



# The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 31, ISSUE 1, JANUARY 2020

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## Public Presentations

**Joel Kahn, MD**

**“The End of Heart Disease 2020”**

**Tues., January 14 (Oahu)**

**Ala Wai Golf Course Clubhouse**

**Thurs., January 16 (Maui)**

**Cameron Center**

## Upcoming Oahu/Maui Speakers

**Michael Greger, MD**

**Feb. 11 (Oahu), Feb. 13 (Maui)**

**Kim Williams, MD**

**Mar. 10 (Oahu), Mar. 12 (Maui)**

**Aloha Animal Sanctuary**

**Apr. 14 (Oahu), Apr. 16 (Maui)**

## Kauai Potluck/Presentations

**Kahili Adventist School, 1132 Kuhio Hwy**

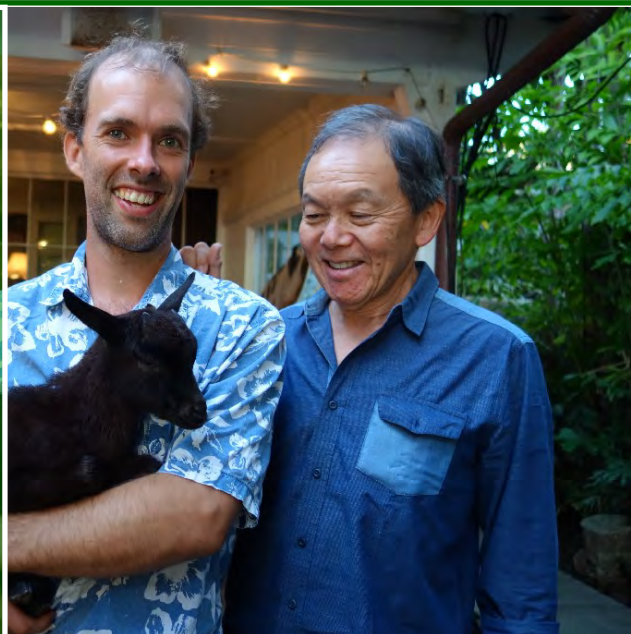
**Mic the Vegan  
VSH lecture video**

**“Top Vegan Myths Debunked”  
Sunday, January 6**

**Anya Yushchenko, PhD**

**“Detox Made Simple”  
Sunday, February 2**

## Notes to start off the New Year



Brian Heithaus and young goat Waipuna A Ka Mahina that he has been fostering for Aloha Animal Sanctuary, with Chef Paul Onishi at the Soiree for the Sanctuary Fundraiser at the Bayer Estate in Honolulu on December 8, 2019.

### **Note: Help Aloha Animal Sanctuary Raise Funds by End of January (but at no cost to you!)**

By Hannah Mizuno, AAS co-founder

Please review and post pictures of anything you buy that is vegan on **abillionveg** and tag **#aloha**! Every review with **#aloha** will generate \$1 in donations to Aloha Animal Sanctuary, and in January we also need to generate 1,000 reviews tagged **#aloha** to have an official partnership with them! (Ed: *abillionveg* is an app you can download on your smartphone with reviews of vegan dishes & products worldwide.) This could be a fun and easy income for the sanctuary and will encourage people to eat vegan. You can download *abillionveg* on your phone and start your reviews now! The sanctuary could raise \$1,000 this month! Please help us achieve our goal. 🙏

If people get in the habit of reviewing their vegan dish and product experiences on *abillionveg*, it could be a consistent income for the sanctuary to benefit the rescued animals! \*❤️

### **Note: Roth-Vegetarian Endowed Fund Scholarship at UH**

**Vegetarian/vegan students should apply for this University of Hawai‘i at Mānoa scholarship by February 15.** This scholarship aims to help students who are studying nutrition or are engaged in a course of study or research that is directly related to the fostering of vegetarian nutritional habits and practices (including JABSOM, CTAHR, nursing, or any other program whose focus is nutrition). Preference will be given to graduate students at any level, however if no suitable candidate is available, an undergraduate senior may be chosen. May apply via [STAR Scholarship site](http://STAR Scholarship site). Info: (808) 956-7541 or [graddiv@hawaii.edu](mailto:graddiv@hawaii.edu).

\* After January, also note Leilani Farm Sanctuary is **#Leilani**. (Continued on page 2)

## 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

\*special interest group coordinator

Woody Barboza*	Quinten Nishime
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#### Kauai

\* leadership team

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

#### Maui

Jerome Kellner, Maui coordinator

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

## Notes to start off the NEW YEAR (continued)

(Continued from page 1)

### Note: Two \$5,000 Scholarships & a \$10,000 Scholarship

The **Vegetarian Resource Group** each year awards college scholarships to graduating U.S. high school students who have promoted vegetarianism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Vegans are vegetarians who do not use other animal products such as dairy or eggs.

One award of \$10,000 and two awards of \$5,000 will be given. **Entries may only be sent by students graduating from high school in SPRING 2020.** VRG will accept applications postmarked on or before **FEBRUARY 20, 2020.** Early submission is encouraged.

Applicants will be judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegetarian diet/lifestyle. Payment will be made to the student's college (U.S. based only). Winners of the scholarships give permission to release their names to the media. Applications and essays become property of The Vegetarian Resource Group. VRG may ask finalists for more information. Scholarship winners are contacted by e-mail or telephone. Please look at your e-mail.

**7 P.M., TUESDAY  
FEBRUARY 11—OAHU  
ALA WAI GOLF COURSE  
CLUBHOUSE  
404 KAPAHULU AVE.  
HONOLULU**

**7 P.M., THURSDAY  
FEBRUARY 13—MAUI  
KIHEI COMMUNITY CENTER  
303 E. LIPOA ST, KIHEI**

**How Not to Diet: Evidence-Based Weight Loss**  
A VSH FREE PUBLIC PRESENTATION BY  
**MICHAEL GREGER, MD**

**Dr. Greger will also be speaking on: (Limited audiences)**

***How Not to Die: Preventing and Treating Disease with Diet***

12 noon, Tuesday, February 11, John A. Burns School of Medicine, Honolulu. Open to medical students and faculty.

***How Not to Diet: Evidence-Based Weight Loss***

7 a.m., Wednesday February 12. Tripler Army Medical Center, Honolulu. Physician grand rounds.

**Dine Out with Dr. Greger at the Bayer Estate  
5329 Kalaniana'ole Hwy, Honolulu, HI (Oahu)  
5 to 8 p.m., Wednesday, February 12**

**Enjoy delicious vegan dishes and great conversation at "Steve McGarrett's house" on the hit TV series Hawaii Five-O. Sunset on the beach and dinner on the lawn under the stars!**

**For more information and how to RSVP by February 11, go to [vsh.org/dineout](http://vsh.org/dineout) or leave your name and contact info at (808)944-8344.**

# The End of Heart Disease 2020

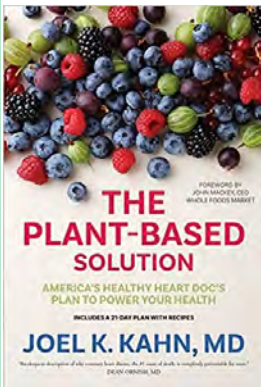
A VSH FREE PUBLIC PRESENTATION BY  
**JOEL KAHN, MD, FACC**



**7 P.M., TUESDAY, JAN. 14—OAHU**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE., HONOLULU**

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

Heart disease has been the number one killer of men and women in the USA each year since 1918. Progress has been made, but lifespan has dropped the last 3 years and the number of heart attacks in people under 75 years is rising.



Learn what heart disease is, how it forms, how it is detected early, how it is halted, & how it is reversed.

Dr. Kahn's program is proven to reverse aging of arteries and restore health and vitality with a whole food plant-based diet, which he's followed for over 40 years.

**J**oel 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. Dr. Kahn has authored scores of publications in his field including articles, book chapters and monographs.

He writes health articles and has five books in publication including *Your Whole Heart Solution*, *Dead Execs Don't Get Bonuses* and *The Plant Based Solution*. He has regular appearances on Dr. Phil, The Doctors Show, Dr. Oz, Larry King Now, Joe Rogan Experience, and with Bassem Yousef. He has been awarded a Health Hero award from Crain's Detroit Business. He owns 3 health restaurants in Detroit and Austin, Texas. Find Dr. Kahn at [www.drjoelkahn.com](http://www.drjoelkahn.com).

**6-8 P.M., WEDNESDAY, JANUARY 15**  
**Vegan Dining Out w/ Dr. Joel Kahn!**  
**The Ripple of Smiles, 3040 Waiialae Ave.**  
**(Oahu)**

Park in lot by restaurant, or across Waiialae Ave. alongside Wayne's Carpet or Downing Hawaii.

**\$21 (incl. 10% disc., tax & tip)**  
**Cash or Credit card OK.**

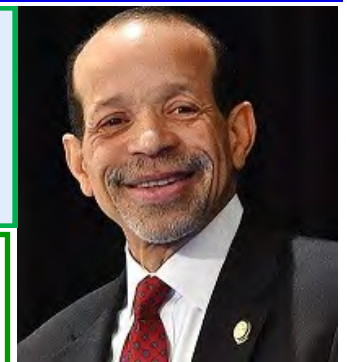
**To RSVP: Text (or call) Carol before 9 p.m. (808) 728-6639 with your name, phone number, & entrée choice for each person coming.**

*Vegan Meal includes: 1 Summer Roll (1/2order) w/ peanut sauce & choice of entrée: 1) Braised Straw Mushroom Brown Rice, 2) Vegan Stir-fried Noodles, 3) Vegan Fried Brown Rice*

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

**Coming in March!**  
**A VSH FREE PUBLIC PRESENTATION BY**  
**KIM WILLIAMS, MD, FACC**

**7 P.M., TUESDAY, MAR. 10—OAHU**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE., HONOLULU**  
**7 P.M., THURSDAY, MAR. 12—MAUI**  
**J. WALTER CAMERON CENTER**



**Kim Allan Williams Sr., MD, FACC**, has been a vegan since 2003. He is a Fellow of the American College of Cardiology, served as its president from 2015 to 2016, and is currently a trustee of the ACC.

## 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](mailto:newsletter@vsh.org).

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

# Oahu



Left: Maya Acosta and Rizwan Bukhari, MD, after his VSH lecture on “Preventing Heart Disease” on Tuesday, December 10, at the Ala Wai Golf Course Club-house.

Below: VSH Plant-Based Lifestyle holiday vegan potluck at Kilauea Recreation Center on Monday, December 17.



MAUI: Below left: Russell and Dr. Irminne Van Dyken, with Maya Acosta and Dr. Rizwan Bukhari at Cameron Center in Wailuku on Thursday, December 12. Below Center: Maya, Jerome Kellner, VSH Maui coordinator, and Dr. Riz. Below right: Rizwan Bukhari, MD, spoke on “Preventing Heart Disease” that evening.

# Recent VSH Events



Above: Group of part of the diners at Dr. Rizwan Bukhari's VSH dine-out at Peace Café in Honolulu on Monday, December 9, 2019. Dr. Bukhari is third from the right. His wife Maya Acosta is fourth from the right. Chef/owner Shota Terai is in the center, next to her.



Left: Dr. Riz, Maya, and VSH's Dr. Ruth Heidrich at Peace Café on December 9.



# Maui

Right: Two potluck participants on Sunday, Dec. 1 at Kahili Adventist School in Kapa'a with a tray of wrapped rolls topped with starry holiday starfruit slices. Right bottom corner: Young diner with lunch, including a helping of Festival Slaw in the middle. Center bottom: Magenta and Hollan Hawaii Hamid with Hollan's new book *Good Food Gratitude*. Hollan spoke on “How to Live Plant-Based Effortlessly” and showed how to make two flavors of her Cookie Dough Cleanse Cheat Ball, which attendees enjoyed tasting (recipe: page 7).



# Kauai

FESTIVAL SLAW By Magenta Billett	
cabbage	maple syrup
carrot	Dijon mustard
beets	Vegenaise
pineapple	salt
onion	pepper
lime juice	



Left: Judge Vigil Alkana gave a \$25 gift certificate from Eat Healthy Café for the best vegan dish to winner Magenta Billett for her dish “Festival Slaw,” on December 1 at Kahili Adventist School in Kapa'a.





# 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](http://heart.kumu.org) .

## Healthy Hearts Around the World — Brazil

### Feijoada

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

Many call this Brazil's national dish, but it is usually only served on Saturday afternoon, considered too heavy for the ten o'clock evening meal. Traditionally this is the week's meat leftovers in a spicy black bean stew served over rice. Garlicky smoked sausage is often added for more flavor.

This vegan adaption has gone through numerous revisions to come as close as possible to the authentic traditional flavor. In the hints there's a no meat analog alternative.



Having worked in Brazil for nearly three years in all 23 states and territories, I've found that in spite of regional variations, the flavor is quite similar throughout the country. In most regions farofa, toasted manioc (cassava) flour is added to the stew on serving. Feijoada is nearly always served with fresh orange slices and chopped kale steamed with garlic.

#### The Stew

- 2 C black bean soup mix in 2 C hot water (\*see hints)
- 2 cans black beans
- 1 8 oz. can tomato sauce
- 6 to 8 garlic cloves
- 1 t ground cumin
- 1 t ground thyme or 2 tsp. dried leaf thyme
- 6 bay leaves
- 1 large onion, chopped
- 1 - 2 t sriracha sauce (or more to taste)
- 2 t lime or lemon juice
- ½ C chopped cilantro (optional)
- 1 t liquid smoke

#### The Analog Animals

- 1 C seitan, cut into 1 inch cubes
- 2 veggie chorizo or Italian sausages
- 1 C Gimme Lean or other veggie ground 'meat'
- 1 package Yves Veggie Bacon, cut in bite-size pieces and any leftover veggie meats handy

#### The Trimmings

- 2 sweet oranges, sliced or 4 or 5 mandarin oranges, peeled and separated
- Farofa, about one cup - if used (see hint)
- 3 C steamed chopped kale

In a large pot, fry the onions and garlic in just enough water to cover until translucent or golden. Add the canned beans with the liquid. Add the rehydrated soup mix. Add the spices, cilantro and tomato sauce. Bring to the edge of a boil and then add the 'meats'.



Reduce heat and let simmer for an hour or longer. If in a slow cooker, it can simmer all day or overnight, adding a little water to keep a stew consistency. Remove bay leaves and serve on rice (long-grain brown or white) with orange slices and steamed kale. If using farofa, sprinkle on top of the stew, to taste. Makes 6 to 8 servings (4 servings for me and friends). It goes well with carbonated drinks.

#### \*Hints

- 1) *Dried black bean soup mix is available in bulk at many natural food stores, including at Down to Earth.*
- 2) *Farofa: To make it, use manioc or cassava flour (available both at natural food stores and at Latin grocery stores.) Toast the flour in a thin layer in a non-stick frying pan and toast over medium heat, shaking to toast evenly until it turns light brown. Corn flour will give a similar taste and can be used as a substitute.*
- 3) *Canned black beans usually have added sodium. If you use no-salt beans or home-cooked beans, add ½ t salt to bring out the traditional flavor.*
- 4) *This recipe can also be made without any 'meats', substituting diced sweet potato, eggplant, turnip and/or zucchini and any other root vegetables. Add 1 t more liquid smoke.*



farofa

[Key: t = teaspoon; T = tablespoon; C = cup]

# VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



**Bluetree Café:** vegetarian/vegan. Cold pressed juices, gourmet coffee, kale salads, açai bowls, vegan soups, gluten-free pastries. At Collections on Ala Moana Blvd., and Pacifica on Kapiolani Blvd.



**Super Foods Café:** Vegan bowls: cold & warm bases (açai, oatmeal, more), flat rate for any combination of bases, granolas & as many toppings as will fit in bowl. Opened 10/20 in Vim N' Vigor, Ala Moana Ctr.

## Oahu

### ☞ Natural Food Stores ☞

- ☞ Celestial Natural Foods (Haleiwa) 5%
- ☞ Down to Earth (Kailua, Kapolei, Kakaako & Honolulu, Pearlridge) **10% w/ member disc. coupon;** pick up at VSH mtgs.\*\*

### ☞ Restaurants ☞

- ☞ 'Ai Love Nalo (41-1025 Kalaniana'ole Hwy) 5%
- ☞ Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 10%
- ☞ **Bluetree Café** (600 Ala Moana Blvd., 1009 Kapiolani Blvd.) 10%
- ☞ Canton Seafood Restaurant (923 Keeaumoku St.) 5%
- ☞ Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- ☞ 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 Waiialae Ave, Kaimuki) 10%
- ☞ '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%

### ☞ Bakeries ☞

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

\*\* Coupons are donated by DTE. If member can't get to VSH monthly lecture, please send SASE to VSH for coupon.

Thanks to DTE for previous 5% all purchases discount! Be sure to pick up new 10% discount coupon at meetings!

☞ = Vegan or Vegetarian Business

## 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) deli 5%, **DTE 10% w/ disc. coupon;** pick up at VSH mtgs.\*\*
- ☞ 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](http://hawaiiveggiefarm.com)) 5%, text or email image of current VSH member card to (808) 430-2519 or [Customerservice@hawaiiveggiefarm.com](mailto:Customerservice@hawaiiveggiefarm.com)
- ☞ Pono Home Essentials ([ponohomeessentials.com](http://ponohomeessentials.com)) 5% (code VSH) organic, zero waste, locally made personal care & cleaning products, [www.ponohome.com](http://www.ponohome.com) Free home energy audit.
- ☞ Veg Voyages ([vegvoyages.com](http://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/](http://www.vrg.org/groupmember/)) \$10 off \$25 subscription - \$15

**Boldface: newest discounts**

Revised January 8, 2020

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   Life

\$25   \$48   \$68   \$85   \$100   \$500

\$15   \$30   \$45   \$60   \$75

\$38   \$72   \$102   \$128   \$150

\$ \_\_\_\_\_ Additional tax deductible donation

Send newsletter via full color email

I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)

## VSH KAUA'I VEGAN POTLUCK & FREE PUBLIC PRESENTATION

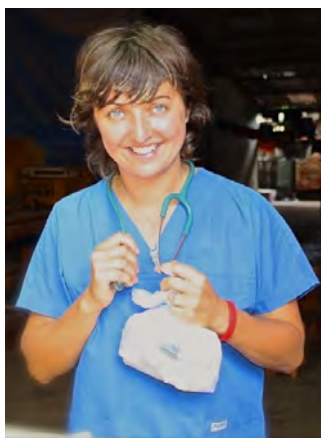
**Kahili Adventist School at Kapa'a Seventh Day Adventist Church, 4-1132 Kuhio Hwy, Kapa'a**

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. Sun., Jan. 5 — Kauai**  
**Top Vegan Myths Debunked**  
*VSH lecture video*  
**By Mic the Vegan**



**1 p.m. Sunday, February 2 — Kauai**  
**Detox Made Simple**  
**By Anya Yushchenko, PhD**



Dr. Anya Yushchenko will describe simple steps everyone can take at home to improve vitality, longevity and mental clarity.

A vegetarian for 20 years, and plant-based for the past 10 years, Dr. Yushchenko, who has a PhD in veterinary medicine, is a holistic veterinarian and wellness coach. She is a graduate of the biological medicine course taught by Thomas Rau, MD, Switzerland, and a mother of 2 toddlers.

**Cookie Dough Cleanse Cheat Ball**  
**Two flavors: Peanut butter/Chocolate and Almond butter/Goji berries**  
*by Hollan, presented December 1, 2019*

Note: ingredients were not measured. For approximate amounts, check Hollan's food prep demo in the video link below. Ingredients and amounts are all variable. Please feel free to experiment.

Ingredients/Directions

- 1) Into a medium mixing bowl, spoon in some *peanut butter*. Into a second mixing bowl, spoon in some *almond butter*.
- 2) Into both bowls, mix in some *maple syrup*.
- 3) Into the first bowl, mix in some *cacao powder* ..
- 4) Into both bowls, mix in some *rolled oats*, enough to create a cookie dough texture. Test to see if the flavor tastes like a cookie; adjust sweetness if needed.
- 5) Into both bowls, if you plan to bake cookies, sprinkle in a little *baking soda* and possibly *salt*
- 6) Into the first bowl, add some *chocolate chips*. Into the second bowl, add some *goji berries*.

*May serve either raw or baked:*

7a) Raw: For both bowls, shape small scoops of dough into balls. Serve and enjoy!

7b) Baked: For both bowls, shape dough into cookies, then bake them on a baking pan at 350 degrees for 10-12 minutes. Serve and enjoy!

### Down to Earth Discount for VSH Members News

Please note that DTE has changed VSH members' 5% discount on all purchases to deli purchases only. For an all-purchases discount, please use the new VSH member 10% discount coupon. Pick up one at each monthly VSH lecture on Oahu and Maui, or send an SASE to VSH for it



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



## Vegetarian Society of Hawaii

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## Vegetarian Society of Hawaii VSH Special Interest Group Events

**Veg News community events**  
emailed monthly. To receive it,  
email [info@vsh.org](mailto:info@vsh.org).

### Plant-Based Lifestyle — Oahu

**Mon., January 27, February 24, 6:30-8:30 p.m.— Vegan Potluck.**

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.

**Important:** As of January 27, the Plant-Based Lifestyle meetings will continue to be open to all and free of charge, but will be a program run by the City & Country of Honolulu Parks & Recreation Dept. at Kilauea Recreation Center, Kilauea District Park, 4109 Kilauea Avenue. Please register for this and other Kilauea Rec. Ctr. Spring programs online Jan. 6-10 at <https://parks.honolulu.gov/sdi/home.html>, and in person on Jan. 14, 6-8 p.m. and Jan. 15 & 16, 2-5 p.m. Late registration: call (808) 768-6713. Questions? Call Jeff at (808) 954-0791. (Note: please park only in marked stalls.)



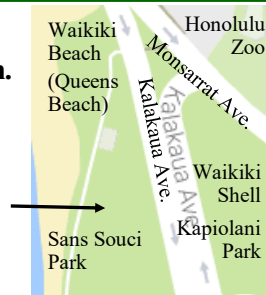
### Oahu Fruitluck

**Sun., Jan. 5, Feb. 2, 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.)



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

**Mon., February 3, 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/](https://meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://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.