

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 25, ISSUE 4, OCTOBER-DECEMBER 2014

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Free Public Lectures

T. Colin Campbell, PhD

“Nutrition Is Far More Effective Than Generally Known”

Tuesday, October 14, 2014

Ala Wai Golf Course Clubhouse

Anne Dinshah

“Will Veganism Bring You Health, Wealth & Wisdom?”

Tuesday, November 11, 2014

Ala Wai Golf Course Clubhouse

Patti Breitman

“Never Too Late To Go Vegan: Why And How To Make the Switch For A Better Life”

Tuesday, December 9, 2014

Ala Wai Golf Course Clubhouse

Please see page 15 for more details.



Our year-end holidays begin each year with VSH’s annual vegan Pre-Thanksgiving Dinner! This year it will be at McCoy Pavilion at Ala Moana Beach Park, 1201 Ala Moana Boulevard, in Honolulu, and, like last year, it will be on the Friday before Thanksgiving, November 21, 2014.

As in recent years, Madana Sundari will be preparing a full Thanksgiving vegan buffet for us. Wherever possible, it will be organic and free of GMOs, hydrogenated oils, MSG, preservatives, and artificial colors and flavors. Open to VSH members and non-members, from vegans to non-vegetarians, a record high of about 340 people attended last year’s dinner, held at Govinda’s.

The fare will be very traditional (see the menu on page 3), and entirely home-made. Expect a comfortable, quiet Thanksgiving experience. A supervised craft and entertainment area for the keiki will be provided. Our hosts will, as usual, be doing their best for us; it is Madana who needs to be especially thanked.

Dinner will cost \$24 for adults and \$15 for children ages 8 to 13; children 7 and under eat free. All proceeds go to the meal providers.

Choose a seating time: 4:30, 4:45, 5:00, 5:15, 5:30, 5:45, 6:00, 6:15, 6:30, 6:45, 7:00, 7:15, or 7:30 p.m. Everyone, even late arrivals, must be out by 8:30 p.m. so that our hosts will have time to clean up and be gone by 9:00.

Because McCoy is a public facility, payments cannot be made on site, but must be paid in advance. We are requesting that you make your reservation, including payment and choice of seating time, by Monday November 17.

(Continued on page 3)

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

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Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, as well as our Facebook page:

<https://www.facebook.com/VegetarianSocietyOfHawaii>

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Mahalo to our volunteers:

Oahu

Terry Bear	Don Hargarten
Elizabeth Buff	Nancy Ikeda
Lulu Cey	Jake
Randall Chun	Matthew Jisa
Patrick Connair	Sirilak Moore
William diGiorgio	James Richart
Phyllis Fong	Georgie Yap
Dr. Fred Foster	

Kauai

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

Maui

Maui Coordinator: Jerome Kellner
Steve Biedner
Steve and Catherine Blake
Laurelee Blanchard
Brook and Home Le'amohala

Mahalo to our VSH Volunteers!

Dear Friends,

In 2015, the Vegetarian Society of Hawaii will celebrate its 25th birthday! Since its founding in 1990, VSH has had the tremendous good fortune of finding dedicated and talented volunteers to accomplish its mission of promoting human health, animal rights and protection of the environment by means of vegetarian education.

I'd like to give a big mahalo to a special volunteer couple, Dr. Steve and Rev. Catherine Blake.

Steve, after ably serving as a VSH director for three years, has stepped down from the VSH board.

He has also stepped down as our VSH Maui

coordinator, a role he's filled since June 2011, along with wife Catherine as VSH Maui co-coordinator. Together, they've not only worked tirelessly to keep VSH Maui alive and thriving, but attendees at VSH Maui's free monthly public lectures also can testify to the delicious and creative vegan treats they've

enjoyed that Catherine has created from Down to Earth's monthly refreshment donations. Both Steve and

Catherine also have given VSH audiences on Oahu and Maui some great lectures and vegan cooking demonstrations. They've said that it's not good-bye, though, and have been helping VSH's new Maui coordinator, as needed, with VSH's monthly presentations. Best wishes, and many thanks to Cat and Steve Blake!

Welcome to Jerome Kellner, the author of "The Maui Diet", who has taken over the challenging position of

Jerome Kellner with Lorraine Sakaguchi

VSH Maui coordinator! Jerome has exciting ideas for VSH Maui, so VSH members on Maui can look forward to some good things to come!

Welcome, too, to Matthew Jisa, VSH's newest board member, as of August. Matt, as those of you know who've been enjoying his

VSH Facebook posts, has been the main administrator for our [VSH Facebook page](#) since the

fall of 2012, and it's exciting to have him add on this important new role for VSH!

Welcome, finally, to Phyllis Fong, a long-time VSH volunteer, whom I'm thrilled to announce has over as VSH's new dine-out coordinator! Stay tuned for some ono veggie dining events coming up in the future!



Phyllis Fong



Catherine and Steve Blake



Matt Jisa with Catherine Blake

Aloha!

Lorraine

VSH President

Time to Celebrate! VSH's Pre-Thanksgiving Dinner on November 21



Photos here and on page 1 are from VSH's most recent Pre-Thanksgiving Dinner held at McCoy Pavilion, in 2011.

(Continued from page 1)

Please make your reservation at www.vsh.org/thanksgiving, or call (808)445-9920, or email: dineout@vsh.org.

You may also mail a check, made payable to "M Peatross", to her at P.O. Box 235242, Honolulu HI 96823. Be sure to include your preferred seating time, number of diners of each age level, and best contact information.

A full reimbursement will be made for cancellations received before November 7.

In the spirit of Thanksgiving, we are all one family, so 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 environment, and spirituality. Talk to the people at your table; ask them why they came; you are likely to learn something and to be impressed.

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

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 Pineapple glazed Yams
Whole Grain Dinner Rolls
Mélange of Autumn Vegetables Almandine*

— Desserts —

Homemade Pumpkin Pie
Holiday Spice Cake
Warm Fruit Crisps

— Beverages —

Hot and Cold Herbal Tea
Purified Water

Dishes are Organic and Gluten-Free When Possible
*Gluten-free savory herb stuffing and nut-free mélange of autumn vegetables will be available.
Salt and oil content will be kept in check.

President-Elect of the American College of Cardiology Eats A Vegan Diet

Kim A. Williams, MD, who is the new 2014-2015 president-elect of the American College of Cardiology, eats a vegan diet, and recommends a whole foods, plant-based diet for his patients. In 2003, while following what he'd thought was a healthy diet (no fried foods, only a little dairy, plus chicken breasts and fish), he found himself facing a high LDL (low-density lipoprotein) cholesterol level of 170 mg/dl.

Dr. Williams had recently seen the dramatic normalization in the nuclear scans of a patient with serious heart disease after she'd adopted Dean Ornish, MD's program for reversing heart disease, including a plant-based diet, meditation and exercise, for 6 months. It inspired him to adopt a cholesterol-free diet that day, starting with plant-based meat substitutes, and his LDL level dropped to 90 mg/dl in 6 weeks. He says, "Wouldn't it be a laudable goal of the American College of Cardiology to put ourselves out of business within a generation or two? We have come a long way in prevention of cardiovascular disease, but we still have a long way to go. Improving our lifestyles with improved diet and exercise will help us get there."

(Editor: See Dr. Williams' personal statement at <http://www.medpagetoday.com/Cardiology/Prevention/46860>, and an interview with him at <http://www.everydayhealth.com/news/eleven-years-a-vegan-for-healthy-heart/>.)



Does Animal Protein Cause Osteoporosis?

For most of the last century, a prevailing [theory](#) within the field of nutrition was that by eating acid-forming foods such as meat, we were, in essence, at risk of peeing our bones down the toilet. And no wonder! Experiments dating back to 1920 showed over and over that, if we add meat to our diet, we get a big spike in the amount of calcium being lost in the urine.

And this made total sense. We had known since 1912 that meat was acid-forming within the body, and how do we buffer acid? What are in antacid (anti-acid) pills like Tums? Calcium compounds.

Meat and eggs have a lot of sulphur-containing amino acids (two to five times more than grains and beans) that are [metabolized](#) into sulphuric acid, which the body buffers with calcium compounds. And where is calcium stored in the body? The skeleton. So the thinking was that every time we ate a steak, our body would pull calcium from our bones, bit by bit, and over time this could lead to osteoporosis. Based on 26 such studies, for every 40 grams of protein we add to our daily diet, we pee out an extra 50 mg of calcium. We only have about two pounds of calcium in our skeleton, so the loss of 50 milligrams a day would mean losing close to 2% of our bone calcium every year. By the end of the 20th century, there was little doubt that acid-forming diets would dissolve our bones away.

But if we actually look at the studies done on protein intake and bone health, that's not what we [find](#). So, where's the flaw in the logic? Meat leads to acid, which leads to calcium loss, which leads to bone loss, right?

Well, it's [uncontroversial](#) that protein results in greater calcium excretion, but we've just been assuming it's coming from the bone—where else could the extra calcium dumped in our urine be coming from but our bones?

One [study](#) appeared to solve the mystery. An intrepid group of researchers tried feeding a group of volunteers radioactive calcium and then put them on a high protein diet. What happens when we put people on a high protein diet? The amount of calcium in their urine shoots up, and indeed that's just what happened. But here's the big question, was that extra calcium in their urine radioactive or not? To everyone's surprise, it was radioactive. This meant that the excess calcium in their urine was coming from their diet, not from their bones.

What seemed to be happening is that the excess protein consumption boosted calcium absorption, from down around 19% up to 26%. All of a sudden there was all this

extra calcium in the blood, so presumably the kidneys are like “whoa, what are we going to do with it all?” So they dump it into the urine. 90% of the extra calcium in the urine after eating a steak doesn't appear to be coming from our bones but from our diet. We're not sure why protein boosts calcium absorption. [Maybe](#) protein increases the solubility of calcium by stimulating stomach acid production? Whatever the reason, there was indeed more calcium lost, but also more calcium gained such that in the end, most of that extra calcium is accounted for. In effect, more calcium is lost in the urine stream, but it may be compensated by less loss of calcium through the fecal stream.

This was [repeated](#) with even more extreme diets—an acid-forming five-burgers-a-day-worth-of-animal protein diet that limited fruits and vegetables versus an alkaline diet emphasizing fruits and vegetables. More calcium in the urine on burgers, but significantly greater calcium absorption, such that at the end it was pretty much a wash.

Other studies have also since supported this interpretation. Here's an [ingenious one](#): Feed people a high animal protein diet, but add in an alkali salt to neutralize the acid. The old thinking would predict that there would be no calcium loss since there is no excess acid to buffer, but no, even though the acid load was neutralized, there was still the excess urinary calcium, consistent with the radioactive isotope study, challenging the “long-standing dogma that animal protein consumption results in a mild acidosis promoting the increased excretion of calcium.”

So if our body isn't buffering the acid formed from our diet with our bones, how is it neutralizing the acid? Maybe with our muscles. Alkaline diets may protect our muscle mass! I cover that in my video [Testing Your Diet with Pee and Purple Cabbage](#).

Now the boost in calcium absorption can only compensate if we're taking enough in. For example, dietary acid load may be associated with lower bone mineral density in those [getting](#) under 800mg a day. [Plant Protein is Preferable](#) to animal protein for a variety of reasons (tends to have less methionine, is less IGF-1 promoting, [etc.](#)), but it's not clear how much of an advantage it has when it comes to bone health.

I previously touched on this topic in my video [Is Protein Bad to the Bone?](#) But I promised I'd take a deeper dive, hence my video [Alkaline Diets, Meat & Calcium Loss](#).

-Michael Greger, M.D.

Note to chemistry geeks: Yes, I know it's the calcium salt anions that actually do the buffering (carbonate in Tums and phosphate in bones), but I'm trying my best to simplify for a largely lay audience. I'll make it up to you with some kitchen chemistry (actually bathroom chemistry!) in my [Testing Your Diet](#) video. (Ed.: All videos mentioned are available at www.nutritionfacts.org.)

Tasty and Meatless Pop-Up Brings Vegan Presence to ShareFest Honolulu

by Joy Waters

The Tasty and Meatless Pop-Up was an interactive booth at ShareFest Honolulu, a free community festival on September 20th. The booth was organized by volunteers from [Positive Media Hawai'i](#), VSH's Imagine A Vegan World, and the [Oahu Vegan Meetup](#) to share the vegan lifestyle, health and happiness with festival attendees.

It was a lively afternoon in the Tasty and Meatless PopUp tent. ShareFest attendees crowded into our booth to watch our healthy food demos, sample free vegan food, and receive friendly education.

We gave away free vegan food samples, made possible by



Joy Waters with Hawaii State Senator Mike Gabbard, who shared his musical talents at ShareFest.

We attracted a lot of interest with our lineup of food demos we did throughout the day. Marty showed people his secret recipe for raw applesauce (the secret is celery!) and sprouted wheatgrass. Nami did a fascinating demo on how to make fermented foods and kombucha and gave away free scoobies to lucky ShareFest participants. She also did a demo on healthy Mediterranean pupus with a local twist, using island grown chaya leaves in place of grape leaves for Hawaiian-style dolmas. Brain and Jannesa wrapped up the afternoon with a tasty celebration of fruit and smoothies as a meal.

We had many thoughtful conversations with ShareFest attendees at our "Ask A Vegan" corner, headed up by Jake, where ShareFest participants were encouraged to voice their questions and engage in friend-

ly conversation about all things vegan.



financial contributions from Down to Earth Natural Foods and VegFund. ShareFest attendees got to taste vegan meat and dairy alternatives on our mini kabobs, made with a slice of Tofurkey sausage, a chunk of Daiya cheese, and a cherry tomato. We also offered samples of chilled Silk soy milk, both vanilla and chocolate.



Jake, Terry Bear, Andrea Nandoskar, a friend, and Clyde.

Thank you to our volunteers who made all this possible: Joy, Andrea, Terry, Marty, Clyde, Jake, Erin, Lealyn, Nami, Brian, Janessa, Mei, Fidel, and Elizabeth.

If YOU want to be a part of the next Tasty and Meatless outreach adventure in the community, please subscribe to Positive Media Hawai'i Good News:

<http://positivemediahawaii.com/> or Like Us [on Facebook](#).

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Jannesa Trevethan and Brian Heithaus making smoothies



Vegan Foodies Club

Sushi-Style Rolls

by Joy Waters

It was a lively gathering at the Vegan Foodies Club in September. After some great conversation about the food system - with topics ranging from the IMO (Indigenous Micro Organism) growing model in Waianae, the supermarket dilemma-

to buy organic or local?, and GMO politics - we were ready to turn our complete attention to the beautiful food adventure in front of us. The theme was: Vegan Sushi-Style Rolls and our club members had come prepared to impress. What followed was a delightful and diverse presentation of six different vegan interpretations of eating stuffed tubes.



Japanese Style - Yasuko Dasu

It's said that the Japanese were the first to develop tofu pouches made from cutting thin slices of tofu and then deep frying... twice! These fun tofu skins, called aburaage, (used to wrap inarizushi) were the outer layer of Yasuko's vegan wrap. Her next layer was shiso leaf, a frilly, citrus-tasting base on which she put strips of lightly cooked carrot and burdock, two powerfully nutritious roots which she marinated with classic Japanese flavors of vinegar, shoyu, mirin, and sesame oil. Rolling this up, she placed each tofu skin wrap seam side down and baked it in the toaster oven for a few minutes until slightly crispy and warm. The last touch was a dollop of miso sauce, adding a creamy saltiness that was almost like melted butter on the hot aburaage.



Hippie Style - Dodi Rose

The base of this wrap was a brilliant emerald green collard leaf, softened by blanching, and overlaid with a sheet of nori seaweed. That alone was amazing. Dodi filled this high-calcium super green with nutrient-rich quinoa mixed with brown rice and purslane, a local plant that's often treated like a weed, but which oils the body with omega-3s. Dodi called this bulging wrap "portable food" and showed us how she carries the sauce in a spray bottle for easy application while eating on-the-go. The dressing was a mixture of Bragg's, lemon, ume plum vinegar, and nutritional yeast, four simple things that together burst with flavor.



Swanky Style - Joy Waters

Inspired by the tasty memory of the unagi dishes I loved as a kid, I researched how to make a vegan version. Turns out that the sauce, called tare (tah-reh), is super easy to make. It's a reduction of soy sauce with mirin and sugar, boiled until it becomes syrupy. To get the texture of unagi, I used fresh shiitake mushrooms, flash fried until crispy on the outside, and then braised in the sauce until chewy with a salty-sweet-burnt flavor. I wanted an alternative to white rice, so I used an English cucumber as the shell of the wrap which I carefully hollowed out with a 1/4-teaspoon. I filled the cucumber tube with a mixture made from silken tofu (the boxed kind) sauteed with onions and then creamed into red quinoa and flavored with a "spicy mayo" (Vegenaise and sriracha), and sprinkled generously with furikake, for an ocean flavor. The stuffed cucumber roll was sliced and each piece topped with a strip of marinated shiitake mushroom and a chunk of avocado.



Healthy Local Style - Phyllis Fong

Thick slabs of tofu seasoned with homemade teriyaki sauce was the star of this delicious wrap. Phyllis piled the tofu on a base of brown rice covering a square of nori seaweed to which she added sauteed mushrooms and won bok, (a Chinese cabbage with delicate leaves and a mild flavor) and handfuls of cilantro. She rolled big, hearty servings, a roll that is great for a picnic or hike. We learned that the secret way to keep the outer layer of nori crunchy was to toast it first on a burner (much like a tortilla) before stuffing it.

(Continued from page 6)

Thrive Style - Carol and Senator Mike Gabbard

This roll was filled with a savory paté made from soaked almonds and fresh basil from the Gabbards' garden. The paté sparked the mouth, and was so good we could have eaten it by the spoonful. Instead, Carol layered it on a nori sheet piled



with quinoa, sprouts, avocado and the Gabbards' famous crusty tofu recipe: bake tofu in oil, spike and soy sauce and then coat with nutritional yeast AFTER taking it out of the oven. This protein-rich wrap was satisfying and refreshing.

Korean Style - Boram Shin

Traditional kimbap has a white rice base with spam or egg (or



both!) in it, but this healthy vegan version by Boram was layered with brown rice and then a tasty combination of cucumber, carrot and wilted spin-

ach. The vegetables were cooked separately and slightly pickled with vinegar and sugar before being assembled into this beautiful wrap with nori seaweed. Although Boram said it was the first time she had made kimbap, she maneuvered the sushi mat like a pro and her rolls looked perfect. She showed us how to press rice grains into the edges of the nori roll to seal it shut like glue.

For more great vegan recipes and cooking ideas, visit: Tasty-andMeatless.com and like us on [our FaceBook page!](#)

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Nutrition News

from



Lowering Cholesterol with Brazil Nuts

A single serving of Brazil nuts may bring cholesterol levels down faster than statin drugs and keep them down even a month after that single ingestion.

<http://nutritionfacts.org/video/four-nuts-once-a-month/>

Beans, Beans, They're Good For Your Heart

Legumes such as lentils, chickpeas, beans and split peas may reduce cholesterol so much that consumers may be able to get off their cholesterol-lowering statin drugs, but to profoundly alter heart disease risk, we may have to more profoundly alter our diet.

<http://nutritionfacts.org/video/beans-beans-theyre-good-for-your-heart/>

Fighting Cancer with Nuts

Within hours, the blood of those fed walnuts is able to suppress the growth of breast cancer cells in a petri dish.

<http://nutritionfacts.org/video/which-nut-fights-cancer-better/>

Dark Chocolate and Artery Function

Chocolate: beauty, the beast, or both? Although cocoa itself is frequently found in foods like chocolate, which can contain high levels of fat and sugar, the cocoa powder itself may have beneficial effects in a number of chronic disease conditions including heart disease.

<http://nutritionfacts.org/video/dark-chocolate-and-artery-function/>

What Diet Should Physicians Recommend?

Kaiser Permanente, the largest U.S. managed care organization, publishes patient education materials to help make plant-based diets the "new normal" for patients and physicians.

<http://nutritionfacts.org/video/what-diet-should-physicians-recommend/>

Inhibiting Platelet Aggregation with Berries

The number one killer of Americans may be not eating enough fruit. Even if we just met the recommendations for fruit and vegetable intake, we could save more than 100,000 people a year. One of the ways plants help keep platelets in their place may be their aspirin content. See [Aspirin Levels in Plant Foods](#). Why would a plant make a human drug? It's so cool, check out [Appropriating Plant Defenses](#) on www.nutritionfacts.org.

<http://nutritionfacts.org/video/inhibiting-platelet-aggregation-with-berries/>



If the Oceans Die, We Die

Sylvia Thompson

I introduced myself to a couple of Sea Shepherds last night. They hailed from Australia and Canada, and one of their two friends was from Ireland. When I found out they were Sea Shepherds, I hugged them both (although they were across the table from each other) shouting out, “I love you guys!”

Bill Maher had the Sea Shepherd founder, Paul Watson, on his show in April. (The quotes below may not be word for word.)

BM: While looking for the Malaysian plane, a huge pile of plastic was spotted. PW: There are 7 million tons of plastic out there. It’s worse than oil. It just stays there. Over time, it breaks into little pieces and gets into the fish. BM: Other than the plastic, have you seen anything else that’s weird in the ocean that doesn’t belong there? PW: Nah, just about everything I’ve seen out on the ocean belongs there except the plastic, oh, and Japanese whalers.

BM: You’ve become known as an eco-terrorist. You must wear that as a badge of honor. PW: I’m not an eco-terrorist. I don’t work for BP. In fact, recently (April 2014), The International Court of Justice in Hague ruled that they (the Japanese whalers) are the outlaws. While the Japanese government says they will not go into the Southern ocean, the fishermen say they will.

BM: You’re hated by many countries, due to your association with the pirates. PW: European and Asian trawlers have scraped the bottom of the ocean outside of East African nations. They took everything, impoverishing them

into becoming pirates. We are not pirates or protesters. We’re an interventionist, anti-poaching organization. We’ve been working with the governments of Senegal and Somalia, Ecuador, Guatemala to (help them) uphold their laws. We have two patrol boats in the area to stop trawling and poaching.

BM: The oceans are becoming acidic. How long before the oceans die? PW: The United Nations reports that by 2048, all fisheries will collapse. Fish are disappearing. Coral reefs will be gone by 2025. Jacques Cousteau lamented, before he died, that the oceans are dying in our time. Instead of playing silly war games, the Navy should help stop poaching.

PW: If the oceans die, we die. We don’t live on the earth with a dead ocean. Eighty percent of the world’s oxygen is produced by the phytoplankton (rapidly disappearing), and oceans regulate temperature and climate. It doesn’t matter if you live in the Himalayas, Colorado or Los Angeles; it affects you. Biodiversity in the ocean is the most important thing.

With whole species of fish disappearing along with the coral and ocean plants, this is a wake-up call. I remember my dad used to love fishing and several times, he brought home a 3-foot ulua. Eventually he gave up fishing for ulua. He’d have to go way out to catch one from a boat, which he didn’t have. In fact, many fish once on Hawaii’s restaurant menus are extinct. Check out the Sea Shepherd website (www.seashepherd.org). One of the most disgusting videos there is about how Mitsubishi has been stockpiling bluefin tuna in deep freeze, trying to get a 10-year supply. They don’t care if the bluefin tuna disappear; in fact they welcome it, so that a tuna now priced in the thousands would climb up to half a million dollars.

I caught the tail-end of a PBS Nova show about studies on sharks and their role in the oceans. With all the shark finning and killing, they are in jeopardy, and so are we.

August: Steve Blake, ScD Presented “Defeating Diabetes”



Above: Steve Biedner, Steve Blake, and Jerome Kellner. Left: Refreshments served at the VSH Maui lecture on August 8.

Maui-Only VSH Events

September: Dana Naylor presented “Nutrition for an Active Lifestyle”



Left: Catherine Blake blends Dana Naylor’s smoothies for attendees to drink on September 11. Right: Dana, Cat and Steve Blake, Lorraine Sakaguchi and Jerome Kellner.

VSH Events on Oahu and Maui

July: Chef Catherine Blake presented “Cooking for Brain Power”



Chef Catherine Blake spoke at the Ala Wai Golf Course Clubhouse on July 8.



Catherine Blake (center back with haku lei) at her VSH dine-out at Simple Joy Vegetarian Cuisine on July 10.



Madana Sundari brought a surprise gift of strawberry-topped gluten-free vegan cupcakes, enough for everyone at the dine-out!

Catherine Blake (c.) with Dana Naylor and Brook Le'amo-hala at her VSH lecture at Cameron Center on July 2.

August: Ankur Jain, MD presented “Veganism: What a Body Wants, What a Body Needs”



Ankur Jain MD, lectured at the Ala Wai Golf Course Clubhouse on August 12.



Dr. Jain's VSH Dine-out at Loving Hut Restaurant on S. King St., Dr. Jain is 2nd on the left.



Dr. Steve Blake lectured at Cameron Center on Maui on August 14. (more on p. 8)

September: Home Le'amo-hala presented “Environmental Benefits of a Plant-Based Diet”



Home Le'amo-hala gave his VSH talk at the Ala Wai Golf Course Clubhouse on September 9.



Home Le'amo-hala's VSH Dine-Out at Greens & Vines Restaurant on September 10. Home in red is shown with friends and Lorraine Sakaguchi.

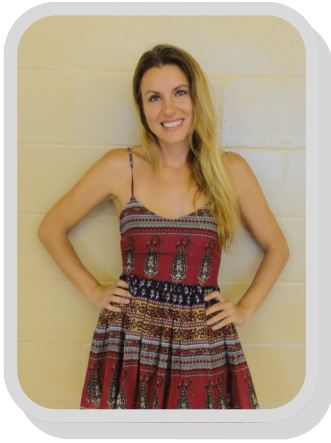


Dana Naylor lectured at Cameron Center on Maui on September 11. (more on p. 8)

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

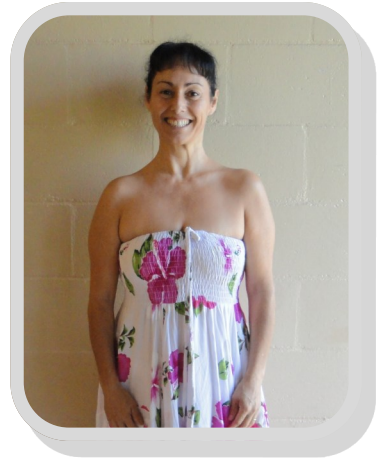
VSH Events on Kauai



In July Chef Hollan Hamid presented “Making Traditional Foods Vegan.”



At the August potluck and lecture a video of Dr. Michael Greger’s 2014 Oahu talk entitled “[Battling Common Diseases with Plants](#)” was presented.



In September OM EinDor Berov presented, “The Master Key to Radiant Health.”

August Recipe Winner Kale Potato Bake by Shawna Eisendrath

Ingredients:

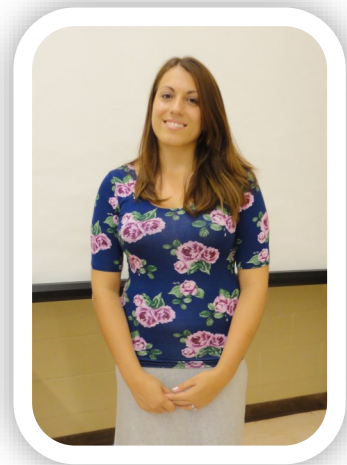
2 lbs. mix of baby potatoes (purple, red creamers, white creamers)
1 bunch of kale
1/2 onion finely chopped
3 tbsp. extra virgin olive oil
1 tbsp. parsley flakes
1 tsp. salt
1 tbsp. ground cayenne
1 tbsp. curry powder
1 tbsp. yeast flakes
half of a lemon, squeezed

Directions:

Preheat oven to 425 degrees F. Coat large baking sheet with one tbsp. of olive oil.
Thinly chop potatoes into 1/4 inch

sliced circles. Chop onions. Pour all seasonings onto the coated pan. Arrange potatoes in single layer on baking sheet (add onions too). Pour olive oil over potatoes and sprinkle seasonings on potatoes. Squeeze lemon on potatoes. Let potatoes roast for 23-28 minutes, turning occasionally until lightly browned and tender. Prep kale while potatoes are cooking. After washing the kale, squeeze lemon on top and pour all seasonings on top of kale. Add kale to potatoes after 20 minutes of roasting (kale only needs about 5-6 minutes of cooking). Mix kale and potatoes in a dish and serve.

*Serves approx. 6 people, cook time 23-28 minutes.



Shawna Eisendrath was the August recipe winner for her *Kale Potato Bake*. Karin Medigovich was the recipe judge.

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.



Cowspiracy Is Not Just a Movie, It's a Movement!

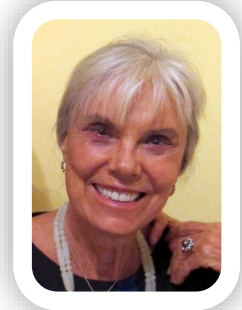
By Sylvia Thompson

Yea for [Cowspiracy: The Sustainability Secret](#)! Hooray for Kip Andersen and Keegan Kuhn's perseverance in opening the meat industry's Pandora's box. Having gone through a similar awakening to the stand of the Slow Food movement's support of "sustainable meat," I have a real appreciation for what Anderson and Kuhn have done on film. But, even more than making a movie, they have created a means to a movement.

That is what it will take to expose the truth about the meat (includes fish, fowl and dairy) industry. Chairman Mao once said, "Create public opinion to change the world." That's because we've been brainwashed since small-kid time. Remember the Four Food Groups? You're not that old? Then how about the Food Pyramid, and now Michelle Obama's MyPlate. If only Obama had subbed a glass of water and cut the meat, it would've been great. For 40+ years, meat and dairy protein have equaled good nutrition, as taught in grade school and colleges all over.

And for all these years, how has the meat industry kept all that environmental degradation, food and water pollution, deforestation, and species extinction under the blanket? If you saw the movie, you saw the nun's body lying in the forest of a third world country with a shot in the head. She was an anti-meat advocate. You heard Howard Lyman talking about the lawsuit with Big Meat versus him and Oprah. While Oprah and Lyman won that lawsuit over 15 years ago, they will be arrested if they make any more disparaging remarks against the industry, since they should now know better. (It's against the law in Texas.)

Many environmental groups interviewed in the movie have big donors with livestock in their back yard. So does Al Gore who recently turned vegan "because of health reasons." Could that be the other reason for their silence on meat? Anyway, why stop there? Let's take on the Cancer Society, the Heart Association, and all those black-tie fundraisers that serve meat for dinner. Why support their "cure" that results in expensive medical equipment, procedures and drugs that don't cure? Just say no. I'm giving to many social media fundraisers supporting labeling of GMO products, stopping the oil pipeline, etc. I've got better places to put my investment into our future. Spread the word about *Cowspiracy*, and join the movement.



Review of Cowspiracy: The Sustainability Secret

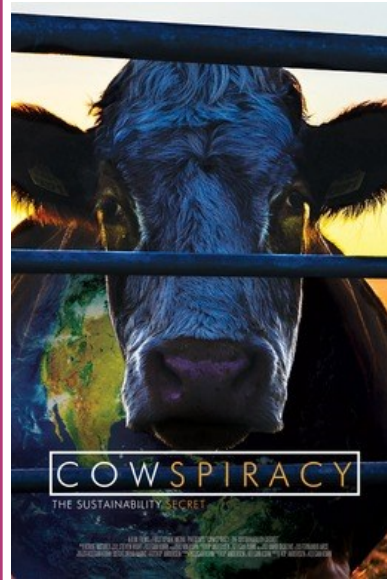
by Ruth Heidrich, PhD

www.ruthheidrich.com

If you have not seen the documentary, [Cowspiracy: The Sustainability Secret](#), do yourself and the planet a big favor. Courtesy of Dr. Bill Harris and Georgie Yap, I was treated to this opportunity, and was excited to see two young men, Kip Andersen and Keegan Kuhn, put together such valuable, although, at times, difficult to watch, information. It is a ground-breaking exposé of why it is important that environmentalists get on the

vegan bandwagon. Despite many challenges to getting the footage to support the thesis of what needs to be done to create sustainability, it was extremely well documented.

Thanks go to Cathy Goeggel who arranged to have this one-time showing. There was a good crowd and, in fact, almost a full house at the Ward Stadium 16 Theatre. State Senator Mike Gabbard was there as



well as our VSH President, Lorraine, our chief gourmet guru, Madana, as were other luminaries of the VSH.

I was especially surprised and pleased to see star performances by Howard Lyman, Will Tuttle, PhD, & Michael Klaper, MD. They were fantastic! It was pretty depressing for the first half (before those three came on) but the second half gives one hope. It started out with our hero being turned on to the realities of climate change when the documentary *An Inconvenient Truth* first came out. He joined or supported Greenpeace, the Sierra Club, and other groups who claimed "saving the environment" as their mission.

Then, when the United Nations came out with the fact that animal agriculture causes 51% of the problem, he went to all these groups and asked why they weren't dealing with that problem. They had no answers -- except for one who said, "It's the money." *Cowspiracy* ends with Howard Lyman saying that here's no way you can call yourself an environmentalist if you eat meat!

The Beneficial World of Fermented Foods

By Ryan Peters



Probably no other food group has touched the world more than fermented foods. All cultures have used fermentation as a food processing technique throughout history. The benefits are many and include increased shelf life, better flavors, and profound health benefits.

Step into any gourmet market and take a look around. Most everything is a product fermentation. From sourdough bread to cheese, chocolate, sauerkraut, beer and wine. It is clear that fermented foods can be delicious. But healthy? Yes. Maybe even placed in the realm of super foods. Our modern culture has not forgotten the good flavors; and now (with the stamp of scientific approval) we are discovering how and why some fermented foods in particular can be profoundly good for your health.

Just What is Food Fermentation Anyway?

Fermentation is an age-old technique for transforming food and drink through the use of beneficial microbes, whether yeast, bacteria, or fungi. Once in specific conditions, one or more of these microbes go to work eating available carbohydrates to grow their colonies. In exchange for the sugars, they produce various acids or alcohols, which accounts for the food preservation effect. Along the way, flavors are changed or intensified and health benefits are created.

Fermentation can either be done through culturing or in the “wild” way (actual scientific description). With wild fermentation you rely on the native bacteria already present on the food and in the environment to ferment. Wild ferments always rely on native bacteria, while culturing may rely on commercially produced cultures, though not in every case. In culturing, you introduce a group of microbes (possibly of wild origins) into the food you wish to ferment. An example of a cultured food is kefir or miso. Both require starter cultures to ferment.

Before the discovery and marketing of baker’s yeast, bread was always leavened in the wild way to make sourdough. This and other foods fermented with native bacteria are examples of traditional culturing practices. The techniques we inherited from our ancestors (all ethnicities included) still apply today. Thankfully, this knowledge is still alive and its methods are still being used to our benefit.

Four Health Benefits of Fermented Foods

There is more than one way that fermented foods can benefit your health. Here are four:

1. Fermentation enhances the bio-availability of some nutrients. Fermented cabbage, for instance, has more Vitamin C than the same amount of unfermented cabbage. And fermented cereal grains offer more minerals than their unfermented counterparts. This is one of the lesser-realized, yet most profound health benefits. More bang for your buck (and your bite).
2. Fermentation can detoxify plant foods. This is the case with cassava, an important subsistence crop in the tropics which naturally

contains unhealthy levels of hydrogen cyanide. Fermentation transforms the cyanide into a less harmful molecule, making it safe to eat over time. In the west, fermentation (and sprouting) is the only way to reduce the mineral-leaching phytates in grain-based foods like pasta and bread. The result is an easier to digest food.

3. Fermentation creates new nutrients. This one is profound. As microbes consume sugars, they produce various metabolites like vitamins, bioactive peptides, organic acids and fatty acids, to name just a few. This is a simple and effective nutrient enhancement, and it is often overlooked.

4. The live cultures themselves. This is one we’ve all been hearing a lot about lately. Live cultures (aka beneficial bacteria) have been shown to boost our digestive function, immune system, and even alter our moods. And that is just for starters. You can find them in unheated fermented foods (assuming the foods can be eaten raw). However, quality and quantity of cultures vary across food types and production methods. How to approach this subject? The best

advice I received was something like this: eat diverse sources of fermented foods produced according to traditional culturing practices.

Fermented Food Flavor: Yes I’ll Take Seconds

Aside from the health benefits, fermentation can improve the

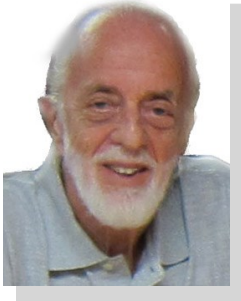
flavor of many types of foods. Grape juice is just grape juice until it is turned into wine, with levels of depth and aroma beyond the mere juice. The same can be said for chocolate. Have you eaten a raw cacao bean? Despite its pretty purple color, it is rather tasteless and bitter. Ferment and roast it, and you have the makings of a truly delicious and decadent food: chocolate. Miso, soy sauce, apple cider vinegar, and some hot sauces are just more examples of the amazing foods and flavors created through the transformative action of fermentation.

A Toast with Gratitude

Our bodies are teaming (they always have been) with 10x more microbes than there are cells in the body. What does that tell us about ourselves? How about who exactly we are? One thing is certain: the benefits of fermented foods are real, and ready to be eaten. Thankfully, a resurgence is underway in this realm, from fermentation education to companies creating and distributing high quality foods for people to heal with and thrive on. We can thank our ancestors for not only discovering this low-tech process, but for passing on the knowledge, as well. And if you’re inclined, you may want to thank the microbes, too.

Ryan Peters is a fermented foods educator and entrepreneur. His first company Cultured Foods Hawaii produced and sold locally made kraut and kimchi on the Big Island. He is currently teaching folks from all walks of life how to ferment. He has led workshops and classes in collaboration with Hawaii Community College, The University of Hawaii Hilo, Cookspace Hawaii, and Whole Foods Kailua. He has recently moved to Kailua and teaches fermentation on Oahu. His website is: FermentToBe.com and Ryan can be reached at: fermenttobe@gmail.com.





A Heart Healthy Recipe

By Neal Pinckney, PhD, Heart.kumu.org

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

As the weather turns hot, here are two famous restaurant recipes that will keep you and your kitchen cool; they require no cooking, and are fast and easy to prepare.

Olive Garden's Pasta & Fagioli

In most Italian homes, a common favorite dish is combination of beans and pasta, nicknamed "pastafazul". Often served in a sauce with ground or small pieces of meat, it is also found vegan in homes with very limited finances. While each region of Italy has its own version, this recipe is a basic one. Many different vegetables are often added; bell peppers, zucchini, eggplant, okra and broccoli are just a few.

Olive Garden's Pasta & Fagioli 4 to 6 servings

1 medium onion, chopped

8 oz carrots, slivered

8 oz celery, diced

1 cup TVP

3 cups tomatoes, canned, diced

1 cup cooked red kidney beans

1 cup cooked white kidney beans

*1 qt veggie stock (or water with veggie stock powder or cubes)**

2 teaspoons oregano

1 teaspoon fresh ground black pepper

½ teaspoon Tabasco sauce (up to 1 teaspoon to taste)

3 cups spaghetti sauce

4 oz dry whole wheat shell pasta, or other preferred pasta

*1 teaspoon fresh parsley, chopped
soy or rice grated parmesan alternative (optional)*



Saute onion in ½ cup stock in large 5-qt. pot until soft. Add remaining stock, TVP, carrots, celery and tomatoes, and simmer for about 10 minutes. Drain and rinse beans, and add to the pot. Add oregano, pepper, Tabasco, spaghetti sauce, pasta and parsley. Simmer until celery and carrots are tender, about 45 minutes. Add water to thin, if needed. Serve hot in large soup bowls with Italian or French bread. Optionally, sprinkle parmesan on top. Makes 4 to 6 servings, Can be refrigerated for one week or frozen.

* The original recipe calls for beef. Using McKay's Beef Style instant broth and seasoning to make the veggie stock will create a more authentic flavor (but do not add salt. as there already is a small amount in this product).



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. Please send them to

newsletter@vsh.org.

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

Our Daily Food Choices Matter

We all know that our food choices impact our weight. The diet business is a billion dollar industry, and growing! Decisions we make about which foods to eat also have a powerful impact on our health, the environment, and the lives of animals. Here are three reasons to consider shifting to a plant-based (vegan) diet.

A plant-based diet is the healthiest.

The number one cause of death in the U.S. is heart disease, and cholesterol and saturated fat blocking the arteries are the main cause of heart attacks and strokes. Many people are surprised to learn that all animal-derived foods, including meat, eggs, and dairy products, contain cholesterol, and are usually high in saturated fats and concentrated protein, all which have been shown to increase heart disease and/or cancer risk. Plant foods are free of cholesterol.

Furthermore, meat and egg are also relatively devoid of fiber, complex carbohydrate, vitamins, minerals and phytochemicals -- the nutrients that keep us healthy and vibrant. Plants, which also can contain all the protein and calcium we need, are packed with fiber, complex carbohydrates, vitamins, minerals and phytochemicals.

by *Leilani*
Farm
Sanctuary
Founder
Laurelee
Blanchard

In the words of vegan nutrition expert Michael Klaper, MD, "Your body has absolutely no nutritional requirements for the flesh or milk of other animals" All requirements can be obtained through non-animal sources." Going vegan is the single best thing you can do for your health.

Animal agriculture is destructive to the environment.

Most of us are unaware of the extent to which our food choices impact the Earth's environment. Pollution is one consequence of raising animals for food production. 70% of the organic water pollution in the U.S. is attributable to animal agriculture. Because these animals are injected, fed, and sprayed with antibiotics and pesticides, their waste is filled with toxic chemicals. Much of it is washed away by rains, untreated, into our waters.

Animal agriculture is also quickly depleting our resources: The meat and dairy industries consume over 50% of all the water used in the U.S. Most of the water is used to irrigate the pasture and crops that livestock eat. Think about this: It takes 2,500 gallons of water to produce one pound of beef, but only 25 gallons of water to produce one pound of wheat. It takes 40 times the fossil fuel to produce a pound of protein from feedlot beef than to produce a pound of protein from soybeans. Plant-based food production requires only 5% of the farmland needed for animal-based production – another great reason to switch to a plant-based diet!

1 pound of beef = 12 pounds of grain + 2,500 gallons of water + 1 gallon of gasoline

Compassion for Animals

The Animal Welfare Act specifically excludes animals used in agricultural production. Cows, pigs, chickens, and other animals exploited for food and fiber in the United States are considered primarily as commodities or "tools of production," not sentient beings. The result is that farm animals are subjected to grossly inhumane conditions, and suffer from both physical and psychological disorders as animal factories seek to maximize productivity and profitability.

If dogs, cats, or parakeets were treated the same way as factory-farmed egg-laying hens, pigs, or veal calves, those responsible would face animal cruelty charges. The pain a pig feels is no different from the pain a dog feels.

It is time to re-evaluate our food choices, and make conscientious decisions that are consistent with our values and that promote compassion instead of cruelty. As a civilized nation, we have an ethical obligation to prevent animal cruelty and to treat animals, including farm animals, as sentient beings. In doing so, we prevent intolerable suffering, and we elevate the human spirit.



Leilani Farm Sanctuary is home to over two 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 or phone: 808-298-8544

Email: info@leilanifarmsanctuary.org

<https://www.facebook.com/leilanifarmsanctuary>

Vegetarian Society of Hawaii Lectures

OCTOBER

NOVEMBER

DECEMBER

T. COLIN CAMPBELL, PHD



Nutrition Is Far More Effective Than Generally Known

Nutrition, as a concept, is often discussed by most people, but it is not clear that many people really know what it means. This is most unfortunate because, if truly understood and properly used, nutrition has more power to create and restore health than all the pills and procedures put together. Professional medical institutions must take this science seriously, offer it in medical school training and participate in helping medical professionals and clinics establish programs and strategies to deliver this message. Anything less is unacceptable.

T Colin Campbell, PhD, is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, and the author (with son and co-author Thomas Campbell II, MD) of *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health*, and (with contributor Howard Jacobson) *Whole: Rethinking the Science of Nutrition*. He was trained at Cornell (MS, PhD) and MIT (Research Associate) in nutrition, biochemistry, and toxicology. Since 1983, he has been the director of the Nutrition and Cancer Program Project (Collaborative Project with Chinese Academy of Preventive Medicine, Chinese Academy of Medical Sciences/China Cancer Institute, and University of Oxford). He has authored over 300 research papers, and is the recipient of a number of awards, both in research and citizenship.

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

Maui: October 16, 7 p.m. at Cameron Center, 95 Mahalani Street, Wailuku

Dine-Out with Dr. Campbell: October 15, 5:30-8:30 p.m., Govinda's Vegetarian Buffet, 51 Coelho Way (details on p. 16)

ANNE DINSHAH



Will Veganism Bring You Health, Wealth & Wisdom?

Anne Dinshah utilizes a gentle, entertaining way of communicating, so everyone is inspired with friendly suggestions of how to help the animals, environment, and people. This lecture empowers audiences to learn about veganism, utilize "dynamic harmlessness," and create potential to increase health, wealth, and wisdom.

Anne Dinshah co-authored the book *Powerful Vegan Messages* with her late father, H. Jay Dinshah, founder of American Vegan Society, updating his pioneering writings on compassionate living for today's world. A professional rowing coach, Anne seems like "the girl next door" who just happens to be a lifelong vegan and can host a dinner party everyone enjoys. She has a BA in American studies from the University of Notre Dame and an MEd in sport administration from the University of Texas. Anne is the author of *Dating Vegans* and co-author of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*.

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

Maui: November 13, 7 p.m. at Cameron Center, 95 Mahalani Street, Wailuku

Dine-Out with Anne Dinshah: November 12, 2014, 6-8 p.m. Gourmet Vegan Dinner, Church of the Crossroads (details on p. 18)



Dr. Campbell's visit was made possible through a donation by Down to Earth Organic & Natural.

PATTI BREITMAN



Never Too Late To Go Vegan: Why And How To Make The Switch For A Better Life

It doesn't matter how old or young you are or how healthy or ill you are, everyone is welcome in the big vegan tent. Patti Breitman will share her 25+ years of vegan learning and living with you. Discover why raw vegans, paleo vegans, no sugar, salt or oil vegans, Main street vegans, and every other kind of vegan, are on the right track. Climate change, animals lives, and your own good health are all affected every time you shop for groceries. Join Patti to hear how we can make a positive impact and create a priceless legacy.

Patti Breitman is director of the Marin Vegetarian Education Group and a co-founder of Dharma Voices for Animals. She is on the advisory council of the Animals & Society Institute, an effective not-for-profit organization that brings science and knowledge together with ethics and compassion.

Patti has been a vegan since 1986 and has been teaching cooking classes for 15 years. She is the co-author of *How To Say No Without Feeling Guilty* and of *How To Eat Like a Vegetarian, Even If You Never Want to Be One*.

Her newest book, written with Carol J. Adams and Virginia Messina, RD, MPH, is *Never Too Late To Go Vegan; The Over 50 Guide to Adopting and Thriving On a Plant Based Diet*.

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

Maui: December 10, 7 p.m. at Cameron Center, 95 Mahalani Street, Wailuku

Dine-Out with Patti Breitman: December 8, 2014, 5:30-8:30 p.m. Simple Joy Vegetarian Cuisine, 1145 S. King Street, Honolulu (details on p. 16)

Imagine a Vegan World



VSH's Free Vegan Peer Support Group

Every Tuesday
6:30-7:30 p.m.

(except the second Tuesday of the month, when we attend the monthly VSH lecture)

Lively, open discussions that share and support each person's grander vegan visions.

Third Tuesday: Anyone may feature a topic of interest by way of a demonstration, video, speaker, etc. Highlight an interesting nutritional report, recipe or YouTube video, or suggest a topic for us to bring to life for you! No need to be elaborate or technical! Let Terry know if you need assistance with making recipe copies, or the use of small appliances or a laptop.

Last Tuesday: Potluck! Bring a vegan dish and ingredient list or recipe, or fruit from your backyard!

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

VSH's Annual Vegan Pre-Thanksgiving Dinner

Friday, November 21, 2014
See the front page article for details

Visit our VSH table at Mahatma Gandhi's Birthday & International Day of Nonviolence event
5 to 6:30 p.m., October 2, 2014
by Gandhi's statue in front of the entrance to Honolulu Zoo

Information, vegan refreshments. VSH will also be highlighting World Day for Farmed Animals, also on October 2.

You're Invited to our VSH Dine-Outs!

Dine Out with T Colin Campbell

5:30-8:30 p.m. October 15, 2014

Govinda's Vegetarian Buffet
51 Coelho Way, Honolulu

Vegan Buffet Menu

Southeast Asian-themed dishes based on recipes either in *The China Study Cookbook* (TCSC) or

The China Study All-Star Collection: Whole Food, Plant-Based Recipes From Your Favorite Vegan Chefs (TCSASC)

Carrot-Ginger Soup – (Carrot Soup) TCSASC

Coconut Curried Vegetables – TCSASC

Pineapple Not So Fried Rice – TCSASC

Thai Peanut Noodles with Vegetables –

(Nutty Noodles with Vegetables) TCSC

Sesame Coleslaw Salad – TCSASC

Coconut Mango Pudding -- TCSC

With Ginger Lemongrass Tea

\$19 ages 13 and older, \$8 ages 8-12, free ages 0-7, including tax & tip

To RSVP and Prepay by October 14

Go to www.vsh.org/dineout/, Or call 808-445-9920, or

email dineout@vsh.org



Dr. Campbell's visit was made possible through a donation by Down to Earth Organic & Natural.

Dine Out with Anne Dinshah

6-8 p.m., Wednesday, November 12, 2014

Gourmet Vegan Dinner

Church of the Crossroads, 1212 University Ave.

See page 18 for details, including *vegan menu*.

To RSVP, email macrocommhi@hawaii.rr.com or call 845-2873

Dine Out with Patti Breitman

5:30-8 p.m. Monday, December 8, 2014

Simple Joy Vegetarian Cuisine Restaurant

1145 S. King Street, Honolulu

Vegan Menu includes:

1/2 order summer roll plus your choice of one entrée:

1) Vegetable Lasagna (not gluten-free)

2) Vegetable Clay Pot Sensation with Brown Rice

3) Tropical Fried Brown Rice with Broccoli

4) Sizzling Pancake

\$15, including tax & tip. To RSVP (specify entrée choice for each diner) & prepay, call (808)591-9919

Unless marked, all dishes for above dine-outs are gluten-free for those with this sensitivity

Please note that all VSH dine-out proceeds go to meal providers.

Local Vegetarian Community Events

Vegan Foodies Cooking Club

Co-Creating Inspired Meals with Good People!

We organize small gatherings at members' homes, pick a theme and then cook, artfully present and eat a gourmet feast. Come meet others who share a passion for home-cooked, delicious, plant-based cuisine and let's inspire each other to greater creativity in the kitchen!

Foodie - person who has an ardent or refined interest in food and seeks new food experiences as a hobby.

Contact Joy Waters for info about membership:

Joy@TastyandMeatless.com

Hawaii McDougall Travel Adventures

January 17 - 24, 2015

Join Mary and Dr. John McDougall for their upcoming Adventure in Hawaii and discover the many wonders of the archipelago's biggest island. Our new location will be the beautiful [Sheraton Kona Resort & Spa](#) at Keauhou Bay. Our block of rooms will have **ocean views, oversized furnished lanais, and free wifi**. There is a gorgeous multi-level system of pools, waterfall, and 200' long waterslide! The resort also offers a free trolley into the town and beaches of Kona.

All meals are included and all the food will follow the McDougall Program.

<https://www.drmcDougall.com/health/travel/hawaii/>

Call 1-800-941-7111 or +1-616-874-8155 or email carol@drmcDougall.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.

Eat Well for Life

Upcoming Cooking Demonstration Classes

Thursday, October 23: Favorite Fall Vegetables

Enjoy hearty, earthy vegetables in comforting dishes for cool fall weather. Pumpkin will be one of the featured ingredients.

Thursday, November 20: Pupus for Parties

Just in time for the holiday entertaining! These tasty and healthy nibbles are sure to be a hit at your holiday gatherings.

All classes are from 6:00 to 7:15 p.m. at the Castle Medical Center Wellness & Lifestyle Medicine Center and include generous samples and printed recipes. Additional class information and registration details are available at www.castlemed.org.

Price: \$10 per person per session.
Advance payment 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

Celebrate! Greens & Vines Makes 2 Years

Oct. 26th, Sunday, 1:00-4:00 pm

All you can Eat Gourmet Raw Vegan Buffet

Jazz on the Patio w/ Stephen Jones & Jeannette Trevias

\$65/Reservations, Call 536-9680 now!

Greens & Vines Restaurant

909 Kapiolani Blvd., Honolulu

Corner of Ward Avenue &
Kapiolani Boulevard

Free Parking on Ground Floor
Behind Restaurant

Gourmet Vegan Community Dinner at Church of the Crossroads

November 12, 2014

Enjoy a vegan gluten-free meal lovingly prepared by Chefs Kathy Maddux and Alyssa Moreau

This is also a Vegetarian Society of Hawaii dine-out with Anne Dinshah -- enjoy a delicious vegan meal, as well as an opportunity to get together With VSH's November lecturer!

*Autumn White Bean Soup
Carrot and Burdock Kinpira
Brown & Mochi Rice Blend with
Hijiki Sea Vegetable Garnish
Collards and Corn
Pumpkin Spice Bars with
Vanilla Tofu Cream and Freshly Grated Nutmeg
Tea*

6-8 p.m., last service at 7:30 p.m.

1212 University Ave., enter parking via Bingham St.
\$20 (VSH Member price \$18)

\$2 more for walk-ins (availability not guaranteed)

Please RSVP to macrocommhi@hawaii.rr.com

Reservations requested by November 7

"Healing & You" Radio Show

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

Sundays: 8 to 9 p.m. K108 AM 1080

Call-in line: (808)524-1080

www.kwai1080am.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!

Events are listed at www.veganoahu.org

Free Vegetarian Cooking Classes at Down to Earth



Honolulu • Kahului • Kailua •
Kapolei • (no classes currently
at Pearlridge)

No reservations required

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

Kailua: 1st and 4th
Tuesday monthly, 4:30 - 5:30 p.m.

Kapolei: 1st Wednesday monthly, 4 - 5 p.m.

Kahului: 3rd Tuesday monthly, 5 - 6 p.m.

www.downtoearth.org/free-cooking-classes

or call (808) 947-3249 for more information.

Hearty Soups and Stews Vegan Cooking Class

Lyon Arboretum

University of Hawai'i at Mānoa

3860 Mānoa Road, Honolulu, HI 96822

Saturday October 25 9-11:30 a.m. \$25.

Instructor: Alyssa Moreau

Alyssa will feature cooking with beans, grains and vegetables that enhance the flavors of the fall season. Recipes will include Oden Stew with root vegetables, and Taro Stew and homemade broth. Alyssa will demonstrate the use of a pressure cooker, enabling you to shorten cooking time and save valuable nutrients. She'll provide recipes, samples, and a cooking guide and discuss the nutritional benefits of the foods being prepared, and the best storage methods for future use.

To register call 988-0456. Registration forms can be found online at manoa.hawaii.edu/lyonarboratum

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 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.

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

5% Discount

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% Discount

Downbeat Diner and Lounge (42 North Hotel St.)
Gourmet Vegan Dinner (macrocommhi@hawaii.rr.com)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way)
GRYLT (Manoa, Ala Moana, & Kahala Mall)
Hawaii Nutrition Co (Herbologie Studio, 318 Kamani)
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)

50% Discount

Vegetarian Journal (www.vrg.org/groupmember/)

Send comments or suggestions
to: info@VSH.org

Membership dues and 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!

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