



The **VEGETARIAN**

SOCIETY of

HONOLULU Quarterly

Volume IV, No. 2, Jun. 1993

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

President's Message



Aloha friends;

June 28 marks the third anniversary of the founding of the Vegetarian Society. In this newsletter I want to publicly acknowledge some of the hard-working people who run the organization. Bill Harris, M.D., writes most of the newsletter, with contributions from Eva Wright R.N. and yours truly. Dr. Harris also sends out press releases, heals our computer when it gets sick, and does the filming for our television program. When does he sleep? Alida Quistgard, our new Vice President, takes phone messages, and we know that her gracious, helpful manner is appreciated by callers. She and her husband Paul also plan the speakers for our monthly meetings and produce the final calendar of activities. Plus they lead our monthly hikes! Marcia Deutch helps me in the office one day a week, patiently processing new members and renewals, and answering our voluminous correspondence. Ruth Heidrich proofreads the newsletter with a critical eye, staffs our booths with great enthusiasm, and faithfully announces our activities on "Nutrition and You". Cheryl Chung, who is taking a well-earned retirement from the job of chief phone tree coordinator, also digs up volunteers to bring pupus for our monthly meetings. Her seven-year old son Dustin is the best helper we have for putting chairs away after meetings.

Our restaurant gatherings have become a big success thanks to the organizational skills and discriminating taste buds of Karl Seff, who also has served as a phone tree coordinator. Because of Eliot Rosen and Dr. Harris, we are on the verge of a big breakthrough in our attempts to get a vegetarian (actually, vegan) option into Hawaii's school lunch program. Eliot also keeps us on our toes with his one-liners and far out California ideas. Secretary Cynthia Smith takes the minutes at meetings and Board meetings, preserving our activities for posterity. Ted Booth pounds the pavement every quarter encouraging the hardy volunteers who clean up our stretch of Adopt-a-Highway. (Yes, you are all invited to help!) Clay Roberts, Katalina Lambert, Susan Rodesky and many phone tree and booth helpers all deserve a big thank you for their volunteer efforts. But my eternal gratitude goes to Jerry Smith, who does a hundred and one dirty jobs with unfailing good cheer and incredible energy!

In spite of this impressive list of helpers, we still need self-directing volunteers for major jobs. Our committees are struggling to get off the ground due to a lack of leadership, and there are other projects that urgently need work such as Thanksgiving dinner, the 1995 American Vegan Society convention, our bulk mailing system, and improving our (dare I say it?) anemic potlucks. Dr. Harris told me recently that anything of real value and benefit to the world is done for little or no pay, because of genuine caring and commitment. That sounds like a description of our little group in a nutshell; wouldn't you like to take an active part in it?

Best wishes,

-Elaine French



Honolulu Herbivore Happenings

Summer 1993



Tuesday, June 8:

Monthly meeting of the Society. Jerry Smith, VSH Treasurer, will speak on the topic "Fitness after Fifty." 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street.

Saturday, June 12:

Adopt-A-Highway cleanup from Koko Marina to Sandy Beach. Meet at 8:00 A.M. in front of Foodland at Koko Marina Shopping Center, 7192 Kalaniana'ole Hwy. (at Lunalilo Home Road). For more information call 373-4294.

Sunday, June 13:

Group hike at Tortilla Flats near Mokuleia. Meet at 9:30 A.M. either behind Foodland at Windward City Shopping Center (Kaneohe Bay Dr. and Kam Hwy.) or at Kamamalu Playground on Vineyard Blvd. and Queen Emma St. opposite the Pacific Club. Bring lunch. Return to meeting sites by 5:30 P.M. To sign up call 531-0044.

Monday, June 14:

Informal dinner at Crepe Fever, 1200 Ala Moana Blvd. (Ward Center), at 6:00 P.M. All vegetarian, largely vegan dinner menu. No reservations necessary, free parking. For information call Karl Seff 956-7665(W) or 395-9960(H).

Tuesday, June 22:

Come try vegetarian entrees at Malia's Cantina at 311 Lewers St. in Waikiki at 6:00 P.M. 20% discount to members this night and possibly in the future if turnout is good. A comfortable restaurant just mauka of Kalakaua. Information: Karl Seff 956-7665(W) or 395-9960(H).

Sunday, July 4:

Celebrate Independence Day at a potluck picnic and swimming party at 12 noon at Kuapa Isle Clubhouse, at the end of Opihikao Way in Hawaii Kai. Bring your own utensils and a dish containing no meat, fish, or fowl. Also bring a list of ingredients for your dish, as many members eat no dairy products, eggs, or honey.

Wednesday, July 7:

Join us for gourmet vegan, Chinese food at ordinary prices. Informal dinner, Buddhist Vegetarian Restaurant, 6:00 P.M. at Chinese Cultural Plaza beside the river at 100 N. Beretania St. No reservations necessary. Validated parking off Maunakea, just mauka of Beretania. Even the noodles are eggless.

Tuesday, July 13:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street. Robert Griffith, exercise physiologist and physical trainer, will discuss "Recent Findings on the Relationship between Physical Activity and the Vegetarian Diet."

Tuesday, July 20:

Meet at Crepe Fever for an informal dinner, 6:00 P.M. at 1200 Ala Moana Blvd. (Ward Center.) All vegetarian, largely vegan dinner menu. No reservations necessary, free parking. For information call Karl Seff 956-7665(W) or 395-9960(H).

Saturday, July 24:

Group hike to Sacred Falls on the North Shore. Meet at 1:00 P.M. either behind Foodland at Windward City Shopping Center (Kaneohe Bay Dr. and Kam Hwy.) or at Kamamalu Playground on Vineyard Blvd. and Queen Emma St. across from the Pacific Club. Return to meeting sites by 5:30 P.M. To sign up call 531-0044.

Monday, August 2:

Informal dinner at the Buddhist Vegetarian Restaurant, 6:00 P.M. in the Chinese Cultural Plaza, beside the river at 100 N. Beretania St. Largely vegan. No reservations necessary. For information call Karl Seff 956-7665(W) or 395-9960(H).

Tuesday, August 10:

Monthly meeting of the Society. 7:00 P.M. at St. Clement's Episcopal Church, 1515 Wilder at Makiki Street. Linda Day, VSH Board member and former Earth Day organizer, will speak on "Cool Treats to Beat the Summer Heat."

Saturday, August 21:

Group hike to Laie swimming hole. Meet at 1:00 P.M. either behind Foodland at Windward City Shopping Center (Kaneohe Bay Dr. and Kam Hwy.) or at Kamamalu Playground on Vineyard Blvd. and Queen Emma St. across from the Pacific Club. Return to meeting sites by 5:30 P.M. To sign up call 531-0044.

Wednesday, August 25:

Informal dinner at Crepe Fever, 6:00 P.M. at 1200 Ala Moana Blvd. (Ward Center.) All vegetarian, largely vegan, menu. No reservations necessary. Info: Karl Seff 956-7665(W) or 395-9960(H).

Related Events:

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. DJ Casey Kasem will guest 5/30/93. Call in to the show at 522-5108. Activities of the Vegetarian Society will be announced on the program.

On the KITV-4 week day 5:00 news, Dick Allgire's Health Report presents vegetarian ideas and on Wednesdays, Dick's vegetarian recipes. Fan letters will help keep Dick on the air: KITV-4; 1290 Ala Moana Blvd.; Honolulu, HI 96814.

Watch VSH President Elaine French prepare vegetarian recipes on "The Vegetarian Chef", Mondays on ATTN (cable access channel) channel 22 or 8. Check your weekly TV listing for times.

The Island Vegetarian

Katalina Lambert did a first rate job on the great American Meatout on Mar 20, 1993. KITV's Dick Allgire declared it Meatout *Week* and ran veggie recipes and stories from 3/15-3/20/93 on his Health Report. Kat

appeared on the report 3/19/93 and with her vibrant good health, probably made more points than with all the tabling she did that week...Jerry Smith coordinated Beyond Beef's *Adopt-A-McDonald's* on 4/17/93. The story in the Sunday Advertiser next day reported 20 people wore "Adopt-A McDonald's" sandwich boards and passed out literature encouraging the huge fast-food chain to put a veggie burger on the menu...Ruth Heidrich got two pages as *Ironman Triathlete* in the March Vegetarian Times. Further mention in the June *Letters* section triggered 50 nice inquiries to Ruth from all over the mainland... KITV-4 anchor Dick Allgire was "The Last Morsel" in the May Vegetarian Times, also appearing at Castle Medical Center's March 10th International Vegetarian Food Festival...Eliot Rosen reports that Eugene Kaneshiro, School Food Service Director for the Hawaii Department of Education is set to move on an optional vegan school lunch for selected public schools in September. Key factors will be cost and student reactions...Hedy Hager set up the first veggie issues seminar at Leeward Community College on 4/14/93...The times they are a-changin': Georgie Yap found a pathetic pig ad "The Other White Meat Has a Very Dark Side" in *Newsweek* last week...Linda Day spotted a well written six page veggie cooking article by writer Kelly Malone in the Spring 1993 edition of HMSA's glossy mag *Island Scene*...Suzanne Havala R.D. of Baltimore's Vegetarian Resource Group got a page in *Parade Magazine* 3/7/93.

Alex Pacheco, of People for the Ethical Treatment of Animals (PETA), spoke to The Nature Conservancy (TNC) at the Dole Cannery Ballroom on 5/20/93, while Animal Rights Hawaii (ARH) members picketed outside against TNC. The gist: if TNC continues to snare feral pigs in unattended snares, leaving them to starvation, strangulation, and predation, PETA will organize a funding boycott against TNC, which is dependent on contributions. As we pointed out in the last VSH newsletter, this conflict is avoidable. The pigs have been here for 1400 years. If we really need to cut down their numbers, we can spend a couple of more years backing the development of the PZP contraceptive vaccine, and a dart delivery system to go with it. The method works on several species already, there's no reason it couldn't be made to work with wild pigs, dogs, cats, and any other animals which lack the sense to limit their own reproduction.

Bad News-Good News Dept.

U.S. Ag Stats for 1992 show a total killing of turkeys, chickens, and quadrupeds of 7.8 billion, so the old estimate of five billion needs revision.

In Hawaii:

HB 915, authorizing general obligation bonds of \$5,000,000 for a cattle slaughterhouse in Campbell Industrial Park, died in the House Finance Committee of the 1993 Hawaii State Legislature. So did HB 422, authorizing public funds for cattle production facilities (feedlot) in the same place. So did HB 1209 for a marshalling and processing facility (slaughterhouse) on remnants of the Big Island's Hamakua Sugar Co.

These bills may be resuscitated in the 1994 legislature, but for now VSH and ARH members who took the time to call their legislators in opposition, should be complimented.

Recipes

Every household has a favorite menu for special occasions. In our house, we love to have lasagna with a nice salad, followed by carob cake with carob ice cream. Although these recipes taste rich, they are very low in fat. We like the small amount of cocoa in what is mainly a carob dessert. You can use all carob if you prefer, or all cocoa if you are a real chocoholic!

Low-fat Lasagna

- 1 box (10-12 oz.) whole wheat lasagna noodles
- 1 onion, chopped
- 3 cloves garlic, minced or pressed
- 6 oz. mushrooms, chopped (not sliced)
- 1 15-oz. can tomatoes, cut up
- 1 15-oz. can tomato sauce
- 1 Tbsp Italian seasoning
- 1 10.5-oz. box Mori-Nu firm tofu
- 1/2 tsp pepper
- 10 oz. frozen chopped spinach, thawed
- 1/2 cup nutritional yeast flakes
- 1/2 cup whole wheat flour
- 1 tsp salt
- 2 cups cold water
- 1 tsp mustard
- 1 Tbsp fresh lemon juice

Bring a large pot of water to a boil and cook the lasagna noodles until tender. Drain and rinse well with cold water. Saute onion, garlic and chopped mushrooms in 1/2 cup water for about ten minutes. Add the tomatoes, tomato sauce and Italian seasoning and simmer over medium-low heat for another ten minutes. In a large bowl, mash the tofu and pepper with a fork. Press the thawed spinach in a strainer until well drained and add it to the tofu, mixing well. Preheat the oven to 350 degrees. Lightly oil a 9 x 13 baking dish and spread one third of the noodles in the bottom of it. Top with half of the tomato sauce mixture and another third of the noodles. Spread the tofu mixture evenly for the next layer, top with the rest of the noodles, then the remaining sauce.

In a non-stick saucepan, stir together the yeast flakes, flour and salt. Stir in the cold water and mix until there are no lumps. Cook over medium heat, stirring constantly, until mixture boils and thickens. Remove from the heat and stir in the mustard and lemon juice. Spread this "cheese" topping over the casserole and cover with a lid or foil. Bake at 350 degrees for 20 minutes, then remove lid and bake for 20 minutes longer.

Creamy Vinaigrette

- 1 cup water
- 1/4 cup rolled oats
- 1/2 cup fresh lemon juice
- 1/2 cup rice vinegar
- 1 clove garlic
- 2 Tbsp Dijon mustard
- 1/2 tsp salt

Bring water to a boil. Stir in oats, reduce heat and cook until the oatmeal is very soft and most of the water has been absorbed. This will take about ten minutes. Put cooked oatmeal and all other ingredients in the blender and blend until very smooth, at least 60 seconds. Serve as a dressing for salads.

Birthday Cake

- 2 1/2 cups whole wheat pastry flour
- 2 Tbsp baking powder
- 2 tsp baking soda
- 1 cup water-decaffeinated coffee or grain beverage
- 1 cup maple syrup

- 2 tsp vanilla
- 14 oz. tofu
- 2 Tbsp cocoa powder
- 1 cup minus 2 Tbsp roasted carob powder

Preheat oven to 350 degrees. Oil and flour a 9 x 13 baking dish. Sift the flour, baking powder and baking soda together into a large bowl. In a blender, combine the decaf, maple syrup, vanilla, tofu, cocoa and carob powder. Blend well, then pour into the flour mixture and stir quickly. Do not over-mix. Pour batter into baking dish and smooth out the top with a rubber spatula. Bake at 350 degrees for 25 minutes.

Carob Banana Ice Cream

- 4 overripe bananas, sliced in 1" pieces
- 1/4 cup fructose powder
- 1 Tbsp cocoa powder
- 7 Tbsp roasted carob powder
- 1 tsp vanilla
- 1 1/2 cups fat-free soy milk

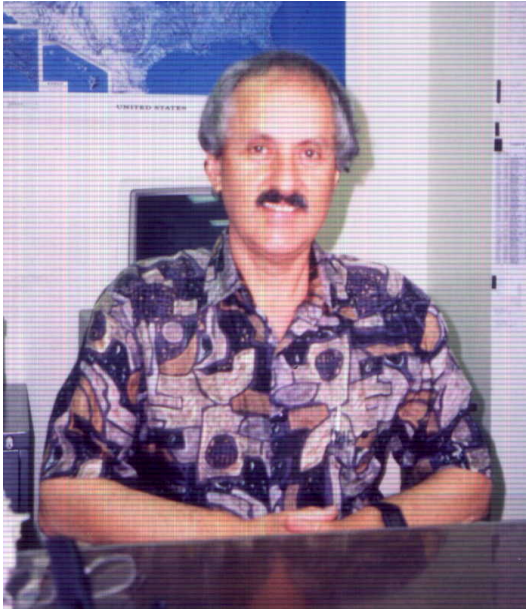
In a food processor, spin the bananas, fructose, cocoa and carob powder until very well mixed. Stop the machine and scrape down the sides once or twice while mixing. Put the vanilla into a measuring cup with the soy milk. With the machine running, slowly pour the milk mixture down the feed tube and mix well again. Pour the mixture into an oblong freezer container and freeze until firm. Cut into 1" strips and homogenize in a Champion juicer, or cut into 1" chunks and puree in a food processor. Serve immediately or chill in the freezer for 30 minutes to firm slightly.

(Nutrients in 2200 Calories)

NUTRIENT	RDA	Lasagna	Vinaigrette	BD-Cake	Ice Cream
Calories	2200.0	2200.0	2200.0	2200.0	2200.0
Protein (gm)	50.0	143.3	54.5	89.9	45.7
Fat(VSH Rec.)-(gm)	< 49.0	22.5	26.4	38.4	29.6
Calcium (mg)	800.0	1385.0	289.9	1844.0	804.9
Cholesterol (mg)	0.0	0.0	0.0	0.0	0.0
Iron (mg)	15.0	63.1	26.4	15.9	16.7
Magnesium (mg)	280.0	853.8	171.4	756.8	619.0
Potassium (mg)	2000.0	8389.0	2746.0	3675.0	7764.0
Riboflavin (mg)	1.3	6.8	0.4	1.5	2.7
Sodium (mg)	500.0	5428.0	17925.0	2684.0	212.2
Thiamin (mg)	1.1	14.7	2.0	1.9	1.9
Vitamin A (R.E.)	800.0	3358.0	16.3	96.5	163.5
Vitamin B12 (ug)	2.0	0.0	0.0	0.0	0.0
Vitamin B6 (mg)	1.6	4.8	0.7	1.5	7.0
Vitamin C (mg)	60.0	182.7	434.5	0.8	90.4
Zinc (mg)	12.0	19.0	1.2	13.7	6.6



Meet the Members



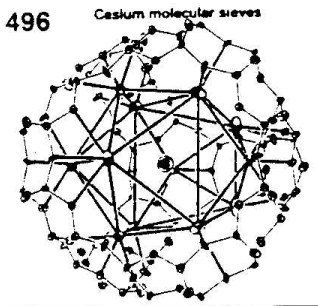
"'Vegetarian' is a word like 'north'," says Karl Seff. "It doesn't tell you how many steps north but most people, even my colleagues, are starting to walk that direction." Karl got interested when he dropped in on a VSH meeting 7/9/91 and heard Dr. Carl Weisbrod discuss the psychological aspects of "to be or not to be" a vegetarian.

"I've always been a fat person," says Karl, "and I had pretty much decided that life is a diet." But Weisbrod brought home the possibility of improving the quality of the second half of life, and Karl, who had been "meandering toward it for decades," took the plunge and went veggie.

"I've been a vegan now for two years, and O.D. on food all the time," says Karl. "As long as I follow the vegan rules, zero animal fat, zero cholesterol, I don't have to worry about weight. It's *exciting* to eat this way...beans, rice, bread...a big juicy salad instead of a big juicy other thing."

Karl also took up weight lifting and noticed a 15# weight loss, more strength, a drop in body fat percentage, and a decrease in serum cholesterol to 155 mg% (Lab "normals" 180-220). "I feel more energetic than I ever did," says Karl, "and I don't worry about getting heart disease anymore."

Karl finished his undergraduate work at the University of California, Berkeley in 1959, 496 picked up a Ph.D. at MIT in 1964, and completed post-doctoral work at UCLA in 1967. "Then I looked on the map to see where Hawaii was." In 1968 he became an assistant professor in the UH chemistry department. He developed an expertise in *zeolites*, and spent time studying their properties at such prestigious laboratories as the Rutherford near Oxford, Grenoble in France, Argonne near Chicago, and Los Alamos in New Mexico. He's now a full professor at UH and oversees 50 graduate students. A recent paper published in *Science*, 22 Jan 1993; 259:495-7 detailed his first-time preparation of *A Cationic Cesium Continuum in Zeolite X*. Say what? Well, it's a nifty little molecular structure, which by X-ray analysis looks a bit like the geodesic dome of the theater at the Hilton Hawaiian. Does it have any use? "Nobody knows," says Karl. What if it doesn't have any use at all? "It's beautiful for what it is," says Karl. "It stretches the imagination. It contributes to our understanding."



"There's a great movement going on," says Karl. "We're having an incredible impact on those around us. We're telling them humans should eat the food they *evolved* eating." He often entertains at home. "Skeptical grad students think 'vegetarian dinners are crap, so lets not cook one'. They walk out saying, 'That was delicious. He's a vegetarian, so he's nuts, but he's not too nuts. He can still walk and calculate numbers.'"

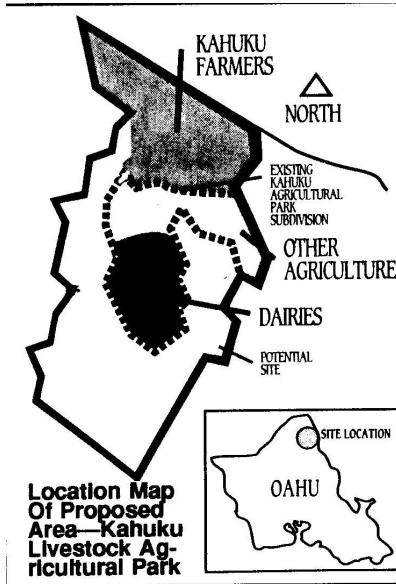
Karl thinks the vegetarian movement is like the understanding of smoking. "We're just twenty years behind. Now everybody understands the smoke. It's just as obvious that animal food makes you fat and raises your cholesterol."

Karl has been our VSH restaurant dining coordinator for the last 36 events. It's another responsibility in an already full life and VSH members could show support by turning out in larger numbers than the usual ten.

Besides, the restaurants Karl picks serve first rate, interesting, ethnic vegan food, and the people who show up are interesting people. Check the calendar on page three.

-Bill Harris, M.D.

Agricultural Report



Since 1974 the State of Hawaii's Agricultural Parks Program, initiated by Act 222 of the 1986 Legislature (1.), has funded six parks. Currently awaiting approval from the governor's office is the Environmental Impact Statement (EIS) for the Kahuku Livestock Agricultural Park which the Ag Dept estimates will cost \$38,759,000. It would maintain 2000 dairy cows in a one acre free-stall dairy barn, with a state-of-the-art milking parlor. The cows would not be free range, and would be subject to the usual American dairying practices: male calves and old cows to the slaughterhouse.

Katalina Lambert attended the EIS meeting at the Kahuku Senior Center, 1/28/93 and reports the startup costs may be even higher, beginning with last year's \$13,000,000 fee simple land purchase from Campbell Estate. Problems with waste disposal, groundwater contamination, odor and vector control, and storm water runoff may take another \$40,000,000 of State funds; while the dairy operators are supposed to pay at least \$8,000,000 of the costs, the taxpayer outlay might still run about \$45,000,000.

As of 5/19/93, Tish Uyehara, Communications Officer for the project, thought that by the time EIS approval comes the issue may be moot since the dairy farmers themselves may not take the state's offer. The Kahuku park would then go to diversified agriculture, mostly nurseries and vegetables.

1991 Hawaii agriculture value was \$554 million (2.), about 2.5% of the Gross State Product. Yukio Kitagawa, chairperson of the Department of Agriculture, recognizes the concerns noted above, but nevertheless concludes that there is a demand for about 40,000 gallons of milk per day in Hawaii, and that milk provides "a healthy food alternative for consumers." However, a glossary of pediatric illness (3.) is associated with dairy food and in a recent study (4.) all of 142 newly diagnosed juvenile diabetics were found to have antibodies to their own pancreatic beta cells, induced by exposure to bovine serum albumin.

In addition to being the most expensive Ag Park yet funded by the state, Kahuku would also have the lowest output/input ratio, assuming that Oahu's present 7500 milk cows are producing milk at a value of about \$21.9 million/year and the 2000 Kahuku cows would produce a proportionate $(2000/7500) * 21.9 = \$5.84$ million/year.

1. Hawaii Department of Agriculture. *Agricultural Park Status Report*. November, 1992
2. Hawaii Agricultural Statistics Service. *Statistics of Hawaiian Agriculture*. December 1992.
3. Halpern GM. *Alimentary Allergy*. Journal of Asthma. 1983;20(4):251-284
4. Karjalainen J, Martin J, Knip M. et al. *A bovine albumin peptide as a possible trigger of insulin-dependent diabetes mellitus*. N Eng J Med. 1992;327(5):302-7.

Hawaii Agricultural Parks Production Value/ State Funding Costs



Fine Dining at the Bottom of the Food Chain



2633 South King Street
Corner of University & King St.
Hon. HI 96826

VALIDATED
FREE PARKING
Phone: 941-8657

Diem's offers dinner and lunch menus with vegetarian items adapted from the animal laden versions. This smallish place is pleasantly decorated with a French bistro style decor: Black and white checkerboard tile floors with red vinyl seats on the chairs provide a light and pleasant atmosphere for you to enjoy your food and is quiet enough for a relaxing break. There's one area that has two adjacent tables situated so that a party of ten can easily be accommodated without disturbing other restaurant guests, a nice feature when we met there recently for our almost weekly restaurant outings. Parking is available at

the University Square shopping area on the makai-Diamond Head side of the intersection of King and University, making Diem's convenient if you're in the area shopping at Kokua or Down to Earth. The restaurant is family operated, and the owner is usually available to talk to you.

His English is pretty good, but the young waitress has beginning comprehension and speaking skills. We tried a variety of vegetarian offerings. The green papaya salad was served in an appetizer size portion, and consisted of finely shredded papaya and carrot with some strips of gluten. The dressing tasted like rice vinegar. It was a cool and pleasant starter at \$5.95. Veggie versions of chicken salad, seafood crispy noodle and other traditional Vietnamese dishes have tofu substituted for the animals and are priced mostly in the \$5.50 to \$7 range. They're pretty tasty, with reasonably sized adult portions. Brown rice, priced separately, is available. For dessert, we tried the taro pudding with mochi and coconut milk and banana tapioca with coconut milk and peanuts. They were both cool and pleasant, and moderately priced at \$1.75. I would have liked to see some fruit based desserts with less fat than is contained in coconut milk, which is, unfortunately for the fat conscious, pretty staple with Vietnamese cooks.

All in all, Diem's is a pleasant, economy priced eatery. It's located at 2633 South King St., phone 941-8657; open 10:AM to 10 P.M. Show them your VSH card for a discount. Visa and Master card accepted on checks over \$10.

(Ed. Note: This is a family business, run by conscientious people. Mr. Trinh, the vegetarian proprietor, knows not to slip oyster sauce into the entrée. A vegetarian menu is coming. 10% discount with VSH card).

The Great Name Contest

A few issues back we reported the need for a new name, and the chickens, as it were, have come home to roost. Linda Day and Ted Booth came up with several spiffy ideas. Your humble editor, with his unflinching commitment to democracy, over-rode them all, citing format and identification problems. Several modifications were made and, as any fool can plainly see, our new title is *The VSH Quarterly*, to make it easier for the public librarians to file our stuff. Ted's suggestions now caption this restaurant review, as well as the calendar of events. Linda's *The Island Vegetarian* caps what was formerly our gossip column, The Three Dot Vegetarian. Linda and Ted get free dinners.



Membership Discounts

Attorney David L. Bourgoïn offers our members a 25% discount on all legal services. Phone 523-7779.

The Buddhist Vegetarian Restaurant, 100 N. Beretania, offers our members a 5% discount.

Diem Vietnamese Restaurant, 2633 S. King St., offers our members a 10% discount.

Down to Earth (both store and deli), 2525 S. King St., offers our members a 5% discount.

Hana Plantation Houses resort on Maui offers our members discounts of up to 25% off regular rates. For more information write to: P.O. Box 489-V; Hana, HI 96713. Phone: 1-800-657-7723 or (808) 248-7248.

Hawaiian Eye-Land, 1901 Kapiolani Blvd. Suite 195, offers our members a 20% discount for contact lenses and eye wear. Phone 947-3121.

Huckleberry Farms, 1613 Nuuanu Ave., offers us a 10% discount on vitamins only.

National Institute of Fitness (NIF) in St. George, Utah offers members a 10% discount, upon presentation of current VSH membership card at registration. For a brochure with information on NIF, send a SASE to us.

Plantation Spa, 51-550 Kam Hwy, Kaaawa, offers us a 10% discount on all package visits.

Miscellaneous

Members who want to have more involvement in VSH plans and activities are invited to attend our Board of Directors meetings. This quarter's meeting will be held Sunday, July 11 at 3:00 P.M. at St. Clement's Church. Meetings start on time and can last as long as three hours. Please bring your valid membership card for identification.

If you will be on the east coast this summer, try to attend the Vegetarian Summerfest July 21-25 at Bryant College in Smithfield, Rhode Island. For more information, write to the North American Vegetarian Society; Box 72 S; Dolgeville, NY 13329 or call (518) 568-7970.

Otherwise, please join many of us August 4-8 at Lewis and Clark College in Portland, Oregon for The North American Vegetarian Congress. VSH Board members Bill Harris MD, Elaine French, and Ruth Heidrich will all be speaking at the conference. Send us a SASE and request "NAVC" application.

Those who have been begging for vegetarian cooking classes finally get their wish. And the good news is that both of the classes we recommend are free! The Kailua Seventh-day Adventist Church offers a series of three classes June 6, 13 and 27 from 2:00 to 4:00 P.M. To register call 261-1560.

The other classes will be presented by VSH President Elaine French on ATTN (cable access channel), channel 22 or 8. The series is listed in Midweek's TV guide as *Vegetarians*. Ever mindful of audience appeal, your humble editor, aka producer, titled VSH1, *The Gourmet Vegetarian Chef*, which airs Monday 7:30 PM 5/31. Observing that anything more complicated than a tofu, lettuce, and tomato sandwich meets the editor's criterion for "gourmet", Elaine modestly retitled VSH2, *The Vegetarian Chef*, which will be presented each Monday in June, 6:00-6:30 PM.