

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 29, ISSUE 2. SEPTEMBER 2018

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Free Public Lectures

Milton Mills, MD

“Plant Fiber & the Gut Microbiome:

How they Improve Human Physiology and Brain Health ”

Sunday, September 9, 2018

Honolulu Central Seventh-Day Adventist Church

“Meat Eating and Mind Games:

How Dressing Up Meat Makes Humans Desire It and Lose Our Health Along the Way, but How We Can Win It Back!”

Tuesday, September 11, 2018

Ala Wai Golf Course Clubhouse

Thursday, September 13, 2018

Cameron Center, Wailuku (Maui)

VSH Kauai Presentation/Potluck

Sharon de la Pena

Sunday, October 7, 2018

Maintaining Health & Cooking Demo

More details about these lecture events on pages 3 and 4

Part 2: 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. Here is the 2nd installment:

From Chapter 14, Discovering The Animal Rights Movement

My feelings about animal protection continued to intensify; I wanted to be an active part of the solution. I was particularly upset by a story I read in the local news about a man who killed a dog with a baseball bat outside of a fast-food restaurant after she had bitten his unattended toddler. In fact, what had actually transpired was that the toddler had provoked the dog by pulling roughly on her tail. In a letter to the editor, Ava Park, the president of Orange County People for Animals (OCPA), wrote about the incident. OCPA, I learned, was an animal rights organization focused on institutionalized animal abuse such as factory farming, and the use of animals in entertainment, fur production, and vivisection. When I attended my first meeting, I felt an instant kinship with the group's members. For the first time in my life, I was meeting others who felt just as strongly as I did about animal issues.



Gene Baur, Laurelee Blanchard & animal friends

.....
Our (editor: Laurelee and her then husband Rick Blanchard, MD) new vegan lifestyle promised to optimize our health, reduce animal suffering, and protect the environment. Friends suggested fabulous vegan restaurants, which made our transition to a plant-based diet easier. We discovered an array of meat-and-dairy-free options, including cold cuts, fillets, hot dogs, roasts, sausages, veggie burgers, cheeses, and milks. Even vegan "ice cream," we discovered, tasted better than its dairy counterpart. Rick, who was the cook in our family, began preparing our favorite recipes with vegan substitutes. Our bodies quickly responded: soon we had more energy, our athletic

(Continued on page 4)

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

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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:

Oahu

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President's Message

Dear Friends,

The Vegetarian Society of Hawaii has been a proud sponsor of VegFest Oahu since 2016, when Joy Waters and an incredible team of other volunteers organized the first one ever!

Please see below for an overview (we'll have more details next month) of this year's event and save the date, Saturday, October 13. We invite you to attend this popular vegan celebration, and enjoy the food, festivities, speakers, music, and more! Kids will have fun with keiki activities, too!

Aloha,
Lorraine

VSH President

VegFest Oahu
Celebrate. Learn. Taste.

LETTUCE CELEBRATE

Saturday, October 13, 2018 • 12pm - 5:30pm
Frank Fasi Civic Grounds near SkyGate, 558 South King St, Honolulu
FREE Entry & Parking

Chef Demos • Inspiring Speakers • Delicious Vegan Food
Live Music • Yoga & Dance • Healthy Vendors

Full Schedule Lineup:

VegFestOahu.com

CELEBRATING PLANT-BASED, SUSTAINABLE LIVING



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.

MEAT EATING AND MIND GAMES

HOW DRESSING UP MEAT MAKES HUMANS DESIRE IT AND LOSE OUR HEALTH ALONG THE WAY, BUT HOW WE CAN WIN IT BACK!

A VSH PUBLIC PRESENTATION BY
MILTON MILLS, MD



TUESDAY, SEPT. 11, 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, SEPTEMBER 13, 7 P.M.— MAUI
CAMERON CENTER, 95 MAHALANI ST., WAILUKU**

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

Humans have the anatomy, physiology and palate of herbivores! We naturally love and crave the tastes, textures, colors and varieties of various plant foods. Although we often eat meat, we really don't like it! That's why we are compelled to change its form, taste and texture to make it acceptable, and palatable. But, as medical science has shown us, meat and other animal foods are detrimental to our long-term health, promote chronic disease and lead to premature death. Learn what our biology and psychology are trying to teach us about who we are as a species, and what we should eat for our health, well-being and longevity, as opposed to what many of us choose to eat out of habit, custom and lack of knowledge!

Dr. Milton Mills is a graduate of Stanford University School of Medicine and a practicing Critical Care physician in the Washington, DC metro area. Dr. Mills' compassionate and encompassing worldview has led him to apply his knowledge about preventative healthcare toward the unique challenges of those who are underserved by the mainstream medical model: minority and less affluent populations. In the past Dr. Mills has served as Associate Director of Preventative Medicine for Physician's Committee for Responsible Medicine and co-authored published articles on the Racial Bias in Federal Nutrition Policy. Dr. Mills is a powerful public speaker, an empathetic healthcare ally, and most importantly a foremost advocate for a whole food, plant-based diet.

PRESERVING BODY AND BRAIN HEALTH
DR. MILLS WILL ALSO PRESENT

**PLANT FIBER &
THE GUT MICROBIOME:
HOW THEY IMPROVE HUMAN
PHYSIOLOGY AND PSYCHOLOGY**

SUNDAY, SEPTEMBER 9, 2 P.M.

HONOLULU CENTRAL
SEVENTH-DAY ADVENTIST CHURCH
2313 NU'UANU AVENUE, HONOLULU

Learn what dietary plant fiber is, including the different types, and how it is handled by our digestive tract. Learn also how the interaction between the bacteria in our GI tract and the fiber we eat improves our immune function, and reduces risk for chronic diseases, depression, anxiety disorders, and dementia. Dr. Mills will also discuss leaky gut syndrome, inflammation, cholesterol management, diabetes and whether the practice of colonic treatments is useful or necessary.

**WEDNESDAY, SEPT. 12, 6-8 P.M.
ENJOY A VEGAN DINE-OUT
WITH DR. MILTON MILLS!**

Peace Café, 2239 S. King St., Honolulu

Dinner includes

*Miso Soup w/ veggies, Entrée & Mochi Cake dessert.
(When RSVPing, select 1 entrée from below.)*

1) BBQ Tempeh Plate w/ coleslaw, green salad, cornbread, green salad, 2) Peace Sampler Plate:* hijiki, tofu scramble, yuzu carrots, cucumbers, tomatoes, mung beans, poke, nori flakes, avocado, mixed greens, alfalfa sprouts, TVP, sesame kale, house dressing, 3) Heart & Seoul* w/ tofu, bi bim bap, yuzu carrots, bean sprouts, miso dressing, or 4) Tex Mex w/ tortilla, quinoa, taco TVP, tomatoes, avocado, mixed greens, cilantro, black beans, corn salsa and hot sauce.*

**includes mixed brown / black rice, gf*

\$25 (includes tax & tip)

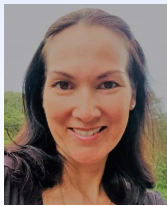
**To RSVP (needed), please call Peace Cafe at
(808) 951-7555.**

Dining event only. Proceeds go to Peace Cafe, not to VSH.

VSH KAUA'I VEGAN POTLUCK / PRESENTATION

Sun Village Clubhouse, 3-3400 Kuhio Hwy, Lihue

Monthly Sunday lecture / video presentation is **free and open to the public**. 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 (this month, donated by Eat Healthy Kaua'i)! Welcome without a dish, too; suggested donation: \$10. Check VSH's Facebook page for updates.



4:30 p.m., Sunday, October 7, 2018 MAINTAINING HEALTH & COOKING DEMO By Sharon de la Pena

Sharon is a registered dietitian and certified diabetes educator with Ho'ola Lahui Hawaii. She will discuss how low-fat, plant-based diets are ideal for diabetes and the conditions associated with it, such as heart disease, weight gain, high cholesterol, and high blood pressure. Additionally, she will also demo how to make lentil walnut taco meat and a plant based cheese sauce, a recipe the whole family can enjoy!

Finding Paradise

(Continued from page 1)

performance improved, and we stopped catching colds and flu viruses almost entirely.

From Chapter 18, Chartering A Jet To Maui

After a couple of years searching for farms in California, Rick suggested that we check out the Upcountry area of Maui, where we had honeymooned ten years earlier. The quarantine time required for cats brought to the island had been reduced, making the logistics of relocating our cats there more feasible, so we met with a real estate agent we had selected on the basis of his reputation as an environmentalist. There were only two properties with acreage for sale at the time, and we soon decided on one of them, a charming 1920s plantation-style house with a large carpentry workshop and an orchard full of exotic tropical fruit trees, including sapote, lychee, cherimoya, and jackfruit. At eight acres, the property was considerably smaller than we had envisioned, but we reasoned that it could be a stepping-stone to an eventual larger parcel.

From Chapter 21, Infiltrating The Piggery

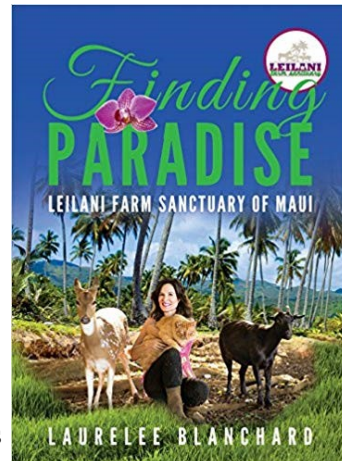
During my third year on the island, the Vegetarian Society of Hawaii asked me to take the helm and coordinate their Maui educational lectures. I welcomed this chance to meet like-minded people on the island, as well as world-renowned speakers. One of our first presenters was Gene Baur, cofounder of Farm Sanctuary, the largest sanctuary for farmed animals in the United States. Rick and I hosted Gene at our home and were delighted by this auspicious occasion to have personal time with him.



Finding Paradise: Leilani Farm Sanctuary of Maui

Laurelee Blanchard
Haiku, Hawaii

Leilani Farm Sanctuary
182 pages, 2017

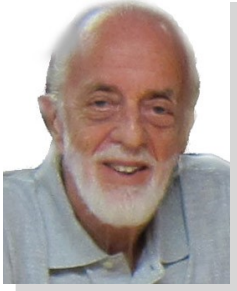


I told Gene about the reports of abusive conditions at a nearby pig factory and suggested we investigate. He was all for it. As a pretense to gain admittance, we would fake an interest in purchasing a pig. Once inside, we would then be able to see with our own eyes exactly what was happening to these animals. With my camera hidden in a back pocket of my jeans, I hauled the tandem bicycle out of the garage, and Gene and I peddled three miles uphill to the piggery.

Upon arriving, we encountered about a hundred pigs lying on the muddy ground in primitive outdoor paddocks. Several large, dilapidated, metal warehouses stood farther back on the land. As we approached these buildings, we were greeted by an older man—his skin leathery from decades of exposure to the intense tropical sun—and his preschool-age grandson. With friendly smiles on our faces, we told him we were interested in buying a pig, and we asked if we might have a look at the pigs inside the warehouses. Without hesitation, the man led us into the sad, dark cavern where so many pigs were living in horrible deprivation.

Heartbroken, we watched mothers locked in squalid farrowing crates, nursing their young through metal bars. We walked past pregnant sows confined to gestation stalls so small that they weren't even able to turn around. I saw the fear and hopelessness in their eyes. The realization that these animals were denied everything that makes life worth living made me extremely angry.

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



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."

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

Rapid Ratatouille and "Reese's Pieces" Pudding

Rapid Ratatouille

Ratatouille (rat-at-wee) is a dish from Nice on the French Riviera. You may have seen the 2007 animated Disney film, but you still wouldn't be able to make it. The original French recipe is complex and requires hours of preparation and cooking. Here's my short cut, just as tasty, but very quick and simple.

- 1 16 oz can of diced tomatoes
- 1 26 oz can of spaghetti sauce
- 1 16 oz can of garbanzo beans, drained
- 3 cloves garlic (or 1 T minced garlic)
- 1 medium onion (or 2 T diced dried onion)
- 1 T Italian seasoning blend (see note)
- 4 bay leaves (optional)
- 3 C vegetables diced in 1 inch cubes
- 1 C mushrooms (optional)
- 2 C cooked pasta of your choice

Reserve the tomato pieces from the can of diced tomatoes and then put the liquid and the next five ingredients in a blender and mix till smooth.

In a 2 qt pan put the blended mix and remaining ingredients, except the pasta, and bring to the start of a boil, then simmer for at least an hour, longer is better. Remove bay leaves.

Serve over your favorite pasta (I use whole wheat macaroni). Can also be served with rice or other grains or over a baked potato. Can be frozen.

Notes:

Best vegetables are eggplant, zucchini, broccoli, green beans, peas, carrots, turnip. If you're a bean lover, any cooked beans can be added.

Italian seasoning (at any food store) is usually a mix of oregano, basil, basil, marjoram, rosemary and sage. If it's not available, 2 t each of oregano and basil will work.



"Reese's Pieces" Pudding

(6 4oz servings)

The flavor of dark chocolate and peanut butter is delightful memory of childhood. But Reese's Pieces are not vegan; they are very high in fat, and peanut butter is high in fat, not a heart healthy food. Then along came PBfit, a powdered peanut butter with the oil removed to make it low fat - and just needs water to make it creamy again. (I get PBfit at Sam's Club and I've seen it at Costco and some supermarkets. It's available online, too.)



- 6 T cornstarch
- 2/3 C unsweetened cocoa powder
- 2 1/2 C water
- 3 T PBfit
- 1 T vanilla extract
- 1/2 C sweetener (vegan sugar, succanat, agave or other sweetener equivalent)

Put cornstarch and PBfit in a 2 quart saucepan and add a small amount of the water, mixing until a smooth paste. Gradually add the rest of the water, and over a low/medium heat, bring to a boil, stirring constantly. Immediately reduce heat to a simmer, stirring to prevent lumps, for 15 minutes. It will thicken further as it cools, so if put in small cups, do so before it is cold. After refrigeration for a few days, a small amount of clear liquid may form on top. It's a delicious chocolate nectar. Drink it.

If you prefer a milk-chocolate pudding, use a plant-based milk in place of the water. To make Mexican chocolate pudding, substitute 1 t ground cinnamon for PBfit. To make the taste sweeter, add 1/2 t salt.

t=teaspoon; T=tablespoon; C=cup

If you're already an Amazon customer, be sure to start your Amazon shopping at 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

VSH MEMBERSHIP DISCOUNT GUIDE

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 Waiialae 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)

Hawaii (Big Island)

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

☞ = Vegan or Vegetarian Business

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., 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%
- ☞ **Moku Roots** (335 Keawe St., Lahaina) 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 Kaua'i (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawaiilwili 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 (2827 Poipu Rd, Koloa) 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%

Anywhere

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

See details & any updates at www.vsh.org/discounts.

Boldface: newest discounts

Revised September 4, 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!

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				
<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:
 Vegan (no animal product at all)
 Vegetarian (no flesh, fish, or fowl)
 Associate (not yet vegetarian)

Some Recent VSH Events

August



At the Sherzais' VSH dine-out at 'Umeke Market on August 15. Above: Sophie (11) with her mother Ayesha Sherzai, MD, Chefs Mama T Gonsalves & Robert Daguio, Dean Sherzai, MD, and son Alex (13). Sophie is about to enter, & Alex is already in his 2nd yr. of college. Below: diners after finishing the vegan feast.



Above: On August 14, the Drs. Sherzai spoke at the Ala Wai Golf Course Clubhouse in Honolulu on "Preserving Brain Health: Impact of Nutrition on Alzheimer's."



The Drs. Sherzai, with host Pastor Bill Payne on August 12 at the Honolulu Central Seventh-Day Adventist Church, where they spoke on "Preserving Brain Health Well into Your 80s, 90s and Beyond."



Drs. Ayesha and Dean Sherzai with their host Crystal Johnson, 1 LT, USARMY MEDCOM TAMC, for their nursing grand rounds lecture at Tripler Army Medical Center on August 15.

September



On September 2, at Sun Village Clubhouse in Lihue, Gisela Fiege presented "Vegan = Skinny? or Healthy?" on her personal journey to health with inspiring photos of her transformation, and how to be your own health advocate. (VSH Kauai, due to parking lot repaving, had no meetings in July or August.)

Above, Jerome Kellner, VSH Maui coordinator, with Dr. Ayesha Sherzai and Dr. Dean Sherzai at Cameron Center in Wailuku where they spoke on August 16.



VSH Kauai coordinator Thomas Eisendrath with September best vegan dish winner Robert Zelkovsky (who also creates videos of VSH Kauai presentations; check them out at vsh.org/kauai/). He won with his dish "Curried Vegan Ulu".



Vegetarian Society of Hawaii

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NEW: Moku Roots on Maui now offers a 10% 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.

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

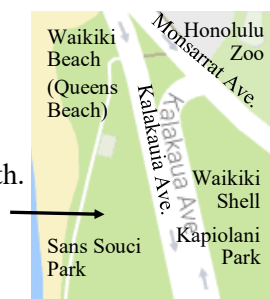
Tuesday, Sept. 11, 6-6:55 p.m. — Meeting on 2nd floor lanai, Ala Wai Golf Course Clubhouse, Honolulu.

Tuesday, Sept. 25, 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, Sept. 9

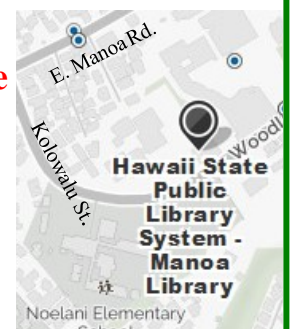
Sans Souci State Park, across from Kapiolani Park. Look for a sign, or a table with a distinctive tablecloth. Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ?



Nutrition Science Lecture with Q & A by Jake

6:30-8 p.m. Tues. Sept. 18

Manoa Public Library
2716 Woodlawn Dr., Honolulu
Learn the latest research news,
enjoy meeting others, lively
discussions & more! For more info:
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!