



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 9, SEPTEMBER 2019

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Saturday, September 21, 2019
Frank Fasi Civic Grounds
11:30 a.m. - 5 p.m.

Public Presentations

Sailesh Rao, PhD

“How Not To Go Extinct”
Tues., Sept. 17 (Oahu)

Art Auditorium, UH at Manoa

“A Prayer for Compassion”
Wed., Sept. 18 (Oahu)

Art Auditorium, UH at Manoa

“How Not To Go Extinct”
Thursday, Sept. 19 (Maui)
Cameron Center

“How You Can Solve Climate Change TODAY” (Oahu)
Sat., Sept. 21, VegFest O’ahu,
Lawn near Honolulu Hale

Upcoming Oahu/Maui Speaker

Amanda Smith
Oct. 8 (Oahu), Oct. 10 (Maui)

Laurie Marbas, MD
Nov. 12 (Oahu), Nov. 14 (Maui)

Kauai Potluck/Presentations

Benjahmin Koenigsberg
“Lose Weight With Carbs”
Sunday, September 1

Airin Aquarius
Sunday, October 6

Make your plans to attend this exciting, all-vegan festival and enjoy a variety of delicious foods, music, tasty food prep demos, great speakers, including Dr. Sailesh Rao, executive producer of *Cowspiracy* and *What The Health*, and visit us at our Vegetarian Society of Hawaii booth! We’ll be giving out lots of information, including recipes; doing vegan book giveaways throughout the day; offering a colorful keiki activities area and our special veggie petting zoo; sharing our booth with Leilani Farm Sanctuary and more!

It’s encouraging to see how far VegFest O’ahu has come since it was just a gleam in the eye of Joy Waters, and many other local vegans who’d dreamed of having a VegFest on Oahu like this for many years, but had to be content with, if they could afford it, going to large veggie festivals elsewhere, usually on the U.S. mainland. The first meeting for the first VegFest O’ahu was held in the evening of February 15, 2016, on the 2nd floor in the Fashion Co-Op space at Ward Warehouse in Honolulu. The photo here shows Joy and most of the attendees, all of whom brought their willingness to help start up the first ever VegFest O’ahu. With a tremendous amount of hard work and a lot of perseverance, VegFest O’ahu 2016 opened to an enthusiastic crowd of thousands on Saturday, September 24, 2016, and they’ve been coming back in ever greater numbers, it seems, for the past three years. This year’s festival will be the fourth VegFest O’ahu — hard to believe, but true!



Please check out this issue’s back cover for overall information about VegFest O’ahu, page 6 for the guide to all scheduled events at VegFest O’ahu, and page 5 for the details about Dr. Rao’s featured talk on *How You Can Solve Climate Change TODAY*. See you there!

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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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
Yuika Furukawa*	James Richart
Shauna Graner	Georgie Yap

Kauai

Vigil Alkana	Cynthia Fowler
Magenta Billett	Susan Lau
Iry Boboshko	Michelle Lemay
Gerald Chudy	Carol Williams
Amorosa DeGracia	Robert Zelkovsky

Maui

Jerome Kellner, Maui coordinator

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



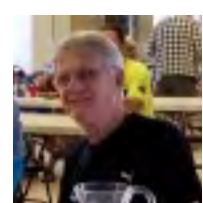
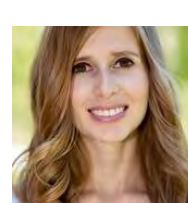
President's Message

Dear Friends,

I'd like to extend a heartfelt mahalo to Cynthia Fowler, who took on a big job as VSH Kauai coordinator, when Thomas Eisen-drath, VSH Kauai's previous coordinator, and his wife Janie moved away from Kauai to Colorado. Thomas had difficulty finding anyone willing to take his place, so we were fortunate that Cynthia, who had been doing VSH information tables at Kauai Community College and at community events, stepped up to the plate.

As with Thomas, she could not let VSH Kauai simply disappear for lack of someone to take it over. She officially ran her first meeting solo on January 6, 2019, even being the featured speaker for that meeting. Although she had help from some good volunteers, she still had to take on a lot of the responsibility and worry single-handedly, and did well. I had the delightful privilege of meeting Cynthia in person at the Sunday, April 7, 2019 potluck/presentation at Kapaa Neighborhood Center (and of being able to thank Thomas and Janie, for whom this was their last VSH Kauai meeting before their final move to the mainland). She continued to work hard, and served as an effective and much-appreciated coordinator for VSH's Kauai branch until she needed to step down this summer.

VSH is fortunate that, although Kauai is currently without a coordinator, a volunteer team has taken over from Cynthia to organize VSH Kauai meetings! Thanks very much to Carol Williams, Robert Zelkovsky, Susan Lau, and Iry Boboshko as well as to Gerald Chudy, who, for a short time, agreed to direct the team. They held their first VSH Kauai vegan potluck/meeting at Kapaa Neighborhood Center on Sunday, August 4.



Carol Williams, Robert Zelkovsky, Susan Lau, Iry Boboshko, and Gerald Chudy Mahalo again to Cynthia for a job well done, and mahalo to the VSH Kauai volunteers who are keeping VSH Kauai alive and well!

Shop at AmazonSmile

and Amazon will make a donation to:
Vegetarian Society Of Hawaii

Get started

amazon smile

Aloha!

Lorraine

VSH President

UNIVERSITY OF HAWAII AT MĀNOA (UHM) EVENTS ARE CO-SPONSORED BY CAROLE MANDRYK, PhD, AND THE OSHER LIFELONG LEARNING INSTITUTE (OLLI) AT UHM, VICTORIA ANDERSON, PhD, AND THE DEPARTMENT OF LINGUISTICS (DoL) AT UHM, AND THE INSTITUTE FOR SUSTAINABILITY AND RESILIENCE (ISR) AT UHM.

How Not to Go Extinct

A VSH, OLLI, DoL, AND ISR FREE PUBLIC PRESENTATION BY

Sailesh Rao, PhD



Dr. Sailesh Rao is the Founder and Executive Director of Climate Healers, a non-profit dedicated towards healing the Earth's climate. A systems specialist with a PhD in Electrical Engineering from Stanford University, Stanford, CA, USA, conferred in 1986, Dr. Rao worked on the Internet communications infrastructure for twenty years after graduation. In 2006, he switched careers and became deeply immersed, full time, in the environmental crises affecting humanity. Dr. Rao is the author of the 2011 book, Carbon Dharma: The Occupation of Butterflies and the 2016 book, Carbon Yoga: The Vegan Metamorphosis. He is an Executive Producer of the trilogy of documentaries "THEY Don't Want You To See", The Human Experiment (2013), Cowspiracy: The Sustainability Secret (2014) and What The Health (2017), which explore the systemic causes of human and environmental ill health. He is also an Executive Producer of the new groundbreaking documentary, "A Prayer for Compassion".

7 P.M., TUESDAY, SEPT. 17
UNIVERSITY OF HAWAII AT MĀNOA—OAHU

ART BUILDING AUDITORIUM, RM. 132
2535 MCCARTHY MALL, UH AT MĀNOA, HONOLULU
NOTE: SEE UH AT MĀNOA MAP ON PAGE 5

7 P.M., THURSDAY, SEPTEMBER 19, 2019
CAMERON CENTER, 95 MAHALANI ST., WAILUKU—MAUI
7 P.M. SEPT. 15 KAILUA-KONA (NEW-SEE PAGE 5)—BIG ISLAND
At OAHU & MAUI EVENTS ON THIS PAGE,
VEGAN REFRESHMENTS ARE COURTESY OF DOWN TO EARTH.

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.

Special free screening of the new award-winning documentary

"A Prayer for Compassion"

Followed by Q and A with Dr. Sailesh Rao

6:30 p.m. Wed. September 18

Art Building Auditorium, Rm. 132, 2535 McCarthy Mall, UH at Mānoa

Note: See UH at Mānoa map on page 5

Feature-length documentary that strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in alignment with this value.

This film follows Thomas Jackson on a quest across America that ultimately takes him to Morocco for the UN Climate Conference and throughout the Indian subcontinent to ask, "Can compassion grow to include all beings?" and "Can people who identify as religious or spiritual come to embrace the call to include all human and nonhuman beings in our circle of respect and caring and love?"

It calls on people of faith and spiritual seekers of every stripe to come together to bring about a world in which "The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them." (Isaiah 11:6).



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.

RENEWING OUR NATURAL LOVE FOR FOOD

A VSH FREE PUBLIC PRESENTATION BY

AMANDA SMITH

7 P.M., TUES., OCTOBER 8—OAHU

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

7 P.M., THURSDAY, OCTOBER 10—MAUI

J. WALTER CAMERON CENTER

95 MAHALANI ST., WAILUKU

Amanda Smith shares how food has saved her life and how it can save yours, too. Learn how mindful eating of healthy plant-based foods using locally-sourced ingredients and eliminating harmful eating habits, such as excessive processed foods, are beneficial for your health. Learn the benefits of using sustainable farmers market finds in everyday recipes. Amanda will be sharing what she has learned from her experiences as a TV host, chef, and food writer, as well as her strong commitment to and vision for a healthy Hawaii community, and the future generations of keiki. She will also share a favorite recipe!



Amanda Smith is Ms. United States 2019, and founder and executive director of Menehune Chef. A passionate pioneer in the local community who has dedicated herself to increasing awareness on nutrition & health to all keiki and families, she is currently sharing her vision of sustainable cooking practices to all of the Hawaiian Islands and beyond through in-school & after-school programs, private cooking lessons, public education-centered speaking events, television, radio, social media, and podcasts. Amanda Smith started her health and wellness inspired journey at the University of Hawai'i studying Early Childhood Education.



WHAT YOUR DOCTOR DIDN'T LEARN IN MEDICAL SCHOOL COULD KILL YOU

A VSH FREE PUBLIC PRESENTATION BY

Laurie Marbas, MD

Laurie Marbas, MD, MBA, is a double board-certified family medicine and lifestyle medicine physician utilizing food as medicine since 2012.

She is the Managing Editor for the Plantrician Project's *International Journal of Disease Reversal and Prevention* and works with its Editor in Chief, Dr. Kim Williams. She is also co-founder of Healthy Human Revolution

(<http://healthyhumanrevolution.com>) whose mission is to empower individuals with the knowledge, tools and mindset to successfully adopt and sustain a whole food plant-based diet.

She received her dual degrees (MD and MBA) from Texas Tech University Health Sciences Center School of Medicine and the TTU School of Business. Laurie was awarded the Texas Tech University School of Medicine Gold Headed Cane Award, a symbol for excellence in the art of medicine and the care of patients

She is a USAF veteran having served in the Middle East and South America. She is a wife, mom of three grown children, host of the Healthy Human Revolution podcast, author, speaker and an avid runner.

7 P.M., TUESDAY, NOV. 12—OAHU

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

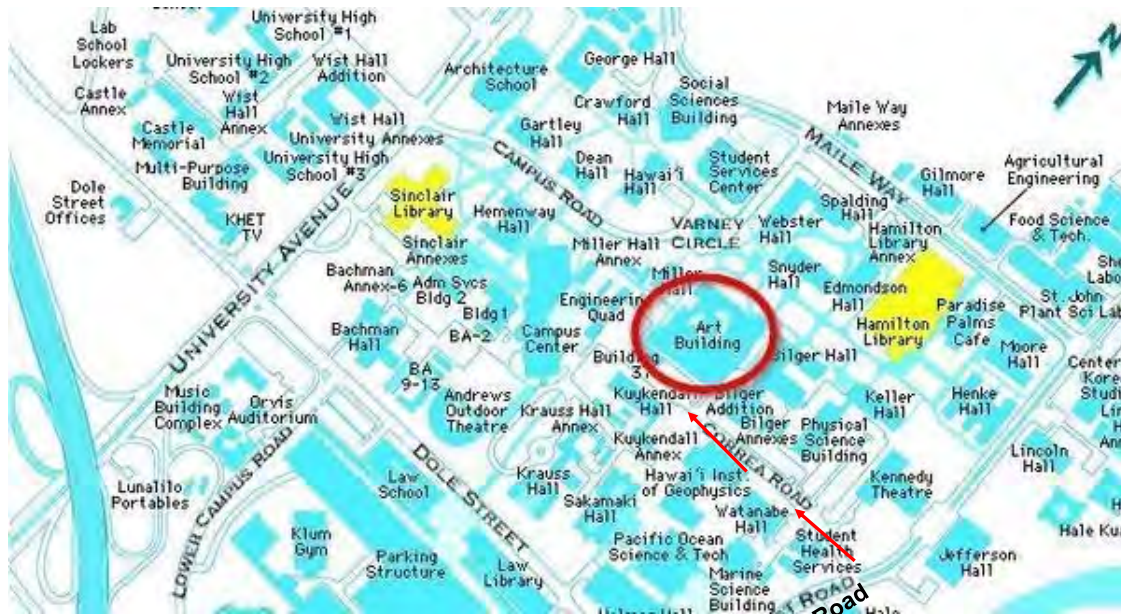
7 P.M., THURSDAY, NOVEMBER 14—MAUI

J. WALTER CAMERON CENTER

95 MAHALANI ST., WAILUKU

In the original Hippocratic Oath that physicians take upon graduating medical school, it states, "I will keep them from harm and injustice." The majority of physicians, I do believe, do not want to harm their patients and only want what is best for them. Unfortunately, the one thing that could reverse chronic disease and stop the need for most prescription medications we did not learn about in medical school. So, we physicians continue to practice medicine the way we were taught with a pen and prescription pad, and a scalpel. Those prescription medications have side effects and kill 106,000 Americans every year, according to one study. That would place your doctor (as well as me) as one of the leading killers of Americans. Scary isn't it?

How to get to the Art Auditorium at the University of Hawai'i at Mānoa on 9/17 and 9/18



By car: Turn from Dole Street onto East-West Road, then turn left onto Correa Road. The Art Building will be about the 4th building on your right. Evening visitors may park in any unreserved parking space, plus other parking spaces and lots. If you intend to use cheap or free street parking, it will be a healthy walk away, so please allow time to do this. Carpooling is encouraged, as well as other forms of transportation.

How You Can Solve Climate Change TODAY
 Dr. Sailesh Rao's featured presentation at VegFest O'ahu
2:15-3:15 p.m., Sat., September 21
 Frank Fasi Civic Grounds, 558 S. King St.
 Free parking and entry.

In this talk, we will show that you have everything you need to solve climate change and the environmental crises, TODAY! Specifically, we will go through a step-by-step process to reclaim your power and the agency to solve the world's problems. All it requires is your intention to heal the planet and yourself. Please bring it.

Enjoy a Delicious Vegan Dine-out with Dr. Sailesh Rao!
6-8 p.m., Friday, September 20
 Bodhi Tree Meditation Center
 654A Judd St., Honolulu
 Vietnamese Buffet. \$19 total.
 (Please pay cash or by check before eating.)
 To RSVP, early recommended, text (or call) Carol at (808) 728-6639.

Mushroom Pho, Mixed Mushroom Salad (steamed), Summer Rolls
Green Papaya Salad or Banana Flower Salad (depending on availability)
Veggie Casserole, Vegan Chicken Tofu Noodle Dish (Rice Noodle Sauté or Pad Thai)
Brown Rice Sticky Rice
Desserts: Banana Tapioca, Taro Sticky Rice

Note: all proceeds go to the meal provider, not to VSH.

The Hawai'i Cow Rescue

As a follow-up to last month's story on the cow rescue, more funds and more homes on the Big Island are desperately needed. The rescuers only have until the end of this month, September, to save any more of the cows from the closed Big Island Dairy. Alessandra Rupar-Weber, who heads this effort, recently received word of "25 weanies" that she could rehome now, but has no money with which to rescue them. To help: call (808) 936-0636 or go to www.gofundme.com/f/cow-rescue-hawaii-by-hlfarn.



HOW NOT TO GO EXTINCT — (BIG ISLAND)
7-9 P.M., Sunday, September 15, 2019
 Hawaiian Queen Coffee Garden,
 75-1048 Henry St, Kailua-Kona
 New added event—hosted by Alessandra Rupar-Weber
 Vegan Spirituality of Hawaii,
 6:30 P.M. VEGAN POTLUCK, BRING FOOD TO SHARE & OWN DINERWARE, \$15 SUGGESTED DONATION TO DEFRAY COSTS.



VegFest O'ahu 2019

BE GREEN: put this on your phone



TIME	SPEAKER SERIES TENT	MUSIC STAGE	LEARNING KITCHEN TENT	MOVEMENT TENT
11:30		<i>Oli Blessing</i> by Mālia and Hanaloa Helelā		Teachers from the Still & Moving Center
11:45	11:45 AM Carmela Wolf "Your Food, Your Medicine: Using Natural Phytochemicals for Optimal Health" Sponsored by Down to Earth, Organic & Natural	11:45 AM Hook + Line Acoustic Rhythm & Blues	11:45 AM Kim Oshita Local Style Cauliflower Rice Sponsored by Kaiser Permanente	12:00 PM Qigong/Feldenkrais with Eva Alewa Geueke
12:00				12:30 PM Nia with Doris Morisaki
12:15				1:00 PM Contemporary Dance with Eva Alewa Geueke
12:30				1:30 PM Turkish Bellydance with Murat Demirtas
12:45			12:45 PM Katie Dobkin BBQ SoyCurls Sponsored by VEDGE Wholesale	2:00 PM Hula with Mālia Helelā
1:00	1:00 PM Suzanne Frazer "How to Get Plastic Out of Your Diet"	1:00 PM Tavana Island-inspired Rock and Blues		2:30 PM Vinyasa Yoga with Sridevi Fournier
1:15				3:00 PM Nia with Doris Morisaki
1:30				3:30 PM ATS Bellydance with Sahara Spirit
1:45			1:45 PM Paul Onishi Healthy Loco Moco Sponsored by Down to Earth	4:00 PM Cooldown Yoga with Kendra Gillis
2:00				
2:15	2:15 PM Dr. Sailesh Rao "How You Can Solve Climate Change TODAY" Sponsored by Vegetarian Society of Hawai'i	2:15 PM Paul Izak Folk, Blues, Rock, Reggae	2:45 PM Mama T Gonsalves Chickpea Taco Salad	
2:30				
2:45				
3:00		3:25 PM - Peace Day Celebration with Honpa Hongwanji Hawaii		
3:15				
3:30	3:30 PM Panel Discussion "Take Action: Strategies to Strengthen Hawai'i's Plant-Based Movement" Sponsored by VEDGE Wholesale	3:45 PM Taimane Ukulele – from classical to rock to flamenco	3:45 PM Edgar Edge & Gordon Au Sushi Burgers and Vegan Pho Sponsored by Adventist Health Castle	
3:45				
4:00				
4:15				
4:30				
4:45		Closing Mahalos		



September 21 is Peace Day! Drop by Honpa Hongwanji Hawaii's "Peace Day Lounge" tent. And, at the Music Stage at 3:25 PM, enjoy a Peace Day Celebration.



Gong Sound Baths: Visit the Harmony Haven Tent for a FREE sound journey, new session every half hour. First one at 12 PM, last one starts at 4 PM.



Vegetarian Society of Hawaii VSH Special Interest Group Events

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

Plant-Based Lifestyle — Oahu

Monday, September 9, October 7, 6:30-8:30 p.m.— Vegan Potluck. Everyone is welcome! Please bring a whole food, plant-based dish (suggested: low salt, oil & sugar) to share with list of ingredients or recipe, your own water/beverage, & dinnerware. Kilauea Recreation Center at Kilauea District Park, 4109 Kilauea Avenue.



Grow Your Own Food (Gardening for fun and eating!) — Oahu

Monday, September 30, October 14, 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.



These VSH 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/ or 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.



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.

Healthy Hearts Around the World — Russia

Solyanka — An East European soul food with vegan sour cream

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We did Japan last month, and these recipes are Russian (actually northeastern Europe).

Solyanka (4 to 6 servings)

Solyanka (pronounced so-LYAN-ka) comes from the Russian word for salt, but it's more savory than salty) is said to originate in Estonia and is "soul food" in Russia, the Ukraine, the Baltic states and the former East Germany. While it commonly contains meat or fish, it is also popular there with mushrooms as its main ingredient. Although it has lots of elements, it's relatively simple and quick to prepare.

- 6 C water
- 4 medium onions, sliced
- 2½ C any edible mushrooms, chopped
- 2 large garlic cloves
- 2 bay leaves
- ½ t ground black pepper
- 2 t (heaping) paprika powder
- 1 carrot, in coins or julienned
- 3 medium potatoes, cubed
- 3 large pickles (kosher dill is traditional), chopped
- 3 T black olives (pitted) (see hint)
- 3 T green olives (pitted)
- 5 T tomato sauce
- 1 slice of lemon, cut into four
- salt (optional: if used, no more than 1 tsp)
- fresh ground black pepper to taste
- green onions and/or fresh flat-leaf parsley for garnish (optional)



Directions:

Bring the water (and, optionally, salt) to boil in a large pot. Heat sliced onions in a small amount of water or veggie broth for 3 minutes, then add chopped the mushrooms, garlic, bay leaves, ground black pepper and paprika powder. Cook for 2 or 3 minutes. Add boiling water and boil for 5 minutes. Add sliced potatoes and boil another 5 minutes. Add carrot, chopped pickles, olives, tomato sauce,

lemon pieces. Cook for 5 minutes or until the potatoes are soft. Serve with green (spring) onions or chopped fresh parsley. Vegan sour cream is also commonly added (see recipe below).

Hints:

Olives are the usual salty addition, but they are high in fat. For those who want to avoid all fat, substitute preserved capers instead.

In some ethnic areas, cabbage, either sliced or cut leaves, are commonly added. Fresh dill (or dried dill, if not available) is also commonly added as a garnish.

Vegan Sour Cream

- 1 package Mori-Nu LITE tofu, firm or extra firm
- 2 T white vinegar
- 2 T soy milk powder (see note below)

Directions:

Blend all ingredients until completely smooth. Makes 3 cups. Lasts 3 weeks in a refrigerator. You can also make half the above, save half the tofu in plastic wrap and freeze for future use.



Vegan solyanka with a dollop of vegan sour cream.

Note: I prefer using soy milk powder, as I can make just the amount I need whenever I want some, and there's nothing left over to spoil. The powder comes in plain - use that in this recipe - and vanilla. It's much lower in fat than the fresh soymilk in markets, it costs less and when reconstituted with water, it lasts longer in the refrigerator. It can be found in some places in bulk, or online. The brand is Better Than Milk.

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

Egg Consumption Associated with Increased Breast Cancer Risk

Breast cancer: a significant increase in breast cancer risk once women get up to around five eggs a week. Now this was putting together just all the forward-looking cohort studies. Adding together all the studies doesn't change the conclusion: "egg consumption [is] associated with increased breast cancer risk." A single serving of eggs may exceed the old 300 mg daily limit of dietary cholesterol by about 40 percent. The latest dietary guidelines actually strengthened the limits on dietary cholesterol, saying forget 300, as recommended by the National Academy of Sciences Institute of Medicine; we "should eat as little dietary cholesterol as possible."

<https://nutritionfacts.org/video/eggs-and-breast-cancer/>

Eating 6 Dates a Day Found to Shorten Labor time by Hours and Lower Postpartum Bleeding

Studies found that consuming dates after delivery decreases bleeding more than intramuscular oxytocin, and it's a good alternative in normal delivery. In another study, women just entering their active labor phase were given a date syrup or placebo. They found "normal labor progression" was evidently higher in the date group, around 98% compared to less than 70% in both the placebo and control groups. And, "labor duration was also shorter in the [date] group," like two hours shorter.

<https://nutritionfacts.org/video/best-food-for-labor-and-delivery/>

Biblical Daniel Fast Put to the Test

Within a matter of weeks, participants placed on the vegan diet outlined by the prophet Daniel experienced improvements in blood pressure, cholesterol and insulin levels, insulin resistance, and C-reactive protein levels, a marker of inflammation within the body.

<https://nutritionfacts.org/video/flashback-friday-biblical-daniel-fast-put-to-the-test/>

Does Pressure Cooking Preserve Nutrients?

In a review of more than a hundred articles about the effects of cooking on vegetables, they tried to find the sweet spot. On the one hand, heat can destroy certain nutrients; on the other hand, by softening the tissues, nutrients also can become more bioavailable. Dr. Greger discovers that he can achieve perfect, brightly colored, yet tender steamed greens by setting his electric pressure cooker to zero minutes and then quick releasing the valve.

<https://nutritionfacts.org/video/does-pressure-cooking-preserve-nutrients/>

Is It Best to Drink Tap, Filtered, or Bottled Water?

Research shows that the lifelong ingestion of chlorinated drinking water results in "clear excess risk" for bladder cancer. Given the disinfection byproducts in tap water, Brita, PUR, ZeroWater, and refrigerator water filters were put to the test. Refrigerator water filters did best, followed, by ZeroWater, PUR and Brita, in that order. Don't let biofilm form; replace filters and toothbrushes as recommended by manufacturers, and disinfect your toothbrush by soaking it in vinegar for 10 minutes.

<https://nutritionfacts.org/video/is-it-best-to-drink-tap-filtered-or-bottled-water/>



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.

Oahu

Right: At what became a celebratory lunch at the Bodhi Tree Meditation Center in Honolulu on Sunday, August 11, 2019: Jeff Pang, Dr. Ruth Heidrich, Shivam Joshi, MD, and brand-new fiancée, Vijal Patel, MD, Jim Thompson and Carol Janezic, (all VSH board members except for Drs. Joshi and Patel).



Recent VSH Events

Above left and below: Shivam Joshi, MD, spoke on August 13, 2019 at the Ala Wai Golf Course Clubhouse on “Plant-Based Diets in Chronic Kidney Disease.”



VSH vegan dine-out at The Ripple of Smiles restaurant in Honolulu, on Wednesday, August 14. Diners together with guests of honor Dr. Vijal Patel and Dr. Shivam Joshi (both wearing leis in back row, and “Frank” Hung Ngyugen, owner of the Ripple of Smiles on the far right).



Maui

Jerome Kellner, VSH Maui coordinator, Dr. Vijal Patel, Dr. Shivam Joshi, and VSh'er Stephen Beidner on August 15.



Dr. Shivam Joshi spoke on August 15, 2019 at Cameron Center in Wailuku on “Plant-Based Diets in Chronic Kidney Disease.”



Curried 'Ulu Salad By Robert Zelkovsky

Ingredients:

Organic 'ulu	Vegenaise	Cayenne pep-
Carrots	Mustard	per
Onion	Lime juice	salt
Garlic	Curry powder	pepper

Kauai



Robert Zelkovsky and Susan Lau were co-winners of the best vegan dish award at the potluck/planning meeting on Sunday, August 4, 2019 at Kapaa Neighborhood Center.

Vegan Mushroom Bolognese

By Susan Lau
(no photo available)
Ingredients:

Coconut oil	Carrots
Mushrooms	Coconut Sugar
Onions	Rosemary
Garlic	Sage
Tomato sauce	Parsley
Celery	Garlic Salt
Black Olives	Black Pepper

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Earth Aloha Eats: Vegan food truck in Kihei near Azeka Mauka Mall. Vegan fish & chips, ribs, pulled pork, chicken dishes, tacos, falafel wrap, salad, crème brûlée and more.



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

Oahu

☞ Natural Food Stores ☞

- ☞ Down to Earth (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5%
- ☞ Celestial Natural Foods (Haleiwa) 5%

☞ Restaurants ☞

- ☞ 'Ai Love Nalo (41-1025 Kalaniana'ole Hwy) 5%
- ☞ 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 Waiialae Ave, Kaimuki) 15%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiialae Ave) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

☞ Food Trucks ☞

- ☞ Banán (3212 Monsarrat Ave) - 10%
- ☞ Peace Café Express (9-2, M-F, except UH holidays, Sustainability Courtyard, UH Manoa) 5%
- ☞ What It Dough (at Banán truck Sat & Sun) \$1 off 12" vegan pizza

☞ Bakeries ☞

- ☞ Down to Earth Deli (all locations) 5%
- yummy tummy (call Van at (808) 306-7786) 5%

☞ Other ☞

- Aloha Tofu Factory (961 Akepo Ln) 5%
- Copy Hut (2503 S. King) 10% on posters & banners
- 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
- ☞ 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%

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hau St, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke'ali'i St.,*

225 Piikea Ave., Kihei) 10%

- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- ☞ **Earth Aloha Eats* (1 Piikea Ave, Kihei) 10%**
- 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 Puhii 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 Cafe (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
- ☞ Pono Home Essentials (ponohomeessentials.com) Free home energy audit, more at www.ponohome.com 5% (code: VSH).
- ☞ 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 August 6, 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

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

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

Couple or Family
\$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)

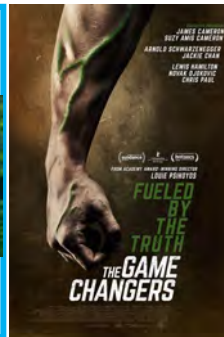
Talk to Us!

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.

Vegan Dream Retreat, Oct. 31-Nov. 4 Captain Cook, Hawaii

John Pierre, VSH November 2018 speaker, will be an instructor/guide for this vegan retreat, along with Alessandra Rupar-Weber, Vanessa Marsot, and Lisa Levinson! Kamaaina rate is available. Learn more at <https://vegandreamretreats.com/>.



See this at theaters on Oahu, Maui, and the Big Island. This one night only (Sept. 16) theatrical release of the new film *The Game Changers*, executive produced by James Cameron, Arnold Schwarzenegger & Jackie Chan, documents the explosive rise of plant-based eating in professional sports, mixing real-time, groundbreaking science with stories of struggle and triumph. If sold out at your theater, check for other opportunities to see it.

www.fathomevents.com/events/the-game-changers

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

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 p.m. Sunday, September 1 Lose Weight With Carbs Benjahmin Koenigsberg

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.

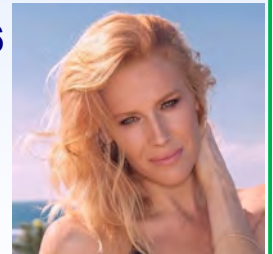
Come learn the truth behind a common and detrimental nutrition and weight loss misconception...eating lots of carbs! Potatoes, grains and other starchy carbs have been maligned and feared by many although they are actually the answer to lasting health and weight loss! Discover the economic value and health ben-



efits 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.

1 p.m. Sunday, October 6 Airin Aquarius

Holistic health coach, yoga instructor, model and healthy foods chef, she will speak about the veg diet and how the breath affects digestion.



Watch VSH Kaua'i videos of past presentations at <https://www.vsh.org/kauai/>.



Vegetarian Society of Hawaii

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96823-3208

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VEGFEST O'AHU

CELEBRATE, LEARN, TASTE.

Saturday, September 21, 2019

11:30 AM – 5:00 PM

Frank Fasi Civic Grounds, 558 S. King St. Honolulu

FREE ENTRY • FREE PARKING

www.VegFestOahu.com

LIFE IS ONO WHEN
YOU EAT PONO

Live Music

Taimaine • Paul Izak
Tavana • And more!

Chef Demos

Local-Style Cauliflower Rice
Chickpea Taco Salad • BBQ SoyCurtis
Sushi Burger • Plo • Healthy Loco Moco

Inspirational Speakers

Dr. Sailesh Rao: How to Solve Climate Change Today
Carmela Wolf: Your Food, Your Medicine: Health with Pytonutrients
Suzanne Frazer: How to Get Plastic Out of Your Diet
Panel: Strategies to Strengthen Hawaii's Plant-Based Movement

Free SamPLes

50+ Vendors

Free Yoga & Dance Classes

Eco Apparel & Sustainable Products



VEGGE WHOLESALE



E komo mai! Please be sure to visit us, as well as Leilani Farm Sanctuary at our Vegetarian Society of Hawaii booth at VegFest O'ahu! Keiki fun, and our veggie petting zoo, too!

