



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 7, JULY 2019

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Free Public Lectures

Brooke Goldner, MD
“Reversing Lupus, Sjögren's and Many Other Chronic Diseases with Supermarket Foods”

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

Thursday, July 11 (Maui)
Cameron Center

Upcoming Oahu/Maui Speakers

Shivam Joshi, MD
“Plant-Based Diets in Chronic Kidney Disease”
Aug. 13 (Oahu), Aug. 15 (Maui)

Sailesh Rao, PhD
“How Not To Go Extinct”
Sept. date TBA (Oahu),
Sept. 19 (Maui)

Dr. Rao: “A Prayer for Compassion”
Sept. date TBA (Oahu)

Kauai Presentations

“Cowspiracy:
The Sustainability Secret”
Sunday, July 7
Benjahmin Koenigsberg
Sunday, August 4

Heads-Up on VegFest Oahu 2019



The biggest vegan event of the year in Hawaii, VegFest Oahu, is just two months away, and the anticipation is building up! This celebration, which began in 2016, of island-style, plant-based, sustainable living has activities for both adults and keiki, bringing together more than 50 booths offering education, food, and entertainment.



Activities include plant-based cooking demos by expert chefs; speakers on health and environmental topics; a mouth-watering variety of vegan ethnic dishes, local favorites and comfort foods offered by vendors; yoga and dance classes; lots of free vegan product sampling and continuous live music. It's also a great chance to get together with friendly people, discover the island resources that support plant-based living and learn the many benefits of choosing a plant-based diet and lifestyle to increase and maintain good health, contribute to a solution for climate change, and encourage compassion for animals.



Sponsors vital to making this free festival possible include Down to Earth Organic & Natural, VEDGE Wholesale, Adventist Health Castle, Kaiser Permanente, SKY Kombucha, Tania Fukuda, New York Life, Pono Home, Uncle's Ice Cream, Sustain Hawaii, as well as the Vegetarian Society of Hawaii.

VegFest Oahu this year will be held, as in 2018, at the Frank Fasi Civic Grounds near the SkyGate sculpture, 558 S. King St. in Honolulu, on Saturday, September 21, 2019 from 11:30 a.m. to 5 p.m., with FREE entry and FREE parking.

Want To Be A Vendor?

VegFest Oahu welcomes organizations and businesses that support the vegan, sustainability message to apply for a booth. The Vendor Application process is OPEN and all paperwork is due on July 25, 2019 (late fee assessed after that). Please email details about what you propose to do at your booth with your request for the Application Packet to Joy Waters at Team@VegFestOahu.com. Anyone interested in working at VegFest to help make the magic happen is encouraged to contact Joy, as well.



Joy Waters

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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Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Sirilak Moore
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KianaRose Dulan	Paul Onishi
Phyllis Fong	Gail Pang
Dr. Fred Foster	Dr. Neal Pinckney
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Shauna Graner	Georgie Yap

Kauai

Cynthia Fowler, Kauai coordinator

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Maui

Jerome Kellner, Maui coordinator

Stephen Beidner	Laurelee Blanchard
Bill Best	Jim Brown
Bobbie Best	Russell Van Dyken

Big Island Veg Fest

Below are some photos from the first ever Big Island Veg Fest which was held at Mo'ohau Park in Hilo on Saturday, June 15, 2019. The Fest, founded and run by Rebecca Corby, attracted over a thousand attendees, a good number of them from neighboring islands, the mainland, and even from countries such as Japan and Canada. Sponsors included Under the Bodhi Tree, Blue Zones Project Hawaii, Big Island Sanctuary, Brine, Veg Fund and VSH. Attendees enjoyed music, a great variety of vegan dishes from 10 vendors, plant-based information and more.



Under the Bodhi Tree's Chef Stephen Rouelle did a cooking demo.



Dr. Leon Matsuo talked about diet and health.



Chef Nikki Stephens did a cooking demo.



Paula Buck of Big Island Farm Sanctuary, who'd given her talk earlier, greeted new BIFS resident, Happy the pig.



Rebecca Corby and Lorraine Sakaguchi.



Big Island Veg Fest at Mo'ohau Park..



Max Mah of Canada.



Eva Uran.



Sean Crowne and Ashley Campbell of Nicoco Hawaiian Gelato.



Brian Heithaus, Oahu, Hazuki Watanabe, Japan, & Hillery Hanby, Big Island resident.



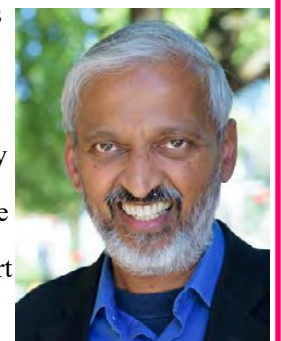
Harry Walker, who presented an extensive interactive educational tent booth, and Rebecca Corby.

Dr. Rao will be speaking for VSH the third week of September (Oahu), and 7 p.m., September 19 (Maui), venues to be announced. He will also screen the new A Prayer for Compassion (Oahu), venue to be announced.

How Not To Go Extinct

This talk examines the top causes of premature extinction on Earth - climate change, biodiversity loss, ecosystems collapse, chemical pollution and more, and explains how a nonviolent Eco-Vegan lifestyle mitigates all of these causes. It advances the hypothesis that an ecosystems role for human beings as the "Thermostat Species" is in

harmony with scientific facts as well as with the foundational stories of major cultures. With strong scientific evidence, it shows why we need to transform to a largely Vegan World to continue fulfilling this ecosystems role as compassionate "Climate Healers" by 2026, seven short years from now, or risk our own extinction.



REVERSING LUPUS, SJÖGREN'S AND MANY OTHER CHRONIC DISEASES WITH SUPERMARKET FOODS

A VSH PUBLIC PRESENTATION BY
BROOKE GOLDNER, MD

7 P.M., TUESDAY, JULY 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, JULY 11

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

- * The protocol that reversed Lupus in Dr. Goldner and a multitude of diseases in others including various autoimmune diseases as well as other chronic diseases.
- * Three foods that are making you sick.
- * The three foods essential for healing.
- * The simple thing you can start doing right away that can save your life and make you feel younger, healthier, and more energetic using simple supermarket foods.

6-8 P.M., WEDNESDAY, JULY 10
Dine Out with Dr. Brooke Goldner!

Peace Café, 2239 S. King St., Honolulu

\$25 including tax & tip.



Dr. Milton Mill's dine-out at Peace Café.

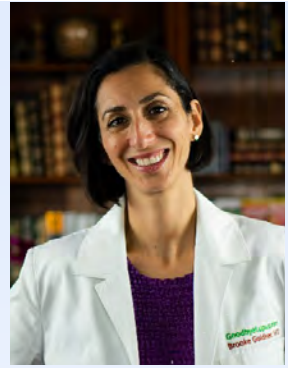
To RSVP (needed), text (call if needed) Carol at (808) 728-6639, & specify entrée choice. Cash/credit card OK. To pay by phone, call (808) 951-7555.

Note: Proceeds go to meal providers, not to VSH.

Vegan menu: Veggie miso soup, mochi cake dessert, & choice of 1 entrée below:

1. **BBQ Tempeh Plate**—Tempeh steaks, original BBQ sauce, served with coleslaw, mixed greens & house dressing and brown/black rice.
2. **Peace Sampler**—Brown rice, hijiki, tofu scramble, yuzu carrots, cucumbers, tomatoes, bean & clover sprouts, poke, nori flakes, avocado, mixed greens, TVP, sesame kale, and house dressing.
3. **Tex Mex (Burrito)**—Tortilla, quinoa, taco TVP, tomatoes, avocado, mixed greens, cilantro, black beans, corn salsa and hot sauce.

Brooke Goldner, MD, has written two best-selling books: *Goodbye Lupus* and *Green Smoothie Recipes to Kick-Start Your Health & Healing*. She has been featured in multiple documentaries such as *Eating You Alive*, *Whitewashed*, and *The Conspiracy Against Your Health*, on TV news and the *Home & Family Show*, as well as many radio shows and podcasts, and is a highly sought after keynote speaker. She's been featured on the front cover of *Vegan Health & Fitness Magazine* 3 times, including the recent cover of *Fit Over Forty*. She is a regular contributor to T. Colin Campbell Center for Nutrition Studies and she was featured in the *Journal of Disease Reversal* reversing lupus in herself, as well as multiple case studies in reversing end-stage kidney failure with her hyper-nourishing nutrition protocol. She is a graduate of the Temple University School of Medicine, was Chief Resident at UCLA-Harbor Residency, and holds a certificate in Plant-Based Nutrition from Cornell University. She is the founder of VeganMedicalDoctor.com, GoodbyeLupus.com and creator of the Hyper-nourishing Protocol for Lupus Recovery.

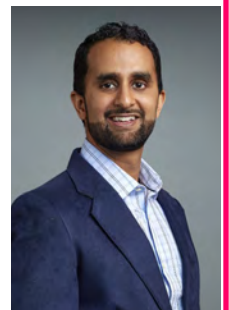


Dr. Joshi will be speaking at 7 p.m. on August 13 at the Ala Wai Golf Course Clubhouse (Oahu) & 7 p.m. on August 15 at Cameron Center (Maui)

Plant-Based Diets in Chronic Kidney Disease
Shivam Joshi, MD

Patients with kidney disease have historically been told to avoid plant-based diets for fear of raising serum potassium or phosphate levels, developing kidney stones, or becoming nutrient deficient. However, many patients with kidney disease who eat plant-based diets do not experience these issues and actually experience several health benefits, including improved blood pressure; re-

duced acid and phosphate levels; reductions in mortality and proteinuria; and a slower progression - if not reversal (in select cases) - of their underlying renal disease. As a result, an optimal diet for patients with renal disease is one that emphasizes the consumption of plant-based foods.



We're looking forward to seeing you at VSH events! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.



Heart Healthy Recipes

By Neal Pinckney, PhD

"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.

Summer No-Cook Recipes

As the summer brings heat, it's nice to keep the stove off and treat yourself with these no-cook recipes.

Blender Gazpacho

Gazpacho originated in Andalusia, but different versions have sprung from every region of Spain. Many cold tomato soups are called gazpacho, but the real Spanish recipe calls for soaked day-old bread to bring out the authentic flavor and texture. Almost any vegetable can be included, depending on the season, as long as it's raw. Feel free to add your favorites to this recipe.

- 2 lb beefsteak tomatoes, cut into quarters
- 1 small clove garlic, minced
- 2 T red wine vinegar (but any vinegar will work)
- ½ English cucumber, peeled and cut into 1-inch pieces, plus 8 very thin rounds for garnish
- 1½ C coarsely chopped roasted red bell peppers
- 1 C day-old bread cut in small cubes (preferably from whole wheat or rustic bread)
- 1½ t coarse salt (Hawaiian or kosher salt works well)

Freshly ground pepper to taste



Stir together bread, garlic, vinegar, and ¾ cup cold water in a medium bowl. Set aside.

Liquefy cucumber (except for garnish slices), roasted peppers, and bread mixture in a blender until smooth. Transfer to a large bowl. Puree half of the tomatoes in the blender,

and add to the bowl with cucumber mixture. Puree remaining tomatoes and add; whisk to combine. Stir in salt; season with pepper. Refrigerate, covered, until chilled, about 30 minutes. Serve gazpacho in 4 bowls. Garnish each with 2 cucumber slices.

Hints:

Roasted red peppers can be made at home, but to avoid cooking, it also comes prepared in jars and cans. Adding cilantro (Chinese parsley) isn't traditional, but adds a bit of local flavor.

Although the original recipe calls for olive oil, the taste is the same without it. A few drops of toasted sesame oil will give a pleasant variation.

Frappuccino

This Starbucks knockoff has the same taste at one-tenth the cost.

- 1 C espresso or very strong coffee
- 2 C crushed ice
- 2 T agave nectar (see Hint)
- ¾ C soy or almond milk

Mix all ingredients in a blender until smooth.



Optional toppings:

Vegan nonfat whipped cream - available in most super markets, or chocolate syrup.

Hint:

You may use another sugar substitute. For a subtle variation, substitute maple syrup for the sweetener instead of agave nectar.



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

Nutrition News from

Best Vegetables for Cancer Prevention

The two best families of vegetables for cancer prevention are the cruciferous vegetables, like broccoli, kale, cabbage, and the allium family vegetables—such as garlic, onions, and leeks.

<https://nutritionfacts.org/video/flashback-friday-1-anticancer-vegetable/>

Berries can Drop Heart Attack Risk up to 47%

In a new review on the intake of berries and their brightly colored pigments, called anthocyanins, four out of five studies “suggest that increased...intake is significantly associated with a reduction in risk of” coronary heart disease.

<https://nutritionfacts.org/video/benefits-of-blueberries-for-heart-disease/>

Recent VSH Events

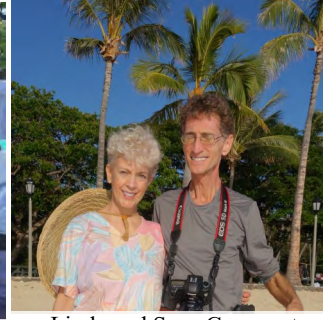
Oahu



Ruth Heidrich, PhD, Linda Carney, MD, and Fred Foster, PhD, at the Honolulu Central Seventh-Day Adventist Church on Saturday, June 8, 2019. Dr. Carney spoke there on "Food, Mood and Adults' Health: What's the Connection?"



Monise Hamilton, friend of the Carneys, Dr. Linda Carney, Sean Carney carrying the beach chair decorated by Feel Ideal with a vegan message, Feel Ideal in the blue tank top, and Jim Thompson at VSH's Oahu Fruitluck in Waikiki.



Linda and Sean Carney at Queen's Beach in Waikiki at the Oahu Fruitluck on June 9.



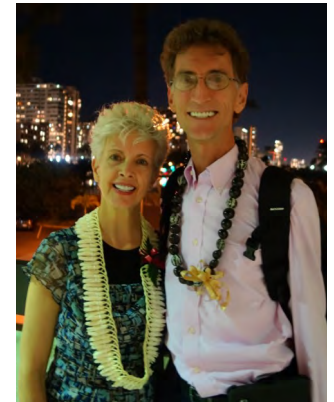
Dr. Linda Carney lectured on "Food, Mood, and Women's (& Men's) Health: What's the Connection?" on Tuesday, June 11.



Phyllis Fong and Sirilak Moore providing vegan refreshments donated by Down to Earth at Dr. Carney's talk on Tuesday, June 11.



At the VSH dine-out at The Ripple of Smiles restaurant on June 12, 2019. Guests of honor, Sean Carney, wearing a lei, and Dr. Linda Carney in front of him are in the center. Hung "Frank" Nguyen on the far left, and wife Huyen Le, kneeling and making a shaka sign, owners of The Ripple of Smiles, hosted the event.



Linda and Sean Carney on the front lanai of the Ala Wai Golf Course Clubhouse after her VSH lecture there on June 11



Scott Kitamori talked on June 17 at Kilauea Rec. Ctr. about his work with the Waikiki School Farm to help children to learn to grow edible plants, love and protect the 'aina, and more.



Mary Hofstra and Joanne diGiorgio (with Barbara Cooney, center) of Maryland, at a remembrance vegan dinner on Tuesday June 25, in honor of their brother Will DiGiorgio, at Govinda's Vegetarian Buffet. Will passed away on April 7, and is missed by the many friends he made here in Hawaii, including his fellow VSH volunteers,

Imagine A Vegan World (IVW) meeting on Monday, June 17. Unexpectedly, several attendees had brought enough food dishes to have a potluck dinner, so attendees ate well that evening!



VSH's joint IVW and Grow Your Own Food vegan potluck on Monday, June 24 at Kilauea Recreation Center.



Maui



Left: Jerome Kellner, VSH Maui coordinator, and Linda Carney, MD, at Cameron Center in Wailuku on June 13, 2019. Above: Dr. Carney spoke at Cameron Center. Right: Another view of Dr. Carney speaking at Cameron Center.

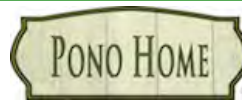


VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Herbivores: Vegan. Creative, healthy fast foods. Breakfast, lunch, dinner, smoothies, juices, coffee with Evolution Bakery baked goods. Jackfruit nachos, NY bagels, more.



Pono Home: Vegan. Green home audit, energy & money saving installations & services help renters and owners of homes of all sizes. Organic, zero waste personal care products.

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 Waiālae Ave, Kaimuki) 15%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiālae 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 (<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

Hawaii (Big Island)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- ☞ **Herbivores** (75-5722 Hanama Pl, Kailua-Kona) 10%

☞ = 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%
- ☞ 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 Café (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 (hawaiiveggiefarm.com) Big Island purple sweet potatoes. 5%, text or email image of current VSH member card to (808) 430-2519 or Customerservice@hawaiiveggiefarm.com
- ☞ **Pono Home Essentials** (ponohomeessentials.com) 5% (code: VSH). Free home energy audit at www.ponohome.com
- ☞ VegVoyages (vegvoyages.com) Asian adventure tours. 5%
- ☞ Vegan Essentials (<http://store.veganessentials.com/>) Food, Clothing and more, 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 June 4, 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

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

\$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.

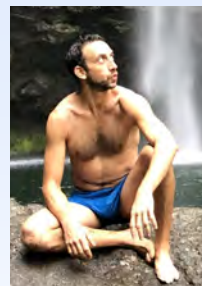
To participate in the potluck, bring a vegan dish and bring the recipe, if possible, or an ingredient list. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate donated by Eat Healthy Café. Welcome without a dish, too; suggested donation: \$10. Check VSH Facebook page for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



1:00 p.m. Sunday July 7, 2019 "Cowspiracy: The Sustainability Secret" Screening

The shocking, yet humorous, journey of an aspiring environmentalist, as he daringly seeks to find the real solution to the most pressing environmental issues and true path to sustainability.

1:00 p.m. Sunday, August 4, 2019 Benjahmin Koenigsberg



Do you get discouraged with dieting or your eating habits? Despite new and popular diets, gyms and supplements, many people are still confused about what to eat, how to lose weight and overcome their intense cravings. Come learn the truth behind a common and detrimental nutrition and weight loss misconception.....eating lots of carbs! Potatoes, grains and other starchy

carbs have been maligned and feared by many although they are actually the answer to lasting health and weight loss! Discover the economic value and health benefits of carbohydrate-rich foods, why they are optimal for weight management and how to prepare delicious meals that will keep you trim, healthy and feeling full.

Benjahmin is a Kapaa-based online weight loss coach, supporting food lovers to lose weight with carbs and without dieting!



Leilani Farm Sanctuary on Maui is home to hundreds of rescued animals. Visitors are welcome, including school groups for educational tours.
"Adopt" an animal!

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



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.



Vegetarian Society of Hawaii

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Honolulu, Hawaii USA
96823-3208

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HONOLULU, HI
PERMIT NO. 645



Vegetarian Society of Hawaii VSH Special Interest Group Events

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

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

Monday, July 1, 6:30-8:30 p.m. — Learn from each other and from experts about plant-based living, discussions, videos and more! Kilauea Recreation Center, 4109 Kilauea Avenue (at Kilauea District Park).

Plant-Based Lifestyle — Oahu

Saturday, July 20, 4-7 p.m.—Vegan Potluck at Foster Botanical Garden's Midsummer Night's Glean family event (music, crafts & more). Free event admission. Volunteers will direct you to nearby parking lots for event. Meet at front gate at 4 p.m. If you arrive late, find us on the great lawn. If you get lost, call Jeff at (808) 954-0791. Bring a whole food, plant-based dish (low salt, oil & sugar preferred) to share, your own water/beverage, & dinnerware, plus mats, tarps or blankets to spread out on grass. Foster Botanical Garden, 50 N. Vineyard Blvd.

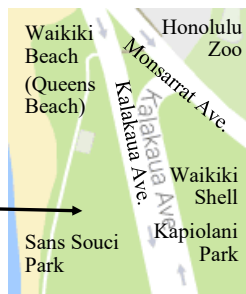
Oahu Fruitluck

Sunday, July 7, August 4, 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, July 29, 6:30-8:30 p.m. Kilauea Recreation Center, 4109 Kilauea Avenue.

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

Sat., July 20, 4-7 p.m.—Vegan Potluck, Foster Botanical Garden. (Joint potluck with Imagine a Vegan World group. See July 20 event above in Plant-Based Lifestyle.)



All of these events are **free and open to all**, so please be sure to come, and bring a friend, too!

See event details at [meetup.com/veganoahu/](https://www.meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://www.meetup.com/Hawaii-Vegan-Events)

Looking forward to seeing you! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.