

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 24, ISSUE 1, JAN – MAR 2013

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Free Public Lectures

Terry Shintani, M.D.

**“The 7 Step Health Makeover:
Lose Weight and Reduce Your
Need for Medication”**

Tuesday, January 8, 2013
Ala Wai Golf Course Clubhouse

Gene Baur

**“Farm Sanctuary:
Changing Hearts and Minds
About Animals and Food”**

Tuesday, February 12, 2013
Ala Wai Golf Course Clubhouse

Ori Ann Li

**Ori Ann Li’s Vegan Paradise
A Cooking Demonstration**

Tuesday, March 12, 2013
Ala Wai Golf Course Clubhouse

Please see page 16 for more details, including Maui meeting times.

New Legislative Session Heralds a New Initiative to Improve Hawaii’s School Lunches

by Lorraine Sakaguchi, VSH President

Hawaii’s children are offered breakfast and lunch every day in our public schools. Each day is a new opportunity for them to enjoy and learn about healthy foods that will set them on a path to good health for the rest of their lives. This past year, the USDA issued improved guidelines for school meals to include more fruits, vegetables and whole grains.

However, a look at January local school cafeteria menus suggests that opportunities are still being missed. Breakfast, for example, may be turkey ham, English muffin and hash browns, or a strawberry cream filled pretzel with peaches. Lunches, while including a fruit and a vegetable each day, still feature meat as the daily main dish, often processed meats, including a corn dog, chicken nuggets or a hot dog on a bun. Such main dishes can contribute to high cholesterol levels, obesity, and diabetes in children.

State Senator Mike Gabbard, a vegetarian, is planning to introduce a bill in this year’s state legislative session to give students healthy vegetarian meal choices at public schools. William Harris, M.D., of VSH, and John Cadman, longtime Maui school food service manager, have been working to help craft the new bill. Our November Oahu speaker, John McDougall, M.D., has also promised his personal support in helping this bill pass.



Sen. Mike Gabbard and John McDougall, M.D.

A previous bill, SB 2136, introduced in 2008, with similar aims did not pass. However, if enough people let our state legislators know they support this new bill, it should have a good chance of succeeding.

Contact Senator Gabbard at (808) 586-6830 or sengabbard@capitol.hawaii.gov for ways to help support the initiative. Together we can make Hawaii a healthier place for everyone!

The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo to our volunteers:

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Terry Bear
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Phyllis Fong
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Catherine Blake



President's Message

Aloha, and Happy New Year!

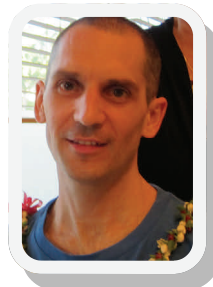
Our VSH volunteers and I look forward to another exciting year of providing you with information you can use to support your efforts in following a healthy lifestyle that is also kind to animals and to the planet.

I'm grateful to our volunteers who have opened new avenues during the past year for our members, including Terry Bear, who began VSH's "Imagine a Vegan World" support group, which meets weekly, Matt Jisa, who has been creating a lively VSH community on Facebook, Lulu Cey, who has kept VSH tweeting on Twitter, and has helped us to get VSH membership discounts on Oahu, as well, and Tom Eisendrath, who helped VSH Kauai members get their first membership discount this past year. Please see a list of many of our active volunteers on the left side of this page.

I would also like to thank two of our most dedicated volunteers who have recently stepped down from their posts. Each has put in countless hours to help accomplish VSH's mission, and has left shoes that will be hard to fill.

Mahalo to Scott Snarr, Editor of The Island Vegetarian, 2008 to 2012

Scott served as the editor of this newsletter for the past five years, and as a member of the VSH board for 3 of those years. During this time, he worked with great dedication and skill to create an interesting, readable, and informative publication for our readership, even after a move to Tai-chung in Taiwan. We at the board of the Vegetarian Society of Hawaii thank Scott for his significant contributions to our educational mission, and wish Scott well in his future volunteer and professional endeavors!



Mahalo to Denise Snyder, VSH Community Liaison, 2006 to 2012



Denise served as an active VSH volunteer for seven years, including as community liaison for the past three years. She did much to inform the public on VSH's events and activities, and also helped VSH with her accounting expertise. She worked tirelessly to educate people on vegan issues, both online and in person, giving out many thousands of pamphlets. She did everything from setup work at lectures, to tabling at events and even helped our vegan support group get started this past year. She also was a vital part of VSH's recent collaboration with a Chaminade University field service learning team. We at the VSH board thank Denise, and wish Denise and her husband well in their new home in College Station, Texas. We know that community will be all the richer for Denise's being there!

I'd like to welcome Jim Thompson, VSH board member, as interim editor of The Island Vegetarian. Please send any comments or newsletter contributions to newsletter@vsh.org

Aloha!

Lorraine

Eating To Extend Our Lifespan

by Michael Greger, M.D.



Why can't we live forever? Some animals do, and I don't mean some 200 year old whale—I'm talking immortal. There are actually species of animals that don't age and could technically go on living forever—and why not? In a sense, humans are immortal in

that a few of our cells live on as sperm or egg cells lucky enough to find each other. Each of our kids grow out of one of our cells, and that alone (the fact that a single cell can grow into an entire person!) should make, in comparison, the notion of keeping our bodies going indefinitely seem trivial.

Human longevity is certainly a hot research topic. Much of the research has focused on the role of DHEA (dehydroepiandrosterone), the most abundant steroid hormone in the human body. DHEA may help counteract the effects of stress, preserve female fertility, and it appears to be a strong predictor of longevity.

Caloric restriction is thought to extend the lifespan of many animals by upregulating DHEA, which normally declines as we age. DHEA is sold as a "fountain of youth" over-the-counter dietary supplement, but concerns have been raised about safety, side effects, and quality control. There is, however, a natural way to boost DHEA levels.

As I note in my 3-min. video "[The Benefits of Caloric Restriction Without The Actual Restricting](#)", after just 5 days on an egg-free vegetarian diet blood levels of DHEA rise about 20%. Upon further testing, it seems that the bodies of those eating vegetarian weren't necessarily producing more of it, but just losing less, something one normally only sees in fasting. Thus, by eating vegetarian, one may be able to mimic the effects of caloric restriction, but without walking around starving all the time. For more on diet and life expectancy see "[Research Into Reversing Aging](#)" and "[Harvard's Meat and Mortality Studies](#)" plus my [30 other videos](#) on lifespan. If you haven't yet, you can subscribe to my videos for free by going to www.nutritionfacts.org

Recently, the risk factors for mortality were published for

the Harvard Nurse's Health Study, which is currently the most definitive long-term study ever on older women's health. It is the subject of my 2-min. video "[What Women Should Eat to Live Longer](#)". Since the leading cause of death was heart disease, it is no surprise that dietary cholesterol consumption was a significant risk factor for death. The second leading cause was smoking-related cancer deaths. Comparing the two, consuming the amount of cholesterol found in just a single egg a day appears to cut a woman's life short as much as smoking 5 cigarettes a day for 15 years.

The most protective behavior they found was fiber consumption. Eating just a cup of oatmeal's worth of fiber a day appears to extend a woman's life as much as 4 hours of jogging a week—though there's no reason we can't do both!



The one specific food most tied to longevity was nuts. Women appear to get 4 hours of weekly jogging benefit eating just two handfuls of nuts a week as well. Taking a step back, though, it's worth noting that the intake of cholesterol, only found in animal foods, was associated with living a shorter life and the intake of fiber, only found in plant foods, was associated with living a longer life.

A similar comparison has been made between the risk of smoking and eating processed meat (see "[Prevention Is Better Than Cured Meat](#)"). Though healthy eating can help mediate the devastating effects of smoking (see "[Smoking Versus Kale Juice](#)", "[Preventing COPD With Diet](#)", and "[Treating COPD With Diet](#)"), if you do smoke, please ask your doctor for help quitting. As a physician I've just seen too many good people die really horrible deaths from cigarettes.

See all these videos on www.nutritionfacts.org

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

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.

Beginner's Guide to Veganic Gardening

by GENTLE WORLD

Vegan-organic gardening avoids not only the use of toxic sprays and chemicals, but also manures and animal remains. Just as vegans avoid animal products in the rest of our lives, we also avoid using animal products in the garden, as fertilizers such as blood and bone meal, slaughterhouse sludge, fish emulsion, and manures are sourced from industries that exploit and enslave sentient beings. As these products may carry dangerous diseases that breed in intensive animal production operations, vegan-organic gardening is also a safer, healthier way to grow our food.

In veganic growing situations, soil fertility is maintained using vegetable compost, green manures, crop rotation, mulching, and other sustainable, ecological methods. Occasional use of lime, gypsum, rock phosphorus, dolomite, rock dusts and rock potash can be helpful, but we try not to depend on these fertilizers as they are non-renewable resources.

Soil conditioners and fertilizers that are vegan-organic and ecologically sustainable include hay mulch, wood ash, composted organic matter (fruit/vegetable peels, leaves and grass clippings), green manures/nitrogen-fixing cover crops (fava beans/clover/alfalfa/lupines), liquid feeds (such as comfrey or nettles), and seaweed (fresh, liquid or meal) for trace elements.

A border of marigolds helps to deter certain insects, and they also have a root system that improves the soil.

Composted Organic Matter

A compost pile consists of food waste such as fruit and vegetable rinds, that is covered by coarse material like leaves or grass clippings. The object is to create layers of food material alternating with covering material to allow aeration. When a bin is full, the pile is flipped and covered by black plastic or weed mat to protect it from rain and create heat. It can be flipped again after a period of time, so the bottom becomes the top. Cover again and within a couple of months, depending on the climate, nature's master recycling plan will have taken its



course and you will have vitamin-rich soil. See gentleworld.org/beginners-guide-to-organic-composting for more information on creating your own organic compost.

Green Manures (and nitrogen-fixing crops)

Green Manure is a cover crop of plants, which is grown with the specific purpose of being tilled into the soil. Fast-growing plants such as wheat, oats, rye, vetch, or clover, can be grown as cover crops between gardening seasons, then tilled into the garden as it is prepared for the next planting. Green manure crops absorb and use nutrients from the soil that might otherwise be lost through leaching, then return these nutrients to the soil when they are tilled under. The root system of cover crops improves soil structure and helps prevent erosion. Nitrogen-fixing crops such as vetch, peas, broad beans (fava beans) and crimson clover add nitrogen to the soil as they are turned under and decompose. Cover crops also help reduce weed growth during the fall and winter months.



Liquid Feeds such as Comfrey or Nettles

Fill a container with grass cuttings, nettles, weed or comfrey leaves. Cover with water at a rate of one part brew to three parts water. Cover the container, and leave for two to four weeks. Preferably strain out (through an old stocking) the weed seeds and plant material that will block up the spout of your watering-can. Nettles give the best multi-purpose feed and comfrey alone will give a feed rich in potash.

Hay Mulches

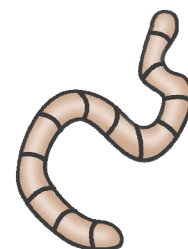
Using a thick layer of hay to cover the earth feeds the soil with organic matter as it breaks down. It also suppresses weeds and encourages worms to live in your soil. When putting gardens to sleep over the winter, cover them with a very thick layer of hay mulch.

Seaweed (fresh, liquid or meal)

Used for trace elements. Seaweed is best harvested fresh from the sea as opposed to washed up and sitting on beaches. Some veganic gardeners use bulk spirulina or kelp meal (used for potash and trace minerals).

Worm Castings (Vermiculture, Vermicastings, Vermicomposting)

Re-establish natural worm populations in your garden. Composting worms love



cool, damp and dark environments (like under black weed mat or a thick layer of hay mulch), and will breed optimally when these conditions are maintained. Worm castings are a rich, all-natural source of organic matter with lots of nutrients and moisture-holding capabilities. Earthworm castings are known to have an extraordinary effect on plant life. They improve the soil structure and increase fertility.

Lime

The primary purpose for using lime in the garden is to reduce the acidity of the soil, otherwise known as raising the pH level or 'sweetening the soil'. Most plants prefer a fairly neutral soil for optimum growth. You can have your soil tested to see if it is acidic or alkaline. Lime also enriches the soil with calcium and magnesium. Calcium is essential for strong plant growth and aids in the absorption of other nutrients. Lime can also be used for breaking up heavy clay soil.

Gypsum (hydrated calcium sulfate)

Gypsum is also used where more calcium is needed, but unlike Lime, it enriches the soil without raising the pH level.

Neem

Known as the wonder tree in India, Neem has been in use for centuries in Indian agriculture as the best natural pest repellent and organic fertilizer with insect sterilization properties.



EM Bokashi

Bokashi is a Japanese term that means 'fermented organic matter'. EM means Effective Micro-organisms and consists of mixed cultures of naturally occurring, beneficial micro-organisms such as lactic acid bacteria, yeast, photosynthetic bacteria and actinomycetes. It is a bran-based material that has been fermented with EM liquid concentrate and dried for storage. Add to compost to aid in the fermentation of the organic matter. EM Bokashi should be stored in a warm, dry place out of direct sunlight.

Green Sand

A soil amendment and fertilizer. It is mined from deposits of minerals that were originally part of the ocean floor. It is a natural source of potash, as well as iron, magnesium, silica and as many as 30 other trace minerals. It may also be used to loosen heavy clay soils. It has the consistency of sand, but has 10 times the ability to absorb moisture.

Alfalfa meal, Flax Seed Meal, Cottonseed Meal and Soya Meal

Sources of nitrogen.

Epsom Salts

An excellent source of magnesium.

Dolomite

A finely ground rock dust which is the preferred source of calcium and magnesium.

Rock Phosphate

Phosphorus is an essential element for plant and animal nutrition. It is mined in the form of phosphate rock, which formed in oceans in the form of calcium phosphate called phosphorite. The primary mineral in phosphate rock is apatite.

Rock Dusts (stone meal)

Used to re-mineralize soil that has become depleted through industrial and agricultural practices. It releases slowly into the soil and can be applied directly, in combination with other fertilizers, or added to the compost. These products have a highly stimulating effect on microbial activity.

Rock Potash (potassium or wood ash)

Potassium is an essential nutrient that enhances flower and fruit production and helps 'harden' foliage to make it less susceptible to disease. Rock potash is very slow-acting. It releases gradually as it weathers, which can take years. Use it when preparing soil before planting.



Gentle World is a vegan intentional community and non-profit organization, whose core purpose is to help build a more peaceful society, by educating the public about the reasons for being vegan, the benefits of vegan living, and how to go about making such a transition. For more information about Gentle World's educational outreach, or to visit one of their two locations in Hawaii or New Zealand, visit www.GentleWorld.org where you can also subscribe to their monthly newsletter.

VSH Events on Oahu and Maui



October: Karl Seff, Ph.D.

Karl Seff explored easy vegan eating in his talk: “Confessions of a Low Class Vegan”.



November (Oahu):

John McDougall, M.D.

John McDougall, M.D. presented: “The Diet Wars: The Time for Unification is Now”. Terry Shintani, M.D., introduced him, and Hawaii State Senator Mike Gabbard presented Dr. McDougall with a special Hawaii State Senate commendation.



November (Maui): Laurelee Blanchard

Laurelee Blanchard, founder of Leilani Farm Sanctuary, spoke on “Saving the World, One Animal at a Time”.



December: John Cadman

John Cadman, a pioneer in introducing healthy vegan school cafeteria food choices in Hawaii, presented “There is No Such Thing as a Free Lunch”.

If you missed any of these informative and entertaining lectures, watch them online at:

**www.vsh.org or on Public Access Cable TV statewide: Olelo CH 55 on Oahu,
Na Leo 'O Hawai'i Ch 54 on the Big Island, Ho'ike Ch 52 on Kauai, Akaku Ch 55 on Maui**

VSH Events on Kauai



Kimie Sadoyama was the winner of the recipe contest for her Vegan Banana Bread at the November potluck and lecture



Angelique Burris presented “How to Transition to a Whole Foods Diet” at the October potluck and lecture.



Building Natural Soil was the topic of Kelly Ball’s presentation at the December potluck and lecture.



Mike Hansen was the winner of the recipe contest for his Breadfruit Mango Curry at the October potluck and lecture.



Gordon LaBedz, M.D., presented The True Cost of Food: The Environmental Impact of Your Diet at the November potluck and lecture.



Marj Dente was the December recipe winner for her delicious vegan Curried Potatoes.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.

“Let’s Talk Food!” Fair for National Food Day

by Eileen Towata

On Sunday, October 28, at Castle Medical Center in Kailua, the conversation was focused on food at an event for the community. In celebration of National Food Day, physicians, agricultural experts, registered dietitians, and other educators were featured speakers on this day devoted to great food and good information about plant-based nutrition.

One of the many featured activities was a tour of Castle’s recently installed rooftop garden. The garden provides



Castle Medical Center rooftop garden

fresh and tasty items for use at the hospital. The public is welcome to dine at The Bistro, the hospital’s cafeteria located on its lower level. Some of the just-harvested produce from the rooftop may be featured in The Bistro’s salad bar or incorporated into various dishes served at the vegetarian cafeteria, where vegan options are always also on the menu.

Thompson represented VSH at a booth in Castle’s Wellness & Lifestyle Medicine Center. They provided a vast array of materials on vegetarian issues and answered consumer questions. Vegan cooking demonstrations were held throughout the afternoon in the Wellness Center’s auditorium/kitchen, and participants were treated to free samples of several dishes.



Jim Thompson and Denise Snyder

For more information



about Castle Medical Center’s ongoing efforts to promote healthy lifestyles through monthly vegan cooking classes, fitness classes, community lectures, support groups, and more, please visit our website at www.castlemed.org.

Eileen Towata giving a vegan food demonstration

VSH and Chaminade University Service Learning

by Lorraine Sakaguchi

This past fall, the Vegetarian Society of Hawaii had an exciting opportunity to partner with a service learning team from Professor Wayne Tanna’s Senior Field Experience class at Chaminade University in Honolulu. The team of four students, Corinne Irons, Poerava Gantt, Joey Ruiz, and Clare Xiaoxiao Niu (pictured below l. to r. with Professor Wayne Tanna, Denise Snyder and myself) served as consultants for the Vegetarian Society of Hawaii.



VSH’s Denise Snyder and I worked with the team from the latter part of October until their final project presentation on December 7. We answered their questions about VSH, and asked that they help us to update our image, to increase awareness of our organization and our mission, and to help us increase student involvement on the college campus.

We greatly enjoyed meeting and interacting with our student team, and hope they will continue to offer their expertise and talents in service to others and to good causes to help the world. We were thrilled to be present at their final presentation, which included a business analysis of our organization, and some good recommendations for increasing our membership and income, as well as attractive and creative graphics makeovers for possible use for our logo, newsletter, T-shirts and membership application brochure, and free bus advertisements!

Thank you to Chaminade University and Director of Service-Learning Candice Sakuda for their commitment to service learning in offering such courses. Thanks especially to Professor Wayne Tanna for teaching this course. He ably guides students in seeing how they can apply what they’re learning in their business studies to benefit real-world non-profit organizations, as well, in this case, VSH.

Vegetarianism Gaining Traction in Asia



by Mark Fergusson, Chief Vegetarian Officer (CEO/CFO), Down to Earth ALL VEGETARIAN Organic & Natural

Plant-based diets are experiencing a resurgence throughout Asian countries as millions of consumers make the switch for religious, health, and environmental reasons. It counters the trend of increasing economic prosperity that is leading many people to adopt a western meat-based diet. Although they see it as a status symbol of affluence, the adoption of this unsustainable diet leads to ill health and disease.

According to a recent report in AsiaOne News, Malaysia has one million vegetarians and the numbers are steadily growing. Malaysian Vegetarian Society president Dr. P. Vythilingam says "By going green, Malaysians are realizing that they can stay healthy. Vegetarians are also not worried whether they are getting a balanced diet or enough proteins because studies have shown that we can get plant proteins from soy and legumes."

Countries that are seeing a surge in vegetarianism include Taiwan, Singapore, and Indonesia. Asia's economic powerhouses India and China, of course, have had hundreds of millions of vegetarians for centuries for religious reasons.

Today, however, Asia's consumers are becoming aware that a meat-based diet is not sustainable. Raising animals

for food requires more land and water than what is available, particularly in water-stressed Asia. A United Nations report says East Asia will need 47 percent more farmland and use 70 percent more water to grow enough food to feed increasing herds of cattle rather than feed people directly. And, South Asia will have to expand its irrigated crop areas by 30 percent and increase water use by 57 percent. Given existing pressures on land use, both scenarios are impossible. In South Asia, for example, 94 percent of suitable land is already being farmed.

The UN report estimated that if meat eating continues to rise, it would require a huge overhaul of farmland irrigation to feed the exploding Asian population by 2050.

"I feel a lot lighter and healthier," says Dr. P. Vythilingam. "Of course in the early years it was hard because there were not many places that served vegetarian food, but today it is a different story because even in a restaurant that serves meat and seafood, they will make vegetarian dishes upon request."

Traditionally, Asia has had a comparatively large vegetarian population. Since ancient times, especially among the poor in rural communities, people mainly ate vegetables and grains. Meat was a rarity, a so-called "luxury" enjoyed by the rich. However, with greater health and environmental awareness, plant-based diets are becoming the preferred choice of an increasing number of Asian consumers.

Vegetarian Society of Hawaii - Down to Earth Booth at Gandhi's Birthday and International Day of Nonviolence Celebration

by Lorraine Sakaguchi



Andrea Bertoli, Denise Snyder, Dr. Raj Kumar (event founder), and Jim Thompson

VSH volunteers and Down to Earth team members shared a tent at the Mahatma Gandhi's Birthday and International Day of Nonviolence Celebration on October 2, 2012. We gave out informative literature and welcome refreshments, donated by DTE, to many attendees at this multicultural event. Thank you to Raj Kumar, Ph.D., president of the Gandhi International Institute for Peace, for inviting us to participate!



VSHers Denise Snyder & Lorraine Sakaguchi, and DTE folks Cynthia Cruz & Andrea Bertoli

Nutrition News

from



Over 70% of the antibiotics produced in the United States each year, over 28 million pounds, are used on farm animals—
nutritionfacts.org/video/meat-mythcrushers/

Eliminate facial skin wrinkles with a healthy plant based diet? A higher intake of green and yellow vegetables is associated with decreased facial wrinkling — nutritionfacts.org/video/preventing-wrinkles-with-diet/



Don't watch this sitting down! Even if you exercise, sitting shortens your life—nutritionfacts.org/video/standing-up-for-your-health/

A double blind, randomized trial finds saffron works as Prozac, but with fewer side effects—
nutritionfacts.org/video/saffron-vs-prozac/

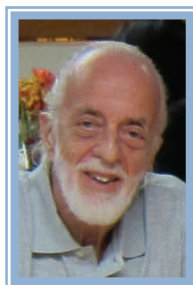
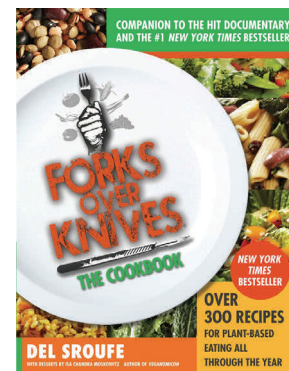
Biblical Daniel Fast Put to the Test. participants placed on the vegan diet outlined by the prophet Daniel experienced improvements in blood pressure, cholesterol and insulin levels, insulin resistance, and C-reactive protein levels—nutritionfacts.org/video/biblical-daniel-fast-put-to-the-test/

Farewell and Mahalo to Legend Vegetarian Restaurant

Also known as the **Buddhist Vegetarian Restaurant**, this mainstay of mostly vegan Chinese dining in Honolulu for many years has recently closed its doors. Thank you to its owners for bringing us a unique menu of assorted veggie dim sum, delicate mock “butterfish” and many other ono dishes that will be greatly missed!

Book Review

Forks Over Knives: The Cookbook, Over 300 Recipes For Plant-Based Eating All Through The Year. Del Sroufe with desserts by Isa Chandra Moskowitz. New York: The Experiment LLC. 320 pp. \$18.95



by Neal Pinckney

This excellent cookbook calls itself the “companion to the hit documentary and the #1 New York Times bestseller”. But it’s really not necessary to have seen the movie or read the book to enjoy this cookbook. (If you haven’t seen the movie *Forks Over Knives*, you’ve missed an exceptional one. It’s currently available from Netflix and Amazon.)

Easy to find and most easy to make, the 300+ recipes are divided into 13 sections: Basics; Breakfasts; Salads; Soups; Stews and Chilies; Wraps and Spreads; Pasta and Noodles; Stir-fried Grilled and Hashed Vegetables; Stuffed and Baked Vegetables; The Amazing Bean; Great Grains; Casseroles; Desserts. Most are low in fat, with no added oil, using nuts and seeds in place of oil, butter or margarine. Many are gluten-free, for those who require that.

There’s a very short introduction with a discussion of basic cooking techniques, preparation, ingredients and a description of specialty items. The book ends with a metric conversion section and a complete index.

Of the more than 300 recipes, I was pleasantly surprised to see very few of the old standbys that seem to be in almost every vegetarian cookbook. With the exception of a few basics like veggie stock, polenta, curries and a few desserts, the recipes are either original or interesting variations of familiar standards.

The book is in a large format (7.5 by 10 inches), making the print easy to read and keeping most recipes on one page. The ingredients are in bold type, another advantage when glancing at them while cooking.

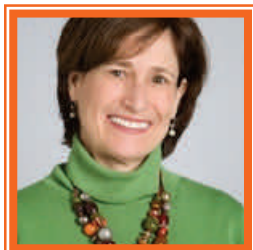
Of the many cookbooks I’ve reviewed and used over the past 20 years, I’d give this one a 9.5 out of ten. The only negative, at least to me, is the lack of a nutritional analysis for each recipe - at least listing the calories, fat, protein, carbs and sodium per serving.

Recipes

Let's Start with the Carrot Cake Muffins

by The Healthy Librarian

HealthyHappyLongLife.com



I discovered *Cathy Fisher's Straight Up Food* blog and I couldn't wait to try her Carrot Cake Donuts.

On Wednesday, my husband decided to give the recipe a try -- but make them as muffins. The Lab Rat

LOVES muffins and for some reason, he likes making them.

He planned to try Cathy's "cream cheese" frosting, too, but when he couldn't find any raw cashews at the grocery store he gave up that plan.

Let me tell you--these muffins absolutely DID NOT NEED frosting.

They taste exactly how I remember carrot cake tastes. Fantastic. I brought some samples to work yesterday and they were an "out-of-the-ball-park-hit"! Everyone asked for the recipe. *That's a clue.*

I recommend you double this recipe which makes only 12 muffins.

Use silicone muffin cups--the muffins will slip right out. Couldn't be easier.

Recipe adapted from *Cathy Fisher's Straight Up Food* blog

Ingredients:

- 5 plump medjool dates, pitted & chopped
- 1/4 cup golden raisins (yes, golden)
- 1/2 cup warm water
- 1 3/4 cup rolled oats (process into flour--it's healthier this way)
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 of a ripe banana, diced
- 1 cup non-dairy milk (soymilk, rice milk, almond milk)
- 1 1/2 cups of grated carrots

Fold into the mixed batter:

- 1/2 cup additional golden raisins
- 1/2 cup walnuts, chopped

Preparation:

1. Preheat oven to 350 degrees--rack in center position
2. Combine the dates, 1/4 cup of raisins & 1/2 cup of water in a small bowl to soak for at least 15 minutes, while you prepare the rest of the ingredients.
3. Process the rolled oats in a food processor until it resembles flour. If you don't have a food processor, substitute oat flour, but you might need to use less. Batter will be somewhere between a cake batter & a cookie batter, if that helps.
4. In a large bowl, mix oat flour with baking powder, baking soda, cinnamon, nutmeg & cloves.
5. Transfer soaked dates, raisins & water into a high-speed blender & blend until smooth. Add the 1/2 banana & non-dairy milk to the blender & blend until it's all smooth.
6. Add this wet mixture to the dry ingredients & gently fold together with a big wooden spoon. Again, batter will be somewhere between a cake batter & a cookie batter, if that helps.
7. Fold in the grated carrots, raisins and walnuts.
8. Divide the batter into 12 muffin cups or tins (use papers if you don't have silicone cups) & bake for about 20 minutes. You'll know it's done when you can lightly press on a muffin & it bounces back a bit. They'll continue to set up as they cool.

Hope you make a double-batch! Next time we'll make enough batter for 24 muffins. Our dozen were gone in 2 days.

You can get *The Island Vegetarian* electronically in full color, and save trees and postage, too! To switch from the paper to the electronic edition, send an email with your name and email address: support@vsh.org



Kids Won't Eat Greens, so Hide 'Em in the Beans

by William Harris, M.D.



A famous Carl Rose cartoon from the December 8, 1928 New Yorker has been updated by student mutinies back east as a YouTube video that went viral: “We Are Hungry” (youtu.be/2IB7NDUSBOo) In the video, a group of high school students in Kansas perform a parody song to the tune of “We are Young” by the band Fun, protesting new school lunch policy. The federal Healthy Hunger Free Kids Act of 2010 mandates an 850 Calorie maximum for high school lunches and a 700 Calorie maximum for middle school lunches. The kids are complaining because in an effort to stop the rise in childhood obesity, the government is "starving them" with 850 Calorie limited school lunches



“I say it’s federally mandated broccoli and I say the &##!! with it.”

John Cadman, our December VSH speaker has an answer to this. Since 1997, John, as school food service manager at grade schools and high schools in Haiku, Maui, and now Food Service Director for Kamehameha Schools Maui Campus, has offered a popular optional vegetarian school lunch menu built around beans that satisfies the kids, the RDAs, and the USDA (which ultimately calls the shots in the school lunch program). People can eat as much of his nutrient-dense/Calorie-sparse recipes as they want since their stomachs and internal nutrient sensors become the automatic Calorie limiters.

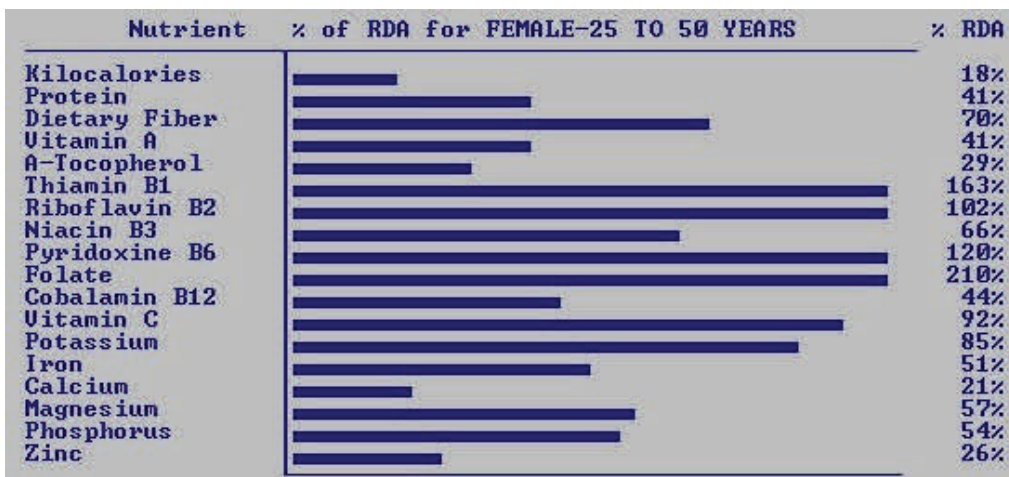
Case in point: John Cadman’s Baja Bakers:

Bake potatoes, let cool slightly, cut in half lengthwise. Scoop out potatoes with a spoon, mix cooked potato with remaining ingredients. Scoop the bean-potato mixture back into potato skins and re-bake for 15 minutes and serve.

This will give you a 2 ounce meat equivalent and 1/4 cup vegetable. This does not include the potato skin, which of course still has some potato left and some great nutrients in the skin which bigger kids will eat, younger ones won't.

John Cadman’s Baja Bakers		
Ingredients	for 100	for 8
baked potatoes (medium)	50	4
refried beans	1 gal	1 1/3 cup
salsa	1 qt	1/3 cup
salt and pepper	to taste	to taste
cumin	1/4cup	1 tsp
green onions	3 cups	1/4 cup
parsley	1 cup	1/8 cup
cilantro	2 cup	1/4 cup
granulated garlic	1/4cup	1 tsp
tabasco	2 Tbl	1/2 tsp

We fiddled with the 100 serving giant recipe by adding 4 cups of kale, and removing 10 potatoes (calcium deficient), dividing by 50, and got this graph showing that it's now nutritionally balanced.



❀❀❀❀❀ Restaurant Reviews ❀❀❀❀❀

Fiji Market and Curry House

56-565 Kamehameha Hwy
Kahuku, Oahu, HI 96731
(808) 293-7120; cell 294-1724
www.fijimarkethawaii.com
Monday – Saturday
11:00 a.m. – 9:00 p.m.

by Karl Seff, Ph.D.

What's the difference between Fijian food and Indian food, I asked Nitin Singh, the owner and manager of Fiji Market. The reply: "Fijian food is not sweet, and we do not use coconut milk." The energetic Mr. Singh came to Hawaii from Fiji where he represented Johnson & Johnson for many years.



Fiji Market is in the Old Kahuku Sugar Mill complex, toward the back. The Mill complex itself is remarkably small and quiet, appropriate to the small town of Kahuku, perhaps even quieter than the ensemble of food trucks parked nearby. It is both an Indian-style market and a local market, with a kitchen in the back and tables outdoors under a large awning. One eats from Styrofoam containers with plastic utensils.

The vegetarian special changes daily, and it is always vegan. When I was there, it was eggplant and potato curry. It came with a bowl of dahl (yellow lentil soup), a tomato-based liquid that I could not identify, but which tasted very nice, and two hot-from-the-griddle roti (large Indian flat breads) which I saw being rolled from dough after I finished ordering. Brown rice is available. As condiments, two kinds of homemade chutney, sweet mango and tamarind, were available, as were pickled carrots and whole (cooked) jalapenos. For \$8.75, it was quite delicious, and it was more than even I

could eat – I took one roti home. What fine food for such a quiet town!



Assorted homemade chutneys are available for purchase to take home; the tamarind was unique.

So, if you are travelling up the Windward coast, help yourself to an inexpensive treat!



Greens & Vines

Raw Vegan Gourmet

909 Kapiolani Blvd, Unit B, Ground fl.
Honolulu, Oahu, HI 96814
(808) 536-9680

www.facebook.com/LiciousDishes
Mon.- Sat. 11:00 a.m. to 2:00 p.m.

5:00 p.m. to 9:00 p.m.

also serving Licious Dishes (formerly at Dole Cannery) grab and go items.

by Terry Bear



I just got home and cannot wait to tell you about the wonderful experience I had at the Greens & Vines Grand Opening on October 28.

If this had been my Raw Vegan, Grand Opening Restaurant debut, I don't think I could have been more happy and excited for Sylvia Thompson and her beamingly proud husband Pete. I can't begin to imagine all the years of hard work, dedication, sticktoitiveness, faith, and

guts it took, no matter how GREAT the food is, to not only open a restaurant these days, but a cutting edge, classy, trend setting, Russell Siu and Alan Wong culinary contender, and just a *cool* place to hang out. Perfect location, right on the corner of Kapiolani and Ward, just across the street from the Neal Blasdell Center!

It was a beautiful calm Sunday evening, sitting outside under green and white umbrellas, savoring each and every artful, raw vegan creation from the lavish buffet. Now this is my idea of Heaven on earth. My only regret is that I didn't go back for more of the decadent, richly Wicked, raspberry topped Chocolate Tart.

Sylvia started out all those years ago wanting to find ways to help her hubby's health, and now she is helping our community become a healthier place. Ma'o Organic Farms, which has contributed fresh organic produce to Sylvia's Licious Dishes raw vegan establishment for a long time, was honored for all of their abundantly nutritious produce and support.

It is this connection with each other, the community, and the planet that by eating a plant based diet, helping to save the slaughter of millions of land and marine animals every day, and caring for our environment, that is for me, as a compassionate, ethical vegan, the true celebration of Greens & Vines.



Ma'o Organic Farms students with Sylvia and Pete Thompson & friend Gio Aguilera



Animals



A Star is Born

by William Harris, M.D.

A landmark animal rights debate at the St. James Ethics Centre and Wheeler Centre in Australia featured the profound eloquence of Philip Wollen, an ex-Vice President of Citibank.

Better catch it now before it disappears.

Wollen's passionate plea on YouTube:
“Philip Wollen : Animals Should Be Off The Menu debate”

The full two hour debate on YouTube:
“Full Debate - Animals Should Be Off The Menu; The St James Ethics & Wheeler Centre”

Wollen's ethical makeover TEDx talk: “Ethics in a meat-free world - Philip Wollen at TEDxMelbourne”

Peter Singer Ph.D., Philip Wollen, and Veronica Ridge favored the motion, "Animals Should be Off the Menu."

The opposition included Fiona Chambers, a pig farmer whose defense was the oxymoron "Humane Slaughter" and the argument that if we stopped eating farm animals they would become an endangered species (!?!).

Adrian Richardson, a professor of animal science argued for the continued animal use of non-arable land and argued that slaughter prevents natural losses of aging animals, while Bruce McGregor, a meat chef, rested his case largely on his personal taste for meat.

The cool and restrained Dr. Singer, author of *Animal Liberation* and Ira W. Decamp Professor of Bioethics at Princeton University, had the last word, after which 73% of the large audience voted in favor of the “Animals Should be Off the Menu” motion.

Talk to Us!

Your letters to the Editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians are all eagerly awaited.

We reserve the right to edit all submissions.

Our submission deadlines are March 1, June 1, September 1, and December 1.

newsletter@vsh.org

Hunter's Poem

BY DR. LEM. WARD CRISFIELD

A hunter shot at a flock of geese
That flew within his reach
Two were stopped in their rapid flight
And fell on the sandy beach
The male bird lay at the water's edge
And just before he died
He faintly called to his wounded mate
And she dragged herself to his side.
She bent her head and crooned to him
In a way distressed and wild
Caressing her one and only mate
As a mother would a child.
Then covering him with her broken wing
And gasping with failing breath
She laid her head against his breast
A feeble honk ... then death.
This story is true though crudely told
I was the man in case.
I stood knee deep in snow and cold
And the hot tears burned my face.
I buried the birds in the sand where they lay
Wrapped in my hunting coat
And I threw my gun and belt in the bay
When I crossed in the open boat.
Hunters will call me a right poor sport
And scoff at the thing I did.
But that day something broke in my heart
And shoot again? God forbid.

March 21, 1999

Tristan and Isolde with feathers.*
submitted by William Harris, M.D.

*<http://en.wikipedia.org/wiki/Goose>

Geese are monogamous, living in permanent pairs throughout the year. Paired geese are more dominant and feed more, two factors that result in more young.

This poem first appeared in the Chronicle, a journal of Crested Butte, Colorado circa ~ 1964.

Rescuing Abandoned Hens from an Egg Factory

by *Leilani Farm Sanctuary Founder*
Laurelee Blanchard

Some years ago, a 100,000-hen egg factory on Maui shut down. A month later, I happened to be in the neighborhood and noticed the factory gates were open, so I drove my car into the giant compound to make sure no live hens were left behind. There, I saw dozens of emaciated chickens walking around near the warehouses. They had somehow escaped slaughter the day the egg factory closed.

I also saw countless dead hens lying on the ground who had succumbed to starvation and dehydration during the past month. Farther inside the compound, I encountered a man working in a gigantic warehouse filled with row-upon-row of battery cages. He asked what I was doing there. I told him I was concerned about the chickens. I asked whether the remaining hens were being given food or water. He said they were not, and agreed to let me return that night with my cat carriers to retrieve them.

These hens had suffered. Their days and nights were spent crammed tightly in cages too small for them to move freely or even spread their wings. The tips of their beaks had been seared off with a hot iron to prevent fighting injuries caused by stress-induced aggression. The de-beaking procedure is extremely painful for the hens because the beak contains nerve endings. Some are unable to eat after being de-beaked and starve to death.

On the egg factory's closing day, the hens were sold in groups of four with their legs bound tightly with twine, which can cause permanent paralysis to the hens' legs. Leftover hens, not sold to the public, were killed by having their necks snapped or being buried alive. However, many

hens were left alive in the compound, with no food or water.

I contacted friends who live on farms in Haiku and Kula, and

asked them to help rescue and provide homes for these abandoned hens. One couple had already taken eight hens the day the factory closed.

That night, six of us went to the egg factory after dark and met up with the on-site manager. It was pitch black inside the long, narrow sheds, so we used head lamps and flash lights to illuminate the hellish place. The stench of manure and chicken corpses was overpowering. We were stepping on dead hens to reach those who were still alive. One bird had become stuck between some bars and died a slow, miserable death. Others had been run over by vehicles.

It took a few hours to locate all the live hens and roust them from their sleep. They screamed in terror as they were plucked up and placed inside cat carriers. They didn't know how their lives were about to change. At the end of the night, sixty-four hens were saved. The manager said we got them all.

The rescued hens went to wonderful new homes where they were loved and cared for. The people who adopted them described the joy the chickens experienced as they, for the first time in their lives, felt the rain on their backs and the sun on their feathers. Liberation takes on new meaning as these gentle hens get to feel the free breezes of Maui after their cruel incarceration.

Leilani Farm Sanctuary is home to over a hundred rescued animals like these chickens, and many more have been placed in happy homes. Visitors are welcome, including school groups for educational tours.

For more information, visit:
www.LeilaniFarmSanctuary.org



Activist rescuing battery hens at egg factory



Rescued hens feast at their new home at Blake farm

Vegetarian Society of Hawaii Lectures

JANUARY

**DR. TERRY SHINTANI,
M.D., J.D., M.P.H.**



The 7 Step Health Makeover: Lose Weight and Reduce Your Need for Medication

- ◆ How to get off most of your meds safely
- ◆ Why cholesterol medication can cause memory loss
- ◆ Why diabetes medication may increase heart disease
- ◆ Why blood pressure meds causes fatigue and ED
- ◆ What factors cause both heartburn and constipation
- ◆ Why diet can help allergies and chronic pain

Terry Shintani received his Master's degree in Nutrition at Harvard University and his Medical degree and Law degree at the University of Hawaii. He is Board Certified in Preventive Medicine, is a Professor at the University of Hawaii School of Medicine and is on the National Advisory Board of the American College of Lifestyle Medicine. He is the author of 10 books including the Eat More Weigh Less Diet, the Hawaii Diet, and the Good Carbohydrate Revolution. He has been featured in Newsweek, on CNN, CBS, ABC, NBC and the Encyclopedia Britannica. For his service to humanity, he is formally designated a "Living Treasure" of Hawaii.

Honolulu: January 8, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: Jan. 10, 7 p.m. Cameron Center, 95 Mahalani St., Wailuku

FEBRUARY

GENE BAUR



Farm Sanctuary: Changing Hearts and Minds About Animals and Food

Gene Baur is co-founder and president of Farm Sanctuary, America's leading farm animal protection organization. Gene Baur has been hailed as "the conscience of the food movement" by TIME magazine. For 25 years he has traveled extensively, campaigning to raise awareness about the abuses of industrialized factory farming and our cheap food system. His book, *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*, was published by Touchstone in March, 2008 and has appeared on the Los Angeles Times and Boston Globe best seller lists.

As the president and co-founder of Farm Sanctuary, the nation's leading farm animal protection organization, Gene Baur campaigns to raise awareness about the negative consequences of industrialized factory farming and our cheap food system. He has conducted hundreds of visits to farms, stockyards and slaughterhouses to document conditions, and his photos and videos, exposing factory farming cruelty have been aired nationally and internationally, educating millions.

Honolulu: February 12, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: February 14, 7 p.m. Kaunoa Sr. Center, 401 Alakapa Pl., Paia

MARCH

ORI ANN LI



Ori Ann Li's Vegan Paradise A Cooking Demonstration

With the launch of her cookbook series, *Ori Ann Li's Vegan Paradise*, Chef Ori Ann is taking her readers on a journey around the world to find the tastiest vegan fare. Her first book, *Ori Ann Li's Vegan Paradise: 65 Unforgettable Recipes*, featuring Asian and fusion cuisines and tips on healing foods, was published this year. Her second book (in development) features European & Middle Eastern cuisines. She hopes to bring as many people as possible along on her journey to "Vegan Paradise" where no animals are harmed and people are healthy and completely satisfied with the meals they eat.

Chef Ori Ann Li received her culinary training in Europe and North America. She specializes in world cuisines and has a large fan base on the Internet with viewers tuning in from around the country and world.

She is regarded as an innovative vegan culinary artist who strives to achieve the perfect balance between flavor, nutrition and aesthetics. She continues to travel across the globe for inspiration and fresh ideas.

Honolulu: March 12, 7 p.m. at the Ala Wai Golf Course Clubhouse, 404 Kapahulu Ave.

Maui: March 14, 7 p.m. Kaunoa Sr. Ctr., 401 Alakapa Pl., Paia

Local Vegetarian Community Events

Imagine a Vegan World

VSH's Free Vegan Peer Support Group

Meets every **Tuesday 6:30-7:30 p.m.**
(except the second Tuesday of the month when we attend the monthly VSH lecture).

We meet at the Central YMCA on Atkinson, across from Ala Moana Shopping Center

Call Terry Bear for more info: (808) 397-8666
or email kailuabear2003@yahoo.com

Vegan Community Dinner at Church of the Crossroads

Enjoy a gourmet gluten-free vegan meal prepared by Macrobiotic Chef Kathy Maddux and Vegetarian/Gluten-Free Chef Alyssa Moreau

Wednesday, January 23, 6 to 8 p.m.

Cost is \$20

For more information or to RSVP:
macrocommhi@hawaii.rr.com

The Oahu Vegan Meetup Group

The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events include restaurant meals, potlucks, hikes, movie screenings, and more. Enjoy the company of like minded people, get advice and support, and eat delicious vegan food! Check for their next event at:

www.veganoahu.org

“Healing & You” Radio Show

Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.D.
Sundays: 8 - 9 p.m.
K108 AM 1080
Call-in line: (808) 524-1080

Eat Well for Life Cooking Demonstrations at Castle Medical Center

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

These are demonstration classes with instructor Eileen Towata and do not include hands-on food preparation by participants.

All foods are made with non-animal food products. Tasty samples are provided.



The Weight is Over!

Thursday, January 31, 6 – 7 p.m.

Start the New Year with strategies to achieve the weight that’s right for you. Enjoy delicious dishes without stressing about counting calories.

Colorful Hearty Foods

Thursday, February 28, 12 – 1 p.m.

Celebrate Heart Month in style with some great recipes and tips for nourishing the most important muscle in your body – the heart.

Grab and Go

Thursday, March 28, 6 – 7 p.m.

Get great tips and inspiration for quick, easy and nutritious “grab and go” foods that are budget-friendly and perfect for a busy schedule.

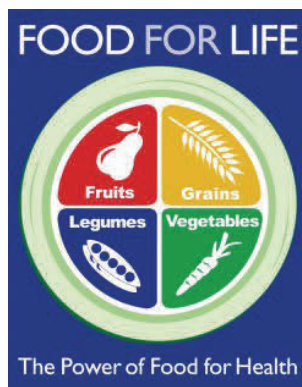
Price: \$15 general, \$10 for Castle Medical Center employees, volunteers, students (with ID) and seniors (age 65+), or \$20 per couple. Advance registration required. Call 263-5400 to register

Wellness & Lifestyle Medicine Center
642 ‘Ulukahiki Street, Suite 105
Kailua, Hawai‘i 96734
(808) 263-5050
CMCWellness@ah.org
<http://castlemed.org/wellness.htm>

Local Vegetarian Community Events

Food for Life Classes

Ayla Sarnoff is bringing Physicians Committee for Responsible Medicine's (PCRM) Food for Life community-based nutrition education program to Hawaii. The program's goal is to prevent lifestyle diseases such as cancer and diabetes and to improve the lives of those who already have these diseases. Designed by physicians, nutrition experts, and registered dietitians, each of the curricula explains how food choices can promote health and fight disease. The classes translate scientific nutrition information into simple and easy meals.



Ayla Sarnoff is a private chef, nutritionist and registered yoga teacher, and this her third year teaching the award winning Food for Life program.

Register for classes at www.foodforlifehawaii.org
Or email Ayla: aylasarnoff@gmail.com

Classes

Introduction to the Power Plate Workshop

Learn tips and techniques of how a diet rich in fruits, vegetables, whole grains and legumes can enhance your health and support your overall wellness goals! This two hour class will motivate and inspire you with new plant-based recipe ideas that are easy and versatile to incorporate into your everyday life.

Date: Sunday, January 13, 11 a.m. - 1 p.m.

Location: 2153 N. King St. Suite 100-B, Honolulu, HI

Cost: \$25

Food for Life Cooking and Nutrition Immersion

Workshops explore the following topics:

- ◆ Fueling Up on Low-Fat, High-Fiber Foods
- ◆ Discovering Dairy Alternatives
- ◆ Replacing Meat
- ◆ Cancer-Fighting Compounds and Immune-Boosting Foods
- ◆ Maintaining a Healthy Weight

Dates: Sunday, January 20 & 27, 11 a.m. - 3 p.m.

Sunday, February 17 & 24, 11 a.m. - 3 p.m.

Location: 2153 N. King St. Suite 100-B, Honolulu, HI

Cost: \$60 for this 2 day workshop

Farm to Table: Farm Tour and Cooking Class with Food for Life Hawaii and Otsuji Farms

Join Food for Life Instructor Ayla Sarnoff and farmer Ed Otsuji on a tour of the Otsuji Farm in Hawaii Kai. The tour will allow participants to learn about farming practices that emphasize the holistic development and interrelationships of the soil, plants and animals as a self-sustaining system. After the farm tour, participants will use the Otsuji produce to create a delicious gourmet meal packed with good nutrition.

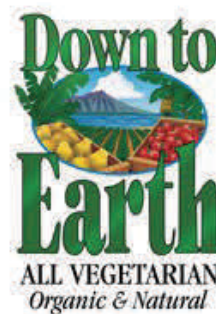


Ed Otsuji and Ayla Sarnoff

This special opportunity will be offered in March 2013. Information is at www.foodforlifehawaii.org

Free Vegetarian Cooking Classes at Down to Earth

Honolulu • Kahului • Kailua • Kapolei • Pearlridge



www.downtoearth.org/free-cooking-classes
or call 808-947-3249 for more information.

No reservations required

Honolulu: 1st Saturday monthly, 11 a.m. - 12 p.m.

Kailua: 1st and 3rd Tuesdays, 4:30 - 5:30 p.m.

Pearlridge: 1st and 3rd Mondays, 5:30 - 6:30 p.m.

Kapolei: Wednesdays, 4 - 5 p.m., 5:30 - 6:30 p.m.

Kahului: Tuesdays, 5:30 - 6:30 p.m.

The Benefits of VSH Membership

- ◆ Local Discounts
- ◆ Social Activities
- ◆ Quarterly Newsletter
- ◆ Monthly Educational Lectures

5% Discounts

Down to Earth (Oahu and Maui)
Canton Seafood Restaurant (923 Keeaumoku St.)
Celestial Natural Foods (Haleiwa)
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.)
Healthy Hut Kauai (Kauai)
Loving Hut (only at 1614 South King St.)
Peace Café (2239 S. King St.)
Simple Joy Vegetarian Cuisine (1145 S. King St.)
Thai Mixed Plate (Pearl City)
Veg Voyages (Asian adventure tours vegvoyages.com)

10% Discounts

Downbeat Diner and Lounge (42 North Hotel St.)
Govinda's (lunch on weekdays, Nuuanu)
GRYLT (Manoa, Ala Moana, & Waikiki)
Himalayan Kitchen (1137 11th Ave.)
India Cafe (600 Kailua Road, Kailua)
Mocha Java Cafe (Ward Center)
Sapphires & Sequins Cakery (661-406-9185, Oahu)
Thai Kitchen (Waipahu, 94-300 Farrington Hwy)

If you have comments or suggestions,
please send them to: info@VSH.org

Membership dues and member donations support the educational mission of The Vegetarian Society of Hawaii and go towards bringing in speakers for our monthly lecture series, maintaining our website, and publishing our quarterly newsletter. Thank you for your support!

Donate, Join, or Renew today!

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State, Zip: _____	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75
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Work Phone: _____	<input type="checkbox"/> \$38	<input type="checkbox"/> \$72	<input type="checkbox"/> \$102	<input type="checkbox"/> \$128	<input type="checkbox"/> \$150
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	<input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)				
	<input type="checkbox"/> Associate (not yet vegetarian)				

Make checks payable to: Vegetarian Society of Hawaii, P.O. Box 23208, Honolulu, HI 96823

Join or renew online: www.vsh.org



Vegetarian Society of Hawaii

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