

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 29, ISSUE 5, DECEMBER 2018

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Free Public Lectures

Grace O’Neil, MD

**“Plant Strong:
How to Avoid Infections on
a Plant-Based Diet”**

**Tues., December 11 (Oahu)
Ala Wai Golf Course Clubhouse**

**Thurs., December 13 (Maui)
Kihei Community Center (Maui)**

VSH Kauai Presentation/Potluck

Amanda Smith

Sunday, December 9, 2018

**“Renewing Our Natural Love for
Food”**

Cynthia Fowler

Sunday, January 6, 2019

**“Plant-Based Diet vs Plant-
Powered Life”**

Upcoming Oahu/Maui Speakers

Terry Shintani, MD

January 2019

Irminne Van Dyken, MD

February 2019



An Inspiring Journey to Vibrant Health

By Amy Tasetano

(In October, I had the privilege of meeting Amy and Rick Tasetano, who were visiting Hawaii and our Vegetarian Society of Hawaii events from their home in Florida. Amy told me their story of their plant-based journey from cancer and obesity to wellness and vibrant health, and how she is using what she’s learned to help others through her “Be Green With Amy” program. I was excited to hear her story, and asked her to write it down so that I could share it with others through The Island Vegetarian. Now, slightly paraphrasing what Amy says on her website, you fortunate readers won’t have to be green with envy seeing her and Rick’s “before and after” photos on this page when you can Be Green With Amy! — Lorraine Sakaguchi, VSH President)

"In sickness" is when you have an opportunity to learn if you have married a warrior. In November of the year 2000, at age 37, I was a busy mother of three young children, all under 10 years of age. Shockingly, I was diagnosed with breast cancer. After questioning me about my age, lifestyle and family history,

(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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Visit our website for online lecture videos, restaurant guide, TV and meeting schedules, and newsletter archives.

Please visit our Facebook page at <https://www.facebook.com/VegetarianSocietyOfHawaii>

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Oahu

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President's Message

Dear Friends,

It seems that we have much we can be thankful for this holiday season! Although the world may appear to be filled with troubling news, even close to home, there are also good, loving people around us. As long as we continue to support each other, there is nothing we can't get through. For those of us who are in a position to lend a hand to others, please take this opportunity to do so. As Anne Frank wrote in her diary, "How wonderful it is that nobody need wait a single moment before starting to improve the world."

And, please don't forget the animals who can't speak for themselves. Give affection and healthy attention to the animals in your life, don't eat animals, and, if you can, speak up on their behalf, or support an animal sanctuary, such as Leilani Farm Sanctuary in Haiku on Maui, or Aloha Animal Sanctuary on Oahu.

Aloha!

VSH President

Aloha and Best Wishes for a Hau'oli Makahiki Hou!

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 your donation to be in memory of Dr. Bill Harris, you may also note this on your check, or if donating at <http://www.vsh.org/donate/>, send an email to let us know at info@vsh.org. Dr. Harris 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, the reason he became a vegetarian, and eventually a vegan and an activist on behalf of farmed animals.

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

Annual Meeting Notice

Annual reports from the Board will be made to the membership at 6:50 p.m. prior to our featured speaker on December 11, 2018. Please attend and learn the status of your organization. Mahalo!

A Perfect Holiday Gift!

If you're thinking of giving someone a gift this holiday season, consider giving them a membership to the Vegetarian Society of Hawaii! Let us know, and we'll send their new VSH membership card to them with holiday greetings from you!

PLANT STRONG: HOW TO AVOID INFECTIONS WITH A PLANT-BASED DIET

A VSH PUBLIC PRESENTATION BY
GRACE O'NEIL, MD



TUESDAY, DEC. 11, 2018, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU—OAHU

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE &
WAIKIKI-KAPAHULU LIBRARY)

THURSDAY, DECEMBER 13, 7 P.M.— MAUI

J. WALTER CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

Dr. Grace O'Neil will speak about some of the infections that she sees in the emergency room. Topics include the common cold, urinary tract infections, and food poisoning. She will talk about how you can decrease your risk of contracting these illnesses with a plant-based diet. Learn about how micronutrients in plants can help you be plant-strong and resistant to disease!

Dr. Grace Chen O'Neil is a board certified emergency physician who practices in Hawaii. She graduated from New Jersey Medical School and completed her residency in New York. She has been steadily making her way westward, and finally settled in Hawaii in 2013. She has been vegetarian for over 25 years and vegan for the last 9 years. After seeing many patients afflicted with chronic preventable diseases, she decided to start her own blog at www.graceinhawaii.com (365 Days of Graceful Living) to educate people about how lifestyle choices can improve quality of life.

WEDNESDAY, DECEMBER 12, 6-8 P.M.

ENJOY A VEGAN DINE-OUT WITH DR. GRACE O'NEIL!

THE BAYER ESTATE, 5329 KALANIANA'OLE HWY—OAHU

ENJOY A SPECIAL DINNER AT

"STEVE MCGARRETT'S HOUSE" FROM HAWAII FIVE-0!

DIRECTIONS: ON THE MAKAI (OCEAN) SIDE OF THE HIGHWAY, DIRECTLY ACROSS EAST HIND DRIVE, AND ONE DRIVEWAY BEFORE (IF COMING FROM TOWN) CALVARY BY THE SEA LUTHERAN CHURCH. PARK ON THE LAWN NEXT TO THE DRIVEWAY.

CATERED BY MAMA T AND ROB DAGUIO OF 'UMEKE MARKET

'ULU LASAGNA, GREEN BEAN CASSEROLE,

'AINA SALAD WITH 2 TYPES OF DRESSING, FRESHLY BAKED

FOCACCIA BREAD, TOFU CHOCOLATE CREAM PIE.***

\$24 (SENSITIVITIES: *HAS GLUTEN, **HAS SOY)

RSVP to 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: Dining event. Proceeds go to meal providers, not to VSH.

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Amy and Rick, an "after" photo.

the oncologists concurred that these were clearly not indicators of my diagnosis. There were no discussions about animal products in my diet except for one doctor, who suggested that we take the kids out for ice cream to tell them that Mommy has cancer. My husband Rick was my rock and my anchor as he was determined and committed to see me through whatever was to come. We decided to follow the doctors' treatment recommendations. In hindsight, I am not convinced that our decision was the best course of action.

How could this have happened to me? My husband Rick and I were eating what we considered (and were told) to be a healthy diet. We included olive oil, sea salt, "heart healthy" (right?) cold breakfast cereals, stevia, "clean" meats like grilled salmon and skinless chicken breast, low fat crackers, salad dressings, cheeses, milk, Greek yogurt, etc.

Despite our commitment to what we thought was healthy eating, over the years, our health slowly declined. Each year my cholesterol climbed along with my weight. In addition to getting cancer, I had several health issues including chronic sinus infections, acne, and digestive problems, with a few cancer scares throughout the years. If I didn't eat every three hours, I felt weak and shaky. Each year, my cholesterol and blood glucose numbers rose. I felt my health destiny was pre-determined, as my mother and grandmother had type 2 diabetes and heart disease.

Over the years, Rick became obese. He was on medications for high blood pressure and cholesterol. Each year, his knee and back pain worsened and he had chronic migraines. His doctors told him he would be taking prescription medications for the rest of his life.



At Dr. Klaper's talk in Honolulu on Oct. 9.

We both grew older, fatter and sicker as the years passed. We thought we were doing our best and that what was happening to our bodies was the inevitable consequence of aging. We were totally wrong!

In 2012, I discovered Dr. Joel Fuhrman's PBS show about the health benefits of adopting a plant strong, unprocessed diet. I had heard of people eating a vegan diet but never considered it to be part of a healthy lifestyle. The show really struck a nerve as I learned about how the consumption of animal



Amy and other diners at Dr. Michael Klaper's VSH dine-out on Oct. 12 at the Bodhi Tree Meditation Center. Dr. K is the tallest one in the back.

products increases the risk of cancer, heart disease, diabetes, high blood pressure, digestive problems and more. With all of the health issues we had, not one of our doctors had asked us about our eating habits. Rick noticed that I was repeatedly watching PBS to catch Dr. Fuhrman explaining the extraordinary health benefits of eating GBOMBS - greens, beans, mushrooms, berries, nuts and seeds. "Why don't you just buy the book and DVD set?" he asked me. I replied "If I buy it, would you be willing to follow the recommendations with me?". Rick answered, "Only if it tastes good."

Well, the food did not taste good, at first. Gradually, our taste buds adapted to food without sugar, oil and salt. We learned how to add seasonings, herbs and spices and the food began to taste very good!

We also did not feel very good, at first. Rick felt like he was coming down with the flu during the first week, although he had no fever. I was continuously hungry and trying to find acceptable foods, which would satisfy



Lorraine Sakaguchi, Rick & Amy on Oct. 12.

my constant, toxic hunger. We both began to doubt if this lifestyle would be sustainable. We decided to continue for one more week. We finally found a [simple recipe that tasted good and hit the spot](#). As we experimented with recipes, we found [other meals](#) and [treats](#), which became winners on our family menu.

Rick was monitoring his blood pressure several times a day and keeping a log. As Dr. Fuhrman had cautioned in his book, Rick became lightheaded from being overmedicated as his blood pressure dropped from our new lifestyle. Along with the discovery of [even more good tasting recipes](#), came some fantastic health outcomes.

Rick's physicians worked with him to taper off and finally eliminate all of his prescription medications. The pounds

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At the Vegetarian Society of Hawaii tents at VegFest Oahu on October 13.

began to melt away although he was basically sedentary while recovering from consecutive, elective shoulder surgeries. Rick had one arm and then the other restricted to a sling while he recovered over a period of 12 months. During this time he lost approximately 100 pounds! Other benefits Rick enjoyed were the elimination of his migraine headaches, knee pain and shortness of breath. His

back even began to feel a little better.

I could finally go six hours or more, between meals, without thinking about eating. The pounds were melting away. My skin was clearing up as were my sinus and digestive issues.

Why didn't we know that the food we ate was harming our health? Why didn't anyone tell us that eating the right food would make us healthy?

As my toxic hunger lessened, my hunger for information grew. I read other books by Dr. Fuhrman and searched the Internet for his lectures. I became the "Green Nerd" and Rick became the "Green Chef".

I found the [Vegetarian Society of Hawaii on YouTube](#) and watched/listened daily to the massive archive of videos. It was wonderful to discover other plant-based experts and helpful information. What a great resource! This opened my world to explore other experts' videos, podcasts and books, etc. These videos also helped me become aware of the ethical and environmental benefits of adopting a vegan diet.

With each VSH video, I watched Lorraine lead this wonderful group (which Rick and I had the pleasure to visit in October). Lorraine demonstrated how important it is to share knowledge about this lifestyle with others and to provide a nourishing community. I was inspired to form my own group in Florida. Rick and I currently lead [two whole food, plant based groups](#) in two separate cities!

Our three young (now adult) children [began adopting some or all of our plant lifestyle](#). Each of them found benefits. All three of them were saturated with my daily blasts of "Did you know...?," touting the latest pearl of wisdom I learned about this lifestyle. They all suggested that it was time that I direct my passion to sharing this knowledge with others. Our oldest, Rebecca, designed a [Be Green With Amy website \(begreenwithamy.com\)](#). Our other daughter Jessica helped with graphics and our son Paul helped me to navigate computer related hurdles. I began posting pictures on my [BeGreenWithAmy Instagram](#), videos on our [BeGreenWithAmy YouTube Channel](#), tweeted on my [Twitter](#) and reached out to the world on my [BeGreenWithAmy Facebook](#) page.

Each day, more and more people subscribe to and follow my social media as I share free recipes, tips, and hacks for navigating this lifestyle as it relates to family, health, socializing, cravings, food, the animals, environment and more.

I continue to celebrate living. We feel better and have more energy today than before we began this lifestyle. In 2015, Rick asked me to try on my original wedding gown because he wanted us to renew our vows. As I took the 29-year-old gown out of the keepsake box, I thought it might fit but was not sure if all 30, tiny buttons on the back would close! Well, the buttons closed and we had a 29th, romantic celebration of our wedding, at sunset on the beach!

Since I began this lifestyle transformation in 2012, I can't unlearn this information. I can't stop thinking, "Everyone has the right to know that adopting a whole food, plant strong lifestyle can prevent and reverse many diseases," and "I wish I had known about these health benefits before or when I was diagnosed with breast cancer." Today, 18 plus years later, with the cancer behind me, I feel that I was given an opportunity to become a Green Warrior and spread the word.

I feel compelled to share all that I have mastered over the years. My visit to The Vegetarian Society of Hawaii made me feel like I had closed a meaningful circle. I had the opportunity to meet Lorraine and many members in person. I also attended Dr. Klaper's presentation at the meeting, the [dinner given in his honor](#) and at VegFest Oahu.

Since 2012 I have learned how easy it can be to adopt and maintain this lifestyle. I have completed the [eCornell Plant-Based Nutrition Certification program](#). My Green Warrior Rick and I enjoy showing people how to cook, get through detoxification, food addiction, weight loss plateaus, socializing and more. It is my goal to show others how to celebrate living and to become Green Warriors for



At the VSH Oahu Fruitluck on Oct. 14 by the beach in Waikiki. Rightmost 3 are VSHers Feel Castrati, Woody Barboza & Lorraine Sakaguchi.



Amy and her Meetup group of Green Warriors in Florida.

their own health. Be Strong, Be Well and Be Green!

— The End —

Some Recent Community Events

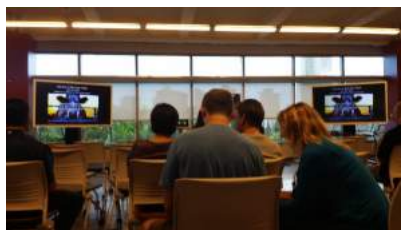
PETA's Sexiest Vegan Male Over 50 Lives in Hawaii!

PETA's announcement on October 23, says, in part:

He keeps a home on the grounds of an animal sanctuary and publishes his own pro-vegan magazine—and now, Pā'ia resident Carlos Garcia has also been named the male winner of PETA Prime's 2018 Sexiest Vegan Over 50 contest. He beat out two other finalists and dozens of entrants from across the country to win an eight-day adventure through northern India, courtesy of VegVoyages—Vegan Adventure Tours. Carlos Garcia inspires everyone he can to help animals by making kind choices when it comes to food, clothing, and entertainment," says PETA Executive Vice President Tracy Reiman. "PETA is honoring him for being an ally to animals through and through as well as living proof that going vegan at any age is the best thing that we can do for animals, the planet, and ourselves."



The premiere screening of *Eating Animals* based on Jonathan Safran Foer's book of the same name was on November 10 at the Doris Duke Theatre, with complimentary vegan food samples for attendees from 7Vegans HI, Shortcakes Hawaii, and Shaka Tea. Following it, a discussion on sustainability and animal rights was led by (left to right), Annalysah Camacho (Moderator), Nick Pecoraro, Organizer at Oahu Animal Save & Animal Liberation Oahu Co-founder of Good Food Movement, Doorae Shin, Co-founder of Good Food Movement, and Cathy Goeggel, President of Animal Rights Hawaii.



Doorae Shin (left) coordinated a screening of *Cowspiracy: The Sustainability Secret* (above) with Iolani School's Sustainability Club on October 26, 2018. The students in the club, with adult help, prepared many veggie dishes to be shared with their parents and others before the screening began. VSH provided much of the free literature which was handed out that day to students, parents and other adults.

Nutrition News

from



Can I Treat Jet Lag with A Couple of Pistachios?

Eating just two pistachio nuts provides a physiological dose of melatonin and an handful gives you as much melatonin as a high-dose melatonin supplement.

<https://nutritionfacts.org/video/how-to-treat-jet-lag-with-melatonin-rich-food/>

Does an Apple a Day Really Keep the Doctor Away?

"With similar reductions in mortality, the 150 year old health promotion message of an apple a day is able to match modern medicine and is likely to have fewer side effects."

<https://nutritionfacts.org/video/does-an-apple-a-day-really-keep-the-doctor-away/>

Best Food for Hay Fever (Seasonal Allergies)

Those taking a teaspoon of Nutritional yeast a day had fewer runny noses, fewer itchy eyes, and fewer sleep problems.

<https://nutritionfacts.org/video/best-food-for-hay-fever-seasonal-allergies/>

Is It Better to Drink a Little Alcohol than None at All?

New studies say no health benefit for light to moderate alcohol consumption.

<https://nutritionfacts.org/video/is-it-better-to-drink-little-alcohol-than-none-at-all/>

Can Apple Peels Reduce Joint Pain?

A study found that:

"Consumption of dried apple peel powder was associated with improved joint function and... pain reduction."

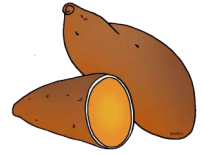
<https://nutritionfacts.org/video/apple-peels-put-to-the-test-for-chronic-joint-pain/>



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.

Holiday Confetti Veggie Roast

Holiday Confetti Veggie Roast - 4 servings

A colorful medley of veggies for a main dish over rice or pasta, or as a veggie side. The veggies roast in a sealed pouch, basting themselves. The spices will combine with the juices of the veggies and make a flavorful sauce.

Once the veggies are prepared, it cooks itself without stirring or pot-watching.

- 4 new potatoes or 2 Yukon Gold, diced
- 1 red sweet pepper
- 2 medium zucchinis
- 2 long eggplants
- 1 small butternut squash with peel
- 2 C cherry or grape tomatoes
- 2 medium red onions, chopped into 1/4 inch pieces
- 6 cloves garlic or 1 T minced garlic
- 1 t dried basil or 10 leaves fresh, chopped
- 1 t dried or 4 sprigs fresh thyme
- 1 t dried or 2 sprigs fresh rosemary
- 2 T spice mix (see hint below)
- salt and pepper to taste (a pinch or two)

Preheat oven to 350°F. Prepare 4 large sheets of parchment paper and foil.

Slice the squash in 3/4 inch chunks, discard seeds and put into a large bowl.

Cube the eggplants, zucchinis, and peppers, then add them together with tomatoes (halved if large), onion, garlic and all other herbs and spices to the squash in the bowl.

Optionally sprinkle on salt and pepper to taste. Mix well.

Divide the mixture into 4 portions and place each portion on the center of each parchment paper. Pick up the



corners of the paper and wind them together like a kiss. Place the paper 'pouches' on the foil sheet and secure the seams, repeating for the other 'pouches'. Put on a baking sheet and bake for 35 minutes.

Hint: The spice mix you use is dependent on your particular taste. I often use a combination of equal parts of paprika, ginger, cardamom, tur-

meric, cumin and cinnamon (and sometimes hot pepper flakes), but you could use taco spice mix, ras el hanout (Moroccan flavor mix), Greek flavor mix or any other combination you like. Adding Thai basil or Italian spice mix also makes for a different flavor.

Key: t = teaspoon, T = tablespoon, C = cup.



Nina, Randa & Willie Nelson, with Dr. Neal Pinckney at John Pierre's casual VSH dinner at Vegan Hills restaurant on Nov. 14.

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).

VSH Annual Pre-Thanksgiving Dinner

Monday, November 19, 2018



At left, diners enjoyed a delicious vegan holiday feast catered by Down to Earth Organic and Natural, as well as a full program of informative talks at McCoy Pavilion at Ala Moana Beach Park.



Nina and Randa Nelson, identical vegan twins, brought their Hollywood star power, and offered their personal story of how a lowfat vegan diet cured their severe skin blemishes. A free copy of their book *The Clear Skin Diet* was given away at each seating, along with other vegan books and banana keiki plants to lucky recipients.



Jane and Paul Onishi staffed the keiki fun table. Some happy children were the recipients of delightful pictures that Paul expertly drew just for them.

A warm mahalo to Down to Earth whose generous support greatly helped to make the Dinner a successful and joyful event. Staffers not only worked with VSHers in planning, but also assisted on-site at the Dinner, as well! Above, Cynthia Cruz, marketing director, cuts pieces of pumpkin pie as, below left, community outreach team members serve dishes to diners. Below right, team member Shannon Green greets and signs in guests at the entrance.



Nina and Randa Nelson with Dr. Ruth Heidrich.



Jake Garvin, VSH special interest groups coordinator, and vegan weightlifter and marathoner, gave his talk on what advice to beware of when trying to follow a healthy diet.



VSH KAUA'I VEGAN POTLUCK / PRESENTATION

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, December 9, 2018,

Sun Village Clubhouse
3-3400 Kuhio Hwy, Lihue

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.

1:00 p.m. Sunday, January 6, 2019

Kapaa Neighborhood Center
4491 Kou Street at Kuhio Hwy

PLANT-BASED DIET VS PLANT-POWERED LIFE
By Cynthia Fowler

Discovering and creating new motives for plant based eating. Proof is in the vegan pudding. How to be heard without speaking. The stages of change. Everyone is an educator.

Meetings are moving back to VSH Kauai's previous meeting place at Kapaa Neighborhood Center, and again will be earlier in the day at lunchtime, 1 p.m.

VSH at VegFest Oahu

Saturday, October 13, 2018



Above, VegFest Oahu drew over 6,000 attendees to the Frank F. Fasi Civic Grounds near Honolulu Hale.

Right, VSHers Andrea Lee & Jeff Pang talk with VSH booth visitors on mauka side of VSH's two tents.



Joy Waters, VegFest Oahu founder and Christina Culianos, VegFest Oahu assistant event coordinator.



At the VSH booth with VSHer Jim Thompson, Alese Jones (Dr. Klaper's wife), VSHer Dr. Neal Pinckney and Michael Klaper, MD, who gave a featured talk "A Doctor's Prescription for Reversing Disease and Reducing Climate Change."



Above is a sign for the Veggie Petting Zoo drawn by VSH volunteer Paul Onishi (in white cap) at VSH's Keiki activities table below.



VSHer Irminne Van Dyken, MD, giving a talk on "10 Ways A Vegan Diet Will Help You Avoid My Scalpel."



Genesis Butler (in red) and Vegan Evan (in green) with VSHer Lorraine Sakaguchi (center) and their moms. VSH co-sponsored their talk "Plea from Today's Youth: Why You Should Care."



VSHers gave out a lot of literature, some of which can be seen here. Visible are VSHers Andrea Lee and Carol Janezic.



VSH volunteer Diana Bethel & LFS volunteer Andrea Rubio. VSH shared one of our tables with Leilani Farm Sanctuary and the Good Food Movement.

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
- 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)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%

☞ = 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 December 6, 2018

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I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)



At the kitchen during the lecture were: Will DiGiorgio, Jeff and Gail Pang, and Phyllis Fong. Right photo: Dr. Ruth Heidrich with John Pierre.

Recent VSH Events with John Pierre



Above, Nina and Randa Nelson, their brother Willie Nelson, and (top photo) John Pierre at a casual VSH dinner at Vegan Hills on November 14.



Maui

Oahu

John Pierre lectured on "The Pillars of Health: Your Foundations for Lifelong Wellness" at the Ala Wai Golf Course Clubhouse on November 13.

Left: Jerome Kellner, VSH Maui coordinator, with John Pierre, and Stephen Beidner at the Kihei Community Center on November 15.

Following John Pierre's advice to exercise at his Honolulu talk: Carol Janezic, Ruth Heidrich, PhD, and Kawika Carlson.



Lower left: John Pierre answers attendees' questions after his VSH Maui lecture.

Kauai



Right: John Pierre with VSH Kauai coordinator Thomas Eisendrath. John lectured at the Kapaa Library meeting room on Sunday, November 18. Far right: Best vegan dish winner Carol Williams and Thomas. She won at the 11/18 "snackluck" at the lecture with her Vegan Chocolate Chip Cookies.



Vegetarian Society of Hawaii

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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., Jan. 28, (no Dec. mtg.) **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, Dec. 3, Jan. 7, 6:30-8:30 p.m. — Discussions & activities! **Kilauea Recreation Center.**

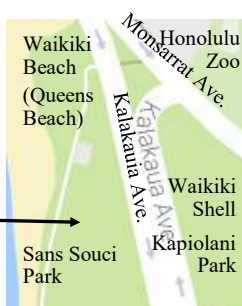
Monday, 6:30-8:30 p.m. — **Dec. 17, Holiday Potluck. Jan. 21, Potluck.** Bring a healthy vegan dish to share, your own water / beverage, and dinnerware. **Kilauea Recreation Center, 4109 Kilauea Ave, Honolulu, HI.**

Oahu Fruitluck

2-4 p.m. Sun. Dec. 16, Jan. 13

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. Monday
Dec. 17, Jan. 28**

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!