



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly Volume VI, No. 3, Sept. 1995

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

President's Message



Greetings!

This quarter I would like to introduce our new president, Ruth Heidrich. As vice-president for the past year Ruth has been faithfully answering the calls on the "veggie hotline" every day, ably representing VSH to the public and assisting hundreds of Hawaii's people on the road to vegetarianism. She has now graciously assumed the responsibilities of the presidency--regretfully I have had to relinquish these because of a new and unexpected commitment that has come into my own life. I still look forward to being with you all at meetings and other VSH activities. Mahalo for your support of Ruth in her new role and of our efforts to increase awareness of vegetarianism.

-Alida

Greetings again!

It is with sadness (and panic!) that I announce the resignation of Alida Quistgard from the presidency of the Vegetarian Society of Honolulu. The sadness is because she leaves a big hole in our leadership and in our Board of Directors with big shoes to fill. The panic is because, as your Vice President, the job she leaves falls in my lap. The responsibility of sitting at the helm of this rapidly growing organization (which in turn is part of a rapidly growing worldwide revolution) is a little scary. So many lives are at stake, both human and animal, as well as the health and survival of the ecosystems on this planet. I am convinced that we as a civilization cannot keep on doing what we've been doing. When I hear, as I did yesterday, someone say that they will never become a vegetarian, I'm very sad because I know what they are depriving themselves of. Fortunately, this has more frequently been counterbalanced by people who call on our Veg-line (395-1499) to give a spontaneous report on their progress toward becoming healthier. A few are so excited at their great results that it makes me want to bottle their excitement or at least put them out on a worldwide PA system so they can tell the whole world that this diet works. I invite each of you to participate as fully as you can in this organization's activities. We are expanding the Board of Directors so there will be a few more slots to fill. We also need to grow a new generation of VSH volunteers to fill in for those who have to move on or out for one reason or another. We want and need your talents, your time, and your ideas. Our current Board members are doing an excellent job. Please support them so that they will stay. Lastly, please feel free to contact me at any time as my door (and message recorder) is always open.



With aloha,

-Ruth Heidrich



Honolulu Herbivore Happenings

Fall 1995



September 11, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility(second floor), 44 Kapahulu Av. (100 yards behind Waikiki Kapahulu Library). Sandy Swan of the Healthy Lifestyles Program of the U.H. Cooperative Extension Service on Molokai will autobiographically present " My Trek To Vegetarianism ."

September 13, Wednesday:

Join us for dinner at Gauranga's, 51 Coelho Way, in Nuuanu, for an all-vegetarian buffet. Call Eva at 531-8427 to make your reservation.

October 2, Monday:

It's World Farm Animals Day, Gandhi's birthday, and the start of World Vegetarian Month all in one. Meet for dinner at Diem Restaurant, 6 P.M., corner of King and University. Call Freeman at 531-8427 for information.

October 9, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility(second floor), 44 Kapahulu Av. (100 yards behind Waikiki Kapahulu Library). Karl Seff, Professor of chemistry at UH-Manoa will present a lecture entitled, "The Garden of Eden."

October 14, Saturday:

Bring a favorite dish to Ailene Johnson's, 1224 Wilhelmina Rise in Kaimuki, and share in a potluck dinner at 6 P.M. Bring your own plates and utensils, and a dish containing no meat, fish, or fowl. Also bring a list of the ingredients for your dish. Call Freeman at 531-8427 to let us know how many will be attending.

November 13, Monday:

Monthly meeting of the Society, 7 P.M., Ala Wai Golf Course Multi-Purpose Recreation Facility(second floor), 44 Kapahulu Av. (100 yards behind Waikiki Kapahulu Library). Two video presentations: " The Power Of Your Plate " by Neal Barnard, M.D., President, Physicians Committee For Responsible Medicine; and a short video appropriate for the season, " The Making Of A Turkey."

November 22, Wednesday:

Sixth annual Vegetarian Society Of Honolulu Thanksgiving Eve Dinner. Join us at 6 P.M. in the historic Waioli Tea Room in Manoa Valley at 2950 Manoa Road. A pure vegetarian (vegan) dinner will be served. Parking is available on the grounds. Send in your reservations request below along with your check to the VSH office. Do so early as seating is limited. Any questions about the menu should be directed to VSH at 395-1499.

Related Events:

Every Sunday from 7:00-9:00 p.m., K108 AM radio presents "Nutrition and You", with Terry Shintani, M.D., and triathlete Ruth Heidrich Ph.D., a "pair-o-docs". Call in to the show at the new number 524-1080. Events of the Vegetarian Society will be announced on the program.

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

VSH's regular public access TV show now migrates to Wednesdays at 6:00 P.M. on ATTN 2 (Channel 25 Oceanic). Unfortunately Channel 25 will not show on Chronicle Cable. We alternate half-hour and hour shows. Watch for "Vegetarian" in your TV guide and eventually you'll see about 21 separate tapes, some locally produced by VSH, some done on the mainland.

Healing Hearts, a ten week cardiac support group facilitated by Doctor Neal Pinckney and utilizing the advice of Doctors Ornish, McDougall, Shintani, Harris, and others, meets at two Kaiser Hospital locations. A new group will begin in October. Information at 696-2428. Neal's Healthy Heart Handbook has been picked up by a big mainland publisher and will be going national next spring.

Low fat vegan cooking classes! From October 1 to November 19 Masa and Harriet Yafuso will conduct eight classes at the Manoa Seventh Day Adventist Church at 2655 Manoa Road in Honolulu. Sundays 2:00-4:00 p.m. Free! For information call 247-5779. (Free samples, too! Masa and Harriet are missionaries in the highest sense of the word and this is a true bargain.)

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

Get ready for the Peter Burwash lecture in the Garden Lanai room of the Ala Moana Hotel on Atkinson Blvd., 7:00 P.M. Tuesday December 5th 1995. Once again Peter will be donating the proceeds to VSH and his talks are always inspiring and usually sold out. Ticket information was not yet available when we went to press but call VSH at 395-1499 during November for details. Don't miss this masterful presentation of the health, environmental, and ethical aspects of vegetarianism!

This is a short issue since most of the contributors were late getting back from the mainland VUNA meeting. As noted in our last issue, the discount page has been eliminated since a flyer of discounts is now sent with each new membership or renewal and is available at meetings.

Higher Taste, the vegetarian restaurant at Aloha Tower Marketplace is now The Pacific Vegetarian Restaurant featuring a new menu with all vegan items so marked and with delivery service available

Fine Dining at the Bottom of the Food Chain

BROKE THE MOUTH, FIX THE HEART

You'll fix your heart's craving for ono lunch downtown at this great little take out place whose prices won't put your wallet into malnutrition. The friendly staff helped us in our choice of the Bamboola plate lunch laden with delicious, low fat local kine food. We feasted on organically grown field greens salad, pesto pasta, Hawaiian



Broke The Mouth
1148 Bishop Street
Honolulu, Hawaii 96813
Call or Fax your orders to:
524-0355

potato salad (purple sweet potato & taro), a summer roll and a slice of kulolo, a traditional desert somewhat similar to haupia in texture but with coconut and taro. In addition, the Bomboola plate comes with a choice of whole wheat baked manapua that totally broke our mouths. We sampled the sweet potato basil pesto and eggplant szechwan varieties, leaving the tofu & dill, pineapple-mac nut and a few others yet to be experienced. The fresh fruit smoothie provided the perfect cool wash down. But wait, we didn't tell you about the interesting, mostly fruit based salad dressings, or maybe the term sauce/dressing

would be more descriptive. You can sample both the mac nut oil containing varieties or the oil free before you make your choice. They're all available for take out sale, as is the mac nut lavash, a crispy paper thin cracker that's great with the green salad. Vegan and ovo-lacto cookies are sold from a big glass jar for the finale. This a lunch place primarily at the present time, with plans to expand the hours of operation. Breakfast manapua and coffee are sold at a window accessible from the Fort St. mall, where we sat under a tree and watched the noontime business world go by as we ate our lunch. The original Broke the Mouth is at 55 Mamo St, Hilo. The field greens and other goodies are grown on a 16 acre farm in Hakalau, providing great quality and availability control! Look for expanded hours of operation with healthy snack foods in the near future. Broke the Mouth is at 1148 Bishop St. Honolulu, between Hotel & Beretania St. Open 7:00 A.M. to 2:30 P.M. Mon-Fri and the first Sat. of the month. Orders can be called or faxed to 524-0355, as can requests for parking information.

-Eva and Freeman Wright

The newly formed vegetarian club at the University of Hawaii meets every first and third Tuesday night, 6:30 P.M. at Coffeeline on University Ave. Meetings are open to students, faculty, and staff and one need not be a vegetarian to join. Our primary goals include campus education about being a vegetarian and encouraging a more healthy menu selection at all campus eating activities. For more information call Hedy Hagar at 944-1428 (H) or 956-3697 (W).

VSH will again sponsor a UH student intern for the 1995 Fall Semester. The Student Intern Environmental Practicum is good for 3 semester credits at UH and involves about 6 hours/week on a research project for about 3-1/2 mos.

Coordinator: Ms. Jackie Miller, Environmental Studies Advisor, Environmental Center, UH-Manoa. 956-7361

Faculty Contact: Prof. Richard Bowen. Chair Dept. of Agricultural Economics. University of Hawaii- Manoa. 956-7602

Internship Projects will be finally be decided by joint agreement between the student intern and Professor Bowen but could involve any questions regarding the environmental impacts of animal versus plant agriculture in Hawaii.

Recipes

(In which Thomas Edison pinch-hits for your molars.)

- V-4 Juice
- 2 raw tomatoes
- 4 large raw carrots
- 3 stalks raw celery
- 1 sprig fresh parsley

- 1 tsp lemon juice
- 1 tsp Kal brewer's yeast flakes

Run the above ingredients through the juicer of your choice. Drink. Having drunk, note the nutrition box below.

Fruit Mush #4

- 1 small can (6 oz) frozen orange juice
- 1/2 bag (8 oz) frozen strawberries
- 1 oz raw hulled sunflower seeds
- 1 oz raw unhulled sesame seeds
- 1/2 raw carrot
- 2 tbsp Down to Earth soy protein powder (optional)
- 1 tsp maple syrup (optional)
- 1 tsp Kal brewer's yeast flakes

Place the O.J. concentrate in your industrial strength blender (a Vita-Mix or a concrete mixer will also do), add 2 cups water and begin to blend. Add remaining ingredients and continue 5-10 minutes until mixture is creamy and smooth. It's a handy lunch in a thermos for those on the go.

Vegan Chop Suey

- 2 tbsp cornstarch
- 2 cloves garlic, grated
- 1 tsp raw ginger, grated
- 1 tbsp tamari sauce
- 1 tsp Kal brewer's yeast flakes
- 1/2 tsp Colman's mustard powder (optional)
- 5 fresh mushrooms
- 1 cup mung beans
- 1 cup Chinese pea pods
- 1/2 cup broccoli flowerets
- 1/2 cup diced onion
- 2 stalks celery, sliced obliquely
- 2 oz tofu
- 1 oz raw cashews
- 1 raw carrot, coarsely grated
- 1 cup long grain brown rice

Begin by boiling the rice. In a second pot add a cup of cold water to the cornstarch, mix and slowly heat while stirring. When the mix begins to thicken add the grated garlic, ginger, tamari, yeast flakes, and mustard powder. Continue to stir until a thick gravy results. Meanwhile place the remaining ingredients in a steam basket above the rice and cook 10-15 minutes until crispy but done. Transfer the steamed vegetables to a bowl, then pour on the sauce, mix with tongs, and serve over the rice. Dines three or four.

-Bill Harris, M.D.



	V-4 Juice	Fruit Mush4	Chop Suey
% of Calories from:			
Carbohydrate	80	45	59
Fat	8	29	24
Protein	13	26	17

Nutrient - Percent of (Recommended Daily Allowance per Calorie)

	(%)	(%)	(%)
Calcium	365	181	127
Cholesterol	0	0	0
Fiber	825	326	248
Folate	1791	622	482
Iron	630	269	300
Magnesium	465	336	344
Potassium	1209	291	279
Phosphorus	320	324	288
Riboflavin	560	678	826
Thiamin	754	1089	989
Vitamin A	9213	193	545
Vitamin B12	114	300	330
Vitamin B6	691	622	770
Vitamin E	536	513	101
Vitamin C	3209	1526	828
Zinc	147	134	161

The VeggieNet

Vegetarianism is a hot topic on the Internet. Whether you want general health and nutrition information, recipes, or general discussion about vegetarianism or animal rights, it is as close as your computer and telephone line. And...it's easier than programming your VCR!

For ease of discussion, the Internet can be broken up into the World Wide Web (WWW) and e-mail. The World Wide Web is easily accessed via windows software. It reads like a "book" of sorts and may contain graphics, to include pictures. The WWW is used as a way for many people to access organizations such the Vegetarian Resource Group, North American Vegetarian Society, PETA, Toronto Vegetarian Association, and the Vegetarian Society of Honolulu. Such organizations may include a general description of the organization as well as a description of their activities. Some include order forms for books as well as membership applications.

Another important WWW resource is the use of the World Guide to Vegetarianism. If you are travelling or moving to another part of the country or to another country, the world Guide to Vegetarianism lists veg-friendly restaurants, health food stores, and supporting organizations in the region you are interested in. Further, the Guide offers much help and advice on Internet resources devoted to vegetarianism.

Of special interest to many vegetarians are the free (yes, free!) recipes available on the WWW. This can vary from "fat-free" recipes (those following McDougall or Ornish guidelines) to Filipino vegetarian recipes or vegetarian crockpot recipes. The "fat-free" recipes are listed in categories based on ethnic cuisine (i.e., Italian, Indian, Chinese, etc.) or type (i.e., appetizers, desserts).

Another use of the WWW is as a source of information. Many organizations include vast amounts of information on topics commonly sought by vegetarians and those who are interested in vegetarianism. This may be in the form of Frequently Asked Questions (FAQs) or specific "papers" found on web pages. Topics include: calcium and osteoporosis, protein, diabetes, sources of non-leather shoes--whatever a vegetarian has asked about is probably already on the WWW somewhere!

The best place to start? If you are able to use a key-word search, the start with "Vegetarian Pages". Everything having to do with vegetarianism and related topics usually has links to this page. Another way is to go to the Vegetarian Society of Honolulu's web page which contains links back to the "Vegetarian Pages". Topics on the VSH page include our calendar of events, membership application, and our dining guide. Our Uniform Resource Locator (URL) is: <http://envirolink.org/arrs/vsh/index.html>

If e-mail is more to your liking--or, your only link to the Internet, many of the above resources are available. However, most people use e-mail to join discussion groups that one "subscribes" to (don't worry, it's free). One simply sends e-mail to a central source that, in turn, sends e-mail out the subscribers of that list. The groups include: Vegan-L (ethical vegan discussion), Fat-free (discussion of fat-free vegetarian eating and includes many recipes), Veglife (general vegetarian discussion), AR Talk and AR News (animal rights discussion and news), and McLibel (updates on McDonald's libel suit against two British vegetarian /environmental activists). (There are more mailing lists available that indicated here.)

How to get on the Internet? First, you need a computer and a modem. Second, you need an Internet Service Provider. These may include premium services such as America OnLine, CompuServe, Genie, etc.. The advantage of the premium services is ease of use with all business conducted in one "window". The disadvantage is that if you make extensive use of their services, it gets very expensive (as much as \$2.95 per hour). On the other hand, many people use local providers, such as PixiNet, LavaNet, Hawaii OnLine, etc.. The advantage here is a flat rate for unlimited use. The disadvantage is the software may seem confusing at first, especially since one may pick and choose among many types of software.

For more information on the subject, I will be glad to help out. Either check with me via the VSH phone (395-1499) or e-mail alathome@clark.net

-Allen Schubert



Animal Rights Hawaii ARH held a memorial, commemorating the one year anniversary of the death of Tyke the elephant, following her escape from the Circus at Blaisdell Arena and subsequent shooting in Kakaako.

In the intervening year, we have instituted several lawsuits against those responsible for the events of August 20, 1994. We have also labored hard for legislation that would prohibit exotic performing animals from coming to Hawaii. John Henry Felix has written a bill that would ban big cats, bears, elephants, monkeys and apes from performing at city owned facilities (e.g. Blaisdell Center) or from participating in parades on city streets. This bill will only be introduced by Mr. Felix if five councilmembers sign on to it. We need your help. Please call your councilmember and urge them to sign on to the "Tyke" bill so that it can have a public hearing. If John Henry Felix is your councilmember, please call and thank him for this great bill.

- Bainum 547-7004
- DeSoto 547-7009
- Felix 547-7003
- Hannemann 547-7008
- Holmes 547-7002
- Kim 547-7007
- Mansho 547-7001
- Mirikitani 547-7005
- Yoshimura 547-7006
- City Clerk FAX 523-4220 (Accepts FAXes to all of above)

ARH held a vigil for the doomed animals at the Hawaii State Farm Fair on July 9, 1995. Dr. Gailynn Williamson stood in front of the pens with a sign which said: "Say goodbye...tomorrow they die." We were astounded at the number of fair-goers who were unaware of the impending fate of the livestock -- they were appalled. We also filed two cruelty complaints against the fair because of the extreme heat, lack of clean water and bedding. When the Humane Society inspector arrived two hours later, we were shocked at his lack of concern. We have learned that a pig died from heat exhaustion and we are working to have the farm fair inspected by USDA under the Animal Welfare Act, since local enforcement is so woefully inadequate. We are also closely scrutinizing livestock production, transport and slaughter in Hawaii, as well as funding sources and effectiveness of law enforcement. This is a very large undertaking and we would be grateful for any VSH members who might like to participate.

ARH has publicized the most recent violations of the Animal Welfare Act by the University of Hawaii Laboratory Animal Services Dept. UH has been assessed a \$5,000.00 fine for neglecting to provide basic veterinary care for an Aotus monkey, for not providing adequate water for rabbits and for unauthorized procedures which resulted in the death of a monkey. Our request for access to the minutes of the federally mandated Institutional Animal Care and Use Committee (IACUC) has been languishing at the Office of Information Practices at the Attorney General's office for 2 1/2 years. We continue to have grave concerns about the unfortunate animals incarcerated at the University of Hawaii.

-Cathy Goeggel

Ed. Note: ARH has been carrying the ball for VSH on many issues in which our organization should have been more involved. They're the activists, we're staid and low key: both approaches are valid, but right now there's a real shot at some significant legislation. The Felix "Tyke" bill narrows the target to "exotic animals performing on C&C property." It does not attack the zoo, Sea Life Park, or rodeos on private land. If passed it would eliminate further "Tyke"-type disasters even as it reduced the litigation risk for C&C. It's a good bill, and a target of opportunity. Please take a few minutes to call the council members above and support it.

The Island Vegetarian

5/25/95 The Center for Science in the Public Interest and Reps Charles Schumer D-NY, and Dick Zimmer R-NJ called for abolition of farm programs that subsidize private industry and promote bad diets. They note that the tax-funded Market Promotion Program has subsidized advertising by McDonald's and Pillsbury.

7/1/95 Compuserve Magazine reports that by the end of the first day that the online computer network sponsored the Vegetarian Forum (GO VEGETARIAN) there were 200 members.

7/1/95 Eva Martin sent a clipping on Mad Cow Disease (Bovine Spongiform Encephalitis) now spreading in English herds with a few cases also in the US. "I think it is urgent that you do some research into this," says Eva. Ah yes, and who will provide the grant? The National Dairy Council? The Cattlemen's Association? It's a good

idea but the best idea is to not eat cow products in the first place. Maybe a little transfer of BSE into the human population would finally get the point across; we're not supposed to be eating cows.

8/6-13/95 VSHers Elaine French, Bill Harris, Ruth Heidrich, Allen Schubert, Jerry Smith, and David Snow, and Dorothy Silva Pitschke from Hilo, spent the week at the 8th Annual Vegan Festival hosted by the Vegetarian Union of North America (VUNA). We all had our favorites: Elaine liked the lectures by Dr. Agatha Thrash, that little ol' country doctor who before advising us to be vegetarians spent awhile suggesting we all sit up straight, too. Ruth was appointed to the advisory council of VUNA. We were all pleased to find that Allen had gotten most of the last VSH newsletter onto the Internet from whence it was projected onto an LCD screen in a computer session run by Kevin Pickard, the high tech president of the Toronto Vegetarian Association. One interesting lady was Jan Hamilton who's part way into running a vegan dude ranch where the guests get to take care of abused but rescued farm animals. She can be reached at Wilderness Ranch, Sanctuary for Farm Animals, PO Box 1507, Loveland, CO 80539-1507. We also got a rundown on the McHilarious McLibel trial in which McDonald's is attempting to squash English activists Dave Morris and Helen Steel for saying bad things about the burger giant. It's like watching a rogue elephant trying to stomp on a mouse. Sample courtroom exchange- Miss Steel: Going over to the third page: 'To help all our customers eat healthily, we are constantly making our menu even more nutritious.' Is the implication that your menu was nutritious in the first place?

The dynamic duo can be assisted via the McLibel Support Campaign, 5 Caledonian Road, London, N1 9DX. Tel/FAX 0171 713 1269.

VSH will need trainees to fill the gaps left by some departing board members. Karl Seff has been our meeting planner but he's off for a year sabbatical in January. Social Director Freeman Wright and Restaurant Reviewer Eva Wright are also leaving as is Allen Schubert, our publicity director and Internet wizard. If you can spare the time please call VSH at 395-1499. Now that VSH has a web page we'll need a computer literati to answer e-mail and post stuff on the bulletin board. Also needed: a vegan recipe guru.