

The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 26, ISSUE 2, APRIL-JUNE 2015

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Free Public Lectures

Will Tuttle, PhD

**“Healing Our World:
A Deeper Look at Food”**

Tuesday, April 14, 2015

Ala Wai Golf Course Clubhouse

Irminne Van Dyken, MD

**“Ten Ways a Plant-Based Diet
Will Help You Avoid the Scalpel”**

Tuesday, May 12, 2015

Ala Wai Golf Course Clubhouse

Dustin Rudolph, PharmD

**“The Secrets to an Empty
Medicine Cabinet”**

Tuesday, June 9, 2015

Ala Wai Golf Course Clubhouse

Please see page 15 for more details.

Happy 25th to the Vegetarian Society of Hawaii!

By Ruth Heidrich,
PhD

For me, it all began way back in 1989 with a telephone call. “What do you think of starting a vegetarian society here in Honolulu?” It was Elaine French, whom I’d known since 1982, when I was taking cooking classes sponsored by John McDougall, MD, and Elaine was one of the instructors. Dr. McDougall had left Hawaii to start his program in Santa Rosa, CA, and there remained a cadre of his dedicated supporters, a bunch of newly-minted vegans.



All four VSH presidents, current and past: Lorraine Sakaguchi, Ruth Heidrich, PhD, Alida Rutchick, & Elaine French

I was really excited about the idea because I really felt the “hole” left without the strong support of Dr. McDougall. I also had the privilege of accompanying Dr. McDougall to lectures he gave to the students at the University of Hawaii’s John A. Burns School of Medicine. I was given the opportunity to tell students how we were treating my breast cancer with diet instead of chemo and radiation. I thought this organization might be an opportunity for us to support each other and, even more importantly, to continue the work that Dr.

McDougall had started here in Hawaii.

And there certainly was a lot of work to do! At the time, everyone I knew, including my oncologist, told me this was a crazy idea, and that I could not possibly get enough protein and calcium on this diet. Of course, back then, almost no one could even pronounce the word “vegan.”

We then discussed what to call this



The four VSH founders; William Harris, MD, Andy Mertz, Elaine French and Jerry Smith

(Continued on page 5)

The Island Vegetarian

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

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

Stephen Beidner
Steve and Catherine Blake
Laurelee Blanchard
Brook and Home Le'amohala



President's Message

Dear Friends!

The Vegetarian Society of Hawaii celebrates our 25th birthday this year, and I'm happy to present to you past VSH president and pioneering member Dr. Ruth Heidrich's reminiscences (on pages 1 and 5) of the early days of our organization.

Thanks to you, our VSH members (that's most of you who are reading this!), our generous donors, and our dedicated and talented volunteers, VSH has been able to continue to effectively follow our mission of promoting human health, animal rights and protection of the environment by means of vegetarian (whole food, plant-based) education for the past 25 years.

VSH was especially fortunate to have had University of Hawaii Professor Emeritus Karl Seff as one of VSH's most tireless and valued volunteers, as well as a major policy shaper, for most of VSH's history until recently, when he stepped down from the VSH board and his VSH duties.

Karl, for 23 years, cheerfully took on many different, and sometimes difficult, tasks, often wearing several hats at a time. A list of some recent and not-so-recent jobs include: meeting coordinator—reserving our meeting venues, bringing supplies and serving vegan refreshments, setting up, then cleaning and closing up our monthly lecture venues; dine-out coordinator, as well as coordinator of our annual VSH pre-Thanksgiving Dinner; speaker coordinator, phone-tree coordinator (back in the 90s!); informational table staffer; coordinator of our famous dining guide; host of many of VSH's visiting speakers at his house, even bringing the speaker's presentation lei, and helping visiting chefs shop and prep for their cooking demos; and more. He also delivered an occasional VSH lecture of his own, including the well-received *Confessions of a Low Class Vegan*, which he will be giving an update on in September.

I'm grateful that Karl had chosen to share so much of his precious time, expertise, and resources over the years to help further VSH's educational mission, and hope that Karl enjoys a well-deserved rest after so many years of devoted service! We fellow VSH volunteers were honored to have gotten to know him, and to work with him. I know that I speak not only for us, but for many of you, as well, as I express my heartfelt mahalo to Dr. Karl Seff!



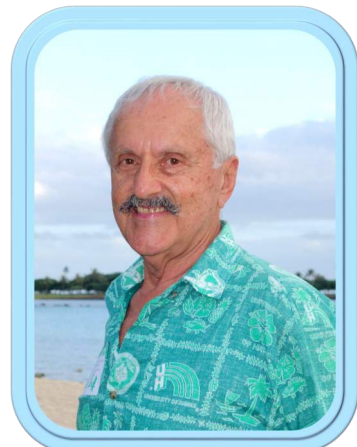
Carol Janezic



Phyllis Fong

I'd like to also recognize four of our other wonderful volunteers! First, a warm welcome to Jerome Kellner, who recently joined the VSH board as its newest member. He's already been serving ably as our VSH Maui coordinator since summer of 2014.

Welcome, too, to Carol Janezic, VSH's new dine-out and meeting coordinator. She is succeeding Phyllis Fong, who not only did a great job, but is now tackling some other much-needed tasks for VSH. Last, but not least, welcome to Dr. Ruth Heidrich, our new VSH speaker coordinator. Thank you, all!



Jerome Kellner



Dr. Ruth Heidrich

Aloha!

Lorraine

VSH President

The Peace Diet

Reverse Obesity, Aging, and Disease by Eating for Peace of Body, Mind and Spirit



By Terry Shintani, MD, JD, MPH

Dr. Terry Shintani is a multi-faceted physician and author who has spent a remarkable career in helping people to gain or regain their health, both locally and nationally, through his medical practice, his books, his weekly radio program "Healing and You," and more. In

this issue of The Island Vegetarian, VSH presents the second and concluding installment of a chapter from his just-published book, The Peace Diet, in which Dr. Shintani writes about the relationship of diet to cancer.

In Part One of this chapter in The Peace Diet, Dr. Shintani wrote about the anti-cancer nutrients in whole plant-based foods, the relationship of fat intake to cancer, and animal protein to cancer.

— Lorraine Sakaguchi, VSH President

VIII — The Peace Diet and Cancer

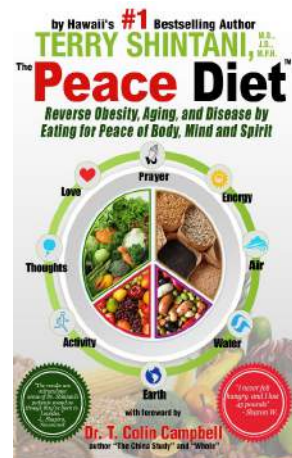
Part 2

The Peace Diet Is Unfriendly to Cancer

In a number of ways, the Peace Diet makes the blood unfriendly to cancer cells. Not only will there be a greater presence of those cancer-preventive chemicals like those in blueberries and green tea mentioned above, there will also be an improvement in the ability of the bloodstream to attack cancer cells when they do develop. When you follow the Peace Diet carefully, factors in your blood such as insulin and IGF-1 that may support and promote the growth of cancer cells are reduced, impacting the growth of tumor cells to the point where the cancer will slow down or even start to

The Peace Diet:
Reverse Obesity,
Aging and Disease by
Eating for Peace of
Body, Mind and Spirit
Terry Shintani, MD, JD,
MPH

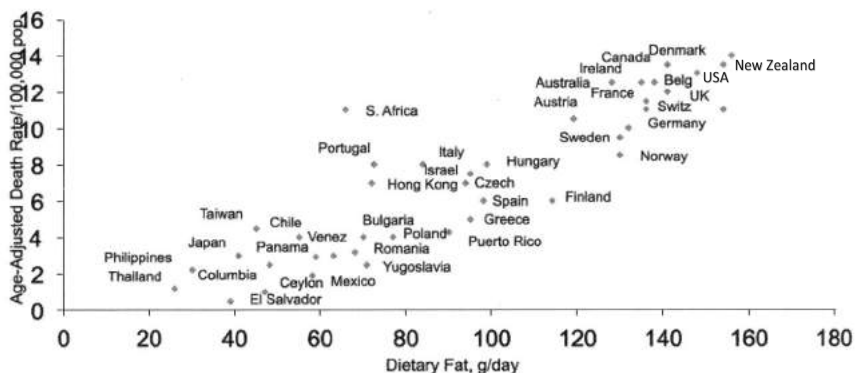
Honolulu, Hawaii
Health Foundation Press
352 pages, 2014



regress. I have seen this happen on a number of occasions.

As I mentioned in the preface, my father had colon cancer when I was six months old. Fortunately, he survived the removal of half of his colon and a permanent colostomy. But growing up, I always wondered why there was no cure for cancer. Over the years, I heard about a variety of approaches such as the Gerson diet, which consists of organic vegetarian food. I had also heard about the Hippocrates raw food, plant-based diet, as well, and the macrobiotic diet (a diet based on Oriental medicine concepts of balancing yin and yang), which, for healing purposes, is organic, vegan and whole grain-centered. One thing these diets all had in common was that they all had examples of followers who had recovered from advanced cancer.⁵ In the 1970s, laetrile was a popular, if controversial, anti-cancer substance. When I was in law school, I wrote a

Colon Cancer Mortality in Men vs. Fat Consumption

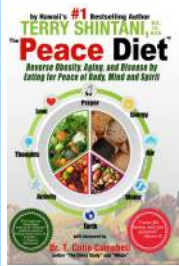


paper on the legal issues surrounding the use of laetrile, a substance found in apricot pits that could purportedly kill cancer cells by releasing cyanide into the cancer cell.

(Continued on page 4)

(Continued from page 3)

VIII — The Peace Diet and Cancer



When I looked into the Federal Register, where testimonies about the laetrile controversy were kept, I found that laetrile only really worked in combination with a vegetarian diet. This got me thinking that perhaps it was the vegetarian diet, rather than the laetrile, that actually had the anti-cancer effect.

Virtually All Anti-Cancer Diets Are Plant-Based

Recalling the variety of seemingly cancer-fighting diets I was familiar with, I noticed that all these approaches had some common elements. First, all were plant-based or vegetarian. Second, they all avoided processed food and artificial chemicals. Third, they all avoided dairy foods and limited the amount of dietary protein. Putting these together, I came up with a list of the common factors I thought most effective about these diets in changing the blood environment to become unfriendly to cancer, and developed the guidelines of my Peace Diet plan from what I had surmised.

1. High insulin levels in the blood stream are like fuel in a fire. All of these diets advocated low-glycemic carbohydrates and plant-based foods. A reduced intake of high glycemic foods and a replacement of them with the whole, unprocessed carbohydrates naturally low in glycemic effect, keep insulin levels steady and at low levels. Also, a diet that is relatively low (but not deficient) in protein is helpful in keeping insulin levels down because protein raises insulin levels. Beef, pork, chicken, and fish raise insulin levels more than oatmeal or even pasta.

2. Another substance similar to insulin also promotes growth of cancer cells: Insulin-like Growth Factor no. 1, often called simply "IGF-1." This is a substance that is also highly correlated with a number of cancers, and it, too, is increased by the consumption of animal flesh.

3. Treatment for sex hormone-based cancers (such as prostate and breast) includes the administration of hormone blockers. The Peace Diet, if followed carefully, keeps fat intake low enough that excessive production of

sex hormones by the body are reduced, thus helping to protect against these types of cancers.

4. Whole, unprocessed plant-based foods are loaded with not only anti-cancer substances, but also anti-inflammatory nutrients as well as those that will help support the immune system, one of the body's most important defenses against cancer. A healthy immune system can find and kill cancer cells before they get started. There are two primary white blood cell types, cytotoxic T cells and "natural killer" cells that can detect and destroy cancer cells and may play an important role in the reversal of cancer growth. A healthy diet can optimize the function of these white blood cells.

5. The study of "epigenetics," which examines the effect of diet on gene expression, is providing interesting new research. It appears that, in places of the world with very low rates of cancer, there are dietary patterns very different from those in places of the world with much higher cancer rates. It is possible and even likely that at least one of the factors of cancer risk is the switching on of cancer-causing genes through diet. The Peace Diet reflects a food pattern consistent with lower levels of the most common cancers in the U.S.

There are undoubtedly other mechanisms yet undiscovered or not researched adequately that may contribute to the prevention, arrest and reversal of cancer. For example, the change in gut flora may have an impact on cancer and the immune stimulation of mushrooms and other fungi may also be found to be useful.

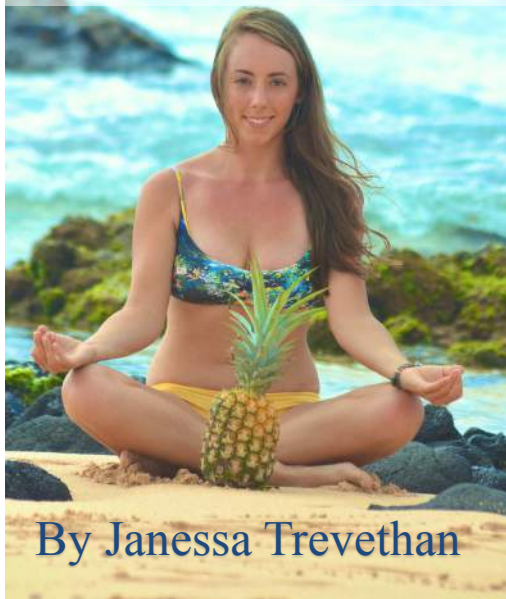
Note: People who already have cancer should obtain the guidance of a licensed health professional to optimize their overall approach to treatment and always weigh the risks and benefits of all possible therapies when making choices.

Reference:

5. Fawcett, A. and Smith, C. (1992). *Cancer Free: 30 Who Triumphed Over Cancer Naturally*: Japan: Japan Publications.

————— The End —————

From Paleo to Vegan Fruit Junkie



By Janessa Trevethan

My love for health and fitness started in my late teens, after experimenting with many ways of eating for better performance and energy. I turned to the paleo diet during this time. I stumbled upon a picture of Freelee, aka the Banana Girl, on Instagram and she was surrounded by a big circle of fruit! With my extreme fear of carbohydrates and sugar I was in awe to see someone that was living on a high carb diet that was fit, lean and thriving!

I immediately decided to try a whole foods, high carb/low fat diet, and in about a week, I felt like a new person, and have never looked back since. I had heaps of energy, excellent digestion and could function without coffee or naps. Once I did the research, and discovered that not only is this way of eating excellent for your health, but it is a compassionate lifestyle that is non-harming to the animals and environment, everything clicked.

I found my true calling that could actually make a difference in the world. My love for the vegan lifestyle has flourished into my own coaching business and I am the owner of LoveLightnFruit. My goal is to be a mentor for women that are having trouble losing weight and show them a way of living that is easy, healthy and abundant without calorie restriction or hours spent in the gym so that they can feel vibrant and confident in their skin! I also have helped with projects with the Sustainability Club at UH Manoa, along with VSH to spread the vegan message.

For more information: Check out my website www.lovelightnfruit.com; like me on Facebook. Mahalo!

(Continued from page 1)

Happy 25th to the Vegetarian Society of Hawaii!

club. Elaine suggested “The Vegetarian Society of Honolulu.” My initial reaction was “Who would want to join a ‘society’ with its ‘uppity’ implications and why call it “vegetarian” when we really meant “vegan”? I had nothing better to offer, so when I found out there were already a number of successful organizations using the term, for example, “The American Vegan Society,” other vegetarian societies on the mainland, and a number of humane societies, that objection went away. I realized, too, how few vegetarians there were, and even fewer vegans, and that we could cast the net wider and work on getting the vegetarians to go all the way. I soon felt convinced that this was the best name for our budding group. It was only a few years later when we had a small subset in the Wahiawa/Mililani area and inquiries from the outer islands, that we knew we were much bigger than our original geographical scope. The name was then changed to “The Vegetarian Society of Hawaii.”

Our first few organizational meetings were held at Jerry Smith’s and Elaine’s home. Dr. Bill Harris, Andy Mertz, Marcia Deutsch, Eliot Rosen, Peter Burwash and a few others were some of the early pioneers of the VSH.

Finally, we were ready for our first presentation to the general public, which was held in the basement of the Makiki Community Library. Our first meeting was held on June 12, 1990, our first speaker was Dr. Harris, and our first title,

“Diet and Evolution.” I don’t recall how many people showed up, but it was enough to keep us going.

Our second meeting was held on July 10, our second speaker was me, and my talk was “From Cancer to the Ironman Triathlon.” Our third speaker was Cathy Goeggel who showed the documentary, “The Animals Film.” So we were off and running! Our locations, however, were all over the place and ranged from that Makiki Library basement to the Manoa Public Library, the Kaimuki Public Library, and St. Clement’s Church before we were able to settle on the Ala Wai Golf Course Clubhouse and the McCoy Pavilion in the Ala Moana Beach Park.

By December of our first year we had more than 100 paid-up members and we’ve been going strong ever since!



Human Health, Animal Rights, and Ecology
Volume 1, No. 1, June 1990



Dear Friends,

I am happy to announce the birth of a new and very exciting organization, a vegetarian society in Honolulu. It has been a dream for years, but now it is a reality. It never got past the fantasy stage until now. Perhaps Vegetarian Paradise had been the old without my knowledge. It was so easy to be back with a cold glass of juice, relax the sun and the sea, and let time go by.

But last summer, hearing a girl talk of food faves (that other well-known disease of island people), I was struck and I looked up and down to Hawaii. Call them the big green movements of the American Vegetarian Society, those, followed by the, well, not, just here and elsewhere, we found the spirit and the information we needed to get this organization on its feet. Our first meeting at the Waikeolu (Lani) (perfectly named) was held on July 10th. It was a great first meeting. Our first speaker was Cathy Goeggel who showed the documentary “The Animals Film.” Our first meeting was held on July 10th. It was a great first meeting. Our first speaker was Cathy Goeggel who showed the documentary “The Animals Film.” Our first meeting was held on July 10th. It was a great first meeting. Our first speaker was Cathy Goeggel who showed the documentary “The Animals Film.”

SUMMER 1990 CALENDAR OF ACTIVITIES

Sunday, June 30th
First of Country 1st restaurant to open for a special dinner. No reservations. This is a good opportunity to meet and socialize with other vegetarians. For payment Account to Vegetarian Society members. 421 Hahaione St., #1441 (between Kalia and Ala Moana Blvd.) Parking at Kaimuki. Host with partial refund on parking.

Saturday, July 12th
Monthly meeting of the Society. 7:30 PM at Makiki Park Community Center, room 1527 Hahaione, #1441 Hahaione St., #1441 (between Kalia and Ala Moana Blvd.) Parking at Kaimuki. Host with partial refund on parking.

“Diet and Evolution” Social Affair.

Above: the first issue of the VSH newsletter (full copy on www.vsh.org) that began with a message from VSH President Elaine French (pictured), whose first words were: “Dear Friends, I am happy to announce the birth of a new and long overdue vegetarian organization. A vegetarian society in Honolulu has been a dream for years, but somehow it never got past the fantasy stage until now.”

VSH Meatout Event at UH

By Janessa Trevethan



Volunteers Doorae Shin, Mark Ryan, Sarah Deikun, Janessa Trevethan and Brian Heithaus

Since 1985, an event called Meatout, in which people are asked to pledge not to eat meat for one day, has been taking place. (Started as the Great American Meatout by FARM (Farm Animal Rights Movement), it now includes 96 countries.) This year, on March 19, a day before Meatout day, March 20, volunteers set up a table at University of Hawaii at Manoa for students to come by and taste test delicious meatless, plant-based samples, discuss veganism, and to encourage people to take the pledge.

Thirty students signed their names to pledge to eat meatless for the Meatout day. Everyone loved the samples of meatless sausages, Tofurky slices and, especially, Chef Madana Sundari's peanut tofu skewers. Some were quite surprised at how delicious eating vegan can taste. It was a great experience to speak with people about the benefits of a vegan lifestyle towards their

health, the environment and compassion towards animals. We also were able to hand out vegan literature to help those who were interested in learning more.



Top l & bottom r: volunteers giving out meatless samples and talking with students; bottom l: peanut tofu skewers with orchids made by Chef Madana Sundari; top r: "Plant Powered" volunteer Brian Heithaus.



Thanks to our volunteers, Chef Madana Sundari, Lorraine Sakaguchi, Jordan Metoyer, Doorae Shin, Mark Ryan, Terry Bear, Sarah Deikun (half-marathon winner!), Angel Lau, Janessa Trevethan, and Brian Heithaus. The event was co-sponsored by VSH and the Student Sustainability Club of UH Manoa.

Nutrition News

from



Can you eat too much Fruit?

Seventeen people were made to eat 20 servings a day of fruit. Despite the extraordinarily high fructose content of this diet, presumably about 200 g/d—8 cans of soda worth, the investigators reported no adverse effects (and possible benefit actually) for body weight, blood pressure, and insulin and lipid levels after three to six months. More recently, Jenkins and colleagues put people on about a 20 servings of fruit a day diet for a few weeks and no adverse effects on weight or blood pressure or triglycerides and an astounding 38 point drop in LDL cholesterol.

<http://nutritionfacts.org/video/how-much-fruit-is-too-much/>

The Top Four Anti-Inflammatory Spices

The researchers took a bunch of people and had each of them eat different types of spices for a week. There were many truly unique things about this study, but one was that the quantity of spices that study subjects consumed was based on the usual levels of consumption in actual food. The following significantly stifled the inflammatory response: cloves, ginger, rosemary, and turmeric.

<http://nutritionfacts.org/2015/01/20/the-top-four-anti-inflammatory-spices/>

The Actual Benefit of Diet vs. Drugs

The best cholesterol-lowering statin drugs can do here is an absolute risk reduction of 3.1% over 6 years. A whole foods plant-based diet has been shown to work twenty times better, an absolute risk reduction of 60% after less than 4 years. Overall, 99.4% of patients that stuck with the diet avoided major cardiac events, such as death from heart attack.

<http://nutritionfacts.org/video/the-actual-benefit-of-diet-vs-drugs/>

Why Do Vegan Women Have 5x Fewer Twins?

All edible tissues of animal origin contain estrogen. This may explain why, in a study of over a thousand women eating plant-based diets, vegan women have a twinning rate that is one fifth that of vegetarians and omnivores.

Why is that a good thing? Because twin pregnancies are risky pregnancies. Complications are more likely to occur. Many parents and physicians underestimate the negative consequences of multiple pregnancy, but women with a multiple pregnancy face greater risks for themselves and their infants. Twin babies may be 10 times more likely to die at birth.

To avoid these complications, this research team writes, women attempting conception should avoid milk and dairy products.

<http://nutritionfacts.org/video/why-do-vegan-women-have-5x-fewer-twins/>

Haute Cuisine Gods Shift Towards Plants

By Pete Thompson

“The cuisine of the next ten years will be vegetarian”

—Joël Robuchon (World-renowned Michelin 3-star chef in Paris)

Alain Ducasse—Plaza Athénée—Organic produce

One of the giants of gastronomy, the internationally celebrated French-born chef Alain Ducasse, the most Michelin-starred chef on the planet has reopened his Michelin-starred (3 before remodeling, 2 upon reopening) restaurant at the Plaza Athénée in Paris with a largely organic produce menu. His menu still offers fish, seafood, and some meat, but its main focus is intended to be cereal and vegetables rather than meat. Ironically, this development is coming at a time when France has effectively banned vegetarianism from all of its schools cafeterias. Even taking a packed home lunch is not an alternative, as they are also banned.

Calling his new approach “naturalite” (naturalness), Ducasse says “the planet has increasingly rare resources so we have to consume more ethically, more fairly.” Because of his stature in the world of haute cuisine, this development could have a far-reaching impact in moving many other chefs and restaurants in a plant-based direction. While Ducasse’s epiphany is welcomed, he is not the first in haute cuisine to emphasize plants.

Alain Passard—L’Arpège—Plant-based emphasis

Back in 2001 Alain Passard at L’Arpège, another Michelin 3 star restaurant in Paris, went to a plant-based emphasis. I say emphasis, because some animal-based dishes still live on the menu, but they’ve been relegated to a sideshow, much in the same way that vegetables were always seen as a garnish for a meat dish. Some chefs have opted to move to a two menu approach, one meat-based, the other plant-based. La Tour D’Argent in Paris went this route, as well as top US chef Thomas Keller, who offers a “Taste of Vegetables” at his two top-rated restaurants, Per Se in New York, and the French Laundry in Napa.

Jonathan Mizukami—Vintage Cave—Palette of vegs

Locally, Honolulu’s most expensive restaurant, The Vintage Cave, introduced a second menu called “A Taste of Vegetables.” This new menu was created by the restaurant’s new chef Jonathan Mizukami. At the tender age of 35, Jonathan has a decade of experience at the French Laundry, arguably the best restaurant in the U.S., and has done “Stages” at world famous El Bulli in Spain, Alinea in Chicago, and the Fat Duck in London. My wife, Sylvia Thompson (a raw vegan chef) and myself have eaten vegan



Pete and Sylvia Thompson

at some of the best restaurants in the world, in San Francisco, New York, and Paris.

While many of those meals were memorable, tasty, exquisite, and extraordinary experiences, young Jonathan at Vintage Cave may have them beat. His application to vegetables, using the latest techniques of molecular gastronomy, coaxed out and concentrated a wide palette of intense flavors and a variety of in-

teresting tex-

tures that was truly mind boggling. One of the items on the vegetable menu is a whole carrot. Jonathan cures it, and then roasts it. The skin stays intact, but the inside turns into a kind of pudding, like a carrot ravioli. It’s served alongside dates, pea shoots, and almonds. Fantastic.

Alan Wong’s, La Mer, Chef Mavro, Nobu, 3660 On The Rise and more—Eating haute vegan in Honolulu

In Honolulu we’ve eaten vegan at Alan Wong’s, La Mer, Chef Mavro, Nobu, 3660 On The Rise and a host of other great restaurants. All that is required is a bit of pre-planning and letting the chef know your dietary do’s and don’ts.

Greens & Vines—Plant-based, organic, fresh

But if you want to eat at a restaurant that is exclusively plant-based and gluten-free, I highly recommend Greens & Vines, (owned by my wife Sylvia Thompson). You can see her twice a week sourcing, as much as possible, the freshest organic produce from the local farmers markets. Nothing is heated over 118 degrees in order to preserve freshness, nutritional content and tastiness.

Note: Pete Thompson, who passed away on March 10, 2015, made his mark on Hawaii’s history as an activist in preserving Hawaii farmland and culture, and as a pioneering ethnic studies instructor. A successful investment broker, he was generous with his time and resources on behalf of many in the community. After Pete’s heart attack in late 2003, he and his wife Sylvia changed to a vegan diet, which helped him gain over 10 more years of vigorous life; and helped Sylvia gain a new career with her gourmet raw vegan businesses: Licious Dishes, & Greens & Vines. In January, they began Food Ethics 101 (p. 16), a vegan group meeting monthly at Greens & Vines, or at venues such as an organic farm, sharing potluck dishes, and information and ideas about issues such as sustainability, nutrition, health and food sovereignty.

Vintage Cave

1450 Ala Moana Blvd.,
Suite 2250, Honolulu, HI
Level B below Shirokiya at
Ala Moana Center
Prix fixe, valet parking avail.
M-Sat: 11:30 a.m. -1:30 p.m.
5:30 p.m.-8 p.m.
(808) 441-1774

<http://vintagecave.com/>

Greens & Vines Raw Vegan Gourmet

909 Kapiolani Blvd., Unit B
(ground floor) Honolulu, HI
Free parking in back.
M-Sat: 11 a.m.-2 p.m.
5-9 p.m.
(808) 536-9680

<http://greensandvines.com/>

My World Vegan Summit Review

By Terry Bear



Terry Bear & Bob Linden

After attending the amazing World Vegan Summit, I felt a deep, inner calling to express my experiences of this life-changing experience. Though these words fall short, I am hoping their soul-felt source will shine through.

In two short sentences: Going vegan, four years ago, was the best thing I ever did. Attending the World Vegan Summit, in Marina del Rey, CA, (March 22-25, 2015) was the next best thing I ever did.

I am still pinching myself to see if it was all a wonderful dream, meeting so many megagiants of the world vegan community, Dr. Will Tuttle, Phillip Wollen, Professor Gary Francione, Dr. Michael Klaper, just to name a few. In awe of people's inspiring testimonials and journeys on the vegan path, I mentally devoured volumes of invaluable information, enjoying instant bonding and camaraderie, not to mention the bounty of delicious veganic foods.



Phillip Wollen

I felt chosen, honored—my heartfelt quest and duty to consciously tune in to every moment. I didn't even want to blink for fear of missing one morsel of the most powerfully transforming energies I'd ever experienced, amongst this amazing group of like minded people, all with one vision and power all there for THE SOLUTION to save our planet and ourselves, to declare being dairy/egg vegetarians no longer enough, Meatless Mondays just baby steps, and that "Happy Meals" are off the table.

This was solely a grassroots, herculean, and humanitarian dream come true. First envisioned, choreographed, and orchestrated by Bob Linden, producer of GO VEGAN RADIO. This Vegan rebel with a cause to save "those who have no voice, and who have no choice." The billions of innocent, helpless, animals who are slaughtered every minute, of every hour, of every day, week, month and for more unimaginable years than can be fathomed.

All paths, that world-changing weekend pointed to the one and only solid solution to save our earthly home. A universal, eureka, doable, and cost-free answer, one solution to halt the devastation, the pollution, destruction, and rape of our Mother Earth, of which, over 51% of the damage is caused by factory farming.

The crystal clear cry of THE SOLUTION that we all heard ringing in our ears, minds, and hearts that revolutionary weekend, was, and can only be to... "GO VEGAN"...right here, right now. Within a matter of a few precious years, not only will trillions more animals be slaughtered, mainly for our pleasure, but we as a species will destroy ourselves along with them.

My takeaway from the power, force, energy, and determination that I experienced at the first World Vegan Summit, was a refueling of my resolve to BE and DO whatever I can, to clearly live, clearly speak, and spread the Vegan message.



Victoria & Terry and view of Marina Del Rey

VSHers at the World Vegan Summit

By Victoria Anderson, PhD



Victoria Anderson & baby elephant Faa Mai at Elephant Nature Park sanctuary in Thailand

Terry Bear, Don and Denise Hargarten, and I were the "VSH contingent" at the World Vegan Summit & Expo (WVS) in Marina del Rey, CA, in March 2015, which ran for three packed, wonderful days. In the conference ballroom we heard inspiring, eye-opening talks; in the Expo area we participated in cooking demos, sampled scrumptious treats, learned about additives in processed foods, and conferred with nutrition experts. At the evening receptions we danced to live music and enjoyed a comedy show--and these world class artists were vegan! The food was heavenly, and each day seemed to get better than the last!

Bob Linden, producer of GO VEGAN RADIO, organized this ambitious event, and the feedback from participants was so outstanding that a committee of organizers formed itself at the conference to plan WVS 2, so stay tuned, and visit their website: <http://worldvegansummit.com/>.

Terry, Don, Denise, and I all felt truly fortunate to be able to attend the WVS. For each of us it far exceeded our expectations. From the free yoga class offered each morning, to the volumes of invaluable information, to learning about unexpected things like how vegan pet food targets the nutrients that different species need, to the bounty of delicious, veganic (vegan organic) foods. Another unexpected occurrence: this conference inspired the Marina del Rey Marriott to create a permanent vegan menu and some of its staff went vegan during the conference!

Also surprising was the strong feeling of warmth, belonging, and shared purpose in this large community. It was so exciting to be around the warm camaraderie of like-minded people—from aspiring vegans to new vegans, to established vegans, to giants of the world vegan community, just to name a few: Dr. Will Tuttle, Phillip Wollen, Professor Gary Francione, Dr. Michael Klaper, and super athletes Janette Murray-Wakelin and Alan Murray—who, in their 60's, ran a marathon a day for 366 consecutive days!

The presenters were so inspiring. They converged on the rightness of veganism from different angles: personal health, ethical treatment of our fellow creatures, saving the planet's environment. As Terry says, "I didn't even want to blink for fear of missing one morsel of these inspiring testimonies."

Finally, at the closing session, the vegan 8-year-old great-granddaughter of Cesar Chavez (who was also vegan) spoke about doing what is right in the world. Her courage was such a shining example, and as Terry put it, "refueled our resolve."

Right photo: Misty & Roger, Terry Bear, Denise & Don Hargarten at Café Gratitude in Venice, CA



VSH Events on Oahu and Maui

January: Terry Shintani, MD presented “The Peace Diet: How to Reverse Disease in 10 Days”



Terry Shintani, MD, lectured on January 13 at the Ala Wai Golf Course Clubhouse.



Dr. Terry Shintani with wife Stephanie Shintani, Sundarananda Das, and friends at his VSH dine-out at Govinda’s Vegetarian Buffet on January 14.



Dr. Shintani was unable to give his scheduled talk on Maui. Instead, **Steve Blake, ScD**, presented “**Strokes--How to Avoid Them**” at UH Maui College on January 15. Above left photo: Stephen Beidner, Catherine & Steve Blake and VSH Maui coordinator Jerome Kellner.



February: Chef AJ



Chef AJ gave a lively cooking demonstration at McCoy Pavilion on February 10. She also sang and stood on her head!



Chef AJ’s VSH dine-out on February 11 at SATORIHAWAII at Soto Mission featured oil- and salt-free Mexican cuisine: Yumiko Kawamoto, Jim Thompson, Chef AJ, Thao Nguyen (kneeling), Megumi Odin, Dr. Bill Harris, Lorraine Sakaguchi and Dr. Karl Seff.

presented “Are You Ready to Go UNPROCESSED?”



Lorraine Sakaguchi, Chef AJ and Nicole Kerr at cooking demo at Castle Medical Center on February 9.

Chef AJ also gave a well-received cooking demo at Cameron Center on Maui on February 12, but no photos were available.

March: Madhava Das presented “How the Colors of the Garden Guarantee Your Health & Long Life”



Madhava Das gave his VSH talk at the Ala Wai Golf Course Clubhouse on March 10. He also played his guitar and sang!



Madhava Das and his wife Sunanda, at his VSH dine-out at Greens & Vines Restaurant on March 11.

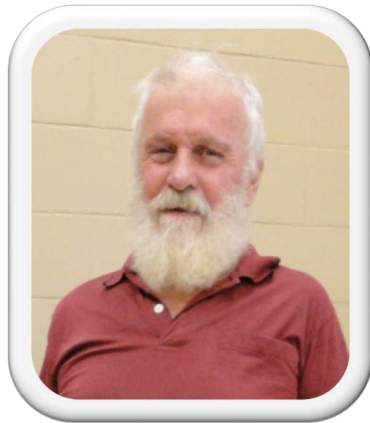
Madhava Das, who replaced our previously-scheduled March speaker, who was unable to appear, lectured at Kaunoa Senior Center in Paia on March 12, and also entertained the audience there with his musical talents! (Photos courtesy of Christos)



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

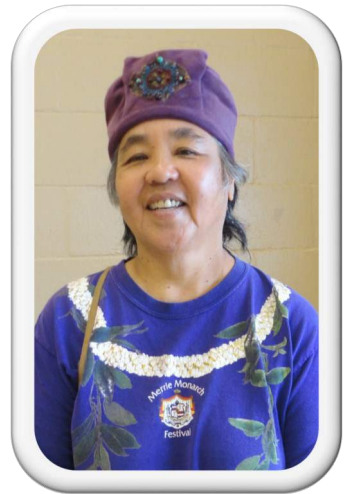
www.vsh.org or on Public Access Cable TV statewide: ‘**Olelo CH 54** on O’ahu, **Nā Leo ‘O Hawaii** on the Big Island, **Ho’ike Ch 54** on Kaua’i, or **Akaku Ch 55** on Maui.

VSH Events on Kaua'i



Kelly Ball presented *Veganism, Violence, and Animal Rights* at the January potluck and lecture.

Being a Raw Food Vegan in 2015 was the topic of Kimie Sadoyama's presentation at the February potluck and lecture.



At the March potluck and lecture Jessyka Murray presented *Antioxidants: Friend Or Foe?*

Quinoa with Bok Choy, Pumpkin Seeds and Fresh Ginger

Recipe by Marilyn Summer

Ingredients:

Quinoa
Bok choy
Pumpkin seeds
Finely chopped fresh ginger
Bragg Liquid Aminos
Black Pepper
Vegenaise

Put washed quinoa and double the amount of water in a rice cooker or pot. Add the chopped vegetables, seeds (may be soaked beforehand for 15 minutes), and ginger as it begins to boil, along with some Bragg Liquid Aminos and black pepper. When done (*and cooled*)*, add some Vegenaise and mix it through.

** Editor's suggestions in italics: Ingredient amounts were not available. However, this can be an easy dish to prepare successfully, with the last 5 ingredients added in amounts "to taste."*

1 cup uncooked quinoa yields about 4 servings, or 2 cups yields 4-8 servings. Wash quinoa (not needed, but sometimes preferred, anyway, for prewashed quinoa) by rinsing with water a few times to get rid of bitter saponins. Once boiling begins, lower heat, cover and cook quinoa mixture for about 15 minutes.

Use a handful or more of bok choy (pak choy) or baby bok choy. Separate leaves, rinse away dirt, then chop coarsely.



Marilyn Summer was the winner of the January recipe contest for her *Quinoa with Bok Choy, Pumpkin Seeds and Fresh Ginger* recipe.



Sandy Herndon was the winner of the March recipe contest for her *Scalloped Ulu* (recipe not available).



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.

Do You Feel Lonely Being a Vegan/Raw Vegan?

By Kiko Miwa



Are you vegan/raw vegan and wish you had someone to share what you are going through on your journey? Then please read on.

When I became a raw vegan in 2004 for health reasons, my family and many of my friends were scared of this strange diet and they thought I had gone nuts. As this diet was quite rare back then, having friends who were on the same journey was crucial to maintaining my sanity, so as not be convinced by the majority of my friends, that I actually was nuts!

I was extremely lucky to have as my closest friend someone who was also a raw vegan, and supported me emotionally throughout this journey.

Thanks to Vegan Diet Guy (<http://vegandietguy.com>), I have become a 100% dietary (mostly raw) vegan. He also has introduced me to some wonderful vegan friends in Honolulu, where I recently stayed for five weeks.



I also attended my first "Vegan Diet Guy" William and Kiko meeting of the vegan peer support group called "Imagine a Vegan World". (*IVW meetings are free. To find out more, see page 16 or go to http://www.vsh.org/vegan_support_group.htm*).

It was such an inspiring meeting that I would like to share a little bit about it:

Ms. Terry Bear, a wonderful vegan leader with a heart of gold, is the organizer and facilitator for this meetup. She has been organizing this weekly meeting to support vegans and promote veganism. I am so impressed that she offers this meeting for free!

As a fellow organizer and facilitator, I admire Terry's dedication to lead this meeting on a volunteer base for the past two and a half years. Thanks to her, the meeting proceeded smoothly and included some pro-



Terry Bear and IVW mascot "IV" (I Vegan)

found and interesting discussions.

One of the main topics was whether the Vegetarian Society of Hawaii should be using the term "vegan" or "vegetarian" in its name. Surprisingly, the majority (who are all vegans) preferred using the term "vegetarian" over "vegan" so as not to "scare off" people who are meat eaters and believe that vegan diets are too restrictive.

The concept "vegetarian" is broader than vegan, as many "vegetarians" include dairy products and eggs in their diet. Dairy products such as yogurt, cheese, butter, and milk

seems to be the most difficult things to let go for vegan wannabes. I was definitely one of those people who thought giving up dairy products was too hard, as they are found practically in everything (especially cookies and desserts).

Also, since I became a lifetime committed dietary vegan, I find raw vegan is more of a diet, while vegan is a lifestyle. (I will write about my observations in a future post.)

The meeting was potluck style, so everyone brought their dishes to share and tried other people's dishes. While I enjoy trying other people's vegan/raw vegan dishes, I am always more excited to eat plain fresh fruits and vegetables. Best of all this evening was a ripe mango simply cut in half. So juicy and heavenly!

I also won a simple game during the meeting and as a prize I received a delicious Hawaiian pineapple (thanks Terry!).

When I became a raw vegan, one of the most difficult things about this diet was socializing. Most of my friends despised me and wanted to preach to me that I was making a huge mistake and damaging my body. I have learned that it is important to trust your instincts, not what other people say. But as we are social animals (especially me back then), not being able to enjoy the same food with my friends was the most challenging thing about adopting a new diet.

Inspired by Terry's meeting, and understanding how community support is essential to a healthier life, I have started a vegan group in Nagoya, Japan. If you are in the area, and would like some support from like-minded people, please join us!

<http://www.meetup.com/Nagoya-Vegan-Meetup>



An Imagine a Vegan World gathering



First Vegan School in the U.S.



MUSE School, an early education, K-12, private school in Malibu Canyon, in Calabasas, California, will become the first all-vegan school in the United States in the fall of 2015. MUSE School was founded in 2006 by Suzy Amis Cameron, an environmental activist and wife of director James Cameron, and her educator sister

Rebecca Amis.

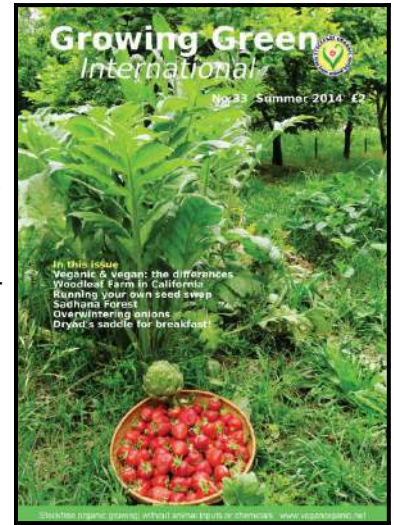


MUSE's mission is: "Inspiring and preparing young people to live consciously with themselves, one another, and the planet." The school, which has been gradually moving to plant-based foods, asks students not to bring in their own foods to the campus. MUSE School's kitchen, which uses produce from the school's garden, including a greenhouse, instead, prepares organic meals and snacks, and even birthday treats (vegan, gluten-free cupcakes), for their students.

<http://museschool.org/>

Growing Green International

Vegan Organic Network (VON), a U.K. group which believes itself to be the only organization solely dedicated to green, clean, cruelty-free farming and growing, is giving away to our *The Island Vegetarian* readers (but feel free to share the link), free full sample



copies of its twice-yearly magazine *Growing Green International* in PDF format. The articles highlighted on the cover (see photo above) of the sample copy are: "Veganic & vegan: the differences," "Woodleaf Farm in California," "Running your own seed swap," "Sadhana Forest," "Overwintering Onions," and "Dryad's saddle for breakfast!"

To download your free full sample copy, go to <http://veganorganic.net/Free-copy-of-growing-green-international.html>.

To join VON, or to see a partial sample of their latest magazine, go to <http://veganorganic.net/information-for-growers/growing-green-international/>.

Veganic Fertilizer: Garden Grande



Many farmers and gardeners, including organic ones, use fertilizers sourced from the waste and byproducts of animal agriculture. The ecoTrac Organics company, however, offers those who'd prefer to grow their plants veganically, a product called Garden Grande, currently sold only at select Costco locations.

The company says that it is a 100% plant-based, vegan, organic fertilizer "Derived from: fruit and vegetable processing byproducts, canola seed meal, wood ash, and coffee beans ground and chaff," and that it is "composed from a proprietary blend of RECLAIMED commercial food processing byproducts and RECYCLED agriculture ingredients with wood biochar." They further state that Garden Grande "does not burn," so may be spread liberally, "is safe around children and pets," and that "Garden Grande can be used to rebuild depleted soils and improve yield of any plant, crop or turf application."

Above: Garden Grande for sale at Costco's Iwilei store in Honolulu. Right: its vegan logo



<http://www.ecotracorganics.net/garden-grande/>



Heart Healthy Recipes

By Neal Pinckney, PhD, Heart.kumu.org

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

Taco Stew and Vegan Quesadillas

Here are two recipes for zesty, but not too spicy, Mexican dishes (and a taco spice mix). They can be made as hot as you like by adding hot sauce, either during preparation or at the table.

Taco Stew

A filling, nutritious main course or a soup to begin a south-of-the border dinner.

12 oz package frozen blend of corn, black beans, chopped onions, and chopped peppers (Southwest blend)*

15 oz can no-salt added pinto beans, drained and rinsed

1 cup fat-free refried beans

2-8 oz cans tomato sauce

½ tsp taco seasoning, adjust to taste (see recipe)

6 cups water

16 oz package whole wheat orzo pasta

Cook the onion-pepper blend in a soup pot over medium heat until tender, about 3-5 minutes. If needed, add a tablespoon or two of water to prevent sticking.

Stir in the rest of the ingredients, cover, and cook until the pasta is just tender, about 10-15 minutes. Add salt to taste. Serve with hot sauce available for those who like it spicier.



peppers.

Makes 5 servings, each: 532 calories, 78% from carbohydrates, 15% from protein, 7% from fat, 11.4g fiber.

Vegan Quesadillas

12 flour tortillas (8 to 10 inch), whole wheat preferred

1 can (about 16 ounces) fat-free re-fried beans

½ cup salsa or picante sauce

½ tsp onion powder

1 cup shredded soy or rice cheese, jack, pepper jack, swiss or smoked provolone

2 medium green onions, sliced (about 1/4 cup)

Heat oven to 400°F. Stir together beans and salsa/picante sauce. Place 6 tortillas onto 2 baking sheets. Spread about 1/3 cup bean mixture on each tortilla to within 1/2-inch of the edge. Top with the cheese and onions. Brush the edges of the tortillas with water. Top with the remaining tortillas and then press to seal the edges.

Bake for 10 minutes or until the filling is hot and the tortillas start to brown. Cut each quesadilla into 4 wedges. Serve with additional salsa and vegan sour cream.

Serves 6, each: 227 calories, 74% from carbohydrates, 20% from protein, 6% from fat.



Taco seasoning is available in most markets, but it usually comes in small packets at a high price per ounce.

Taco Seasoning Mix

This recipe will give a full flavor mix at a small fraction of the cost.

4 tablespoons mild chili powder (for the best flavor do not reduce this amount)

1½ teaspoons garlic powder

½ teaspoon dried oregano

½ teaspoon paprika

4 teaspoons cumin

1 teaspoon seasoning salt (or ½ teaspoon table salt)

1 teaspoon black pepper

1 pinch cayenne pepper (optional or to taste)

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

National Geographic Features Leilani Farm Sanctuary of Maui in Television Series

By Laurelee Blanchard



Veronica



Jackie



Nat Geo WILD crew videoing *Aloha Vet* Dr. Scott Sims working to restore the vision of George, the blind pig, as Laurelee Blanchard looks on

Leilani Farm Sanctuary of Maui is the location of three episodes of *Aloha Vet*, a new reality show that has been airing on the Nat Geo WILD channel.

A film crew from Los Angeles flew to the sanctuary and documented veterinary procedures on rescued animals. In one episode, eye surgery was performed on a blind pig named



George, who can now see

George. After five years of complete blindness, George now has vision in both eyes. In another episode a rescued deer is spayed. The 6th episode featured a goat with an infected udder and a chicken receiving an eye treatment (*the animal stars of the Aloha Vet segments at Leilani Farm Sanctuary in the three episodes mentioned are pictured on this page together with their names*).

Aloha Vet is a takeoff on the British TV series *All Creatures Great and Small*, which dramatized life at a country veterinary clinic in Yorkshire, England. (*The series and its spin-offs were based on the fictionalized true-life experiences from the 1930s to the 1950s of veterinary surgeon Alf Wight, who wrote under the pen name of James Herriot.*) It follows Kauai-based veterinarian Dr. Scott Sims, who flies his plane (which he built) around the Hawaiian Islands to take care of animals.

Leilani Farm Sanctuary is grateful for the opportunity to demonstrate compassion for animals and the beauty of a vegan lifestyle to millions of viewers. It is our hope that people will feel inspired to protect animals as a result of this exposure.

Videos can be downloaded from the Nat Geo WILD's *Aloha Vet* website :

<http://channel.nationalgeographic.com/wild/aloha-vet/>



Herbert

Visitors to the Sanctuary are welcome, including school groups for educational tours.

www.LeilaniFarmSanctuary.org

email info@leilanifarmsanctuary.org or phone: 808-298-8544

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



Vegetarian Society of Hawaii Lectures

APRIL

MAY

JUNE

WILL TUTTLE, PHD



Healing Our World: A Deeper Look at Food

Dr. Will Tuttle reveals crucial and empowering information that has been—until now—almost completely concealed. His book, the best-selling *The World Peace Diet*, has been heralded as the harbinger of a new world where peace, freedom, wellness, and harmony are actually possible, and in it, he elucidates the hidden keys to positive individual and social transformation. He will explore the unrecognized connections between our culturally mandated meals and our broad range of problems—psychological, social, and spiritual, as well as health and environmental.

Dr. Will Tuttle, visionary author and inspirational speaker, has presented widely throughout North America, Europe, and the Pacific. Author of the acclaimed Amazon #1 best-seller *The World Peace Diet*, which has been published in over a dozen languages, he is a recipient of the Courage of Conscience Award and the Empty Cages Prize. The creator of several wellness and advocacy training programs, his PhD from the University of California, Berkeley focused on educating intuition and altruism in adults; and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. A former Zen monk and a Dharma Master in the Korean Zen tradition, as well as a 35-year vegan, he is devoted to cultural healing and awakening, and has created eight CD albums of original piano music. See <http://worldpeacediet.com> for more details.

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

Dine-Out with Dr. Tuttle: April 15, 5-8 p.m. (2 seatings), Loving Hut, 1102 Pensacola Street (details on p. 16)

Maui: April 16, 7 p.m., Kaunoa Senior Center, 401 Alakapa Place, Paia

IRMINNE VAN DYKEN, MD



Ten Ways a Plant-Based Diet Will Help You Avoid the Scalpel

What is the largest threat to Americans today? Many would argue it is the Standard American Diet. The SAD is responsible for a myriad of common diseases and disorders such as obesity, diabetes, certain cancers and many gastrointestinal disorders. Many of these diseases are completely preventable and reversible by improving our eating habits. In this interactive, informative and entertaining discussion Dr. Irminne Van Dyken will share her experiences as a surgeon treating many of these preventable and reversible diseases. She will discuss ten ways that adopting a plant-based diet will help you avoid having to go under the knife.

Born in the Netherlands and raised in Montana, Dr. Irminne Van Dyken is a general surgeon who practices at the Queen's Medical Center. She completed her MD degree, internship and residency at the University of North Dakota School of Medicine and is board certified by the American Board of Surgery. She is a member of the American Society of Breast Surgeons, the Society of Gastrointestinal and Endoscopic Surgeons and the American College of Surgeons.

Dr. Van Dyken is a passionate advocate of a whole foods, plant-based diet. She sees this as a way to prevent and treat many common maladies seen not only in the population of Hawaii but also in the entire United States of America.

Honolulu: May 12, 7 p.m., McCoy Pavilion, Ala Moana Beach Park.

Dine-Out with Dr. Van Dyken: May 13, 5:30-8 p.m. SATORIHAWAII at Soto Mission, 1708 Nuuanu Avenue (details on p. 16)

Maui: May 14, 7 p.m., Cameron Center, 95 Mahalani Street, Wailuku

DUSTIN RUDOLPH, PHARM D



The Secrets to an Empty Medicine Cabinet

America is sick and overmedicated. Much of what ails us is preventable through simple diet and lifestyle changes. Dustin Rudolph, PharmD, takes a closer look at food versus medicine in this talk with some of our most pressing chronic diseases—heart disease, type 2 diabetes, and prostate cancer.

Dr. Rudolph uncovers the tricks and secrets of industry insiders in how data is reported on popular drugs like statins, aspirin, and more to convince medical professionals and the general public that medications and surgery are the “only and best” option to treat serious medical conditions. Become informed, become knowledgeable, and learn how to put yourself at a definitive advantage should a medical condition come calling your name.

Dustin Rudolph, PharmD, is a clinical pharmacist currently practicing in an acute care hospital setting. He graduated with a Doctor of Pharmacy degree in 2002 from North Dakota State University in Fargo, ND. In 2009, Dr. Rudolph adopted a vegetarian diet, and then a whole foods, plant-based diet (vegan) a year later. He continued his education in the field of healthcare in 2010 by earning a certificate in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. Dr. Rudolph has become an expert in nutrition and lifestyle medicine and uses his expertise as an educator, speaker, and writer to help others learn how to prevent and reverse chronic diseases.

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

Dine-Out with Dr. Rudolph: June 10, 5:30-8 p.m., Ethiopian Love, 1112 Smith Street (details on p. 16)

Maui: June 12, 7 p.m. at Cameron Center, 95 Mahalani Street, Wailuku

VSH lectures on Oahu and Maui July, August and September

July 14 (Oahu), July 16 (Maui)

Grace Chen, MD—"Avoid A Visit to the ER
with a Healthy Vegan Diet"

August 11 (Oahu), August 13 (Maui)

John Westerdahl, PhD—"Vegetarian Diets:
The Latest Evidence-Based Nutritional Science"

September 8 (Oahu), September 10 (Maui)

Karl Seff, PhD—"Confessions of a Low Class
Vegan-Three Years Later"

Oahu: 7 p.m., Tuesday, Ala Wai Golf Course
Clubhouse, Honolulu

Maui: 7 p.m., Thu., Cameron Center, Wailuku

Imagine a Vegan World



VSH's Free Ve-
gan Peer Sup-
port Group
Every Tuesday
6:30-7:30 p.m.

(except the second
Tuesday of the month when we attend the
monthly VSH lecture, see page 15)

Lively, open discussions that share and sup-
port 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 nutri-
tional 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 Kaimuki-Waiālae YMCA
4835 Kilauea Ave

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

You're Invited to our VSH Dine-Outs!

Dine Out with Dr. Will Tuttle

5-8 p.m., Wednesday, April 15, 2015

2 seatings: 5-6:30 p.m., 6:30-8 p.m.

Loving Hut, 1102 Pensacola Street, Honolulu, Hawaii

All Vegan Menu

*Flying Buddha Soup (Kabocha pumpkin, broccoli, carrots, green
beans, shiitake mushrooms, button mushrooms, cabbage, tofu, gin-
ger broth); Veggie Celebration (stir-fried broccoli, carrots, green
beans, button mushrooms, cabbage); Regal Rice (tofu, wild black
mochi rice, brown rice); Dessert: Black Bean Mochi*

Low oil & salt. Food sensitivities note: gluten, onion, & garlic free.

\$16, including tax & tip,

\$16 incl. tax & tip, To RSVP, call Vicky at 626-5626
(Secure reservations w/credit card, may pay cash at dine-out)

Dine Out with Dr. Irminne Van Dyken

5:30-7:30 p.m., Wednesday, May 13, 2015

SATORI HAWAII at Soto Mission (Social Hall)

1708 Nu'uanu Ave., Honolulu, HI

Vegan Satori Menu

(Shojin temple food)

Baked Vegetable Tofu Ball with

Eggplant and Green Pepper with Hint of Ginger

*Green Peas Soup; Brown Rice; Kale, Carrots and Celery Kinpira
Sesame Tofu with Yuzu Miso Sauce; Konbu, Radish and Cucumber
Pickles; Matcha Kanten Jelly with Coconut Cream and Azuki*

Dishes prepared without salt, oil or sugar. Food sensitivities note: dishes
are free of gluten, soy, chocolate, onion & garlic.

\$20 (VSH members \$19) pay at dine-out

cash or check to SATORI HAWAII

RSVP by May 12: Ph. (808) 445-9920

or email dineout@vsh.org (give number of people, and your
phone/email address)

Dine Out with Dr. Dustin Rudolph Wednesday, June 10, 5:30 to 8 p.m.

Ethiopian Love Restaurant, 1112 Smith Street, Honolulu

Parking on street and in nearby pay parking lots (incl. across the street)

\$21.60 incl. tax & tip. To RSVP and prepay: Call 725-7197

Ethiopian Love Large Veggie Sampler includes:

1. Mesir Wat (spiced red lentils)
2. Kik Alichu (yellow split pea stew)
3. Tikil Gomen (braised cabbage)
4. Azefa (brown lentil salad)
5. Shiro Wat (chickpea stew)
6. Dinich Wat (potato & carrot dish)

Served with traditional injera bread (teff and wheat)

Food sensitivities note: except for injera, all dishes are gluten-free.

Gluten-free option available upon request.

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

Local Vegetarian Community Events

Satori Style Contemporary Shojin

All Vegan **SATORI BRUNCH** *Gluten Free*

Let's go for Satori Brunch to celebrate the coming of Summer!

June.6.SAT 2015

Menu

- Homemade Tempeh Bacon and German Style Potatoes
- Gluten Free Vegan Pancake with Whipped Creamy Macadamia Sauce
- Fresh Mixed Salad with Summer Orange Dressing
- Lime Green Smoothie
- Homemade Yogurt with Seasonal Fruits
- Organic Coffee or Tea

\$20

A 10:00 B 12:30

Place: Solo Misson of Hawaii 1708 Nu'uuanu Ave, Honolulu HI 96817

Dine in or take out
RSVP ▶ info@satorihawaii.com
 Deadline ▶ 6/5 Fri. am

SATORI HAWAII
www.satorihawaii.com

Tasty vegan meals - Natural - Healthy - Organic - Local - Gluten Free - No onion - No garlic

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

Eat Well for Life

Upcoming Cooking Demonstration Classes

Wednesday, June 17: Lunch Munch

A lunch time mini-cooking demonstration with food and recipes.

Space is limited, register and prepay by Monday June 15. 12:15-12:45 p.m., \$8/ person or \$6/ CMC Associates

Thursday, June 25: Cauliflower & Cousins

Discover the versatility of cauliflower, along with its cousins in the important cruciferous plant family. Health experts tout the nutritional and cancer-risk-reducing-value of these food crops-we think they just plain taste good too!

6:00 to 7:15 p.m \$10 per person

All classes are 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.

Advance payment required.

To register, call 263-5050, 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

Oahu Fruitluck Kapiolani Park Fruitluck

2 p.m., Sunday June 7
 and Jun 21, 2015, and more
 (every 2 weeks on Sunday)



Kapiolani Park next to Barefoot Beach Café
 Join us for sun, beach & delicious fruits!

We love meeting at this central location with plenty of shade with beautiful trees and benches as well as the beach right there for us all to enjoy ourselves. Tropical & local fruit is suggested.

For more details, go to the Meetup website below:

<http://www.meetup.com/Oahu-Fruitluck/>



Passionate Raw Vegan Enthusiasts Oahu Foraging Hike at Maunawili Falls

10 a.m.-2 p.m., Sunday June 14, 2015
 How to identify plant species, how to harvest and use these wild edibles, along with how to help the plants and trees thrive in a natural setting. Pack lightly (your stuff could get wet),



dress to get messy, and come with a spirit of adventure. \$20 collected at hike. Limited to 20 students. Meet at the corner of Maunawili Road & Kelewina St. For more details about this & other exciting upcoming raw vegan activities, please go to the Meetup website below:

<http://www.meetup.com/Passionate-Raw-Vegan-Enthusiasts-Oahu/>

INTERNATIONAL VEGAN DINNER CLUB



Take a delicious culinary trip around the world, a new destination each week!

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

Tuesday Dates* and Cuisines

Apr. 7 Spain May 19 Nepal
 Apr. 21 Greece June 16* ([see www.veganoahu.org](http://www.veganoahu.org))
 Apr. 28 Ethiopia June 23 Cuba
 May 5 Mexico June 30 Denmark

Cost \$13.50 cash, ages 8-12 \$5, ages 0-7 free

Includes buffet service dishes, dessert and drink.

All-vegan meals are gluten, onion and garlic free, and most dishes are low in salt, oil and sugar.

Reservation required. Please call Madana at 531-1929.

Location: Coffeeline at Atherton YMCA, corner of Seaview Ave. and University Ave. across from the UH Mānoa campus

\$3 YMCA parking lot on Metcalf St. or free street parking after 6 p.m.

*No dinners 4/14, 5/12, 6/9, 5/26, 6/2, (not sure about 6/16)



Full menus at <http://www.meetup.com/veganoahu>

“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



Ori Ann Li

Cooking Class

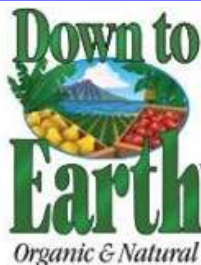
Vegan Chocolate
 Dessert Demonstration

Wed. June 24, 2015
 1-2:30 pm, \$10 / \$15

Waikiki Community
 Center

310 Paoakalani Avenue
 Honolulu, HI 96815
 Phone 808-923-1802
 Ext. 109 to register

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.



Free Vegetarian Cooking Classes at Down to Earth

Honolulu • Kahului • Kailua • Kapolei • (none at Pearlridge)

No reservations required. Classes are 1 hour long.

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

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

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

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

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

Food Ethics 101 – Vegan Potluck

last Sunday of each month, noon to 2 p.m.

April 26, May 31, * June 28

Bring a Vegan Dish. Raw not necessary.

Watch a movie, discuss articles, books,

guest speakers, etc. BYOB (and glassware)
 Call 536-9680 to let us know you're coming!

Greens & Vines Restaurant

909 Kapiolani Blvd., Unit B, Honolulu

Corner of Ward Ave. & Kapiolani Boulevard

Free Parking on Ground Floor Behind Restaurant

<http://greensandvines.com/eventsGV.html>

June 28 – view *The Truth About Cancer*

“Your First Line of Defense”

*May 31 - organic Mohala Farms (noon-2 p.m.)

Meet North Shore Environmentalists, Build a Movement!

Dr. Richard Oppenlander (YouTube)

“Food Choices & Sustainability”

G&V carpool 11 a.m., Kailua: Call Melinda (937-1180)

<http://www.mohalafarms.org/contact.html>

June 28 – view *The Truth About Cancer*

“Eliminate These “Dirty Dozen” To Prevent Cancer”

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.

The Benefits of VSH Membership

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

--- Restaurants ---

Down to Earth Deli (Oahu and Maui) 5%
Banán (3212 Monsarrat Ave) - 3 free toppings
Canton Seafood Restaurant (923 Keeaumoku St.) 5%
Celestial Natural Foods (Haleiwa) 5%
Downbeat Diner and Lounge (42 North Hotel St.) 10%
Ethiopian Love (Smith Street) 10%
Gourmet Vegan Dinner (see pop-up dining)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.) 5%
GRYLT (Manoa, Ala Moana, & Kahala Mall) 10%
Hawaii Nutrition Co (Herbologie Studio, 318 Kamani) 10%
Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
Loving Hut (only at 1614 South King St.) 5%
Mocha Java Café (Ward Center) 10%
Nasturtium Café (Kealakekua, Big Island) 10%
Peace Café (2239 S. King St.) 5%
SATORIHAWAII (most Saturdays, 12-2 pm, Soto Mission, 1708 Nuuanu Ave.)
Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%

Thai Kitchen (Waipahu, 94-300 Farrington Hwy) 10%
Thai Mixed Plate (Pearl City) 5%
Wing Shave Ice & Ice Cream (1145 Maunakea St—Enter on Pauahi St.) 5%

--- Pop-Up Dining ---

Satori Hawaii (satorihawaii.com) 5%

--- Bakeries ---

Sapphires & Sequins Cakery ([661-406-9185](tel:661-406-9185), Oahu) 10%
yummy tummy (bakery, call Van at [808306-7786](tel:808306-7786)) 5%

--- Natural Food Stores ---

Down to Earth (Oahu and Maui) 5%
Celestial Natural Foods (Haleiwa) 5%
Healthy Hut Kauai (Kauai) 5%

--- Travel ---

Veg Voyages (Asian adventure tours vegvoyages.com) 5%

--- Magazines ---

Vegetarian Journal (www.vrg.org/groupmember/) 50%

--- Other ---

Poi Dogs Day Care & Boarding (942 Kawaihao St.) 10%
Vegan Essentials - Food, Clothing, and more
(<http://store.veganessentials.com/>) 5%

Send comments 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!

Donate, Join, or Renew today!

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\$38 \$72 \$102 \$128 \$150

\$500 Lifetime regular membership

\$7 International mailing per year

\$_____ Additional tax deductible donation

Send newsletter via full color email

I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

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

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*Happy
Father's
Day*

