

Hills resident teaches of vegetarian life

By SUZIE MARRS

Dressing in white from head to toe constantly reminds her of womanly gracefulness. The turban wrapped around her hair keeps gravity above so her energy is abundant. She wears deceptively narrow churidar (pants), a loose fitting kurta (shirt) and teaches cooking class in West Bloomfield.

Sat Kaur Khalsa, 21, educates local men and women to cook creatively without meat each Thursday night.

As part of the Enrichment & Recreation program offered by the West Bloomfield Community Education Department, the young woman shares her knowledge by showing others how they can be healthy and stay happy when practicing good nutrition.

"I start by giving the class the basic food staples and how to put together proteins. Then I show them what utensils to use and basic practical entrees they can serve to their families," she says.

Whole wheat, or unleached flour, tamari (soy sauce) used as a salt replacement, kelp (a spice derived from seaweed), agar, another seaweed

product and yogurt are the basic staples for vegetarian cooking," she adds.

"Yogurt is used everyday. I even take a bath in it," the smiling instructor explains.

Forbidden foods include ice cream, that she says contains too many chemicals if people knew it they would never touch it again, and white sugar because it destroys the vitamin B in the system and has too many preservatives. Honey is used as a sweetener instead.

A WELL-BALANCED meal says Sat Kaur Khalsa has two protein entrees, a green and yellow vegetable, kelp for iodine and a beverage, usually water or fruit juice.

"We never drink during a meal because it is bad for the digestive system. We may have herbal tea after and never any alcoholic beverages because it destroys the liver and we don't take any unnatural stimulants," she adds.

Originally from Farmington Hills, Sat Kaur Khalsa gained her knowledge in vegetarian cooking through her affiliation with the SHO Foundation, which

stands for Healy, Happy, Holy Organization.

When she was 17, and taking yoga classes at Oakland Community College, she decided to attend a tantric course, which teaches a special kind of yoga that cleanses the mind.

Becoming aware of body cleansing, the former Elizabeth wanted to change her name and become a member of the SHO Foundation.

The name Sat Kaur Khalsa, given to her by the Foundation's master, designates her life's goal.

"Sat means truth and Kaur means princess so as Sat Kaur I have to strive to be a true princess who tells whole truths," she adds.

By always wearing white she is totally aware of her actions because the conspicuous garb is recognized easily in a crowd.

BY CHOICE she moved out of her

parents home into an astram (living center) in Beverly Hills, where she resides with nine others.

"We learn to respect and live together. In case there is a shortage of homes, we will already be disciplined and ready to live together," she explained.

What about old friends and relatives that knew Elizabeth four years ago, how do they react to her new lifestyle?

"A lot of my old friends are awed by it and relate to me like a counselor. Others back away because they don't understand. My family doesn't object because they see we're not doing drugs or premarital sex, but they aren't enthused about it," she explained articulately.

Through her association with the Foundation, Sat Kaur Khalsa became a cooking teacher, determined to spread her good word about protein and nutrition.

Her ten students gather once a week at Orchard Lake Middle School to exchange recipes and learn diverse ways of keeping their families healthy by cooking without meat.

Marlene Reider says she took the class because she is always searching for new cooking ideas. "My husband and I are vegetarians and I need new recipes," she said.

The Reiders began refraining from eating meat when they heard about its chemical contamination.

Sheet metal worker Barry Burrell, 29, enrolled in the class because he is changing his diet to become a vegetarian. He admits he doesn't cook much and sometimes is forced to eat meat at a friend's house but believes the class will teach him variations for preparing food.

THE VEGETARIAN COOKS appear confident about their good health.

Some say they must prepare separate meals for other family members. Shopping for the basic herbs takes longer than conventional shopping but they don't seem to mind. Their only complaint about the class is that five weeks is too short a time to become master chefs who creatively cook without meat.

Addresses needed for NFHS reunion

Kathy Werny Wahl and Claudia Elmanson are looking for former classmates' addresses to contact them for a reunion of North Farmington High School's Class of 1968. They expect to hold the reunion this summer.

Mrs. Wahl can be reached by calling 476-6335, and Miss Elmanson at 681-6166.

Music is his avocation

(Continued from Page 1A)

Simmons University, Texas, where Lam earned his bachelor's degree before entering the Yale Medical School class of 1952, recently honored him as a distinguished alumnus. Har- din-Simmons' Cowboy Band also gave him a surprise testimonial for his continuing interest in music.

As a founding member of the Cowboy Band, he remembers the first uniforms the group received before Will Rogers, the American humorist, took an interest in the group and enabled them to grow into the state's musical representatives.

Lam, who played third chair trumpet for the group, remembers Rogers' visit to the university in 1926.

"He gave us \$100. Why not? He had the money. We had just given him \$2,000," Lam recalled.

After hearing the present band members, Lam offers praise, adding: "We were passable then. Of course,

college bands have gotten a great deal better."

MUSICALLY, Lam has shifted gears. From a trumpet player, he has emerged as the director of the Franklin Village Band.

Founded in 1963, the band had rather humble beginnings. Lam remembers the first membership meeting. There were three persons in attendance.

Gradually, each musician told a friend about the endeavor until the band grew to a respectable size.

His affection for band music and his life with his wife, Marion, and their three children have provided him with the impetus for another project—his autobiography.

Carefully kept in the top drawer of his desk, the manuscript of "The Cookie Crumbles" is awaiting a publisher.

But his author doesn't have to wait for anyone.

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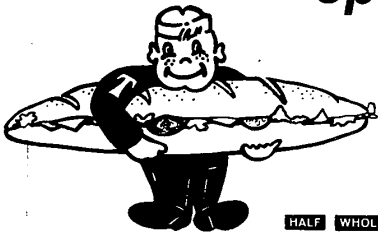


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