



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 11, NOVEMBER 2019

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Public Presentations

Laurie Marbas, MD
"What Your Doctor Didn't
Learn in Medical School
Could Kill You"

Tues., November 12 (Oahu)
Ala Wai Golf Course Clubhouse

Thurs., November 14 (Maui)
Cameron Center

Upcoming Oahu/Maui Speakers

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

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

Michael Greger, MD
Feb. 11 (Oahu), Feb. 13 (Maui)

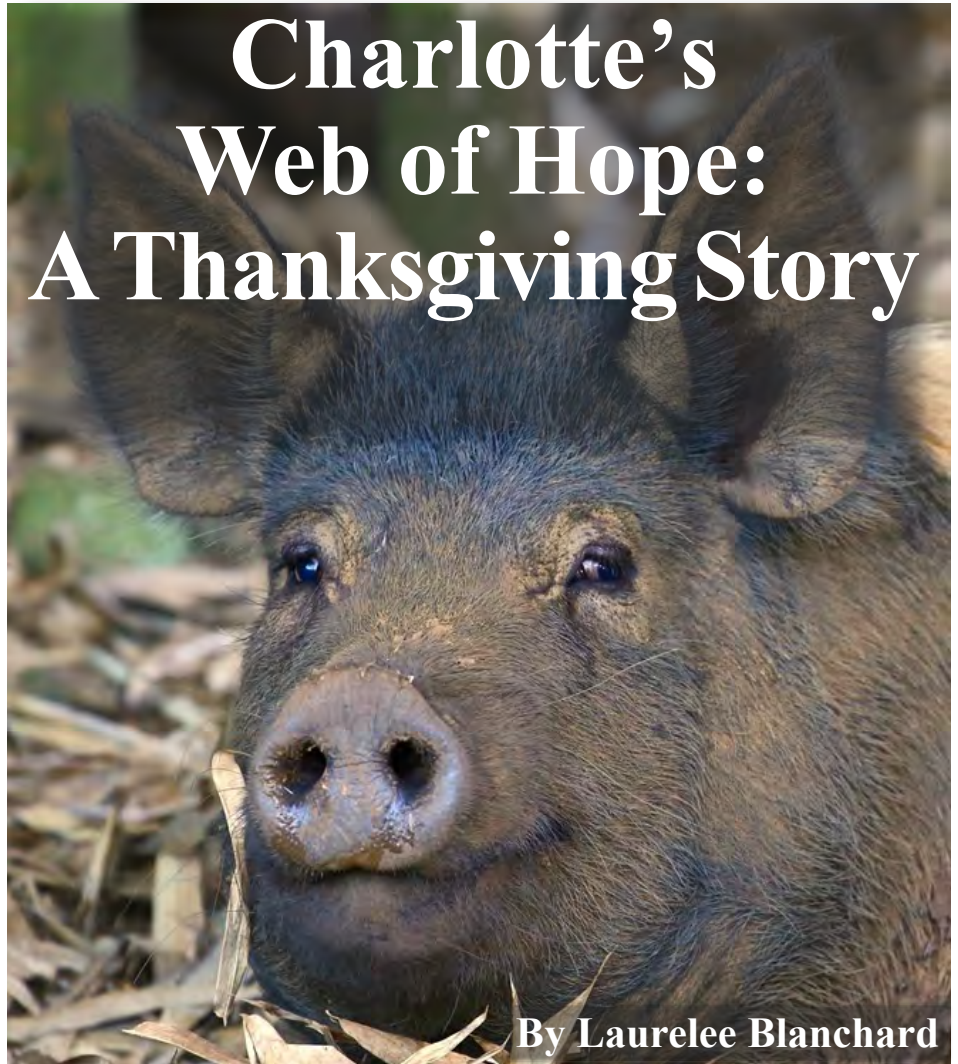
Kauai Potluck/Presentations

Kahili Adventist School, 1132 Kuhio Hwy

Suzanne Frazer
How to Get Plastic Out of Your Diet
Sunday, November 3

Hollan Hamid Hawaii
Sunday, December 1

Charlotte's Web of Hope: A Thanksgiving Story



By Laurelee Blanchard

Scientific studies have shown pigs to be among the most intelligent of animals. They are curious, perceptive, and thought to have intelligence beyond that of an average 3-year-old human child. Professor Stanley Curtis of Penn State University stated that "there is much more going on in terms of thinking and observing by these pigs than we would ever have guessed."

Sadly, pigs are excluded from the Animal Welfare Act. There are more than seventy-five million pigs in the United States living in atrocious conditions on factory farms who are treated as mere commodities with no concern for their suffering. A quote from Hog Farm Management states, "Forget the pig

(Continued on page 4)

VSH's 30th Annual Vegan Pre-Thanksgiving Dinner!

4:30-9 p.m., Tuesday, November 26, at DTE in Kailua

Don't miss this delicious celebration! Co-hosted by DTE. vsh.org/T2019

The Island Vegetarian

The Island Vegetarian is published monthly 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

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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,

The front page story in this issue is one fit for Thanksgiving, about a young pig named Charlotte, who originally was destined to be a part of people's dinners, but happily was rescued and is now living, instead, a life filled with interesting other animals, getting belly rubs from humans, resting on large balls, and enjoying mud baths at Leilani Farm Sanctuary on Maui.

Because this pig's name is Charlotte, I can't help but think of the beloved children's classic *Charlotte's Web* by E. B. White (1952), who wrote about another young pig, this one named Wilbur, who was destined to be Christmas ham at a dinner table, (*spoiler alert!*) but who was saved by the ingenuity and courage of his smallest and best friend, Charlotte the spider, who wove words into her webs that made people believe him to be a pig worth saving. He was spared to live a happy life surrounded by friends, and free from worry about being slaughtered. But why had Charlotte done it, Wilbur asked.

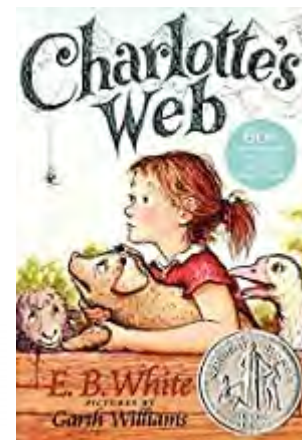
"You have been my friend," replied Charlotte. "That in itself is a tremendous thing. I wove my webs for you because I liked you. After all, what's a life, anyway? We're born, we live a little while, we die. A spider's life can't help being something of a mess, with all this trapping and eating flies. By helping you, perhaps I was trying to lift up my life a trifle. Heaven knows anyone's life can stand a little of that."

Those words and this magical story have brought tears of both sadness and joy to the eyes of countless children and adults for the past 67 years; stopping many of them from wanting to eat animals for a while, and some of them forever. As this holiday season begins, may we all have a little magic in our lives, and more than a little compassion for our fellow beings, as well!

Aloha!

Lorraine

VSH President



7 P.M., TUES., JAN. 14—OAHU
ALA WAI GOLF CORSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

7 P.M., THUR., JAN. 16—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

The End of Heart Disease 2020

A VSH FREE PUBLIC PRESENTATION BY

JOEL KAHN, MD, FACC

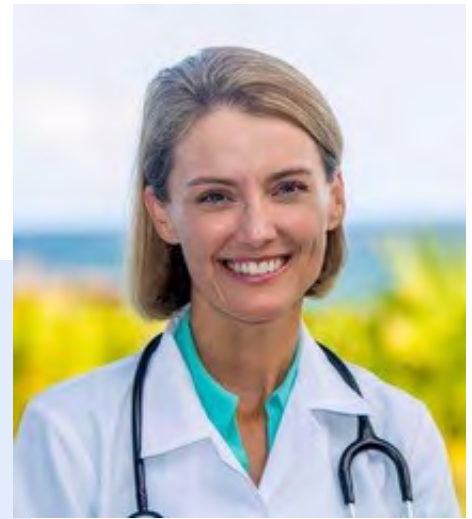


Joel Kahn, MD, FACC of Detroit, Michigan, is a cardiologist, and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc", Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI and the University of South Florida.

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

A VSH FREE PUBLIC PRESENTATION BY
Laurie Marbas, MD

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



“I will keep them from harm and injustice.” This is a part of the original Hippocratic Oath, a modern version of which physicians graduating from medical school still take. Most physicians, I believe, don’t 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?

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 co-founded 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 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.



Enjoy a Vegan Dine-out with Dr. Laurie Marbas!

6-8 p.m. Wed., Nov. 13, Loving Hut Vegan Cuisine, 1614 S. King St.

\$22.10 cash, please pay before meal.

To RSVP by Nov. 12, text or call Carol before 9 p.m. (808) 728-6639.

Menu includes: 1/2 order of Heavenly Salad, plus choice of entrée:

1) Fabulous Pho, 2) Sweet & Sour Hapa, 3) Brocco Pua, or 4) Guru Curry.

PREVENTING HEART DISEASE

A VSH FREE PUBLIC PRESENTATION BY
RIZWAN BUKHARI, MD, FACS

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

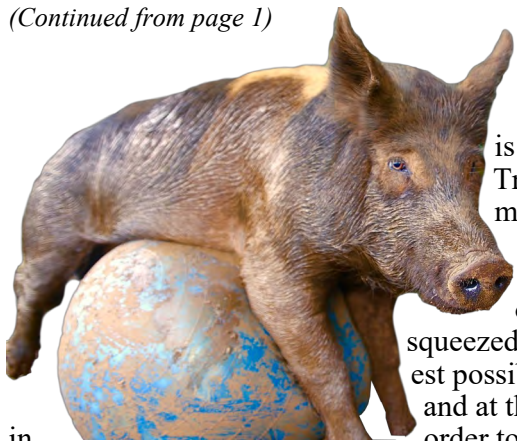
Dine-out with Dr. Bukhari!

6-8 p.m. Wed., Dec. 11, Peace Café — Oahu

Rizwan H. Bukhari, M.D., F.A.C.S., is a board-certified vascular surgeon. His primary hospital is Baylor Sunnyvale, in Dallas, where next year he will be the Chief of Staff. He’s a strong advocate of plant-based nutrition in patients’ lifestyle modification programs.

- **The harmful effects atherosclerosis can have on the body,** mainly as a result of lifestyle dietary choices such as consuming saturated fat, trans fats, and dietary cholesterol.
- **Where these fats are mainly found,** in animal products, including milk and eggs, and highly processed foods.
- **What foods to stop eating** to prevent or reverse atherosclerosis.
- **What a diet rich in whole plant-based foods can do** to help the arteries heal.
- **Additional lifestyle changes** you can make to reduce your risk of developing heart disease or having a stroke.

(Continued from page 1)



in productivity and profits.

The majority of mother pigs—who account for more than six million of the pigs in the U.S.—spend most of their lives in squalid individual “gestation” crates. These crates are only about seven feet long and two feet wide—too small to allow the animals even to turn around. After giving birth to the next round of piglets, sows are moved to “farrowing” crates, which are wide enough for them to lie down and nurse their babies but too narrow for them to turn around or build nests of straw for their young. Piglets are separated from their mothers when they are as young as ten days old. After they’ve been taken from their mothers, piglets are confined to pens and barns for a span of about six months and fed until they weigh upwards of two-hundred-eight pounds. They are then sold as meat. Once her piglets are gone, the sow is impregnated again, and the cycle continues for three or four years until she is slaughtered.

Charlotte, of Leilani Farm Sanctuary, started life as a young piglet living with her mother and thirteen siblings on a Maui pig farm, where they were being fattened for slaughter. One day, the whole family escaped, made their way to the highway and began grazing in the tall grass near the road. Hunters quickly spotted the pigs and began shooting them. Charlotte’s mother and many of her brothers and sisters were killed by a spray of bullets; but, before long, the hunters were cited for discharging firearms in the vicinity of traffic. Thinking themselves clever, the hunters returned the next day to set snares. Charlotte was soon caught, and she sustained a compound fracture of her leg. But a kindhearted soul came to her rescue—freeing her and thereby saving her life—before the hunters were able to claim her for their dinner.

The rescuer took Charlotte home and provided food and love, but unfortunately didn’t seek veterinary care for her. A month later, Charlotte was brought to Leilani

Charlotte’s Web of Hope (continued)

is an animal. Treat him like a machine in a factory.” The largest number of animals are squeezed into the tightest possible quarters, and at the lowest cost, order to maximize

Farm Sanctuary. Our veterinarian rushed over to examine her and take x-rays of her leg, but it was too late. The bone had already calcified in a crooked position. Though Charlotte will never be able to use the injured leg, her other three legs have become strong from running up and down the rolling hills of the farm. When she’s not being active, her favorite napping spot is a thick pile of leaves in the shade of the tall bamboo stalks. Settled into her new home, Charlotte now has delicious and nutritious food every day, friends to play with, mud baths to soak in, and loving sanctuary caregivers to lovingly watch over her day and night to keep her safe from harm.



Pigs like Charlotte, who have been rescued and live at sanctuaries, serve as ambassadors for the pigs of world. They open the hearts and minds of visitors who meet them. After looking into the eyes of a gentle pig and seeing the pure delight that comes from her receiving a belly rub, a surprising number of people swear off ever eating these wonderful animals again.



Laurelee Blanchard is the founder and president of Leilani Farm Sanctuary, and author of Finding Paradise: Leilani Farm Sanctuary of Maui.



Go to <http://leilanifarmsanctuary.org/> for more information, including about donating to or visiting Leilani Farm Sanctuary at 260 E. Kuiaha Road, Haiku, HI 96708 (M & W, 4 p.m., Sat., 10 a.m. Please make reservations first.)



You're invited to the Vegetarian Society of Hawaii's

30th Annual Vegan Pre-Thanksgiving Dinner

Tuesday, November 26, 2019
4:30, 6:00 and 7:30 p.m. seatings

Dining area of the brand-new Down to Earth Kailua store
573 Kailua Road, Kailua, Hawaii on Oahu

Admission Tickets

Adult: \$4 Reserve & pay by November 20
\$5 After November 20

Keiki: \$0 Free (for ages 0-11 years), but
must reserve to secure seat.

Each Admission Ticket Includes:

- A seat at one of the 3 seating times.
- A Thanksgiving dessert plate.
- Festive holiday beverages.
- A DTE 10% off coupon (adult tickets only)*

Create your own scrumptious repast!

Choose from tasty vegan versions of traditional Thanksgiving dishes, and more, at DTE Kailua's hot and cold deli bar, then relax and feast on your holiday meal in the VSH Pre-Thanksgiving dining area with friends & family, and/or meet new friends, too!

Buy tickets at vsh.org/T2019

or go to <https://www.downtoearth.org/events/calendar/day/2019-11-26>.

You may also pay with cash or by check 10 a.m.-3 p.m., Wed., Nov. 13 or Thurs., Nov. 14 at the Down to Earth Marketing Office on the 3rd floor above Down to Earth at 2525 S. King St.

Any questions? Call VSH at (808) 944-8344.

Buy tickets early to avoid disappointment. Proceeds go to meal providers; none are collected by or go to VSH.

Vegan Thanksgiving Menu (Tentative)

Entrees

Mock Turkey Tofu (wheat free)
Pumpkin & Tofu Curry
Vegetable Beef Stew
Seitan Steak*

Side Dishes

Thanksgiving Gluten-Free Stuffing
Mashed Potatoes
Garbanzo Gravy
Hawaiian Sweet Yams
Hawaiian Cranberry Sauce

Salads

Kale Salad with Beets
Green Salad with
Papaya Seed and Vegan Ranch Dressings

Desserts

Pumpkin Crunch
Carrot Cake*

Beverages

Herbal Tea, Water

* Contains gluten. Some other food sensitivities can also be accommodated. Please ask in advance.

*No fixed price this year for the holiday dinner. Use your DTE 10% off discount coupon to buy your special vegan Thanksgiving dishes from the deli bar and/or to buy other deli foods or anything else in the store at the same time!

Friends and families may use a DTE 10% off coupon for the entire group to buy their meals, and save any extra coupons for more deli and store purchases.

To clean reserved tables 15 min. before the 2nd & 3rd seatings, remaining diners may be asked to continue at nearby tables.



Event Co-hosted and
Food by Down to Earth
Organic & Natural!

downtoearth.org

VSH at VegFest Oahu—September 21, 2019



VSH speaker Dr. Sailesh Rao spoke on *How You Can Solve Climate Change TODAY*, as VSH volunteer Dr. Peter Sadowski videoed his talk.



Above: On the right, Joy Waters, founder and festival producer of VegFest Oahu, spoke with performers.



Stephen Beidner, VSHer from Maui, in front of the VSH booth. He volunteered at the VSH booth to help at the Leilani Farm Sanctuary table there.

Right: VSHers, including Jim Thompson (red shirt), helped VSH booth visitors. Below: Dr. Grace O'Neil answered VSH booth visitors' questions.



VSHers Dr. Ruth Heidrich, Diana Bethel, and Carol Janezic.



Children doing vegan drawing and coloring activities at VSH's keiki activities table with VSH volunteer Akane Izuta.



Below: VSHer Jeff Pang answered questions about edible gardening at the VSH Veggie Petting Zoo.



VSH volunteers Dr. Victoria Anderson, Sirilak and Patrick Moore in front of the Anonymous for the Voiceless booth.



Isaac and Tammy Lau and their dad, Norrin Lau, visited the VSH booth.



Above: Veggie Petting Zoo sign by Paul Onishi.

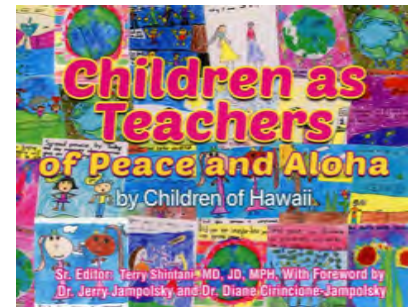


VSH volunteers Matt Jisa, Akane Izuta, and Quinten Nishime.

VSH in the Community



Above: VSHers Jeff Pang and Tony Yee talk to visitors to VSH booth at the Gandhi Day (for Gandhi's 150th birthday) and International Day of Nonviolence event at Kapiolani Park Bandstand on Saturday, October 5.



Center: Dr. Raj Kumar, founder of the Gandhi International Institute for Peace speaks at the event.

Far right: Children whose artwork appears in the new book *Children as Teachers of Peace and Aloha* by Children of Hawaii holding their award certificates with Terry Shintani, MD (back center).



Left, event on Friday, October 4, at Iolani School with their Sustainability Club. Students led by Cate Waidyatilleka (not pictured) and Debbie Millikan prepared vegan summer rolls and other vegan foods. Additional vegan dishes were donated by Juicy Brew, and also provided by 'Umeke Market. Participants were seventh graders and their families, who also viewed the documentary *The Game Changers*. Annalysah Camacho, Doorae Shin and other Good Food Movement volunteers brought in the additional vegan dishes from outside, and led a student discussion, plus VSHers (not pictured) Grace O'Neil, MD, and Lorraine Sakaguchi brought literature to hand out and staffed an information table.

Nutrition News from

How to Stop Tooth Decay

If sugar consumption is considered the one and only cause of cavities, how much is too much? The less the better!

<https://nutritionfacts.org/video/how-to-stop-tooth-decay/>

Longer Life Within Walking Distance

Researchers find exercise often works just as well as drugs for the treatment of heart disease and stroke, and the prevention of diabetes. Exercise is medicine.

<https://nutritionfacts.org/video/flashback-friday-longer-life-within-walking-distance/>

Eating More to Weigh Less

Study shows how eating lower energy dense foods helped participants lose an average of 17 pounds within 21 days while eating a greater quantity of food.

<https://nutritionfacts.org/video/flashback-friday-eating-more-to-weigh-less/>

Which Is a Better Breakfast: Cereal or Oatmeal?

The remarkable impact of the structure of food beyond nutritional content or composition. How the impact of a food on the body depends on the form of the food (e.g. peanuts vs peanut butter, or spaghetti vs bread, etc.)

<https://nutritionfacts.org/video/which-is-a-better-breakfast-cereal-or-oatmeal/>

Do the Health Benefits of Coffee Apply to Everyone?

Genetic differences in caffeine metabolism may explain the Jekyll and Hyde effects of coffee.

<https://nutritionfacts.org/video/do-the-health-benefits-of-coffee-apply-to-everyone/>

Plant-Based Diets for Improved Mood and Productivity

The most comprehensive controlled trial of diet and mood finds that a plant-based nutrition program in a workplace setting across ten corporate sites significantly improves depression, anxiety, and productivity.

<https://nutritionfacts.org/video/flashback-friday-plant-based-diets-for-improved-mood-and-productivity/>

Oahu



Above: Isaac Lau contemplates dessert offerings at the vegan potluck on Monday, October 7 at Kilauea Recreation Center. Right: The plant exchange at the Grow Your Own Food meeting on Monday, October 14.



Left: Phyllis Fong and Carol Janezic prepared refreshments at the Ala Wai Golf Course Clubhouse on Tuesday, October 8. Right: Irminne Van Dyken, MD, talked about *Improving Healthspan: Tools to slow Down Aging* on October 8 at the Ala Wai Golf Course Clubhouse in Honolulu.



Above: some of the diners at Dr. Van Dyken's dine-out with Chef Sony Le in center at Simple Joy on Oct. 9. Dr. Van Dyken couldn't attend herself, though, as she suddenly was called in to work!

Recent VSH Events



Left: Russell Van Dyken, Irminne Van Dyken, MD, and Jerome Kellner, VSH Maui coordinator, at Cameron Center in Wailuku, on Thursday, October 10, (see below) where Dr. Van Dyken spoke on *Improving Healthspan: Tools to slow Down Aging*.



Maui



Kauai



Potato Patties
Vegan and gluten-free
by Susan Lau

Ingredients	
Potatoes	Chives
Garbanzo flour	Sea salt
Carrots	White pepper
Rosemary	Turmeric
Basil	Ginger
	Coconut sugar

Left: First vegan potluck (no presentation program this month) meeting at Kahili Seventh Day Adventist School in Kapaa on Sunday, October 6. Center: Best vegan dish winner Susan Lau with \$25 gift certificate from Eat Healthy Café and judge Vigil Alkana. Right: Winning dish *Potato Patties* and ingredients list.



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 — Lebanon

Baba Ganoush

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

Baba ganoush in Arabic means "spoil daddy" So let's pamper and spoil ourselves.

Baba ganoush is a Lebanese dish that is popular throughout the middle-east. The main ingredients are eggplant and tahini, a sesame seed paste that is nearly all fat, as well as garlic, lemon and cumin, and, often, smoked paprika, mint, parsley and/or cilantro, also known as Chinese parsley.



In this recipe, miso paste takes the place of tahini, and a few drops of dark sesame oil gives back the tahini flavor.

While traditionally used as a dip, this makes a tasty topping over a baked potato, as a sauce for pasta, and over rice with some roasted veggies for a main course. One of my favorites is baba ganoush over buckwheat soba noodles.

- 2 medium round eggplants or 3 large long eggplants
- 4 cloves garlic unpeeled
- ¼ c lemon juice (more later if desired)
- ¼ c tablespoon white miso paste
(red or other miso works, but colors the sauce)
- 2 T chopped flat parsley plus more for garnish, optional
or cilantro (Chinese parsley), if preferred
- ½ t cumin
- 1/8 t smoked paprika
- 1 t each salt
- ½ t freshly ground black pepper
- 3-4 T water to thin while processing
- 1 T chopped mint leaves plus more for garnish, optional
- ¼ c water to thin

Instructions

Make 4 slits in the skin of the eggplant and place it on a baking sheet at 350 for 35 to 45 minutes. When cool, scoop out the soft eggplant from the skin.

Place all ingredients in a blender with ¼ C water and process until smooth. Add more water to thin if needed. Additional salt and pepper to taste.

Time saver:

The eggplant can be cut in half and microwaved (3 to 5 minutes, depending on microwave power), saving 40 minutes of prep time. After microwaving, removing the skin is more work, as it becomes easily torn, but the taste is the same, and using this option gets the recipe done in 10 minutes from start to finish.

This recipe makes about one cup.



As a dip with toasted pieces of pita bread.



Baba ganoush over buckwheat soba noodles for breakfast.

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

Enjoying a Vegan Thanksgiving without the Stove on Oahu

If you don't have time to cook that special holiday meal for Thanksgiving, you're in luck! You can not only dine at our VSH Pre-Thanksgiving Dinner on November 26, but also go to Down to Earth's deli, which each year features vegan Thanksgiving dishes (you do need to check ahead at each location for store and deli holiday hours). Furthermore, Vegan Hills is planning a special pre-holiday dinner, Fresh Over Flesh is taking orders for pumpkin, apple and sweet potato pies, and Peace Café has already announced its vegan Thanksgiving menu! Please check other veg eateries for their holiday offerings, as well.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Super Foods Café: Vegan bowls: cold and warm bases (açaí, oatmeal, more), choice of granolas and as many toppings as will fit in bowl. Opened 10/20 in Vim N' Vigor, Ala Moana Center.



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 (600 Kailua Rd. Kailua Shopping Ctr) 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%
- ☞ **Super Foods Cafe** (Ala Moana Shopping Ctr-inside Vim N' Vigor) Sun 10-2, M-F 9-2, 5%
- ☞ The Ripple of Smiles (3040 Waialae Ave, Kaimuki) 10%
- ☞ '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%

☞ 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

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 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 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/) \$10 off \$25 subscription—\$15

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

Boldface: newest discounts

Revised November 3, 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!

☞ = Vegan or Vegetarian Business

Donate, Join, or Renew today!

Please Print
 Name(s): _____
 Street: _____
 City: _____
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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 | | | | |
| <input type="checkbox"/> \$25 | <input type="checkbox"/> \$48 | <input type="checkbox"/> \$68 | <input type="checkbox"/> \$85 | <input type="checkbox"/> \$100 |
| Full-time Student | | | | |
| <input type="checkbox"/> \$15 | <input type="checkbox"/> \$30 | <input type="checkbox"/> \$45 | <input type="checkbox"/> \$60 | <input type="checkbox"/> \$75 |
| Couple or Family | | | | |
| <input type="checkbox"/> \$38 | <input type="checkbox"/> \$72 | <input type="checkbox"/> \$102 | <input type="checkbox"/> \$128 | <input type="checkbox"/> \$150 |
| <input type="checkbox"/> \$500 Lifetime regular membership | | | | |
| <input type="checkbox"/> \$7 International mailing per year | | | | |
| <input type="checkbox"/> \$_____ Additional tax deductible donation | | | | |
| <input type="checkbox"/> Send newsletter via full color email | | | | |
| <input type="checkbox"/> 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.

Perfect Holiday Gift!

If you'd like to give someone a VSH membership, let us know, and we'll send their new VSH membership card to them with holiday greetings from you!

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 ingredients 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, November 3
Suzanne Frazer

How to Get Plastic Out of Your Diet



Suzanne's presentation is on shocking new info about food and plastic packaging. Learn about plastic chemicals, the impacts and solutions which protect your health, marine life and our ocean planet.

Suzanne Frazer co-founded B.E.A.C.H. an award winning non-profit that brings awareness and solutions to plastic marine debris. Suzanne is an educator with over 30 years experience and has been invited to speak at schools and community organizations throughout Hawai'i. Suzanne has been vegan for 11 years

1 p.m. Sunday, December 1
Vegan Holiday Potluck and

Hollan Hamid Hawaii Good Food Gratitude (tentative)

Please bring whole food, plant-based vegan dishes to share, including those with a **holiday theme!**

Hollan is a vegan chef, mom, health advocate and author. She started a vegetarian/vegan restaurant, first named Caffe Coco, which became Eat Healthy (it is still known today as Eat Healthy Café).



She sold the restaurant in 2017 to write her vegan cookbook *Good Food Gratitude*, which was just published in hardcover on October 1, 2019!



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



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
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

Tues., Nov. 26 (no 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, Details inside on page 5.
Please RSVP early at vsh.org/T2019.



Mon., December 16, 6:30-8:30 p.m. — **Holiday 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.

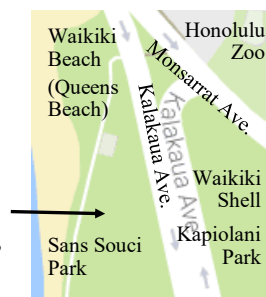
Oahu Fruitluck

January 5, 2020 3:00-5:00 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.)



Edible Gardening (Gardening for fun and eating!) — Oahu

Monday, 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 are free and open to all, so please be sure to come, and bring a friend, too!

***Restaurant dining events: please pay restaurant for meal; VSH doesn't collect or receive any of the proceeds.**

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.