



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 10, OCTOBER 2019

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Public Presentations

Irminne Van Dyken, MD
“Improving Healthspan: Tools to Slow Down Aging”

Tuesday, October 8 (Oahu)
Ala Wai Golf Course Clubhouse

Thursday, October 10 (Maui)
Cameron Center

Upcoming Oahu/Maui Speaker

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

Rizwan Bukhari, MD
Dec. 10 (Oahu), Dec. 12 (Maui)

Joel Kahn, MD
Jan. 14 (Oahu), Jan. 16 (Maui)

Kauai Potluck/Presentations

New location: Kahili Adventist School, 1132 Kuhio Hwy

Airin Aquarius
Sunday, October 6

Thanksgiving Potluck Presentation TBA
Sunday, November 3



Thank You, VegFest Oahu!

A life-sized copy of Haku the Pig stood in front of the Aloha Animal Sanctuary booth which temporarily fooled many passersby at VegFest Oahu into thinking it was really him. “Haku” was also a patient model for many wanting to get a selfie with the adorable pig.

VegFest Oahu

VegFest Oahu on September 21st was a happy vegan gift to the community. Thousands came and enjoyed many exciting events, music, foods and booths. Thankfully, the weather cooperated, and remained mostly dry throughout the festival. Next month’s issue of this newsletter will include more photos from VegFest Oahu. Meanwhile, we hope you’ll enjoy the above photo! Thanks to all our volunteers and welcome to all our new members.

VSH’s 30th Annual Vegan Pre-Thanksgiving Dinner

Mark your calendar for **VSH’s 30th Annual Vegan Pre-Thanksgiving Dinner on Tuesday, November 26**, at the new Down to Earth in Kailua. Everyone is invited. Bring your family and friends, too. Please join us for a special and delicious vegan holiday event.

We’ll have more details next month’s issue. This year there is no fixed price, you pay only for what you eat. You can **buy the tickets today (\$4 admission for adults, free for keiki under 12)** for any of the **3 seatings (4:30, 6 and 7:30 p.m.)** We will dine in a special area in Down to Earth Kailua’s large dining area especially created for the Pre-Thanksgiving Dinner event. You can buy your tickets today at:

d2e.co/vshthanksgiving2019

Adult tickets include: reserved seating, a Thanksgiving dessert, festive drinks, and a 10% off DTE coupon, which can be used to purchase anything at Down to Earth including your special vegan Thanksgiving entrees from the hot and cold deli bars at the new Kailua Down to Earth.

The Island Vegetarian

The Island Vegetarian is published monthly 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>

Directors

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Treasurer: James H. Thompson
Secretary: Grace O'Neil, MD
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Matthew Jisa
Jerome Kellner
Carol Janezic
W. Jeffrey Pang
Irminne Van Dyken, MD

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Mark Fergusson

Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Sirilak Moore
Patrick Connair	Debbie Naclerio
KianaRose Dulan	Paul Onishi
Phyllis Fong	Gail Pang
Dr. Fred Foster	Dr. Neal Pinckney
Yuika Furukawa*	James Richart
Shauna Graner	Georgie Yap

Kauai

* leadership team

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

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 very much like to thank Allene Ishikawa, who recently retired as the Vegetarian Society of Hawaii's bookkeeper and membership secretary at the end of August, and has left a hole in the hearts of the VSH board members and other core volunteers who had been interacting and working with her through the decades for nearly all of VSH's existence!

She remembers first doing VSH's books over at Elaine French and Jerry Smith's (two of VSH's original founders) townhouse in Hawaii Kai, and socializing at Marcia and Jim Deutch's (two of VSH's board members from our earliest days) house in Manoa when she first started with VSH. Allene helped keep the Vegetarian Society of Hawaii a fiscally sound organization, to safeguard our money, to make sure our bills were promptly paid, to keep the membership records of our VSH members in good order, as she addressed any concerns members had about their memberships, and much more. If you remember getting some of your mail from VSH with animal stamps on them, it was Allene who chose those appropriate stamp themes for VSH! Because of Allene's diligent, creative, careful and honest work, VSH is still here, and thriving 29 years after its founding!

Dear Allene, it's been a pleasure and an honor to work with you. Thank you for your patience with us volunteers, as well as your kind heart and your warm friendship. I hope you enjoy your well-earned retirement for many years to come! Best wishes from all of us at VSH!

Aloha!

VSH President

7 P.M., TUES., DEC. 10—OAHU
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

7 P.M., THUR., DEC. 12—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

PREVENTING HEART DISEASE

A VSH FREE PUBLIC PRESENTATION BY
RIZWAN BUKHARI, MD

Rizwan H. Bukhari, MD, FACS, treats a variety of vascular issues including aneurysms, carotid artery stenosis, lower extremity arterial blockages, gangrene, dialysis access grafts, and varicose veins. In his 20 years of practice, Dr. Bukhari has treated severe advanced atherosclerosis and cardiovascular disease. He has seen the ravaging effects of poor lifestyle choices on our health. He will talk about lifestyle changes people can make to reduce their risks of developing heart disease or having a stroke.



IMPROVING HEALTHSPAN: TOOLS TO SLOW DOWN AGING

A VSH FREE PUBLIC PRESENTATION BY
IRMINNE VAN DYKEN, MD



Irminne Van Dyken MD, is a general and trauma surgeon who lives on Maui and works for the Hawaii Permanente Medical Group.

Dr. Van Dyken is a fellow of the American College of Surgeons. She is also the first physician on Maui (and first surgeon in Hawaii) to be board certified by the American College of Lifestyle Medicine, which she obtained in October 2018. She is also a member of the American Society of Breast Surgeons, the Society for Endoscopic and Gastrointestinal Surgeons, and the Southwestern Surgical Society. She has been vegetarian since she was 9 years old and strictly plant-based since 2010. She is a board member of the Vegetarian Society of Hawaii and has a passion for educating others and sharing the benefits of healthy plant-based living. She and her husband, Russell, created "Out of the Doldrums" - a YouTube Channel and online presence promoting healthy, active, plant-based living (on Instagram, Facebook and YouTube).

7 P.M., TUESDAY, OCTOBER 8, 2019

**ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU**

7 P.M., THURSDAY, OCTOBER 10, 2019

MAUI—J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

**OAHU & MAUI REFRESHMENTS
COURTESY OF DOWN TO EARTH ORGANIC AND NATURAL**

**ENJOY A VEGAN DINE-OUT
WITH DR. VAN DYKEN! — OAHU
5:30 p.m., Wednesday, October 9**
Simple Joy Vegetarian Cuisine, 1145 S. King St.

To RSVP by Oct. 8 (deadline — no walk-ins),
please text or call Carol before 9 p.m. at (808)728-6639.
\$20.70 (incl. tax & tip)

Meal includes a summer roll, and choice of entrée:

- 1) Thai Curry, 2) Veggie Feast,
- 3) Mixed Vegetables with Ginger or 4) Vegetable Lasagna.

Menu details at vsh.org.

Please note that proceeds go to meal provider, not to VSH.

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. Laurie received dual degrees (MD and MBA) from Texas Tech University Health Sciences Center School of Medicine and the TTU School of Business. She 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 and mom of three grown children.

**7 P.M., TUESDAY, NOV. 12—OAHU
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU**
**7 P.M., THURSDAY, NOV. 14—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU**



Oahu

Right: Diners with Dr. Sailesh Rao (seated, front and center) at the Bodhi Tree Meditation Center on Friday, September 20, at his VSH dine-out.



Above Dr. Sailesh Rao spoke on September 17 at the University of Hawaii at Manoa's Art Auditorium on "How Not to Go Extinct." He also screened "A Prayer for Compassion" the next evening at the Art Auditorium.



Recent VSH Events

Left: Dr. Sailesh Rao spoke on Saturday, September 21 at VegFest Oahu on "How You Can Solve Climate Change TODAY."

Maui



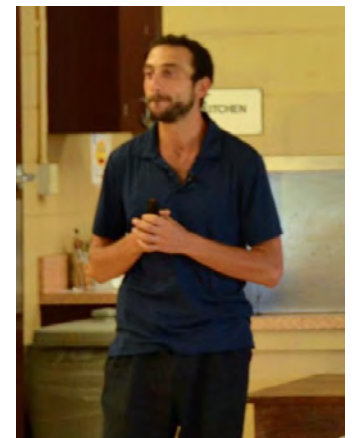
Left and right: Dr. Sailesh Rao spoke at Cameron Center on September 19 on "How Not to Go Extinct."



Kauai (more on page 7)



Left and right: Benjahmin Koenigsberg spoke at Kapaa Neighborhood Center on Sunday, September 2 on "Lose Weight With Carbs."





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 — Greece

Moussaka!

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We did Japan first, Russia last month, and now Greece.



Moussaka is one of the most popular dishes in Greece and was my favorite as I traveled for 3 months in Greece before I became a vegan (26 years ago). It's typically a casserole made from meat, eggplant, potato, tomato sauce, cream and ground meat. The béchamel sauce, which goes on the top of the casserole gets its special flavor from nutmeg. Now I enjoy it again in this vegan version.

Moussaka

- 1 large round eggplant or 3 large long eggplants
- 3 potatoes, baked, but not soft
- 1 C tomato sauce
- ½ C whole wheat flour
- 1-2 T lower-salt soy sauce or tamari
- 2-3 t nutmeg (grated or ground)
- 16 oz lite soymilk (vanilla flavor is best)
- vegan burger "meat" (see hint)

If using long eggplant, cut longwise in 1/4" slices. If using round eggplant, cut into 1/4" disks and lay the disks on an absorbent cloth or paper towel. Sprinkle with a tiny bit of salt and allow the eggplant to "perspire" for 10 minutes, then turn the disk over and repeat. Rinse eggplant lightly in cold water using a colander.

Prepare the casserole (a lasagna dish or any casserole dish) by covering the bottom with just 3 - 4 T of tomato sauce. Brush both sides of each eggplant slice with soy sauce/tamari and place in a preheated, non-stick fry pan. Fry until the eggplant turns transparent and begins browning and when done put them on the bottom of the lasagna dish until

the whole bottom is covered.

Add another 3 to 4 T of tomato sauce to cover the eggplant and spoon the tofu burger mixture on top of the eggplant adding the remainder of the tomato sauce on top. Slice the potatoes lengthwise (1/4 inch slices) and arrange them in a layer on top.

For the béchamel sauce, heat the vanilla-flavored soymilk into a large saucepan until it is almost boiling. Remove some of the soymilk from the saucepan, and whisk or stir together with the flour and nutmeg into a thick liquid or paste.

Add the flour/nutmeg paste to the soymilk and stir until it thickens. Add this to the top of the casserole and bake at 300°F for 30 minutes or until the top of the casserole is browned.



Hints

Burger 'meat' can be produced easily. The easiest is rehydrating a package of Veggie Burger Mix, which comes in a variety of styles: tofu burger mix and mixed vegetable burger mix. Veggie burgers are available in patties that can be crumbled, and there are many brands of uncooked prepared 'meat,' such as 'Gimme Lean' in a tube that looks like Jimmy Dean. The newer plant-based burger "meats" tend to be high in fats, so please check their labels before buying. The taste that comes closest to authentic moussaka comes from reconstituted TVP (textured soy protein) granules in an equal amount of hot water with some onion and garlic powder and a little soy sauce. If vanilla flavored soy milk is not available, use plain soy milk and add ½ t vanilla extract and 1 t sweetener.

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

The 13th Annual Celebration of Mahatma Gandhi Day and the International Day of Nonviolence
10 a.m. -2 p.m., Saturday, October 5, Bandstand at Kapiolani Park in Waikiki
 by the Gandhi International Institute For Peace
Visit our VSH booth! Free parking at Waikiki Shell.



VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Maui Burgers: Veg-friendly. Same ownership as Aloha Thai Fusion nearby in Kihei. Veg options include Beyond Beef vegan dog, and tofu dog.



QQ Tea House: Vegetarian and vegan choices including meals and beverages, such as bubble teas.. Located at University Plaza. Bring provided stamp card, each time, and get an eighth free meal of the same price

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%
- ☞ Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 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 (Kahala Mall, Kailua) 10%
- ☞ Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ **QQ Tea House** (931 University Ave) fill provided card to get 8th meal free
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Lovin Oven (418 Kuulei Road, Kailua) 5%
- ☞ The Ripple of Smiles (3040 Wai'alae Ave, Kaimuki) 15%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Wai'alae Ave) 5%
- ☞ Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

☞ 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%
- ☞ Hawaii Nutrition Co (Herbologie Studio) 10%
- ☞ Copy Hut (2503 S. King) 10% on posters & banners
- ☞ Good Clean Food Hawaii (<https://www.gcfhawaii.com/>) 10% code: VegLife
- ☞ 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

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., #96, 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%
- ☞ **Maui Burgers** (225 Piikea Ave, #100, 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 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).
- ☞ Veg Voyages (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.

Hawaii (Big Island)

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

Boldface: newest discounts

Revised October 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: _____

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

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.

Annual Meeting Notice

An annual report from the Board will be made to the membership on Oahu at 6:50 p.m., October 8, 2019 prior to our featured speaker. Please attend and learn the status of your organization. Mahalo!



Kauai

Noreen Chun, who won a \$25 gift certificate from Healthy Café Kauai for her winning dish "Burdock Soup" on Sept. 2 at Kapaa Neighborhood Center, with judge Vigil Alkana.

Burdock Soup by Noreen Chun

Ingredients:

2 cups sliced burdock root
2 cups sliced carrots
2 cups sliced mushrooms
2 cups sliced bok choy
1 yellow onion, diced
1 T minced garlic
1 T grated ginger
1/2 tsp sea salt

Directions:

Place all the ingredients in a large pot. Cover with water and bring to a boil. Reduce heat and simmer for 30 to 40 minutes until vegetables are tender. Enjoy!



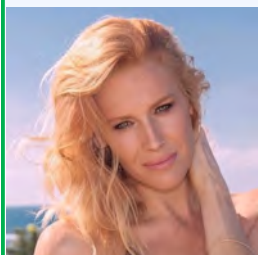
Robert Zelkovsky videoed the potluck on Sept. 2.

VSH KAUA'I VEGAN POTLUCK & FREE PUBLIC PRESENTATION

Kahili Adventist School, 4-1132 Kuhio Hwy, Kapa'a

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, 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.

1 p.m. Sunday, November 3
Thanksgiving Potluck/ Presentation TBA

Whole food, plant-based vegan dishes welcome, including those with a holiday theme!



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



Vegetarian Society of Hawaii

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96823-3208

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Vegetarian Society of Hawaii VSH Special Interest Group Events

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

Plant-Based Lifestyle — Oahu

Mon., October 7, December 16 (Holiday Potluck). 6:30-8:30 p.m.—Vegan Potluck.
Everyone is welcome! Please bring a whole food, plant-based vegan dish (suggested: low salt, oil & sugar) to share with list of ingredients or recipe, your own water/beverage, & dinnerware. Kilauea Recreation Center, Kilauea District Park, 4109 Kilauea Avenue.



Tues., Nov. 26 (Instead of Nov. potluck)—VSH Vegan Pre-Thanksgiving Dinner* 4:30-9 p.m. (seatings at 4:30, 6 and 7:30 p.m.), Down to Earth Kailua, RSVP early, by Nov. 25 at d2e.co/vshthanksgiving2019.

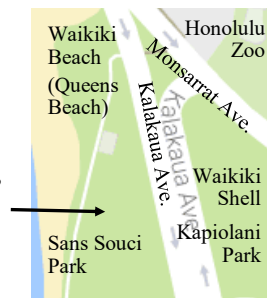
Oahu Fruitluck

On hiatus till January, 2020 (Monthly Sundays 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, October 14, November 18, (no Dec. mtg.) 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.



VSH events (*restaurant dining events: need to pay restaurant for meal; VSH doesn't collect or receive any of the proceeds.) 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.