

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 24, ISSUE 4, OCTOBER-DECEMBER 2013

Inside This Issue

VSH Pre-Thanksgiving Dinner	1-3
President's Message	2
Ten Protein-Packed Plants	3
Treating Sensitive Skin	4
Best of Both Worlds Fruit Festival	5
Bill Gates Promotes Vegan Meat	5
Oahu and Maui VSH Events	6
Kauai VSH Events	7
Give It Fresh Today!	8
Calling Dr. Kildog!	9
Book Reviews	10-11
Recipes	11-13
Nutrition News	12
Interspecies Relationships	14
Upcoming Events	15-18
Membership Benefits	19

Free Public Lectures

Leslie Ashburn

“Compassionate Activism”

Tuesday, October 8, 2013

Ala Wai Golf Course Clubhouse

H. Lorrin Lau, MD, MPH

“The Search For Truth About Plants, Animals and Better Human Health ”

Tuesday, November 12, 2013

Ala Wai Golf Course Clubhouse

Ruth Heidrich, PhD

“Why Raw? Lessons From a Vegan Triathlete and Cancer Survivor”

Tuesday, December 10, 2013

Ala Wai Golf Course Clubhouse

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

VSH's Pre-Thanksgiving Dinner Is Here Again!

But, This Year, It's on the Friday before Thanksgiving

by Karl Seff, PhD
VSH Board member

Our year-end holidays (yeah!) begin each year with the VSH Annual Pre-Thanksgiving Dinner. Govinda's Vegetarian Buffet will be hosting it again, as they have annually in recent years. Open to VSH members and nonmembers, to vegetarians and non-vegetarians, about 300 people attend each year.



Thanksgiving at Govinda's

However, there is a big change this year. The Dinner will be on the Friday before Thanksgiving, not on Thanksgiving Eve as in years past, partly to accommodate those who need to be far away on Thanksgiving Day. It will be on Friday, November 22nd.

The fare, as always, will be traditional, completely homemade, and vegan (see menu on page 3). Wherever possible it will be organic and free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. Oil and salt will be kept to a minimum, and nut- and gluten-free alternatives will be available.

Dinner will be at Govinda's, 51 Coelho Way, in Nuuanu Valley. Expect a comfortable, quiet Thanksgiving experience. Our hosts will, as usual, be doing their best for us; it is Madana Sundari who needs to be especially thanked.



Dinner will cost \$22 for adults and \$15 for children ages 8 to 12; children 7 and under eat free. Govinda's will provide a supervised craft and entertainment area for the keiki.

Expect to meet people whom you have never seen before. This event attracts vegans and vegetarians who have chosen their lifestyle for one or more of these reasons: health, ethics, protection of the

(Continued on page 3)

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.

Board of Directors

President: Lorraine Sakaguchi
Vice President: Jim Brown
Secretary: William Harris, MD
Treasurer: James H. Thompson
Directors: Karl Seff, PhD
Patrick Moore
Steve Blake, ScD
Ori Ann Li
Ruth Heidrich, PhD

Advisory Board

Mark Fergusson

Newsletter Committee

William Harris, MD
James H. Thompson
Lorraine Sakaguchi
Nyssa Thompson

Mahalo to our volunteers:

Oahu

Terry Bear	Jake
Lulu Cey	Matt Jisa
Patrick Connair	Sirilak Moore
Phyllis Fong	James Richart
Dr. Fred Foster	Ayla Sarnoff
Don Hargarten	Georgie Yap
Nancy Ikeda	

Kauai

Vigil Alkana
Karin Medigovich Dameron
Thomas Eisendrath (also, *Oahu*)
Gordon LaBedz, MD

Maui

Catherine Blake
Laurelee Blanchard
Brook and Home Le'amohala



President's Message

Greetings!

Welcome Back to Dr. Ruth Heidrich!

It's a pleasure to welcome back to the Vegetarian Society of Hawaii board, Ruth Heidrich, PhD! Dr. Heidrich is a well-known triathlete and breast cancer survivor who has used her experience and expertise to help and to inspire others through her books, videos, public lectures, her segment of the "Healing and You" radio program hosted by Dr. Terry Shintani and Dr. Diane Nomura, and her volunteer work with VSH, as well as through the example of her vegan lifestyle and competitive athletics. She has been a vegan since the day, over 30 years ago, when she joined Dr. John McDougall's clinical research study on the effect of a low-fat vegan diet on breast cancer, which started her on the road to recovery from metastatic breast cancer.



Ruth has been a VSH member since 1990, the year that VSH was founded. She further happens to have previously held my current position here at VSH! She served as VSH president from 1995 to 1998, the year she "lost an argument with a truck" while cycling in Kaimuki. Ruth came back from her serious injuries incurred in that encounter, ignoring the predictions of her physicians that she'd never run again. She's run (and swum and bicycled!) in numerous races since then, and won gold medals in many of them! She is a wonderful example of the resilient good health that can be achieved through a healthy, plant-based (she now eats it raw) diet, as well as an example of the extraordinary heights a person can achieve who has lofty goals and a never-say-die attitude. I'm excited to have Ruth back with us on the VSH board!

Mahalo to Ayla Sarnoff

Ayla Sarnoff has been an active VSH volunteer, who has helped with our tabling events this past year, including those at the Punahou School Sustainability Fair and at Honolulu Community College's "Be The Change" event. She has just moved away from Hawaii (with the possibility of returning here again someday), though, and her presence will be missed, not only by us at VSH, but by the community, as well, especially for her healthy vegan Physicians Committee For Responsible Medicine "Food For Life" classes, including her Farm To Table events with Ed Otsuji of Otsuji Farms. Best wishes to Ayla!



Ed Otsuji and Ayla Sarnoff at her PCRM Food For Life class in August

Lorraine

VSH's Pre-Thanksgiving Dinner Is Here Again!



(Continued from page 1)

environment, and religion. Talk to the people at your table. Ask them why they came; you are likely to learn something and to be impressed. On this occasion, we are all one family.

We are not alone. Millions of people across the U.S. are celebrating Thanksgiving in this way. We hope to see you there!

Payment will be gathered in advance. A full reimbursement will be made for cancellations made by November 18.

Choose a seating time: 4, 4:15, 4:30, 4:45, 5, 5:15, 5:30, 5:45, 6, 6:15, 6:30, 6:45, or 7 p.m. Everyone, even late arrivals, must be out by 8:00 p.m. so Govinda's has time to clean up and prepare for the next day.

To make a reservation and prepay by November 18, please go to

www.vsh.org/thanksgiving or

Call (808)445-9920 or

Email vsthanksgiving@hotmail.com or

Write a check to

"ISKCON Hawaii", and mail it to:

Thanksgiving, 51 Coelho Way, Honolulu HI 96817

Ten Protein-Packed Plants

by [ALISA RUTHERFORD-FORTUNATI](#)



If you're like me, pumpkin is one of your favorite fall foods. The last time you steamed up some squash or pumpkin, did you have the seeds though? One ounce of pumpkin seeds contains 9.35 grams of protein! That's over two grams more than the same quantity of ground beef. Their high protein content and level of nutrients makes them a wonderful addition to any salad or snack.

Health Benefits of Pumpkin Seeds:

- **Tryptophan:** Helps fight depression (converted into serotonin and niacin).
- **Glutamate (needed to create GABA):** Anti-stress

neurochemical, helps relieve anxiety and other related conditions.

- **Zinc:** Boosts immune function and fights osteoporosis.
- **Phytosterols:** Reduce LDL cholesterol (the bad kind) and increase HDL (the good kind); may also be effective in the prevention of cancer.

Pumpkin seeds are also full of manganese, phosphorus, copper, vitamin K, vitamin E, B vitamins such as thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6 (pyridoxine), folates, potassium, calcium, iron, magnesium, zinc, selenium and more!

If pumpkin seeds aren't your thing, don't worry – there are plenty of other seed-based protein powerhouses out there.

Read the rest of the article at: <http://gentleworld.org/10-protein-packed-plants/>

Vegan Thanksgiving Buffet Menu

— Salads —

Organic Mixed Greens

Assorted Dressings

— Main Courses —

Mock Turkey

Savory Herb Stuffing

Mashed Potatoes

Home Style Gravy

Citrus-Cranberry Sauce

Maple-glazed Yams

Whole Grain Dinner Rolls

Mélange of Autumn Vegetables Almandine

— Desserts —

Homemade Pumpkin Pie

Holiday Spice Cake

Warm Fruit Crisps

— Drinks —

Hot and Cold Herb Tea

Purified Water

Dishes are Organic and Gluten-Free When Possible

Treating Sensitive Skin From the Inside Out



Instead of treating sensitive skin topically, with lotions and creams, why not treat it from the inside out with diet?

About half of the American population says they have sensitive skin, defined loosely as tingling, chafing, burning, itching sensations when exposed to various environ-

mental factors. A similar high prevalence has been reported throughout Japan and Europe, and it appears especially prevalent among women. Often there are no obvious signs, so it was dismissed as a “princess and the pea” phenomenon by the medical community. Now it’s largely recognized as a genuine physiological phenomenon, thought to arise from a breakdown of the skin barrier that allows potentially irritating substances to penetrate the skin and generate an inflammatory reaction. So what can we do about it?

In 2011, a [paper](#) was published entitled “Supplementation of Flaxseed Oil Diminishes Skin Sensitivity and Improves Skin Barrier Function and Condition.” In a randomized double-blind 12-week study, researchers gave women about a half teaspoon of flaxseed oil a day versus safflower oil as a control. That’s the amount of oil found in about a teaspoon and a half of flax seeds.

To measure skin sensitivity, they painted an irritant chemical on their forearms, and after three months there was significant decrease in skin reddening in the flax group compared to the safflower group. Their skin ended up significantly better hydrated, had significantly better barrier function, was less rough, less scaly, and was smoother. If you watch my 3-minute video [Flaxseeds For Sensitive Skin](#)* you can actually see the changes in a close-up view of the skin. Their skin looked just as dry and scaly before and after the safflower oil intervention, but significantly improved after flaxseed oil.

The best source of flaxseed oil is within the flaxseed itself. Then you get all the nutrition of the whole food, and it’s cheaper and more stable than the oil.



Photo by: [Dvortygirl](#)

Make sure to grind them up to maximize nutrient absorption. Unlike flaxseed oil, you can bake flaxseeds without destroying the omega 3s, and you can even store ground flaxseed for a month at room temperature without spoilage or oxidation.

For more on eating your way towards healthier skin, see my other videos:

[Rosy Glow](#)

[Golden Glow](#)

[Skim Milk and Acne](#)

[Preventing Wrinkles with Diet](#)

[Beauty Is More Than Skin Deep](#)

[Produce, Not Pills to Increase Physical Attractiveness](#)

-Michael Greger, MD

PS: If you haven’t yet, you can subscribe to my free videos [here](#) and watch my live year-in-review presentations [Uprooting the Leading Causes of Death](#) and [More Than an Apple a Day](#).

* All videos mentioned in this article may be viewed at www.nutritionfacts.org.

23rd Annual Hawaii Tropical Fruit Growers Conference and the California Rare Fruit Growers Fall Festival of Fruit “Best of Both Worlds” September 27 to October 3, 2013



This unique joint CRFG and HTFG conference began with two days on Oahu, then went on via cruise ship or plane to Maui, the Big Island, and Kauai, and included visits to local nurseries, farms and botanical gardens on each island.

The Oahu meeting sessions, on September 27-28 at Kapiolani Community College, included fruit tastings, talks on

tropical fruit topics, and excellent cuisine prepared by KCC Culinary Arts students led by Chef Instructor Grant Sato.



Much of the Saturday lunch buffet menu was vegan and prepared with little or no oil and salt. Featured were innovative, tasty dishes such as a vegan Caesar salad dressing made with hearts of palm and abiu fruit. Thanks to HTFG, CRFG, KCC and Chef Sato for their parts in creating and hosting this vegan friendly, delicious and healthy event!



Chef Instructor Grant Sato and KCC culinary arts students at *Best of Both Worlds* fruit tasting

Bill Gates Promotes Vegan Meat and Egg Alternatives

Bill Gates [sees a big business opportunity](#) [1] replacing meat and eggs with healthier identical tasting vegan alternatives that take far fewer resources to produce and have much less impact on the environment. He says:

“...raising meat takes a great deal of land and water and has a substantial environmental impact. Put simply, there’s no way to produce enough meat for 9 billion people.”

“By 2030, the world will need millions of tonnes more meat than it does today. But meeting that demand with animal products isn’t sustainable. The meat market is ripe for reinvention.”

“Food scientists are creating healthful plant-based alternatives that taste just like eggs, chicken, and other sources of protein.”

Bill goes on to discuss [Beyond Meat](#) [2] and [Hampton Creek Foods](#) [3]. Beyond Meat has developed a vegan chicken meat equivalent. Bill says, “I tasted Beyond Meat’s chicken alternative and was impressed. I couldn’t tell the difference between Beyond Meat and real chicken.” In blind taste tests, professional chefs have also been unable to tell the difference between Beyond Meat’s vegan chicken and real chicken meat.

Hampton Creek Foods has just started shipping Beyond Eggs, a vegan egg replacement that has the same taste and cooking characteristics (coagulation, emulsification, aeration, texture and mouthfeel) as real eggs, but is cholesterol free and non-allergenic. Talk to your local health food store if you would like to see these products available locally.

[1] <http://www.thegatesnotes.com/Features/Future-of-Food>

[2] <http://www.beyondmeat.com/>

[3] <http://hamptoncreekfoods.com/>

VSH Events on Oahu and Maui

July: Janice Stanger, PhD presented “The Dangerous Truth About Protein”



Dr. Stanger gave her talk at the Ala Wai Golf Course Clubhouse on July 9.



Dr. Janice Stanger at her VSH dine-out on July 10, at the Gourmet Vegan Dinner at Church of the Crossroads with Tom Gibson and Chef Kathy Maddux, & in front, Chef Alyssa Moreau, Ruth Kase & Linda Iha.



Rev. Catherine Blake and Dr. Steve Blake with Dr. Stanger at her VSH talk at Cameron Center in Wailuku on Maui on July 12.

August: Melanie Joy, PhD presented “Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction To Carnism”



Dr. Melanie Joy lectured at the Ala Wai Golf Course Clubhouse on August 13.



Dr. Melanie Joy at her VSH dine-out at Govinda's Vegetarian Buffet on August 14, with Jim Thompson, Lorraine Sakaguchi, and Dr. Bill Harris.



Dr. Melanie Joy spoke at Kaunoa Senior Center in Paia on Maui on August 15.

September: William Harris, MD presented “Dr. Bill's Never-Fail Guaranteed Weight Loss Plan”



Dr. Harris lectured at the Ala Wai Golf Course Clubhouse on September 10.



After Dr. Harris's dine-out at Castle Medical Center's The Bistro, he gave a free public lecture at CMC's Wellness Auditorium in Kailua on Oahu on September 19.



VSH Maui coordinator Dr. Steve Blake (in back), with Lorraine Sakaguchi, Maui co-coordinator Catherine Blake, and Dr. Bill Harris at his talk at Cameron Center in Wailuku on September 12.

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, or Akaku Ch 55 on Maui

VSH Events on Kauai



Peggy Kadey won the July recipe contest with her *Black Beans & Quinoa*.

Being Vegetarian was the topic of Kimie Sadoyama's talk at the July potluck and lecture.



BLACK BEANS & QUINOA

- 2 Tablespoons olive oil or grapeseed oil
- 1 red bell pepper, diced
- 2 cups cooked quinoa
- 1 teaspoon ground cumin
- 5 cloves crushed garlic
- 2 teaspoons chili powder
- 1 teaspoon sea salt
- 1 large onion, chopped
- 3 teaspoons agave
- 3 15-ounce cans of black beans

Sauté onion, garlic, and red pepper in oil for 10 minutes. Add black beans, cumin, chili powder, sea salt, and agave. Simmer for 15 minutes. Add cooked quinoa. Simmer 10 minutes. Mix well. Enjoy as a side dish, on a collard wrap, as a dip, or use in a burrito with guacamole, shredded lettuce, chopped tomatoes, and salsa.

Joseph Dunsmoor presented *Sustainable Gardening* at the September potluck and lecture.



A video of Dr. Michael Greger's Oahu lecture *The Role of Diet in Preventing, Treating, and Reversing the 15 Leading Causes of Death* was viewed at the August potluck and lecture.

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.



Give It Fresh Today!

By Vivian Best
Founder, Give It Fresh Today

You have probably participated in a canned food drive, and may have the experience of digging through your pantry shelves looking for something close to expiration, or less urgently needed for your own meals to donate. Few people realize that they can make donations of *fresh* produce to organizations that feed the hungry in addition to canned and processed items. While canned and processed foods are easier for organizations to store and distribute, fresh foods offer nutrition, flavors, and foods of cultural significance that don't come in a can or a box.

Every Saturday at the Kapiolani Community College Farmers' Market, since January 2010, there has been a booth at the market with volunteers collecting fresh produce for the hungry. I'm a Kahala Elementary School teacher and Feldenkrais practitioner who began this project, called "Give It Fresh Today" (GIFT), at that first location in Honolulu. Volunteer Diane Blastic realized the importance of collecting fresh food donations when a woman who lived in a shelter came up to the GIFT table that she was staffing, and told her, "While I was homeless, I didn't have fresh veggies or fruit for three months". Blastic noted that, "lots of food pantries have processed foods, GIFT is all fresh. Way healthier!" Recipient partners have been able to improve the quality of food used in meals.

When people shop at the farmers' market, most aren't thinking about buying more than they will need for the week. Most people don't want to have fresh food spoil in their fridge. GIFT gives weekly farmers' market shoppers an opportunity to buy extra, supporting local farms and businesses at the market, and ensuring local availability of favorite foods by voting with their shopping dollars. Farmers and vendors often donate after the market is over rather than bring the leftover produce back for compost.

Some home gardeners bring their excess produce from home. Donations as eclectic as strawberry guava, Malabar spinach, avocados, breadfruit, tangerines, and lemons have all found their way from people's homes to the farmers' market donation table. GIFT helps people to put their extra fruits and vegetables to good use, rather than spoil in their yards. Some families also donate to GIFT extra purchases

from their grocery bags each week, both excess items, as well as those bought to donate, GIFT again helping them to get these extra foods to those in need.

Give It Fresh Today partners with Aloha Harvest, the Institute for Human Services, Unity Church of Hawaii, Windward Spouse Abuse Shelter, and The Church of the Living God in Hau'ula. Through its partnership with Aloha Har-



GIFT volunteers at the KCC Farmers' Market
Top: Vivian Best, Alana Kong, Front: Long Thai, Angel Cheng

"Few people realize that they can make donations of *fresh* produce to organizations that feed the hungry"

vest, donations are brought to even more partner agencies working to feed the hungry. Hundreds of pounds of fresh food are collected each week at several O'ahu farmer's markets and recipient partners pick up donations from the farmer's markets. Through volunteer efforts, GIFT is at the following farmers' markets:

- **Kapiolani Community College**
Saturdays 7:30-11a.m.
- **Windward Mall**
Sundays 10a.m.-2p.m.
Wednesdays 2:30-7:30p.m.
- **Blaisdell Concert Hall**
Wednesdays 4-7p.m.
- **Kailua, Longs Drugs parking lot**
Thursdays 5-7:30p.m.

If you're a home gardener, you can also take advantage of the **SeedShare** station, collecting and providing free seeds to the community. If you ever forget to bring a bag, there is also a **BagShare** station collecting and

providing free bags to re-use at the market.

Volunteers of all ages are welcome! To volunteer or for more information about how you can help, send an email to

giveitfreshtoday@gmail.com.

To watch a short 10 minute video about GIFT, check out: <http://tedxtalks.ted.com/video/TEDxHONOLULU-Vivian-Chau-Best-A>



Calling Dr. Kildog!*

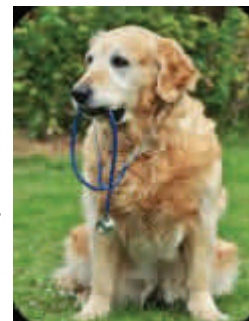
by William Harris, MD



If your pooch sniffs and then looks grave when he jumps into your lap, watch out! He may be making a diagnosis. Turns out some dogs can smell out cancers that have an elevated content of methionine, the sole essential sulfur-containing amino acid, which also happens to be the limiting amino acid in a vegan diet.

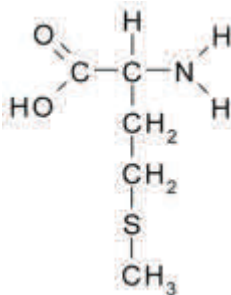
This unexpected windfall comes to us from Michael Greger, MD, of www.NutritionFacts.org, who found 15 peer-reviewed journal articles all hinting that excess methionine may be a risk factor for various human calamities.¹

5 out of 21 tumors of the colon, breast, ovary, prostate, and melanoma were methionine dependent. There were discussions targeting methionine dependent cancers with drugs, methionine restriction in cancer control, sniffer dogs as part of a lung cancer screening approach, and colorectal cancer screening by canine scent detection (pity the poor dogs on this one). Sensitivity and accuracy of canine scent detection is high even for early cancer, as gaseous sulfur-containing compounds are major products in tumors, and preventing their diffusion reduces the proliferation rate. Low-methionine vegan diets may be a life extension strategy.



Dogs can be trained to distinguish patients with bladder cancer on the basis of urine odor, and one dog (A) "confirmed" clinically-suspected (and subsequently biopsy-proven) diagnoses of melanoma in five patients and correctly "reported" melanoma at a skin location for which initial pathological examination had been negative, despite clinical suspicion. Then dog B came along and (perhaps after a short sniffing and barking consultation) pretty much agreed with dog A.

Therein hangs a tail. In 1970, after 6 years on a vegan diet, I found out that it didn't have much methionine. Vegans get about 250% of the RDA (~ 270 mg), but I was weight lifting at the time, so in order to turn myself into a buffed minor planet, I ordered DL-methionine chemically synthesized by Ajinomoto Co. in Japan, adding about 500 mg to my daily smoothies. It didn't work, and shortly after that, a journal² reported that cysteine, one of the metabolites of methionine, increases the urinary loss of calcium and hence is a risk factor for osteoporosis. So I scratched that idea, and, instead, compared the methionine content in 10 categories of food, finding that only pure fruitarians might come up short on methionine.

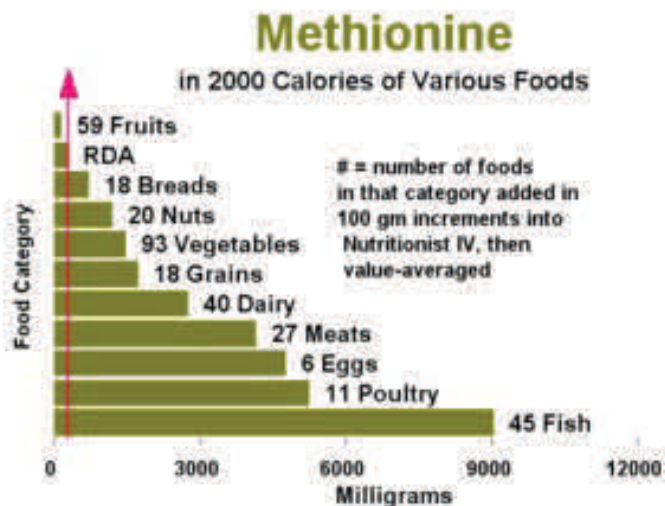


Some of the writers above are suggesting a switch to low methionine diets as a preventive/treatment for assorted malignancies, but my advice to those already on a vegan diet is: why bother, you're already on one. Arf! Arf!

1. <http://nutritionfacts.org/video/starving-cancer-with-methionine-restriction>

2. Zemel MB, Schuette SA, Hegsted M, and Linkswiler HM. Role of the sulfur-containing amino acids in protein-Induced hypercalciuria in men. *J Nutr.* 1981;111(3):545-52.

* Editor: Medical drama buffs might recall *Calling Dr. Kildare* (1939) starring Lew Ayres & Lionel Barrymore, and other Dr. Kildare movies and TV series, the best-known being *Dr. Kildare* (1961-1966) starring Richard Chamberlain and Raymond Massey.



Book Review

WHOLE: Rethinking The Science of Nutrition



T. Colin Campbell, PhD
With Howard Jacobson, PhD
BenBella Books, Inc.
2013, 352 pages
by Ruth Heidrich, PhD
www.ruthheidrich.com

Picture this: All of us on Planet Earth are on a bus speeding towards a cliff. Those who recognize this are suggesting that we stick our hands out the window to create more wind resistance in the silly hopes of slowing us down. How about someone jumping into the driver's seat and putting on the brakes?

For those who are not familiar with author and widely respected T. Colin Campbell, you owe it to yourself, to all the other residents of this planet, and yes, even to the planet itself, to read this book! It has the power to create a paradigm shift in society's thinking, especially when it comes to nutrition. Research is now usually done by following "the scientific method" which entails changing one variable while holding all others constant. It is thought that, in this way, we can isolate the behavior of the factors we are studying. This is "reductionist" thinking, frequently accompanied by an obsession with minutiae, and is the way many of us use it in our daily lives.

Dr. Campbell discusses the Centers for Disease Control and Prevention's (CDC) list of the top causes of death in this country. Amazingly, the CDC skips over the third most prevalent cause, our medical health (disease?) care system! If you add up wrong diagnoses, surgical errors, prescription drug negative reactions, deaths from prescription drug overdoses, hospital-acquired infections, etc., the number of deaths each year are exceeded only by heart attacks and cancer. Clearly, there is a systemic problem that is being overlooked, either by design or by ignorance. What underlies most, if not all, of these problems is reductionist thinking and the lack of what Dr. Campbell calls a whole food, plant-based diet (WFPB). "Reductionism

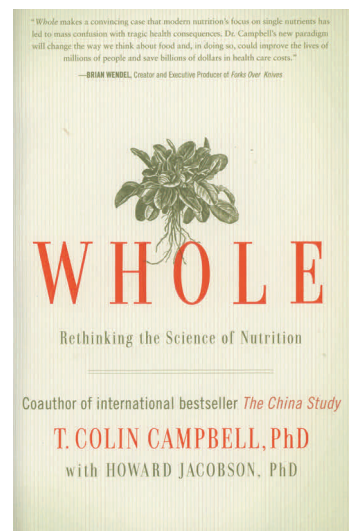
causes new problems as it solves old ones," he says, and the reader is exposed to lots of "A-ha!" moments as numerous examples of fallacies are described.

No one treatment, no one food, no one "superfood," not even supplements, will "cure" our health challenges. There's no question that nutrition is the "master key" to our health, however, we need a "whole" approach, one which is commonly summed up as "lifestyle."

Unfortunately, however, only those questions that can be answered in \$ signs are deemed worthy of investigating. Dr. Campbell goes on to say, "When we look closely at the prison of the reductionist paradigm, we notice there's no lock on the cell door." We don't stroll out because the health information is controlled, and not all the blinders are visible. Profit trumps health! We need to take off the blinders!

Dr. Campbell closed with steps to take to implement change. I turned the page, looking for a list, i.e., #1, Do this, #2, Do that. But, alas, that's reductionist thinking, isn't it! And I've caught myself again and again, thinking reductionistically. The new paradigm is – a telescope instead of a microscope. Both are necessary, but the former is a tectonic shift in the way we think about nutrition and can now move closer to its rightful position.

Thank you, Dr. Campbell!



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 to:
support@vsh.org

Ori Ann Li's Vegan Paradise: 65 Unforgettable Recipes (AKA Flavors of Asia)

Ori Ann Li

Iwalani Press, 2013, 165 pages



By Lorraine Sakaguchi

Vegan chef Ori Ann Li has put together a picturesque collection of Asian, fusion, and healing kitchen recipes that reflect her own contemporary vegan twist on classic Asian recipes. She has studied at culinary arts schools in the US, France and the UK, and has combined her formal training with her passion for mastering the cuisines of many cultures. *65 Unforgettable Recipes*, also known as *Flavors of Asia*, launches her *Ori Ann Li's Vegan Paradise* series that will showcase the culinary regions of the world, a “‘Vegan Paradise’ where no animals are harmed and people are healthy and completely satisfied with the meals they eat.”

Ori Ann Li has tried to keep true to the traditional flavors of Asian dishes while minimizing the use of less-healthy salt, sugar and oil in her recipes. The dishes have some richness in them, but much less than in their traditional counterparts. She has included helpful eye-catching color photos of every dish. The recipes are easy to read, in good-sized type, and each fills a whole page or more. Each recipe is accompanied by a chef's tip or comment about the recipe, which might encourage even beginners to try that recipe. Since the ingredients may not always be familiar to readers, her glossary of ingredients and labeled photos of the varied types of vermicelli and faux meats are welcome aids.

The recipes are delicious. I've enjoyed tasting some of them even before the book's publication this year, either through Ori Ann's cooking classes, or at some of her public cooking demonstrations. I've found the recipes I've tried making to be pretty straightforward.

Even if you're more of an armchair cookbook reader than a cook, you'll also likely enjoy reading her narratives of her travels to the lands of Asia to study their cuisines and cultures first-hand!

Note: Ori Ann Li is a fellow VSH volunteer and member of the VSH board.

Ganjang Potato with Cashews

from *Ori Ann Li's Vegan Paradise: 65 Unforgettable Recipes (AKA Flavors of Asia)*

This is my take on the classic Korean potato dish. I love the unusual addition of cashew nuts. It's healthy and crunchy, a nice complement to the creamy texture of cooked potatoes. When it hits soy sauce, it tops the charts for yumminess. Perhaps it doesn't take much to please me, but I think adding sesame seeds on top is a dreamy combination.

Potato, 4 large, cubed
Cashews, 1/2 C, whole or halved
Sesame seeds, white, 1 & 1/2 T
Sesame seeds, black, 1 & 1/2 tsp
Oil, peanut or grapeseed, 1 T
Salt & pepper to taste

SAUCE

Green onions, 3 stalks, chopped
Soy sauce, 2 T
Agave, 1/2 to 1 tsp
Water, 2 T
Korean spicy miso, chili paste or powder to taste

- ◆ Boil potato in a pot of hot water until almost cooked through. Drain well and cool.
- ◆ Fry potato and cashews in heated oil until golden brown, about eight to ten minutes.
- ◆ Toss in a combination of (half of each) sesame seeds and cook for a couple of minutes longer. Add salt and pepper.
- ◆ Mix soy sauce, agave, water, chili sauce and two stalks of chopped green onions together and add half into the dish. Cook until liquid is gone.
- ◆ To serve, sprinkle the rest of the sesame seeds all over dish and the rest of green onions on the center mound. Serve the other half of sauce on the side.
- ◆ Serves three.



Barbeque Baby Back Ribz

by Neal Pinckney, PhD

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

*Amazingly like the real things in taste and texture.
Very low in calories and fat.*



Many seitan recipes are either very complicated or miserably poor imitations of meat. Most require lengthy boiling and very rarely come out well the first time, discouraging future attempts. This one uses a novel way to make seitan. It's simpler, easier and 99% fool-proof. There's no boiling, just simple baking that can be done in a toaster oven to save energy and heat, or in a regu-

lar oven.

- 1 C vital wheat gluten*
- 2 T garbanzo flour*
- 2 t smoked Spanish paprika
- 2 T onion powder
- 1 t garlic powder
- ¾ C water
- 1 t liquid smoke (Wright's works best)
- 1 T lower-salt soy sauce or tamari
- about 1 C of your favorite barbeque sauce
- * available in bulk in many natural food stores



Preheat the oven to 350° F. Put the 2 flours in a 2 quart bowl. In another bowl, mix the remaining ingredients except the BBQ sauce, and then slowly mix into the flours while stirring. When the dough is totally mixed, knead lightly for a few minutes by hand. Spread and roll the dough evenly on a silicone sheet or a baking sheet or pan (*see hint below*) to an 8" x 8" square, pressing down evenly. With the edge of a spatula, cut the dough into 8 strips and then cut those in half to make 16 pieces. Bake for 20 minutes, then pull the strips apart. In a baking dish, cover the ribs with the sauce and bake another 10 to 15 minutes or until the sauce thickens and has caramelized slightly, but not burned. Remove from oven, separate the 'ribz', and serve.

The following nutritional data is for the ribs without BBQ sauce. The amounts of sugar and sodium will vary with the choice of sauce, which typically has little or no fat. This will make 4 servings, each 116 calories: 4.6% from fat, 14.4% from carbohydrates, 81% from protein.

Helpful Hint: Some years ago, I found silicone baking sheets that make it much easier to bake without oiling the pan or sheet and very easy to clean up. I have a full size sheet for my oven, and a small one that fits inside my toaster oven, which I use for this recipe. If you don't have a silicone sheet, use a very lightly oiled 8" x 8" baking pan/dish or a double layer of aluminum foil.

Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: heart.kumu.org

Nutrition News

from



Kiwifruit for Insomnia

Two kiwi fruits an hour before bedtime may improve sleep quality and duration without the side effects associated with sleeping pills.

<http://nutritionfacts.org/video/kiwifruit-for-insomnia/>

Heart Disease Starts in Childhood

By age 10, nearly all kids have fatty streaks in their arteries. This is the first sign of atherosclerosis, the leading cause of death in the United States. So the question for most of us is not whether we should eat healthy to prevent heart disease, but whether we want to reverse the heart disease we may already have.

<http://nutritionfacts.org/video/heart-disease-starts-in-childhood/>

Artificial Food Colors and ADHD

In response to definitive evidence showing artificial colors may increase inattentiveness, impulsivity, and hyperactivity among young children, a call has been made by consumer groups to ban food dyes.

<http://nutritionfacts.org/video/artificial-food-colors-and-adhd/>

Which Seaweed is Most Protective Against Breast Cancer?

Nori seaweed snacks may favorably alter estrogen metabolism by modulating women's gut flora, resulting in decreased breast cancer risk.

<http://nutritionfacts.org/video/which-seaweed-is-most-protective-against-breast-cancer/>

Keeping Your Hands Warm With Citrus

Phytonutrients in citrus, such as hesperidin, may increase blood flow enough to warm the hands and feet of those with cold sensitivity.

<http://nutritionfacts.org/video/keeping-your-hands-warm-with-citrus/>

The “Fab Four” of the Solanaceae

by Eileen Towata, PhD

Some of the most versatile vegetables and fruits – tomatoes, bell peppers, eggplants, and potatoes – belong to the same plant family.

These members of the Solanaceae usually evoke images of delicious pasta sauces, hearty potato soups, or flavorful additions to salads.

Yet lingering among the culinary favorites are some other cousins with a different side. Indeed, this family is commonly referred to as the “nightshades” and even its edible members were sometimes avoided. In the late 1500’s and early 1600’s, the tomatoes which had been introduced to Europe (Schery, 1972) were viewed more as a curiosity for a time before being recognized as safe for consumption and embraced for culinary uses. “Angel trumpet”, a deadly poisonous ornamental plant that can be seen in some yards in Hawai’i, and *Nicotiana tabacum*, the source of tobacco, are some of the Solanaceae we will still want to avoid today. But back to those “fabulous four”....

The South American origins (Schery, 1972) and success of domestication for tomatoes (*Solanum lycopersicum*) in Mexico (Vaughan & Geissler, 1997) bode well weather-wise for tomato success in Hawai’i.

Throughout the year, we can find vine-ripened locally grown varieties to bring to the table. This fruit is a calorie bargain (32 kcal per 1 cup chopped) and a versatile item that can be eaten raw or

cooked. Eggplant (*Solanum melongena*) and bell pepper (*Capsicum annuum*), two other fruits in the family, pair nicely with tomatoes in a variety of ways. Bell pepper probably originated in Mexico and then was introduced into the Old World, while eggplant was native to tropical Asia and domesticated in northern India (Vaughan & Geissler, 1997). Both are, again, calorie bargains – unless that eggplant is breaded and deep-fried! The recipe below teams up these three solanaceous fruits in a salad that is great served over a bed of greens. For a more substantial meal idea, try scooping it onto a baked potato. As a modified underground storage stem, or tuber, the potato (*Solanum tuberosum*) is rich in starch (carbohydrate). From its origins in South America, the potato was introduced around the world and now exists in many cultivars. Try a mixture of red, gold, and purple potatoes the next time you roast a pan of vegetables for a delicious treat. Additional nutrition information about these or other pro-



duce items can be found at hawaiifoods.hawaii.edu through the University of Hawaii.

Eggplant Salad (6 servings)

Cooking spray

2 bell peppers (red, yellow, and/or orange), chopped

2 large eggplants, chopped

1 Tablespoon olive oil

3 Roma tomatoes, chopped

1/3 cup chopped green onion

1/4 cup minced fresh parsley

1/4 cup minced fresh cilantro

2 Tablespoons fresh mint leaves, torn

2 cloves minced garlic

1/4 to 1/3 cup fresh lemon juice

Optional: coarse black pepper, to taste

Optional: cayenne pepper, to taste

Optional: coarse sea salt, to taste



Preheat oven to 350 degrees. Spray two baking sheets with cooking spray. Place bell peppers on one and eggplant on the other; drizzle with the olive oil. Bake about 15 minutes, then turn/toss and continue in oven for another 10-15 minutes. (Cooking time will depend upon size of pieces). Remove trays when done and set aside.

Combine tomatoes, green onions, herbs, and garlic in a large bowl.

Chop the roasted eggplant and peppers into smaller pieces and add to the mixture in the bowl. Add 1/4 cup lemon juice and taste the salad. Add more juice, if needed, and season as desired with black pepper, cayenne pepper, and salt.



Nutrition information per 1/6th of recipe: calories = 90; Fat = 3 g; Saturated fat = 0 g; Cholesterol = 0 mg; Sodium = 10 mg; Total carbohydrate = 16 g; Dietary fiber = 1 g; Sugars = 2 g; Protein = 3 g. Note: Sodium content does not reflect addition of salt to taste and is calculated from measured ingredients only. Recipe and nutrition information are from the Eat Well for Life cooking classes at Castle Medical Center’s Wellness & Lifestyle Medicine Center.

Literature Cited

Schery, R.W. (1972). *Plants for man*. Englewood Cliffs, NJ: Prentice-Hall, Inc.

Vaughan, J.G. & Geissler, C.A. (1997). *The new Oxford book of food plants. A guide to the fruit, vegetables, herbs and spices of the world*. New York, NY: Oxford University Press, Inc.



Interspecies Relationships at Leilani Farm Sanctuary

by *Leilani Farm Sanctuary Founder* Laurelee Blanchard

Leilani Farm Sanctuary, home to nearly two hundred rescued animals, is unique among farm sanctuaries in that the animals co-exist in the same environment, rather than being separated by species. Donkeys, goats, pigs, and deer graze in the fruit orchard, intermingling with chickens and cats. It is delightful to see animals of different species co-existing harmoniously and forming special bonds.



As a young goat, Danny discovered the fun of jumping on the back of Lehua the donkey. Several times a day, he went for rides around the farm on her back. Lehua seemed to enjoy the experience just as much as Danny did.

Susan, a rescued rabbit, has become best friends with a pair of desert tortoises. After Susan's mate died of old age, we tried to

introduce her to new rabbit friends, but she fought with each one. Now she seems most content in the company of her tortoise and chicken friends.

Our pig, Kea, who was brought to the Sanctuary after escaping from a pig factory, became especially fond of one of our donkeys and soon began standing on her hind legs in order to reach up to the donkey and give affection. This ritual continued until Kea became too heavy for the donkey to support her weight.



Richard the rooster flies up onto the back of Betty the goat each evening before sunset, and stays with her until bedtime. The two unlikely friends seem to bring each other comfort.

Our goal at Leilani Farm Sanctuary is to give visitors the opportunity to witness the animals' endearing antics, and to see them as individuals with personalities. It is our hope that people will open their hearts and minds to regarding farm animals, not as food, but as beings worthy of love and protection. At the end of each Sanctuary tour, we provide our guests with vegan starter kits to help them embark upon on the path of compassionate vegan living.



Leilani Farm Sanctuary is home to over a hundred rescued animals like these, 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
Email: info@leilanifarmsanctuary.org
Phone: 808-298-8544

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

❀❀❀❀❀ Upcoming VSH 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
 At 401 Atkinson Drive, across from Ala Moana Shopping Center, For more info:
 Call Terry Bear at (808) 397-8666 or email
kailuabear2003@yahoo.com

Mahatma Gandhi's Birthday and International Day of Peace and Nonviolence Celebration
5 to 6:30 p.m. October 2, 2013
by Gandhi's statue in front of Honolulu Zoo, across from Waikiki Beach.
 VSH and Down to Earth will be doing a joint booth. Come for the event, as well as for delicious fresh vegan food samples, plus information on a healthy vegan diet and upcoming events for both VSH and DTE. VSH will be highlighting World Day For Farmed Animals, which is also observed on October 2.

You're Invited to our VSH Dine-Outs!
Friday, November 22, 2013
Dine Out with Dr. H. Lorrin Lau
 VSH's Annual Pre-Thanksgiving Dinner
 4:00 to 8:00 p.m. (last seating at 7:00 p.m.)
 Govinda's Vegetarian Buffet
 51 Coelho Way, Honolulu, in Nuuanu
Please see Pre-Thanksgiving Dinner article for the menu.
 \$22 Adult, \$15 Ages 8-12, Free Ages 0-7
 To RSVP: www.vsh.org/thanksgiving
 Or Call (808)445-9920
 ❀❀❀❀❀
Tuesday, December 17, 2013
Dine Out with Dr. Ruth Heidrich
 5:30 p.m. to 8:00 p.m.,
 Greens & Vines Restaurant
 909 Kapiolani Blvd., Unit B, Honolulu
 Corner of Ward Ave. and Kapiolani Blvd.
 Free parking on ground floor behind restaurant
Raw Vegan Gourmet Tasting Menu*
Lemony Zucchini Bisque with Shaved Fennel Not-Tuna on Onion Bread
with Salad & Butter Lettuce
Kaffir Miso Pad Thai
Living Lasagna
Wicked Chocolate Tart
 *All menu items are gluten-free
 \$22.50, including Tax and Tip
 To RSVP & prepay via credit card, call (808)536-9680

Photos from Recent VSH Speaker Dine-Outs



Dr. Bill Harris and Dr. Janice Stanger at Dr. Stanger's dine-out at the Gourmet Vegan Dinner at Church of the Crossroads.



Eva Uran and Dr. Melanie Joy at Dr. Joy's dine-out at Govinda's Vegetarian Buffet on August 14.



Castle Medical Center's Mele Fernandez & Ruby Hayasaka, Dr. Bill Harris & Lorraine Sakaguchi at Dr. Harris' VSH dine-out at CMC's The Bistro just before his talk at CMC's Wellness Auditorium on September 11.

Vegetarian Society of Hawaii Lectures

OCTOBER

NOVEMBER

DECEMBER

LESLIE ASHBURN



Compassionate Activism

If you care about making the world a better place, this talk is for you! This talk will explore the links between the function of what is called "the absent referent" in the meat eating culture to other forms of oppression, such as racism, sexism, and the destruction of the environment, showing how underlying all of these is the same belief system. It helps us understand the way oppressions become interconnected, and shows how a healthy approach to a plant-based diet is an important way to address pertinent social issues of our time.

Leslie Ashburn is an internationally trained chef who brings an ease and expertise for creating cosmopolitan vegan macrobiotic food, changing stereotypes about what it means to eat healthy. She works with a wide variety of respected community members, including preparing life-changing meals for seminars with the local living treasure Dr. Terry Shintani. She is a cofounder of and serves on the Board of Directors for the Hawaii Food Policy Council. She co-authored a chapter in *Diet For a Small Island* (in press) called *Democratic Food Education: Colonialism, Culture, and the Task of the Cooking Class*.

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

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

H. LORRIN LAU, MD, MPH



The Search For Truth About Plants, Animals, And Better Human Health

We are told many confusing and conflicting things about what to eat and what to do about our health. Dr. Lau will show some ways to help you find the truth, including examples of his research, which is one of the ways, and present results that may not just surprise, but shock you, as well!

Dr. H. Lorrin Lau is an MD-MPH, or physician-scientist, the new concept in medicine at the Johns Hopkins School of Medicine. He has done basic research at Harvard, the Johns Hopkins School of Medicine, Georgetown, the Johns Hopkins School of Hygiene and Public Health -- now named after Bloomberg, the NIH Postdoctoral Fellow programs, and food research in the Dole Pineapple labs. He developed the world's first affordable pregnancy test, among other innovations.

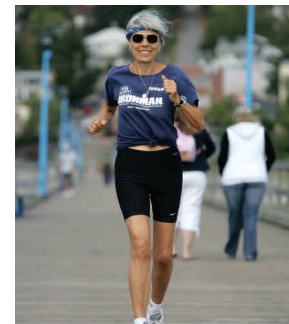
Since 1982, he has focused on preventive services for Women's Health in Hawaii, putting into practice what he has learned from his research experiences and inventions.

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

Maui: November 14, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku

Dine-Out with Dr. H. Lorrin Lau, November 22, 4 to 8 p.m., Go-vinda's, www.vsh.org/thanksgiving

RUTH HEIDRICH, PHD



Why Raw? Lessons from a Vegan Triathlete and Cancer Survivor

Tips from a 30+ year vegan and 45-year runner, how she has kept metastatic cancer at bay for over 30 years. This same program works for heart disease, stroke, diabetes, arthritis, osteoporosis, dementia, and more, and saves a lot of money to boot! She'll also talk about her new book, *Lifelong Running*.

Ruth Heidrich received her Ph.D. in Health Management in 1993, and is the author of *A Race for Life*, *CHEF cookbook*, *Senior Fitness*, and *Lifelong Running*. She has completed six Ironman Triathlons, 67 marathons, and has won eight gold medals in the Senior Olympics. She has won more than 900 trophies and medals since her diagnosis of breast cancer in 1982 at the age of 47. She is a certified fitness trainer, and has set three world records for fitness for her age group at the renowned Cooper Clinic in Dallas, Texas. She is one of the founding members and past president of the Vegetarian Society of Hawaii, past president of the Mid-Pacific Road Runners Club, and Life Member of both organizations.

Honolulu: December 10, 7 p.m. at the **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Maui: December 12, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku

Dine-out with Dr. Ruth Heidrich, December 17, 5:30-8:00 p.m., Greens and Vines (808)536-9680

Local Vegetarian Community Events

Lyon Arboretum

SWEET & SAVORY:

Recipes for Holiday Parties and Gifts

Wednesday November 6, 6 to 8 p.m. Price: \$25
Alyssa Moreau & Kathy Maddux

All-vegan and gluten-free recipes include:

No-Bake Pumpkin Pie Bites,
Almond Carrot Crackers with White Bean Rosemary Spread, Baked Stuffed Apples with Caramel Glaze, Cassava Sweet Potato Croquettes with Tahini Sauerkraut sauce, Cocoa Fig Cookies, and Poached Pears with Cranberries, Tangerines and Pomegranate Reduction.

Registration: (808) 988-0456
or drop off or mail your registration (download form at www.hawaii.edu/lyonarboretum) to the business office: c/o Class registration:
Lyon Arboretum,
3860 Mānoa Road, Honolulu, HI. 96822.

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! Events are listed at www.veganoahu.org.

Healthy Holiday Cooking Class

4-6:30 p.m., November 3, 2013



Want to avoid all the fat and sugar during your next holiday season? Notice how you get tired, sluggish, grumpy, or put on weight? Enjoy the season consciously, full of happiness and energy, instead, with tasty & healthy vegan dishes!

Toho No Hikari, 3510 Nuuanu Pali Dr.
\$50 until October 31, \$60 from November 1
www.macrobiotichawaii.com

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, PhD, and do not include hands-on food preparation by participants.

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

Pasta Power

Thursday, October 24, 6:00-7:00 P.M.

Get ideas for pasta sauces and dressings. In addition to whole wheat pasta, enjoy sampling gluten-free options as well.

Bread from the Heart and Hands

Thursday, November 21, 6:00-7:00 P.M.

Learn how to make yeast bread the “old-fashioned” way (no bread machine). Quick bread will be on the menu, too – just in time for holiday feasting.

Price: \$15 general, \$10 for Castle Medical Center employees, volunteers, students (with ID) and seniors (age 65+), or \$20 per couple. Advance registration required. To register, call 263-5400, or go to <http://castlemed.org/wellness.htm>,

Wellness & Lifestyle Medicine Center
642 ‘Ulukahiki Street, Suite 105
Kailua, Hawai‘i 96734
(808) 263-5050 CMCWellness@ah.org

“Healing & You” Radio Show

Terry Shintani, MD, Dr. Diane Nomura
Ruth Heidrich, PhD

Sundays: 8 - 9 p.m. K108 AM 1080
Call-in line: (808) 524-1080

Local Vegetarian Community Events

Gourmet Vegan Community Dinner at Church of the Crossroads

6 to 8 p.m., Wednesday, November 13, 2013

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

Dill-Roasted Carrot and Cauliflower Bisque

Creamed Millet and Squash

with Shiitake Mushroom Gravy

Asian Tofu Croquette with Burdock, Carrot & Arame

Cranberry Balsamic Green Beans

with Pomegranate Reduction

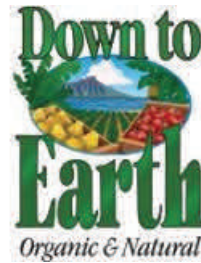
Baked Stuffed Apple with Macadamia Nuts

and Caramel Glaze

Tea

\$20 (VSH Member price \$18), \$2 more for walk-ins

Please RSVP to 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.

Ori Ann Li's Vegan Cooking Classes and Demonstrations

MOA Hawaii, 600 Queen St., Suite C-2, Free parking. Call 952-6900 for information and to register:

Everyday Vegan (cooking workshops): 1st & 3rd Wednesdays, 7-8:30 p.m. starting Oct. 16. \$25 per workshop.

Gourmet Vegan (hands-on cooking classes): 1st & 3rd Sundays, 2-4 p.m. starting Oct. 20. \$35 per class.

Vegan Nutrition 101 (seminar with nutritious food samples), 4th Saturdays, 1:30-3 p.m., starting Oct. 26. \$20 per seminar.

Featured chef at 1st Annual "Calabash & Cooks" benefit for the Mālama Learning Center.

Locally sourced food and drink by eight of Oahu's favorite chefs who will be creating dishes

reflecting their backgrounds. Saturday, Nov. 2, 5:30 to 8:30 p.m., Kapolei High School Plaza.

\$35 presale, \$70 VIP, \$20 keiki. Tickets available for purchase online at

www.malamalearningcenter.org.

Vegan cooking demonstration & book signing

Manoa Public Library, Sat., Nov. 2 at 11 a.m. Free.

Waikiki Community Center, Tue. Nov. 5 at 10:30 a.m. Small fee.

Call 923-1802 for registration information.

Kahuku Public & School Library, Tue. Nov. 12 at 6 p.m. Free.



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.

VSH does not ask for payment for event announcements, or mentions of businesses, services, publications, programs and products, which are included as an informational service for readers. If you have a vegan/vegetarian or veggie-friendly event you'd like to have announced in the quarterly "The Island Vegetarian", please contact us at newsletter@vsh.org.

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.)
Food For Life Hawaii Classes (www.foodforlifehawaii.com)
Gourmet Vegan Dinner (macrocommhi@hawaii.rr.com)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way)
GRYLT (Manoa, Ala Moana, & Kahala Mall)
Himalayan Kitchen (1137 11th Ave., Kaimuki)
Mocha Java Cafe (Ward Center)
Nasturtium Café (Kealakekua, Big Island)
Poi Dogs Day Care & Boarding (942 Kawaihao St.)
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!

Please Print	1 Year	2 Years	3 Years	4 Years	5 Years
Name(s): _____	Regular				
Street: _____	<input type="checkbox"/> \$25	<input type="checkbox"/> \$48	<input type="checkbox"/> \$68	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100
City: _____	Full-time Student				
State, Zip: _____	<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75
Home Phone: _____	Couple or Family				
Work Phone: _____	<input type="checkbox"/> \$38	<input type="checkbox"/> \$72	<input type="checkbox"/> \$102	<input type="checkbox"/> \$128	<input type="checkbox"/> \$150
Email: _____	<input type="checkbox"/> \$500 Lifetime regular membership				
<input type="checkbox"/> New <input type="checkbox"/> Renewal	<input type="checkbox"/> \$7 International mailing per year				
D _____ Ex _____	<input type="checkbox"/> \$_____ Additional tax deductible donation				
	<input type="checkbox"/> Send newsletter via full color email				
	<input type="checkbox"/> I want to volunteer				
	Please check one:				
	<input type="checkbox"/> Vegan (no animal product at all)				
	<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/renew



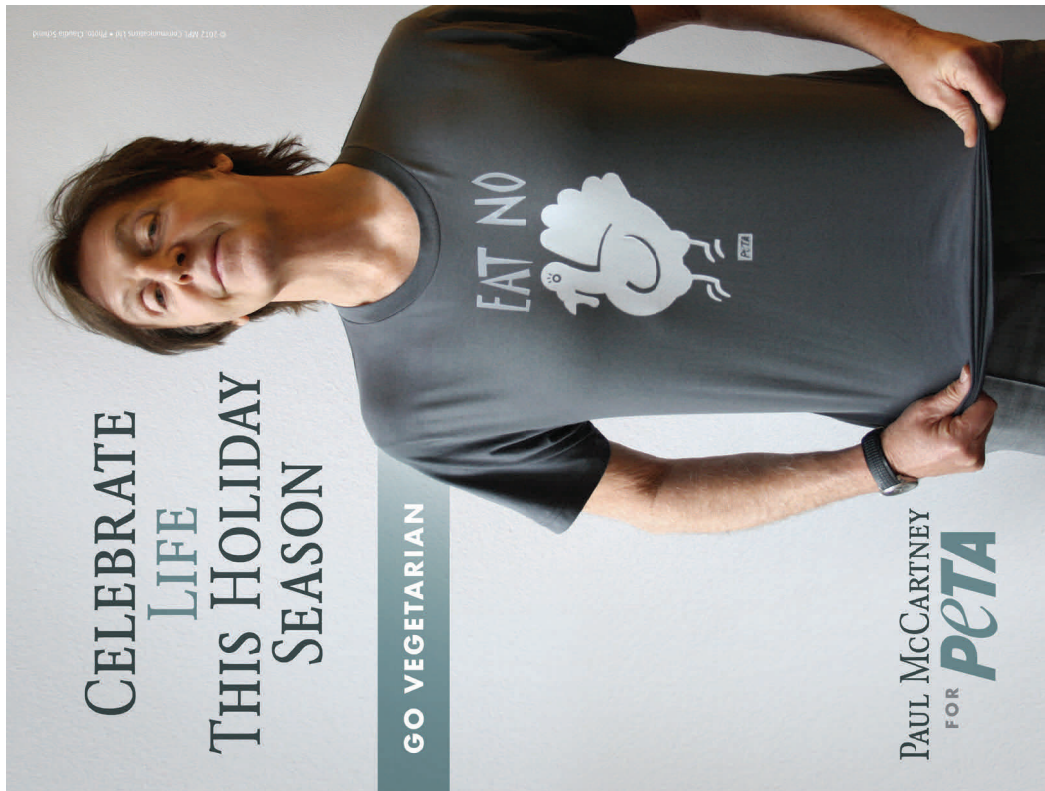
Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

Address Service Requested

NONPROFIT
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 645

Happy Thanksgiving!



CELEBRATE
LIFE
THIS HOLIDAY
SEASON

GO VEGETARIAN

PAUL MCCARTNEY
FOR **PETA**