

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 27, ISSUE 2, SEPTEMBER-OCTOBER 2016

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Free Public Lectures

Steve Blake, ScD

“Neuroscience Nutrition in Parkinson’s Disease”

Tuesday, September 13, 2016
Ala Wai Golf Course Clubhouse

Thursday, September 8, 2016
Cameron Center, Wailuku on Maui

Michael Greger, MD

“How Not to Die”

Tuesday, October 11, 2016
Ala Wai Golf Course Clubhouse

Wednesday, October 12, 2016
Wellness and Lifestyle Medicine Center
Castle Medical Center

Thursday, October 13, 2016
Cameron Center, Wailuku on Maui

Plus lectures for professional audiences

Tuesday, October 11, 2016
Castle Medical Center

Wednesday, October 12, 2016
Tripler Army Medical Center

Please see pages 9-10 for more details

Get Ready for VegFest Oahu! Coming September 24, 2016 *Celebrate. Learn. Taste.*

By Joy Waters.

VegFest Oahu is a free, family-friendly event celebrating plant-based, sustainable living. Taste delicious vegan food from local restaurants. Hear inspiring speakers about health and environmental topics. Engage in the Learning Kitchen with plant-based cooking demos by expert chefs. Enjoy conscious music and entertainment on the main stage. Shop at the Wellness Market with green and vegan-friendly products.



VegFest Oahu will be on Saturday, September 24, 2016 from 1 p.m. to 6:30 p.m. on the grounds of Honolulu Hale, between King and Punchbowl Streets. The event will be outdoors on the beautiful grassy lawn with abundant shade trees, nestled between lovely historic city buildings. There is plenty of free parking in the underground lot.

VegFest Oahu is being organized by a completely volunteer Core Team of local leaders in the vegan, sustainability, and artistic community. Their mission is to give the public a fun-filled opportunity to learn about the many benefits of choosing vegan foods and lifestyle to improve health, contribute to solutions for climate change and encourage compassion for animal welfare.

“PETA recently ranked Honolulu as the 7th in the country in their list of vegan-friendly cities. This represents the broader interest that people in Hawaii have in plant-based products and services. We represent that growing demographic,” says Joy Waters, VegFest Oahu's Producer. “VegFests have been happening all over the world for years and now the time is right to bring it to Hawaii. We want to nurture an engaged community that supports plant-based living as part of our local culture.”

VegFest Oahu is also intended to be a bridge builder that reaches out to people in transition on a journey towards improving their health and the planet.

“VegFest is more than a one-day event. VegFest happens everyday, whenever we get festive about living more plant-based and sustainable,” says Michael

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The Island Vegetarian

The Island Vegetarian is published 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>

Directors

President: Lorraine Sakaguchi
Treasurer: James H. Thompson
Secretary: Grace Chen, MD
Directors: Patrick Moore
Ori Ann Li
Ruth Heidrich, PhD
Matthew Jisa
Jerome Kellner
Carol Janezic

Advisory Board

Mark Fergusson

Newsletter Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

Terry Bear	Jackie Jackson
Fidel Castrati	Ruth Kase
Randall Chun	David Lau
Patrick Connair	Jorden Metoyer
Phyllis Fong	Sirilak Moore
Dr. Fred Foster	James Richart
Don Hargarten	Madana Sundari
Jake Garvin	Harry Walter
Brian Heithaus	Georgie Yap

Kauai

Vigil Alkana
Jim Brown
Karin Medigovich
Thomas Eisendrath
Janie Eisendrath
Gordon LaBedz, MD

Maui

Stephen Beidner
Laurelee Blanchard
Carlos Garcia



President's Message

Dear Friends,

I'd first like to thank Jim Brown, the outgoing vice-president of the Vegetarian Society of Hawaii as well as our outgoing VSH Kauai coordinator.

As a vegan activist and member of the Compassionate Living organization, Jim was one of the three main founders of Fall Fest-San Diego in 1999, a pioneering cruelty free event. which drew a crowd of 5000 in its inaugural year. This vegan festival has continued to grow and evolve over the years, becoming WorldFest and then, most recently, VegFest Los Angeles.

By 2000, though, Jim had moved to Hawaii and become VSH's newsletter editor, a position he continued to hold for the next seven years, even for about a year after he had moved from Oahu to Kauai in 2006. He continued to remain on the VSH board as vice-president, to coordinate VSH's monthly speakers, maintain the VSH website, create flyers and other promotional materials, run VSH Kauai meetings, and more. He had, in recent times, passed on most of these duties to others, including his VSH board membership at the end of June, although he continued as VSH Kauai coordinator until the end of August, when he had an unexpected opportunity to move to Maui, which he took.

What many people may not know is that there was no Kauai chapter of VSH until Jim, and a group of other volunteers including Mark Reinfeld, Jill Kimie Sadoyama, Gordon LaBedz, MD, and Diana LaBedz worked to start VSH's Kauai chapter in 2007, and Jim became the first VSH Kauai coordinator. The inaugural speaker at VSH Kauai's first ever vegan potluck luncheon meeting on April 2, 2007, was Dr. Gordon LaBedz, who spoke about saturated and trans fats and their relationship to heart disease.



Thomas Eisendrath and Gordon LaBedz, MD

Jim and Gordon, who are both "retiring" from their VSH Kauai duties at the same time, deserve our deepest thanks, for their amazing dedication as they held monthly potluck / presentation meetings without a break for over nine years, as attendees enjoyed monthly first Sunday vegan potluck luncheons, while learning the whys, benefits and how-tos of compassionate, healthy plant-based living from live lectures and video presentations. They livened the proceedings with monthly recipe contests, as well.

(Continued on page 3)

(Continued from page 2)

President's Message

Although neither of them realized it at the time, fittingly, Gordon was again the featured speaker at the August 7, 2016 VSH Kauai meeting, the final meeting that Jim and Gordon would host together. His lecture topic was "What You Can Do to Prevent Memory Loss in Aging." We at VSH thank and wish Gordon well, as he uses the time he gains in his "retirement" from his VSH Kauai duties to more fully focus on his compassionate work on the plight of whales.

Mahalo nui loa and best wishes to Jim as he leaves the island of Kauai for the next stage of his life on the island of Maui!

Welcome to Thomas Eisendrath, who has thankfully volunteered to be our new VSH Kauai coordinator, and to his wife Janie, who will be helping with VSH Kauai, as well. Please read more about our new VSH Kauai coordinator on page 13.

Welcome to Grace Chen, MD, our newest member of the VSH board! She is also our new VSH secretary, replacing the late Bill Harris, MD. Grace also recently presented "Miracles Of A Plant-Based Diet" as our July 2016 VSH lecturer! Please check out Dr. Chen's informative lecture, which includes several inspiring stories, in their own words, of people's personal triumphs over their medical conditions at www.vsh.org/videos.htm.



Grace Chen, MD

Welcome back, and thank you, too, to Carol Janezic, Jerome Kellner, Matthew Jisa, Ruth Heidrich, PhD, Ori Ann Li, Patrick Moore and treasurer Jim Thompson, as they began a new two-year term of office as members of the board of the Vegetarian Society of Hawaii on July 1.

Thanks to all of our dedicated volunteers, VSH has had the good fortune to continue to be able to accomplish its vegetarian (whole food, plant-based vegan) educational mission for the people of Hawaii, for the animals, and for our world community.

Aloha!

VSH President

Talk to Us!

Your letters to the editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians are all eagerly awaited. We reserve the right to edit all submissions. Please send them to newsletter@vsh.org.

VSH Volunteers at Community Events

Earth Day at University of Hawaii at Manoa, Friday, April 22



VSH volunteers: 1-r: Jackie Jackson, Brian Heithaus, Lorraine Sakaguchi, Jake Garvin, and Madana Sundari, who baked hundreds of healthy vegan cookies (no added sugar, fats, salt, or even flour) to give to booth visitors.

Sustainable Summer Day at UH Manoa, Sunday, June 26



2 SAFA UH Manoa volunteers including Shauna Leake in back, then: VSH volunteers: 1-r: Carol Janezic, Ruth Heidrich, Lorraine Sakaguchi, and Jim Thompson.

HMSA Blue Zones Project Kailua Town Celebration



Ori Ann Li demonstrated how to prepare healthy vegan dishes, and gave out generous samples, as well.

Sunday, July 31



VSH volunteers: 1-r: Jim Thompson, Lorraine Sakaguchi, Jake Garvin, Harry Walter, Carol Janezic, Debbie, and Ori Ann Li.

Bill Harris in Vietnam

By Robert Kradjian, MD

Authored by Dr. Robert Kradjian, a surgeon who met Bill going to Viet Nam. Dr. Kradjian was Breast Surgery Chief, Division of General Surgery, Seton Medical Centre, Daly City, and a breast cancer surgeon for 30 years. He authored the book Save Yourself from Breast Cancer in 1994 with some assistance from Bill.

If you were one of Bill Harris's many friends, you were saddened to learn of his passing.

This short memoir is about a long-ago episode in Bill's life that you possibly did not know about.

The date was April 21, 1967. Thirty-eight year-old Dr. Bill Harris joined a group of doctors who had volunteered to serve for several months as physicians to the civilians of South Vietnam. I also was in the group and immediately connected with Bill. He had graduated four years earlier from the University of California School of Medicine in San Francisco, taken an internship at San Diego County Hospital. He then set up the first Emergency Department at the Scripps Hospital in La Jolla and then served with the Kaiser Permanente Group in Los Angeles. It was following this that he volunteered for the Vietnam program. All of you know of his subsequent long-term brilliant service with the Hawaii Emergency Department and his directing the Vegetarian Lifestyle clinic.

I had graduated from the same medical school as Bill three years earlier than he, and had glimpsed Bill on rare occasions in the corridors of Moffitt Hospital, but had never spoken. We were both Korean-war Era veterans---he a jet pilot, I a Signal Corps photographer. We had many similarities of interest besides medicine. We were both interested in the conflict in Vietnam and could not understand the dynamics of the war and our lack of progress. We were interested in cosmology and physics. As youngsters we were both avid model airplane builders, as adults we both became flyers of full-sized airplanes. He was a fully qualified Air Force jet pilot and I was a lowly private aviation pilot---but we both loved to be in the air. We shared a desire to offer a helping hand to the civilians in Vietnam and were interested in learning their culture and seeing



William Harris, MD, (front) in S. Vietnam with other volunteer physicians.

some of their country. Keyboard and synthesizer music was even another shared interest. Both of us were already involved in Medical writing.

Once we arrived in Saigon, we were given Spartan living quarters at 191 Cong Ly Street and started exploring hospitals to work in. Our first assignment was at Gia Dinh near Saigon. The conditions there were shocking. There was no clean running water in the operating rooms; the wards were open halls with peeling plaster, with small iron cots, a thin bamboo mat, and a rusty bedside stand. The laboratory and x-ray facilities were primitive and in poor condition. As a surgeon, there was no possibility to help.

Bill went on to other sites and finally settled in Bac Lieu. I went to Can Tho, a few miles away from Bill's hospital, where there was a large hospital with a functioning operating room and excellent anesthesia provided by volunteer American GI's. We also visited and consulted at the huge Army 17th Field Hospital in Saigon where we saw remarkable efforts to save gravely injured men. We also were thanked for our volunteer service by General Westmoreland.

During these confusing days in steamy, crowded and dangerous cities, Bill was amazingly steadfast in strictly holding to his vegan diet. It was extremely difficult for him to leave the confines of the American support system of provided food and venture into the chaotic markets to find vegetables, fruit and starchy plants. He was fascinated, and delighted, to find an incredible variety of exotic plants, many of which were delicious. I never once saw him deviate from his commitment to a totally vegan diet! Of interest, he never made disparaging comments about the diet of his non-vegetarian friends, nor did he try to convince us to change our habits. In this, and in his sterling medical work, Bill won the complete respect of not only his American colleagues, but also his Vietnamese counterparts.

Bill was fascinated by the prevalence of lethal diseases that we simply did not see in the United States. Diphtheria was common, with children dying each day at the Can Tho

(Continued from page 4)

Bill Harris in Vietnam

hospital. Cases of fatal tetanus were also present most of the time. Most of the patients had severe burdens of intestinal parasites. Tuberculosis was endemic. Malaria and Dengue fever were also commonly seen. However, not common were the American scourges of heart disease, cancer, diabetes, obesity and vascular disease.

During the months of challenging and difficult medical work, I was able to fully appreciate the remarkable personal qualities that Bill exhibited. He was unflappable, humble and always a gentleman. He never lost his composure or sense of purpose. Despite the grim medical situations and even a bit of danger we encountered, Bill never lost his low-keyed, but subtle sense of humor. In short, he became a splendid and deeply valued friend.

We were fortunate to maintain this remarkable friendship over all the following years with many visits to each other homes in Honolulu and San Francisco. We discussed at length his book, *The Scientific Basis of Vegetarianism* during its development. He honored me by including my testimonial on the back cover. Earlier, he generously gave me much time and help while developing my book, *Save Yourself from Breast Cancer*.

The friendship grew to include the wonderful Georgie Yap and my wife, Christine who was a huge fan of Bill.

To Bill's many friends and associates we extend our sympathy knowing that all of us revere his memory and deeply respect his many contributions to the Vegan movement for over five decades.



Bill and Georgie

William Arthur Harris, MD Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii and designating that your donation is in memory of Dr. Bill Harris, who was a co-founder of the Vegetarian Society of Hawaii.

Your donation will go towards educational efforts which address the plight of farmed animals, a special concern of Dr. Harris during his lifetime, and the reason he became a vegetarian, and eventually a vegan, and an activist on behalf of farmed animals.

(Continued from page 1)

VegFest Oahu

Wall, VegFest Oahu's Director. "Popular media often portrays veganism as difficult, and we want to demystify those misconceptions in fun and interesting ways. This festival is a way to meet caring folks who are passionate about making a better world and get to know them in a casual, friendly environment."

VegFest Oahu is a chance for the community to help create an exciting event that showcases the values of vegan living. Several Public Planning Meetings are being held to focus on developing thought-provoking activities that can take place at the festival. Current ideas include: vegan athlete exhibition, a collaborative community mural, a Veggie Parade, street theatre, activist stand-up comedy, installations about climate change, spoken word, and photo-op billboards.

"We strive to be zero waste and plastic free," says Doorae Shin, VegFest Oahu's Greening Coordinator. "Our island state is vulnerable to climate change and VegFest Oahu will increase awareness of the link between diet and climate change so that people choose to eat less animal prod-



ucts to minimize their environmental footprint. We want VegFest Oahu to take veganism out of the context of the fanatic and into the celebration on the obvious."

VegFest Oahu is the first event that brings together Oahu's major players in the vegan, vegetarian, health, sustainability and animal rights movements to celebrate, collaborate and learn from each other. Current sponsors include: Sustain Hawaii, Down to Earth Natural & Organic, Blue Zones Project, Pono Home, 'Ekahi Ornish Program, Positive Media Hawaii, VegFund, Vegetarian Society of Hawaii and Hawaii Wellness Magazine.

To learn more about our sponsors, team, public meetings, the schedule lineup of speakers, chefs, music performers and activities, please subscribe to our mailing list on our website: www.VegFestOahu.com. Join the fun!

Preventing and Treating Low Back Pain With Diet

By Michael Greger, MD

Low back pain became one of the biggest problems for public health systems in the Western world during the second half of the 20th century. The lifetime prevalence of low back pain is reported to be as high as 84 percent, and chronic low back pain is present in about one in five, with one in ten being disabled. It's an epidemic.

Are people just lifting more heavy stuff? No.

“Mechanical factors, such as lifting and carrying, probably do not have a major role in this disease.”

Atherosclerosis can obstruct the arteries that feed the spine, and this diminished blood flow can result in various back problems. This can be seen on special scans. Check them out in my video, *Back in Circulation: The Link Between Sciatica and Cholesterol*, where you can see the difference between normal and clogged spinal arteries. I also show what they look like on autopsy, where we can see the openings to the spinal arteries getting squeezed shut by cholesterol-filled plaques.

Now, we have MRI imaging that can show the occlusion of spinal arteries in people with back pain, and the degeneration of the discs. Researchers showed that patients with long-term lower back pain had constricted blood flow, and those with high cholesterol appeared to suffer with more severe symptoms. Those with narrowed arteries appear about eight-and-a-half times more likely to have suffered from chronic back pain.

Although disc degeneration has multiple causal factors, with genetic, occupational, and mechanical influences, alteration in nutrition has been proposed as the final common pathway. This makes sense. The discs in our lower back are the largest “avascular” tissue in the body, meaning our discs don't have any blood vessels. Thus, its nutrition just kind of diffuses in from the margins, making it especially vulnerable to deprivation. Using MRIs, we can measure the effects of impaired blood flow on that diffusion. Because of this vulnerability, discs degenerate far earlier than other musculoskeletal tissues; the first unequivocal find-

ings of degeneration in the discs of the lower spine are seen starting around age 11. Nearly all kids have the beginnings of atherosclerosis by age ten (*Heart Disease Starts in Childhood*). By the early teen years, we can already see the disks starting to deteriorate. By age 49, 97% percent of the discs of those eating the Standard American Diet show at least grade-2 degradation.

Cholesterol plaques in the wall of the aorta obliterate the openings of spinal arteries. Structures with precarious nutrient supply, such as the intervertebral discs, may suffer and gradually degenerate, as well as herniate. There is a link not only between cholesterol levels and disc degeneration, but also between cholesterol levels and disc herniation.

This compromised blood flow may also damage the nerve roots that come off the spine, causing sciatica. Sciatica is back pain that radiates down the legs, causing additional pain, numbness or weakness, and prolonged disability. Sciatica affects as many as 1 in 20 people. Independent of weight, clinical sciatica may be associated with blood cholesterol levels as well. The nerve roots, which are most commonly associated with sciatic pain, are supplied by some of the arteries most vulnerable to atherosclerotic plaque formation. Obliteration of these arteries by cholesterol buildup results in compromised nutrient supply to the nerve itself. That lack of oxygen to the nerve may play a role in the sciatic nerve crying out in pain. Reduced blood flow also hampers the removal of waste products, such as lactic acid, which can irritate the nerve endings, causing pain and deterioration.

Sadly, low back pain is now common in children and adolescents, and getting worse. Similarly, children are now getting disorders like adult-onset diabetes. Teenagers, starting out their lives with a chronic disease; that's why it's never too early to start eating healthier.

Editor's Note: Videos mentioned may be found at



VSH Events on Oahu and Maui

April: Dr. Richard Oppenlander

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



Dr. Oppenlander presented “Comfortably Unaware: The Relationship Between Your Food and Our Future” at the Hawaii State Capitol Auditorium on April 11. His lecture was sponsored by Hawaii State Senator Mike Gabbard, who also presented him with a commendation from the Hawaii State Senate honoring him for his work to bring attention to how food choices impact the environment and people’s health, and to advocate for a plant-based diet to achieve the highest level of sustainability.



Above: Jill Oppenlander with Mama T Gonsalves and Jordan Ragasa of Down to Earth Organic and Natural serving refreshments donated by DTE. Left: volunteer Madana Sundari made tofu satay sticks with orchids for attendees.



and “Food Choice and Sustainability—Tipping Point Realities”



Dr. Oppenlander lectured on “Food Choice and Sustainability—Tipping Point Realities” on April 12 at the Ala Wai Golf Course Clubhouse.



He also spoke on April 14 at Kaunoa Senior Center on Maui (no photos available). Above: Dr. and Mrs. Oppenlander at the lanai of the Ala Wai Golf Course Clubhouse. Right: At ‘Ai Love Nalo Restaurant on April 13 for their VSH dine-out. l-r: Carol Janezic, Lorraine Sakaguchi, Jill and Richard Oppenlander, DDS, and Terry Bear.



May: Rosane Oliveira, DVM, PhD

and “Stop Blaming Your Genes”

presented “100 and Healthy”



Dr. Oliveira presented “100 and Healthy” on May 9 at Castle Medical Center’s Wellness and Lifestyle Medicine Center.

l-r: Nicole Kerr, director, WLMC director, Dr. Oliveira, husband Dr. Harris Lewin and Lorraine Sakaguchi.



Dr. Oliveira lectured on “Stop Blaming Your Genes” on May 10 at the Ala Wai Golf Course Clubhouse. She also spoke on May 12 at Cameron Center on Maui (no photos available);..



Dr. Oliveira’s VSH dine-out was catered by Ori Ann Li at the MOA Wellness Center, and featured an oil-free vegan menu.

l-r: Carol Janezic, Dr. Harris Lewin, Maureen Lau, Dr. Oliveira, Ori Ann Li, and Lorraine Sakaguchi.

The *Vegetarian* program premieres at 6 p.m., 3rd Tuesday of the month, and runs at 11 a.m. Sundays on ‘Olelo channel 54. View past and current *Vegetarians* on www.vsh.org.

VSH Events on Oahu and Maui

June: Miyoko Schinner

presented “The Meaning of Food --
What it Means to Be an Eater in the 21st Century”



Miyoko Schinner presented “The Meaning of Food -- What it Means to Be an Eater in the 21st Century” at the Ala Wai Golf Course Clubhouse on June 14. She also lectured at Kaunoa Senior Center on Maui (photos not available) on June 16.

She sang a delightful song about casomorphin during the Q and A session after her talk at the Ala Wai, which can be heard on her VSH video program at www.vsh.org.



Above right: Miyoko Schinner’s VSH dine-out catered by Down to Earth in their community events room on June 15. Nearly everyone is holding up a Miyoko’s Creamery package, because she flew generous samples of her vegan cheeses and butter to Hawaii for her VSH events l-r: Carol Janezic, Miyoko Schinner, husband Michael Schinner, and, from DTE: Jordan Ragasa, Shannon Green and Cynthia Cruz.

July: Grace Chen, MD

presented “Miracles Of A Plant-Based Diet”



Dr. Chen lectured on the “Miracles of a Plant-Based Diet” on July 12 at the Ala Wai Golf Course Clubhouse on July 12. she also spoke at Cameron Center on Maui on July 14 (photos not available).



Volunteers Phyllis Fong and Randall Chun picked up donated fresh vegan refreshments from Down to Earth, then served them to attendees at the July 12 meeting.



Dr. Chen and her parents relax at her VSH dine-out at Simple Joy Vegetarian Cuisine on July 13.

August: Lani Muelrath

presented “Rookie or Rock Star? The Five Steps to Plant-Based Nutrition”



Lani Muelrath presented “Rookie or Rock Star? The Five Steps to Plant-Based Nutrition” at the Ala Wai Golf Course Clubhouse on August 9. She also lectured at Cameron Center on Maui on August 11 (photos not available).



Lani Muelrath’s VSH dine-out was on August 10 at Ethiopian Love Restaurant, where diners ate in the outdoor courtyard surrounded by greenery. Above right, Lorraine Sakaguchi, Lani Muelrath, Carol Janezic and Abraham Samuel, the owner / manager of Ethiopian Love.

NEUROSCIENCE NUTRITION IN PARKINSON'S DISEASE

A PRESENTATION BY
STEVE BLAKE, ScD



Parkinson's disease involves a deficiency of the neurotransmitter dopamine. Symptoms can include tremor, rigidity, difficulty thinking, and slow movements. Diet can have an impact on our ability to make dopamine. Find out how to adjust diet to improve dopamine production. We will explore how to avoid the foods and toxins that may deplete the brain cells that make dopamine. We will learn about certain foods that help protect brain cells and slow degeneration. Since symptoms do not often show up before half of the dopamine-producing brain cells are gone, all of us can benefit from proactive risk reduction.

LECTURE DATES:

7 P.M., TUESDAY, SEPT. 13, 2016
ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

MAUI: THURSDAY, SEPTEMBER 8, 7 P.M.
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU

6-8 P.M., FRIDAY, SEPTEMBER 16

YOU'RE INVITED TO "FALL IN LOVE WITH FALL"
VEGAN DINE-OUT WITH STEVE BLAKE, ScD

COFFEELINE, ATHERTON YMCA, 1820 UNIVERSITY AVE, HONOLULU
PARK AT YMCA PAY LOT ON METCALF AVE., OR ON STREET (FREE AFTER 6 P.M.)

VEGAN BUFFET MENU:

MILD CURRY KABOCHA VEGGIE SOUP

MOCK BEEF (TOFU) AND BROCCOLI STIR FRY WITH GRAVY

HERB MASHED POTATOES

AUTUMN WALDORF SALAD WITH A VARIETY OF SEASONAL APPLES,

PUMPKIN SEEDS, & SUN-DRIED CRANBERRIES

"TO LIVE FOR" DECADENT CHOCOLATE CAKE

MULLED APPLE CIDER

MOSTLY ORGANIC, LOW SALT, SUGAR & OIL. FOOD SENSITIVITY NOTE: GF.

\$20, AGES 8-13 \$5, AGES 0-7 FREE, PAY CASH OR CHECK AT EVENT.

TO RSVP, CALL CHEF MADANA SUNDARI AT (808) 531-1929 BY 9/15.*

NOTE: ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH. *RSVP REQUIRED.

Steve Blake, ScD, is part of the clinical and research faculty at Hawaii Pacific Neuroscience, and is finishing a clinical study at Hawaii Alzheimer's Disease Center. He has presented grand rounds at John A. Burns School of Medicine at U.H. and at Boston University Medical Center. He has authored *Parkinson's Disease: Dietary Regulation of Dopamine, Vitamins and Minerals Demystified* (McGraw Hill), *A Nutritional Approach to Alzheimer's Disease, Alternative Remedies* (Mosby), co-authored *Mosby's Drug Guide for Nurses*, 4th edition, and created the *Diet Doctor* software to analyze dietary nutrients. He earned his ScD from the International Center for NaturoBioHolistic Health and Medicine. He lives on an organic farm on Maui with his wife Catherine.

www.DrSteveBlake.com..

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

Annual Meeting

Annual reports from the Board will be made to the membership prior to our featured speaker on September 13, 2016, at about 7 p.m. Please attend and learn the status of your organization. Mahalo!

HOW NOT TO DIE

A PRESENTATION BY
MICHAEL GREGER, MD



Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability.

**7 P.M., TUESDAY
OCTOBER 11, 2016**

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)**

**MAUI: THURSDAY, OCTOBER 13, 7 P.M.
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU**

*Free and open to the public. Vegan lecture refreshments
courtesy of Down to Earth Organic and Natural.*

**WEDNESDAY, OCT. 12, 6-7:30 P.M.
WELLNESS AND LIFESTYLE MEDICINE CENTER
CASTLE MEDICAL CENTER, 642 'ULUKAHIKI ST., KAILUA**

Free and open to the public, but registration is required:
<http://castle-med.org> or call (808) 263-5400.

Healthy light vegan refreshments provided by Castle Medical Center.

LECTURES FOR CLINICAL PROFESSIONALS

TUES., OCT. 11, 12:30-1:30 P.M., CASTLE MEDICAL CTR.
CME lecture. Free. For info & to register: (808) 263-5382

WED., OCT. 12, TRIPLER ARMY MEDICAL CENTER. FREE.
TAMC staff only.

**MONDAY, OCTOBER 10, 6-8 P.M.
VEGAN DINE-OUT WITH DR. GREGER AT PEACE CAFÉ
2239 S. KING ST., HONOLULU**

Miso Soup with vegetables and choice of 1 entrée:

- 1) Barbecue Tempeh Plate:** Tempeh with sweet and sour sauce, coleslaw with aioli, brown rice, green salad, and corn bread.*
- 2) Tex Mex Plate:** Black beans, quinoa, spicy corn salsa, fresh veggies, and cilantro on INDIANLife tortilla.
- 3) Popeye Plate:** Spinach & tofu, miso-tahini dressing, fresh extra veggies, aioli and brown rice.*

\$19.05 (INCLUDING TAX & TIP) PRE-PAYMENT REQUIRED.

TO RSVP, PAY AND SPECIFY ENTRÉE, CALL (808) 951-7555.

Please note that proceeds go to the restaurant, not to VSH. *GF



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."

Lighter dishes, including my healthier version of a famous restaurant dish, that take less time over a stove.

Spinach and Bean Sprouts Stir-Fry & "Panda Express" Chow Mein

Spinach and Bean Sprouts Stir-fry

In most stir-fries, oil is the major source of calories, but this nutritious dish, which only takes 5 minutes of cooking and even less to prepare, contains only five drops of sesame oil, just for flavor, and is nearly fat-free.

- 2 garlic cloves, chopped
- 1 green onion/scallion, chopped
- 1 cup bean sprouts
- 2½ cups raw spinach leaves



- 1 cup fresh mushrooms, sliced
- ½ package Mori-nu Lite firm tofu, diced (other tofu is much higher in fat)
- 6 tablespoons low-salt soy sauce or tamari
- 3 tablespoons vinegar
- 1 tablespoon sweetener (agave nectar, succanat)
- ½ cup water
- 5 drops dark sesame oil

Combine water, vinegar, 4 tablespoons soy sauce, sweetener and sesame oil in a small bowl, set aside

In a non-stick wok or skillet, heat 2 tablespoons soy sauce, garlic and green onions.

Add mushrooms and 1/2 of the sauce and simmer for 3 minutes or until mushrooms are tender.

Add the vegetables and the remaining sauce. Add the tofu and simmer for 1 minute.

Can be served alone or with brown rice or noodles.

4-6 servings

Panda Express Chow Mein

(Another in my series of healthier versions of famous restaurant dishes)

Chow Mein is about as genuinely Chinese as a taco, but it has become a favorite dish in many Chinese restaurants. The sauce is the secret, and Panda Express seems to have found the right formula. Unfortunately, a great deal of oil is

in in their delicious dish, as well as various dead animals. Here's how to get the same taste, very low fat and vegan.

Sauce:

- ¼ cup low-salt soy sauce or tamari
- ¼ cup sweetener (succanat, agave nectar, etc.) *(see note below)
- 2 tablespoons cooking wine *
- 2 tablespoons vegetarian oyster sauce or stir-fry sauce
- 1 tablespoon hoisin sauce
- 1 garlic clove chopped
- 2 teaspoons fresh ginger minced
- 2 tablespoons green onions minced
- a few drops dark sesame oil

Chow Mein:

- 14 ounces of fresh lo mein noodles, or 2 packages of dry yakisoba noodles (without seasoning packages)
- 2 cups cabbage sliced (nappa works best, but any green cabbage will do)
- 1 large white onion sliced thin
- 3 stalks of celery cut diagonally into 1/4 inch slices



Though not in the Panda recipe, other vegetables, examples below, can also be included

In a small bowl, whisk together all sauce ingredients and set aside.

Cook noodles according to package directions, drain.

In a wok or large skillet over heat 2 tablespoons low-salt soy sauce or tamari at medium-high. Add onion and celery, stirring until onions become transparent, about 3-4 minutes.

Stir in cabbage until completely heated, about 1 minute.

Add noodles and ½ cup of sauce, stir until well combined and the noodles are heated, about 2 minutes. Add more sauce to preferred taste.

* wine and sweetener can be substituted with 1/3 cup mirin (a sweetened rice wine)

Shiitake or other mushrooms, bamboo shoots, lotus root or snap peas can be added to taste.

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

VSH EVENTS ON KAUA'I

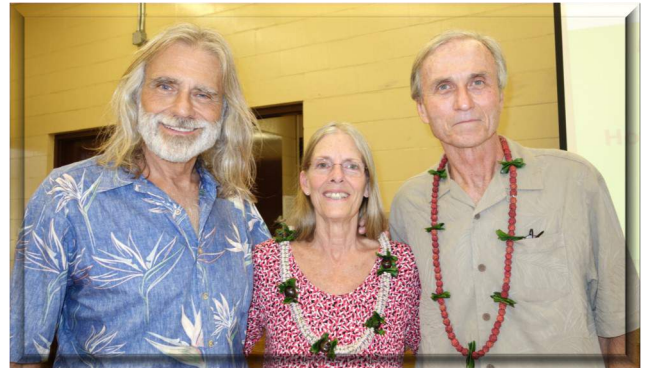


At the potluck/lecture in Kapaa in April **Kimie Sadoyama** presented “**Prevent and Cure Candida with Diet.**”

In June we screened a VSH lecture video: **Mona Sigal, MD**, presenting “**Slick Facts: Truth and Myth about Dietary Fats.**”



The China Study: The Most Comprehensive Study of Nutrition Ever Conducted (video) by **T. Colin Campbell, PhD** in May. Photo is of Dr. Campbell's VSH dine-out at Govinda's in Honolulu (10/2014). l-r: Maureen Lau (spouse H. Lorrin Lau, MD was VSH lecturer 11/2013), Karen Campbell, Ori Ann Li,* Lorraine Sakaguchi,* Dr. Campbell, and Ruth Heidrich, PhD* (*VSH board members)



Last October, **John McDougall, MD**, lectured on **Dr. McDougall's Color Picture Book: Food Poisoning & how to cure it...**

l-r: Gordon LaBedz, MD, Mary McDougall and John McDougall, MD.

Below: A crowd of 56 heard Dr. McDougall's lecture.



In July we screened **Forks Over Knives.**



In August, **Gordon LaBedz, MD**, presented his “**Ask the Doctor Series: Q&A, What You Can Do to Prevent Memory Loss in Aging.**”



VSH KAUA'I VEGAN POTLUCK LUNCHEON/LECTURES

12:30 p.m. on the 1st Sunday of each month at Kapa'a Neighborhood Center, 4491 Kou Street at Kuhio Hwy on Kaua'i. Free and open to the public. Bring a vegan dish and include an ingredient list. Original recipes are encouraged. Starting in October, best vegan dish will win a \$25 gift certificate. Welcome without a dish, too — suggested donation: \$5.

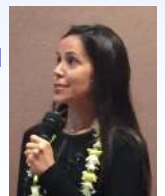


September 11, 2016 (rescheduled) — Comfortably Unaware: The Relationship Between Your Food and Our Future

Dr. Richard Oppenlander, in his April VSH lecture video, offers a fact-filled journey of critical time lines regarding the food choice-animal agriculture-environment connection, with time running out for us.

October 2, 2016 — 100 and Healthy

Roseane Oliveira, DVM, PhD, in her May VSH lecture video, 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!)





Thomas Eisendrath

Meet Our New VSH Kauai Coordinator

By Thomas Eisendrath
VSH Kauai Coordinator

I grew up on a beef cattle ranch in Colorado. We had all the meat, poultry, eggs, and dairy one's flesh could crave. My parents also raised chickens and sold eggs to the health food

stores. I was so sick as a child that, by the time I was 16, I wanted to die. I had allergies to everything and phlegm and mucus all the time. I experienced

never-ending battles with sore throats, strep, ear aches, and surgeries to remove tonsils that were diseased and tubes in my ears to drain fluid from all my ear infections (I am 50% deaf as a result). I never breathed through my nose for the first 16 years of my life. Also I had to take allergy shots which did not really help.

In 1980, an angel SDA family shared vegetarianism with me and I got completely healed of all my allergies and sickness within one year. I stopped taking all medications and allergy poisons as well. To the displeasure of my father and mother, I stopped eating beef, pork, lamb, etc.... My parents always felt I was missing something when I gave up flesh. The only thing I was missing I told them was disease.

I graduated from high school in 1981 and left the ranch for good and moved far away, and never turned back to my parents' death diet. I have been sick fewer than 5 times in 36 years since then. And I have not been sick once in the past 5 years.

After being so sick and desiring to end my life at 16 years of age, I have both a physical and emotional aversion to flesh food. I transitioned to veganism about 20 years ago and have been a vegetarian since 1980. I have recently found out honey has glyphosates (even "organic raw") and honey will be going out of our cupboards as well. Since I came to Hawaii in 2005, the VSH Hawaii has made more of an impact on me, learning about cruelty to animals and animal testing, and the environmental destruction and pollution of a flesh diet.

This is all on top of all the nutritional information I have learned, which has all helped to solidify my decision to be a vegan.

I am currently organizing a group of volunteers, amassing the Kauai contact email list together, organizing events, speakers, and food prep demos. I have been blessed with a network of connections of some of the best vegan and raw food preparers on the islands. I am also working on getting a VSH Kauai board together, finding a new building to host the VSH meetings each month, etc.

After getting the Kapaa VSH meeting on firm footing, my future plan is to have 2 meetings a month, one in Kapaa and one on the N. Shore as we get a larger volunteer base.

Another major goal is to enroll more members in the VSH in Kauai. Besides Jim, Gordon, and my wife and I, we only have 12 other members.

I am working on getting more enrollment forms for membership in the VSH and will be placing stands as permitted in strategic locations, mostly in the Kapaa area for now. Eventually I plan to move more promotional materials to the north shore as we expand.

One of my most urgent visions is to get more health food stores, restaurants, and other businesses to give a 5-10% discount to VSH members when they show their VSH membership card.

One other important endeavor I have is to reach out to the students at Kauai Community College and do a table some time to promote VSH vision.

Another great venue would be the yearly Mango festival in Hanalei.

My wife, Janie, and I lead an emotional support group every Wednesday night and we always invite people to try new food and experience a vegan diet, much of it raw food.

In conclusion, a big part of my mission in life is to help others to experience a more abundant and healthier life and this is thank you for those who helped me to get well along the way, particularly my SDA vegetarian mentors.



Thomas and Janie Eisendrath

This Inspiring Woman Left Her Corporate Career to Start Her Own Farm Animal Sanctuary

By Lauren Kearney

When Laurelee Blanchard became aware of the suffering of animals in the agriculture industry, her entire life changed. While most people have an “a-ha!” moment when they learn how animals are treated in industrial agriculture and stop consuming animal products, Blanchard resolved to go one step further.

In 1999, she left a successful career in commercial real estate to devote her life to rescuing animals. Simply donating money to a cause just didn't seem like enough; she wanted to really dive into the movement and use her skills and determination to create change. With this in mind, she became director of communications for FARM (Farm Animal Rights Movement) and also worked as a campaign consultant to Farm Sanctuary. But again, she felt that there was still more that she could do for animals, so she took all her life savings and founded Leilani Farm Sanctuary in 2008. Since, Laurelee has established a thriving haven for farm animals and even launched an incredible interactive program to help children learn the importance of compassion as well.

A Compassionate Haven

Leilani Farm Sanctuary is a safe haven, located in Haiku, Hawaii, which is home to more than 200 rescued animals. Some of Laurelee's residents include chickens, donkeys, Guinea pigs, ducks, cats, rabbits, geese, pigs and tortoises – all needy animals are welcomed here.

While leaving her entire life behind to start an entire farm sanctuary might seem drastic or extreme to others, to Laurelee it only seemed logical.



“Living a purpose-driven life gives me a feeling of making the best use of my time on this earth,” Laurelee tells One Green Planet, “Devoting my life to helping animals is my way of coping with the knowledge of the horror

experienced by animals every minute of every day.”

Offering a safe haven for animals, Laurelee works to repair this damage and hopefully spread her message of compassion to help animals far from the bounds of her sanctuary. One way that Laurelee helps to do this is by highlighting the amazing personalities of all the animals in her care.

Laurelee explains to One Green Planet that all the animals are individuals, something that is readily apparent when people come to tour the sanctuary. When visitors first arrive at the sanctuary, they are promptly greeted by Rufus, a big red rooster. While this rooster gives off the impression that he has always reigned as King of this farm, he — like many of the other animals at the sanctuary — was abused by his previous owners. Laurelee discovered Rufus dumped at the sanctuary's gates one night and instantly welcomed him into the family.

Another character visitors meet is Barney, A.K.A the sweetest pig on the farm. A former feral pig, Barney has come around to living the cushy life rather quickly. He is rumored to be a massive fan of belly rubs. (He even accepts belly rubs from Rufus!)

The sanctuary is also home to a number of rabbits, most of which were Easter presents for children who were discarded when the families realized the extent of this responsibility.

Most of the deer and goats who now live on the sanctuary came as orphans after their mothers were killed by hunters. These little ones require round-the-clock the care, but Laurelee is more than happy to step in as their foster mom, bottle feeding them until they're old enough to graze. Because they lost their mother at such a young age, they developed a strong bond with Laurelee. Even as fully grown adults, they'll follow her around and sit on her lap for fuss and cuddling.

There is no questioning that Laurelee has completely changed these animal's lives for the better, but helping



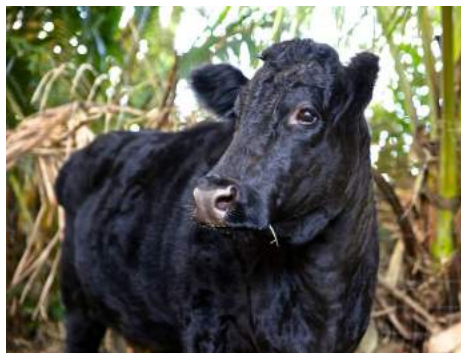
and healing animals is not the only area that Leilani Farm Sanctuary focuses on. The sanctuary also offers programs for at-risk youth, people with special needs, and victims of domestic violence.

Using Compassion to Heal People and Animals Alike

Compassion can be defined as having a deep feeling of sympathy for another being who is suffering. Most of the animals at the Leilani Farm Sanctuary were abused, orphaned, or neglected. So when children from troubled homes interact with these animals, they learn courage, forgiveness, trust, strength, empathy and kindness. The qualities that make up a compassionate human being.

“By learning empathy and respect for all life, children can break the cycle of violence and become protectors rather than abusers,” says Laurelee. “When we relay the animals’ stories to children with violent upbringings, it helps them relate to their own pain in a healthier way.”

During farm tours, Laurelee will share the stories of some of the animals rescued from abuse, abandonment, and



slaughter. Children can listen to the stories of the pig who escaped from a slaughterhouse or the goat who was rescued from a barbecue, and as they learn these animals’ backgrounds, they can empathize and

build a relationship with them.

Acting for Animals

Laurelee Blanchard shows us all that if you really care about an issue and put your mind and resources towards finding a solution, you can do anything. But, of course, this doesn’t necessary mean that you have to give up your career to help animals.



“There are so many ways to help animals every day, starting with being vegan,” says Laurelee. “People wanting to make a difference for animals, but aren’t able to leave their homes, can work on a myriad of ‘armchair activist’ activities such as emailing and calling companies and policymakers to affect change.”

And she’s right. You don’t even have to leave the door in order to make a difference for animals. Signing petitions, sharing them on Facebook and Twitter, making donations to animal charities, and making changes in your diet can all have an enormous positive impact.

You can also get involved in helping Laurelee and the team at the Leilani Farm Sanctuary here. To learn more about this incredible sanctuary and its founder, check out the Leilani Farm Sanctuary website and Facebook page (see below).

Leilani Farm Sanctuary is home to over two hundred rescued animals like these, and many more have been placed in happy homes. Visitors are welcome, including school groups for educational tours.

For more information, visit: www.LeilaniFarmSanctuary.org or phone: 808-298-8544

Email: info@leilanifarmsanctuary.org

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



Peace Day Hawaii Celebrating the International Day of Peace

9 a.m.—2 p.m.

Saturday, September 24, 2016

University of Hawai‘i’s Urban Garden
955 Kamehameha Hwy, Pearl City, HI

Activities, forums, music and more for all ages. Explore the Urban Garden’s interactive gardens and displays.

Please be sure to visit our **Vegetarian Society of Hawaii** booth! We’ll be sharing our tent with the **Student Alliance for Animals at the University of Hawaii at Manoa**



Mahatma Gandhi Day International Day of Nonviolence

Sunday, October 2, 2016
11 a.m.-1 p.m.

At the Gandhi statue between the Honolulu Zoo entrance and Waikiki Beach. Free multicultural, interfaith event. Music by Royal Hawaiian Band and others.

Please be sure to visit our **Vegetarian Society of Hawaii** booth! We’ll be sharing our tent with **Down to Earth Organic and Natural.**

VSH will also be highlighting **World Day for Farmed Animals.**



Leeward Community College Annual Health and Wellness Fair: Healthy New YOU!

October 12, 2016
10:00 am to 1:00 pm.

The goal for this fair is to promote healthy living and eating.

Exercise & Fitness
Healthy Eating
Health Promotion

Please be sure to visit our **Vegetarian Society of Hawaii** table!



Celebrating Plant-Based Sustainable Living

FREE!

September 24, 2016

1:00pm - 6:30pm • Honolulu Hale

**Chef Cooking Demos • Inspiring Speakers
Delicious Vegan Food Booths • Free Raffle
Music Entertainment • Healthy Vendors**

Complete Line-Up and Schedule on Website:

www.VegFestOahu.com

HIGHLIGHTED PRESENTERS



KEEGAN KUHN
Co-Director, Cowspiracy



DR. IRMINNE VAN DYKEN
Surgeon, Queens Medical



CHEF SYLVIA THOMPSON
Greens & Vines Restaurant



CHEF EDGAR EDGE
Down to Earth



PAUL IZAK
Singer/Songwriter

HI on VEGGIES

Mahalo To Our Sponsors:



Watch for these upcoming VSH speakers

Free Public lectures, plus Vegan Dine-Outs
(For more details, check updated announcements on www.vsh.org closer to the dates)

John Kelly, MD — Are Genetically-Modified Plant Foods Better than Eating Animals--Why Are We Vegetarian?

11/8, 7 p.m.—Public lecture at Ala Wai Golf Course Clubhouse
11/9, 6-8 p.m.—VSH dine-out — India Bazaar, details at vsh.org
11/10, 7 p.m.—Public lecture at Cameron Center, Wailuku, Maui

Irminne Van Dyken, MD — Immunonutrition: The Interrelatedness of Diet, Nutrition, the Immune System, the Microbiome, Telomeres, and Longevity

12/13, 7 p.m. —Public lecture at Ala Wai Golf Course Clubhouse
12/8, 6-8 p.m.—VSH dine-out — Bodhi Tree, details at vsh.org
12/15, 7 p.m.—Public lecture at Cameron Center, Wailuku, Maui



Bodhi Tree Meditation Center

654-A N. Judd Street. Honolulu, HI 96817

Vegan Buddha Lunch Buffet
(previously monthly) is now
12 noon every Sunday, \$10.

Mindful eating, vegan dishes, organic veggies.

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

<http://www.meetup.com/Bodhi-Tree-Meditation-CenterHonolulu/>



Save the date!

Friday, November 18, 2016 Annual VSH Pre-Thanksgiving Dinner

Starting in October, please check the details and to make your reservation at

www.vsh.org/thanksgiving

“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

VEGAN VOICES 96734



New vegan group in
Kailua on the island of
Oahu!

Join us at our
upcoming events,
For info, go to



<http://www.meetup.com/VEGAN-VOICES-96734/>

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.

100% Vegan Plant-Based Food
Meals, sauces, sides, bakery goods and all other items are completely homemade by hand.

GREEN GARDEN

has reopened for the school year at the
University of Hawaii at Manoa
Sustainability Courtyard

Garden Burgers: Classic/Ginger Teriyaki/Spicy Chili. Combos: burgers with choice of sides: chili beans/Green Salad/Home Style Potato

Garden Plates:

Mini/Large Gaia/Chili/Ginger Teriyaki

Soup of the day: Indian, Italian and Thai

Snacks & Sweets of the Day (a gluten-free special each day)

Drink: Green Heaven Juice

Returning to Nature

(formerly Passionate Raw Vegans Oahu)

Foraging Hike to Maunawili Falls

Date of next seasonal hike at www.meetup.com.

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, September 22: Greek Gastronomy

Learn about the ingredients of Greek cuisine and enjoy sampling herb-filled dishes.

Thursday, October 27: Feast from the East

Join us for a tour of Eastern European food featuring root vegetables and whole grains.

Thursday, November 17: A Mexican Menu

Enjoy black beans with a Mexican flair and other vegan versions of south of the border favorites.

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

Imagine a Vegan World

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 info on the next meeting. call Terry at (808) 397-8666 or go to <http://www.meetup.com/veganoahu/>.

1st Sunday 1 p.m. — Lunch at 'Ai Love Nalo Restaurant in Waimānalo.

3rd Tuesday — Q & A with Jake. K-W YMCA.

4th Tuesday Vegan potluck. K-W YMCA. Please bring a vegan dish.

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

Oahu Fruitluck

Kapiolani Park Fruitluck

2 p.m., Sunday September 11, 25, October 9, 23, November 8 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>.



Global March for Elephants and Rhinos

11 a.m.-2 p.m. September 24, 2016

Meet at the Hawaii State Capitol and walk to VegFest Oahu. We aim to raise awareness about the plight of elephants, rhinos and other animals.

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, 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

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, 11-4:30 or sold out, Fridays, 327 Lana Lane) 5%

--- Bakeries ---

yummy tummy (bakery, call Van at [\(808\)306-7786](tel:8083067786)) 5%

--- Natural Food Stores ---

Down to Earth (4 Oahu locations and 305 Dairy Road on Maui) 5%
 Celestial Natural Foods (66-445 Kamehameha Hwy, Haleiwa) 5%
 Healthy Hut Kauai (4480 Hookui Rd., Kilauea, on Kauai) 5%

--- Travel ---

Bio-Beetle ECO Rental Car (55 Amala Pl., Kahului, Maui
 (808) 873-6121 10% - new
 Veg Voyages (Asian adventure tours vegvoyages.com) 5%

--- Magazines ---

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

--- Other ---

Harrys Pet and Home Care (www.harryspetandhome.com) 20%—New
 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 (including *Food Trucks) ---

Down to Earth Deli (Oahu and Maui) 5%
 Banán (3212 Monsarrat Ave.*, new location—corner of Metcalf &
 University Aves.) - 3 free toppings
 Café Turmeric* (5-5100 Kuhio Hwy Hanalei on Kauai) 5% (new island)
 Canton Seafood Restaurant (923 Keeaumoku St.) 5%
 Celestial Natural Foods (Haleiwa) 5%
 Dagon Burmese Cuisine (2671 S King St.) 15%
 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, UHManoa) 5%
 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%
 Mocha Java Cafe (Ward Center) 10%
 Peace Café (2239 S. King St.) 5%
 Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa on Kauai) 10%—New
 Simple Joy Vegetarian Cuisine (1145 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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\$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

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Photo: Jack Sawyer

All animals
have feelings.

Choose compassion.

PETA

For a Free Vegetarian Starter Kit, Recipes, and a DVD:
Call 1-888-VEG-FOOD or Visit GoVeg.com.