



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 27, ISSUE 3, NOVEMBER-DECEMBER 2016

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Free Public Lectures

John Kelly, MD

“Are Genetically-Modified Plant Foods Better than Eating Animals — Why Are We Vegetarian?”

Tuesday, November 8, 2016
Ala Wai Golf Course Clubhouse

Thursday, November 10, 2016
Cameron Center, Wailuku on Maui

Irminne Van Dyken, MD

“Immunonutrition: The Interrelatedness of Diet, Nutrition, the Immune System, the Microbiome, Telomeres, and Longevity”

Tuesday, December 13, 2016
Ala Wai Golf Course Clubhouse

Thursday, December 15, 2016
Cameron Center, Wailuku on Maui

Please see pages 10-11 for more details, and page 12 for Kauai upcoming events



You're Invited to VSH's Annual

Pre-Thanksgiving Dinner & Healthy Eating Workshop!

Friday, November 18, 2016

By Lorraine Sakaguchi., President , Vegetarian Society of Hawaii

Thanksgiving is a beautiful name for what people do each year to celebrate gratitude for another year of life, and whatever bounties we enjoy in terms of friends, family, success or health. A plant-based celebration is an especially wonderful way to do this, as we can do this in a way that is healthier and more compassionate than the usual Thanksgiving offerings at most other gatherings. Each year since VSH's founding in 1990, VSH has hosted a vegan Thanksgiving celebration, featuring delicious vegan dinners and a chance to socialize with others in a relaxing atmosphere.

To help those who plan holiday trips and family get-togethers during Thanksgiving weekend, VSH moved its Thanksgiving celebration several years ago from Thanksgiving Eve to the more convenient Friday before Thanksgiving,. This year's celebration will be from 4:30 to 8 p.m. on Friday, November 18, 2016, at McCoy Pavilion at Ala Moana Beach Park, Honolulu, on Oahu.

VSH invites not only members and their families, including children (there'll be a keiki table with fun activities and crafts, too) of all ages, and friends; all interested people in the community, whether or not they normally eat a vegetarian/vegan diet, are also welcome to come to this event.

Exciting features this year include a new menu that includes traditional Thanksgiving dishes, but with a twist, and plated meals served at the table. VSH will also present a new Healthy Eating Workshop at the event, which includes vegan cooking video presentations, and some extra surprises, including opportunities to win prizes, such as DVDs and vegan cookbooks! Please check page 3 for details on the menu, pricing and how to RSVP for this event. We hope to see you there!

Kauai residents and visitors: You're invited to VSH Kauai's Pre-Thanksgiving Vegan Potluck / Presentation at 12:30 p.m. Sunday, November 20, at Kapaa Neighborhood Center!



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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>

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Mahalo to our volunteers:

Oahu

Terry Bear	Jackie Jackson
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Thomas Eisendrath (coordinator)
Karin Medigovich

Maui

Stephen Beidner
Bill and Bobbie Best
Laurelee Blanchard
Jim Brown
Carlos Garcia



President's Message

Dear Friends,

Congratulations and thank you to Joy Waters for creating and organizing the enormously successful and delightful VegFest Oahu, the first major vegan festival in Hawaii, as well as to her partners in this endeavor, Michael Wall and Doorae Shin.

It was an undertaking of a magnitude that many of us over the years had wished would happen here in Hawaii. In

fact, a number of smaller vegan / vegetarian festivals, as far as I know, have been held on all the major islands. Even the Vegetarian Society of Hawaii ambitiously put together a festival back in April 1998 in celebration of Earth Day to highlight health and ecological issues, that included entertainment, two sound stages, vegetarian food vendors and organic produce growers!

Joy, Michael and Doorae, however, deserve full credit for putting together this historic all-vegan event here in Hawaii, as do the many other core and ad hoc volunteers, and event sponsors, including Sustain Hawaii, Down to Earth Organic and Natural, the Blue Zones Project by Healthways brought to Hawaii by



Doorae Shin, Joy Waters, and Michael Wall



HMSA, the Pollination Project, Pono Home, Positive Media Hawaii, 'Ekahi Ornish Reversal Program, Natural Awakenings, the Vegetarian Society of Hawaii, and VegFund. It was a day that was filled with good feelings, tasty vegan food, beautiful music, inspirational lectures, movement classes, cooking demos, free vegan samples, much information and more, plus many attendees, about 5,000! Thanks go to the City and County of Honolulu, as well, for their sponsorship of the event, and the lovely, centrally located, setting of the Honolulu Hale lawn. (For more on the event, go to <http://positivemediahawaii.com/category/events/>.)



I know that many others hope, along with me, that we'll get to experience VegFest Oahu again in the future, too!

As we go into the holidays and look forward to 2017, I'd like to thank all of you members, volunteers and donors for your support of VSH and our educational whole-food, plant-based mission on behalf of human health, animal rights and protection of the environment, and to wish you and our fellow beings on this planet, happy holidays and a new year filled with peace, good health and happiness!

Aloha!

VSH President

You're Invited to
The Vegetarian Society of Hawaii's
Annual Pre-Thanksgiving Dinner
And Healthy Eating Workshop

4:30 to 8:00 p.m., Friday, November 18, 2016

McCoy Pavilion at Ala Moana Beach Park
1201 Ala Moana Blvd., Honolulu, Hawaii on Oahu



Vegan Thanksgiving Dinner Menu

— **Starters** —

Delicate Carrot Ginger Soup
Corn Muffins

— **Entree** —

Tofu Turkey with
Savory Herb Dressing*

— **Sides** —

Herbed Mashed Potatoes
Home Style Gravy*
Tropical Pineapple-Cranberry Sauce

— **Salad** —

Fall Harvest Kale Salad with Yams,
Okinawa Sweet Potatoes, Crisp Seasonal Apples,
Sundried Cranberries, Carrots, Beets and
Roasted Pumpkin Seeds
With Choice of Dressing

— **Dessert** —

Pumpkin Mousse Crunch*

— **Beverages** —

Mulled Apple Cider
Purified Water

Vegan dishes are mostly organic, with minimal or no oil, low sodium & maximum flavor, and either gluten-free or

* have gluten-free options.

Enjoy an exciting not-to-be-missed plated vegan Thanksgiving dinner featuring traditional flavors with a twist, with friends and family — meet new friends, too! Relax in a holiday setting as your dinner is served to you.

Seatings at 4:30, 5, 5:30, 6, 6:30, 7 & 7:30 p.m.
Adult \$29, ages 8-13, \$10, ages 0-7 free

Choose a seating, **RSVP & pay by November 15** at

- 1) www.vsh.org/thanksgiving, or
- 2) call (808)445-9920, or
- 3) email: dineout@vsh.org, or
- 4) mail a check, made payable to

Creative Cuisine by Madana
P.O. Box 235242, Honolulu HI 96823.

Be sure to include your preferred seating time, number of diners of each age level, and best contact information.

A full reimbursement will be made for cancellations received by November 4.

Also, please be sure to **make your payment before coming**, as payments cannot be accepted on the premises of McCoy Pavilion.

Please note that all proceeds of VSH dining events go to the meal providers, **not** to VSH.

Healthy Eating Workshop

Vegan cooking videos for viewing,
extra surprises — opportunities to win prizes
including DVDs and vegan cookbooks!



Vegetarian Society of Hawaii
Join us!

For more info call (808) 944-VEGI (8344) or visit VSH.org.

Keiki Fun Table

Keiki and their adult and keiki friends will have fun at the free activities and crafts table!



VSH at Community Events

Peace Day Hawai'i at University of Hawai'i Urban Garden 9 a.m. to 2 p.m., Saturday, September 24

VSH shared a tent with Student Alliance For Animals at University of Hawai'i at Manoa. L-r: Shauna Leake (SAFA UH Manoa), and VSH volunteers Lorrains Sakaguchi, Phyllis Fong, Janet Pappas, and Jim Thompson (not pictured, Jake Garvin). Phyllis and Janet ran the VSH booth through the entire event.



VegFest Oahu at Honolulu Hale lawn, 1 p.m. to 6:30 p.m., Saturday, September 24



Above left, Lulu Cey helping a keiki to create PETA animal Christmas ornaments. Above center: Jake Garvin talked with two VSH booth visitors. Above right: Alessandra Rupar, who created VSH's Big Island dining guide, with Jim Thompson (l.) and Lorraine Sakaguchi (r.) at VSH booth. Right: Jackie Jackson helping VSH booth visitor, and Lulu is in the background.. Not pictured: volunteers Shauna Leake, Carol Janezic, Veda Das and Madana Sundari.



VSH shared our tent with Petition Activism— volunteers not pictured: Doorae Shin and Francisco Salcedo Sanchez..

Mahatma Gandhi Day and International Day of Nonviolence at Gandhi's statue in front of Honolulu Zoo Sunday, October 2



Top back: Sabra Rebo and Cynthia Cruz of Down to Earth Organic and Natural, with whom VSH shared a tent. They gave out many fresh vegan food samples, DTE coupons and informational literature. Front: VSHers Jim Thompson, Lorraine Sakaguchi and Marty Airey. VSH shared informational literature, water, and highlighted World Day for Farmed Animals, as well, at the event.

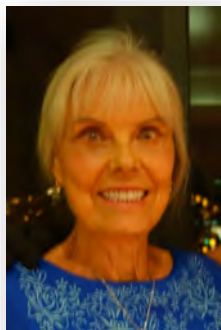
Healthy New YOU! Health & Wellness Fair, Leeward Community College Wednesday, October 12



VSH volunteers Lulu Cey and Lorraine Sakaguchi. Lulu staffed the VSH table solo for most of the event, and featured a fun and popular vegan "meat" coupon giveaway activity.

Dr. Michael Greger Scores Again!

by: Ruth Heidrich, Ph.D.



If you missed the October meeting of the Vegetarian Society of Hawaii, you missed a lot! Dr. Greger was our guest speaker with the tantalizing subject title, “How Not To Die.” The general theme of his talk was to illustrate by referencing scientific journal articles on how what you eat determines whether you live or die!

He started out with our #1 killer, coronary artery disease, i.e., heart attacks. The condition actually starts to show at an incredibly early age, even fetuses being affected by what the mother eats. By the age of 2, children have been found to have fatty streaks in their arteries when being fed the typical Western diet.

This is horribly bad news, but it is offset by the good news: switching from the Standard American (or Western) Diet, aka SAD, reverses this condition surprisingly quickly. Since brain diseases have a similar cause, we know that diet affects the incidence of “brain attacks” or, as more commonly called, strokes. Both are preventable, reversible to a certain extent, but sadly, most people are never told this.

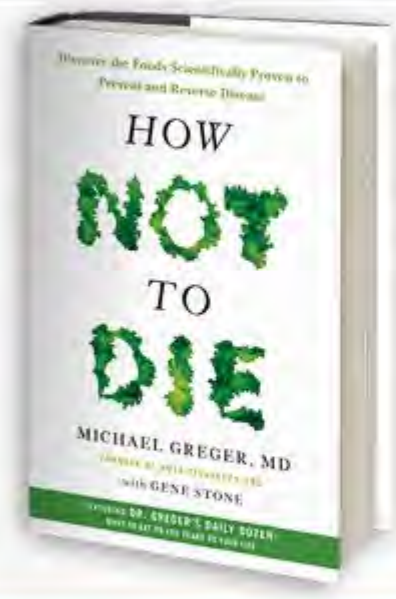
What is really exciting news, however, is that Alzheimer’s Disease (AD) research is showing that this is also a diet-related disease. Epidemiological studies show a direct correlation between lowest rates of AD and highest rates of fruit and vegetable intake. The converse is also true, that the highest rates of AD correlate to the lowest intake of fruits and vegetables. When researchers looked at genes that seem to predispose someone to AD, they are finding that a good diet trumps the gene and that it does not get expressed.

Another brain disease, Parkinson’s, is also linked to neurotoxins in the diet, primarily from dairy products.

A nutritional gem: Most people are aware that potassium is very important in our



diet. When asked about the best source, most people will respond “bananas” but Dr. Greger says they are not even in the top 1,000 best food sources of potassium. He says, “Go for greens, beans, and dates!”



How Not To Die

Michael Greger, MD

New York, Flatiron Books .

576 pages, December 2015

Dr. Greger’s New York Times best-selling book with comprehensive information on the same topic as his VSH lecture.

Our #2 killer is cancer and most cancers are strongly affected by diet. One example is that of Insulin Growth Factor 1. IGF1 is a protein identical in both the animal protein form and us humans. IGF1, particularly found in dairy and eggs, increases the risk of death by 75%.

Our #3 killer is lung disease and includes lung cancer, COPD, and asthma. This is another class of “killers” strongly affected by diet. We know that smoking is a major cause of lung cancer and that a diet high in plant foods seems to correct much of the DNA damage done by cigarettes. The same is true of COPD and asthma with increasing servings of vegetables can decrease asthma attacks in children previously diagnosed with asthma.

And so it goes with the rest of the killer diseases such as kidney and liver failure. Kidneys are highly vascular organs and are easily clogged by consuming animal fats, animal proteins, and cholesterol. Diabetes, especially type 2, can

(Continued on page 6)

Dr. Michael Greger Scores Again!

(Continued from page 5)

be reversed by switching to a plant-based diet, and liver failure, influenza and pneumonia can be prevented by a healthy diet.

Even suicides? Yes, it has been found that plant-eaters have half the anxiety levels that of meat-eaters. The cause of elevated levels of anxiety seems to be the arachidonic acid in meat which is inflammatory. People need to know that plant foods are anti-inflammatory.

Another nutritional gem: Bladder infections or UTIs (urinary tract infections) are caused by eating chicken. Most of us women are told that it's from wiping from back to front, that we infect ourselves. Studies have shown that during the processing of chickens, E.coli almost inevitably gets transferred to the chicken parts, the packaging, the handlers, the kitchen no matter how careful one is in trying to disinfect counters, sinks, etc., and that even when chicken is cooked, these infections still occur. This is proven by DNA "fingerprinting" where the E.coli from the chicken processing plant is tracked all the way to a woman's urinalysis.

One of the most common prescription drugs dispensed in this country are anti-hypertensives. High blood pressure is so common here that it doubles by age 30, and by the age of 60, more than 65% of people have high blood pressure. Research shows that there is absolutely no question that this is diet-related. Those countries that rarely eat animal products have blood pressures that can even go down as they age. The ideal blood pressure is not 120/80. It's more like 110/65.

A major problem we have in this country is that the food industry downplays the risks of these animal-based products and highly processed foods. This, along with highly tempting advertisements, make it challenging for the average person to resist these foods made addicting by adding salt, sugar and oils. They, and so many of those so-addicted will tell you, "Everything in moderation." Well, that's fine if you want just a "moderate" risk of dying!

Ruth Heidrich, PhD, is the author of *Lifelong Running: Overcome the 11 Myths About Running and Live a Healthier Life*, *Senior Fitness*, and *A Race For Life*. She is a past president of the Vegetarian Society of Hawaii, and current member of the VSH board.

Nutrition News

from



Do Vitamin D Supplements Reduce the Risk of Dying from Cancer?

Several randomized controlled trials show vitamin D supplements appear to reduce the risk of dying from cancer. To raise vitamin D levels for an anti-cancer benefit might require about 2,000 to 4,000 international units of vitamin D a day—levels of intake for which there appear to be no credible evidence of harm.

<http://nutritionfacts.org/video/do-vitamin-d-supplements-reduce-the-risk-of-dying-from-cancer/>

Should We Take DHA to Preserve Brain Function?

A double-blind randomized interventional study found that extra long-chain omega-3s "exert positive effects on brain functions in healthy older adults..." A significant improvement in executive function after six and a half months of supplementation, and significantly less brain shrinkage compared to placebo.

<http://nutritionfacts.org/video/should-vegans-take-dha-to-preserve-brain-function/>

Why You Should Care About Nutrition

Most deaths in the United States are preventable, and related to nutrition. According to the most rigorous analysis of risk factors ever published—the Global Burden of Disease Study, funded by the Bill & Melinda Gates Foundation—the number one cause of death in the United States, and the number one cause of disability, is our diet, which has bumped tobacco smoking to number two. Smoking now only kills a half million Americans every year, whereas our diet kills hundreds of thousands more.

<http://nutritionfacts.org/video/why-you-should-care-about-nutrition/>

Prunes for Osteoporosis

Evidence from a variety of studies strongly points to a positive link between fruit and vegetable consumption, and indexes of bone health, such as bone mineral density. And, the size of the effect in the older women is impressive: doubling the fruit intake is associated with a 5% higher spine mineralization. And, the same relationship with young women, too. And, eating lots of fruit in childhood may protect bones throughout life—something that was not found for milk intake.

<http://nutritionfacts.org/video/prunes-for-osteoporosis/>

Is it Worth Switching from White Rice to Brown?

Even in the U.S., where we eat much less rice than Asia, the regular consumption of white rice was associated with higher risk of type 2 diabetes, though brown rice was associated with lower risk, and that was after controlling for other lifestyle and dietary factors, such as smoking, and exercise, and meat, fruit, and vegetable consumption. They estimated that replacing even just a third of a serving per day of white rice with the same amount of brown rice might lower diabetes risk 16%.

<http://nutritionfacts.org/video/worth-switching-white-rice-brown/>



Flax Seeds Can Have Profound Effect on Hypertension

by Michael Greger MD, FACLM

A recent article in the journal, *Meat Science*, acknowledged that a sector of the population perceives meat as a food that is detrimental to their health because of studies associating meat consumption with heart disease and cancer. So, the article continues, meat consumers may look for healthier food alternatives as a means to maintain good health, which represents a good opportunity for the meat industry to develop some new products. The industry felt that natural foods could be added to meat to reach those health-oriented consumers by boosting antioxidants levels, for example. Foods like flax seeds and tomatoes are healthy, associated with reduced risks of cancer and cardiovascular disease. So by making flax-y tomato burgers, they figure they can reduce saturated fat intake and maybe eat less sugar somehow. Wouldn't it be easier to just cut out the middle-cow and eat flax seeds ourselves?

Flax seeds have been described as a "miraculous defense against some critical maladies." I'm a fan of flax, but this title seemed a bit over-exuberant; I figured something just got lost in translation, but then I found a prospective, double-blinded, placebo-controlled, randomized trial—you know how hard that is in a nutrition study? For drugs, it's easy: you have two identical looking pills, one's active, one's placebo, and until the end of the study, neither the researcher nor the patient has any idea which is which, hence "double blind." But people tend to notice what they're eating. So how did they sneak a quarter cup of ground flax seeds into half of the people's diets without them knowing? They created all these various flax or placebo containing foods, and even added bran and molasses to match the color and texture, so it was all a big secret until six months later when they broke the code to see who ate which.

Why test it on hypertension? Because having a systolic blood pressure over 115—that's the top number—may be the single most important determinant for death in the world today. If you take a bunch of older folks, most of them on an array of blood pressure pills, and don't improve their diet at all, despite the drugs, they may start out on average hypertensive and stay hypertensive six months later. But those who were unknowingly eating ground flaxseeds every day, dropped their systolic blood pressure about ten points, and their diastolic, the lower number, by about seven points. That might not sound like a lot, but a drop like that could cut stroke risk 46 percent and heart disease 29 percent, and that ten point drop in the top number could have a similar effect on strokes and heart attacks. And for those that started out over 140, they got a 15-point drop.

In summary, flaxseed induced one of the most potent anti-hypertensive effects ever achieved by a dietary intervention. In other words, the magnitude of this decrease in blood pressure demonstrated by dietary flaxseed, is as good or better than other nutritional interventions and comparable to many drugs, which can have serious side effects. And they're not exaggerating about the comparable to drugs bit. The flax dropped systolic and diastolic up to 15 and 7. Compare that to powerful ACE inhibitors like Vasotec, which may only drop pressures five and two, and calcium channel blockers like Norvasc or Cardizem which drop pressures eight and three. Side effects of these drugs include a large list of serious medical issues, as seen in my video *Flax Seeds for Hypertension*, compared to the side effect of flax seeds, "its pleasant nutty flavor."

During the six-month trial there were strokes and heart attacks in both groups, though. Even if the flax seeds can cut risk in half, any avoidable risk is unacceptable. Isn't high blood pressure just inevitable as we get older? No – the prevalence of hypertension does increase dramatically with age, but not for everyone. People who eat more plant-based diets or keep their salt intake low enough tend not to exhibit any change in blood pressure with advancing age. It's always better to prevent the disease in the first place.

And that's not all flax can do. Check out:

(Editor: All topics in italics below can be found on <http://nutritionfacts.org>.)

Can Flax Seeds Help Prevent Breast Cancer?

Flax Seeds & Breast Cancer Survival: Epidemiological Evidence

Flax Seeds & Breast Cancer Survival: Clinical Evidence

Flax Seeds vs. Diabetes

Flax Seeds for Sensitive Skin

Flax Seeds for Breast Pain

Hibiscus tea may help with high blood pressure as well: *Hibiscus Tea vs. Plant-Based Diets for Hypertension*

Diet can also play an important role in preventing heart disease (*How Not to Die from Heart Disease* and *One in a Thousand: Ending the Heart Disease Epidemic*) and diabetes (*How Not to Die from Diabetes and Plant-Based Diets and Diabetes*). In some cases diet can even reverse some of the worst ravages of high blood pressure: *How Not to Die from High Blood Pressure* and *Kempner Rice Diet: Whipping Us Into Shape*.

In health,

Michael Greger, M.D.



Flax seeds and flax flowers

Acai Bowls, Natto, and Other Delights at Daizu Tei

By William diGiorgio



Specializing in acai bowls, kimchi, and natto using local and organic ingredients, Daizu Tei is one of the few food booths at the Saturday morning Kapiolani Community College Farmers' Market that is vegan-friendly.

Judging from the long lines at Daizu Tei's booth, owner Kaori Yoshioka must be doing something right.

"Daizu" is the Japanese word for soybean, and Kaori uses locally-grown organic soybeans in her acai bowl (as soymilk) and natto.

Kaori's food business was born out of her natural desire to make healthy food for her family. Eating out is so unhealthy," she says, "because you cannot trust the ingredients."

On the other hand, Kaori's products contain only the highest quality ingredients, flavored delicately. "Our acai bowl is not as sweet as others," Kaori says, "because we don't mix honey in the acai like others do. My customers love coming to our shop because it's not too sweet."

She says while tourists come for her acai bowl, the locals come for her natto and kimchi.

back to another," she says, apologizing that she sells out every week.

For customers who aren't accustomed to eating natto, Kaori offers them recipe ideas including natto fried rice, natto omelet, with aojiso, or kimchi with natto.

Kaori makes kimchi from scratch, too: "I loved to eat kimchi but store-bought kimchi contains MSG, chemical salt, shrimp, squid, oysters, etc. I just like clean fresh taste with no chemicals in it," she says. "I use really good ingredients including expensive sea salt, and I wouldn't dream of using cheap ingredients. My customers are worth it." And, unlike most kimchi, Kaori's kimchi contains no soy sauce and is gluten-free.

"We are the only place in town where you can find vegan kimchi," she explains.

Kaori's business partner is Munehiro Yamada, a farmer who used to run "Soy to the World," an organic tofu factory located in Manoa.

Recently, Kaori has added a variety of tofu products including extra-soft tofu, peanut butter tofu, almond butter tofu, black and white sesame seed tofu, and edamame tofu. All are vegan, non-GMO and organic. Kinako (roasted soybean flour) cookies are also coming in the near future.

Kaori and her sister used to sell okonomiyake and croquettes—taking part in the Neal Blaisdell Center's Wednesday Honolulu Farmers Market as well—until her sister (and main chef) returned to Japan. Kaori is hoping her sister (who operates a vegan restaurant in Hyogo, Japan) will eventually rejoin her.

Although she only appears at KCC Farmers' Market on Saturday, Kaori keeps busy during the week preparing food for her customers, some of whom order her products in bulk. She accepts orders by phone (808-450-5333), and will also make deliveries for volume orders.

Kaori first came to Oahu from Kobe, Japan, on a 4-day tour 20 years ago, and immediately felt at home here. "This is where I want to live," I told myself, "I love Hawaii."

William diGiorgio is a vegan blogger and personal chef based in Honolulu.

<http://vegandiety.com/about/about-the-author/>



Black Natto from Daizu Tei



Kaori Yoshioka with daughters Alycia and Kylie at the Daizu Tei booth at the KCC Farmers' Market

Kaori explains how she began selling natto, the mildly pungent-smelling and viscous traditional Japanese fermented soybean food: "I had been making natto for myself for a long time," she says. "After the Fukushima nuclear disaster, a friend asked me to make it locally because she was worried about where Japanese natto comes from."

These days, Kaori can't make enough natto to keep up with demand. "Once people try my natto, they cannot go

VSH Events on Oahu and Maui

September: Steve Blake, ScD, presented “Neuroscience Nutrition in Parkinson’s Disease”



Steve Blake, ScD, gave his presentation on September 13 at the Ala Wai Golf Course Clubhouse.



With wife Catherine Blake at the Ala Wai Golf Course Clubhouse. For his lecture (no photos available) on September 8 at Cameron Center on Maui, she prepared quinoa and broccoli with creamy walnut dressing, and raw brownies and grapes were also served as refreshments.

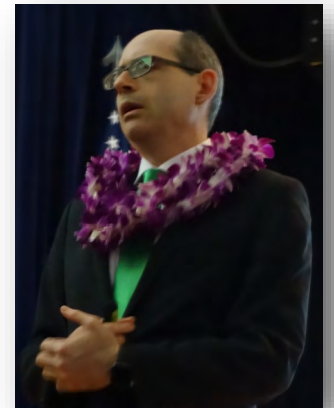


The Blakes were also guests of honor at the VSH dine-out on Friday, September 16, at Coffeeline at the Atherton YMCA featuring vegan fall dishes by Chef Madana Sundari.

October: Michael Greger, MD, presented “How Not to Die”



On October 10, Sooz and Richard Mirikitani hosted a vegan potluck luncheon for Dr. Greger at the Bayer Estate (also known as Steve McGarrett’s house on Hawaii Five-0).



Dr. Greger lectured at 7 a.m., October 12, at Kyser Auditorium at Tripler Army Medical Center in Honolulu. VSher Grace Chen, MD, coordinated his TAMC lecture and gave his introduction.

Michael Greger, MD, gave his VSH lecture at 7 p.m., October 11, at the Ala Wai Golf Course Clubhouse.

Earlier that day, he gave a CME lecture at Castle Medical Center (no photo available), and received the Hawaiian shirt he is wearing. Its design includes



At his VSH dine-out at Peace Café Honolulu on October 10, with VSH dine-out coordinator Carol Janezic, Victoria Anderson, PhD, and Alice Saul.



Dr. Greger lectured at 6 p.m., October 12, at Castle Medical Center’s Wellness and Lifestyle Center in Kailua. He is shown here with VShers Lorraine Sakaguchi and Nicole Kerr, the Wellness Center’s director, who had gifted him with his shirt the previous day.



Dr. Greger’s gave VSH lecture at 7 p.m. on October 13 at Cameron Center on Maui with VSH Maui coordinator Jerome Kellner, and volunteer Stephen Beidner who is shown giving him a special bumper sticker that says “Michael Greger, MD. Surgeon General.”!

ARE GENETICALLY-MODIFIED PLANT FOODS BETTER THAN EATING ANIMALS — WHY ARE WE VEGETARIAN?

A PRESENTATION BY
JOHN KELLY, MD



Could the reasons that cause people to choose to consume a plant diet be altered by ever-advancing technology in such a way as to materially undermine those reasons?

Will vegetarianism always be better than eating animals, regardless of what may happen to the growing and producing of plant foods?

If you've already considered this question, you may want to do it again—food production technology is a fast-moving target, leading one international food scientist to point out that the nutritional content of our diet is changing faster than science can ascertain its effects on our health, or our planet.

7 P.M., TUESDAY

NOVEMBER 8, 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, NOVEMBER 10, 7 P.M.

CAMERON CENTER, 95 MAHALANI STREET, WAILUKU

VSH events are on Oahu except for Nov. 10 lecture on Maui.

All VSH Lectures are free and open to the public.

VEGAN DINE-OUT WITH DR. KELLY

6-8 P.M. WED, NOV. 9, 2016

INDIA BAZAAR MADRAS CURRY

2320 S. KING ST., HONOLULU

Vegan Menu:

Papadum

*Chaat Salad -- Garbanzo, onion, potato, & mango
Chutney*

Kabocha Cauliflower Curry

Seasoned Basmati Rice

\$19 (all inclusive), pay at event. RSVP required.

To make reservations, call (until 9pm) or
text Carol at (808) 728-6639.

Dr. John Kelly completed his undergraduate studies in Biochemistry and Molecular Biology at Shepherd College in West Virginia, graduating Summa Cum Laude as a McMurrin Scholar.

He then completed the Dual MD/MPH Degree Program at Loma Linda University with honors. He is trained in Preventive Medicine and has done private and government-funded research in Lifestyle Medicine.

Dr. Kelly was the founding President of the American College of Lifestyle Medicine, and serves as adjunct faculty at two medical schools. He currently practices Lifestyle Medicine at the Black Hills Health & Education Center in Hermosa, SD.

VSH dine-out proceeds go to meal providers, not to VSH.

**Lecture refreshments courtesy of
Down to Earth Organic & Natural.**

Talk to Us!

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

newsletter@vsh.org

VSH EVENTS ON KAUA'I



At the potluck/lecture in Kapaa on September 11, we screened **Dr. Richard Oppenlander's** April VSH lecture at the Hawaii State Capitol, **"Comfortably Unaware: The Relationship Between Your Food And Our Future"**.



Gordon LaBedz, MD (outgoing VSH Kauai meeting co-coordinator), with **Janie and Thomas Eisendrath** (he is VSH Kauai's new coordinator, and she co-coordinates with him), and Lorraine Sakaguchi at the potluck/lecture in Kapaa on September 11.



October best vegan dish winner **Tao** with Thomas Eisendrath. Tao's winning dish was his **Chia Quinoa Salad**.

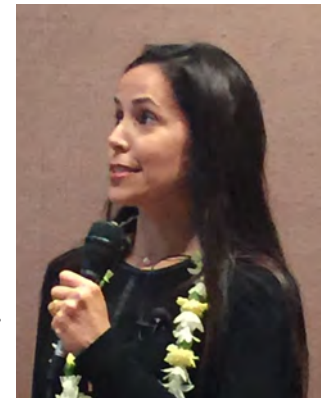
Chia Quinoa Salad

Ingredients

- Organic chia seeds
- Organic quinoa seeds
- Kalamata olives
- Organic coconut oil
- Organic spirulina
- Organic avocado
- Organic pine nuts

Toss a small amount of oil with other ingredients in preferred amounts for a delicious salad. Beforehand, pit olives, and peel, pit and cut up avocado into bite-sized pieces. Use pre-rinsed quinoa seeds to remove bitterness. (Editor: suggested directions in italics.)

On October 2, in Kapaa, we screened **Rosane Oliveira, DVM, PhD's** May VSH lecture at Castle Medical Center, **"100 and Healthy"**.



On Sunday, September 18, VSH Kauai presented a booth at the **International Day of Peace Celebration** at Lydgate Park Main Pavilion in Lihue (photo not available).

VSH KAUA'I VEGAN POTLUCKS / PRESENTATIONS

Monthly lecture / video presentations are free and open to the public. To participate in the potlucks, please bring a vegan dish and include an ingredient list. Original recipes are encouraged. The best vegan dish will win a \$25 gift certificate! Welcome without a dish, too — suggested donation: \$10.



12:30 p.m., Sunday, November 20
Kapaa Neighborhood Center
4491 Kou Street at Kuhio Hwy, Kapaa
Vegan Thanksgiving Potluck & Miracles Of A Plant-Based Diet

Grace Chen, MD, in her July VSH lecture video, talks about the Ekahi Health System's Ornish's Program for Reversing Heart Disease™, and benefits of a plant-based diet on arthritis and other autoimmune diseases, such as asthma and skin conditions.

6 p.m., Monday, December 19
Sun Village Clubhouse
3-3400 Kuhio Hwy, Bldg D, Lihue
Holiday Vegan Potluck and Healing our World: A Deeper Look at Food: The World Peace Diet

VSH Kauai's **first** monthly meeting at Sun Village! People of all ages are invited to this holiday vegan potluck and a new **live lecture** presented by **Will Tuttle, PhD!**





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."

Here's a new copycat recipe. If you haven't eaten at a Panera Bread bakery, you've missed some amazing vegan soups and a delicious bread.

Also, a recipe for noodles in a spicy miso soup!

“Panera Bread” Cilantro Spicy Hummus and Tan-Tan Udon

Cilantro Spicy Hummus

This is a quick and easy very low fat version of one of Panera's favorites. While it's made with a Jalapeno pepper, it isn't overly hot.

Ingredients:

2 15 oz. cans of garbanzo beans, rinsed and drained
½ package Mori-Nu Lite firm tofu
1 clove garlic, roughly chopped
juice of half a lemon
1 t salt
½ cup cilantro (Chinese parsley) leaves and stems
1 large jalapeno, ribs and seeds removed (or leave them in for more heat), roughly chopped
water

Combine all ingredients except the water in food processor or blender to a smooth thick paste. Gradually add water (2 to 4 ounces) until a smooth spread. Serve with bite-size raw vegetables to dip or pita, fresh or chips.

Hint: This is usually made with tahini, which is very high in fat. If fat is not an issue, use a half cup of tahini instead of the tofu.



This hummus can be made without the jalapeno. For a delicate spiciness add drops of Sriracha hot sauce to get the desired heat.

Servings - approx. 16 (recipe yields about 1 quart of hummus) Serving size - 1/4 cup Calories - 103.9, Total Fat - 6g, Carb. - 11.7g, Protein - 4.5g, Fiber - 4.2g

Tan Tan Udon (udon noodles in spicy soup) with Soy Milk

2 servings of frozen udon noodles (or 7 oz. somen noodles)
1 head baby bok choy
7 oz. soy, almond or other plant-based milk (unflavored)
9 oz. veggie broth
3 green onion stalks, chopped
1 teaspoon garlic, chopped
pinch white sesame seeds
2 t chili paste (optional to taste)
2 Tablespoons miso



Cut off the ends of the baby bok choy and pull off each leaf. Cut the leaves to separate the leafy parts from the tough stems. (Cut the stems in half lengthwise.) In a pot, bring water to a boil. Blanch bok choy; put in the stems first and then the leafy parts. Take the bok choy out and dip in cold water.

Add the half the green onions and garlic. Once the aroma becomes evident, add the sesame seeds, chili paste and miso, and continue to stir-fry. Pour in the soy milk and veggie broth. Bring to a boil.

Cook the noodles and put in serving bowls. Pour the soup over the noodles and place the remaining green onions on top. (serves 2)

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

Blue Zones Recipes

From the kitchen of Chef Ori Ann Kaiulani Li
as demonstrated at the July 2016 HMSA Blue Zones Project Kailua Town Celebration

Simple Mediterranean “Curry” Stew

Ingredients:

1 round eggplant, sliced and cubed
2 large potatoes, cubed
1 cup chickpeas, canned or freshly cooked
1 large zucchini, cubed
1-1/2 packets (12 oz.) tempeh, cubed
1/2 cup almond slices
1 teaspoon turmeric powder

4-5 large ripe tomatoes, chopped
(or 2 cans diced tomatoes)
1-2 tablespoons tomato paste

1 tablespoon basil (or 10-20 basil leaves, fresh)
1 teaspoon thyme or rosemary, dried

1/4 cup red wine, optional
4-5 cloves garlic, minced
1/2 onion, chopped

1-2 T. olive oil, optional
Salt and pepper, to taste
Pinch of chili (red pepper) flakes, optional

Directions:

1. In a large pan, fry onion and garlic in olive oil (Editor: or “fry” using a tablespoon or two of water at a time, just enough to keep food from sticking to the pan) in medium high heat until lightly brown. Add in turmeric powder and potato, and sauté for a few minutes, then stir in eggplant and zucchini and tempeh,
2. Add chopped tomato and tomato paste. Mix well with other ingredients.
3. Turn heat down to medium low and allow stew to cook for 5-10 minutes.
4. Toss in herbs, tempeh, pre-cooked chickpeas, almond slices, and red wine (optional). Cook for 5 more minutes or until perfect consistency.
5. Add salt, pepper, and chili flakes to taste.

Yields: 3-4 servings



Healthy Taro Dip

Ingredients:

2 large dasheen, or any soft texture or wetland taro (available at farmers markets, local grocery stores, or Chinatown markets)
1 medium purple sweet potato
1 tablespoon chopped cilantro
1 teaspoon pine nuts, roasted

Juice from half a lemon
Water as needed
Salt and pepper to taste
Pinch of chili (red pepper) flakes

Directions:

In a large pot, submerge taro and sweet potato (both with skin on) in water to cover, bring to a boil for 45 minutes. Let cool and remove skin. In a food processor or blender, puree cooked taro and sweet potato until smooth. Blend in cilantro, roasted pine nuts and sesame seeds. Add lemon juice and water to desired consistency. Season with salt, pepper and chili flakes.

Serve with an assortment of chips or vegetables.



Leilani Farm Animal Sanctuary in Haiku on Maui



Above, Dorothy with friend Laurelee Blanchard, founder of Leilani Farm Sanctuary.

Above right, perching on bananas which are grown for the animals.



Right, Mindy getting a ride from friend Barney.

Left, framed by a rainbow over Leilani Farm Sanctuary.



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>



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, and a board member for the rest of his life.

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.

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.

UNPRECEDENTED SPEAKER PANEL EVENT!

You get to see Celebrities, NFL Players, Xtreme Endurance Athletes, Scientists, Doctors, Experts in Sustainability, Health, Muscle, Cancer Research, Fitness & Nutrition!

**WHEN: November 9th! Wednesday! - WHERE: UH Campus Center
It's at 5:30pm! Go up to the 3rd Floor Auditorium - It's Free!**

Featuring!

6 ft 5, 300lb, Professional NFL Football Player, Dallas Cowboys, Oakland Raiders **DAVID CARTER!**



Ruth Heidrich PhD:
Kona Ironman Triathlete - Winner of over 900 medals!



David Carter - NFL



Dr. H. Lorrin Lau MD:
Medical Degrees from HARVARD & JOHNS HOPKINS Universities.



'Jake' Garvin:
NUTRITION EXPERT,
Scientist from CORNELL University,
XTREME Athlete & Marathon Runner!



DAVID CARTER #79 DT

Athlete, Noble
Questions about
Plant Based Eating



Lowen Tynanes:
9-0 Undefeated MMA FIGHTER!
Trains with IslandJiuJitsu, UFC's Nate Diaz.

**You get info about:
FOOD - SUSTAINABILITY - FITNESS
PLANT BASED VEGAN DIETS - SPORTS -
HEALTH & NUTRITION**

Free Admission! - Tell others! - Bring your friends!

S.A.F.A - For More Information and a Map go to:
<http://studentallianceforanimals.blogspot.com>
studentallianceforanimals@gmail.com

**PLUS!! FREE FITNESS GRAB BAGS!! Your gift for attending this event!
Compliments of ORANGE THEORY FITNESS!!**

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)

Terry Shintani, MD — Diabetes, Pain and Cancer: Get Your Health Back in 10 Days



1/12/17, 7 p.m.—Public lecture at Ala Wai Golf Course Clubhouse on Oahu

1/? — VSH dine-out — details at vsh.org on Oahu

1/14, 7 p.m.—Public lecture at Cameron Center, Wailuku on Maui

Mona Sigal, MD — “Dairy - It’s Not Your Mother’s Milk: Truths and Myths About the Nation’s Favorite Food”



2/5/17, 12:30 p.m. — Vegan Potluck/lecture at Kapaa Neighborhood Center on Kauai

2/7, 7 p.m. — Public lecture at Ala Wai Golf Course Clubhouse on Oahu; details at vsh.org,

2/9, 7 p.m.—Public lecture at Cameron Center, Wailuku, Maui

Miki Purnell, MD — Daily Dose of Natural Medicine



3/14/17, 7 p.m.—Public lecture at Ala Wai Golf Course Clubhouse on Oahu

3/15, 6-8 p.m.—VSH dine-out — details at vsh.org, on Oahu

3/16, 7 p.m.—Public lecture at Cameron Center, Wailuku on Maui

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/>

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 Kalanianaʻole 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.

Bodhi Tree Meditation Center

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



Vegan Lunch Buffet is now 12 noon every Sunday-\$10

1st Sunday of month is the Buddha Lunch
Same vegan lunch buffet plus a short meditation and silent contemplative dining session..

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/>

6 p.m., Saturday, November 19 Vegan Fundraising Dinner—\$25

for Jamyang Foundation to help indigenous girls and women in remote areas of the world receive an education, food, shelter, and spiritual support.

White Elephant Sale

Macrobiotic Japanese Cuisine

Vietnamese and Italian Specialties

Dessert Bar

Slideshow on projects

Pay \$25 at the door. Check or cash. To RSVP by 11/16, call Margy at 537-1171 or [email dbodhitree@gmail.com](mailto:dbodhitree@gmail.com).

Returning to Nature (formerly Passionate Raw Vegans Oahu)

Have Lunch at
Mama T's Ital Kitchen
With Kiani

327 Lana Lane, Honolulu, HI

Friday, November 11, 12 noon to 2 p.m.
Repeats every Friday 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13,

For more information and to RSVP, go to



<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.

Classes with instructor Eileen Towata, PhD. Travel the world of plant-based cuisine as we learn about ingredients and sample tasty dishes of different regions and countries. All classes are vegan and are demonstration style. Generous samples and written recipes are provided.

Thursday, November 17, 2016: A Mexican Menu

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

December: No class..

Thursday, January 26, 2017: Explore America: East Coast Excursion

Enjoy comforting chowder along with other regional favorites.

Thursday, February 23: Italy Revisited

Try delicious new dishes on a return trip to one of our 2016 most popular destinations.

Thursday, March 23: Explore America: Creole Cuisine

Gumbo and other Louisiana favorites are on tonight's menu.

6:00 to 7:15 p.m.

\$10 per person, advance payment required.

For additional class information or to

Register by 4 p.m. 2 days before class: call 263-5050, or go to www.castle-med.org,

Wellness & Lifestyle Medicine Center

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

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>.

Fall in Love with Fall

November 9, 6 p.m.

**Hands On Cooking classes by Chef Madana Sundari
Participants will get recipes & a delicious vegan meal!**

Beet Hummus w/ Sweet Potato Chips

Sweet & Spicy Ginger Soup

Hearty Autumn Stew

Cornucopia Kale Salad

Carrot Halava

Vegan Thanksgiving

November 12, Saturday, 10 a.m.

November 16, Wednesday, 6 p.m.

**Hands On Cooking class by Chef Madana Sundari
Participants will get recipes & a delicious vegan meal!**

Mock Turkey w/ Stuffing & Gravy

Fresh Citrus Cranberry Sauce

Maple Yam Sweet Potato Casserole

with Tropical Twist

Herb Roasted Veggies

New take on Traditional Pumpkin Pie

All hands on classes above:

\$40/student, Registration Required

Down to Earth Honolulu Community Room,
2525 S. King St., Suite 302, Honolulu, HI 96822

The Oahu Vegan Meetup Group

The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events 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/>

Oahu Fruitluck

Kapiolani Park Fruitluck

2 p.m., November 8, 20; December

4, 18, January 1, 15 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/>



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.

VSH Membership Benefits

- ◆ Discounts
- ◆ Social Activities

- ◆ Newsletter
- ◆ Monthly Educational Lectures

- ◆ Volunteer Opportunities
- Send comments to: info@VSH.org

VSH Membership Discount Guide

--- 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
- Caffe Coco (Kauai) Free desert with entree
- 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 Café (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%
- 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 ---

Down to Earth Deli (Oahu and Maui) 5%
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%
Harvest Market (Kauai) 10%
Healthy Hut Kauai (4480 Hookui Rd., Kilauea, on Kauai) 5%
Vim n' Vigor (Kauai) 10%

--- 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/) 60%

--- 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%

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!

<p>Please Print</p> <p>Name(s): _____</p> <p>Street: _____</p> <p>City: _____</p> <p>State, Zip: _____</p> <p>Home Phone: _____</p> <p>Work Phone: _____</p> <p>Email: _____</p> <p><input type="checkbox"/> New <input type="checkbox"/> Renewal</p> <p>D _____ Ex _____</p>	<table border="1"> <tr> <td>1 Year</td> <td>2 Years</td> <td>3 Years</td> <td>4 Years</td> <td>5 Years</td> </tr> <tr> <td colspan="5" style="text-align: center;">Regular</td> </tr> <tr> <td><input type="checkbox"/> \$25</td> <td><input type="checkbox"/> \$48</td> <td><input type="checkbox"/> \$68</td> <td><input type="checkbox"/> \$85</td> <td><input type="checkbox"/> \$100</td> </tr> <tr> <td colspan="5" style="text-align: center;">Full-time Student</td> </tr> <tr> <td><input type="checkbox"/> \$15</td> <td><input type="checkbox"/> \$30</td> <td><input type="checkbox"/> \$45</td> <td><input type="checkbox"/> \$60</td> <td><input type="checkbox"/> \$75</td> </tr> <tr> <td colspan="5" style="text-align: center;">Couple or Family</td> </tr> <tr> <td><input type="checkbox"/> \$38</td> <td><input type="checkbox"/> \$72</td> <td><input type="checkbox"/> \$102</td> <td><input type="checkbox"/> \$128</td> <td><input type="checkbox"/> \$150</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> \$500 Lifetime regular membership</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> \$7 International mailing per year</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> \$_____ Additional tax deductible donation</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> Send newsletter via full color email</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> I want to volunteer</td> </tr> <tr> <td colspan="5">Please check one:</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> Vegan (no animal product at all)</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)</td> </tr> <tr> <td colspan="5"><input type="checkbox"/> Associate (not yet vegetarian)</td> </tr> </table>	1 Year	2 Years	3 Years	4 Years	5 Years	Regular					<input type="checkbox"/> \$25	<input type="checkbox"/> \$48	<input type="checkbox"/> \$68	<input type="checkbox"/> \$85	<input type="checkbox"/> \$100	Full-time Student					<input type="checkbox"/> \$15	<input type="checkbox"/> \$30	<input type="checkbox"/> \$45	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75	Couple or Family					<input type="checkbox"/> \$38	<input type="checkbox"/> \$72	<input type="checkbox"/> \$102	<input type="checkbox"/> \$128	<input type="checkbox"/> \$150	<input type="checkbox"/> \$500 Lifetime regular membership					<input type="checkbox"/> \$7 International mailing per year					<input type="checkbox"/> \$_____ Additional tax deductible donation					<input type="checkbox"/> Send newsletter via full color email					<input type="checkbox"/> I want to volunteer					Please check one:					<input type="checkbox"/> Vegan (no animal product at all)					<input type="checkbox"/> Vegetarian (no flesh, fish, or fowl)					<input type="checkbox"/> Associate (not yet vegetarian)				
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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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CAN BE ANYTHING,
BE KIND

www.mercyforanimals.org



*Best Wishes for Compassionate, Healthy and Happy Holidays
From the Vegetarian Society of Hawaii*