



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 4, APRIL 2019

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Free Public Lectures

Mic the Vegan

“Top Vegan Myths Debunked”

Tuesday, April 9 (Oahu)
Ala Wai Golf Course Clubhouse

Thursday, April 11 (Maui)
Cameron Center

VSH Kauai Presentation/Potluck

Paul Schmitendorf

“Beat Cancer With Your Fork”
Sunday, April 7

Michelle Lemay

“My Plant-Based Passport”
Sunday, May 5

Upcoming Oahu/Maui Speakers

Antoinette Ortiz-Sharfin
May 2019

Linda Carney, MD
June 2019

Confessions of A Food Service Professional *aka Food Abuser ...* *The Next Chapter!*

By Paul Onishi

Noted celebrity Kermit the Frog once said, “It’s not easy being green...” For a majority of you reading this article, “Going Green” has been one of your greatest challenges. In the past, before I entered the ‘Ekahi Ornish program, the experience of ‘eating healthy’ was like playing golf. One minute I was hitting a drive, long and straight down the fairway. The next minute, that same ball was on its way into the bushes or water hazard. In other words, I wasn’t very consistent.



Chef Paul Onishi taught a free healthy vegan cooking class on March 26 at the Manoa Grand Ballroom in Honolulu with Cal Iwashita, who sponsored the event.

So what about you? When the cardiologist gave you that “precautionary warning,” did you decide against making a reservation at Vegan Hills or Peace Café in favor of Hy’s Steak House or the Cattle Company? Did you concede and compromise your beliefs and give in to peer pressure? Did you feel guilty after you crossed the line? I know myself well enough that giving in to that one bite of lilikoi chiffon pie will only snowball into a midnight raid on my wife’s bag of sea salt and vinegar potato chips. As long as we live on the earth, those temptations will always be lying in wait ... we just have to be strong, diligent and practice what we know to be right.

Fast forward to February 2019. I completed one year of healthy living on my own after graduating from the ‘Ekahi Ornish Lifestyle Medicine program. It has been a solitary journey down the road toward renewed good health. Many of my carnivorous cohorts abandoned me on the side of the road as soon as they got wind of my “healthy lifestyle change.” In their place appeared cohort members of a different persuasion. Most were ‘Ekahi and Straub Ornish alumni, graduates from Dr. Terry Shintani’s program and members from the Vegetarian Society of Hawaii. Though everyone had a different

(Continued on page 2)

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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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(Continued from page 1)

Confessions ...

point of origin, we all embraced the same mission to pursue and maintain our health and wellness through a plant-based diet.



So what do my numbers look like after a year and a half of being exposed to a plant based diet? Well, how about a total cholesterol level of 286 dropping 100 points to 185, or an average blood pressure reading of 160/110, now down to 117/68? My initial prescription for blood pressure medication has been modified from 50mg. every day to 25 mg. every 8th day! Hopefully I can transition off blood pressure medication completely in the future. My urologist told me that my prostate was like that of a 7-year-old after a PSA reading of .04. I guess I can receive that as a compliment.

My cardiologist also made reference to my heart; only he said that it was like that of an 18 month infant. That was after posting a 0% calcification score on my CT scan. My A1C level which used to be a solid 7 (clearly diabetic) is now down to 5.9. This area needs more work. Sad to say, more discipline and fewer “vegan donuts” are the way to go. After losing 30 pounds and listening to numerous comments about my “ojii-chan” (Japanese grandpa) baggy pants, I got the hint and overhauled my wardrobe from size XL to S.

When your body gets renewed from the inside-out as mine did, lifestyle transformation is inevitable. When I look back at my “time-bomb-ready-to-explode” life, I am humbled by the fact that I was given a second chance to not only live but to “overflow” and make a difference. I used to say I was retired, but now I feel “re-fired!”

Editor: Chef Paul Onishi is now teaching healthy vegan cooking classes at Windward Community College and at Down to Earth Organic & Natural. Call him at (808) 722-9782 if you'd like to find out more and/or sign up for any of his classes.

Chef Paul's Vegan Curried "Chicken" Salad

Serves 4-6

Ingredients:

- 1 c. soy chicken (dehydrated) = 2 c. re-hydrated with strong vegan chicken broth (diced 1/4")
- 1/2 c. celery (diced)
- 1/2 c. onion (diced)
- 1/2 c. Vegenaïse (vegan mayonnaise)
- 1 Tbs. curry powder
- 1 Tbs. mango chutney
- 1/2 tsp. garlic powder (optional)
- 1/2 tsp. onion powder (optional)
- White pepper / Himalayan Pink Salt to taste.

Procedure:

1. Combine soy chicken, celery and onion in a mixing bowl. Add Vegenaïse and mix together.
2. Add curry powder and add more to suit your taste. Add mango chutney and mix well.
3. Serve as a salad or spoon 1/2 c. per sandwich to make 6 sandwiches.
4. Can be refrigerated, or frozen and thawed when needed. Enjoy!

(cont. from page 3) 'Iolani School Student Vegan Cook-Off Winners



← 2nd Place: Apple Crisp & Vanilla Ice Cream, prepared by a team of two 11th graders.

3rd place: Inarizushi, planned by a team of two 10th graders. On-site preparation done by one student on behalf of the team, due to teammate's illness. →



TOP VEGAN MYTHS DEBUNKED

A VSH FREE PUBLIC PRESENTATION BY
MIC THE VEGAN

7 P.M., TUESDAY, APRIL 9, 2019
ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU

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

7 P.M., THURSDAY, APRIL 11
MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU
OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

A highly visual presentation covering the top myths surrounding a vegan diet. Topics that are covered range from “Vegans can’t get enough protein” to “Cows are the only way to save the planet.” The presentation not only looks at the myths that are used to bring vegans down but also the myths that vegans create. As with any Mic the Vegan content, all significant claims in the presentation will directly cite research. Also true to any Mic the Vegan content, the presentation will be lighthearted and full of bad jokes.

5:30-7:30 P.M., WEDNESDAY, APRIL 10
Enjoy Dining Out with Mic the Vegan!

Govinda’s Vegetarian Buffet, 51 Coelho Way, Honolulu

Parking in front in marked spaces and on lawn. If needed, overflow parking available at the First Unitarian Church, 2500 Pali Hwy.

All Vegan Buffet Menu

Enchilada, Chili Beans, Kabocha Coconut Curry, Brown Rice, Fresh Salad Bar & Homemade Dressings, Steamed Vegetables, Papadams, Dahl/Lentils, Roasted Potatoes, gluten-free Blueberry Halwa, Hibiscus Tea, Ginger-Mint Lemonade

\$18 total. RSVP and prepay to Govinda’s at e-sanga.org/dine-out/. Please give your name and number of people coming.

You may also call (808) 595-4913 and prepay (payment at event is possible).

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



Mic (pronounced “Mike”, as in microphone and his first name Michael) the Vegan, or Michael Dearborn, has a bachelor’s degree in Sustainable Living, and is currently pursuing a Master of Public Health degree at the University of Missouri. He is an industrial designer who designs water purification systems for the developing world. He is also a vegan science YouTuber who covers a variety of topics from the health benefits of a vegan diet and the environmental impact of eating animal products to the sociological phenomenon of casual animal exploitation. Based in the U.S., he regularly tackles debunking the myths that perpetuate harmful dietary and lifestyle behaviors - all with a drop of humor that he says only he thinks is funny. His YouTube Channel has over 290,000 subscribers and 25,000,000 total views.



1st Place: Chocolate Brownie Cookie and Pasta Salad, prepared by a team of three 10th graders.

‘Tolani School Student Vegan Cook-Off

On February 27, ‘Tolani students led by Sustainability Specialist Debbie Millikan competed in teams creating vegan dishes, and submitting them to a panel of judges. At left, the competitors stood behind the seated judges, Guy Hagi, parent, Hawaii News Now weather anchor & Cheap Eats, Lorraine Sakaguchi, VSH, Kaliko Amona, Kokua Hawaii Foundation, Denise Yamaguchi, CEO, Hawaii Food & Wine Festival, & Fernanda Balata, visiting ‘Tolani Peace Chair. The winning dishes are shown above and on the facing page.





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.

A Touch of the Middle East

Seven Vegetable Couscous

Although this dish is universal, it comes originally from the middle-east. For possibly a thousand years, it's been a traditional Sephardic New Year's dish. Couscous is just pasta rounded in tiny pieces, typically made from semolina, but can also be made from other grains or starches. Available in bulk or in packages (be careful of the flavored mixes, they often are high in fat and non-vegan stuff with cholesterol), the whole wheat variety is more flavorful and healthier.

This is a one-course meal with all the balanced nutrition that's needed, and it's very low fat and low sodium with no cholesterol.

- 1 1/2 C (or 10 oz. pkg.) couscous, whole wheat preferred
- 2 C water or low salt vegetable broth
- 2 T low-salt soy sauce, tamari or vegetable broth (for sauteing)
- 1/2 t turmeric (reserve 1/2 t for veg mix)
- 2 medium onions, chopped
- 1 C finely shredded cabbage
- 1 medium turnip or daikon, peeled and diced
- 1 medium yellow summer squash (or zucchini), chopped in 1/4" pieces
- 1 1/2 C cooked garbanzo beans
- 1 1/2 C diced ripe tomatoes
- 1 1/2 t freshly grated ginger root (can use prepared grated ginger, but not as tasty—see hint)
- 1/2 t ground cumin
- 1/2 t coriander
- water as needed

Prepare couscous according to package or, if using bulk, bring 2 C water or low salt veggie broth to a boil, either on the stove or in the microwave. Pour the couscous into the



boiling water, cover, and let sit for 5 to 10 minutes. Blend in 1 t turmeric when fluffing it.

Saute onions until tender in 2 T of low salt soy sauce or tamari in a large saucepan or soup pot. Add remaining ingredients except couscous and the 1 t turmeric. Cover and reduce heat to low. Cook for 20 minutes, stirring occasionally. Add water if needed to make a gravy consistency. Serve over warm couscous.

Hints:

Brown rice can be substituted for couscous if not available. Canned chickpeas and canned tomatoes can be used, but fresh is tastier.

Ginger is essential in this recipe. To make it easier to store and grate, freeze some fresh ginger root in plastic wrap and then cut off what's needed and grate while still frozen. Coriander seed (the seed of the cilantro plant) is sweet and toasty with a warm aroma and flavor very different from that of the leaves of the cilantro (Chinese parsley).

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

Global Issues Network (GIN) Networking Conference "Reverse the Cycle" March 1-3



VSHers Jeff Pang & Lorraine Sakaguchi on the left, Carol Janezic (topmost person) and James Thompson, 3rd on her left, joined

with other invited groups and students participating in this conference on March 3 at the Manoa Grand Ballroom. Each student-led GIN's purpose is to empower young people to create project-based sustainable solutions for global issues.

Recent VSH Events

Oahu



Justin Schatzman visiting from Milwaukee and Liv Baker, PhD, flanked by VSHers Carol Janezic and Lorraine Sakaguchi outside the Ala Wai Golf Course Clubhouse on March 12, where Dr. Baker spoke on “The Clear Case for Compassionate Conservation: Living in a world where all animals matter.”



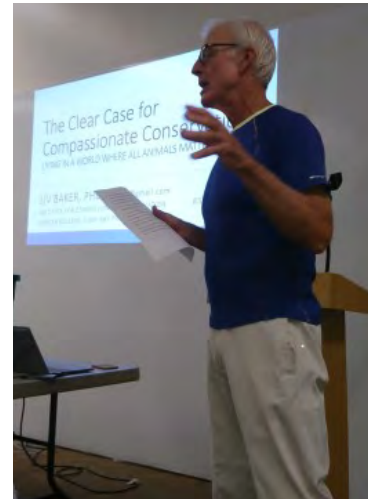
Mai Frascarelli, Paul Tibbetts, Dr. Victoria Anderson, and Dr. Liv Baker at Dr. Baker’s VSH dine-out at ‘Umeke Market on March 11.



Chef Rob Daguio with Kalo Casserole and ‘Aina Salad, two of the vegan dishes he and Chef Mama T served at Dr. Liv Baker’s VSH dine-out at ‘Umeke Market on March 11.

Maui

Right: Dr. Liv Baker and husband Adrian Van De Graaff at Cameron Center in Wailuku on March 13. Far right: Jerome Kellner, VSH Maui coordinator introducing Dr. Liv Baker on March 13.



Magenta Billet received a gift certificate donated by Healthy Foods Café from judge Vigil Alkana for her winning Best Dish “Chick Pea Chili” (recipe not available).

Kauai



VSH volunteer Gerald Chudy greeted attendees at the free literature table at Kapaa Neighborhood Center.



Nosaj Taitano helped Sharon de la Pena as she gave her talk on “Maintaining Health” and cooking demo on Sunday March 3 at Kapaa Neighborhood Center.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



The Ripple of Smiles. Vietnamese veg-friendly. Separate prep area & veg broth for vegetarian/vegan dishes. Open M-Sat. More parking across st.



Good Clean Food Hawaii. Healthy veg/other meals & fresh, cold-pressed juices made and delivered weekly to drop-off locations/homes on 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%
- ☞ **The Ripple of Smiles** (3040 Waialae Ave, Kaimuki) 15%
- ☞ '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
- Good Clean Food Hawaii** Veg/other meals delivered (<https://www.gcfhawaii.com/>) 10% code: VegLife
- ☞ 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%

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

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

Boldface: newest discounts

Revised April 4, 2019

☞ = Vegan or Vegetarian Business

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

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: _____

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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. 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, 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.

1:00 p.m. Sunday, May 5, 2019
MY PLANT-BASED PASSPORT
By Michelle Lemay



With a proper mindset, planning ahead and the courage to think outside the box, traveling as a vegan is not only possible, it's one of the hottest trends going at the moment. Learn practical tips for staying vegan when on the go, ideas for planning ahead and resources for vegan travel including tours, cruises and vegan resorts. Michelle will share her personal experience along with sharing about other people who not only travel successfully as a vegan, they THRIVE!

Michelle Lemay has been traveling internationally all her life and most recently as a tour manager for packaged group tours for the past 14 years. Travel is her passion and profession! Becoming a vegan a year and a half ago Michelle learned how it can in fact be easy to travel as a vegan. Whether it's traveling inter-island, on the mainland or an international destination you can be sure that Michelle has found a way to thrive on the road as a healthy vegan!



Vegetarian Society of Hawaii

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Vegetarian Society of Hawaii VSH Special Interest Group Events

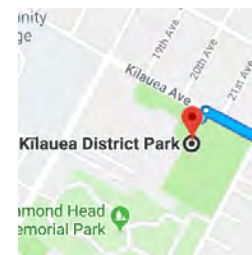
Veg News community events
emailed monthly. To receive it,
email info@vsh.org.

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

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

Monday, April 1, May 13, 6:30-8:30 p.m. — Discussions on plant-based living, and activities!

Monday, April 15, May 20, 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, Apr. 14, 2-4+ p.m., May 12, 3-5 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, April 22, May 22, 6:30-8:30 p.m.

Garden for enjoyment and healthy plant-based 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!