



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 27, ISSUE 1, APRIL-MAY 2016

Inside This Issue

Tribute to William Harris, MD	1-2
President's Message	2
Upcoming VSH Events	3-5
Community Events	4-5
VSH Membership Benefits	7

Free Public Lectures

Richard Oppenlander, DDS

“Comfortably Unaware: The Relationship Between Your Food And Our Future”

Monday, April 11, 2016
Hawaii State Capitol Auditorium

“Food Choice and Sustainability —Tipping Point Realities”

Tuesday, April 12, 2016
Ala Wai Golf Course Clubhouse

Thursday, April 14, 2016

Kaunoa Senior Center, Paia on Maui

Rosane Oliveira, DVM, PhD

“100 and Healthy”

Monday, May 9, 6-7:30 p.m.
Castle Medical Center

“Stop Blaming Your Genes”

Tuesday, May 12, 2016
Ala Wai Golf Course Clubhouse

Thursday, May 14, 2016

Cameron Center, Wailuku on Maui

Please see pages 3-4 for more details

William Harris, MD



Vegetarian Society of Hawaii Co-Founder (1930-2015)

— *A Tribute and Remembrance for William Harris, MD,* As delivered by Lorraine Sakaguchi at the VSH lecture meeting on Tuesday, September 8, 2015. Included were photos of Dr. Harris, as well as a short video narrated by him, with music composed and performed by him. The tribute, including the photos and video may be viewed via these links:

<http://www.vsh.org/videos.htm>
or

<https://www.youtube.com/watch?v=pbaPvI7iNrI&feature=youtu.be>

I have some sad news to convey to you that some of you may already know: our dear friend and mentor, William Harris, MD, one of the four founders of the Vegetarian Society of Hawaii in 1990, unexpectedly passed away on Wednesday night, August 26. He requested privacy concerning his passing, and also that no services be held for him, so neither his family nor VSH will be arranging any service, in accordance with his wishes.

Bill, as I knew him, was an enormously intellectually gifted and curious individual who lived his life unconventionally, to the fullest, and in accord with his beliefs. Many of you might not know this, but Bill loved physics. He even graduated from the University of California, Berkeley, with a bachelor's degree in physics with honors. However, he also decided to study medicine, thinking that he would return to physics after satisfying that curiosity. Thankfully, for many of us who have benefited from his medical and nutritional expertise, and his wisdom, that return to physics never happened. After receiving his medical degree from the University of California, San Francisco, he became a physician, instead of a physicist, although he kept his love for physics alive throughout his life through his studies of it on the side. Bill eventually moved to Hawaii, where he met his equally impressive partner in life Georgie Yap, and worked as an emergency

(Continued on page 2)

The Island Vegetarian

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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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(Continued from page 1)

William Harris, MD

physician at Kaiser Permanente until his retirement. He also served as director of their Vegetarian Lifestyle Clinic. I can't cover here all of his amazing career, some of which was even spent under combat conditions, his many accomplishments, or his other passions, which ranged from music composition and instrument playing to piloting planes and gliders, hang gliding, skydiving, acrobatic trampolining, scuba diving, and his most recent proud accomplishment this year, paragliding. You can learn about some of this at his website which is hosted by vegsource.com. He was a true Renaissance man.



Georgie Yap & William Harris, MD

Bill became a vegetarian in 1950, then a vegan in 1963 because of his love of and compassion for animals. Along the way, he became an activist on their behalf, and he also formulated his ideas on optimum human nutrition which culminated in his important and influential classic book "The Scientific Basis of Vegetarianism," which you can now read for free on his website.

Most of us here, though, knew Bill best through his VSH work. He was the only one of its four founders who actively served on its board throughout its entire 25 years of existence until his passing less than two weeks ago, working in many capacities, including as board secretary, newsletter editor, legislative liaison, and lecturer at many venues both here and across the country, including at VSH's monthly lectures, all as an unpaid volunteer. He was VSH's videographer and only video producer until now. Probably his proudest VSH accomplishment is our large online library of his videos of many of our past lecturers, hosted by YouTube, and available via our website vsh.org. As of this afternoon, they'd had a total of over 2.6 million views worldwide, in addition to many more views statewide via public access cable TV channels.

I could go on and on about Bill, but the bottom line is that he wholeheartedly shared his expertise, his time and his resources on behalf of VSH and its educational mission, over and over again through the past 25 years, and we greatly miss him both as a colleague and as a friend. For me, as for many others who can tell their own stories of Bill's friendship and encouragement, he was a mentor who constantly encouraged me and who made me believe that I could and should be standing here before you now continuing the worthy work that he and others began so hopefully 25 years ago.

Bill was an active extreme sports athlete, who regularly did what many people a third of his age might fear even trying once, and he continued right up until his death. I worried and asked him, what if he had an accident and died? Bill responded that he was fine with that possibility. It was then that I realized that Bill wasn't interested in seeing how long he could live, but in finding how much he could do while he lived. I think, each of us, in our own way, would do well to also find out how much we can do while we are alive.

Dear Friends, This is our first issue of *The Island Vegetarian* since we lost a vital part of VSH with the passing of Dr. Bill Harris, so it is appropriate that it is dedicated to his memory. It is a smaller issue than usual, though, so we plan to have more about Bill's amazing life in our next issue, and more coverage of other topics, also.



Carol Janezic

Right now, I take great pleasure in welcoming Carol Janezic to the VSH board. She is currently coordinating our meetings as well as dine-outs, including VSH's Pre-Thanksgiving Dinner, where her innovative ideas have brought pleasurable new experiences for our diners!

Welcome also to Grace Chen, MD, the first member of our VSH medical advisory board. Last July, Grace gave her first VSH lecture: *Avoid a Trip to the ER with a Healthy Vegan Diet*, and will be lecturing for VSH again this July. We are fortunate to have her medical/nutritional expertise with us at VSH!



Grace Chen, MD

Aloha!
Lorraine

VSH President



Vegetarian Society of Hawaii

April-May 2016 VSH and Community Events



TUESDAY, APRIL 12, 2016, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY - ACROSS FROM THE CHEVRON STATION)

FOOD CHOICE AND SUSTAINABILITY —TIPPING POINT REALITIES

A PRESENTATION BY

DR. RICHARD OPPENLANDER

Dr. Oppenlander addresses the fact that our current choice of foods is the single leading contributing factor for the comprehensive effect of Global Depletion—climate change, land use inefficiencies/desertification and freshwater scarcity, irreversible damage to our oceans, loss of biodiversity and rapid mass extinctions of species, world hunger and food insecurity, and loss of our own health. Importantly, Dr. Oppenlander frankly discusses the imminent and narrowing time lines, or tipping points, that we face in terms of resolution and that time may, indeed, be running out for our own survival as a species. He challenges audiences with new insights regarding how this has occurred and what factors impede us from realizing positive change.

MAUI: THURSDAY, APRIL 14, 7 P.M.
KAUNOA SENIOR CTR, HANA HWY AT ALAKAPA PL, PAIA

MONDAY, APRIL 11, 7 P.M.

REFRESHMENTS AT 6:30 P.M.

HAWAII STATE CAPITOL AUDITORIUM

415 S. BERETANIA ST., HONOLULU — PARK AT IOLANI PALACE; CAPITOL (ENTER VIA PUNCHBOWL ST. ACROSS FROM QUEEN'S MEDICAL CTR); ON STREET; PUBLIC PKG LOTS

SPECIAL PRESENTATION SPONSORED BY STATE SEN. MIKE GABBARD

COMFORTABLY UNAWARE: THE RELATIONSHIP BETWEEN YOUR FOOD AND OUR FUTURE

Dr. Oppenlander guides his audience through a fact filled journey of critical time lines regarding the food choice-animal agriculture-environment connection, revealing why humanity is currently on a path of pseudo-sustainability... with time running out for us. Along the way, Dr. Oppenlander provides unique perspectives, shocking statistics, re-defining of key terms and words, while offering creative, never seen before solutions and insights—all wrapped in an entertaining, engaging, and compelling lecture.

Dr. Richard Oppenlander is a sustainability consultant, researcher, and author whose award-winning first book, *Comfortably Unaware*, is endorsed as a must-read by Ellen DeGeneres and Dr. Jane Goodall, among others. Dr. Oppenlander's most recent book titled *Food Choice and Sustainability* has won numerous awards including the 2014 International Book Award and the 2014 Green Book Festival Award and is being used by think tanks and strategists for developing initiatives to advance global change. Dr. Oppenlander is a much sought after international lecturer on the topic of food choice and how it relates to sustainability, speaking most recently to the European Parliament, and served as the lead consultant for two full-length environmental documentary films. For more information:

<http://comfortablyunaware.com/>

All VSH lectures are free & open to the public. Refreshments at Oahu and Maui lectures are courtesy of *Down to Earth Organic and Natural*.

6:30-8:30 P.M. WED., APRIL 13

YOU'RE INVITED TO DINE OUT

WITH VSH GUEST OF HONOR

DR. RICHARD OPPENLANDER

AT 'AI LOVE NALO RESTAURANT

LOOK FOR SIGN: "FARM FRESH HAWAIIAN FOOD"
AT 41-1025 KALANIANA'OLE HWY, WAIMANALO

\$18 (INCL. TAX & TIP) CASH. PLEASE PAY CAROL AT EVENT.
TO RSVP, CALL (808)728-6639 BY 1 WEEK PRIOR

VEGAN BUFFET MENU

LAU LAU ~ SLOW COOKED LOCAL VEGETABLES IN LUAU LEAVES; FRESH POI; TOFU POKE—PLAIN OR MILDLY SPICY; FRESH LOCAL GREENS WITH GINGER TAHINI DRESSING; ROASTED VEGGIES; TRUFFLES - DECADENT CACAO-COCONUT TRUFFLES IN A RANGE OF FLAVORS SUCH AS CACAO MINT, GINGER MACADAMIA NUT OR COCONUT COFFEE; GRAMMA NANI'S BREAD ~ ULU FLOUR, MANGO, MACADAMIA NUT BREAD SMOTHERED IN WARM COCONUT CREME SAUCE & SPRINKLED WITH MORE MAC NUTS.

ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.
SENSITIVITIES NOTE: MENU IS GLUTEN-FREE.

TUESDAY, MAY 10, 2016, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

**(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)**

STOP BLAMING YOUR GENES

A PRESENTATION BY

ROSANE OLIVEIRA, DVM, PHD

Dr. Oliveira describes how a diet rich in fruits, vegetables, legumes, and whole grains changes the way genes are turned on and off to prevent or reverse obesity. A closer look into twin studies show that, when it comes to weight and health, daily lifestyle choices matter.

Refreshments courtesy of Down to Earth Organic and Natural

MAUI: THURSDAY, MAY 12, 7 P.M.

CAMERON CENTER, 95 MAHALANI ST., WAILUKU



Rosane Oliveira, DVM, PhD is Founding Director of Integrative Medicine at the University of California Davis School of Medicine. She has over 20 years of experience as a molecular geneticist and has a special interest in nutritional genetics and genomics, which explore the interplay between diet and genes in the prevention of disease and promotion of health and longevity. She is a native of Rio de Janeiro, Brazil and has lived in the US since 2003. For more information visit the UC Davis Integrative Medicine website: www.ucdim.com.

MONDAY, MAY 9, 6-7:30 P.M.

CASTLE MEDICAL CENTER

WELLNESS CENTER AUDITORIUM, 640 'ULUKAHIKI STREET, KAILUA

100 AND HEALTHY

Dr. Oliveira explains how a whole food, plant-based diet changes the way genes are turned on and off to promote longevity. A closer look into the Mediterranean diet reveals why it works (hint: it is not the fish, the olive oil or the wine!)

Healthy, light refreshments provided by Castle Medical Center.

Free and open to the public, but registration is required:

Go to <http://castle-med.org> or call (808) 263-5400.

6-8 P.M., WEDNESDAY, MAY 11

YOU'RE INVITED TO DINE OUT

WITH VSH GUEST OF HONOR

DR. ROSANE OLIVEIRA

AT MOA WELLNESS CENTER

600 QUEEN STREET, C-2 (GROUND FLOOR), HONOLULU

**FREE CUSTOMER PARKING (ENTER FROM SOUTH ST) OR
STREET PKG. DINING VENUE ENTRANCE FACES SOUTH ST.**

ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.

VEGAN MENU BY CHEF ORI ANN LI

**--MEDITERRANEAN BEAN SALAD IN SESAME TOFU
DRESSING, --DAIKON, CASHEWS & TEMPEH SOUP,--
STEAMED TARO & STICKY RICE WRAPPED IN BANANA
LEAF, --CHOCOLATE MOUSSE IN COCONUT CREAM WITH
PASSION FRUIT COULIS. MENU IS OIL-FREE.**

\$20 (ALL INCLUSIVE)

TO RSVP AND PREPAY, GO TO

WWW.VSH.ORG/DINEOUTS OR CALL (808)445-9920.

FOOD SENSITIVITIES NOTE: G-F AT SPECIFIC REQUEST

Imagine a Vegan World: VSH's Free Vegan Peer Support Group

Meets 6:30-7:30 p.m. the 3rd and 4th Tuesday of the month, usually at **Kaimuki-Waiālae YMCA**, 4835 Kilauea Ave, and at 1 p.m. the 1st Sunday of the month at **'Ai Love Nalo**, 41-1025 Kalaniana'ole Highway For details on the next meeting, call Terry at (808) 397-8666 or go to <http://www.meetup.com/veganoahu/>.

Sunday 4/3, 5/1, 1 p.m. — Lunch at 'Ai Love Nalo Restaurant in Waimānalo.

Tuesday 4/19, 5/17, 6:30-7:30 p.m. — Q & A with Jake. Kaimuki-Waiālae YMCA.

Tuesday 4/26, 5/24, 6:30-7:30 p.m. — Vegan potluck. Please bring a vegan dish.

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



VSH KAUAI: VEGAN POTLUCK LUNCHEON/LECTURE

12:30 p.m. 1st Sunday each month at Kapaa Neighborhood Center, 4491 Kou Street at Kuhio Hwy. Bring a vegan dish and include an ingredient list. Original recipes are encouraged. Potlucks are free and open to the public. Welcome without a dish, suggested donation \$5.



Prevent & Cure Candida with Diet

April 3—lecture by **Kimie Sadoyama**

Symptoms, causes and cure of candida. Eating a healthy, sugar-free diet, and more.

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted

May 1—video lecture by **T. Colin Campbell, PhD.**



International Vegan Dinner Club
At Coffeeline Presents

¡Bienvenidos a México!

Tuesday, April 19, 2016, 6:30-8 p.m.

Coffeeline, Atherton YMCA
1820 University Ave.
Parking: YMCA pay lot on Metcalf Ave., or on street (free after 6 p.m.)

Traditional Hand-Rolled Enchiladas
Arroz Rojo Mexicano (spiced rice)
Fiesta Slaw
Tortilla Chips with Tropical Salsa
Dessert: Flan
Beverage: Non-Alcoholic Margarita

Vegan, mostly organic, low salt, sugar and oil. Gluten-free.
\$16 cash, ages 8 -13 \$5, ages 0 -7 free
Call 531-1929 to RSVP with Chef Madana Sundari

Next dinner on Tues., May 17. Menu on <http://www.meetup.com/veganoahu/>

VSH at Earth Day Festival, 10 a.m.-4 p.m., Friday, April 22, 2016

Campus Center Courtyard, University of Hawaii at Manoa.
Come visit us at our VSH Tent! Event is all vegan.

Mama T's
ITAL KITCHEN

@



Every Friday

starting on Good Friday, March 25th.
Mama will be serving organic ital grinds
11am-3pm



The *Vegetarian* program premieres at 6 p.m., 2nd Tuesday of the month, and runs at 11 a.m. Sundays on 'Olelo channel 54. View past and current *Vegetarians* on www.vsh.org.

MAMA T'S ITAL KITCHEN

5% VSH DISCOUNT
New, all vegan Ital dishes, Fridays, 11 a.m.-3 p.m., 327 Lana Lane at the Cut

GREEN GARDEN

5% VSH DISCOUNT
New, all vegan. M-F 9 a.m.-2 p.m. UH Manoa Sustainability Courtyard



Tell your Friends and Family - Ital Is Vital !!!



LANA LANE STUDIOS
327 Lana Lane
Kaka'ako

CASH ONLY -- Bring your own To-Go Container
@thecut_kakaako @italkitchen808



Plant-Based Food

Green garden meals, sauces, sides, bakery goods and all other items are completely homemade by hand. Please enjoy our All Plant-Based and homemade meals!

GREEN GARDEN

GRAND OPENING

April 11TH

at

University of Hawaii at Manoa Sustainability Courtyard

Garden Burgers \$5.75~
Classic | Ginger Teriyaki | Spicy Chili

CHOOSE YOUR SIDE →

Combo +\$2.15

- 1 Chili Beans (8oz cup)
- 2 Green Salad (12oz cup)
- 3 Home Style Potato (Small)

Buy Combo get one *Free* drink until April 15th!

Garden Plates Mini: \$5.15~ | Large: \$6.45~

Gaia | Chili | Ginger Teriyaki

*Dressing Options Original Creamy Mustard | Original Raw Green Goddess

Side: Organic Home Style Potato | Chili Beans | Green Salad \$2.45~
Soup of the day: Indian | Italian | Thai 8oz Cup \$2.45 | 12oz Cup \$4.85
Snacks & Sweets of the Day: Please Check the Menu Board
Drink: Green Heaven Juice \$2.65

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 event you'd like to have announced in *The Island Vegetarian*, please contact us at newsletter@vsh.org.

Returning to Nature

(formerly Passionate Raw Vegans Oahu)

Foraging Hike to Maunawili Falls

10 a.m.-3 p.m., Sunday April 17, 2016

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/ReturningToNature/>



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.

Demonstration classes with instructor Eileen Towata, PhD. All dishes are made with non-animal food products. Classes include generous samples and printed recipes. Additional class information and registration details are available at www.castle-med.org.

Thursday, April 28: Journey to Japan

Explore the cuisine of Japan. Learn how to prepare sekihan (red rice) and other traditional favorites.

Thursday, May 26: Tasty Tapas—A Trip to Spain

Explore the cuisine of Spain. Enjoy an assortment of delicious little dishes.

Thursday, June 23: Eating in Ethiopia

Explore the cuisine of Ethiopia. Expand your recipe repertoire with vegan specialties from this African nation.

6:00 to 7:15 p.m.

\$10 per person, advance payment required.

Register by 4 p.m. 2 days before class: call 263-5050, or go to <http://castlemed.org/wellness.htm>,

Wellness & Lifestyle Medicine Center

642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734

"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



Sistah Vegan



A new, inclusive group for non-stereotypical vegans.

Saturday, April 23, Noon — Let's meet and eat!

Loving Hut, 1614 S. King St.

Saturday, May 7, 8 a.m. — (Easy) Hike and Lunch

For details, go to <http://www.meetup.com/Sistah-Vegan/>

Oahu Fruitluck

Kapiolani Park Fruitluck

2 p.m., Sunday April 10, April 24,
May 8, May 22 2016 every 2 weeks

at Kapiolani Park next to Barefoot Beach Café

Join us for sun, beach & delicious fruits!

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



Veggie Cooking Classes at Down to Earth

No reservations required. Classes are 1 hour long.

Honolulu: 1st Saturday monthly, 11 a.m. \$5

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

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

For info on these and other events, call (808) 947-3249 or go to <http://www.downtoearth.org/events/calendar>.



Bodhi Tree Meditation Center
654-A N. Judd Street. Honolulu, HI 96817

7th Anniversary Benefit Vegan Dinner

Saturday, May 21, 2016, 5 p.m. – 9 p.m.

Asian vegan buffet, entertainment, silent auction, raffle. \$30 / dinner ticket. Purchase at the center or mail check to the Bodhi Tree Meditation Center. You will receive an email when your payment is received and your tickets will be held at "will call" that evening.

Monthly 1st Sunday Vegan Buddha Lunch

12 noon, April 3, May 1, June 5

Mindful eating, vegan dishes, organic veggies. \$10.

To RSVP, call Margy or Kim at (808) 537-1171 or go to

<http://www.meetup.com/Bodhi-Tree-Meditation-CenterHonolulu/> Details of above events & more on Meetup.

GrowwithUs: Digestive Tinctures & Medicinals

April 9, 9:30-11:30 \$35. Learn about various gut-friendly medicinal plants that you can grow in your own garden as you make a medicinal tincture that aids healthy digestion with teacher Andrew Gerren, herbalist and "veganic-organic" farmer.

Garden-to-Table With Chef Alyssa

Bring well-being to your whole body! This 5 workshop garden-to-table series will walk you through how to care for various body systems through nutritious and delicious vegan dishes you can make at home. For adults only. Register by April 14.

Fee: \$35 per Workshop, \$165/Series. Workshops meet 12-2 p.m.

April 16: Healthy Gut **May 14:** Beauty from the Inside Out

June 11: Healthy Hearts **July 9:** Detoxification: The Liver

July 16: Wellness for Women

The Green House 224 Pakohana St. Honolulu. Ph: (808)524-8427

<http://www.thegreenhousehawaii.com/thegreenhouse.html>

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 posted by VSH, including Imagine a Vegan World, and other event organizers include restaurant meals, lectures, potlucks, hikes, movie screenings, and more. Enjoy the company of like-minded people, get advice and support, and eat delicious vegan food!

Events listed at <http://www.meetup.com/veganoahu/>

The Benefits of VSH Membership

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

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** ---
 Mama T's Ital Kitchen 5%

--- **Bakeries** ---
 yummy tummy (bakery, call Van at [\(808\)306-7786](tel:8083067786)) 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

--- **Restaurants** ---

Down to Earth Deli (Oahu and Maui) 5%
 Banán (3212 Monsarrat Ave, new location —corner of Metcalf & University Aves.) - 3 free toppings
 Café Turmeric (66-521 Kamehameha Hwy, Haleiwa) 10% — New
 Canton Seafood Restaurant (923 Keeaumoku St.) 5%
 Celestial Natural Foods (Haleiwa) 5%
 Dagon Burmese Cuisine (2671 S King St.) 15% — New
 Downbeat Diner and Lounge (42 North Hotel St.) 10%
 Ethiopian Love (Smith Street) 10%
 Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
 Green Garden (9-2, M-F, Sustainability Courtyard, UH Manoa) 5% -New
 Greens & Vines/Licious Dishes (909 Kapiolani Blvd.) 5%
 GRYLT (Manoa, Ala Moana, & Kahala Mall) 10%
 Happy Buddha Juice Bar (74-5583 Luhia Street, Kailua-Kona, Big Island) 10% on pressed juices
 Hawaii Nutrition Co (Herbologie Studio, 318 Kamani) 10%
 Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
 Loving Hut (only at 1614 South King St.) 5%
 Mama T's Ital Kitchen (11 a.m.-3 p.m, Fridays, 327 Lana Lane) 5%-New
 Mocha Java Cafe (Ward Center) 10%
 Peace Café (2239 S. King St.) 5%

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

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Vegetarian Society of Hawaii

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in Hawai'i Nei!*

*A beautiful way to ex-
press your love of the
'aina and animals is to
follow a whole food,
plant-based diet.*