

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 29, ISSUE 4, NOVEMBER 2018

Pre-Thanksgiving Dinner	1,5
Grow Your Own Food & more	2,8
Upcoming events	3,5,8
Sweet Potato Pancakes & Souffle	4
VSH Member Discounts	6
Recent VSH Events	7

Free Public Lectures

John Pierre

“The Pillars of Health: Your Foundations for Lifelong Wellness”

**Tues., November 13 (Oahu)
Ala Wai Golf Course Clubhouse**

**Thurs., November 15 (Maui)
Kihei Community Center (Maui)**

**Sunday, November 18 (Kauai)
Kapaa Library Meeting Room**

VSH Kauai Presentation/Potluck

Benjahmin Koenigsberg

Sunday, November 4, 2018

“Adopting a Growth Mindset and a Starch Based Diet For Happiness”

Amanda Smith

Sunday, December 9, 2018

“Renewing Our Natural Love for Food”

Upcoming Oahu/Maui Speakers

**Grace Chen O’Neill, MD
December 2018**

**Terry Shintani, MD
January 2019**



You’re Invited! To VSH’s Annual Pre-Thanksgiving Dinner & Healthy Eating Workshop!



Jake Garvin



Nina and Randa Nelson

You’re invited to enjoy a plant-based celebration of Thanksgiving that’ll be not only tasty, but also healthier and more compassionate than the usual holiday dinner! Each year since VSH’s founding in 1990, VSH has hosted a vegan Thanksgiving celebration, featuring delicious vegan dinners and a chance to socialize with others in a relaxing atmosphere.

To help those who plan holiday trips and get-togethers during the Thanksgiving weekend, VSH moved its Thanksgiving celebration several years ago from Thanksgiving Eve to a few days before Thanksgiving. This year’s celebration will be from 4:30 to 8 p.m., with 4:30 and 6:30 p.m. seatings, on Monday, November 19, 2018, at McCoy Pavilion, Ala Moana Beach Park, Honolulu, on Oahu.

Everyone in the community, whether or not they normally eat a vegetarian/vegan diet, is invited to join in this event, as are Vegetarian Society of Hawaii members and their families, and friends, as well. For children (and their adults friends, too!) there’ll also be a keiki activities table hosted by artist Paul Onishi!

Down to Earth Organic and Natural, which is co-hosting and catering the event will be presenting a sumptuous vegan buffet of traditional Thanksgiving dishes!

The Healthy Eating Workshop this year will include special guest speakers, lifelong vegans Nina and Randa Nelson, singers, actors and identical twins, who will be speaking on the subject of their book *The Clear Skin Diet*, and vegan weightlifter and marathoner Jake Garvin, on the topic of healthy, plant-based nutrition. Pick up some informative literature, including recipes, and possibly some surprises, too! Go to page 5 to see the menu and other details, and make your reservations soon!

The Island Vegetarian

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

P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)

info@vsh.org
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

President: Lorraine Sakaguchi
Treasurer: James H. Thompson
Secretary: Grace Chen, MD
Directors: Patrick Moore
Ruth Heidrich, PhD
Matthew Jisa
Jerome Kellner
Carol Janezic
W. Jeffrey Pang
Irminne Van Dyken, MD

Advisory Board

Mark Fergusson

Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Royce Hirai
Patrick Connair	Andrea Lee
Will DiGiorgio*	Sirilak Moore
KianaRose Dulan	Paul Onishi
Phyllis Fong	Gail Pang
Dr. Fred Foster	Dr. Neal Pinckney
Yuika Furukawa*	James Richard
Jake Garvin*	Karl Seff, PhD
Shauna Graner	Georgie Yap

Kauai

Thomas Eisendrath, Kauai coordinator

Vigil Alkana	Michelle LeMay
Iry Boboshko	Chris Smith
Amorosa DeGracia	Bill Snyder
Janie Eisendrath	Carol Williams
Susan Lau	Robert Zerkovsky

Maui

Jerome Kellner, Maui coordinator

Stephen Beidner	Donna Clayton
Bill Best	Madhava Das
Bobbie Best	Ellen Fisher
Steve Blake	Marie Le Boeuf
Laurelee Blanchard	Naia Newlight
Jim Brown	Russell Van Dyken
Ken Cadigan	Joy Waters



President's Message

Dear Friends,

Wonderful things have been happening as the Vegetarian Society of Hawaii continues to expand our services to members and interested people in the community. As you may have noticed, we now have 4 special interest groups on Oahu (see pg. 8 for meeting times), in addition to our normal monthly lectures and dine-outs, and you are welcome to join in on the fun!

I am proud to announce our new **Grow Your Own Food** group which just held its first meeting on Monday, October 29 at Kilauea Recreation Center. Jeff Pang founded and heads this group, with help from his wife Gail Pang. Thirty-three people were in attendance and Dr. Susanna Reid was the first speaker for this group, lecturing about medicinal plants. Attendees went home with good information, plants or herb sprigs and some of Jeff and Gail's fresh apple bars!



Gail Pang, Dr. Susanna Reid, Jeff Pang

The Imagine a Vegan World (IVW)

vegan peer support group, which originally started as a part of VSH on August 14, 2012, returned to VSH in March 2018 after a short hiatus as an independent organization. Will DiGiorgio and Yuika Furukawa currently head IVW, which has just moved its monthly discussion and activities meetings and monthly vegan potlucks to Kilauea Recreation Center, as of October.

The **Nutrition Science** monthly lecture and discussion group whose first meeting was on February 28, 2017, was started by Jake Garvin who continues to give talks and lead discussions each month at Manoa Public Library.

The **Oahu Fruitluck**, which originally started as an independent group with its first meeting on August 24, 2014, has been a part of VSH since May 28, 2017, and held its first VSH meeting on June 4, 2017. The Fruitluck is headed by Jake Garvin and Woody Barboza, who has been with the Oahu Fruitluck since its earliest days. It meets the 2nd Sunday of each month at a shady picnic table on the grass just yards away from the ocean near Waikiki Beach. To join in, just bring fresh, ripe fruits to share, and, optionally, a Frisbee, hula hoop or ?

In the next issue of *The Island Vegetarian* we'll be sharing more details and photos from the recent exciting VegFest Oahu, but, for now, please enjoy this photo of VSH's Veggie Petting Zoo, which surprisingly was named by a number of attendees as their favorite attraction at VegFest Oahu, and, I'm told, was Instagrammed a lot, as well!



Volunteer Royce Hirai at VSH's Veggie Petting Zoo

Thanks to all of our VSH volunteers who helped that day, and to Joy Waters for another successful Aloha!
VegFest
Oahu!

Lorraine

VSH President

THE PILLARS OF HEALTH: YOUR FOUNDATIONS FOR LIFELONG WELLNESS

A VSH FREE PUBLIC PRESENTATION BY
JOHN PIERRE



TUES. 7 P.M. NOV. 13, 2018

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

AT END OF 0.2 MI. DRIVEWAY BETWEEN GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY

THURSDAY, NOVEMBER 15, 7 P.M.— MAUI

KIHEI COMMUNITY CENTER, 303 E. LIPOA ST., KIHEI

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

SUNDAY, 7.P.M. NOVEMBER 18 — KAUAI

KAPAA LIBRARY MEETING ROOM, 4-1464 KUHIO HWY, KAPAA
BRING A VEGAN SNACK (NO ENTREES), DESSERT OR DRINK TO SHARE.
BEST ONE WINS A PRIZE FROM EAT HEALTHY KAUA'I!

Learn the four solid principles that provide everyone with a strong foundation for lasting, lifelong well-being. John Pierre will share practical life-enhancing modalities and easy-to-implement information that will get everyone on the path toward attaining and maintaining vibrant health. He'll convey tips and tricks that are fun, enjoyable, and doable. The presentation will include information about the benefits of wholesome, delicious plant-based foods, along with the importance of engaging and expanding our mind with cognitive fitness modalities to keep them sharp and clear. Additionally, John will demonstrate how challenging our body with joyous physical motion is imperative to our well-being and how to invite more movement into our daily life. Finally, John will share how embracing a loving and compassionate outlook will create the solid "pillars" that lead to lifelong wellness.

Nutrition and fitness consultant John Pierre has trained hard-core athletes, Hollywood celebrities, rock-stars, and Fortune 500 executives. Assisting a wide range of clientele and people of all backgrounds and fitness levels, John's passion is to help everyone. Credited as being one of the first pioneers in the U.S. to create "brain-building" classes that enhance cognitive fitness in our geriatrics community, 30 years of experience has provided John with a unique understanding and ability to help others with cognitive challenges. John Pierre was recently inducted into the North American Vegetarian Society Hall of fame, and continues to contribute widely to magazines and publications in the area of health and fitness. John is the author of several books, including: *The Pillars of Health*, and *Strong, Savvy, Safe*, available at www.johnpierre.com, and has starred in numerous health-promoting DVD's and online programs that reach countless individuals all over the world.

VSH KAUA'I VEGAN POTLUCK / PRESENTATION

Sun Village Clubhouse, 3-3400 Kuhio Hwy, Lihue

Lecture is free and open to the public. To participate in the potluck, bring a vegan dish and include an ingredient list/recipe. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate donated by Eat Healthy Kaua'i. Welcome without a dish, too; suggested donation: \$10. Check VSH Facebook page for updates.

**4:30 p.m., Sunday, November 4
ADOPTING A GROWTH MINDSET AND A
STARCH BASED DIET FOR HAPPINESS
By Benjamin Koenigsberg**



Benjamin, lifestyle coach & bodywork therapist, tells how a growth mindset and a vegan diet of fiber rich, prebiotic, delicious and satiating starchy foods can liberate us from emotional eating and many diseases.

**4:30 p.m. Sunday, December 8, 2018
RENEWING OUR NATURAL LOVE FOR FOOD
By Amanda Smith**

Amanda is chef, TV host, food writer and founder & executive director of Menehune Chef. She will share the benefits of eating sustainable, locally sourced farmers market finds in everyday recipes, the importance of mindful eating, her vision for the future generation of keiki and families, her Menehune Chef program for kids and families, a fun take-home vegan recipe, and how the foods she eats saved her life.

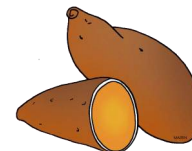




Heart Healthy Recipes

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.

Sweet Potato Pancakes and Sweet Potato Souffle

On a recent trip to New York City, I visited a new vegan restaurant, Seasoned Vegan in Harlem. The food was delicious, but not quite low fat. After some begging, I was given two recipes of the dishes that I ate and adapted them to make them much lower in fat and heart healthier. They were both for red/orange potatoes -- imagine what they might look like with purple Okinawan ones.

Southern cooking, and especially soul food, traditionally makes wonderful use of sweet potatoes.

Sweet Potato Pancakes

(serves 3)

Dry ingredients:

- 1½ C whole wheat or whole spelt flour (or gluten free flour)
- 1/3 C sweetener (Sucanat, agave, or vegan sugar)
- ½ t salt
- 1 t baking powder
- ½ t baking soda
- 2 t cinnamon
- ¼ t nutmeg (freshly ground preferred)



Wet ingredients:

- 1½ C soy milk (or another non-dairy milk)
- 1 t apple cider or white vinegar
- 1 t vanilla extract
- ¼ C plus 2 tablespoons mashed sweet potato
- 2 T EnerG egg replacer + 5 T water

Combine all the dry ingredients in a large bowl. Briskly whip the egg replacer and water in a large mixing bowl to make a froth. Add the soy milk, vinegar, vanilla and sweet potato and mix well. Stir the wet ingredients into

the dry ingredients to make a batter. Preheat a large non-stick pan or skillet. Dollop in enough batter to make to make as many 3" pancakes as will fit. Cook on each side on medium-low heat for about 3 minutes. Flip when the middle starts to bubble.

Serve with maple syrup, coconut flakes (as shown) or your favorite toppings.

Sweet Potato Souffle

- 3 sweet potatoes
- 1 T pumpkin spice (see hint below)
- 2 T maple syrup or 2 T vegan brown sugar or agave nectar
- 1 t vanilla extract (not artificial vanilla)
- 3 T EnerG egg replacer in ¼ C water
- pinch of salt



Preheat oven to 400°. On a large non-stick baking sheet place sweet potatoes and poke holes on both sides with a fork. Roast until tender, about 50 minutes. Wait until completely cool. Scoop out flesh and transfer to a food processor along with cinnamon, brown sugar, vanilla, and salt. Process until smooth. Beat egg replacer in water until foamy, then add it to processor and run processor until the color is uniform. Add batter to a round non-stick or silicone casserole dish or ramekin. Bake until puffy and completely set, 35 to 40 minutes.

Hint: If packaged pumpkin spice is not available, the following will work: 2 t ground cinnamon. 1 t ground ginger. ¼ t ground cloves. ¼ t ground nutmeg.

(C = cup, t = teaspoon, T = tablespoon)

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.



Leilani Farm Sanctuary is home to hundreds of rescued animals. Visitors are welcome, including school groups for educational tours.



www.LeilaniFarmSanctuary.org
phone: (808) 298-8544

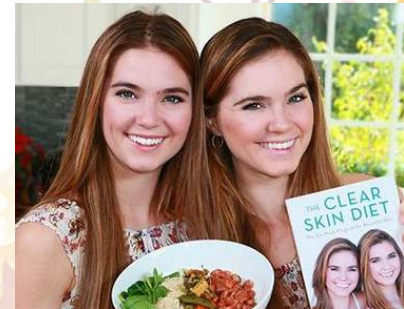
For plant-based resources or to learn about VSH and VSH events, visit www.vsh.org or call (808) 944-VEGI (8344).

You're Invited to
The Vegetarian Society of Hawaii's annual
Vegan Pre-Thanksgiving Dinner
& Healthy Eating Workshop

4:30 to 8:00 P.M.

Monday, November 19, 2018

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



Featuring special guest speakers
Nina and Randa Nelson

5:15 p.m., 6:45 p.m.

Identical twins, singers, actors and authors of *The Clear Skin Diet*, featured on CNN, ABC News, Daily Mail UK and forksoverknives.com!



and

Healthy Plant-Based Nutrition
with **Jake Garvin**

5:45 p.m., 7:15 p.m.

Vegan runner and weight lifter, who has run and finished the Honolulu Marathon carrying a 100 pound log!



Vegan Thanksgiving Menu

Entrees

Pumpkin Tofu Curry
Mock Turkey Cutlets
Mock Turkey a la King*
Shepherds Pie

Side Dishes

Gluten-Free Stuffing
Mashed Potatoes
Garbanzo Gravy
Hawaiian Sweet Yams
Cranberry Sauce

Salads

Kale Salad w/ Beets
Green Salad with
Papaya Seed and Vegan Ranch Dressings

Desserts

Pumpkin Crunch
Carrot Cake*

Beverages

Herbal Tea, Water

* Contains gluten. Some other food sensitivities can also be accommodated. Please ask.

Seatings at 4:30 and 6:30 p.m.

\$35 adults, \$15 ages 7-12 , free ages 0-6.

Enjoy a scrumptious holiday dinner featuring vegan versions of traditional dishes with friends and family, and meet new friends, too!

At our **Healthy Eating Workshop**, you'll also get to experience great speakers, and more!

RSVP & prepay at d2e.co/vshthanksgiving.

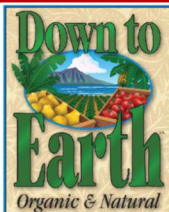
If you can't do this online, DTE will take cash and check payments for reservations 10 a.m.- 3 p.m. at room 309 on Nov. 14 and 15, upstairs from DTE at 2525 S. King St.

If you have questions, call VSH at (808) 518-2354. Seating is limited, so please make your reservations soon. (Proceeds go towards the dinner only, & none go to VSH.)



Keiki Fun Table

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



Catered & cohosted by

Down to Earth
Organic & Natural!
downtoearth.org



Vegetarian Society of Hawaii
Join us!

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

VSH MEMBERSHIP DISCOUNT GUIDE



Atelier Plant Based features vegan nutrient dense foods such as this Nice Cream Bowl.



Town & Country Builders does new home construction, remodeling, & much more. Vegan owner.



Moku Roots makes veggie taro burgers & much more.

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%
- ☞ **Atelier Plant Based** (Ala Moana Shopping Ctr-inside Vim N' Vigor) 5% M-F, 10% Sat.
- ☞ 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%
- ☞ **Town & Country Builders LLC**, remodeling & home improvements, license #BC-26340. ((808)358-6667) \$250 discount
- ☞ Will DiGiorgio, licensed massage therapist ((808) 282-4485, Honolulu) 17% for 50 min. (\$60->\$50), 19% for 75 min. (\$80->\$65)

Hawaii (Big Island) Coming Soon

☞ = 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 Nawaiiliwili 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%
- ☞ Flowers and Gifts: 15%: REDWHITE15 www.gifts.com/ www.proflowers.com/ www.personalcreations.com/

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

Boldface: newest discounts

Revised November 5, 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
\$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



Above: Michael Klaper, MD, lectured on **“Wake Up, Doctor!” Your Patients are Eating Themselves to Death!** at the Ala Wai Golf Course Clubhouse, October 9



Left and below: Diners at Dr. Michael Klaper’s VSH dine-out on Oct. 12 at the Bodhi Tree Meditation Center in Honolulu. Dr. Klaper is in the center of the last row of people in the group photo.



Above: Phyllis Fong and Gail Pang served vegan refreshments donated by Down to Earth at Dr. Klaper’s lecture on Oct. 9 at the Ala Wai Golf Course Clubhouse.

Right: Dr. Michael Klaper with Crystal Johnson, I LT, USARMY MEDCOM TAMC, at Tripler Army Medical Center on Oahu on Wednesday, October 10, where he gave a nursing grand rounds lecture.



Right: Dr. Michael Klaper and his wife Alese Jones, RYT, at his talk on Maui at Cameron Center in Wailuku, on October 11. Below right: Crowd listens to Dr. Klaper speak at Cameron Center.



Above right: Benjahmin Koenigsberg gave a talk on **“Adopting a Growth Mindset and a Starch Based Diet For Happiness”** on Nov. 4 at Sun Village Clubhouse in Lihue on Kauai.

Right: Best vegan dish winner on Nov. 4, Lisa Knutson, who won for her Moroccan Chickpea and Broccoli/Quinoa Salad, with VSH Kauai coordinator Thomas Eisendrath.





Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

Address Service Requested

NONPROFIT
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 645



Vegetarian Society of Hawaii VSH Special Interest Group Events

Veg News community events
emailed monthly. To receive it,
email info@vsh.org.

Grow Your Own Food (gardening group) — Oahu

Mon., Nov. 26, 6:30-8:30 p.m. — Garden for fun and good eating no matter where you live!
Enjoy discussions, seed and plant exchanges, expert talks. **Kilauea Recreation Center.**



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

Monday, Nov. 5, Dec. 3, 6:30-8:30 p.m. — Discussions & activities! **Kilauea Recreation Center.**

Monday, Dec. 17, 6:30-8:30 p.m. — **Holiday Vegan Potluck.** Bring a healthy vegan dish to share, your own water / beverage, and dinnerware. **Kilauea Recreation Center, 4109 Kilauea Ave, Honolulu, HI.**

Oahu Fruitluck

2-4 p.m. Sunday, Nov. 11

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 ? (Weather is usually dry here, but check before coming!)



Nutrition Science Lecture with Q & A by Jake

6:30 p.m. Mon. Nov. 26

Manoa Public Library
2716 Woodlawn Dr., Honolulu
Learn the latest research news, enjoy meeting others, lively discussions & more! Flexible ending after 8 p.m.
earthscientist@rocketmail.com



See details of events 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!