



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 2, FEBRUARY 2019

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Free Public Lectures

Irminne Van Dyken, MD

**“How To Feed Your Cancer:
Dietary Strategies to Keep
Cancer at Bay”**

**Tuesday, February 12 (Oahu)
Ala Wai Golf Course Clubhouse**

**Thursday, February 14 (Maui)
Cameron Center (Maui)**

VSH Kauai Presentation/Potluck

**Allison Jacobson
Sunday, February 3, 2019
“5 Things I Wish I Knew
Before I Went Vegan”**

**Sharon de La Pena
Sunday, March 3, 2019**

Upcoming Oahu/Maui Speakers

**Liv Baker Van De Graaff, PhD
March 2019**

**Mic the Vegan
April 2019**

It's that time of the year for many students and their parents who are looking for ways to finance an expensive college education. Getting a scholarship is one of those

ways, and the Vegetarian Society of Hawaii helped By Lorraine Sakaguchi to create one, the **Roth-Vegetarian Scholarship** for graduate or undergraduate vegetarian / vegan students following a nutrition-related course of study at the University of Hawaii at Manoa! See the online information for current requirements at <http://www.uhfoundation.org/scholarships/search.aspx> - Search for "vegetarian" then select the Roth-Vegetarian Endowed Scholarship Fund.

Maybelle Roth was a vegetarian who passed away at the age of 101 in 2000. Before that, she arranged to endow the scholarship with a total donation of \$150,000. Bill Harris, MD, a VSH founder, worked with her and the University of Hawaii Foundation to create the scholarship. Since then, the endowment has grown such that the UH has been able to make generous awards to scholarship recipients. The UH has just told us that not many students apply for this scholarship, so please don't forget this valuable resource in planning your finances for your graduate or undergraduate education!

Another is the **Vegetarian Resource Group Scholarship**. At least 4 Hawaii students have benefited from this competition in recent years. One of them, Devlyn Perugini of Moanalua, received a summer internship in 2014 at VRG. Melissa Monette of Mililani won a \$5000 VRG scholarship in 2010, and Jasmine Westerdahl, who spent her earliest years on Oahu, won a \$5000 VRG scholarship in 2017. Mid-Pac senior Natalia Gosiaco won the \$10,000 scholarship in 2018! Below is the VRG announcement for this year's scholarship:

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

*One award of \$10,000 and two awards of \$5,000 will be given. Entries may only be sent by students graduating from high school in spring 2019. Deadline is **February 20, 2019**. We will accept applications postmarked on or before February 20, 2019. Early submission is encouraged.*

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

For details on the contest, see: <http://www.vrg.org/student/scholar.htm> .

The Island Vegetarian

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

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info@vsh.org www.vsh.org

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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Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Andrea Lee
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Kauai

, Cynthia Fowler, Kauai coordinator
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Thomas Eisendrath Bill Snyder
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Koenigsberg Robert Zelkovsky

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,

Mahalo to our VSH Volunteer Hosts!

I'm immensely grateful to our volunteer hosts who've lodged visiting monthly VSH speakers over the years. On Oahu, most notably, VSH owes great thanks to Karl Seff, PhD, who was our regular host for a good number of years, as well as to Georgie Yap and Bill Harris, MD, during his lifetime, who collectively have given lodgings to almost all of our visiting monthly Oahu lecturers.

Thanks, too, to others who have hosted speakers one or more times, including Gail and Jeff Pang, Katherine Orr, Sirilak and Patrick Moore, and Neal Pinckney on Oahu, Erin and Brian Pinto on Maui, and Hedda Schmutz and Loya Whitmer on Kauai.

Please Consider Being a Volunteer Host

After many fortunate years, we're now in great need of help, possibly from you! If you might be able to donate the temporary use of your Oahu vacation condo, cottage, part of your own home or a hotel room for the days that any of our future visiting speakers are here, either regularly or just for one or more times, please let us know at (808) 944-8344 or info@vsh.org!

We'd also very much welcome volunteer hosts on neighbor islands, especially for our VSH Maui branch, which regularly features visiting speakers, and our VSH Kauai branch which occasionally has visiting lecturers.

You're likely to find hosting one or more speakers a rewarding experience in itself as it's also a great opportunity to get acquainted with some exciting people, including those who are experts in their fields, such as nutrition and health, the environment, animal rights, and healthy vegan living and/or food preparation!

Aloha!

VSH President

Thank you very much for considering this!

Donating equipment to VSH

Please consider donating the following items to VSH: recent models, or new equipment, of DSLR cameras, color laser printers, Windows or Mac computers, video recording equipment, sound systems and projection equipment in sound, working condition. Our VSH volunteers will be able to make good use of them!

Donate to VSH at no extra cost to you!

If you're already an Amazon customer, be sure to start your Amazon shopping at smile.amazon.com (designate the Vegetarian Society of Hawaii as your charity) & 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

amazonsmile

HOW TO FEED YOUR CANCER: DIETARY STRATEGIES TO KEEP CANCER AT BAY

A VSH PUBLIC PRESENTATION BY
IRMINNE VAN DYKEN, MD

7 P.M., TUESDAY, FEBRUARY 12
ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE &
WAIKIKI-KAPAHULU LIBRARY
ACROSS KAPAHULU AVE. FROM TEXACO SERVICE STATION)

7 P.M., THURSDAY, FEBRUARY 14
MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU
OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.



Irminne Van Dyken MD, is a general and trauma surgeon who lives on Maui and works for the Hawaii Permanente Medical Group. She thoroughly enjoys her busy practice. It is especially rewarding for her to see her patients do a 180 and completely restructure their lives around plant based living - the changes are unprecedented.

Dr. Van Dyken is a fellow of the American College of Surgeons. She is also the first physician on Maui (and first surgeon in Hawaii) to be board certified by the American College of Lifestyle Medicine, which she obtained in October 2018. She is also a member of the American Society of Breast Surgeons, the Society for Endoscopic and Gastrointestinal Surgeons, and the Southwestern Surgical Society.

In her spare time Dr. Van Dyken loves yoga, photography, sailing, cycling and playing various musical instruments including the guitar, ukulele and violin. She shares her life with her husband Russell, 15-year-old dog Chaucer, 1-year-old puppy Watson, and two cats. She has been vegetarian since she was 9 years old and strictly plant-based since 2010. She is a board member of the Vegetarian Society of Hawaii and has a passion for educating others and sharing the benefits of healthy plant-based living. She and her husband Russell created "[Out of the Doldrums](#)" - a YouTube Channel and online presence promoting healthy, active, plant based living (on [Instagram](#), [Facebook](#) and [YouTube](#)).

At any given time a few of the 37 trillion cells in our human body have mutated into cancer cells. Our bodies, when given the right conditions, regularly perform targeted attacks on these mutants. What happens when conditions worsen to the point that our body can't keep up, or can't adequately attack these cells?

Join us for a riveting discussion on how the simple decisions you make every day can have the most profound impact on your life. We will talk about lifestyle and dietary strategies to keep cancer at bay. We will talk about the controversial stuff like soy, fasting, and the keto diet.

6-8 P.M., WEDNESDAY, FEBRUARY 13
DINE-OUT WITH DR. VAN DYKEN AT ETHIOPIAN LOVE!
1112 Smith St., Honolulu — Oahu

Street parking, or nearby lots, incl. Smith & Beretania municipal lot
(after 5: 50¢/1/2 hr. \$3 max—enter on N. Beretania, exit on N. Pauahi).

Vegan Menu: The Large Veggie Platter with an array of six or more deliciously spiced Ethiopian vegetables, stews, and salads served with injera bread (or quinoa—request it when RSVPing).

\$24.09 (incl. tax & tip) pay at restaurant. Cash or credit card.

RSVP at <http://www.ethiopianlovehi.com/reservations/>
Enter in your name, number in party and "Veg Soc." (Restaurant can accommodate a few walk-ins.)

Note: Dining event only. Proceeds go to the restaurant, not to VSH.

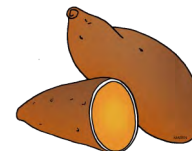
For plant-based resources or to learn about VSH and VSH events, visit www.vsh.org or call (808) 944-VEGI (8344).



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

Celebrate the New Year with Singapore-style Rice Noodles

Singapore-style Rice Noodles

Mildly curried traditional Asian favorite.

Although this popular noodle dish has Singapore in its name, I'm told it originated in Hong Kong, though it can be found almost anywhere in the Asian Pacific area and in most Chinese restaurants around the world.

Traditionally, the dish includes shrimp, scrambled egg and sometimes other bits of animal origin, including the one that gives this year its name, the Year of the Boar. Happily, these noodles are just as delicious made vegan.

Some Internet spice retailers have all the spices available in a 'Singapore' powder that is just mixed with water. You can also have this dish served to you every Tuesday and Thursday for lunch at the Water Drop Vegetarian House Restaurant in downtown Honolulu.

- 8 oz (200 g) very thin rice noodles (see Hint below)
- 2 C mixed vegetables, julienned (see Hint below)
- 1 C bean sprouts
- 1 bunch green onions, chopped
- 2 T grated fresh ginger (or 1 t ginger powder)
- 2 T soy "bacon" bits, OR
- 4 slices vegetarian Canadian bacon, diced small
- 4 t curry powder
- 3 cloves garlic (or 1½ t granulated or powdered garlic)
- 3 t sweetener (Sucanat or sugar) (important: see Hint)
- 3 T low-salt soy sauce or tamari
- optional: half bunch cilantro (Chinese parsley), chopped

Cook rice noodles by immersing in boiling water, reduce heat below simmer and let sit ten minutes. Drain well and set aside. Chop vegetables into bite size pieces and microwave or steam until cooked but still firm. Mix curry powder, sweetener and soy sauce with ¼ C water until smooth. Combine all ingredients and toss until evenly mixed. Serve hot.

4 large servings, each 268 calories:
2% from fat (0.44g), 84% from carbohydrates (58.7 g),
14% from protein (9.8 g). Sodium 75.8 mg, Fiber 4.3 g.



Healing Heart Hints

Any vegetables can be used. If in doubt, start with broccoli, carrots, peas, water chestnuts and sugar-snap peas, add any favorites. Optionally, ½ C sautéed chopped white, red or yellow onion can be added.

Rice noodles can be found in Asian groceries. The thin variety used in Chinese and Filipino dishes is most traditionally used for this dish. If available, try 2 sections of the Wai-Wai brand, but the thicker noodles used in Vietnamese dishes can also be used.

An excellent vegetarian and fat-free Canadian (Back) Bacon by Yves can be found in many natural food stores. Be careful when choosing soy bacon bits; avoid the ones made with hydrogenated oils.

Many recipes call for mirin, a sweetened cooking wine. This adds a delicate sweetness. If used, add 2 oz. of mirin and reduce the other sweetener by half.

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

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.



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

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



Recent VSH Events

Oahu



VSH refreshment volunteers Phyllis Fong, Jeff Pang, Carol Janezic, Kathy Carey and Janet Pappas.



Terry Shintani, MD, and Lorraine Sakaguchi.

Dr. Shintani giving his VSH lecture.

Top photos were taken on January 8 at the Ala Wai Golf Course Clubhouse on Oahu, where Terry Shintani, MD, presented “How to Live 120 Years with Vibrant Longevity.”

2nd row photos are of Dr. Shintani’s VSH dine-out at the Bodhi Tree Meditation Center on January 11.

Left: Dr. Shintani and family, Nicole, Tracie and Stephanie Shintani, with VShHer Matt Jisa (next to Dr. Shintani).

Right: Mai Frascarelli, Bodhi Tree founder, described how the vegan Vietnamese dishes in the dine-out buffet were prepared.



Kauai winning dish by Susan Lau (not pictured):

Vegan Gluten-Free Turmeric Rice

*1 T coconut oil, 1 onion, diced
1/2 tsp ground turmeric
8oz uncooked long grain rice
1-1/4 C boiling water, a little more if needed
1 red/orange bell pepper diced
10 olives chopped, 1/2 grated lemon
2 oz. raisins, 3 oz frozen peas
1/4 tsp black pepper, 1/4 tsp cardamom
1/4 tsp coriander, 1/4 tsp cumin
Dash of salt
Other veggies can be added, if you wish.*

Sautee onions in coconut oil about 5 min.
Add turmeric, cook for another minute.
Add cardamom, coriander, and cumin.
Add rice, fry for 2 min. until translucent.
Add veggies. Add salt and pepper. Add boiling water and mix well. Cook for 20 min. with lid on and all water has been absorbed. Turn off heat and let stand for about 5 minutes.

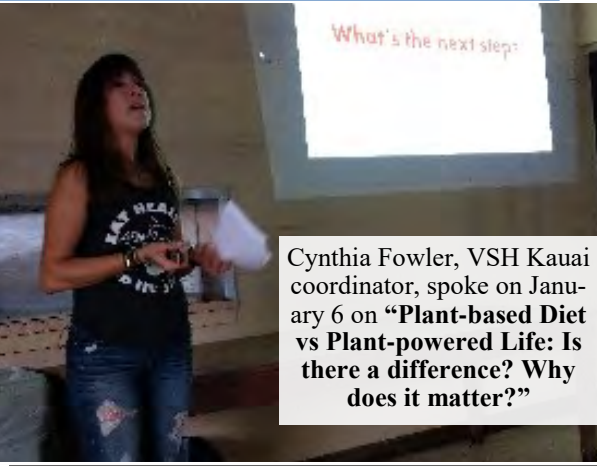
Kauai



Left: The vegan potluck on January 6 at Kapaa Neighborhood Center on Kauai.



Right: Dr. Shintani at Cameron Center on Maui on January 10.



Cynthia Fowler, VSH Kauai coordinator, spoke on January 6 on “Plant-based Diet vs Plant-powered Life: Is there a difference? Why does it matter?”



Maui

Dr. Shintani lectured at Cameron Center in Wailuku on Maui on January 10 to an overflow crowd.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Ganesh Dosa: vegan gluten-free Indian crepes with vegetarian /vegan fillings. Inside 'Ohana Hale Marketplace (Oahu) Opened 1/22/19.



Aloha Joy: vegan sandwiches, bowls & plates, crêpes, treats, & handcrafted drinks. Food truck behind Azeka Mall in Kihei (Maui).

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%
- ☞ 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%
- ☞ **Ganesh Dosa** ('Ohana Hale Mktplace, 333 Ward Ave) 10%
- ☞ Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelwo 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%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Lovin Oven (418 Kuulei Road, Kailua) 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%
- ☞ 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 Joy** (1 Piikea Ave, Kihei) 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 Cafe (4495 Puhi Rd, Lihue) 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 Kauai (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- ☞ Great Harvest Bread Co. (4303 Nawiliwili 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 January 25, 2019

Your VSH membership is valuable and 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

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

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

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

\$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)

VSH Kaua'i Lecture Videos

For those of you who haven't been able to attend our VSH Kaua'i presentation / potluck meetings, we're happy to announce that we've recently begun making videos of our most recent Kaua'i presentations available for viewing at vsh.org, thanks to VSH volunteer videographer / editor Robert Zelkovsky. You can see the complete list of our current Kaua'i videos, and links to them at <https://www.vsh.org/kauai/>.



VSH KAUA'I VEGAN POTLUCK & PRESENTATION Kapaa Neighborhood Center 4491 Kou Street at Kuhio Hwy

Lecture is free and open to the public.

To participate in the potluck, bring a vegan dish and bring the recipe, if possible, or an ingredient list. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate donated by Eat Healthy Café. Welcome without a dish, too; suggested donation: \$10. Check VSH Facebook page for any updates.

1:00 p.m. Sunday, February 3, 2019

5 THINGS I WISH I KNEW BEFORE I WENT VEGAN

By Allison Jacobson

As a vegan for over nine years, Allison has been around the block when it comes to a plant-based diet. She's proven that you don't need animal products to be a successful athlete, or to achieve optimal health and strength. As a vegan foodie, Allison has traveled all over the world eating the best vegan food and loves to create amazing vegan food for friends and family. As a Certified Health Coach, Allison has



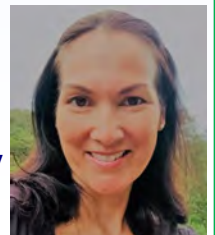
also supported many people in making the transition to vegan. She's learned a lot along the way and would love to share some of that wisdom (and hindsight!) with you to help you on your way to eating more plants!

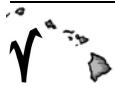
Allison Jacobson — is a Certified Health Coach and Yoga Instructor, Reiki Master Teacher, vegan athlete and Founder of Inspire Organics and the organic superfood energy drink, Light Up. She is also on the board of the Kauai Animal Welfare Society (KAWS) and has advocated for and rescued countless homeless animals on Kauai. Allison has been passionate about inspiring others to eat more plants since she became vegan in 2009. Her list of ailments on the Standard American Diet included severe seasonal allergies that required several prescription medications daily, irritable bowel syndrome, chronic sinus infections and ear infections. Becoming vegan made all of those health problems a thing of the past.

1:00 p.m. Sunday, March 3, 2019

PRESENTATION BY SHARON DE LA PENA

Sharon is a registered dietitian and certified diabetes educator with Ho'ola Lahui Hawaii. She provides nutrition counseling, nutrition education in the Hawaiian charter schools, and plant based cooking demonstrations. She does contract work with other agencies as well. She has a bachelor's degree in nutritional sciences from Texas A&M University and master's degree in nutrition from Southern Illinois University





Vegetarian Society of Hawaii

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Honolulu, Hawaii USA
96823-3208

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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

Monday, Feb. 25, 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, Feb. 4, 6:30-8:30 p.m. — Discussions & activities! **Kilauea Recreation Center.**

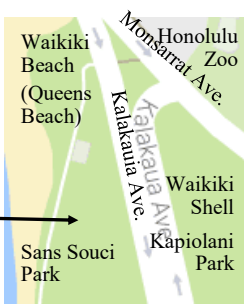
Monday, Feb. 18, 6:30-8:30 p.m. — Potluck. Bring a healthy vegan dish to share (no salt, oil & sugar preferred), your own water / beverage, & dinnerware. **Kilauea Recreation Center, 4109 Kilauea Avenue.**

Oahu Fruitluck

2-4 p.m. Sun. Feb. 10, Mar. 10

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, but check before coming.)

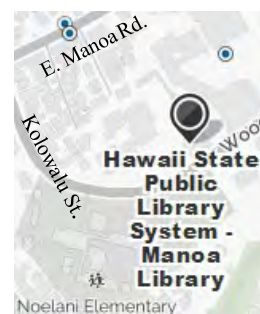


Nutrition Science Lecture with Q & A by Jake

6:30-8 p.m. or later

Mon., February 25, Mar. 25

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!