



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 31, ISSUE 3, MARCH 2020

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Public Presentations

Suzanne Frazer
“How to Get Plastic Out of Your Diet”

Tues., March 10 (Oahu)
Ala Wai Golf Course Clubhouse

Thurs., March 12 (Maui)
J. Walter Cameron Center

Upcoming Oahu/Maui Speakers

April and May presentations on Oahu at the Ala Wai Golf Course Clubhouse and Maui at Cameron Center have been canceled. Instead, please listen to:

Grace O’Neil, MD
on the current coronavirus crisis
Available online in April
(for more info: vsh.org).

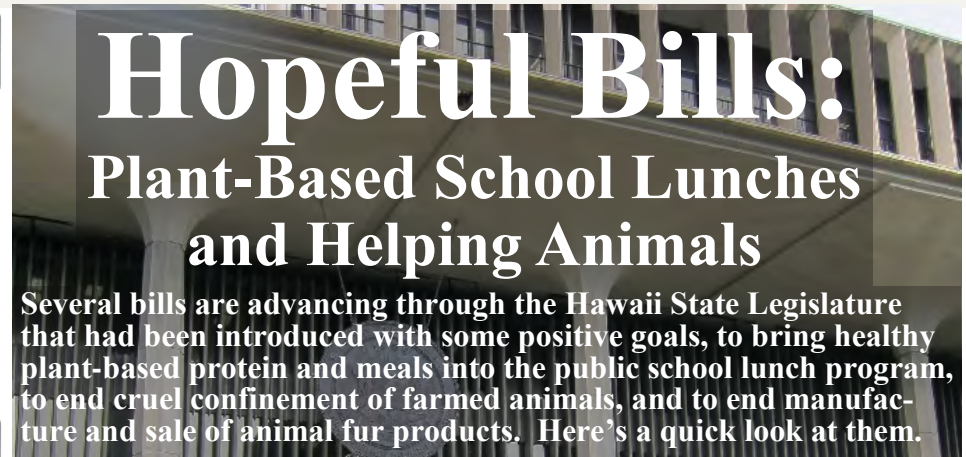
Aloha Animal Sanctuary
Tentatively moved from April to
July 14 (Oahu), July 16 (Maui)

Kahili Adventist School, 1132 Kuhio Hwy

Kauai Potluck/Presentations

“The Game Changers” Screening
Sunday, March 1

VSH Potluck/Presentation
Canceled for April and May



Hopeful Bills: Plant-Based School Lunches and Helping Animals

Several bills are advancing through the Hawaii State Legislature that had been introduced with some positive goals, to bring healthy plant-based protein and meals into the public school lunch program, to end cruel confinement of farmed animals, and to end manufacture and sale of animal fur products. Here’s a quick look at them.

Farmed Animals and Animal Fur

SB3153/HB2569: “Beginning 12/31/2025, prohibits the confinement of specified farm animals in a cruel manner and prohibits business owners and operators from selling certain products made from those animals.” (SD2). SB3153 passed its 3rd reading in the Senate, was transmitted to the House, and passed its 1st reading there.

SB1350: “Prohibits the manufacture and sale of animal fur products except in certain circumstances.”

SB2753: “Prohibits the manufacture and sale of animal fur products, with certain exceptions. Effective 1/1/21.”

HB1689/SB2753: “Prohibits the manufacture and sale of animal fur products, with certain exceptions. Takes effect on 7/1/2050.” (HD1) HB1689 passed its 3rd reading in the House, was transmitted to the Senate, and passed its 1st reading there.

Plant-Based Foods in Public Schools

SB2782: “Requires the Department of Education to establish a plant-based food and beverage program to award funds to participating public schools who serve meals that include plant-based food options or plant-based milk options, under certain conditions. Appropriates funds. Effective 7/1/2050.” (SD2) It passed its third reading in the Senate, was transmitted to the House, where it passed its first reading.

HB2740: This bill originally provided for: “Offering plant-based alternatives for fifty per cent of all protein requirements in meals offered across all public schools annually, by January 1, 2035,” not a great date, but now the bill has been stripped of all language mentioning plant-based foods and protein in public school lunches.

Original description: “Requires the Department of Education to establish food waste and **plant-based alternative meal** goals by 1/1/2035, as part of the Sustainable Schools Initiative.”

New description: “Requires the department of education (sic) to establish food waste and local-sourcing goals as part of the sustainable schools initiative (sic). Takes effect 7/1/2050.” (HD2)

Note that The Senate (SB) and House (HB) bill descriptions above are listed exactly as they appear (verbatim text in “quotes”) at the end of each bill. If a bill has been amended, then a version number is added, e.g., “HD1.”

Thanks to the initiators of these bills, and to those who alerted VSH about them!

To learn about a state bill, including its status, or to submit testimony as needed, go to <https://www.capitol.hawaii.gov/>, and enter keywords, e.g., “plant-based,” or a bill’s number, e.g., HB2740.” **Note: the State Legislature is in recess until further notice.**

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>

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Mahalo to our volunteers:

Oahu

*special interest group coordinator

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Maui

Jerome Kellner, Maui coordinator

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

(Event dates are tentative.)

Building Aloha Animal Sanctuary: From Dreams to Reality

A VSH FREE PUBLIC PRESENTATION
BY CO-FOUNDERS OF AAS

JESSICA PALOMINO
ANCHI HOWITZ
HANNAH MIZUNO



Anchi Howitz, Jessica Palomino, & Hannah Mizuno.

In the summer of 2018, four animal rights activists embarked on a journey to create O'ahu's first non-profit farmed animal sanctuary: Aloha Animal Sanctuary.

At a visit to a farm just before Thanksgiving, they committed to rescuing Haku the pig from becoming someone's holiday dinner. Haku arrived at the sanctuary January 1st, 2019 and the sanctuary became operational.

Since then, the sanctuary has continued to expand, welcoming additional pigs, goats, chickens, and ducks, etc. Its small dedicated team of four has grown into a volunteer team of over 50 weekly caretakers, with strong community involvement.

Please come to hear the full story of our sanctuary journey, the trials and tribulations, the stories of the incredible animal residents, and our goals and hopes for the future!

7 P.M., TUES., JULY 14
ALA WAI GOLF COURSE CLUB-
HOUSE, 404 KAPAHULU AVE.

JESSICA PALOMINO ALSO
SPEAKS

7 P.M., THUR., JULY 16
CAMERON CTR., 95 MAHALANI
ST., WAILUKU

OAHU & MAUI REFRESHMENTS
COURTESY OF DOWN TO EARTH

Jessica Palomino is the Executive Director at Aloha Animal Sanctuary. She studied at the University of Hawai'i and the University of Utah, and is a pediatric ICU nurse at Kapi'olani Medical Center. Passionate about fighting against oppression and exploitation of any kind, she's worked with non-profits her entire life, including the global medical efforts of Operation Smile. In her free time, she enjoys surfing, reading, hiking, and eating delicious vegan food.

Anchi Howitz is the Director of Operations at Aloha Animal Sanctuary. A graduate of Cornell University, she is originally from Portland, Oregon, she moved to O'ahu three years ago with her husband Robert and dogs Melrose and Scottie. Since moving here, she has been inspired by and is passionate about building and growing the animal rights activist community here on O'ahu. She is a dedicated activist for the liberation of all animals, human and otherwise.

Hannah Mizuno is the Director of Development at Aloha Animal Sanctuary. Born and raised on O'ahu, she is inspired to give back to her beloved home and be a solution for the neglected, abused, abandoned, and often overlooked animals of Hawai'i. Passionate about protecting the planet and all of its inhabitants, she advocates for sustainable agriculture, zero-waste living, liberation for all, and making thoughtful, compassionate choices for the environment and all living beings.

Aloha Animal Sanctuary Tour & Vegan Buffet Dine-In with Jessica, Anchi and Hannah!

Sat., July 18, 4-6 P.M. 47-119 Pulama Rd, Kaneohe
\$30. Kids under 3 free. Catered by Alohita Aina. Buddha bowls w/ quinoa, greens, roasted veggies, & more! Please bring your own drink- & dinnerware.

RSVP and pay at alohasanctuary.org/events.

Oahu dining event only. All proceeds go to benefit Aloha Animal Sanctuary.
Please don't bring companion animals to the sanctuary. No walk-ins.

In addition to our current health crisis, it's a time of enormous economic stress for nearly everyone, especially for local vegetarian/vegan and veg-friendly businesses. If you can, please buy groceries from stores such as Down to Earth, and takeout/delivery foods from vegan/veg-friendly restaurants, such as Loving Hut, Peace Café, Simple Joy, The Ripple of Smiles, 'Umeke Market, 'Ai Love Nalo, Super Foods Café, Water Drop Vegetarian House, Maharaja's Foods, Banán, Govinda's. Bluetree Café, Tane

Please Help Veggie Businesses to Stay in Business

Vegan Izakaya, Juicy Brew, Sip, 'Ölelo Café, Vegan Hills, Leahi Health, a'a Roots, Eat Healthy Kaua'i Cafe, Under the Bodhi Tree, Herbivores, and more. We list many other veggie businesses throughout the state on page 6 and in our dining guide at vsh.org.

Please also donate to sanctuaries such as Aloha Animal Sanctuary, Leilani Farm Sanctuary, and Big Island Farm Sanctuary, as farmed animals need our help, too!

How to Get Plastic Out of Your Diet

A VSH FREE PUBLIC PRESENTATION BY
SUZANNE FRAZER

7 P.M., TUESDAY, MARCH 10

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

**MAUI —7 P.M., THURSDAY
MARCH 12, 2020**

**J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU**

11 A.M.—NOON, MAR. 12
**"OFF THE RECORD" ON
KAKU 88.5 FM.**

**OR VIEW THE PROGRAM ON
KAKU'S FACEBOOK PAGE.**

**OAHU & MAUI REFRESHMENTS ARE
COURTESY OF DOWN TO EARTH**

ORGANIC & NATURAL.



Suzanne Frazer is a co-founder of Beach Environmental Awareness Campaign Hawaii (B.E.A.C.H.), an award-winning nonprofit which brings awareness and solutions to plastic marine debris.

She received the 2008 Living Reef Award for going above and beyond to protect the reef and the 2012 Astrid and Donald Monson Community Action Award for outstanding community service and contributions to protecting Hawaii's environment and marine life. She was featured in the films "Plastic Tide" and "Bag It" and has appeared on 60 minutes Australia, BBC radio and various other TV news documentaries.

Suzanne has been vegetarian since childhood and became vegan 12 years ago.

Suzanne will reveal shocking new information about food and plastic packaging. Also learn

- About plastic chemicals in your daily life and in the ocean, and what the impacts of these chemicals are on your health.
- How plastic gets more toxic once in the ocean from the accumulation of POPs (persistent organic pollutants).
- How eating seafood can be detrimental to your health.
- How our everyday choices about what we eat and buy can make a difference in protecting your health, the environment and marine life.

Be inspired and empowered with knowledge to make simple, easy changes to your lifestyle to protect your long-term health and that of our ocean planet.

**You're Also Invited to A Vegan Dine-Out
with Suzanne Frazer!**

5:30-7:30 p.m., Saturday, March 14

Maharaja's Foods — Oahu
410 California Avenue, Hahaione, HI 96731

\$18 incl. tax & tip, pay cash / credit card
RSVP by 3/13, text or call at (808) 554 2902
with names of people attending (no walk-ins).

Buffet includes: Garbanzo Bean & Spinach Curry, Baked Potatoes, Basmati Rice with cardamom, cloves & organic vegetables, Brown Rice, Indian Dal, Steamed Vegetables, Papadams, and Fresh Salad Bar including green mixed lettuce, fresh broccoli, cherry tomato, carrots, avocado, sprouts, cucumber, and olives, with choice of Olive Oil Dressing or Coconut Dressing.

Dishes are gluten-free. Drinks may be purchased separately. Dining event only—Proceeds go to meal providers, not to VSH.

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

Recent VSH Events

Oahu



Michael Greger, MD, spoke on “How Not to Diet: Evidence-Based Weight Loss” to a standing-room only crowd at the Ala Wai Golf Course Clubhouse in Honolulu on Tuesday, February 11.



Hosts Major Bonnie Tulk, DO, TAMC, and VSHer Grace O’Neil, MD, TAMC, on either side of Michael Greger, MD, and VSHer Lorraine Sakaguchi at TAMC (Tripler Army Medical Center) in Honolulu after his Grand Rounds lecture there on “How Not to Diet” on Wednesday, February 12. Dr. Rachel Sullivan, TAMC (not pictured) arranged the event.



Jill Omori, MD, who arranged the event, including a vegan lunch catered by ‘Umeke Market, with Michael Greger, MD, and VSHers Dr. Ruth Heidrich, Grace O’Neil, MD, and Lorraine Sakaguchi at the John A. Burns School of Medicine in Honolulu, (right photo) where he spoke to students and faculty on “How Not to Die: Preventing and Treating Disease with Diet.”



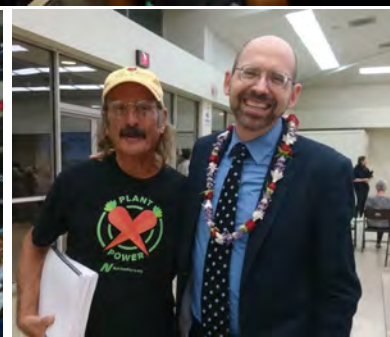
VSH host Phyllis Fong on 2/12 with Dr. Greger and Rachel Atcheson.



Left: Amber Brennan (DTE), Rachel Atcheson, Michael Greger MD, and Sisi Kong (DTE) with Dr. Greger’s books at his VSH vegan buffet dine-out, hosted by Down To Earth at the Kailua DTE on 2/10.



Maui



Above: VSHer Sephen Beidner with Dr. Michael Greger on Thursday, February 13. Left: Jerome Kellner, VSH Maui coordinator introduced Dr. Michael Greger, who spoke on “How Not to Diet” to a full house at Kihei Community Center on February 13.



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 — Portugal

Caldo Verde

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We did Japan first, Russia, Greece, Lebanon, the Balkans, Brazil, and Cameroon; and now Portugal is our next stop on our tour of Heart Healthy dishes from around the world.

Caldo verde (green broth) is one of Portugal's favorite traditional dishes, especially in cold weather. The greens depend on the region, with kale or collard greens the most common, but other leafy green vegetables are also used. Some regions include red beans. The taste can be savory or spicy and some families prefer it as a thick porridge, while others like it as a thinner, creamy broth (see hint).

Caldo Verde

- 1 large onion, diced (in Portugal yellow onions are used)
- 4 garlic cloves, minced
- 3 large potatoes, Yukon gold preferred, or 5 smaller ones, cut into 1/2 inch cubes
- 5 C veggie broth or water (see hint)
- 2 bay leaves
- 1 bunch curly kale or collard greens, stems removed and leaves cut into thin ribbons
- 5 small tomatoes, cut into quarters, or 12 cherry tomatoes in half
- 1/4 t freshly ground black pepper

-- optional ingredients --

- 1 C cooked, rinsed red beans
- 1/4 t crushed red pepper or Sriracha sauce

Sauté onion until soft in water or broth in a large soup pot, then add garlic and cook for about a minute - but stop before it starts to brown.

Add potatoes and broth or water, pepper and bay leaves. Bring to a boil. Reduce heat to a simmer. Cover the pot and cook until



Caldo verde as a broth with red beans and tomato chunks.

potatoes are very tender, about 20 minutes.

Remove bay leaves and discard. Remove 2 to 3 cups of potato cubes and reserve, then blend the remaining soup in a food processor or blender until smooth and creamy with some small chunks of potato. Return the potato cubes to the pot.



Caldo verde as a thick porridge.

Simmer and add the greens and tomatoes. Cook until greens are tender and tomatoes are just turning soft, about 2 to 4 minutes.

If using beans, add and then simmer a minute more.

If using a veggie broth and/or red beans containing added sodium, no additional salt may be needed.

If using water or no-salt added beans, before serving, optionally add just enough salt to just detect a hint of saltiness.



Caldo verde as a broth - totally blenderized.

Hint: This recipe results in a thick porridge, but adding a cup or two more of broth or water and blending all the ingredients until smooth will produce a rich, creamy broth.

Key: C=cup; t=teaspoon

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.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Aloha 'Aina Farms: Lualualei, Wai'anae grower plants & harvests microgreens and baby greens to customers' orders using organic farming techniques, including pea, sunflower, and red radish.



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.

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 mtg.**

☞ 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%
- ☞ 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 'Aina Farms** (alohaainafarms.com) 10% off microgreens subscription, code VEGSOC at checkout
- ☞ 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.

☞ = 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 mtg.**
- ☞ 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) 5% (code VSH) organic, zero waste, locally made personal care & cleaning products, www.ponohome.com Free home energy audit.
- ☞ 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 February 10, 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
Individual
\$25 \$48 \$68 \$85 \$100 \$500

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

Couple or Family
\$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. Sunday, March 1 — Kauai
 Vegan Potluck & Free Presentation
 Program: *The Game Changers* Screening**

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.

**1 p.m. Sunday, April 5 — Canceled
 1 p.m. Sunday, May 3 — Canceled
 We'll let you know when we can resume meetings.**



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



Left: Best vegan dish winner, Sandy McCourry Oldaker, with Susan Lau holding her prize, \$25 gift certificate donated by Eat Healthy Café, and judge, Kathy Potter, on Sunday, February 2 at Kahili Adventist School in Kapa'a.



Left: Sandy's winning dish: Edamame Pasta in a Coconut Cream Sauce on a bed of baby spinach leaves & garnished with red bell pepper slices. (Recipe not available.)

Kauai February Meeting



Dr. Anya Yushchenko's presentation "Detox Made Simple" gave simple steps everyone can take at home to detox their bodies and stay well.



A lunch plate displaying some of the vegan potluck buffet's colorful assortment of fruits and veggies plus several dark chocolate desserts.



Vegetarian Society of Hawaii

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Vegetarian Society of Hawaii

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

Dear Friends,

We at VSH are sorry that so many people, including you, our readers, are experiencing a rough time because of the novel coronavirus (COVID-19) pandemic and the accompanying shutdown of our modern society as we know it to slow the spread of the disease.

VSH has canceled all of our scheduled meetings that were to have been held after March 12 on Oahu, Maui and Kauai through March, April and May. Any dates announced in this newsletter for future events are tentative. We will keep you posted as the situation develops.

Meanwhile, please enjoy many of our previous VSH lectures: <https://www.vsh.org/videos.htm> to see our Oahu talks;

Vegetarian TV program 'Ōlelo channel 54, 6 p.m. on 3rd Tuesdays, and at 11 a.m. on the first 4 Sundays of the month (1-hr. program featuring our Oahu lectures); & <https://www.vsh.org/kauai/> to view our Kauai talks.

Grace O'Neil, MD, who is an emergency physician and VSH board member, will be talking online on **coronavirus issues in April**. If you have questions you'd like answered then (please also indicate if you need an immediate reply), send them to info@vsh.org, or call (808) 944-8344. We'll let you know how to access Dr. O'Neil's presentation on vsh.org.

Aloha with Best Wishes for Your Good Health,
Lorraine Sakaguchi, VSH President

Oahu Fruitluck—Bring Fruit to Share!

Sun., Mar. 1, ~~Apr. 5~~, 3:00-5:00 p.m.

Sans Souci State Park, at a picnic table on lawn across from Kapiolani Park and the Queen Kapiolani statue.

Grow Your Own Food—Oahu

~~Mon., Mar. 23, Apr. 20~~, 6:30-8:30 p.m. Kilauea Recreation Center, 4109 Kilauea Ave. Expert talks. Bring and get cuttings, plants, seeds to share. For more info: call Jeff at (808) 954-0791.

All special interest group events on this page after the March 1 Oahu Fruitluck, for March, April & May have been canceled. When these groups can meet again, we'll let you know at vsh.org and meetup.com/Hawaii-Vegan-Events,

Plant-Based Lifestyle —Kilauea Recreation Center Class — Oahu

~~Monday, March 16, April 6~~, 6:30-8:30 p.m.— Kilauea Recreation Center. 4109 Kilauea Avenue. Now a class run by the City & County of Honolulu, Parks & Recreation Dept. at Kilauea District Park. Includes a vegan potluck. Info: call Jeff.