesn't offer a vegetarian selection on its menu? It seems as though it should be an easy task for the chef to come up with a dish, but perhaps that's because most of us don't know what it's really like in a professional kitchen at peak dinner hour. What insight can you share with VSH members?

*"It's hectic in the kitchen," according to the chef. She said that some evenings the staff prepares 200+ meals with additional parties going on as well. "With a set menu each cook has the day's work cut out for him/her at the various stations in the kitchen." She went on to explain that a special meal request means that there is a change in the flow of preparation and coordination of the meal. "And not too many people re-*

*quest vegetarian/vegan meals."*

(Already I could see the problem with my simple vision of meal preparation!)

If a vegetarian is going to be dining at an unfamiliar restaurant, especially at a fine dining establishment, what can the diner do to help make the experience more pleasant?

*"It's good to call in a day ahead," advises Chef Cooray. "If the chef is available, talk with him or her, or at least make your needs known. Be very specific. It's not enough to say you want a vegetarian (or vegan) meal. For example, if you don't eat nuts or foods prepared with a certain kind of oil, you should specify that." Although VSH members are most likely to have the animal-free factor in mind, Chef Cooray indicated that calling ahead could make the dining experience better for someone who has other dietary needs/concerns as well.*

Do you have a regular or set meal that you prepare when you get a vegetarian or vegan request? Or do you make something on the spur of the moment?

*"I will prepare a grain, a legume, some vegetables and use seasonings to give flavor. My pantry always has chutneys and pickles that I use to make the meal interesting. Sometimes the vegetables might be prepared as a curry, or sometimes they could be grilled. The legume could be lentils or maybe mung beans. Different grains can be used." Part of the variety goes back to what is happening in the rest of the kitchen that evening. Chef Cooray shared that her strategies for satisfying a ravenous vegetarian include visiting the various kitchen stations. "I'll take appropriate items from each station, such as vegetables, to cook. We'll prepare a salad as well. I'll have one of the students learn to prepare the legume." This method will give the student valuable experience on how to handle such*

*meal requests in the future. Clearly her vision of the vegetarian plate as tasty, substantive, and nutritious is something she shares with her students.*

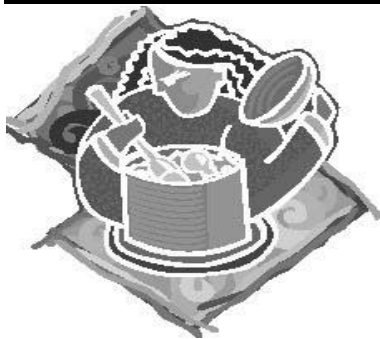
Do you think we will see more chefs in the future who are prepared to meet vegetarian requests? Are culinary programs changing to meet the needs for creative plant-based cooking?

*"Places like the Culinary Institute of America are teaching Indian and vegetarian cooking. In the Continental Cuisine course I teach here students do get training, although we have no special course for vegetarian cooking. I am thinking that eventually there will be a separate class to respond to changing demands. In our program I always have one or two students interested in pursuing vegetarian cooking."*

Although many people enjoy dining out at least occasionally, meals often need to be prepared at home. What suggestions do you have for the vegetarian who will be cooking at home?

*"Attend a class. You can see what options there are for cooking and ingredients. Learn to make basics like grains such as rice and legumes such as lentils." Chef Cooray then explained that one should "learn simple combinations – like potatoes and greens enhanced with spices. And one-pot meals are good as well. It is important to use spices." Rather than becoming overwhelmed by the array of spices available, she recommends starting simply with one or two. "You may want to try cumin and coriander, for example, and roast the spices in a skillet to bring out the flavor. As you use spices, your taste buds grow and you will want to experiment. Spices will change your food." Black mustard seeds, fenugreek,*

*(See Culinary on page 16)*



# On the Menu...

## Palate-Pleasers: Recipes from our members

Recipes are always high on the list of what VSH members want to see in the newsletter, so here are two easy ones contributed by members. Both use some of those herbs and seasonings listed as favorites for Italian cooking (see article, page 4), so this is a good chance to try them out. Both recipes would also make great pupus, especially if served with a crusty whole grain bread! If *you* have a favorite original creation, please submit it to [info@vsh.org](mailto:info@vsh.org). In the meantime, enjoy!

### Lentil Paté (from Marcia Deutch)

**2 cups dry red lentils, wash/drain/sort**  
**3 ½ cups water**  
**2 medium onions, finely chopped**  
**3 cloves garlic, finely chopped**  
**1 teaspoon dried basil**  
**1 teaspoon dried oregano**  
**1 teaspoon dried thyme**  
**1 cup whole wheat bread crumbs**  
**1 large handful fresh parsley, finely chopped**  
**1 teaspoon salt**  
**½ teaspoon black pepper**  
**1 teaspoon umeboshi vinegar**

Place lentils in saucepan, add water. Boil. Reduce heat to low and simmer, covered, for 20 minutes.

Sauté garlic, onions, and dried herbs in a few tablespoons of water over medium heat for 10 minutes or until brown and fragrant.

Oil a 9" shallow pan or loaf pan.

Sprinkle with bread crumbs, completely coating.

When lentils are done, stir them thoroughly to mash. Add the onion mixture, the rest of the bread crumbs, and the chopped parsley. Add the salt, black pepper, and the vinegar. Pour into the prepared pan and bake 20-30 minutes or until set. Allow to cool before slicing. Yield = 10 to 12 servings.

### Caponata (from Mary Arakaki)

This diced vegetable salad from southern Italy has a sweet-sour flavor, thanks to the capers, olives, pine nuts and spices. One great way to serve the caponata is with a baguette. Slice the bread about 1 ½ inch thick and toast it on a baking sheet at 350 degrees until golden brown.

**1 large eggplant**  
**¼ cup capers, drained/rinsed**  
**8 green onions, finely chopped**  
**2 cloves garlic**  
**1 pound tomatoes, cored/sliced**  
**2 teaspoons turbinado sugar**  
**¼ cup stuffed green olives**  
**¼ cup chopped fresh basil**  
**¼ cup toasted pine nuts**  
**3 tablespoons red wine vinegar**  
**2 tablespoons olive oil**

Peel eggplant with a vegetable peeler and dice. Place in a bowl, cover and cook on high power in microwave until tender, about 6 minutes. Set aside to cool.

In serving bowl combine eggplant and all remaining ingredients. Toss thoroughly. Let sit at room temperature 30 minutes so flavors develop. Serve as a salad, side dish, or part of an antipasto tray. Yield = about 5 cups.

*Editor's note: Pine nuts (pignoli) are an important ingredient of the Mediterranean region. They're rich in thiamin, iron, and magnesium – but also contain a high percentage of fat. For those who are looking to trim the calories, cut back on the pine nuts, olives, and olive oil.*

*"Mankind cannot, I submit, save itself from destruction through mere cleverness of scientific technology selfishly applied, nor through wishful thinking. But through a deep sense of brotherhood of all life, and a willingness and eagerness on the part of each and every person to work constructively for the preservation and enhancement of life, mankind may yet be preserved and go forward into the next millennium with confidence, competence and compassion."*

Jay Dinshah, The Vegetarian Way, XXIV World Vegetarian Congress, 1977

### **Minimize consumption of sugars and processed carbohydrates.**

Candies, soft drinks, pastries, white flour breads, and other refined carbohydrates can contribute to artery damage in several ways. The threat is not from a half teaspoon of maple syrup in one's tea for flavouring, but rather from eating sugar in quantity, as a food. When you have a candy bar or piece of cake in your hand, you are consuming a chunk of sugar, sometimes by the ounce, and even by the quarter pound! When one consumes refined sugars in such quantity, the blood sugar level rises dramatically, and the blood "runs sweet" for several hours. As the blood suffers this saccharine flood, molecules of sugars can stick to structural proteins in the blood vessel walls, a process called glycosylation. In this way, proteins whose flexibility is essential, namely the collagen and elastin that compose the lining of our arteries and capillaries, become "sticky," oxidized, and ultimately stiffened and damaged. Over the years such glycosylation makes our vital vessels more prone to micro-cracking through daily movement and high blood pressure, inviting deposition of atherosclerotic plaque. Sugar-eaters age themselves from the inside.

High sugar levels may also induce high levels of insulin, which can then elevate levels of inflammatory prostaglandins in blood vessel walls. These pro-inflammatory substances can, in turn, accelerate the accumulation of atherosclerotic plaque. We would be wise to return sugar to its original role - as a subtle flavouring, rather than as a party food for mass consumption.

### **Assure adequate reserves of antioxidant vitamins and minerals in the bloodstream.**

Cholesterol in the bloodstream does not tend to stick to artery walls until it becomes oxidized (loses electrons). Modern life exposes us to many agents that can oxidize cholesterol - chlorinated drinking water, polluted air, free radicals in fried and processed foods, etc. It is essential to avoid these oxidizing agents to the greatest extent possible. Avoid drinking chlorinated tap water, minimize processed food intake, (especially fried foods and those containing hydrogenated oils) and try to assure that your body's supply of antioxidant vitamins (vitamin E, vitamin C, beta carotene, etc.) is kept "topped up."

We all agree that eating more fresh produce is a good idea, but given our modern life and diets it is something that many of us may not actually do often enough. It is helpful, and potentially life saving, to become an artist at finding ways to work more fruits and vegetables into your daily food intake. Have a salad daily, break out your vegetable steamer and make steamed green and yellow vegetables a part of most every dinner. Cook up a big pot of vegetable soup or stew and freeze some of it in containers to thaw out for instant veggie-meals, etc. Eat more fruits and vegetables as if your life depended upon them!

If you are exposed to highly oxidizing conditions - breathing city air, working in sealed buildings, aerobic activity during work or recreation, or late nights at the computer, it may also be wise, in this modern age, to take supplemental antioxidants containing vitamin C (250-500 mg.), vitamin E (preferably mixed tocopherols, 200-400 I.U.), and selenium (100-200 mcg.), once or twice daily.

### **Avoid excessive intake of omega-6 fats, especially when not balanced by an adequate intake of foods rich in omega-3 essential fats.**

Commonly-used vegetable oils such as sunflower, safflower, corn, and commercial "all purpose" vegetable oil (usually cottonseed and corn oil) are "unbalanced." They contain only (omega-6) linoleic acid, one of the two essential fats needed for cell membranes and artery health. These oils are completely lacking in the vital omega-3 fat, linolenic acid; an omega-6-heavy diet may put the person consuming it at risk for artery damage. Consequently, be sure to have omega-3 fat-rich foods in your diet daily, such as a handful of raw (preferably "organically grown") walnuts or pumpkin seeds, or a tablespoon of flax seed or hemp seed oil daily. (These oils are fragile and should not be heated - use them as "topping" oils - over steamed vegetables, brushed onto bread or corn on the cob, or added to salad dressings.)

### **Detect and treat high cholesterol levels.**

Some people have genetic predisposition to elevated cholesterol levels. This rare condition can contribute to artery clogging and should be diagnosed and treated with exercise and a low saturated fat diet. For these people, under the supervision of a physician, niacin and possibly other cholesterol-lowering agents can be utilized to advantage.

Two other factors not directly related to diet should also be of concern for vegetarians and vegans:

### **Assure adequate exercise.**

Regular daily, preferably mildly aerobic, activity - brisk walking, pedaling an exercise bicycle, swimming, etc. - is essential in keeping one's heart strong and one's arteries flexible, healthy, and free of clogging plaque.

(Continued on page 13)

(Continued from page 12)

### **Avoid sustained high levels of stress.**

The body's reaction to acute stress (e.g., suddenly seeing a truck bearing down upon you) is to release a burst of adrenalin, epinephrine, cortisol, and other adrenal hormones. These powerful substances raise our blood sugar levels and augment the power of our muscles. This reaction can be lifesaving in the short run, but when this state of stress response is sustained day after day, week after week, month after month, it can raise blood pressure and damage the arteries – ultimately contributing to the shortening of life.

I feel that many of the stresses to which concerned vegans and vegetarians subject themselves – especially internalizing the suffering of the animals - can create a sustained burden of sadness and stress. When combined with the dietary and other factors already mentioned, years of emotional stress can inflict a heavy toll upon the entire body.

Did Jay Dinshah eat too much sugar? Did he consume too little vitamin B-12 or let his antioxidant reserves fall too low? Did he consume excessive omega-6 fats or exercise too seldom? Perhaps, but his early demise should serve as a strong reminder to us that we cannot allow ourselves to be consumed by the suffering, by the tragedy, and by the pain that awakens and motivates us in our work on behalf of a less violent world. Being gentle with yourself and others, taking time to rejoice in life's daily pleasures, regularly exercising your body, walking in nature, releasing stress in a healthy manner, and letting love, laughter, and gratitude flow through your daily thoughts and actions, are as essential for a long, healthy life as are fresh fruits and vegetables – probably

even more so.

Beyond strict “medical” considerations, I think that no one should believe or espouse that a vegan diet, in and of itself, is an iron-clad guarantee for immortality - or even for a Methuselah-like life span. Indeed, a case can be made that adopting a vegan diet in hopes of attaining immortality is, at its core, an essentially selfish - and ultimately non-vegan - desire that does not honor the flow and circle of life. As people who revere life, we are here to give to life - and an inescapable part of such giving means making way for the younger people whose turn it is to inherit this Earth. All the while, we should play our parts fully and joyfully, in a manner appropriate for our age and stage in life - first as avid learners, then as vigorous doers, and finally, as wise and enthusiastic teachers and setters of example of a life of Ahimsa.

Our fears of our own death should not be the driving force to adopt a vegan diet. The goal of our life should be more than not dying. The greatest tragedy is not living life to the fullest, not filling every moment with as much love and service as possible. But in giving that love and service, be sure not to take yourself too seriously - and please don't forget to laugh (I'm sure Jay would agree).

Adopting a vegan or vegetarian diet and lifestyle is essentially a matter of the heart -- but here I speak not in the cardiac context. There may indeed be benefits to your physical health from choosing to nourish your body on exclusively plant-based foods, and many people do come to a vegan diet through the door marked “health.” However, I also believe that in the long run a person maintains a cruelty-free diet and lifestyle to honor the continual calling of their inner, higher heart -- to live lives of Ahimsa -- by creating as little violence as possible in their lives and in the world around

them. Jay Dinshah gifted us with the example of his life of dynamic harmlessness, and I believe also with the message conveyed by the manner of his passing. I know that my heart will always be grateful for this.

## **H. Jay Dinshah 1933-2000**

I met Jay and Freya Dinshah in 1964, just as I finished my internship at San Diego County Hospital and was switching from a lacto-vegetarian to a vegan diet. Jay and Freya were starting up the American Vegan Society (AVS). There was a Sanscrit word “Ahimsa” (“doing no harm”) that the Dinshahs took for the name of the AVS Journal. At first I thought that the word seemed too foreign, too metaphysical. In the end I saw that it summarized all one need know about ethics.

The Dinshahs devoted their lives to the promotion of something that above all else would improve the lot of humanity, the elimination of animal food from the diet. Jay was always willing to speak on short notice at distant locales to small and sometimes skeptical audiences. That there are now dozens of websites where the word “vegan” is standard argot, and that there are references in the scientific literature in which the reader's understanding of the word is assumed, is largely the result of Jay's perseverance.

Jay died on Thursday, June 8, 2000 at the age of 66. He had sworn not to rest until all the slaughterhouses had closed down; his single-minded pursuit of this goal was probably a contributory factor to his death. One does not tilt at dragons with impunity, but the world would be a poorer place if Jay Dinshah had not picked up his lance.

-William Harris, M.D.

# Meet the Members

by Elaine French

**D**ave and Adele Crooks moved to Honolulu from Ohio in 1998. Having been active in the Canton Vegetarian Society, they were pleased to find VSH available in their new island home. Their awareness of the health and environmental issues related to diet began in the early 70s when both read Diet for a Small Planet by Frances Moore Lappe. They have attended a number of national vegetarian conferences and have been vegan for nearly a decade. Animal rights issues are also included in their reasons for this lifestyle.

Adele has been an exercise enthusiast since junior high, when she participated in basketball, field hockey, marching, and batons. (Batons? What year was this, Adele?) She spends many hours a week playing tennis, taking step aerobics classes, and pounding the treadmill. She has even tried kickboxing. All that exercise requires a constant supply of calories, so it's a good thing Adele also is an excellent cook. She claims to own every vegan cookbook ever written, and at one time she was baking six loaves of bread at a time to share with friends. VSH members have probably noticed her culinary skills in the recipes she has contributed to our newsletter. When Adele is not exercising or cooking, she enjoys reading fiction.

Dave is a 747 captain who usually flies to the Far East. When asked what he likes about his airline job, he replies with a grin that he has no desk, he doesn't have to take his job home with him, and best of all, he can get cold, stale coffee any time he wants it. His interests include computers and the Internet, home improvement projects, and an eclectic nonfiction read-

ing list: philosophy, rationalism, and science. He discusses topics ranging from the history of nonsense to the creation of Formica. Dave has taken over the ordering of books and tapes for the VSH book table with the assistance of his first lady, who is always on the lookout for the latest cookbook. Dave will also be helping to upgrade the VSH membership database program.

From their comfortable condo in Hawaii Kai, Dave and Adele like to walk to Cha Cha Cha for burritos; when in town they prefer quick meals from India Bazaar or The Well Bento. Dave will be retiring next summer, but we have a feeling neither he nor Adele will ever find the time to be bored.

## VSH Election Results In

**Y**ou will recall that the term dates of the VSH Board of Directors have been adjusted by one month in order to be consistent with our new quarterly newsletter period. The present term thus began on July 1, 2000 and will end on June 30, 2002. The slate of officers and directors on the election ballot was approved by the overwhelming majority of those returning ballots.

Elected or re-elected were:

President:	Alida Rutchick
Vice President:	Laurie Veatch
Secretary:	Mary Arakaki
Treasurer:	Elaine French
Directors:	Dr. Bill Harris
	Elaine Johnson
	Dr. Karl Seff
	Donovan Watts

We extend our wishes to these volunteers for a successful term.

We also extend our appreciation

to outgoing Board members vice president Dr. Jim Deutch and office manager Marcia Deutch. We thank them for their long years of service to VSH and for their continued non-Board participation in the future.

Continuing non-Board volunteers include corresponding secretary Patrick Moore, newsletter layout assistant and meeting planner assistant Jim Brown, meeting room set-up coordinators Genie and Robert Moses and their assistants Roger Kamiya and Chuck Klotz, Allene and Richard Ishikawa who take care of our office (thanks, Richard, for cleaning and beautifying our space!), inventory coordinators Dave and Adele Crooks, Jerry Smith who transports books and other materials to our monthly meetings and coordinates staffing of the book table, vegi-line secretary Nancy Dangler, and Veg-Hi coordinator Dr. Neal Pinkney.

Additionally, thank you to newsletter content editor Dr. Eileen Towata, David Bourgoïn who has represented VSH at various public events, Dr. Michael Klaper, Helen Wells, and our other newsletter contributors, print manager Shanda McCloskey, Alyssa Moreau and Barry Herr for updating our dining guide, Trish Ebsworth for serving as acting corresponding secretary, our volunteer speakers, and all others who have helped out in various ways. If you would like to be part of this group of dedicated vegetarians, please call us!

### Nutrition and You

John Westerdahl, MPH, RD, CNS  
and Terry Shintani, MD

Sundays 7-9 p.m.  
on K108 (AM 1080).  
Call in to 524-1080.

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# A Meat-Free Home

by Helen Wells

**M**aking the effort to have a meat-free home -- a vegetarian home -- is a worthwhile enterprise. The time when there are no longer animal products brought into the kitchen is usually a big step on the vegetarian path.

I remember the weekend circa 1988 that I purged my refrigerator and cabinets of all meats. I had not been raised vegetarian, but being exposed to vegetarian concepts reawakened my strong childhood aversion to anything with "veins," that is, all meats. Part of me felt wasteful for throwing away what I had previously considered food, but I did it. I knew in the core of my being that it was the right thing to do. I may have had some circumstantial relapses outside of the home for a few years following this event, but meat -- death -- no longer resided with me.

That last statement could be interpreted in some philosophical, psychological, or cultural way. I've read almost all of Joseph Campbell's books on mythology that, in part, to me, explained why mankind's tribes and civilizations spend a great part of their time rationalizing and ritualizing their guilt about killing something else in order to eat it. Some vegetarians who have thought along these lines realize after a point that what they are doing is more than experiencing a revulsion to dead flesh. They realize that they are trying to establish a new order and new rules -- against seemingly impossible odds.

For example, I don't want my reality to consist of something else dying in order for me to live. I want to eat as low on the food chain as possible. My brother's arguments for continued meat-eating are (a) other animals eat each other and (b) man is an apex predator. But these points simply do

not factor into *my* vegetarianism. I can't help it if sharks eat seals, but I can help it that I don't eat shark fin. I can't help it that big fish eat smaller fish, but I don't have to eat fish. It's a blessing to be able to have alternatives, to not be on the level of a fish consuming its fellows.

People in my family love to cite that humans were given "dominion" over the animals. Well, even if I did have "dominion" over an animal, that doesn't mean I have to eat it. Actually, wouldn't I be a poor caretaker or overlord to that animal if I just ate it? I think that the "dominion" folks are simply being selfish. They are not heartless people, and if they allowed themselves to think beyond their easy-out "dominion" refutation, well, they would have to change. And we all know that sometimes it's hard to change.

Both my brother's reasoning and my "dominion" relatives' theories have been refuted very nicely by vegetarians more well-spoken than me. Generally, I sense a bit of fear in what my brother and relatives say. They are afraid to examine the issue of meat-eating, because they don't want even to think about all the changes that they would have to undergo if their verdict is in favor of vegetarianism.

Purging the home of meat has other philosophical, as well as mental, emotional, and physical advantages. Philosophically, having a "no-meat" house rule will challenge members of the household and their guests to think about vegetarianism. Mentally, the vegetarian has peace of mind, a better "vibe" in the house. Emotionally, there is no more guilt about taking the life of another animal for food. Physically, the vegetarian is less tempted to consume meat, because it isn't as readily available. And there is the undeniable benefit of a lower grocery bill!

I haven't met many who became vegetarian overnight, although I have

met a few. I believe that for most of us vegetarianism has been a process. "When I gave up chicken" and "when I gave up tuna" were probably moments toward which we had striven for weeks or months. We weren't giving up meat to be trendy. We weren't doing it because our favorite actor had done it. We weren't doing it to make others feel that we were holier than they were (although unfortunately many do react that way). We were becoming vegetarian for deeper, seriously considered reasons.

Some people changed because they wanted to improve their health, some because of their philosophy or religion. I am one of those who changed because I didn't want to consume the lives of my fellow animals. I wanted the rules to change. I wanted to dispense with the guilt of meat-eating, not by building up a ritual that would allow me to continue to eat dead animals, but by dispensing with meat-eating itself.

In sum, no, it is not always easy being a vegetarian, but I can tell you, it is a relief, and getting the meat out of the house is an important step in the process.

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## Plant food news is out and about on O'ahu

Recently Kokua Market provided information on greens and beans as one of the health-oriented displays set up at Hamilton Library for Women's Health Month.

In September the 5-A-Day Coalition saw the fruits of its labors! In-store demos, a tailgating event, displays, and more were held to promote eating more vegetables and fruits.



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*(Culinary from page 10)*

**chili peppers, garlic, ginger – these are a few of the flavorful accents she likes, pointing out that some seasonings/spices have medicinal properties in addition to their taste characteristics.**

What is your favorite plant food/ingredient and why?

**“Legumes!” Chef Cooray responded enthusiastically.**

**“Legumes like mung beans.**

**They’re very nutritious and versatile.” And as she pointed out earlier, many of the legumes cook quickly, making them ideal ingredients to use in preparing a meal.**

**“There are lots of legumes you can**

**get at health food stores. Venture out to try new things.”**

And try new things, I shall! During our discussion I got some great cooking ideas (like adding small, browned bits of tofu to top a rice pilaf), a new place to eat (at Kapi’olani Community College’s restaurant which welcomes vegetarians/vegans. Follow Chef Cooray’s advice and call in ahead at 734-9488 to make your needs known and your reservation) AND score some great recipes to share with our members!

*Chef Cooray will be preparing a flavorful meal at Lyon Arboretum on Saturday, November 25, as part*

*of the class “Spices and Herbs”. Her husband, Ranjit Cooray, an educational specialist and botanist at Lyon, will be presenting the botany of spices and culinary herbs. Call 988-0456 for registration (\$15.50; \$11 for Arboretum Associates). Note: Some of the recipes Chef Cooray will demonstrate and offer for sampling will be vegetarian (including a vegan dish). You are also likely to see Chef Cooray appearing around town sometime this fall at book signings as she introduces her cookbook “Burst of Flavor”. Although not a vegetarian book, it does include numerous chapters on foods of plant origins.*

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*(Diabetes from page 6)*

ies affirm not only the relationship between diet and diabetes but also illustrate that genetic factors can often be overridden by lifestyle choices. Had the Pimas kept to their native diet, they would never have even known that they have a hereditary predisposition to diabetes. And sadly, while it’s increasingly common nowadays to hear of physicians advising their diabetic patients to “watch their diets,” I’m not aware of many prescribing the low fat vegan diet, despite readily accessible

research findings.

To this point we have been talking about type 2, or adult onset, diabetes. Even in type 1 diabetes, however, where from childhood the pancreas is unable to produce sufficient quantities of insulin, a change to the low fat high carbo diet has been shown to result a reduction in insulin injections of from 30 - 50%, And while the cause of this pancreas malfunction is not definitively known, it is known to occur with far greater frequency when dietary fat is high.

Diabetes is an extremely com-

plicated disease, affecting numerous organs and body systems and leading over time to decreased circulation and gangrene, heart disease, kidney damage, and blindness. VSH’s recommendation? As always, work toward adopting the low fat, vegan diet. It is beneficial to us in more ways than we may realize,

Reference: MegaHealth, Marc Sorenson, Ed.D. Marc Sorenson, 1992.



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