

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY

VOL. 24, ISSUE 2, APRIL-JUNE 2013

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Free Public Lectures

Michael Greger, M.D.

“The Role of Diet in Preventing, Treating, and Reversing the 15 Leading Causes of Death”

Tuesday, April 9, 2013

Ala Wai Golf Course Clubhouse

Steve Blake, Sc.D.

“Arthritis: A Nutritional Approach”

Tuesday, May 14, 2013

Ala Wai Golf Course Clubhouse

Mary Clifton, M.D.

“Waist Away: How to Lose Weight Joyfully & Supercharge Your Life”

Tuesday, June 11, 2013

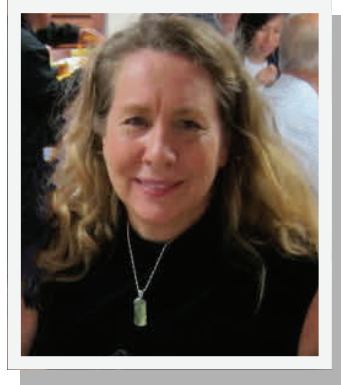
Ala Wai Golf Course Clubhouse

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

Gourmet Fundraising for Veggie Causes

By Lorraine Sakaguchi, VSH President

When asked to host and cater our recent successful VSH Valentine’s Eve Fundraiser for the Animals of Farm Sanctuary (see story on page 13), Madana Sundari, of the nonprofit Govinda’s Vegetarian Buffet, responded with a wonderful vegan Thai buffet for 137 people that left attendees with some happy memories, and some farm animals with much needed support. The event also left Madana with the inspiration to create more gourmet vegan dining experiences for the community with the goal of raising funds for veggie causes. Proceeds from her set of next fundraising dinners will go to continuing Govinda’s mission of promoting and providing healthy vegan/vegetarian food for the students and faculty at the University of Hawaii at Manoa.



The kick-off event, in honor of Earth Day this month, will be on Friday, April 26, 2013, from 5:30 to 8:30 p.m., at Govinda’s Vegetarian Buffet on 51 Coelho Way. The buffet will feature a Moroccan menu, including a chilled Moroccan spiced carrot soup, glazed tofu kabobs served over a delicate saffron rice, a vegetable tagine, a lentil tagine, couscous style quinoa with vegetables and olives, beet, fennel and citrus salad with light creamy herb dressing, rice pudding, cinnamon date oranges, and caramelized plantains.

On Friday, May 17, Madana will be serving a Mexican menu featuring dishes such as ensalada fresh greens and crunchy veggies served with a spicy cilantro dressing, enchiladas, vegetable/tofu rolled tacos, and a rich Mexican chocolate dessert, served with a frosty virgin margarita. On Friday, June 21, 2013, Madana plans to serve a special Indian menu.

Each of these events will feature a gluten-free, all-vegan buffet at Govinda’s. The cost for each fundraiser dinner will be \$18 for adults, \$10 for children ages 8-12, and free for younger children. To make reservations and payments at least 3 days in advance, call (808)595-4913 or email govindas108@hotmail.com. Information will also be available at www.vsh.org/events.

If you’re planning a plant-based event, including educational or fundraising to support a vegan/vegetarian cause, email us at info@vsh.org, to include it in the next issue of The Island Vegetarian. In this issue, please see pages 17-18 for some upcoming community veggie events!

The Island Vegetarian

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

P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)
info@vsh.org
www.VSH.org

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

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Catherine Blake

Protecting Our Babies From Pollutants



by Michael Greger, M.D.

For those of us starting new families, one of the myriad concerns that come up is how we are ever going to get our children to eat their veggies. One answer that I profile in my 3-min. video [The Best Baby Formula](#) is to exclusively breast feed as long as possible. Apparently this doubles the likelihood that our children will end up eating twice as many vegetables when they grow older. How could that be?

The researchers suggest that “breastfed babies, whose mothers regularly eat a variety of foods, are exposed to a diversity of flavors that are absent from formula milk and this early exposure augments the acceptance of various flavors.” So when they eventually eat some bitter broccoli, instead of spitting it out, they’re subconsciously like, “Hey, I remember this!” Perhaps this helps explain the evidence suggesting that the longer babies are breast fed, the lower their risk of developing inflammatory diseases such as asthma, cancer, and diabetes.

The new Surgeon General’s report agrees with the official World Health Organization recommendation, which agrees with the best available science that all women in the world should exclusively breastfeed for a full 6 months. Whether your own milk, a wet nurse, or a milk bank, there is simply no good substitute. It’s the only “formula” for optimum health.

Other tips on raising healthy children can be found in videos such as: [Nerves of Mercury](#), [Preventing Childhood Allergies](#), and [Dairy & Sexual Precocity](#).

Unfortunately parents tend to **overestimate the quality of their children’s diets**. For advice on how to best raise our children, one can’t beat the advice offered by the most esteemed pediatrician of all time, Dr. Benjamin Spock. Check out Dr. Spock’s advice in [Doctors’ Nutritional Ignorance](#).

In my 2-min. video [Pollutants in Californian Breast Tissue](#), I showed the extent to which our bodies may become contaminated with industrial pollutants. Should we be worried that we might be passing toxins onto our children? See my 2-min. video [The Wrong Way to Detox](#) for an answer to that question. If that doesn’t motivate expectant mothers to eat healthier, I don’t know what will.

Note, though, that the level of industrial pollutants mothers have in their fat tissue doesn’t necessarily reflect what they’re passing on to their child. Researchers last year decided to measure pesticide levels right out of the umbilical cord blood. At delivery, as soon as the cord was cut, a little blood was squirted into a vial before it was tied off.

As I document in my 2 min. video [DDT in Umbilical Cord Blood](#), even now, decades after DDT was banned, “almost all umbilical cord blood samples, 95%, showed detectable DDT residues.” It’s not exactly the first thing we want to be passing along to our newborns. Pesticide residue levels were most closely associated with the mother’s consumption of three types of foods: fish, other meat, and dairy products.

Dozens of chemicals are found in the bodies of pregnant Americans according to the latest [CDC Report on Environmental Chemical Exposure](#). Even with these data, breast is still always best. If someone was eating the Standard American diet when they were pregnant and ended up passing along a certain amount of toxic waste to their child, is it too late? If after the birth and weaning they

Protecting Our Babies From Pollutants Continued from page 2

decided to start a fresh page in their lives and feed their new child only the best, how long might it take our children to shed the industrial toxins they may have gotten from us in the womb or from the breast?

In my 2-min. video [How Fast Can Children Detoxify From PCBs?](#) I profile a recent study that followed a cohort of children exposed at birth to PCBs from their mothers. They were tested at age 8 and then again at age 12 to get a sense of the

half-life of these toxins within their bodies. Depending on the chemical pollutant, the estimated half-lives ranged from about 4 years to 9 years. Therefore, if our children eat a healthy diet and don't play around in any toxic

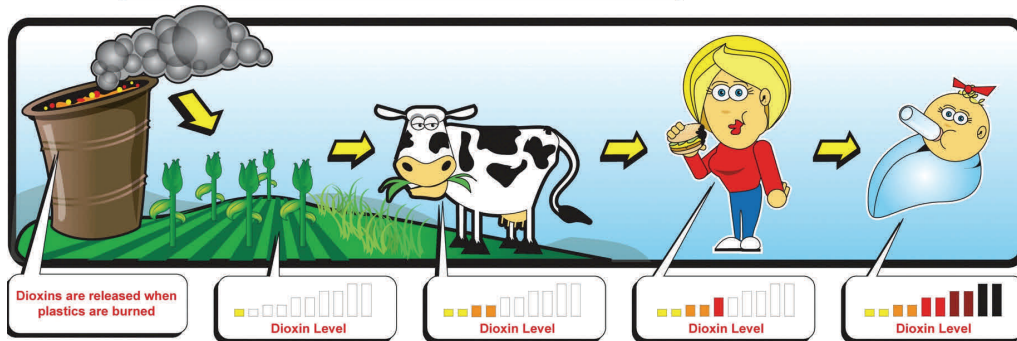
waste dumps, by the time they're between 20 and 45 years of age they will have eliminated more than 95% of the

PCB inheritance we gave them at birth.

A problem they found in doing the study, though, is that they had to throw out a lot of data and exclude children who had obvious PCB reuptakes because their levels were even higher at age 12 than 8, meaning they were getting re-exposed. Where are some of these pollutants found? See my videos [Food Sources of Flame Retardant Chemicals](#) and [Food Sources of Perfluorochemicals](#).

Bioaccumulation & Biomagnification of Dioxins

Biomagnification = Toxins, stored in fat cells, increase in their concentration as they move along the food chain



Regardless of what kind of start our children get, it's never too late to improve our families' diets to prevent additional intake of these pollutants into their bodies

of these pollutants into their bodies.

See all these videos on: www.nutritionfacts.org.

Letter to the Editor

Nutritional Information Lacking

Food products, publications, journals, shared recipes, cookbooks, and restaurants that cater and positively advertise to vegetarians and vegans are a welcome sight. Unfortunately, many limit their advertising messages toward positive comments, statements, and facts only. The majority of the people I know accept, encourage and are, in general, happy we have an opportunity for anything vegetarian/vegan. This is not necessarily a bad thing. However, limited and/or lack of vital information regarding nutritional facts can be deceptive.

I am becoming increasingly disappointed and frustrated in the food products and recipes advertised in our national vegetarian magazines and journals. These publications have such a tremendous opportunity to promulgate nutritionally sound food recipe choices and products for the public at large. Unfortunately, they often print recipes that are truly decadent, and would lead their constituents to a lifetime of ill health.

The most recent issue of what I had considered our national vegetarian guru journal (devouring its nutritional and scientific updates, book reviews, cooking tips, and reci-

pes), as in previous issues, recommended certain vegan products that were unfamiliar to me. I decided to look into these healthy, vegan snack foods and items that had received rave reviews.

Unfortunately, the web, like this latest journal's write-up, did not provide straight-forward ingredient and nutritional information without some extra searching on my behalf. What turned out to be the most informative was to pick the product up in hand and review the nutritional information printed on the individual package, which is not possible when trying to support and purchase a vegan product online that is not available locally.

Stating that products are "vegan, kosher, healthy, and contain no: dairy, eggs, gluten, nuts, preservatives, soy, nor wheat" just doesn't cut it when not all ingredients are listed, including types and amounts of sweeteners.

Large amounts of sugar, for example, 22 to 34 grams per single serving, are anything but healthy, and also contribute to a short term glycemic spike, also known as a sugar rush. Let's look at just the sugar in two products that were highly praised in this national vegetarian journal.

(Continued on page 9)

Are Your Cosmetics Vegan?



by Kourtney Linebaugh
samvidbeauty.com

*Is your makeup brush made with goat hair or synthetic bristles?
Does your eye shadow have fish scales or mineral mica?*

There are many alternatives to cosmetics that use animal products, and many conscious companies are providing not only vegan lines, but organic and environmentally friendly choices as well. Taking all these options into account is important when looking for companies you feel good about supporting, as well as choosing the best products to use on your skin.

Searching out and purchasing healthy and conscious cosmetics can make a world of difference. When you support animal-free and eco-friendly, you are, whether you realize it or not, sending a message to companies about what you expect on the market.

When it comes to cosmetics, plant-based and mineral-based ingredients are superior alternatives to those in animal-infused cosmetics. Inherent in these ingredients are beneficial properties that can heal, soothe and be gentle on the skin. Many plants have been used for centuries to heal ailments and skin issues, including tea tree to cleanse, chamomile to soothe and calm, and olive oil to moisturize. Minerals have been used to treat skin conditions and some, like zinc oxide, are used to actually protect the skin from sunburn. Mineral makeup is also preservative- and pesticide-free.

What do vegan and environmentally friendly cosmetics look like?

Their company is transparent. You can easily find the ingredient list and they set a mission statement that clearly defines their initiatives for marketing healthy products without the use of any animals.

They use minerals and plant based ingredients. Look at the *full* ingredient list to see what is in your cosmetics. Oils, nut butters, herbs and plant ingredients are a must. Certified organic ingredients are also important.

Friendly and open to answering questions. If you are not sure if a company is vegan, contact them. Do they give you a direct and simple answer? “Yes, we are 100% vegan!” If not, I would suggest trying a different company.

Do you have animal ingredients in your cosmetics?

Following is a list of a few common non-vegan ingredients that could be in your cosmetics. If you see other ingredients listed that you are not sure about, it should be easy to find out whether they’re vegan with a simple Google search.

Beeswax (aka cera alba, cera lava)

This is the wax from a bee’s hive. Bees must consume six or more pounds of **honey** in order to create one pound of wax. It is created by either being secreted by worker honeybees from four pairs of glands on the underside of their abdomens, or by secreting droplets of wax called “scales.” It can be found in many forms of makeup, from eye shadow to foundation to lipstick.

Carmine (aka cochineal, cochineal extract, crimson lake, natural red 4, C.I. 75470, E120, carminic acid)

This deep red color is taken from crushed cochineal insects. The color is extracted from the insect’s body and eggs. It is a very common colorant in lipsticks and blushes.

Collagen

This is a protein that is naturally produced in the bodies of animals. In order to extract the protein, collagen is taken from dead animals by cooking cartilaginous animal materials, such as bones, connective tissues and skin. Collagen is typically used because of its temporary plumping or firming effect and can be found in lotions, creams or lip sticks.

Guanine (aka CI 75170)

Guanine is fish scales that have been scraped off dead fish. It is then soaked in alcohol to create a pearly essence that is added to products. In mainstream cosmetics you can find it in the sparkles of your products such as blush, eye shadow and nail polish.

Keratin

This is another protein found in mammals. It comes from hair, nails and horns of animals. It is often found in hair products.

Lanolin

This fat is derived from the grease in a sheep’s hair, and is a product of the wool industry. It is most often found in lotions and lip balms.

Squalane [if animal derived]

This ingredient can be made from squeezing oil from the liver of a shark. You can find it in all sorts of moisturizers and cosmetics.

Many times companies will label their product “cruelty free” but may still use the ingredients mentioned above, or other animal by-products. Cruelty free does not mean a cosmetic is vegan. Cruelty free means that a company did not test their product or ingredients on animals during any phase of development. Although the term “cruelty-free” does prohibit the use of animal testing, it still allows the company to use animal ingredients, which are far from cruelty-free.

This article originally appeared on www.gentleworld.org.

Restaurant Review

Roy's Restaurant Waikiki

226 Lewers St
Honolulu, Oahu, HI 96815
(808) 923-7697
www.royshawaii.com

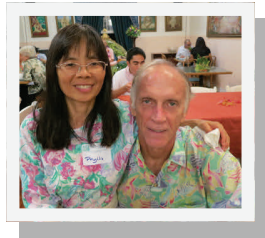


Pupus on Lanai:

Daily 11a.m. to 5p.m.
Dinner Service:
Daily 5pm

By Phyllis Fong and Jim Day

Roy's Waikiki on the corner of Kalia Road/Lewers/Beachwalk should be the next stop for those wanting vegan haute cuisine. Jason Peel, Roy's Waikiki's executive



chef, has proved to us he is a master at improvisation, time and time again. He crafts a special, totally vegan menu, to titillate the palate and surprise the eye with a visual treat as well. The end result is as pretty as it is good to eat.

Roy's offers a changed vegan offering about once a month. The experience consists of four courses in all for just \$41.50 per person with wine pairing for an extra cost. The waiters are very friendly and Diva, the general manager, stops by to make sure everything is up to your expectations. We learned from her that the kitchen is very specialized, and is separated into preparation stages to make the dining experience just right.

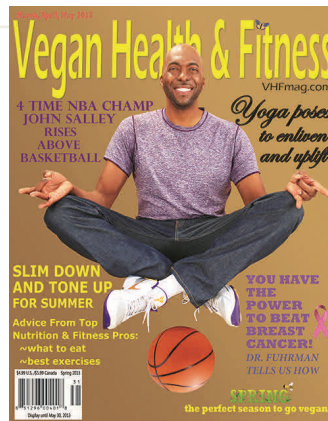
On our last visit, the menu was a Vegan Roll (spicy chick-pea 'Tuna', avocado, kaiware sprouts and cucumber), Grilled Hamakua Mushroom Bao Bun with pickled hearts of palm, Spiced Seared Tofu (cranberry & candied almonds, quinoa, Moroccan relish, preserved lemon chili, and basil foam), and a Fresh Raspberries & Almond Tart desert left us knowing vegan cuisine is the way of the future!



Vegans are no longer at a loss for something to read while waiting for their flight to board! Below are some new vegan magazines. They are available both in print and digital formats, except for Vegworld, which also lays claim to being the world's first interactive



Laika Magazine
www.laikamagazine.com



Vegan Health & Fitness
www.veganhealthandfitnessmag.com



Chickpea Vegan Quarterly
www.chickpeamagazine.com



Vegworld
www.vegworldmag.com

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VSH Events on Oahu and Maui



January: Dr. Terry Shintani

Dr. Shintani presented **The 7 Step Health Makeover: Lose Weight and Reduce Your Need for Medication**



February: Gene Baur

Gene Baur presented
**Farm Sanctuary:
Changing Hearts and Minds
About Animals and Food**

March:

Ori Ann Li

Ori Ann Li presented **Ori Ann's Vegan Paradise**, a lecture and cooking demonstration based on recipes from her just-published vegan cookbook, with the help of friend Hillery Hanby. Attendees enjoyed tasty samples of the demonstrated dishes.

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 O'ahu, Na Leo 'O Hawai'i Ch 54 on the Big Island, Ho'ike Ch 52 on Kaua'i, Akaku Ch 55 on Maui

VSH Events on Kauai



Nina Monasevitch was the recipe winner in **February** for her Ulu (Breadfruit) Curry.



Singer/Musician/Comedian Dana Lyons presented **Cows with Guns: Vegetarian Music and Comedy** at the February potluck.



Joseph Dunsmoor was the winner of the recipe contest for his Boiled Amazon Peanuts at the January potluck and lecture



Karl Seff, PhD presented **Confessions of a Low Class Vegan** at the January potluck and lecture.

In March the Kauai VSH group enjoyed Dr. Terry Shintani's January Oahu lecture video. There was no recipe contest in March.

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

The Mediterranean Diet Study

by William Harris, M.D.



There it was on the front page of the February 25, 2013 New York Times:

www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?pagewanted=all&_r=0, a husky farmer with

a tray of olives on his shoulder, and in our local newspaper, a beautiful glossy picture of the foods of the Mediterranean basin, lots of fruit, vegetables, some walnuts, a bottle of wine, a fish and a bottle of olive oil.

The study, which was reported in the New England Journal of Medicine, concluded that among 7447 males and females, the risk of stroke, heart attack, and other cardiovascular disease was less on the Mediterranean diet than on a control diet. The complete article is generously available at www.nejm.org/doi/full/10.1056/NEJMoa1200303.

The problem is that, in the control group, the percentage of fat of total calories consumed decreased only from 39% to 37%. The 2004 Women's Health Initiative study, en.wikipedia.org/wiki/Women's_Health_Initiative, similarly claimed to find no reduction in health risk in 49,000 women following a "low fat" diet. However, the "low fat" intake in the 2004 WHI study was still a high 29%, which is way above the fat level recommended by the veggie MD authors Esselstyn, McDougall, and Ornish, who all want it down around 10%. As the Star-Advertiser writer Marilyn Marchione observed: "Those who ate Mediterranean-style with lots of olive oil or nuts had a 30 percent lower risk of major cardiovascular problems compared to those who were told to follow a low-fat diet but who in reality, didn't cut fat very much."

But what about the food components of the Mediterranean diet? The benefits of fruits and vegetables consumption are certainly supported by thousands of peer-reviewed journal articles. Red wine contains resveratrol and flavonol, which are protective, although you can get more of these beneficial nutrients by just eating the grapes. Walnuts have 9 grams of alpha linolenic acid (ALA), the first of the omega-3 fats, per 100 grams, but they have more linoleic acid (LA) the first of the omega-6 fats (38 grams), so better choices for omega-3 would be perilla seed (26/7) flaxseed (22/6) or chia seed (17/6) www.vegsource.com/harris/food_comp.htm. Fish does contain all three omega-3 fatty acids, but the fish didn't synthesize them, getting them, instead, from the algae at the bottom of the marine food chain. Utilizing the elongated omega-3 fatty acids, EPA and DHA, though, may be a problem for aging consumers of the Mediterranean diet, as the enzyme delta-6 desaturase is used by both the omega-3 and omega-6 systems, so there may not be enough to go around, particularly if they're into olive oil in the quantity recommended here (over 3 tablespoons/day). Olive oil is 100% fat without any fiber, and has an high omega-6/omega-3 ratio of 12:1.

This study listed 19 authors, all Spanish. The study was funded by the Spanish government's Instituto de Salud Carlos III, and Spain is the largest producer of olive oil, and the 3rd largest producer of wine in Europe (www.economywatch.com/world_economy/spain/industry-sector-industries.html). The authors honestly report affiliations with 39 academic and medical institutions - all in Spain, as well as professional ties to numerous food companies.

Conclusion by Caldwell Esselstyn, M.D.: "All the study showed was that the Mediterranean diet and the horrible control diet were able to create disease in people who otherwise did not have it."



The Mediterranean Diet Study: Bad Science, Worse Journalism

Howard Jacobson, the co-author of T. Colin Campbell's new book: [Whole - Rethinking the Science of Nutrition](#) [1], has created a short [video](#) [2] summarizing what is wrong with the recently published study on the Mediterranean diet that has been so much in the news lately. He found that the study, contrary to the headlines, showed no statistical benefit for heart disease, and all of the diets in the study had very high disease rates.

[1] www.thechinastudy.com/whole/about/

[2] www.youtube.com/watch?v=cktwDEXJjvs

Sustainable Farming Trumps Industrial Methods

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



The need to produce more food in some regions of Asia during the past fifty years was—for a time—achieved by increasing the yields of grain crops by as much as 2.5 percent per year using industrial farming methods. These methods relied on high-yielding hybrid seeds and more recently seeds of genetically modified (GM) crops, synthetic fertilizers, pesticides, herbicides, and intense irrigation. But by 2004, annual growth rates of crop yields began declining, e.g. the annual growth in yield for rice crops dropped to as low as .5 percent. This finding and other data led some experts to note that the higher yields of industrial farming were temporary and unsustainable. Top soil erosion, deteriorating soil quality, and depleting water supply were some of the major consequences, as well as risks to human health caused by ingesting toxins from the chemicals of industrial farming.

A 2012 report by the respected international aid organization ActionAid says that farming methods in Asian countries are now at a crossroads. Sustainable, or ecological, farming methods are gaining increasing acceptance around the world as the most viable way to promote food security, better health, and an improved environment. Farmers who practice sustainable agriculture use natural methods to build the soil, increase water retention and control pests. Currently,

most farmers who use sustainable methods are small scale or family owned. They participate in the local economy and most of their produce is consumed locally.

By contrast, industrial farming usually focuses on planting vast tracks of land with a single cash crop destined for export markets (mono-cropping). In addition to using synthetic fertilizers and pesticides, industrial farmers are increasingly using GM seeds in an effort to boost yields while using less labor. One of the principal traits of commercialized GM crops is resistance to Round-Up herbicide, resulting in vast quantities of this toxic chemical being sprayed on crops.

In addition, the increasing use of synthetic pesticides introduces toxins into the water and soil that kill many beneficial living organisms besides the pests they target. Crops absorb those toxins, which puts our health at risk when we eat them. Finally, industrial farmers rely heavily on irrigation techniques that deplete local reservoirs rapidly. Many industrial farms are run by large corporations that pay workers substandard wages and don't recycle their profits back into the local economy.

People are becoming increasingly aware that organic foods are better for their health. But the benefits extend much farther than that. Organic, sustainably grown food not only benefits the individual, it also benefits local families, local economies and the health of the planet as a whole.

(Continued from page 3)

Letter to the Editor

Nutritional Information Lacking

1. **Just Fruit, And That's It!** ~ Each individual "Fruit Snack Bar" listed contains 22 to 24 grams of cane sugar (this is 4 to 5 teaspoons of sugar per bar).

2. **Divvies Cookies** ~ Each "Cookie" (with two cookies considered a single serving) has a whopping 28 to 34 grams of sugar or 7 to 8 teaspoons of sugar per serving (of 2 cookies).

The above two products may be considered healthy, vegan

snack food items by some. But my gut is telling me that the refined processed sugar places these vegan snacks in the junk food category.

Hopefully, you and other potential product consumers will hear my words, and request that complete nutritional data on all foods be printed on all advertisements, or at least referenced to where it might be located. This data will assist in eliminating unnecessary online research, time, and energy or supporting vegetarian vendors by buying products we will never prepare nor eat.

Mahalo for listening,
Dr. Fred Foster

Nutrition News

from



Smelling cooking meat is bad for you

The paper "Airborne mutagens produced by frying beef, pork and a soy-based food." found that "The fumes generated by frying pork and beef were mutagenic, with 4900 and 1300 revertants/g of food cooked, respectively. No mutagenicity was detected in fumes from frying tempeh burgers." This study may explain the higher risk of respiratory tract cancer among cooks, and the lower rate of respiratory diseases and lung cancer in vegetarians. nutritionfacts.org/video/meat-fumes-dietary-secondhand-smoke/

98% of American Diets Potassium Deficient

Fewer than 2% of Americans achieve even the recommended minimum adequate intake of potassium due primarily to inadequate plant food intake.

nutritionfacts.org/video/98-of-american-diets-potassium-deficient/

Raisins work as well as commercial sport supplements

A recent test of raisins vs. various commercial sport supplements found that raisins work just as well for improving performance, and they taste better!

nutritionfacts.org/video/raisins-vs-jelly-beans-for-athletic-performance/

A Mushroom a Day cuts Breast Cancer Risk 64%

A recent study of breast cancer in Asian women found that consuming as little as 1/2 a mushroom a day lowered the odds of getting breast cancer risk by 64%.

nutritionfacts.org/video/why-do-asian-women-have-less-breast-cancer/

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Book Review

Apples, Bean Dip, & Carrot Cake

Anne and Freya Dinshah. American Vegan Society. 160 pp. \$24.95

by Ruth Heidrich



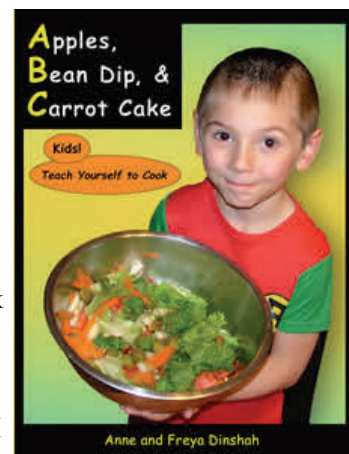
This is the book I wish I could have had in my hands when I was a kid. Even more, I wish I could have given this to my kids when they were growing up. Because it's so much harder to change people's eating habits once they are set, it would have been ideal to have us all eating healthier from the very beginning. So let's teach our kids right in the first place – and this book can do it!

If you know any kids from ages 4 to 12, do them a gigantic favor and give them this book. It starts with such basics as getting a step stool if you're not quite tall enough to reach the sink or counter, gives complete instructions on how to effectively wash your hands (which even adults rarely do), and how to handle a knife safely. They cover the real basics, things most of us do automatically but don't realize that children need to be shown and taught.

There are four levels which are almost like going through grade levels in school, complete with a certificate of graduation after achieving Level Four. Each recipe starts with a list of skills to be acquired, for example, from how to properly wash and slice an apple, all the way to burping a blender! (Burping obviously comes at Level Four!)

Although it is highly recommended that there always be at least one adult per child present, the instructions are clear enough to warrant the claim that kids can teach themselves to cook – and have fun doing it, too. You don't even have to worry about the kids leaving a mess in the kitchen because easy clean-up techniques are covered.

There are large, lavish color photographs accompanying a variety of skills and for each recipe. They cover real youngsters demonstrating each skill, step-by-step, from, for example, 3-year-old Matthew accurately measuring liquids to 11-year-old Kiara making Banana Ice Cream. There are ideas for snacks, salads, vegetable dishes, entrees, desserts, and beverages – more than sixty different recipes. They range from Variety Trail Mix (Level One), to Guacamole (Level Two), to Spinach Tofu Lasagna and Chocolate Chip Cookies (Level Three), to Mushroom Soup and Chocorange Cupcakes with Icing (Level Four). You can see just how proud these kids are of their accomplishments as their faces beam with pride! Most all of the edible creations would be suitable for, not just kids, but some that even adults would look upon with envy!

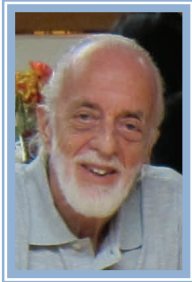


Recipes

Three Heart Healthy Recipes

by Neal Pinckney

Heart.kumu.org "If it takes longer to make it than it does to eat it, forget it."



This one is fat free, gluten free (with tamari) and spicy. Birds used to deposit the seeds of the wild Hawaiian tiny red pepper bush in my yard and I had about a dozen bushes with hundreds of the little peppers. I'd pick the peppers as soon as they started getting red (or else the birds would eat them all). My Chinese friends said they tasted just like Szechuan peppers.

Szechuan Eggplant Serves 6

- 2 medium round eggplants
(or 4 or 5 long eggplants halved the long way)
- 1¾ cup water
- 2 T reduced-sodium soy sauce or tamari
- 1 T grated ginger
- 1 T cornstarch
- 2 green onions, chopped
- ¼+ tsp red pepper flakes



Preheat oven to 400 degrees.

Slice eggplant into ½ inch slices. Place on a non-stick baking sheet and bake for 10 minutes. Remove from oven and set aside. Reduce oven heat to 350 degrees.

Combine the remaining ingredients in a saucepan. Bring to a boil, then simmer, stirring constantly until mixture thickens and becomes clear. Remove from heat and set aside.

Place the eggplant in a 9x12 inch baking dish, overlapping slices as necessary. Pour the sauce over the eggplant and bake for 20-30 minutes until eggplant is very tender.

Szechuan peppers are ideal for this dish, but they are very hot and can be hard to find. Using pepper flakes comes quite close, but if you aren't used to hot spices, start with ¼ teaspoon and add more to taste. It will take a full teaspoon or more to approximate the typical Szechuan level of heat. If you have any, the wild tiny Hawaiian red peppers give an authentic Szechuan taste.

Polish Sauerkraut

Alex & Dr. Ludwika Rogozowski, natives of Poland and now living in Canada, are sometimes winter neighbors of Bill Harris. While chatting with them at a party, I mentioned I had a recipe for Polish Cabbage in my book. Alex went back to his place and brought back a bite of this tasty dish for me to try. After that, it took two years of email reminders to finally get this recipe. It's nutritious, delicious and with the sauerkraut

drained and rinsed, not too high in sodium. The original recipe was made with butter, but I've eliminated all fat from this adaption

- 1 oz. mushrooms, dried OR ¼ pound fresh mushrooms
- ½ cup warm water
- 1 large onion
- 1½ pounds sauerkraut, rinsed and drained
- ⅓ cup water
- 2 tablespoons flour (whole wheat, or any gluten free flour)
- salt and fresh ground black pepper to taste



Soak the dried mushrooms in 1/2 cup of warm water for 1 hour. Saute mushrooms and onion in water in a skillet 3 minutes. Add sauerkraut to mushrooms; cook and stir for 10 minutes. Blend 1/3 cup water into flour. Mix with sauerkraut and simmer for 15 minutes. Season to taste with salt and pepper. Serve warm as a side dish or a snack.

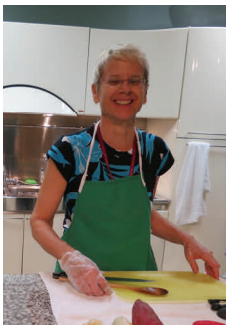
Buckwheat has been a favorite in Japanese noodle dishes and Eastern European comfort food (kasha varnishkes). But few people know that it's neither wheat nor a grain, but the edible fruit seed of a plant related to rhubarb. Kasha, or roasted buckwheat, is very low in fat and is gluten free. In Russia and Poland, it's also a favorite breakfast dish, often served with milk and a sweetener.

Kasha Breakfast Porridge

- 2 cups water
- 1 stick cinnamon, broken in two
(or ¼ teaspoon ground cinnamon if stick is unavailable)
- 1 cup kasha (roasted buckwheat groats)
- 1 pinch salt
- 1 tablespoon maple syrup
(can also use brown rice syrup, agave, brown sugar, honey, etc.)

In a small saucepan, combine water and cinnamon stick and bring to a boil. Add kasha and a pinch of salt, reduce the heat to low and cook for about 12 to 15 minutes, stirring occasionally. Serve porridge with syrup to taste. Thickness can be adjusted according to preference by adding more water or soy milk. There is a subtle difference, which many prefer, with a cinnamon stick as opposed to ground cinnamon.

4 servings : 180 calories (5% from fat), 1.5g total fat, 0g saturated fat, 0mg cholesterol, 40mg sodium, 39g carbohydrate, 5g dietary fiber, 5g protein.



Salad Adventures

by Eileen Towata

On a recent trip to Australia, I was reintroduced to a fruit that had previously made it into my recipe repertoire only in a canned, pureed version. I simply didn't enjoy it, in spite of great nutritional value, unless it was camouflaged with sweetener, nuts and dried fruits and formed into a muffin, cookie or quick bread. A tasty salad of crisp greens and other "salad-y" ingredients dotted with golden cubes changed my mind. Pumpkin is in!

My first encounter with the "pumpkin" that I would soon notice on many restaurants' menus was at a little café in Sydney. I was surprised at how tasty small chunks of roasted pumpkin could be, and how well they complemented the salad. One pumpkin salad led to another – and to trying hummus with pumpkin. I returned home on a mission to see what I could do with roasted pumpkin.

The squash family (Cucurbitaceae) includes winter and summer squashes. A familiar summer squash is zucchini, while the winter squashes, with their yellow or orange flesh, include butternut, acorn, spaghetti, and pumpkin [1]. "Pumpkin" is a common name that could be used for several different species of *Cucurbita*, including the Halloween pumpkin that is grown for ornamental use. In local markets, Japanese pumpkin or kabocha is easily found throughout the year. Kabocha is known as *Cucurbita moschata* or *Cucurbita maxima* [2], but there are hybrids as well [3]. Typically green/gray in color on the outside, the flesh is a rich orange. The results of roasting this kabocha were quite satisfactory, but a bright orange-skinned variety of kabocha I



found gave even better results and seemed to be more like the type served in Australia.

Try this salad that features an array of colorful vegetables and fruits, including roasted kabocha. Pick and choose the ingredients to make the amount of salad you need. Arrange ingredients on a large platter and embellish with a little dried fruit and nuts. Serve the dressing (recipe follows) on the side to be added to individual portions. A final splurge is the addition of a few avocado slices for healthy fat.

Moroccan Salad with Orange Dressing

- Carrots (shredded)
- Broccoli (florets)
- Yellow or orange bell pepper (diced or thinly sliced)

- Purple cabbage (chopped)
- Pomegranate seeds (if in season)
- Fresh orange segments
- Salad greens of choice (try spinach and kale)
- Kabocha (roasted*)
- Kidney beans
- Raisins, dried apricots, or dried fig
- Unsalted pistachios
- Avocado slices

***Preparation of kabocha:** This pumpkin squash is high in Vitamin A and a good source of potassium.

Preheat oven to 350 degrees. Wash kabocha well; carefully pierce the skin with a sharp knife, making 4-5 cuts (each about 2" long). Microwave for several minutes with a small amount of water in bottom of the dish, until the kabocha is soft enough to cut. Remove from microwave and allow to cool enough to handle. Remove any rough spots on the skin; otherwise keep the skin on as it will cook and soften quite nicely. Cut into 3/4" to 1" cubes and place on a baking sheet. **For a medium kabocha, use 3 teaspoons of olive oil and 1/4 teaspoon coarse salt.** Drizzle oil over the kabocha and sprinkle with the salt. Bake for about 15-20 minutes, turning pieces about midway through cooking time. Kabocha, including skin, should be tender. Use warm or cold for the salad. Leftovers may be used for side dish, as part of a roasted vegetable sandwich/wrap, or added to other dishes.



Orange Dressing (8 Tablespoons)

- 1/3 cup orange juice concentrate, thawed
- 2 Tablespoons apple cider or rice vinegar
- 2 Tablespoons olive oil
- 1/2 teaspoon curry powder
- 1/4 teaspoon dried ginger

Combine ingredients. Dress individual bowls of salad just before serving and refrigerate leftover dressing.

References

- [1] Margen S, Editors of the University of California at Berkeley Wellness Letter. The wellness encyclopedia of food and nutrition: how to buy, store, and prepare every fresh food. New York: REBUS; 1992.
- [2] Larkcom J. Oriental vegetables. The complete guide for the gardening cook. Tokyo: Kodansha; 1991.
- [3] Radovich T. Farm and forestry production and marketing profile for pumpkin and squash (*Cucurbita* spp.). In: Elevitch CR, ed. Specialty crops for Pacific Island agroforestry. Holualoa, Hawai'i: Permanent Agriculture Resources (PAR); 2011 (revised). <http://agroforestry.net/scps>.

Postcard From the Road – Hawaii

by Gene Baur
co-founder, Farm Sanctuary

The Vegetarian Society of Hawaii, with the support of Down to Earth™, a vegan-friendly health food store chain on the islands, recently welcomed me to their beautiful homeland. I spoke to several groups and attended events on Oahu and Maui. As I've seen in many other places, vegan awareness is thriving there!

Sharing our message

Three events on three consecutive days drew strong attendance, and our message was magnified in news reports on two popular morning news programs with special segments promoting plant-based eating. One of these programs also included an interview with Justin Young, a talented musician and Farm Sanctuary supporter who performed at a Valentine's Eve benefit for Farm Sanctuary at Govinda's vegetarian restaurant in Honolulu.

During my visit, I met Patricia Bragg (of Bragg Liquid Aminos), whose father, Paul Bragg, inspired the beginnings of Jack LaLanne's life-long devotion to encouraging fitness and nutritional eating, and Jay, a vegan athlete who ran the Honolulu marathon (26.2 miles) carrying an impressive 100-pound log to demonstrate both the endurance and strength that plant foods can support. I also saw old friends like Ruth Heidrich, a six-time ironman triathlon finisher who beat cancer on a plant-based diet,



VSH's Valentine's Eve Benefit for the Animals of Farm Sanctuary at Govinda's Vegetarian Buffet.

and Dr. Bill Harris, a former fighter pilot who founded the Vegetarian Society of Hawaii and who is keeping active into his 80s by parachuting out of planes, among his other pursuits! Members of Hawaii's vegetarian community are actively demonstrating the short- and long-term



Dr. Quyen Nguyen & friend on her left, Pi'i Miguel, Nyssa Thompson, Lorraine Sakaguchi, Gene Baur, Justin Young, Anjie Pham, Mark Fergusson.

benefits of eating plants instead of animals.

Animal agriculture operates in Hawaii on a relatively small scale, with the exception of the Parker Ranch, one of the oldest and largest cattle ranches in the United States. It was established in the 1800s, alongside the whaling industry, and comprises roughly 250,000 acres. As on the mainland, Hawaii's animal agriculture industry also includes chickens exploited for egg production and pigs exploited for meat who are kept in cramped, filthy enclosures. Exploiting animals for commercial gain here presents animal welfare problems associated with shipping animals to and from the mainland. To contest these

practices in Hawaii, members of the vegetarian society and animal activists are speaking out and demanding reforms.

Special opportunities

I especially enjoyed whale watching — from a bluff, not a boat — during my visit. Mothers and their babies swim, dive, and breach in the waters around Hawaii as part of their annual migration for birthing and mat-

ing. In the past, killing whales was a significant economic activity in Hawaii, but thankfully times have changed. A more humane and sustainable economy has now developed around watching and appreciating these whales.

During my time on Maui, I visited Leilani Farm Sanctuary. This shelter for abused animals shares a kindred spirit with Farm Sanctuary. Laurelee Blanchard, their director, is a dedicated animal advocate whom I've known for many years. She moved to Hawaii in 1999 and now lives in the middle of her sanctuary, surrounded by rescued animals. We toured the grounds together and then enjoyed a tasty vegan meal prepared by Laurelee's boyfriend, Barry. It always delights and inspires me to spend time with other committed, passionate advocates.

All of these individuals who are supporting animal causes, choosing more plant-based diets, and speaking out on behalf of suffering animals show me that we can make a positive difference in our world. I just love watching our movement grow!

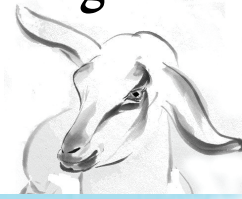


Barry Sultanoff, MD, Gene Baur & friends at Leilani Farm Sanctuary.

Reprinted from blog.farmsanctuary.org

Johnny and the Goat Rancher Who Had a Change of Heart

by *Leilani Farm Sanctuary Founder*
Laurelee Blanchard



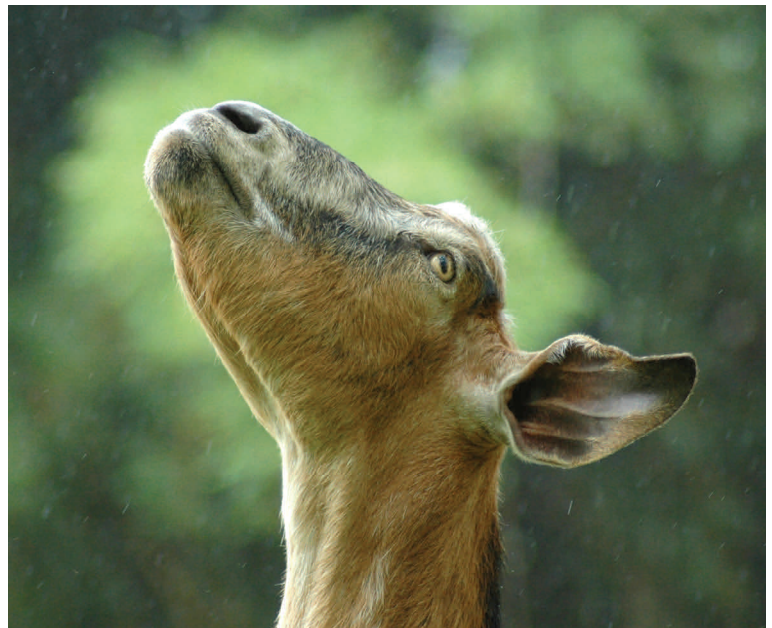
Johnny was born on a goat ranch with sixty-five other goats, slated to be sold for meat. When Johnny's mother became too ill to nurse him, the rancher (Carol) had to bottle-feed the baby goat. Several times a day, she brought Johnny into her house and gave him a warm bottle of milk. Gradually, a bond developed between Rancher Carol and little Johnny. Carol could not bear the thought of Johnny ending up at a barbecue, so she decided to consider other options. One day, while shopping at the local feed store, Carol learned about Leilani Farm Sanctuary and was told that a rescued baby goat named Ned lived here and needed a friend.

The next day, the rancher called Leilani Farm Sanctuary and asked us to come to her ranch and pick up the baby goat. Concerned that she might change her mind about letting Johnny go, I immediately drove there. Nearby on the same ranch, I discovered there was also a pig operation. The hillside ranch was dotted with dozens of beautiful goats. It broke my heart to know that they were all destined for slaughter. I scooped Johnny into my arms and took him to Leilani Farm Sanctuary where he met baby Ned, a kid goat his age. The two kids became fast friends, cuddling together, playing on rock piles, and romping around the farm.

I was so pleased with the friendship between Johnny and Ned, that I decided to call Rancher Carol and give her the good news about how well it was working out, and also invite her to visit us. Surprising to me, she accepted the invitation. That Sunday, Carol and her husband (a pig farmer) came to Leilani Farm Sanctuary and spent the whole afternoon, meeting all the goats and learning their stories. The visit became a revelation for them: it was the first time they had considered goats as individuals with personalities. They began to understand what intelligent and sensitive animals goats are. That experience shifted Carol's perspective, and she had a change of heart. Two weeks later, she decided to let all her goats retire, rather than sell them for slaughter. One month later, Carol's husband opted to get out of the pig business.



**Laurelee holds Johnny while
Leilani the donkey looks on**



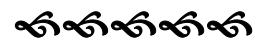
Johnny is safe and loved

Leilani Farm Sanctuary is home to over a hundred rescued animals like Johnny, 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.





Upcoming VSH Events



VSH speakers at Castle Medical Center

Monday, April 8, 2013

7-8:30 p.m. Free. "The Role of Diet in Preventing, Treating and Reversing Diseases" by Michael Greger, MD.

Register at castlemed.org or call (808)263-5400.

Tuesday, April 9, 2013

12:30-1:30 p.m. Free. CME Lecture for medical clinicians by Michael Greger, MD. Call (808) 263-5382 to register.

Wednesday, May 15, 2013

7-8:30 p.m. Free. "A Nutritional Approach to Alzheimer's Disease" by Steve Blake, ScD.

Register at castlemed.org or call (808)263-5400.

Wellness Auditorium
Castle Medical Center
640 'Ulukahiki Street
Kailua, Hawai'i 96734

You're Invited to our VSH Dine-Outs!

Monday, April 8, 2013: Dine out with Michael Greger, MD
5 to 6:30 p.m., The Bistro at Castle Medical Center in Kailua. \$10 each, please pay at the dine-out.

All-vegan buffet featuring: Salad Bar with Fresh Greens from CMC's new rooftop garden, Roasted Vegetables, Cornbread, Chili and Pasta.

Some dishes will be gluten-free.

To RSVP: call 944-8344 or email dineout@vsh.org.

Monday, May 13, 2013: Dine out with Steve Blake, ScD
5:50 to 8:30 p.m., Govinda's Vegetarian Buffet, 51 Coelho Way, Honolulu. \$15 age 13 and up, \$8 age 8-12, free age 0-7.

Vegan, gluten-free, Thai buffet with a touch of Hawaii: Hawaiian Mixed Greens and Herb salad with Tropical Dressing, Crispy Noodles with Tamarind Sauce, Tofu Peanut Satay, Brown Rice, Massaman Curry, Red Thai Curry, Creamy Haupia dessert and Lilikoi Punch.

To RSVP and pay: call (808)595-4913 or email govindas108@hotmail.com.

Wednesday, June 12, 2013: Dine out with Mary Clifton, MD
5:30 to 8 p.m., Greens & Vines, corner of Ward & Kapiolani, Honolulu. Free customer parking on ground floor of building.

\$22.50, including tax and tip.

Gourmet, gluten-free, raw vegan tasting menu: Lemony Zucchini Bisque with Shaved Fennel, Not Tuna Salad on Onion Bread with Salad & Butter Lettuce, Pad Thai, Lasagna, Wicked Chocolate Tart.

To RSVP and prepay via credit card: call (808)536-9680.

Visit our VSH Booth at these Educational Events!

Tuesday, April 9, 2013

"Be The Change" Event

11 a.m. to 1 p.m. – Campus Mall

Honolulu Community College

874 Dillingham Boulevard

Honolulu, HI 96817

Friday, April 19, 2013

Sustainability Fair

9 a.m. to 2 p.m. – Rice Field

Punahou School

1601 Punahou Street

Honolulu, HI 96822

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

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.

Vegetarian Society of Hawaii Lectures

APRIL

MAY

JUNE

MICHAEL GREGER, M.D.



The Role of Diet in Preventing, Treating, and Reversing the 15 Leading Causes of Death

Practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse our top 15 killer diseases, from studies published over the past year in peer-reviewed scientific journals. Michael Greger, M.D., has scoured the world's scholarly literature on clinical nutrition and developed this *brand-new* presentation on the latest in cutting-edge research.

A founding member of the American College of Lifestyle Medicine, Dr. Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. A graduate of Cornell University School of Agriculture and Tufts University School of Medicine, he serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. Hundreds of his nutrition videos are freely available at <http://NutritionFacts.org>, with new videos added daily.

Honolulu: April 9, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: April 11, 7 p.m. Cameron Center, 95 Mahalani St., Wailuku

STEVE BLAKE, SC.D.



Arthritis: A Natural Approach

One in five adults, and half of those over 65 have arthritis. Reducing inflammation is the key to reducing pain. Learn which foods aggravate inflammatory joint conditions, and how essential fats in foods can reduce joint pain. Decrease inflammation with safe and cheap plant sources of omega-3s. Find out which vitamins and minerals in food help build collagen to support healthy cartilage. Learn which antioxidant plant foods can reduce damage to vulnerable joint cartilage. Which foods support the lubrication of joints? We can easily avoid foods with *advanced glycation endproducts*, which aggravate inflammation and joint damage. See how use spices and herbs to reduce inflammation. Losing weight can help with hip and knee arthritis pain. Losing weight is quick and easy with a plant-based, whole food diet. This presentation is designed to teach how to rebuild healthy cartilage and regain mobility.

Dr. Steve Blake is the author of *Vitamins and Minerals Demystified* and the new *A Nutritional Approach to Alzheimer's Disease*.

Honolulu: May 14, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: May 17, 7 p.m. Kaunoa Senior Center, 401 Alakapa Pl., Paia

MARY CLIFTON, M.D.



Waist Away: How to Lose Weight Joyfully and Supercharge Your Life

Learn why healthy vegan diets work to reduce disease to reduce disease through the use of healthy fats at the cellular level. Learn how to lose weight joyfully through tips perfected in Dr. Mary's busy clinical practice in Michigan.

Dr. Mary Clifton, author and founder of Dr. Mary's Waisters, is a clinical associate professor with Michigan State University's medical school and a private solo internal medicine specialist with 17 years of experience. Like many people, a routine physical turned into a wake-up call six years ago. Diagnosed with pre-diabetes and elevated cholesterol, Dr. Mary researched her extensive pharmaceutical options, and opted to modify her diet instead. Her blood sugar is back to high school levels and her cholesterol dropped by 70 points. Now, Dr. Mary shares her lifestyle and diet tips in a book co-authored with her daughter, Chelsea Klemens, an OB/GYN physician in Manhattan: *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life*. For more information see: DrMaryMD.com.

Honolulu: June 11, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: June 13, 7 p.m. Cameron Center, 95 Mahalani St., Wailuku

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



Chef Leslie Ashburn offers vegan cooking
classes and vegan popup dinners.

www.macrobiotichawaii.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

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.

Bountiful Beans

Thursday, April 25, 6 –7 p.m.

Three different kinds of beans star in these budget-
friendly dishes.

Versatile Vegetables

Thursday, May 23, 6 - 7 p.m.

Roast one pan of vegetables and use them in three
simple and delicious ways.

Great Grains

Thursday, June 27, 6 – 7 p.m.

Discover the goodness and unique flavor of three dif-
ferent whole grains.

Price: \$15 general, \$10 for Castle Medical Center em-
ployees, 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>

“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

Local Vegetarian Community Events



Workshops at The Green House Advance registration required

www.thegreenhousehawaii.com 808-524-8427

Saturday April 13th

Keiki Explorer Club 10:00 am - 11:30 am

Turn Plants into Paper!

We will harvest a variety of plants and explore the differences in the fiber they produce. Each step in fiber preparation: harvesting, beating, cooking and sheet formation will be explored, giving you and your child a full comprehension of papermaking—from "seed to sheet."

6 years and up with adult

Fee \$20 for a keiki parent team, \$5 supply fee

Keiki Explorer Club 12:30 pm - 1:30 pm

Flutterbye Butterfly

We will explore the importance of butterflies as beneficial insects and how they help plants. Learn about their life cycle, what they eat, what flowers attract them and where they come from. Each keiki takes home a flower to start their own butterfly garden plus a caterpillar to feed and discover the magic of transformation first hand! 4 years and up with adult

Fee \$20 for a keiki parent team, \$5 supply fee

Garden Basic Series... 2:00 pm - 5:00 pm

Intro to Permaculture Design

This workshop will cover the basic principles of Permaculture design. Permaculture is a method of consciously designing your home and garden spaces using a holistic approach to planning. It is a long-term approach to living self-sufficiently and in balance with nature. Your design will take the basic elements of food, shelter, energy, and water and create a plan that preserves and, in some cases, restores your natural environment.

Fee \$35

Saturday April 27th

Garden Basic Training Series... 10:00 am - 12:00 pm

Harvest, Brew and Build

Ready to harvest your compost pile, what now? In this workshop you will build a compost harvesting screen, harvest a finished compost pile and brew a batch of compost tea. Fee \$30, \$5 materials fee

It's Easy Being Clean... 1:00 pm - 3:30 pm

Soapmaking and Natural Green Cleaning

We will whip up a batch of cold processed soap and delve into the simple cleaning recipes our grandmothers used to

make with a twist using pure essential oils to make cleaning a truly sensual experience. These cleaners are safe, effective, inexpensive, and you may already have many of the ingredients needed in your kitchen cupboards. Take home handmade soap and a booklet of natural cleaning recipes.

Fee \$30, \$5 materials fee

Summer at The Green House

EcoExplorer Day Camps — register by May 3

Monday to Friday from 9am – 1pm, your keiki will love learning to care for themselves and the `aina at EcoExplorer Adventure Camp. Camp activities will inspire appreciation for the natural world through exploration and hands-on/hands-dirty activities. Keiki will plant a garden; harvest vegetables & herbs; build and cook with a solar oven; strengthen yoga skills; get to know plants, insects and one another; and create arts and crafts using recycled materials. These activities will cultivate seeds for growing a lifelong relationship with the earth.

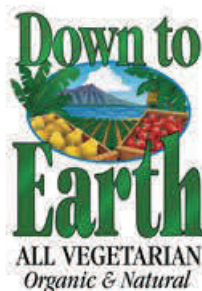
Vegan Community Dinner at Church of the Crossroads

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

Wednesday, May 15, 6 to 8 p.m.

Cost is \$20

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



Free Vegetarian Cooking Classes at Down to Earth

Honolulu • Kahului • Kailua •
Kapolei • Pearlridge
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.

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

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)
yummy tummy (Bakery, call Van at 808-306-7786)

10% Discounts

Downbeat Diner and Lounge (42 North Hotel St.)
Govinda's (lunch on weekdays, Nuuanu)
GRYLT (Manoa, Ala Moana, & Kahala Mall (soon))
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

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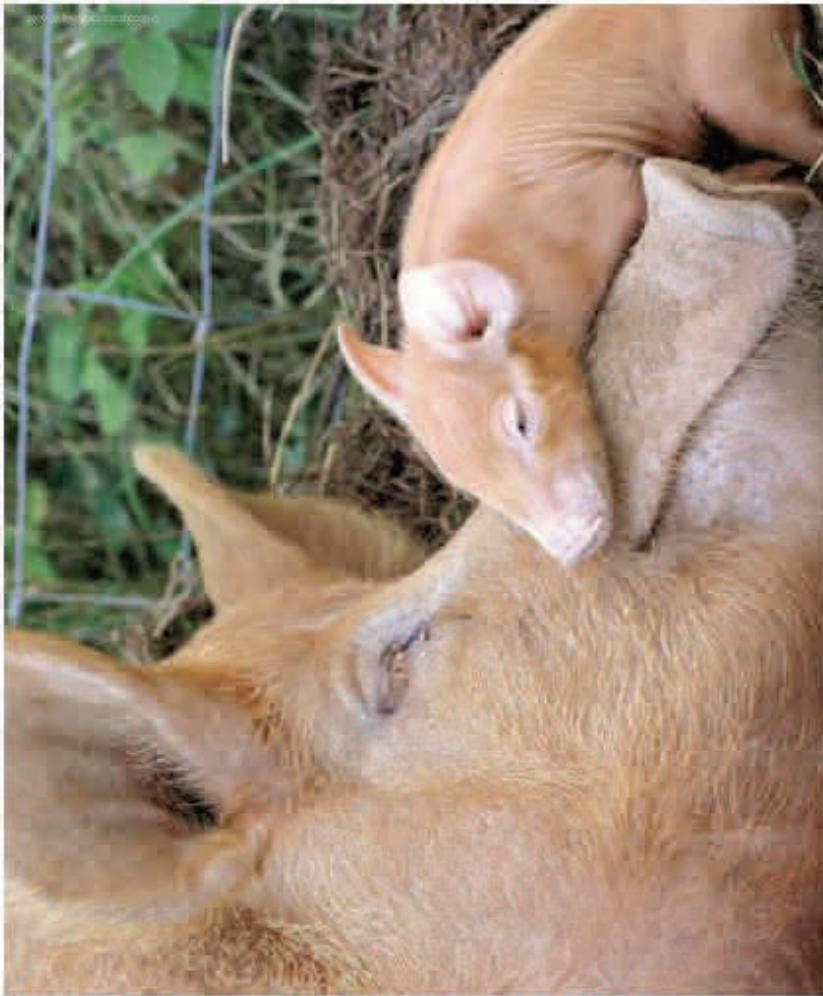
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Happy Mother's Day 2013!



**EVERYBODY'S
SOMEBODY'S
BABY.**

Go Vegan.

PETA