

## *Human Health, Animal Rights, and Ecology*

Volume III, No. 1, Mar. 1992

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### **PRESIDENT'S MESSAGE**



Aloha friends,

Those of you who have children know how rapidly they change as they grow. Perhaps you have had the experience of believing your child was capable of a certain limited behavior, only to discover with surprise that he or she had matured overnight into a new capability. I have had a similar experience with the Vegetarian Society! When it was newly formed, Jerry and I hovered over it like the proud parents of a newborn. We raced up the stairs to answer every phone call (there weren't many); we phoned each new member to personally thank him or her for joining. In our naive enthusiasm everything seemed perfectly manageable to us. But as our membership grew to over 300, a myriad of new requests and obligations arose. Our society was no longer an immobile infant but an energetic two year old impatient to experience more of the world. Parenthood became infinitely more challenging! As I went into "overwhelm" at the increased workload, several members stepped in to help. Anne Braswell, Cheryl Chung, Alida (Labrie) Quistgard and Patrick Moore all took over critical responsibilities and I was happy to delegate work to such reliable helpers. But their assistance, although invaluable, was just the beginning of our new structure. Gerry Bradshaw has now formed seven committees to cover our major areas of need, and all of the committees are open for volunteers. We especially need people to take over the publicity of regular and special events, to set up our bulk mailing system, and to arrange beverages and pupus for our monthly meetings.

Members who want even more action should consider applying for a place on the Board of Directors, as the current term expires May 31st. Board meetings are held every other month on Sunday afternoons and all officer positions are chosen from within the Board. Board members do not just "direct". They do a lot of work and are often the people we call on when special jobs need to be done. (Please see the secretary's call for applicants on inside).

The back page of this newsletter is a members' questionnaire. I encourage you to fill it out and return it by April 15th. We are eager to know more about our members than just their names and addresses, both in friendship and for statistical purposes. Many of you have requested a members' directory so you could easily telephone a friend or search for a vegetarian professional. This is your opportunity to be listed in the directory, which will be updated quarterly. The first edition will be available June 1, and they will be free to members who send us a stamped, self addressed envelope.

I want to thank each of you who has donated time and energy or money to the Vegetarian Society. Our two year old is growing up strong and healthy. Together we can delight in watching it change!

Best wishes,



# VSH CALENDAR

Spring 1992



## MARCH 3, TUESDAY

Meet in the dining facility at the Krishna temple for a casual buffet dinner. Salad bar and vegan entrees available. 6:00 P.M. at 51 Coelho Way, off the Pali Highway on the makai side. Call 956-7665 (days) or 395-7799 (eves) for more information.

## MARCH 7, SATURDAY

Potluck dinner at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street, 6:00 P.M. Bring a dish containing no meat, fish, or fowl and a list of ingredients, as many members eat no dairy, eggs, oil, or honey. Bring your own beverage, plate and eating utensils.

## MARCH 10, TUESDAY



Aug. 18, 1991 60 Year Old man does  
60 Consecutive One Arm Planches

Monthly meeting of the Society. Ken Thomas, professional acrobat, will speak on the topic "Food for Thought and Thought for Food: Be Your Own Authority". 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street.

## MARCH 16, MONDAY

Informal dinner at La Salsa at Restaurant Row. 6:00 P.M. at 500 Ala Moana Boulevard, #5-D. Enter parking lot on Pohukaina Street. Parking is free after 5:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more information.

## MARCH 20, FRIDAY

Great American Meatout. Everyone is encouraged to participate in this national event by pledging not to eat meat, fish, or fowl on this day. Call 395-1499 for pledge sheets.

## MARCH 23, MONDAY

Gather at Pineland Chinese Restaurant, 1236 Keeaumoku Street at Kinau Street for dinner at 6:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more information.

## APRIL 7, TUESDAY

Informal dinner at La Salsa at Restaurant Row. 6:00 P.M. at 500 Ala Moana Boulevard, #5-D. Enter parking lot on Pohukaina Street. Parking is free after 5:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more information.

## APRIL 11, SATURDAY



Potluck dinner at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street, 6:00 P.M. Bring a dish containing no meat, fish, or fowl and a list of ingredients, as many members eat no dairy, eggs, oil, or honey. Bring your own beverage, plate and eating utensils.

#### APRIL 14, TUESDAY

Monthly meeting of the Society. Linda Day, chairperson of Earth Day Hawaii, will discuss "The Effects of Meat Production on the Environment". 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street.

#### APRIL 20, MONDAY

Meet in the dining facility at the Krishna temple for a casual buffet dinner. Salad bar and vegan entrees available. 6:00 P.M. at 51 Coelho Way, off the Pali Highway on the makai side. Call 956-7665 (days) or 395-7799 (eves) for more information.

#### APRIL 21/28 AND MAY 5, TUESDAYS

Series of three vegetarian nutrition and cooking seminars taught by Elaine French. Emphasis is on the preparation of low fat, no cholesterol food. Four course dinner is included each evening. Space is limited; reserve a place by sending payment in full to the Vegetarian Society. \$60 for non-members and \$55 for members. 6:30 to 9:30 P.M. Call 395-1499 for more information.

#### APRIL 27, MONDAY

Meet at Pineland Chinese Restaurant, 1236 Keeaumoku Street at Kinau Street for dinner, 6:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more information.

#### MAY 5, TUESDAY

Meet in the dining facility at the Krishna temple for a casual buffet dinner. Salad bar and vegan entrees available. 6:00 P.M. at 51 Coelho Way, off the Pali Highway on the makai side. Call 956-7665 (days) or 395-7799 (eves) for more information.

#### MAY 9, SATURDAY

Potluck dinner at St. Clement's Episcopal Church parish hall, 1515 Wilder Avenue at Makiki Street, 6:00 P.M. Bring a dish containing no meat, fish, or fowl and a list of ingredients, as many members eat no dairy, eggs, oil, or honey. Bring your own beverage, plate and eating utensils.

#### MAY 12, TUESDAY

Annual membership meeting. Officers will report on major decisions made over the past year; input from members is encouraged. 7:00 P.M. at St. Clement's Episcopal Church parish hall, 1515 Wilder Ave. at Makiki Street.

#### MAY 18, MONDAY

Informal dinner at La Salsa at Restaurant Row, 6:00 P.M. at 500 Ala Moana Boulevard, #5-D. Enter parking lot on Pohukaina Street. Parking is free after 5:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more info.

#### MAY 25, MONDAY

Gather at Pineland Chinese Restaurant, 1236 Keeaumoku Street at Kinau Street for dinner at 6:00 P.M. Call 956-7665 (days) or 395-7799 (eves) for more information.

## RELATED EVENTS

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Every Sunday from 7:00 to 9:00 P.M., K108 AM radio presents "Nutrition and You" with Terry Shintani M.D. and triathlete Ruth Heidrich. Events of the Vegetarian Society will be announced on this program.

Aug. 5-9/92 at Bryant College in Smithfield R.I., The North American Vegetarian Society will present *1992 Summerfest*, with featured speakers Michael Klaper M.D., Tom Regan, Br. Ron Pickarski, and Victoria Moran. NAVS address is PO Box 72, Dolgeville, NY 13329. (518) 568-7970.

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## RESTAURANT REVIEW

Dining Facility of the International Society of Krishna Consciousness (formerly "Guaranga's").

Phone 595-3947 or 395-5339 (reservations are not taken)

Mon-Sat 11:30 AM-2:00 PM, 5:00 PM-8:30 PM. (Except major holidays and Krishna religious holidays).

51 Coelho Way

On the Pali Highway, look for Coelho Way one block mauka of the Nuuanu Avenue turn-off on the Ewa side. Proceed on Coelho to the first turn of the street; go straight into the driveway of #51 instead of turning. Parking is free on the grounds.

Costs: dinner \$7; lunch \$6; soup, salad, and roll \$4.75.

We're not sure if it's the best vegetarian restaurant in Honolulu (as we overheard one satisfied customer claim), but you may find it a favorite, depending upon how strict a vegetarian you are. In addition to the good food, this special place is located in a quiet and beautiful setting with a touch of the exotic in both atmosphere and dish.

After arriving and parking, we noticed the immaculately kept grounds of this old estate home that is now the Krishna temple. We slipped off our shoes at the front door and were escorted directly to a small and cheerful wood panelled dining room where the buffet-style offerings were displayed.

The plastic trays and paper plates were a disappointment, but the fresh salad bar and array of savory hot dishes were enticing. We chose a variety of items and were delighted with the flavor of them all. While eating, we chatted with the kitchen food buyer and hostess, the cordial Ms. Lou Ann Dinova. Lou Ann explained the operation of the dining facility and showed us the gorgeous back yard setting, gift shop, and ornate worship room.

The food is simple and wholesome lacto-vegetarian fare. No flesh of any kind is used. Dairy is used in some dishes, and these are so marked. Cooking oil and ghee (refined butter) are also sometimes used and are not so identified; a list of ingredients for each dish is available upon request, however. Salt and unrefined sweeteners are used sparingly. For salads there are both oil and non-oil dressings. No garlic or onion is used; asafoetida or hing is used instead. Pasta is both vegetable and whole wheat. Bread, containing dairy, is whole grain and may be ordered by the loaf a day in advance. Bread and cookies are baked daily. Special meals also may be requested a day or more in advance.

Hot entrees change daily as follows:

Monday: Italian, Tuesday: East Indian, Wednesday: Chinese

Thursday: East Indian, Friday: Mexican, Saturday: East Indian

Our only criticism is with the use of oil, butterfat, or other dairy products in nearly every dish. For a vegan the present buffet choices here might often be limited to the salad bar and brown rice. However, we recommend this addition to our list of restaurants serving vegetarian selections, and we think that you will find dining there a unique experience. When you go, let the staff know what you think by leaving one of our VSH comment cards.

-Paul Quistgard

## ONOMATOPHOBIA (1.)

The American Society of Spokesmen for Establishment Services had a press conference last week.

Valentine Corleone, M.D., the doc from the American Heart Association, said, "We recommend a higher intake of grains, fruits, and vegetables, and less red meat, to reduce the risk of coronary heart disease."

"There's a word for it," I said. "Starts with V..."

"...That's nothing," interrupted Joseph Tumore, M.D. "The American Cancer Society recommends cutting fat intake to 30% of Calories and eating eleven or more servings of fruit, vegetables, grains, and legumes daily."

"Terrific!" I said. "You guys are really swinging. There's a name for all that. It's spelled V-E-G-E-T..."

"...The American Diabetes Association is still one-up," said Saccharina Sweet, M.D. "We recommend smaller servings of meat, and more beans, peas, whole grain breads, and vegetables. Always have, as a matter of fact."

"Then why," I asked, "were you folks pushing high fat, low carbohydrate diets when I was in medical school? The word you're looking for is vegeta..."

"...Don't listen to him," said Hans Procto, M.D., from The American Board of Gastroenterology. "He's a biased vegetar...oops! almost said it. Anyway, *we've* always recognized the protective value of fiber and roughage in the prevention of digestive disease."

"So how come," I inquired, "when I was an intern, all the diverticulitis patients were given bland, low residue diets, which had no fiber at all? Now you've switched to a diet that's almost vegetari..."

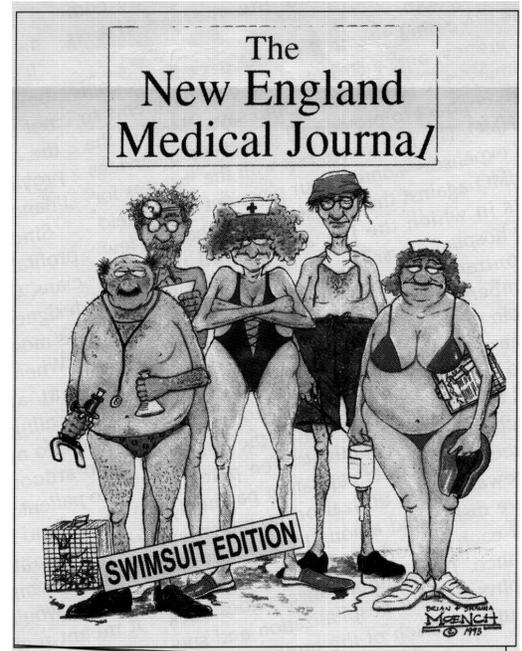
"...It *is* fortunate that the dietary guidelines for reducing the risks of cancer, heart disease, stroke and diabetes do not conflict, and even agree," said the doc from the American Cancer Society.

"There's a reason for that," I said. "Humans are the descendants of 60 million years of herbivorous primate evolution. We're not set up for meat. We've got the genes of vegetaria..."

"...Stop!" shouted Sweet. "If you say the dreaded 'V' word, I'll turn into a pillar of salt."

"And there'll be earthquakes in Japan!" added Procto, plugging his ears.

"*Never* carry a good idea to its logical conclusion!" said Sweet.



"You'd be interfering with the God-given right of people to make themselves sick," said Corleone.

"Considering all the conflicting and masked data available," mused Tumore, "it *is* an accolade to the ingenuity and perseverance of cancer investigators that useful nutritional data are emerging."

"But fellas," I said, "Pythagoras was advising 'don't eat meat' in 500 B.C. Kellogg and Graham had the rest of it figured out in the last century. What took you guys so long?"

"They were irrational cultists," said Sweet.

"You can only be *right* if you're scientific about it," said Procto.

"If I mentioned the word 'vegetarian', truly terrible things would happen," whispered Corleone.

"You just mentioned it," observed Procto, morosely.

"Now look what you've done," said Tumore. "My pants fell off."

"My *grants* fell off," said Sweet, glaring at me. "Don't you know a stitch in time keeps the doctor away?"

"An ounce of prevention gathers no bucks," grunted Corleone in assent.

"Anyway, it's not a question of staying healthy," said Sweet. "It's a question of finding a disease you like."

-Bill Harris, M.D.

(1.) Fear of words. *Blakiston's New Gould Medical Dictionary*. p 1448.



## THE THREE DOT VEGETARIAN

State Senate Minority Floor Leader Rick Reed spoke to us on 12/10/91 and discussed his vegetarianism. "I'd like to live in harmony with the planet. Killing unnecessarily is not harmony," said Rick, who will be running for U.S. Senate this year. He ran down a list of problems associated with animal agriculture: massive wastage and pollution of the water supply, depletion of topsoil which takes 500 years to replenish, the feeding of 80% of the soy crop to livestock, and big-time health care costs resulting from animal food consumption. Senator Reed favors the elimination of agriculture subsidies, a strategy which would reveal the real price of hamburger to be \$35/lb.

He worked with District Attorney Charles Marsland to toughen up Hawaii's rape laws in 1980 and knows the hazards of being a public servant rather than a politician. Rick recently introduced SB 3195 for Eliot Rosen's optional plant-based school lunch entree which cleared Senator Mike McCartney's committee and now goes to Ways and Means...

Alaina Lynch, the vegetarian owner of the classy Avant Garde Catering, on 1/14/92 told us about the "friendly persuasion" approach to the carnivore appetite. She feeds the folks what they want, but many meaters wind up vegetarian by choice after they sample her vegan gourmet dishes...Roz Phillips, nutrition coordinator at Castle Hospital, spoke 2/11/92 on "Weight Reduction, Vegetarian Style". Her information was straight on and the color slides of beautifully pigmented vegetables were works of art..."What Vegetarians Don't Get" in *The Atlantic* June '91 was generally supportive of the vegetarian position but repeated the current bogeyman that veggie diets are short on iron. In fact they're generally higher in iron than the omnivorous diet, and there's no data to support the idea veggies are more subject to anemia...*Fortune* 7/29/91 summed up governmental abuses of the National Cattlemen's Association: "Never underestimate how much a tiny group of well connected individuals can accomplish in Washington." On the other hand, *Marketing* 6/18/91 (UK) took the side of the British Meat and

Livestock Commission (£15 million/year in advertising) in its cry of foul against The British Vegetarian Society (£75,000/year in advertising)...Mike Henrietta at Down to Earth (947-7678) is looking for a manager to re-open the Natural Deli.

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### CALL FOR NOMINATIONS

If you would like to serve on the Board of Directors of the Vegetarian Society of Honolulu (a 2 year term beginning June 1st), please submit your name to the nominating committee by March 15th. Applicants must be vegetarian and dues paying members of VSH. The Nominating Committee will meet in March/April to select nominees from those applicants who are eligible. Ballots will be mailed to all voting members by May 1st, to be returned by May 15th. Members wishing to amend the bylaws in any way should submit a petition signed by at least 12 voting (i.e. vegetarian) members. Proposed amendments are also due by March 15th. For a copy of the current by-laws, please send a stamped self-addressed envelope to the VSH.

Nominating Committee

Vegetarian Society Of Honolulu

P.O. Box 25233

Honolulu, HI 96825

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### ANIMAL RIGHTS HAWAII



SB 2606, introduced by Senator Anthony Chang and HB 2897, introduced by representative Herbert Honda, are speedily making their way through hearings.

These bills appropriate \$30,000 to plan a new livestock facility including a feedlot, slaughterhouse, and rendering plant.

Inquiries with the Department of Agriculture have disclosed a massive "agricultural park" in the works. Having paid \$7 million for the Barbers Point Feedlot and abattoir, the state now plans to acquire a much larger parcel to provide space for dairies, piggeries, and other intensive livestock production.

The Hawaii Meat Company killing plant on Middle Street has closed for financial reasons; Kahua Ranch facilities at Barbers Point are too close to the West Loch housing. Left to encroaching development and a dwindling consumer demand for meat, livestock industry on Oahu might simply go the way of all flesh, but apparently the state of Hawaii will subsidize meat production and thus put us *all* in the meat business.

Please call your elected representatives and let them know how you feel about this. The legislative information service 586-1919 can give you their phone numbers, or a call to Priscilla at Hawaiian Tel. 546-3876 will get you a free *Legislative Directory* of all the state legislators and officials. This booklet can also be obtained at any Phone Mart or the GTE lobby at 1177 Bishop St. Even if we can't stop the initial appropriation, we can get set for the really huge monetary requests that will follow.

The water and air pollution from intensive livestock production on Oahu demands an environmental impact assessment. U.S. medical bills resulting from animal food consumption come to a minimum of \$112 billion/year (1/7th of the 1991 medical budget and 2% of the GNP). Lastly, a wide spectrum of political thinkers argue that government interference in agriculture has been a catastrophic mistake since its inception in the 1920's. If people want to eat meat, by all means let them do it, but let them pay the full free-market price, rather than passing their food bills on to the taxpayers.

For further information call C. Goeggel

Animal Rights Hawaii favors SB 3179 which makes it illegal to abandon domestic pets. Also favored is S.B. 3182 which sets care standards for horse drawn carriage operations, and SB 2408-9 which reduces the level of cruelty in rodeos. U.S. Rep. Neil Abercrombie informed your editor that he co-sponsored a bill to outlaw the steel jawed leg-hold trap, a bill in favor of the Whaling Commission Moratorium, the Driftnet Moratorium, and also the Veal Calf Protection Act (which, however, does not protect them from being eaten). ARH feels that U.S. Sen. Akaka and Rep. Mink have taken generally enlightened positions on animal welfare issues.

The Great American Meatout strikes again and will be coordinated by ARH's Gailynn Williamson (261-3256), and VSH. This is a clone of The Great American Smokeout which put serious dents in the tobacco industry in the 70's. Alex Hershaf of FARM asks you and your friends to "kick the meat habit" on March 20th (the vernal equinox), at least for the day, and pledge forms are available from Gailynn and VSH (395-1499). Planned activities include a "cow" delivering vegetarian goodies to the lunch breaks of media celebrities and a little acting out on the front steps of the fast food joints.



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**Quote:**

**"When we kill animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores."**

**-William C. Roberts, M.D.**

**Editor in Chief, Am J Cardiol 1990;66(10):896**