

# The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 28, ISSUE 1, JANUARY-MARCH 2017

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## Free Public Lectures

**Terry Shintani, MD**

**"Diabetes, Pain and Cancer: Get Your Health Back in 10 Days"**

**Tuesday, January 10, 2017**

**Ala Wai Golf Course Clubhouse**

**Thursday, January 12, 2017**

**Kaunoa Senior Center, Paia, Maui**

**John Kohler**

**"Grow and Eat Your Way to Better Health Today"**

**Sunday, February 5, 2017**

**Sun Village Clubhouse, Lihue, Kauai**

**Tuesday, February 7, 2017**

**Ala Wai Golf Course Clubhouse**

**Thursday, February 9, 2017**

**Velma Santos Community Center  
Wailuku on Maui**

**Miki Purnell, MD**

**"Daily Dose of Natural Medicine"**

**Tuesday, March 14, 2017**

**Ala Wai Golf Course Clubhouse**

**Thursday, March 16, 2017**

**Velma Santos Community Center  
Wailuku on Maui**

See page 10 for more Kauai events.

## Pigs Continue to be Shipped to Hawaii for Slaughter

By Laurelee Blanchard, Founder, Leilani Farm Sanctuary

Every two weeks, hundreds of pigs are sent on a horrendous trans-continental and overseas journey to be slaughtered in Hawaii. These pigs are loaded onto trucks from farms in states such as Iowa, South Dakota, and Montana. They endure a grueling trip to an ocean port in Oakland, California, where they then start their ocean voyage with Matson, Inc., a trans-Pacific shipping company.



For approximately five days at sea in a Matson shipping container, the animals are forced to live in their own feces, urine and vomit -- even, at times, amid the corpses of other pigs, until the dead animals are thrown overboard by Matson's livestock attendant.

Matson, Inc continues to subject pigs to a horrific cross-country journey over land and sea during which they suffer extreme stress and exhaustion, rough handling, motion sickness, hunger, thirst, extremes of temperature and grossly unsanitary conditions. Due to the overcrowding, stress, fighting, and overexposure, many pigs become ill and die. On the ocean vessel, pigs are not even

provided straw or any other bedding that might protect them from these extreme temperatures and from slipping on hard flooring. Only one livestock attendant was responsible for the managing of nearly a thousand pigs. Nearly five days at sea in an environment like this--a cramped, poorly-ventilated space contaminated with excrement—is a brutally-prolonged sentence for these most unfortunate animals.



Laurelee Blanchard and Kea, a rescued pig

*(Continued on page 3)*

## The Island Vegetarian

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

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[www.vsh.org](http://www.vsh.org)

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:

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#### Mauai

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Laurelee Blanchard	



## President's Message

Dear Friends,

Welcome to Thomas Eisendrath as he joins our Vegetarian Society of Hawaii board of directors at our first meeting in the new year! Thomas has done much in his first few months as VSH Kauai coordinator, not only to keep it alive, but thriving, as well, since September 2016. He and a steering committee of VSH Kauai volunteers follow in the good-sized footsteps of our VSH Kauai founder, Jim Brown (now a much-appreciated VSH Maui volunteer), and meeting co-coordinator, Gordon LaBedz, MD, along with other founding volunteers.



Janie and Thomas Eisendrath

Thomas, together with his wife Janie, has continued to host our monthly VSH Kauai vegan potluck/presentations. In December, he brought in Will Tuttle, MD, for three events on Kauai, including potluck/lectures at our new VSH Kauai monthly meeting location at the Sun Village Clubhouse in Lihue and at the Princeville at Hanalei Community Center, as well as a dine-out at Ahupuaa Village, and he also did a VSH informational table at the September 18 International Day of Peace Celebration in Lihue.

As we begin the year of the rooster, according to the Chinese zodiac, I hope we'll all resolve to enjoy the benefits of a healthy lifestyle, including maintaining, or taking good-sized steps towards, a whole foods, plant-based diet, wherever we may be in our own lives, to improve our health, to lessen our impact on the environment, and to help chickens and other animals from having to endure lives of unbearable suffering along their way to landing on people's dinner plates.

You make a difference every day, both for yourselves and for such animals, with each bite of food you choose to eat. For one more way to make a positive difference, this time in the lives of pigs transported under inhumane conditions to Hawaii for slaughter, please see our front-page story written by Laurelee Blanchard, founder of Leilani Farm Sanctuary in Haiku.

Aloha!

VSH President

### ***William Arthur Harris, MD, Memorial Fund***

Please consider making a donation to the Vegetarian Society of Hawaii in support of our educational mission. If you wish, you may also note on your check (if donating at <http://www.vsh.org/donate/>, send an email to us) that your donation is in memory of Dr. Bill Harris, who was a co-founder of the Vegetarian Society of Hawaii, and a VSH board member until the end of his life.

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



## Pigs Shipped to Hawaii

(Continued from page 1)



Pigs being transported to Hawaii

Pigs are among the smartest species of animals. They exhibit emotional intelligence and can determine the attitudes and moods of other animals around them. These social, sympathetic beings are aware of their torturous conditions, and many suffer stress and exhaustion, hunger, thirst, and, too often, death, as they are transported alive across such great distances.

Upon arriving in Honolulu, it is usually several hours before the pigs are unloaded from the ship. They are left sitting in the heat with minimal ventilation. The pigs then travel another hour by truck to the Hawaii Livestock Co-operative slaughterhouse where they are slaughtered. This slaughter facility was cited multiple times by the USDA for the inhumane handling and slaughter of animals.

The two major supermarket chains in Hawaii—Foodland Super Market, Ltd. and Times Supermarkets—pledged to no longer purchase pork products from pigs transported live from the mainland for slaughter. This victory resulted in a reduction of 7,872 pigs shipped to Hawaii per year. The President of Times Supermarkets, Bob Stout, was quoted in the news media as saying his company made the right decision to stop supporting the long-distance transport of pigs for slaughter. “Just because something is legal and approved by the appropriate agencies, that doesn't necessarily make it right,” Stout explained.

Please help end this inhumane practice and join us in asking Matson, Inc. to stop transporting live pigs to Hawaii for slaughter. (510) 628-4000, [general\\_info@matson.com](mailto:general_info@matson.com)

If you're already an Amazon customer, be sure to start your Amazon shopping at [smile.amazon.com](http://smile.amazon.com) (designate VSH as your charity) and Amazon will donate 1/2% of all of your eligible purchases to VSH!

**Shop at AmazonSmile**  
and Amazon will make a donation to:  
Vegetarian Society Of Hawaii  
[Get started](#)  
**amazon smile**

# Nutrition News

from



### Ginger for Osteoarthritis

A quarter- to a half-teaspoon a day of powdered ginger can be as pain-relieving as ibuprofen, without the risk of damage to the intestinal lining.

<http://nutritionfacts.org/video/ginger-for-osteoarthritis/>

### Wakame Seaweed Salad May Lower Blood Pressure

Six grams of wakame, natural sodium and all, led to a significant drop in blood pressure, especially in those who started out high. Side effects were all minor, and what one might expect increasing fiber intake. And, the nice thing about whole food, plant-based interventions is you sometimes get good side effects as well, such as the resolution of gastritis—stomach inflammation that they'd been having—as well as the disappearance of chronic headaches.

<http://nutritionfacts.org/video/wakame-seaweed-salad-may-lower-blood-pressure/>

### Prunes for Osteoporosis

Over a decade ago, researchers at Oklahoma State tried giving a dozen prunes a day to a group of postmenopausal women, using a dozen dried apple rings as a control. After three months, only the subjects who consumed the prunes had significant elevations in an enzyme marker of bone formation, although prunes didn't seem to affect markers of bone breakdown. So, prunes may help more with building bones than preventing bone loss. Though, the reverse was found with almonds; so, maybe a little prune-almond trail mix is in order.

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

### How to Prevent Ulcerative Colitis with Diet

Researchers found that high total protein intake—specifically animal protein—was associated with a significantly increased risk of the other big inflammatory bowel disease, ulcerative colitis. It wasn't just protein in general, but the “association between high protein intake and inflammatory bowel disease risk was restricted to animal protein.”

<http://nutritionfacts.org/2016/12/20/how-to-prevent-ulcerative-colitis-with-diet/>

### What's the Optimal Cholesterol Level?

'Normal' cholesterol levels may be fatal cholesterol levels. The optimal “bad cholesterol” (LDL) level is 50 to 70. Accumulating data from multiple lines of evidence consistently demonstrate that that's where a physiologically normal LDL level would be. That appears to be the threshold above which atherosclerosis and heart attacks develop. That's what we start out at birth with, that's what fellow primates have, and that's the level seen in populations free of the heart disease epidemic. One can also look at all the big randomized controlled cholesterol lowering trials.

<http://nutritionfacts.org/2016/12/13/whats-the-optimal-cholesterol-level/>



# Peace Diet Cookbook and Chocolates for the Spirit

Reviews by: Ruth Heidrich, Ph.D.

**Peace Diet™ Cookbook: Over 100 recipes compatible with the Peace Diet™ for weight loss, health, and longevity**

By Terry Shintani, MD, JD, MPH  
CreateSpace Independent Publishing Platform, 12/17/16,  
Halpax ([www.lulu.com](http://www.lulu.com)), Honolulu.

2016 was a prolific year for Dr. Shintani’s publication efforts. In addition to *Chocolates for the Spirit* (see review in this same article), he also published *The Peace Diet Cookbook*. Although this book is primarily about nutrition, the focus adds what he calls “a missing element.” That element deals with how our diets affect peace, not just our personal peace that comes from our own good health, but also world peace in the form of “spiritual effects...greater intuition, more lucid dreams and near psychic effects...”

This cookbook supplements Dr. Shintani’s earlier book, “The Peace Diet” with the general category guidelines of the peace symbol. The top left is Vegetables 30-35%; the top right, Grains 30-35%; the bottom right, Beans 15-20%; and the lower left, Fruit 15-20%. The recipes are all grouped into these same categories, grains, vegetables, beans, and fruits, and there are lots of recipes – more than 100!

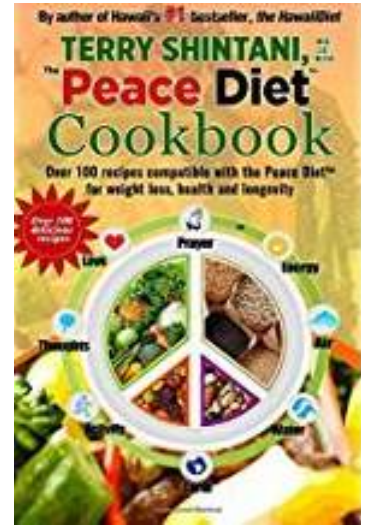
There is an amazing variety of ethnic dishes. Prepare for international culinary delights from Japan, China, Mexico, Spain, Portugal, Italy, India, in addition to Hawaiian and plain old American.

For those who want or need to lose weight, the book ends with a table of each food’s glycemic index and Dr. Shintani’s Food Mass Index (FMI). By selecting foods with a high FMI, you can fill up to your heart’s (and tummy’s) satisfaction, lose weight, and still be healthy and peaceful. You can’t ask much more of a recipe book than that!

## Chocolates for the Spirit: 101 Delicious, Inspirational Quotes to Elevate the Spirit

By Terry Shintani, MD, JD, MPH  
CreateSpace Independent Publishing Platform, 12/17/16,  
Halpax ([www.lulu.com](http://www.lulu.com)), Honolulu.

Have you ever seen a book that looked good enough to eat? Well, here’s one that, at first glance, reminded me of one very famous brand of chocolate bars. Since I’m an admitted chocoholic, my first impression was that I was going to love this book!

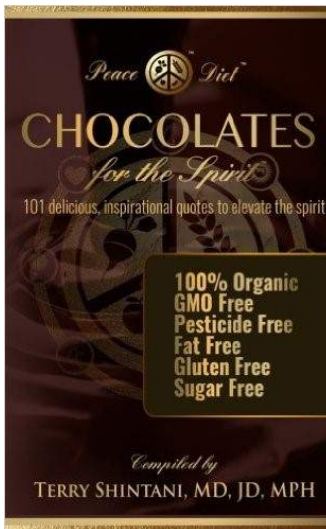


As author Dr. Shintani says on the cover, it’s 100% Organic, GMO Free, Pesticide Free, Fat Free, Gluten Free, and Sugar Free. So, yes, I’ll take some, especially since as it’s pointed out, chocolate can even be a healthy vegan food. It’s been an especially valuable food used as currency,

used as a health food, is loaded with antioxidants, anti-inflammatory nutrients such as flavonols, flavonoids, catechins, epicatechins, and procyanidins. One quote from the book, which describes this oft-maligned food because of what has been added, does exonerate it completely: “Chocolate comes from cocoa, which is a tree. That makes it a plant. Therefore, chocolate is salad.” Unfortunately, though, as delicious and mouth-watering as this non-edible book cover is, it does offer other healthy benefits -- chocolates for the spirit.

The quotations are divided into four sections: Chocolates for the Body, Chocolates for the Mind, Chocolates for the Heart, and Chocolates for the Spirit. In this way, Dr. Shintani offers up a menu of inspiration to achieve physical health, success, happiness, and inner peace. Since it’s, as he says, organic, GMO-free, fat-free, gluten-free and sugar-free, you can take your choice and either ration out a bit

of inspiration each day OR gorge on all of it in one sitting!



You’ll find words of wisdom from some of the greatest minds we’ve ever known, such as Hippocrates, Buddha, Gandhi, Edison, the Dalai Lama, and, of course, Einstein! There are some you may have heard before, but it’s likely there are others you haven’t heard of yet, and may see the value of them in your own life.

It’s a fun book to add to your own library or, even better, give it to people you know and love so they can enjoy “chocolates for the spirit” as well!

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 also a past president and current member of the VSH board.



# VSH Events on Oahu and Maui

November: John Kelly, MD, MPH



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



Dr. John Kelly and his wife Sally (center back) were guests of honor at his VSH dine-out at India Bazaar Madras Curry on November 9.

John Kelly, MD, gave his VSH lecture on November 8 at the Ala Wai Golf Course Clubhouse.

VSH Maui Coordinator Jerome Kellner, Sally and John Kelly at Cameron Center in Wailuku on Maui on November 10.

December: Irminne Van Dyken, MD

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



Irminne Van Dyken, MD, lectured on December 13 at the Ala Wai Golf Course Clubhouse in Honolulu.



Mai Frascarelli, (l.) founder of the Bodhi Tree Meditation Center, Alice Saul (2nd from r.) and Dr. Irminne Van Dyken (r.) at her VSH dine-out vegan Vietnamese buffet on December 8 at the Bodhi Tree Meditation Center in Honolulu.



VSH Maui volunteer Stephen Beidner, Russell and Irminne Van Dyken, and Jerome Kellner at Cameron Center in Wailuku on Maui on December 15

# DIABETES, PAIN AND CANCER: GET YOUR HEALTH BACK IN 10 DAYS

A PRESENTATION BY

**TERRY SHINTANI, MD, JD, MPH**



Harvard-Trained nutritionist and physician, Dr. Terry Shintani will present information on the connections between diabetes, chronic pain and cancer and steps to control these conditions, as well as on how the new epidemics are diabetes and cancer, and why they are related to each other and to chronic pain.

Some of the topics covered:

- What may be causing diabetes and cancer epidemics
- What diabetes, cancer, arthritis, and Alzheimer's have in common
- How to control pain with less medication
- 5 "health foods" that are not healthy for you
- How to control weight by eating more food
- How to control blood sugar by eating more carbs
- How to control cholesterol and blood pressure with less meds
- 5 traditional Hawaiian principles to keep you healthy for 120 years

**TUESDAY, JANUARY 10, 2017, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**OAHU: 404 KAPAHULU AVE., HONOLULU**

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

**MAUI: THURSDAY, JAN. 12, 7 P.M., KAUNOA SENIOR CENTER,  
HANA HWY AT 401 ALAKAPA PLACE, PAIA**

**WEDNESDAY, JANUARY 11, 6-8 P.M.**

**DINE-OUT WITH DR. TERRY SHINTANI**

**THE BAYER ESTATE**

**(HOME OF STEVE MCGARRETT IN HAWAII FIVE-0)**

**5329 KALANIANA'OLE HWY, HONOLULU**

**VEGAN BUFFET MENU**

**ASSORTED APPETIZERS, MOROCCAN TAGINE (WARM STEW),  
BROWN BASMATI RICE, SALAD AND DRESSINGS  
FRUIT TORTE & KABOBS, MINT HERB TEA**

**\$20, AGES 8-12 \$8, 0-7 FREE (SENSITIVITIES: G-F, NO SOY OR ALLIUMS)  
TO RSVP & PREPAY, [VSH.ORG/DINEOUTS](http://vsh.org/dineouts) OR CALL 531-1929.**

Terry Shintani, MD, JD, MPH, received his master's degree in nutrition at Harvard University and medical and law degrees at the University of Hawaii. Board certified in Preventive Medicine. He serves as Professor and Associate Chair of the Dept. of Complementary and Alternative Medicine at the John A. Burns School of Medicine, Chair of the International Holistic Therapy Association, Chair of the Advisory Board of the Gandhi International Institute of Peace, and Member of the Council of Elders of Native Hawaiian Healers.

He is best known for his promotion of health in the Hawaiian community and for his whole person health programs, one of which won the highest national award from the U.S. Secretary of Health. He has written 15 books including the *Eat More, Weigh Less Diet*, the *Hawaii Diet*, and the *Peace Diet*.

He has been featured in Newsweek, on CBS This Morning, ABC National Radio, CNN News and Dateline NBC, and, in 1995, the Encyclopedia Britannica. For his contributions to humanity, he has been designated a "Living Treasure of Hawaii", and "knighted" by the Order of St. John of Jerusalem, the oldest Christian healing order in the world.

**All VSH lectures are free and open to the public!**

## **"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](http://www.kwai1080am.com)

**Lecture refreshments on Oahu and Maui are courtesy of Down to Earth Organic & Natural.**



# Grow and Eat Your Way to Better Health Today

A PRESENTATION BY  
**JOHN KOHLER**



John will share with you his top 3 tips that you can use to better your health. John has been on a lifelong journey to continually improve his health because of a life-threatening illness over 20 years ago. You will discover how John turned his health around. You will learn how you can use diet to prevent and reverse disease. You will also discover why eating foods from the grocery store may not be good enough and why you should grow some of the food to have a greater level of health and give yourself every possible advantage in healing.

After attending this talk, you will learn:

- 5 Foods You Can Easily Grow Anywhere in Hawaii
- The best way to include more disease fighting vegetables in your diet
- Top foods that can help disease-proof your body
- How you can determine the quality of fruits and vegetables with a simple test
- And much, much more...

**TUES., FEBRUARY 7, 2017, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU (OAHU)**

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

**KAUAI—FRI., FEB. 3, 6 P.M.—RAW VEGAN DINE-OUT / LECTURE “5 BENEFITS OF EATING RAW PLANT FOODS”**

*WITH JOHN KOHLER & RAINBOW LIVING FOODS IN KAPAA.*

*\$13. RSVP TO [KAUAI@VSH.ORG](mailto:KAUAI@VSH.ORG) (ADDRESS REVEALED THEN).*

**KAUAI—SUNDAY, FEB. 5, 4:30 P.M. W/ VEGAN POTLUCK AT SUN VILLAGE CLUBHOUSE, 3-3400 KUHIO HWY, LIHUE.**

*Please bring a raw vegan dish. \$25 gift card for best dish! If no dish, suggested donation \$10.*

**MAUI—THURSDAY, FEB. 9, 7 P.M. LECTURE AT VELMA SANTOS COMMUNITY CENTER, 395 WAENA ST., WAILUKU**

John Kohler has been on an uncooked, plant based diet since 1995; when he turned to raw foods for healing from a life threatening-illness (spinal meningitis) and has enjoyed dynamic health ever since. The focus of his research has been in the area of obtaining the highest level of health. One of John's goals is to educate the world about the benefits of fruits and vegetables. He is the founder and creator of the largest raw food website on the internet, [www.RawFoods.com](http://www.RawFoods.com) that he started in 1997. John also owns and manages [www.DiscountJuicers.com](http://www.DiscountJuicers.com) and is the number one expert on raw food's appliances and gadgets in the world. His latest projects are [www.GrowingYourGreens.com](http://www.GrowingYourGreens.com) where he teaches people how to grow food at home. At [www.OkRaw.com](http://www.OkRaw.com) you can learn from his wealth of raw food knowledge. This is a rare opportunity to hear John in person as most of his teaching is done on YouTube where his 2200+ videos have been viewed over 80 million times!

**WEDNESDAY, FEBRUARY 8, 6-8 P.M., VEGAN DINE-OUT!**

**LOVING HUT, 1118 FORT ST. MALL, HONOLULU**

Parking on streets next to mall and at Bethel St. Chinatown municipal lot.

**\$19.50 total. Cash / check at event. Join us for a fun and tasty evening!**

*Summer roll w/ peanut sauce*

*Happy Buddha soup*

*Heavenly Salad*

*Lucky Chow Fun w/ ginger (no onion)*

*Enlightened Eggplant Tofu.*

**To RSVP, call or text Carol up to 9 p.m. at (808) 728-6639. g-f**

## 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](mailto:newsletter@vsh.org).

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

# Daily Dose of Natural Medicine

A PRESENTATION BY

## MIKI PURNELL, MD



**M**iki Purnell, MD, is a physician, a speaker, and a jazz singer. She is board-certified with the American Board of Family Medicine and the American Board of Integrative Holistic Medicine. She graduated from Okayama University Medical School, Japan, and completed the University Of Hawaii Family Practice Residency Program.

As she worked in primary care settings, she became interested in integrative medicine and became certified with ABIHM (American Board of Integrative Holistic Medicine).

She believes that a healthy diet is the foundation of our health and especially that a plant-based diet helps to prevent many chronic disease. She provides reliable information and ideas to live a healthy life while enjoying delicious natural food.

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(AT END OF 0.2 MI. DRIVEWAY BETWEEN THE WAIKIKI-KAPAHULU LIBRARY AND GOLF COURSE—ACROSS FROM THE CHEVRON STATION)

**MAUI: THURSDAY, MARCH 16, 7 P.M.**

**VELMA MCWAYNE SANTOS COMMUNITY CENTER  
395 WAENA STREET, WAILUKU**

**VEGAN DINE-OUT WITH DR. MIKI PURNELL  
WEDNESDAY, MARCH 15, 5:30-7:30 P.M.**

**GREENS & VINES RESTAURANT, 909 KAPIOLANI BLVD.**

**CORNER OF WARD AVE. & KAPIOLANI BLVD., HONOLULU**

**PARK AT FEW SPACES BEHIND RESTAURANT, AT NEAL BLAISDELL CENTER  
(PARKING CLOSES EARLY), OR ON NEARBY STREETS (BUT NONE AVAILABLE ON  
PRIVATE STREETS, SUCH AS WAIMANU).**

**\$17.55 INCL. TAX & TIP). TO RSVP & PREPAY, CALL (808) 536-9680.**

**GOURMET RAW VEGAN MENU**

**NOT TUNA SANDWICH, CHINESE PIZZA W/ MACADAMIA NUT SPREAD ON  
SPROUTED SEED CRACKER W/CILANTRO,  
KAFFIR MISO PAD THAI SALAD, LIVING LASAGNA-1/2 PIECE  
WICKED CHOCOLATE TART OR CHEEZ CAKE. G-F**

## 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 *Vegetarian* program premieres at 6 p.m., the 3rd Tuesday of the month, and runs at 11 a.m. Sundays on 'Olelo channel 54.

View past and current *Vegetarian* programs on [www.vsh.org](http://www.vsh.org).



# VSH EVENTS ON KAUA'I



At the potluck/lecture at the Kapaa Neighborhood Center on November 20, VSH screened **Grace Chen, MD's** July VSH lecture on Oahu, "**Miracles of a Plant-Based Diet**".



**Will Tuttle, PhD**, spoke on December 19 at Sun Village Clubhouse in Lihue on **Healing Our World: A Deeper Look at Food: The World Peace Diet**. A holiday vegan potluck was featured, as well. (photo contributed by Kim Adams)



**Peggy Kadey**  
November best vegan dish winner.



**Sandra Herndon**  
December 19 best vegan dish winner



## Deluxe Cranberry Sauce

### Ingredients

2 cups raw cranberries	3 oranges, diced
1 can cranberry sauce	1/4 tsp cloves
2 apples	1/2 tsp cinnamon
3 apple bananas	1/2 tsp ginger
1 cup raisins	1/2 tsp allspice
1 cup dates, diced	4 T. agar agar
1/2 cup pear or orange juice	

In a food processor, grind cranberries. Pour into a large bowl. Dice oranges and add chopped apples. Slice bananas, add to cranberries plus 1 can of cranberry sauce. Dissolve 4 T. agar agar in pear juice, boil 5 minutes. Add to mixture, plus all remaining ingredients. Refrigerate overnight to allow flavors to blend. Note: Whole pears are optional. I used 3 bananas plus a can of cranberry sauce in place of 1/2 cup honey in the original recipe.

## Quinoa Loaf with Mushroom and Peas

### Ingredients

1 T extra virgin olive oil plus more for greasing	2 cups quinoa
8 oz. button mushrooms, sliced	1 cup frozen green peas
Salt and ground black pepper to taste	1/2 cup chopped fresh parsley and/or 1 T minced fresh thyme
1 15 oz. can no-salt-added garbanzo beans, rinsed & drained	10 sundried tomatoes, packed in oil, drained and chopped
3/4 cup rolled oats	1 cup (about 1 onion) chopped red onion

Preheat oven to 350° degrees F. Lightly grease an 8-inch loaf pan with oil; set aside. Heat oil in a large skillet over medium-high heat. Add mushrooms, salt and pepper and cook, stirring occasionally, until mushrooms are golden brown, 6-8 minutes. Meanwhile, put beans, oats and 1/2 cup water into a food processor and pulse until almost smooth. In a large bowl, combine mushrooms, bean mixture, quinoa, peas, barley, tomatoes, onion, salt and pepper. Transfer mixture to prepared loaf pan, gently pressing down and mounding it in the middle. Bake until firm and golden brown, 1 to 1-1/4 hours. Set aside to let rest for 10 minutes before slicing and serving.

### Nutrition

Per serving (about 6 oz. / 172 g-wt.): 170 calories, 35 from fat. 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 200 mg sodium, 28 g total carbohydrate (6 g dietary fiber, 4 g sugar), 8 g protein.

# VSH EVENTS ON KAUA'I



**Will Tuttle, PhD**, shared his musical talents, in addition to lecturing on “**The World Peace Diet**” at Princeville at Hanalei Community Center on December 21.

**Madeleine and Will Tuttle, Suzanne Black** (best vegan dessert dish winner), and **Thomas Eisendrath** in Princeville on December 21.

On Friday, December 23, VSH Kaua'i held a vegan dine-out in honor of **Will and Madeleine Tuttle** at Ahupuaa Village in Kapaa, hosted by **Hedda Schmutz**. 15 diners enjoyed a raw vegan meal catered by **Chefs Janet and Orlando Netto** of **Rainbow Living Foods** Restaurant. (photo not available).

## VSH KAUA'I VEGAN POTLUCKS / PRESENTATIONS\*

**Sun Village Clubhouse, 3-3400 Kuhio Hwy, Lihue**

Monthly Sunday lecture / video presentations are **free and open to the public**. (All events are at Sun Village Clubhouse unless otherwise noted.) To participate in the potlucks, please bring a vegan dish and include an ingredient list/recipe. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate! Welcome without a dish, too suggested donation: \$10. Check VSH Facebook page for updates. **\*\* 2/5/17— Please bring a raw vegan dish.**

## No Bake Chocolate Macaroons

Vegan, gluten-free, nut-free, grain-free

Yield: 12 macaroons

Ingredients

<i>1 banana, finely mashed</i>	<i>6 tbsp cocoa powder, sifted</i>
<i>1/4 cup coconut oil, melted</i>	<i>1.5 cups unsweetened shredded coconut</i>
<i>1/4 cup pure maple syrup (or other liquid sweetener)*</i>	<i>1 tbsp chia seeds</i>
<i>1/2 tsp pure vanilla extract</i>	<i>small pinch of fine grain sea salt, to taste</i>

1. In a medium mixing bowl, mash the banana until most of the clumps are gone. Stir in the melted coconut oil, maple syrup, and vanilla.
2. Sift in the cocoa powder and stir until combined. Now stir in the coconut, optional chia seeds, and fine grain sea salt to taste.
3. Line a baking sheet with parchment paper or a non-stick mat. Using a spoon or retractable ice cream scooper, scoop rounds onto the sheet. Place sheet in the freezer for around 20 minutes, or until macaroons are firm. Store in the freezer until ready to enjoy. They will soften at room temperature.



## \*UPCOMING VSH KAUA'I EVENTS

**4:30 p.m. Sunday, January 8**

**Going Green with Katherine Keen**

Cooking demo on Puerto Rican/Thai Fusion", vegan dishes with a Hawaiian twist. "You eat what you are."

**6 p.m. Fri., Feb. 3. Raw vegan dine-out with John Kohler & lecture on Top 5 Benefits of Eating Raw Plant Foods.** Dine-out in Kapaa with Rainbow Living Foods. \$13 RSVP [kauai@vsh.org](mailto:kauai@vsh.org) .

**4:30 p.m. Sun., Feb. 5\*\* - Grow and Eat Your Way to Better Health Today.** John Kohler.

**4:30 p.m., Sunday, March 5 - Cookoo for Coconuts.**

Coconut Cuisine by Thomas & Janie Eisendrath. Quickest way to open a coconut. How to make coconut milk, cream, ice cream, wraps, jerky; & shredded coconut.







## Heart Healthy Recipes

By Neal Pinckney, PhD, [Heart.kumu.org](http://Heart.kumu.org)

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

Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: [heart.kumu.org](http://heart.kumu.org).

### Radish Greens Soup and Oat Fruit Muffins

At the Kakaako Farmers' Market, I bought a huge bunch of radishes for \$1.50 and decided to find something yummy to do with the greens, which are even more nourishing than the root. The recipe below came out even better than I imagined, a thick bisque with a mild, but unique flavor.

#### Radish Greens Soup

Do you toss away the green from radishes? In many parts of the world, they're considered the best part of that vegetable. Here's a cheerfully green, creamy soup with a very slight tingle to the tongue. Servings: 2 bowls or 4 cups.

- 3 C radish greens
- 1 large onion
- 2 C veggie broth
- 2 medium potatoes
- ½ package Mori Nu Lite tofu, any firmness (be sure you've got 'Lite' tofu)
- 1 C soy, almond or other veggie milk
- 4 red radishes
- Salt and black pepper to taste (see Hint below)

Separate the greens from the stems and discard the stems. In a small amount of broth, sauté chopped onions until tender and starting to turn gold. Add rest of broth, greens and potato. Cover and boil gently for about 20 minutes, or until potatoes are cooked. After cooling a little, put in blender until smooth. Then add tofu and blend in. Return to pot, add milk, stir well while and heat to serving temperature. Add pieces of red radish on top as a garnish.



Hint: Don't add salt until the soup is fully cooked. The veggie broth may have enough salt.

A leek and/or a large carrot can be added to this recipe for a more mellow, sweeter flavor.

#### Oat Fruit Muffins

Here's a tasty, moist muffin recipe that's fat-free, sugar-free and gluten-free (if you use gluten-free oats and oat flour).



- 2½ cups rolled or stone-ground whole oats
- ½ cup oat flour (you already have this - see note below)
- ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 1 Tbsp cinnamon
- ½ tsp ground nutmeg
- ½ cup non-dairy milk
- 2 tsp vanilla extract
- 2 ripe bananas, mashed (these take the place of oil and eggs)

fruit: (any combination to make 1 cups)  
 apple, grated, blueberries, raisins, date pieces, diced apples  
 dried cranberries, diced small  
 dried mango " "  
 dried apricots " "  
 or whatever you like

#### Preparation

Preheat oven to 350°. Dry: In large bowl blend all dry ingredients. Wet: In smaller bowl combine bananas, fruit, non-dairy milk, vanilla. Add wet to dry mix until it's a smooth, chunky dough. Bake for 35 to 45 minutes, or until a toothpick stuck in top emerges clean.

Note: oat flour is easily made from whole oats in a coffee mill until powdered.

6:30 p.m. ONE-OF-A-KIND DINNER and  
7:30 p.m. FREE PRESENTATION with special guest

**CASEY TAFT, PhD**

Based on his soon TO BE RELEASED book entitled,

*Millennial Vegan: Tips for Navigating Relationships, Wellness, and  
Everyday Life as a Young Animal Advocate*

Campus Center, University of Hawaii at Manoa

Executive Dining Room--Banquet Style Seating

Wednesday, March 29, 6:30 p.m. - 9:30 p.m.



6:30 p.m. dinner—Students: \$16, All others: \$18  
(tax included).

To RSVP & prepay by March 22, go to  
[www.vsh.org/uhdinner](http://www.vsh.org/uhdinner) or  
call / text Shauna at (808)321-3522.

Enjoy Exquisite Vegan Eats with Famous  
Chef Ori Ann Li

**In Honor of the Year of the Rooster  
Vegan "Un-Chicken" Menu**

*Chilled Grilled Eggplant in a Vegan "Chicken" Broth  
European Style (Brown) Rice  
Marinated Chicken-less "Chicken"  
with Cashew Nuts & Citrus  
Veggie Casserole with Mushroom & Lentils  
Kulolo, an Onolicious Hawaiian Dessert*

For more info on the dinner or lecture,  
please contact: [SAFA@HAWAII.EDU](mailto:SAFA@HAWAII.EDU)  
[www.studentallianceforanimals.blogspot.com](http://www.studentallianceforanimals.blogspot.com)



7:30 p.m. lecture—Just come, no RSVP needed.!

For all ages and walks of life — Experience  
Dr. Taft's epic 2017 presentation first-hand!

Dr. Casey Taft is a Professor of Psychiatry at Boston  
University School of Medicine. He is an international-  
ly recognized researcher in the area of violence pre-  
vention, winner of prestigious awards for his work,  
and developer of the only domestic prevention pro-  
grams demonstrated effective across military popula-  
tions. He is also co-owner of Vegan Publishers, a ve-  
gan-themed publishing company, and sees the preven-  
tion of violence towards nonhuman animals  
as a natural extension of his interpersonal  
violence work. He is also the author of  
**Motivational Methods for Vegan Advocacy.**

Event hosted by Student Alliance for  
Animals UH Manoa, and co-sponsored by the  
Vegetarian Society of Hawaii.

## The Vegetarian Resource Group Offers Two \$5,000 Scholarships plus One \$10,000 Scholarship

Due to the generosity of an anonymous donor, The Vegetarian Resource Group each year will award \$20,000 in college scholarship money to graduating U.S. high school students who have promoted veganism/vegetarianism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Vegans are vegetarians who do not use other animal products such as dairy or eggs.

One award of \$10,000 and two awards of \$5,000 will be given. **Entries may only be sent by students graduating from high school in spring 2017.** Deadline is **February 20, 2017.** We will accept applications postmarked on or before February 20, 2017. Early submission is encouraged.

Applicants will be judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegan/vegetarian diet/lifestyle. Payment will be made to the student's college (U.S. based only). Winners of the scholarships give permission to release their names to the media. Applications and essays become property of The Vegetarian Resource Group. We may ask finalists for more information. Scholarship winners are contacted by e-mail or telephone. Please look at your e-mail. For details on the contest, see: <http://www.vrg.org/student/scholar.htm>



*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](http://www.LeilaniFarmSanctuary.org) or phone:  
808-298-8544 Email: [info@leilanifarmsanctuary.org](mailto:info@leilanifarmsanctuary.org)  
<https://www.facebook.com/leilanifarmsanctuary>





## Watch for these upcoming VSH speakers

Free Public lectures, plus Vegan Dine-Outs  
(Tentative information: For updated details, check announcements on [www.vsh.org](http://www.vsh.org) closer to listed dates.)

### Jerome Kellner— April “The Optimum Diet for Feeling Fantastic”

4/11, 7 p.m.— Lecture at Ala Wai Golf Course Clubhouse, Oahu.  
4/?, ? P.m. — VSH dine-out — details at [vsh.org](http://vsh.org).  
4/13, 7 p.m.— Lecture at Cameron Center, Wailuku on Maui.

### Michael Klaper, MD — May “What I Wish Someone Had Told Me In Medical School About Nutrition”

5/4, 7 p.m.—Lecture at Cameron Center, Wailuku, Maui  
5/?, ? p.m. — VSH dine-out — details at [vsh.org](http://vsh.org).  
5/9, 7 p.m. — Lecture at Ala Wai Golf Course Clubhouse on Oahu.

### Jonathan Balcombe, PhD — June “What A Fish Knows”

6/13, 7 p.m.— Lecture, Ala Wai Golf Course Clubhouse, Oahu.  
6/?, ? p.m. —VSH dine-out — details at [vsh.org](http://vsh.org).  
6/15, 7 p.m.— Lecture at Cameron Center, Wailuku on Maui.  
6/18, 4:30 p.m. — Lecture/vegan potluck, Sun Village Clubhouse, Lihue on Kauai.

**Monday, March 20, 10 a.m. - 3 p.m.**  
**GREAT AMERICAN MEATOUT DAY CELEBRATION**  
**University of Hawaii at Manoa Campus Center Arch**  
**(under the big white tent on the ground).**  
**Come and enjoy juicy meatless food samples!**

For all ages and walks of life!  
COME and TASTE some ono meatless samples, while learning and acquiring more Vegan Jewels of Wisdom. Please also bring your friends, family, and co-workers to enjoy this festive event!!

If you want to help save the lives

of our fellow animals, while also saving the planet and promoting the health, well-being, and ethical alignment of humanity, PLEASE COME and volunteer, too!

For more info, please contact:

[SAFA@HAWAII.EDU](mailto:SAFA@HAWAII.EDU)  
[studentallianceforanimals.blogspot.com](http://studentallianceforanimals.blogspot.com)

## 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.

## NEW! Free and open to all! “A Talk on Nutrition Science w/ Q and A by Jake”

Manoa Public Library Meeting Room  
2716 Woodlawn Dr, Honolulu, HI 96822

6:30- 8 p.m.

Tuesday, February 28

Future meetings on the 4th Tuesday of each month: 3/28, 4/25, 5/23. 6/27 ...

Come and learn answers to questions such as “Is coconut oil good or bad?”, “What about protein?” Bring your own questions, too! Suggest a topic for the next meeting, learn the latest research news, enjoy meeting others, and more.

Email [earthscientist@rocketmail.com](mailto:earthscientist@rocketmail.com) to let us know you’re coming, or just come, anyway!  
Hosted by VSH



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

## Vegan Lunch Buffet

**12 noon every Sunday-\$10**

**1st Sunday of month** is the Buddha Lunch. Tasty **vegan lunch buffet** plus a brief meditation & silent contemplative session.  
To RSVP, call (808) 537-1171.

## VEGAN VOICES 96734



Vegan group in Kailua on the island of Oahu! Join us at our upcoming events,  
For more information, go to <http://www.meetup.com/VEGAN-VOICES-96734/>

## WHAT IT DOUGH

Vegan Wood Fired Pizza  
Saturdays, 8 a.m.—2 p.m.

Waikiki Specialty Farmers’ Market at  
Jefferson Elementary School  
324 Kapahulu Avenue  
Across the street from Honolulu Zoo





## 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, 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](http://www.castle-med.org),

**Wellness & Lifestyle Medicine Center**  
642 ʻUlukahiki Street, Suite 105  
Kailua, Hawaiʻi 96734

## Oahu Fruitluck Kapiolani Park Fruitluck

January 1, 15, 29, February 12,  
26, March 12, 26, April 9, 23

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](mailto:newsletter@vsh.org).

## 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>.

**GRAND OPENING: MARCH 5 (SOFT OPENING: 2/19)**

## VEGAN HILLS

NOODLES, RICE BOWLS, SANDWICHES AND MORE!

**3585 Waialae Ave. in Kaimuki**

**Open M-Sat: lunch & dinner, Sun: brunch.**

(Check VSH Facebook page for more details close to opening dates)

**New VSH Membership Discount — 5%**

Mama T's  
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Every **Friday 4-7pm** starting **January 20th**  
DELICIOUS ITAL GRINDS • DRINK SPECIALS  
KOMBUCHA ON TAP • PLENTY PARKING

Mama T won 1st Place in the 2015 Chili Pepper Festival Chili Cookoff

## MAMA T'S ITAL KITCHEN

New location! — NEW! VSH Membership Discount -- \$1

For more info: (808) 276-3772, [italkitchen808@gmail.com](mailto:italkitchen808@gmail.com)

@DearMamaT @italkitchen808



## VSH MEMBERSHIP BENEFITS

- ◆ Discounts
- ◆ Social Activities
- ◆ Newsletter

- ◆ Monthly Educational Lectures
  - ◆ Volunteer Opportunities
- Send comments to: [info@VSH.org](mailto:info@VSH.org)

### VSH Membership Discount Guide

#### --- Restaurants (including \*Food Trucks) ---

- Down to Earth Deli (Oahu and Maui) 5%
- Banán (3212 Monsarrat Ave.\*, and corner of Metcalf & University Aves.) - 3 free toppings
- Caffe Coco (Kauai) Free dessert 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%
- 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%
- Hippie Café (Kauai) Free cookie with meal
- Mocha Java Cafe (Ward Center) 10%
- Peace Café (2239 S. King St.) 5%
- Rainbow Living Foods (4-1384 Kuhio Highway, Kapaa on Kauai) 5% -- New
- 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%
- Vegan Hills (3585 Waiialae Ave) 5%
- Wing Shave Ice & Ice Cream (1145 Maunakea St—Enter on Pauahi St.) 5%

#### --- Pop-Up Dining ---

Mama T's Ital Kitchen, 4-7 PM Fridays, in Hawaiian Brian's ) \$1

#### --- 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%
- Hanai Market (4-1543 Kuhio Hwy, Kapaa on Kauai) 5% — New
- 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%
- Veg Voyages (Asian adventure tours [vegvoyages.com](http://vegvoyages.com)) 5%

#### --- Magazines ---

- Vegetarian Journal ([www.vrg.org/groupmember/](http://www.vrg.org/groupmember/)) 60%

#### --- Other ---

- Harrys Pet and Home Care ([www.harryspetandhome.com](http://www.harryspetandhome.com)) 20%
- 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!

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| <input type="checkbox"/> 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](http://www.vsh.org/renew)



**Vegetarian Society of Hawaii**

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AND FOR  
ROOSTERS.  
BOTH YOUNG  
AND NOT SO  
YOUNG,  
TOO!

—  
EAT VEGAN!