



# The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 3, MARCH 2019

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## Free Public Lectures

**Liv Baker, PhD**

**“The Clear Case for Compassionate Conservation: Living in a world where all animals matter”**

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

**Wednesday, March 13 (Maui)  
Cameron Center**

### VSH Kauai Presentation/Potluck

**Sharon de la Pena  
“Maintaining Health”  
and Cooking Demo  
Sunday, March 3**

**Paul Schmitendorf  
“Beat Cancer With Your Fork”  
Sunday, April 7**

### Upcoming Oahu/Maui Speakers

**Mic the Vegan  
April 2019**

**Antoinette Ortiz-Sharfin  
May 2019**

# Confessions of A Food Service Professional *aka Food Abuser...*

I remember walking back to my office on Michigan Avenue in Chicago in the mid 1970s after what I considered to be a pretty decent meal. As I entered the elevator, I was overtaken by an overwhelming desire to just find a place to hide and take a nap. This feeling troubled me because I had slept well the night before and was wide awake before entering McDonald’s for lunch. I had just finished off 2 Big Macs, one Filet-O-Fish sandwich, a large order of fries and a chocolate shake. No big deal, I thought ... it’s not that much different from what I used to “grind” at Kenny’s Burger House while growing up in Kalihi back in Hawaii. I used to consume, all at once, a Beefy Boy (teri-beef sandwich), a Cheesy Gal (cheeseburger), a bowl of chili over rice, a large bag of French fries and a chocolate malt. Now that was a meal!

By Paul Onishi



Future Chef Paul Onishi and Grandma Tanaka

I have never been a person who was large in stature or overweight. In the past, people would always make comments about my insatiable appetite and my ability to consume portions of food and never show it on the outside. For some reason, I looked at their comments as validation for what I was doing so I continued to “keep my image and continued to grind.” This pattern of consumption had roots in my early childhood, growing up on a diet of animal protein 7-days a week, large quantities of white rice and at least 3 different desserts to choose from every day!

It was my favorite Grandma Tanaka who taught me how to multi-task in the kitchen at a very young age. For many years, I saw my grandmother single-handedly plan, prepare and present all the food for Thanksgiving, Christmas and New Year’s Day. Much of my attitude and respect for the way food should be prepared and presented comes from the time she spent with me in the kitchen. My grandmother was also a very healthy person who lived to be 102 years old. I used to call her the “health fanatic” because she believed in drinking eight glasses of water a day, exercising from early morning and at night, and eating raw vegetables and fruits. I now realized how blessed I was to be loved and guided by such a wise and loving teacher.

Fast forward to L.A. in the mid-90s when the “California Cuisine” movement

*(Continued on page 2)*

## 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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Laurelee Blanchard	Naia Newlight
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Ken Cadigan	Joy Waters

(Continued from page 1)

## Confessions ...

was in full swing. I made the career shift from design to food by taking on a job to become one of the first American-born sushi chefs. By this time, dining out had become its own form of entertainment. I jumped on the bandwagon and started my own company catering food for Hollywood celebrities such as Jane Fonda and Leonard Nimoy (Mr. Spock of *Star Trek* fame). One of my passions then was to find the best "osso buco" and "tiramisu." It was an exciting time to be around food and, of course, to consume it, but I was laying the foundations for a potential implosion many years later.



I remember being very offended when one of my friends commented on a prominent "lump" I had in the back of my neck in between my shoulders. I'd always dismissed that "lump" as a muscle. A surgical procedure later proved me wrong when a large milky-looking piece of fat the size of a hamburger patty was removed from my neck. That was the first of three lipomas that were eventually discovered and removed from my body. I remained clueless, in spite of those red flags that my body was trying to raise for me. In the late '90s I returned to Hawaii after 23 years on the mainland to continue my journey of "food abuse local style."

Shortly after my return home, the Hawaii Regional Cuisine movement began, regenerating interest in food preparation and presentation. I became part-owner of a local catering company that serviced the dinner cruises and local corporate events, and later helped to re-open the Waioli Tea Room restaurant in Manoa. I actually flirted with vegan eating for a while, recognizing its health benefits, but eventually slipped back to my not-so-healthy gastronomic roots.

Fast forward to 2017 at my oral surgeon's office... the attending nurse told me that my blood pressure reading was extremely high and there was a possibility that the surgery would have to be postponed because of it. I remember looking over at the monitor and seeing 181/117! I told the nurse that her machine was wrong and dismissed the reading. That evening, I took my own blood pressure readings at home and came up with similar results. I began to feel as if the readings were all part of a "bad dream" and that this couldn't be happening to me! I called my doctor who immediately put me on a vegetarian diet. He told me that he was going to hold off on prescribing any medications until he did a full panel of blood work because he was concerned that I might already have permanent heart and kidney damage.

During that time of uncertainty, I saw a commercial about the 'Ekahi Ornish Reversal program. I called to make an appointment, got accepted and entered the program in December 2017. At 'Ekahi, I learned how to realistically transition to a plant-based diet, exercise daily, meditate and practice emotional wellbeing. My blood pressure now averages 117/76, and I'll share more about the positive changes I've experienced in my next article, but I honestly feel as though I have been given a second chance to live and experience life in a very positive way. I am also very aware that because of my culinary background and training, I have been very blessed to have a renewed passion for the preparation of food and would like very much to extend this passion to others who are struggling in this area.

(Ed: Chef Paul Onishi continues his story in the next issue of The Island Vegetarian.)



## Free Healthy Plant-Based Cooking Class

7-9 p.m. March 26, Manoa Grand Ballroom

Japanese Cultural Center of Hawaii, 2454 S. Beretania St.

Chef Paul Onishi teaches a healthy vegan cooking class along with Calvin Iwashita, the "Rocket Scientist." Students get to sample all dishes shown. To register, call Paul at (808) 722-9782. The class is co-sponsored by Down to Earth Organic & Natural.

# THE CLEAR CASE FOR COMPASSIONATE CONSERVATION: LIVING IN A WORLD WHERE ALL ANIMALS MATTER

A VSH PUBLIC PRESENTATION BY  
**LIV BAKER, PHD**



**7 P.M., TUESDAY, MARCH 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., WEDNESDAY, MARCH 13**

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU

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

**H**umans and other animals are enmeshed in Nature, and all wildlife is impacted by human behavior. Compassionate Conservation is an emerging, multidisciplinary field of science that reimagines our relationship with and responsibility for wild animals by recognizing that we need a conservation ethic that prioritizes the protection of other animals as individuals, valued in their own right, not just as units of populations and species. It seeks to inspire scientifically and ethically sound conservation practice by embodying four core principles:

- 1) **Help or do no harm:** Harms to wild animals should be eliminated and minimized regardless of intention and purpose;
- 2) **Individuals matter:** Individual animals are important to the health of their social groups and populations;
- 3) **Good labels or no labels:** Negative labels (e.g., pest, nuisance) should not be used as they often belie the intrinsic and ecological value of animals, leading to inhumane treatment;
- 4) **Foster co-existence:** Human behaviors should be adopted that promote the sharing of space, and respect for animal wildness.

**D**r. Liv Baker is a conservation behaviorist and an expert in wild animal welfare. She researches the role individual, wild animals have in the health of their social groups and populations; exploring the similar patterns of well-being seen across the animal kingdom: that individuals want to hold sway over their lives; that good psychological health and social context matter, and that challenges and positive emotions are integral elements to being alive.

Liv's conservation and welfare research involve a range of animals, including elephants, cetaceans, primates, arachnids, rodents, and macropods. She teaches at Hunter College, USA in the Animal Behavior and Conservation program; is executive director of the Institute for Compassionate Conservation and research director with Mahouts Elephant Foundation, UK. Dr Baker is advisor for Elephant Aid International's integrative health team, as well as scientific advisor for the Whale Sanctuary Project, and past fellow with the Centre for Compassionate Conservation, *Australia*.

## **MONDAY, MARCH 11, 6-8 P.M.—OAHU** **DINE-OUT WITH DR. LIV BAKER AT 'Umeke Market!**

**1001 Bishop Street** on ground floor facing Hotel St. Nearby parking across Alakea St. at municipal lot (after 5 p.m., max \$3) in Alii Place.

*Delicious Vegan Menu: Kalo casserole, Coconut 'Olena Rice, Stewed Cabbage, Roasted Veggies, 'Aina salad with 3 dressings: Balsamic Herb, 'Olena Tahini Dijon, Creamy Cilantro, GF Mango Cobbler.*

**\$23 total.** RSVP to [Rasibert808@gmail.com](mailto:Rasibert808@gmail.com), with subject line **VSH Dineout**, to let Rob Daguio know your name & number of diners. He'll reply with a payment link. Just click on it to pay. For more info, call (808) 522-7377.

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

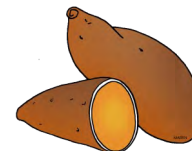
**For plant-based resources or to learn about VSH and VSH events, visit [www.vsh.org](http://www.vsh.org) or call (808) 944-VEGI (8344).**



## Heart Healthy Recipes

By Neal Pinckney, PhD, [Heart.kumu.org](http://heart.kumu.org)

"If it takes longer to make it than it does to eat it, forget it."



Over 250 easy, low-fat vegan recipes are available on Dr. Pinckney's website: [heart.kumu.org](http://heart.kumu.org).

### Two Healthier Versions of Famous Dishes

Here are two recipes from my 25 year "knock-off" collection of veganized famous restaurant dishes adapted to low-fat and heart-healthy.

Chipotle Mexican Grill operates more than 3,300 restaurants in the U.S., Canada, Europe. Not in Hawaii yet, but they have registered to do business in the state. Taco Bell, with over 7,000 outlets, and serving more than two billion meals each year is here, but not a vegetarian's usual choice.

Although rice is ubiquitous in Hawaii, this Chipotle version adds a novel taste experience. Both of these recipes add a little south-of-the-border flavor.



#### "Chipotle's" Cilantro-Lime Brown Rice

- 4 C water
- 2 C long grain brown rice
- 1 t minced garlic
- 1 t olive or any vegetable oil
- 1 t salt
- 1/2 C chopped fresh cilantro (Chinese parsley)
- Juice of one lime

Prepare rice in a rice cooker -or- bring water and brown rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 30 to 45 minutes.

Transfer rice to a large bowl and let cool 5 minutes. Whisk lime juice, garlic, oil, and salt together in a bowl; stir into rice. Fold cilantro into rice mixture.

4 servings, each: 359 calories; 6% fat; 85% carbohydrates; 9% protein; 0 mg cholesterol; 454 mg sodium

#### "Taco Bell's" Seasoning Mix

- 1 T dried onion flakes
- 1 t whole wheat pastry flour  
or other whole grain flour. (see Hint)
- 1 t veggie bouillon granules or powder
- 1 t chili powder
- 1 t ground cumin
- 1 t paprika
- 1 t garlic salt
- 1/4 t cayenne pepper
- 1/4 t Sucanat, vegan sugar or other dry sweetener

Put all ingredients in a coffee mill or blender to make into a powder.

#### Hint:

To make this gluten-free, instead of whole wheat flour, use gluten-free oat flour. (Easy to make it yourself: Either grind 2 t gluten-free whole oats in a coffee mill; or grind enough to cover the blades in a blender, then scoop out the amount you need).

4 servings, each: 15 calories; 8% from fat; 88% carbohydrates; 4% protein

t=teaspoon; T=tablespoon; C=cup



#### Aloha Tofu Factory

I visited this veg-friendly factory at 961 Akepo Lane on a recent Monday morning to buy some fresh tofu, soy milk, sheets of yuba (the delicate film that forms on top of boiling soy milk), and still-warm okara (high-fiber soy pulp left over from making tofu). The factory produces other soy foods, as well, including natto. They can also make jimami (peanut) tofu on request. A few items do contain animal ingredients, mainly hondashi (which has bonito, a dried fish base).

Pictured here is Paul Uyehara, Aloha Tofu's president, whom I found hard at work there. Paul says I may be the only person to take advantage of their 5% discount for VSH members! I'm writing this to encourage readers to use this and other VSH member discounts (see pg. 6). Aloha Tofu Factory is open Sun., Mon., Tue., Thu., Fri. 7:30 a.m.—4:30 p.m., Wed., Sat. 7:30 a.m.-11 a.m. — by Lorraine Sakaguchi

## Recent VSH Events



Left: Dr. Van Dyken (seated left of center) at her VSH dine-out at Ethiopian Love on February 13.

Right: Dr. Van Dyken & husband Russell Van Dyken on February 12.



Top left: Irminne Van Dyken, MD, talked on “**How To Feed Your Cancer: Dietary Strategies to Keep Cancer at Bay**” on February 12 at the Ala Wai Golf Course Clubhouse.



## Oahu

VSH groups Imagine A Vegan World and Grow Your Own Food held a vegan potluck together on February 18 at Kilauea Recreation Center on Oahu.

Right: Jerome Kellner, VSH Maui coordinator, and Irminne Van Dyken, MD, on February 14.



## Maui



Dr. Van Dyken lectured on February 14 at Cameron Center in Wailuku on Maui.

## Kauai

Above: Allison Jacobson spoke about “**5 Things I Wish I Knew Before I Went Vegan**” on February 3 at Kapaa Neighborhood Center.

Right: Vegan potluck/presentation on Feb. 3. Allison Jacobson is seated next to projector in foreground.



Debbie Williamson, Kellie Knott, & Magenta Billet (judge). Debbie and Kellie cooked the winning Best Dish “Vegan Barbecue” which won a \$25 gift certificate from Eat Healthy Café.

### William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii in support of our plant-based educational mission. If you wish your donation to be in memory of Dr. Bill Harris, VSH co-founder and animal activist, you may also note this on your check, or if donating at <http://www.vsh.org/donate/> tell us by email.



[www.LeilaniFarmSanctuary.org](http://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. “Adopt” an animal!



# VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



**Hawaii Veggie Farm** on the Big Island grows purple sweet potatoes which they ship free to anywhere in the U.S.



**Ganesh Dosa** offers vegan gluten-free Indian crepes with vegetarian /vegan fillings. Inside 'Ohana Hale Marketplace (Oahu) .

## 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 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.) 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) \$60->\$50 (50 min), \$80->\$70 (75 min.)

## 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 Kaua'i (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

- ☞ **Hawaii Veggie Farm** Big Island purple sweet potatoes ([hawaiiveggiefarm.com](http://hawaiiveggiefarm.com)) 5%, text or email image of VSH member card to (808) 430-2519 or [Customerservice@hawaiiveggiefarm.com](mailto:Customerservice@hawaiiveggiefarm.com)
- ☞ VegVoyages- Asian adventure tours ([vegvoyages.com](http://vegvoyages.com)) 5%
- ☞ Vegan Essentials - Food, Clothing and more (<http://store.veganessentials.com/>) 5% code: VSH
- ☞ Vegetarian Journal ([www.vrg.org/groupmember/](http://www.vrg.org/groupmember/)) \$15 off \$25 subscription - 60%

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

**Boldface: newest discounts**

Revised March 1, 2019

Your VSH membership is valuable and can save you many times the cost of dues. At the same time, your dues and donations support VSH's educational mission, 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

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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

\$15   \$30   \$45   \$60   \$75

\$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)

## VSH Kaua'i Lecture Videos

If you haven't been able to attend our VSH Kaua'i presentation/potluck meetings, videos created by volunteer Robert Zelkovsky of our most recent Kaua'i presentations are available at [vsh.org](http://vsh.org). To view, click on the links to them at <https://www.vsh.org/kauai/>.



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

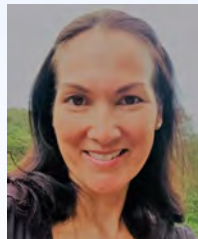
Lecture is free and open to the public.

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, March 3, 2019

### MAINTAINING HEALTH AND COOKING DEMO By Sharon de la Pena

Studies show that 1 in 3 people will have diabetes by 2050. A low fat vegan diet can help prevent, manage and may even reverse diabetes. Diabetic diets typically call for portion control, carbohydrate limits, and, for those who are overweight, calorie restrictions.



Fortunately, there is another way. Sharon 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; and they offer the advantage of not requiring any weighing or measuring of portions. Going hungry is not necessary! Sharon will also demo how to make a lasagna soup in the instant pot and also an oil free kale pesto to go with the soup. This is a recipe that the whole family can enjoy.

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

## 1:00 p.m. Sunday, April 7, 2019 BEAT CANCER WITH YOUR FORK By Paul Schmitendorf

90% off all cancers are preventable through diet and lifestyle changes. The talk is primarily about diet but also touches on a few other areas related to cancer prevention, and is intended to give people a different perspective on cancer and to take an active role in preventing it.



Paul is a holistic cancer coach who in 2005 heard Joel Fuhrman, MD, speak about nutrient density and using a healthy plant-based diet to build and support the immune system. Paul adopted this diet to go with his exercise routine, and so began living a cancer prevention lifestyle without knowing it at first. His continued reading and learning about health and nutrition, however, taught him that nutrition could play a powerful role in defeating cancer and that a cancer diagnosis doesn't have to mean a death sentence. This led him to want to share his knowledge and to help others live a cancer prevention lifestyle.



## Vegetarian Society of Hawaii

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96823-3208

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PERMIT NO. 645



## Vegetarian Society of Hawaii VSH Special Interest Group Events

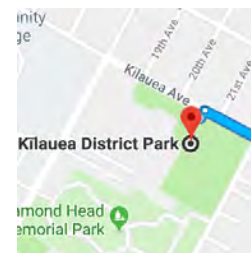
**Veg News community events**  
emailed monthly. To receive it,  
email [info@vsh.org](mailto:info@vsh.org).

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

Kilauea Recreation Center, 4109 Kilauea Avenue (at Kilauea District Park in map on right).

**Monday, March 4, April 1, 6:30-8:30 p.m.** — Discussions on plant-based living, and activities!

**Monday, March 18, April 15, 6:30-8:30 p.m.** — Potluck. Bring a healthy vegan dish to share (low/no salt, oil & sugar suggested), your own water/beverage, & dinnerware.



### Oahu Fruitluck

**Sunday, March 10, Apr. 14, 2-4+ p.m.**

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.)



### Grow Your Own Food

(Gardening for fun and eating!) — Oahu

**Monday, March 25, April 22, 6:30-8:30 p.m.**

Garden for enjoyment and healthy eating no matter where you live! Enjoy discussions, seed and plant exchanges, and expert talks.

Kilauea Recreation Center,  
4109 Kilauea Avenue  
(see map above right).



See details of the 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!