

# The Island Vegetarian

## Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 29, ISSUE 1, AUGUST 2018

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### Free Public Lectures

**Dean Sherzai, MD and  
Ayesha Sherzai, MD**

**“Preserving Brain Health  
Well into Your 80s, 90s and  
Beyond”**

**Sunday, August 12, 2018  
Honolulu Central Seventh-Day  
Adventist Church**

**“Preserving Brain Health:  
Impact of Nutrition  
on Alzheimer’s”**

**Tuesday, August 14, 2018  
Ala Wai Golf Course Clubhouse**

**Thursday, August 16, 2018  
Cameron Center, Wailuku (Maui)**

**Not open to the public:  
Wednesday, August 15.**

**The Drs. Sherzai will also lecture at  
Tripler Army Medical Center. Nursing  
and other medical personnel at TAMC  
should consult TAMC announcements  
for more information.**

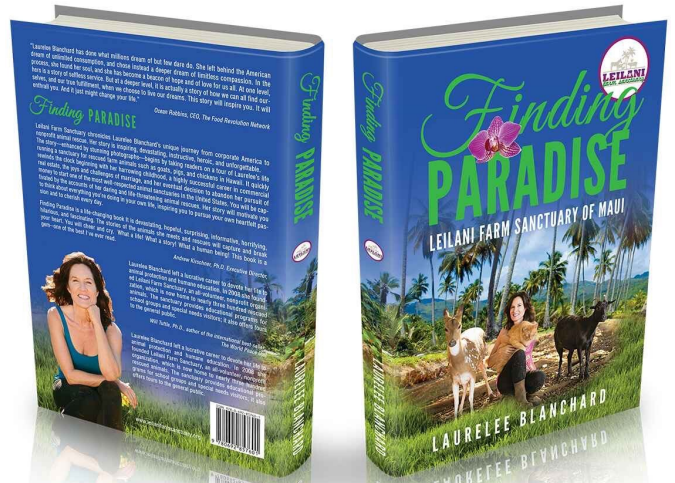
**VSH Kauai Presentation/Potluck  
Next one is on  
Sunday, September 2, 2018**

**July & August dates were canceled  
due to parking lot repaving at Sun  
Village Clubhouse.**

## Finding Paradise: Leilani Farm Sanctuary of Maui

By Laurelee Blanchard, Founder, Leilani Farm Sanctuary

The Island Vegetarian presents, in installments, passages from Laurelee Blanchard's recent book Finding Paradise: Leilani Farm Sanctuary of Maui. Laurelee is the founder of the Vegetarian Society of Hawaii's Maui chapter, which she ran for 11 years until her commitment to the animals of Leilani Farm Sanctuary needed her full attention.

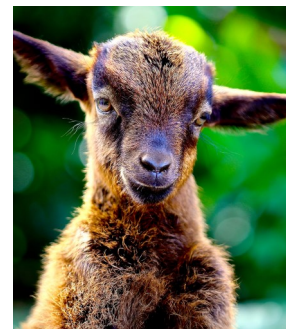


### From Chapter 1, ALEX'S ARRIVAL

A car crunches up the private gravel driveway, well past the clearly posted signage announcing, “No Vehicles Beyond This Point.” The sound jolts me out of my reverie, and I bound outside. The dented white Corolla grinds to a stop at the end of the driveway, and a woman emerges. She sprints up to the cottage, anxiously clutching a newborn goat swaddled in a gray sweatshirt. As I greet her at the bottom of the stairs, she explains that she discovered the goat entangled in a barbed-wire fence. “No other goats, including the mother, were anywhere to be found,” she tells me, her voice quavering with emotion.

I take the tiny bundle from her and rush into the cottage to fill a baby bottle with goat-milk formula. As I warm the mixture, I notice that the baby is slipping in and out of consciousness, possibly near death from dehydration and starvation. I pry open the goat's elfin mouth with my fingers and insert the nipple of the bottle. As the milk slowly drips into his mouth, I watch the baby goat's neck, looking for some sign of the swallow reflex. After a few sips, the emaciated goat begins to perk up, sparking in me a flicker of hope that he might live.

I keep him by my side for the next twenty-four hours, encouraging him to drink as much milk as possible. No bigger than a cat, the little goat grows stronger with each feeding. His plaintive cries echo those of a human baby. I realize he will likely survive



(Continued on page 4)

## 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>

### Directors

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Lorraine Sakaguchi

### Mahalo to our volunteers:

#### Oahu

\*special interest group coordinator

|                 |                   |
|-----------------|-------------------|
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|                    |                |
|--------------------|----------------|
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| Bill Best          | Ellen Fisher   |
| Bobbie Best        | Marie Le Boeuf |
| Laurelee Blanchard | Joy Waters     |



## President's Message

Dear Friends,

As you likely know, we've had a number of transitions in our Vegetarian Society of Hawaii board over the past 28 years. The most recent additions I've been proud to announce have been that of Irminne Van Dyken, MD, and W. Jeffrey Pang, who were elected to join the VSH board as of July 1, and I'd like to thank our current VSH board members, whom I am grateful to serve with, and who were reelected to serve for another two years at the same time. While Thomas Eisendrath, due to time constraints, stepped down from the VSH board last October, happily, he continues to coordinate VSH Kauai's activities with the help of some much-appreciated volunteers.

Several months ago, we at VSH were saddened to learn of the loss of Marcia Deutch, in a letter from Jim Deutch, who had been a pioneering VSH board member along with his wife Marcia. He asked that the following announcement be printed in this newsletter:

### Marcia Ann Deutch, November 11, 2016

I want to share with you the sad news of the passing of Marcia Ann Deutch on November 11, 2016. Marcia was one of the original members of the Vegetarian Society of Hawaii joining in 1990. She worked with founders Elaine French, Jerry Smith, and Bill Harris, M.D., serving as the society's first volunteer office manager. She also served on numerous VSH committees and projects during her membership.

Marcia moved to The Villages, Florida, in 2015 with her husband after living in Honolulu for 30 years. She was a native of National City, California, was a 1956 graduate of San Diego State College and earned her Master's Degree from Central Michigan University in 1976. She was a trained Adlerian Family Counselor and dedicated time and efforts to the Family Education Centers of Hawaii. Marcia was a loving wife and mother, and leaves behind to cherish her memory her devoted husband Dr. James A. Deutch, (Lt. Col, USAF Ret.); daughter Frances A. Deutch, Colonel, (Ph.D.) USAF, and Associate Dean of The School of Science and Technology Intelligence, The National Intelligence University, Bethesda, Md.; son James E. Deutch, an electrical and computer engineer and his wife Kristina, and Marcia's beloved granddaughter Natalie.

Anyone wanting to share their memories with her husband, Jim, a former member of the Society and a member of its Board, may do so at [jimdeutch01@gmail.com](mailto:jimdeutch01@gmail.com).

Aloha,  
*Lorraine*

VSH President



## 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. Please send them to [newsletter@vsh.org](mailto:newsletter@vsh.org).

# PRESERVING BRAIN HEALTH: IMPACT OF NUTRITION ON ALZHEIMER'S

A VSH PUBLIC PRESENTATION BY  
**DEAN SHERZAI, MD, & AYESHA SHERZAI, MD**



**TUESDAY, AUG. 14, 2018, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE)

**THURSDAY, AUGUST 16, 7 P.M.— MAUI  
CAMERON CENTER, 95 MAHALANI ST., WAILUKU**

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.**

**D**rs. Ayesha and Dean Sherzai will describe the profound effect of lifestyle on the risk of developing Alzheimer's disease. In their research at Loma Linda, one of the healthiest places on earth, they were able to demonstrate the remarkable influence of lifestyle on cognitive health. What was consistently demonstrated was that a whole food, plant-based diet conferred protection against brain diseases such as stroke and Alzheimer's despite genetic risk. They'll further discuss other lifestyle factors also important in preventing and even reversing cognitive decline.

**D**ean Sherzai, MD, PhD, is co-director of the Alzheimer's Prevention Program at Loma Linda University. Dean trained in Neurology at Georgetown University School of Medicine, and completed fellowships in neurodegenerative diseases and dementia at the National Institutes of Health and UC San Diego. He also has a PhD in Healthcare Leadership with a focus on community health from Andrews University.

**A**yesha Sherzai, MD, is a neurologist and co-director of the Alzheimer's Prevention Program at Loma Linda University, where she leads the Lifestyle Program for the Prevention of Neurological Diseases. Upon completing a Preventive Medicine and Neurology residency, she received a fellowship in Vascular Neurology and Epidemiology at Columbia University. She is also a trained plant-based culinary artist.

**SUNDAY, AUGUST 12, 2 P.M.**

DRS. DEAN AND AYESHA SHERZAI WILL ALSO PRESENT

**PRESERVING BRAIN HEALTH  
WELL INTO YOUR 80s, 90s AND BEYOND**

**HONOLULU CENTRAL SEVENTH-DAY  
ADVENTIST CHURCH**

**2313 NU'UANU AVENUE, HONOLULU—OAHU**

The greatest scourge of the 21st century has to do with diseases of the brain. Just one such disease - Alzheimer's - is currently the fastest growing epidemic in the United States and most of the first world nations. Today there is no cure for many of these diseases, but there is a way to prevent the disease in a great majority of those that would otherwise succumb to it.

The solution is not going to be in a pill, but in the efforts of communities and families in bringing about significant lifestyle and environmental change that reduce the risk of these diseases by as much as 90%.

So join us for this talk as we describe our work, and the work of many other scientists as we demonstrate the power of lifestyle in preserving our most important organ -- our brain.

**WED., AUGUST 15, 6-8 P.M.**  
**YOU'RE INVITED TO DINE OUT WITH  
TEAM SHERZAI!**

**'Umeke Market, 1001 Bishop Street**

Ground floor facing Hotel St. Nearby parking: across Ala-kea St. at municipal lot (after 5 p.m., max \$3) at Alii Place.

*Enjoy the vegan cuisine of Chefs Mama T  
Gonsalves & Rob Daguio:*

*Aina Stew<sup>GF</sup>, Kalua Jackfruit & Cabbage<sup>GF</sup>, Brown  
Rice<sup>GF</sup>, Green Salad<sup>GF</sup> w/ 2 Dressings (Balsamic  
Herb & Creamy cilantro), Vegetable Soup<sup>GF</sup>, Mini  
Cinnamon Buns, Raw Vegan Berry Cheesecake<sup>GF</sup>*

**\$25 (incl. tax & tip)**

RSVP to [Rasibert808@gmail.com](mailto:Rasibert808@gmail.com), with subject line  
**VSH Dineout**, to let Rob Daguio know your name  
& number of diners. He'll reply with a payment link.

Just click on it to pay. For more info,  
call (808) 522-7377.

**Note: Oahu dining event. Proceeds go to meal providers,  
not to VSH.**



## Finding Paradise

*(Continued from page 1)*

and decide to name him Alex, in honor of Dr. Alex Hershaft, my mentor and the founder of Farm Animal Rights Movement (FARM). Baby Alex's vitality steadily improves. He spends the next few days exploring my wrap-around porch, nuzzling me on the swing chair, and napping in the cat beds. Before long, he trots alongside visitors on farm tours—a tiny brown shadow with a lone black stripe—and soaks up the love through hugs and cuddle sessions. Warm, soft, and sweet smelling, Alex melts every heart that's open to him.

### From Chapter 2, THE SANCTUARY AT SUNRISE

Empty coffee cup in hand, I emerge from bed and walk over to a row of windows with an expansive, jaw-dropping ocean view. In the foreground is Animal Alley, a rough, welltrodden thoroughfare behind my cottage that offers the animals access to the entire eight-acre farm. A plodding pair of curly-haired sheep—along with three sleek black goats, who occasionally stop to playfully head-butt each other—make their way along the path. A lush valley extends beyond; and out in the distance, the ocean dances in a riot of whitecaps.

I make my way to the kitchen. Nearby, ducks and geese splash and frolic in a pond with a Hawaiian lava rock waterfall. I watch with delight as they dive deep into the water, their orange-webbed feet flashing above the surface.

This idyllic scene bears little resemblance to my former life. Fifteen years before baby Alex arrived, I moved to Maui from Southern California, where I worked as senior vice president for a commercial real estate brokerage firm. I had never been to a farm or even seen farm animals, and I spent my industrious days sequestered in high-rise office buildings. Little did I know that I would ultimately devote my life to protecting animals and someday establish a farm-animal sanctuary. Although my destiny had not yet revealed itself, the seeds of my future garden, planted long ago, had been germinating my entire life.

### From Chapter 3, MY UNFORGETTABLE CAT

My love of animals began at a very tender age. When I was five, on a dark autumn Michigan day in 1966, I became distraught because I couldn't find Smokey, my beloved gray-tabby cat. ... With evening approaching, I dejectedly headed home, overcome with despair. My beloved Smokey seemed to have vanished into thin air. But then, as I walked into my bedroom and lay my head down to cry,



Laurelee, age 5, with Smokey and her younger sister.

there was Smokey, sleeping peacefully on my purple floral pillow. My sense of relief at seeing my dear Smokey, alive and still with me, was one of the happiest moments of my childhood.

That winter, my parents decided to take my younger sister, Corinne, and me on a road trip to visit our maternal grandparents in Ohio. Smokey would accompany us, as no caretaker arrangements had been made for him. I was thrilled with the prospect of bringing Smokey on the trip. But as my dad loaded the car, I watched in horror as he stuffed Smokey into the trunk along with the luggage. I protested loudly and vehemently without success. ... my precious cat would now be locked inside the trunk, all the way from Michigan to Ohio.

I cried in the backseat of that car, imagining, with deep anguish, what Smokey must have been experiencing in such a dark, cold, and scary space.

When we arrived at my grandparents' home in Ohio, my dad promptly let Smokey out of the trunk—but then locked him in my grandparents' basement for the duration of our stay. That painful experience of not being able to protect my beloved companion cat would profoundly shape the course of my life. Someday, I would become a protector of animals.

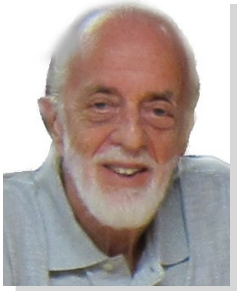
*To be continued in the next issue of The Island Vegetarian..*



*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>





# 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).

## Cauliflower and Cheddar & Chocoloat Bars

A recipe in *Vegetarian Times* reminded me of an old English dish I've been making for more than 20 years..

### Cauliflower and Cheddar

From England comes a traditional favorite. This uses cauliflower as the base of a very low fat "cheese" sauce and to cover the same veggie. Or you can just use the sauce for your favorite recipe.

- 2 small heads cauliflower divided into two 2 cup portions
- 1 small red bell pepper
- ½ cup plain non-dairy milk (soy, almond, etc)
- ¼ cup nutritional yeast
- 1 t mustard
- 2 t miso
- 1 t lemon juice

Cut and remove the seeds from the red bell pepper and roast it in an oven or toaster-oven until it just starts to darken.

Steam the cauliflower or place it in a saucepan with about a ¼ cup of water, bring to a boil and then simmer tightly covered for about 5 minutes. Reserve half.

Put all ingredients (except the reserved cauliflower) in a blender or food processor until completely smooth. Heat sauce and pour over warm cauliflower.

Hint: The color of the sauce with white cauliflower is made richer by adding about ¼ t of turmeric, but yellow cauliflower, now available in most markets, turns the sauce to gold.

For a more European flavor, sprinkle vegan parmesan on top and place under a broiler until it starts to brown. Also use this sauce for macaroni and cheese or topping for a baked potato, broccoli or any veggies.



Here's something I made recently. Really scrumptious. I'm a chocoholic - for me a day without something chocolatey is a day without sunshine!

This came about because some oat-fruit cookies I'd previously made turned out so well that I thought I'd try to keep the basics and make a dark chocolate bar that can be cut into any size pieces for a dessert or to pack for travel or camping. They're kind of like a slightly crispy brownie.

### Chocoloat Bars

For dessert, snacks and travel these bars are gluten-free, nearly fat-free and and can be made with very low calorie sweetener.

- 2 cups rolled oats
- ¾ cup oat flour (see note below)
- ½ tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt
- ¾ cup cocoa powder
- ½ cup sweetener (succanat, agave nectar, maple syrup, etc.)
- ¾ cup non-dairy milk
- 2 tsp vanilla extract
- 1 over-ripe banana, mashed (this takes the place of oil and eggs)

#### Preparation

Preheat oven to 350°.

Dry: In large bowl blend all dry ingredients.

Wet: In smaller bowl combine bananas, non-dairy milk, vanilla.

Add wet to dry mix until it's a smooth, slightly chunky dough.

On a silicone sheet or non-stick cookie sheet spread out dough flat about ½ inch high,

bake for 25 to 35 minutes or until the bar is firm, but not crisp on top.

#### Note:

These bake perfectly in a toaster oven, keeping the kitchen cool and saving energy.

Oat flour is easily made from whole oats in a coffee mill until a fine powder.



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

**Vegan Hills (5% disc.), which won the Honolulu Star-Advertiser's Best Vegetarian Restaurant "Hawaii's Best 2018" award, reopened on July 29 after undergoing renovations. Down to Earth (5% disc.) & Peace Café (5% disc.) also won finalist honors. Congratulations to all!**

## VSH MEMBERSHIP DISCOUNT GUIDE ☞ = Vegan or Vegetarian Business

### Oahu

#### ☞ Natural Food Stores ☞

- ☞ Down to Earth (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5%
- ☞ Celestial Natural Foods (Haleiwa) 5%

#### ☞ Restaurants ☞

- ☞ **'Ai Love Nalo** (41-1025 Kalaniana'ole Hwy) 5%
- ☞ **Aloha Tofu Town** (735 Iwilei Rd) 5%
- ☞ Banán (University Ave., Waikiki, Kahala Mall) 10%
- ☞ Canton Seafood Restaurant (923 Keeaumoku St.) 5%
- ☞ Down to Earth Deli (all locations) 5%
- ☞ Downbeat Diner and Lounge (42 North Hotel St.) 10%
- ☞ Ethiopian Love (1112 Smith St) 10%
- ☞ Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
- ☞ GRYLT (Ala Moana, Kahala Mall, Kailua) 10%
- ☞ Hawaii Nutrition Co (Herbologie Studio) 10%
- ☞ Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Loving Hut (1614 South King St. location) 5%
- ☞ Lovin Oven (418 Kuulei Road, Kailua) 5%
- ☞ Mocha Java Cafe (Ward Center) 10%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waialae Ave) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

#### ☞ Food Trucks ☞

- ☞ Banán (3212 Monsarrat Ave) - 10%
- ☞ Peace Café Express (9-2, M-F, except UH holidays, Sustainability Courtyard, UH Manoa) 5%
- ☞ What It Dough (at Banán truck Sat & Sun) \$1 off 12" vegan pizza

#### ☞ Bakeries ☞

- ☞ Down to Earth Deli (all locations) 5%
- ☞ yummy tummy (call Van at (808) 306-7786) 5%

#### ☞ Other ☞

- ☞ **Aloha Tofu Factory** (961 Akepo Ln) 5%
- ☞ Copy Hut (2503 S. King) 10% on posters & banners
- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- ☞ HNL Tool Library (200 Keawe St) 10%
- ☞ Igloo Air Conditioning ((808) 797-0039) \$250 discount
- ☞ Sophie Soleil Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- ☞ Will diGiorgio massage therapy ((808) 282-4485, Honolulu) 17% for 50 min. (\$60->\$50), 19% for 75 min. (\$80->\$65)

### Maui

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i, Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental

(55 Amala Place, Kahului) 10% (some restrictions)

- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- ☞ Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- ☞ **Harvest Café** (1367 S. Kihei Rd. #3-105, Kihei) 10%

### Kauai (\* food truck)

- ☞ Al Pastor Tacos\* (4-1602 Kuhio Hwy Kapaa) Free Drink
- ☞ Aloha Aina Juice Bar (Puhi) 10%
- ☞ Café Turmeric\* (5-5100 Kuhio Hwy Hanalei) 5%
- ☞ Chalupa's Authentic Mexican Food\* (Old Koloa Town or Lihue Town) 10%
- ☞ Craving Thai\* (3477 Weliweli Rd, Koloa) 5%
- ☞ Eat Healthy Café (77 Alanui Ke'ali'i, Kihei, HI) Free Dessert with meal
- ☞ Great Harvest Bread Co. (4303 Nawailiwi Rd Lihue) 5%
- ☞ Harvest Market (5-5161 Kuhio Highway, Hanalei) 10%
- ☞ Island Soap and Candle Works (Kilauea, Princeville, Koloa) 15%
- ☞ Kilauea Fish Market (4270 Kilauea Lighthouse Rd., Kilauea) 10%
- ☞ Papalani Gelato (Kiahuna Plantation Rd., Lihue. Anchor Cove Shopping Center, Poipu) 10%
- ☞ Rainbow Living Foods (4-1384 Kuhio Hwy, Kapaa) 5%
- ☞ Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa) 10%
- ☞ So Thai (77 Alanui Ke'ali'i, Kihei) 10%
- ☞ The Spot Kauai (4-1384 Kuhio Hwy) free topping
- ☞ Tortilla Republic (2829 Ala Kalanikaumaka, Poipu) 10%
- ☞ Verde Restaurant (4-1105 Kuhio Hwy, Kapaa) 5%
- ☞ Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

### Hawaii (Big Island)

- ☞ Happy Buddha Juice Bar (74-5583 Luhia Street, Kailua-Kona) 10% on pressed juices

### Anywhere

- ☞ VegVoyages (Asian adventure tours [vegvoyages.com](http://vegvoyages.com)) 5%
- ☞ Vegan Essentials - Food, Clothing and more (<http://store.veganessentials.com/>) 5%
- ☞ Vegetarian Journal ([www.vrg.org/groupmember/](http://www.vrg.org/groupmember/)) \$15 off \$25 subscription - 60%
- ☞ Flowers and Gifts: 15%: REDWHITE15 [www.gifts.com/](http://www.gifts.com/) [www.proflowers.com/](http://www.proflowers.com/) [www.personalcreations.com/](http://www.personalcreations.com/)

See details & any updates at [www.vsh.org/discounts](http://www.vsh.org/discounts).

**Boldface: newest discounts**

Revised August 1, 2018

Your VSH membership is a valuable one, which can save you many times the cost of dues. At the same time, your VSH membership dues and donations support the educational mission of the Vegetarian Society of Hawaii, go towards bringing in speakers for our free monthly public lectures, and much more. Thank you for your support!

For plant-based resources or to learn about VSH and VSH events, visit [www.vsh.org](http://www.vsh.org) or call (808) 944-VEGI (8344).



# Donate, Join, or Renew today!

Please Print  
 Name(s): \_\_\_\_\_  
 Street: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State, Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

New       Renewal

Make checks payable to: Vegetarian Society of Hawaii,  
 P.O. Box 23208, Honolulu, HI 96823

You may also join or renew online  
 at <http://www.vsh.org/join/>

1 Year   2 Years   3 Years   4 Years   5 Years

Regular  
 \$25    \$48    \$68    \$85    \$100

Full-time Student  
 \$15    \$30    \$45    \$60    \$75

Couple or Family  
 \$38    \$72    \$102    \$128    \$150

\$500 Lifetime regular membership

\$7 International mailing per year

\$\_\_\_\_\_ Additional tax deductible donation

**Send newsletter via full color email**

I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)

## Some Recent VSH Events

**June**



Don Forrester, MD, with wife Beth at the Ala Wai Golf Course Clubhouse in Honolulu on June 12, where he spoke on "Delaying Death and Avoiding Disability." He also spoke at Kihei Community Center on Maui on June 14.

**June**



VSH Kauai coordinator Thomas Eisendrath with VSH June 3 speaker, Chef John Galloway, who presented "Say Cheese:" at Sun Village Clubhouse in Lihue.

**July**



Malia Smith, EdD, who spoke on "Food Sovereignty: The Power of Food", with VSH Maui volunteer Stephen Beidner at Cameron Center in Wailuku on July 12. She also spoke at the Ala Wai Golf Course Clubhouse in Honolulu on July 10.

Right photo: Carly Fisher and James Aspey with Lorraine Sakaguchi (VSH). He gave a talk sponsored by VSH on "Why 365 Days of Silence for the Animals?" at Iolani School on June 7. James and Carly also screened "Dominion" on June 6 at the University of Hawaii at Manoa, and on June 14 at Heritage Hall in Paia on Maui (no photo available).



Malia Smith, EdD, was presented with a Hawaii State Senate award by State Sen. Mike Gabbard at her VSH dine-out on July 11 at Keauhou Lane's clubhouse, hosted by Down to Earth. At right is Dr. Smith's husband, Kevin Vaccarello.



Left photo: Nick Pecoraro and Kiana Mohika-Miyashiro of Anonymous for the Voiceless. Right photo: Doorae Shin of the Good Food Movement. They arranged James Aspey's appearances on Oahu, including a June 7 talk on vegan activism at the Naughty Vegan Studio in Honolulu, hosted by Mark Harmon (center). The "Dominion" screening on Maui was organized by Ellen Fisher and Joy Waters.



## Vegetarian Society of Hawaii

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**NEW: 'Ai Love Nalo now offers a 5% discount to VSH members!**  
See a complete list of VSH member discounts inside.



## Vegetarian Society of Hawaii VSH Special Interest Group Events

**Veg News community events**  
emailed at least monthly. To  
receive it, email [info@vsh.org](mailto:info@vsh.org).

### **Imagine a Vegan World** (vegan peer support group, discussions, activities) — Oahu

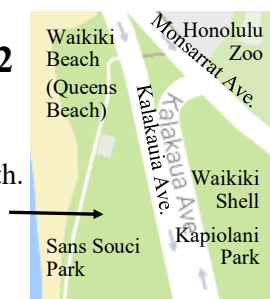
**Tuesday, Aug. 14, 6-6:55 p.m.** — Meeting on 2nd floor lanai, Ala Wai Golf Course Clubhouse, Honolulu.

**Tuesday, August 21, 6:30-8:30 p.m.** — **Vegan potluck.** Bring a healthy vegan dish to share, your own water / beverage, and dinnerware. **Hawaiki Tower, 88 Piikoi St.** Meet escort to enter bldg. in front of Tea Boss Kissa by 6:30 p.m.

### **Oahu Fruitluck**

**2-4 p.m. Sunday, August 12**

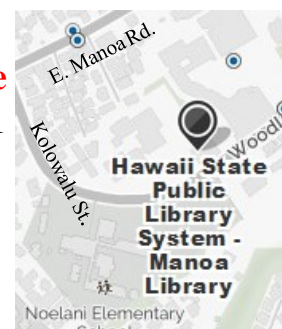
Sans Souci State Park, across from Kapiolani Park. Look for a sign, or a table with a distinctive tablecloth. Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ?



### **Nutrition Science Lecture with Q & A by Jake**

**6:30-8 p.m. Tues. August 21**

Manoa Public Library  
2716 Woodlawn Dr., Honolulu  
Learn the latest research news,  
enjoy meeting others, lively  
discussions & more! For more info:  
[earthscientist@rocketmail.com](mailto:earthscientist@rocketmail.com)



See details of events on this page at [meetup.com/veganoahu/](https://www.meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://www.meetup.com/Hawaii-Vegan-Events)  
These events are free and open to all, so please be sure to come, and bring a friend, too!