

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 31, ISSUE 4, APRIL - NOVEMBER 2020

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Upcoming Speaker

Jonathan Balcombe, PhD

Time and date not yet set.

We'll email an invitation to you to his virtual lecture when it's scheduled.

Maui & Oahu Event

Happy Thanksgiving!

VSH and Down To Earth

Invite you to enjoy delicious vegan holiday dishes from all Down to Earth's stores on Oahu and Maui!

When: depending on the location, from 11/22 to 11/25 (although the King St. store will also be open on 11/26)! Order ASAP. If you're a VSH member, get 10% off.

See p. 4-5 for details.

Kauai Lunch Get-together

Vegan Holiday Lunch Get-together

1 p.m. Sunday, December 6
NoKa Food Truck Court, Kapa'a

Happy 30th to the Vegetarian Society of Hawaii!

By Ruth Heidrich, PhD



Ruth Heidrich, triathlete, founding member, and VSH's 2nd president
www.ruthheidrich.com

For me, it all began way back in 1989 with a telephone call. "What do you think of starting a vegetarian society here in Honolulu?" It was Elaine French, whom I'd known since 1982 when I took the cooking classes sponsored by John McDougall, MD, and Elaine was one of the instructors. Dr. McDougall had left Hawaii to start his program in Santa Rosa, California and there remained a cadre of us dedicated supporters, a bunch of newly minted vegans.



Elaine French
(1990) co-founder &
VSH's first president

I was really excited about the idea because I really felt the "hole" left without the strong support of Dr. McDougall. I also had the privilege of accompanying Dr. McDougall to lectures he gave to the University of Hawaii John A Burns School of Medicine students. I was given the opportunity to tell these students how we were treating my breast cancer with a low fat vegan diet instead of chemo and radiation. I thought this new organization might be an opportunity for us to support each other and even more importantly, to continue the work that Dr. McDougall had started here in Hawaii.

And there certainly was a lot of work to do! Although I'd gone from metastatic cancer into remission, everyone I knew then, including my oncologist, told me that treating my cancer this way was a crazy idea, that my diet had nothing to do with my getting breast cancer. He referred me to a gastroenterologist who said that I could not possibly get enough protein, calcium and essential fatty acids on this diet. Of course, back then, almost no one could even pronounce "vegan" (vee-gun).

(Continued on page 3)

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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Advisory Board

Mark Fergusson

Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Quinten Nishime
Diana Bethel	Paul Onishi
Patrick Connair	Gail Pang
Phyllis Fong	Dr. Neal Pinckney
Dr. Fred Foster	James Richart
Andrea Lee	Scott Sakaguchi
Sirilak Moore	Georgie Yap
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Kauai

* leadership team

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Magenta Billett	Susan Lau*
Iry Boboshko	Carol Williams*
Gerald Chudy	Robert Zerkovsky*

Maui

Jerome Kellner, Maui coordinator
Stephen Beidner
Bill Best
Bobbie Best
Laurelee Blanchard
Jim Brown
Russell Van Dyken



President's Message

Dear Friends,

I've missed seeing you all a lot these past months of this COVID-19 pandemic and hope that you are staying both safe and healthy!

During the lockdowns and dining out restrictions, VSH has been trying to help local vegan restaurants and businesses by creating takeout/delivery dine-ins (the opposite of our classic dine-outs when we could eat out together at a restaurant in a long-ago and less-dangerous time, was it just back at the beginning of this year?). Even the Honolulu Star-Advertiser newspaper is currently calling their Sunday *Dining Out* section, *Dining In*, with the same idea in mind! But the name got to be too confusing, so our dine-ins are now dine-safes.

Please don't forget to enjoy our latest dine-safe event, **VSH's 31st annual Vegan Pre-Thanksgiving Dinner (p. 4-5)**. This time it's a multi-day, multi-location event, as usual, open to everyone at all of the Down to Earth stores on Oahu and Maui!

Mahalo to Carol Janezic, who's not only coordinated the fun VSH dine-in/dine-safe events we've enjoyed this year (p. 7), but also the many dine-outs we've been lucky to have had ever since she started doing them back in 2015. Carol has now retired from doing our dining events after over 5 years of dedicated work as VSH's dining coordinator, but we're happy that she's continuing her roles as VSH director and VSH meeting coordinator.

Thanks, too, to all our amazing VSH board members, listed on the left. They volunteered to and were elected to serve another 2-year term that started on July 1! I'm honored to be serving with every one of you!

VSH has continued to televise until this month, new video programs on 'Olelo Channel 54, and online, our just completed backlog of new VSH lectures. Check out any you haven't seen yet on vsh.org (or our vshvideo channel on YouTube). VSHer Grace O'Neil, MD, has also created an online VSH presentation on COVID-19 that you can find there, as well. We'll soon be resuming (as virtual presentations) our monthly lectures. Our first one will feature animal behavior scientist Jonathan Balcombe, PhD.



It's heartwarming to see the efforts of the compassionate and enthusiastic volunteers of Aloha Vegans, formerly Chilis on Wheels: Honolulu. Well before the current COVID-19 pandemic and the economic suffering it's now inflicting on many people, they were already helping to provide vegan food for people in need.

This year, with more people going hungry, volunteers shop for, then deliver the freshly purchased vegan groceries all around the island of Oahu. It takes quite a team to do all this! If you'd like to volunteer or nominate someone for help, message Aloha Vegans on Facebook or Instagram:

<https://www.facebook.com/groups/280240125925352>

<https://www.instagram.com/alohavegans/?hl=en>

Or you can donate at www.paypal.me/808Vegans

Best wishes for a very Happy Thanksgiving from all of us at VSH!



Carol Janezic

Aloha!

VSH President

(Continued from page 1)



VSH's four presidents and the order in which they've served: 4. Lorraine Sakaguchi, 2. Dr. Ruth Heidrich, 3. Alida Rutchick, and 1. Elaine French. Both Alida and Elaine now live on the mainland U.S.; Lorraine and Ruth still serve on the VSH board.

We then discussed what to call this group. Elaine suggested "The Vegetarian Society of Honolulu." My initial reaction was "Who would want to join a 'society' with its 'uppity' implications and why call it 'vegetarian' when we really meant 'vegan'?" I had nothing better to offer, but then I found out there was already a number of successful organizations using the term "society." For example, there was "The American Vegan Society," several other vegetarian societies on the mainland, and a number of Humane Societies, so that objection went away.

Then I realized how few vegetarians there were, with even fewer vegans, so we could cast our net further and work on getting the vegetarians to go all the way to vegan. I soon felt convinced that this was the best name for our budding group. It was only a few years later when we had a small subset in the Wahiawa/Mililani area and inquiries from the neighbor islands, that we knew we were much bigger than our original geographical scope. We then changed our name to "The Vegetarian Society of Hawaii" in 1996.

Our first few organizational meetings were held at Elaine & Jerry's home. Dr. Bill Harris, Andy Mertz, Marcia Deutsch, Eliot Rosen, Peter Burwash, a few others and I were the early pioneers of the VSH.

Finally, we were ready for our first presentation to the

Happy 30th to The Vegetarian Society of Hawaii!

general public which was held in the basement of the Makiki Community Library. Our first meeting was held on June 12, 1990, our first speaker was Dr. Harris, and our first title, "Diet and Evolution." There weren't very many people who showed up, but it was enough to keep us going.

Our second meeting on July 10, and I was our second speaker. My talk was "From Cancer To The Ironman Triathlon." Our third speaker was Cathy Goeggel who showed the documentary, "The Animals' Film." So we were off and running!

One of the most memorable early VSH meetings for me was the one in the evening of an island-wide black-out. That afternoon, I was giving a talk at Sacred Hearts Academy demonstrating crunches on the stage when the lights suddenly went out! As I drove away, I discovered it wasn't just the school, but the whole island that had lost power. When I got to the Manoa Public Library parking lot for our scheduled meeting, the power was still out, but people waiting outside were gathered around Patrick Moore, who had brought his hen friend, Red Bird. Enchanted by her, everyone wanted to pet her and to ask him about her. She made it one of our most enjoyable early meetings!

We met wherever we could get space, including Kaimuki Public Library, St. Clement's Church and Honolulu Central Seventh Day Adventist Church, before we eventually settled into our current locations: the city-owned Ala Wai Golf Clubhouse and McCoy Pavilion at Ala Moana Beach Park.



Co-founder William Harris, MD, at a VSH hike in 2004

By December of our first year, we had more than 100 paid-up members and we've been going strong ever since!

WATCH VSH VIDEO LECTURES AT [VSH.ORG](http://vsh.org)
OR WATCH AT 11 A.M. 'OLELO CHANNEL 54,
1ST 4 SUNDAYS, AND AT 6 P.M., 3RD TUESDAY
OF THE MONTH

See on vsh.org recently added presentations by Milton Mills, MD, Shivam Joshi, MD, Grace O'Neil, MD, Suzanne Frazer and more. See VSH Kauai video talks/demos also at vsh.org.

Shop at AmazonSmile
and Amazon will make a donation to:
Vegetarian Society Of Hawaii
[Get started](#)
amazon smile

Donate to VSH at no extra cost to you!

If you're an Amazon customer, shop at smile.amazon.com with VSH as your charity & Amazon donates 1/2% of all of your eligible purchases to VSH!



HAPPY PLANTS-GIVING!

You're invited to the Vegetarian Society of Hawaii's Annual Vegan Pre-Thanksgiving Dinner 2020

While we can't all dine with each other this year, Down to Earth and the Vegetarian Society of Hawaii hope you and your ohana can still enjoy a delicious Thanksgiving feast safely together!

Order Online at
d2e.co/thanksgiving2020

Menus and Schedules Vary by Location • Look for (V) for Vegan Dishes

Thanksgiving Menus available at all 6 Down to Earth locations:

Maui • Honolulu • Kakaako • Kailua • Pearlridge • Kapolei

Pre-order deadline dates: Kapolei (all dishes: 11/20); Kailua & Pearlridge (desserts: 11/21); Kakaako (all dishes & desserts: 11/22); otherwise Oahu stores will need at least 2 hours to fill your order, and Maui will need at least 1 hour.

Pickup dates: Maui (11/22-11/25); Honolulu (11/24-11/26); Kailua, Kapolei, Kakaako (11/24-11/25); Pearlridge (11/23-11/25). Please check pickup hours when you pre-order. The latest pickup times at each store will be earlier than the store closes.

Down to Earth would also like to offer VSH members a
10% discount off your **online order** of Thanksgiving Dinner

This coupon is for 10% off your total purchase

Use the coupon code at Check-Out

This discount is not applicable for in-store purchases

Coupon code can only be used once • Expires 11/26/20

Coupon Code: [thanksgiving2020](#)

Contact the Vegetarian Society of Hawaii if you have any questions:

vsh.org or call (808) 944-8344

VSH's Annual Vegan Thanksgiving Dinner 2020

You're Invited! A safe dining Celebration that lasts for days!
Holiday menus at all Down to Earth stores on Oahu & Maui

Oahu: **Honolulu** 2525 S. King St.
Kakaako 500 Keawe St., HNL
Kailua 573 Kailua Road
Kapolei 4460 Kapolei Parkway
Pearlridge 98-211 Pali Momi St.
Maui: **Kahului** (305 Dairy Road)

Order at d2e.co/thanksgiving2020

In-Store Pickup, Curbside Pickup, and
Delivery Available

(V) Vegan, (WF) Wheat free
Menus subject to availability.

Need Help? Contact DTE at
customerservice@downtoearth.org

Honolulu Menu

Honolulu Thanksgiving Items will be available for pick up from Tuesday 11/24 - Wednesday 11/25 (8am - 8pm) and Thursday 11/26 (10am - 4pm)

Order at least 2 hours ahead of pickup date and time.

All items are sold by weight unless noted - \$5.49/half pound

- Seitan Steak (V)
- Mock Turkey Tofu (V, WF)
- Ultimate Kale Lentil Rice Loaf (V, WF)
- Hawaiian Sweet Potato Casserole (V)
- Green Beans Casserole
- Mashed Potatoes (V, WF)
- Thanksgiving Stuffing (V)
- Maple Roasted Vegetables (V, WF)
- Sweet Potato & Chickpeas Wrap (V)
- Green Beans Celery Tofu Salad (V, WF)
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)

Kakaako Menu

Kakaako Thanksgiving Items will be available for pick up from Tuesday 11/24 - Wednesday 11/25 (9am-7pm)

Orders must be placed by Sunday 11/22.

All items are sold by weight unless noted - \$5.49/half pound

- Mock Turkey Tofu (V, WF)
- Mock Glazed Ham (V)
- Tofurky Oven Roasted Deli Chubs
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)
- Mock Turkey Gravy (V, WF)
- Herb Roasted Potatoes (V, WF)
- Mashed Potatoes (Dairy)
- Mashed Potatoes (V, WF)
- Garlic Mashed Potatoes (V, WF)

- Thanksgiving Stuffing (V)
- Thanksgiving Stuffing with Mock Bacon (V)
- Hawaiian Sweet Yams (V)
- Maple Roasted Squash (V, WF)
- Rosemary Roasted Yams (V, WF)
- 8" Whole Apple Pie (V) \$28.99
- 8" Whole Pumpkin Pie (V) \$28.99
- 10" Whole Pumpkin Cheesecake (Vegan and Dairy Versions Available) \$40.99
- 10" Whole Okinawan Sweet Potato Cheesecake (Vegan Version Available) \$40.99

Kailua Menu

Kailua Thanksgiving Items will be available for pick up from Tuesday 11/24 - Wednesday 11/25 (11am - 7:30pm)

Order at least 2 hours ahead of pickup date and time.

Whole desserts deadline: 11/21.

All items are sold by weight unless noted - \$5.49/half pound.

- Mock Turkey Tofu (V, WF)
- Mock Chicken Tofu (V, WF)
- Kabocha Pumpkin Tofu Curry (V, WF)
- Better Than Beef Stew (V, WF)
- Mock Chicken A La King (V)
- Bombay Spinach (V, WF)
- Mashed Potatoes (V, WF)
- Hawaiian Sweet Yams (V)
- Thanksgiving Stuffing (V, WF)
- Maple Roasted Veggies (V, WF)
- Rosemary Roasted Yams (V, WF)
- Steamed Okinawan Potatoes (V, WF)
- Turmeric Roasted Breadfruit (V, WF)
- Pono Purple Salad (V, WF)
- Mock Chicken Salad (V, WF)
- Cornbread Muffins (V) - \$1.99/Piece
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)
- 8" Whole Pumpkin Pie (V) \$19.99
- 8" Whole Pumpkin Pie with Whipped Cream \$22.99
- 10" Whole Pumpkin Cheesecake (Vegan Versions Available) \$49.99

Pearlridge Menu

Pearlridge Thanksgiving Items will be available for pick up from Mon. 11/23 - Tuesday 11/24 (9am - 7pm), Wednesday 11/25 (9am - 6pm)

Order at least 2 hours before pickup date and time.

Whole desserts deadline: 11/21

All items are sold by weight unless noted - \$5.49/half pound.

- Mock Turkey Tofu (V, WF)
- Mock Chicken Tofu A La King
- Seitan Steaks
- Lasagna
- Pancit (V)
- Pinakbet (V, WF)
- Mashed Potatoes (V, WF)
- Herb Roasted Potatoes (V, WF)
- Walnut Stuffing (V)
- Maple Roasted Veggies (V, WF)
- Hawaiian Sweet Yams (V)
- Garbanzo Gravy (V, WF)
- 8" Whole Pumpkin Pie (V) \$19.99
- 10" Whole Pumpkin Cheesecake (Vegan Version Available) \$49.99

Kapolei Menu

Kapolei Thanksgiving Items will be available for pick up from Tuesday 11/24 - Wednesday 11/25 (9am - 7pm)

Order by Friday 11/20

- Seitan Steaks
- Mock Turkey Tofu (V, WF)
- Mashed Potatoes (V, WF)
- Thanksgiving Stuffing (V)
- Maple Roasted Veggies (V, WF)
- Hawaiian Sweet Yams (V)
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)

Maui Menu

Maui Thanksgiving Items will be available for pick up from Sunday 11/22 - Wednesday 11/25 (8am - 8pm)

Order at least 1 hour ahead of pickup date and time

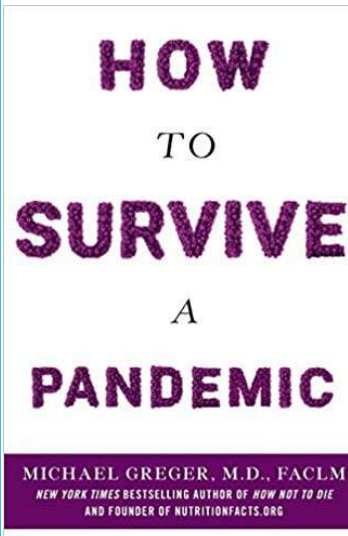
All items are sold by weight unless noted - \$5.49/half pound

- Tofu Turkey w/ Mock Hollandaise Sauce (V)
- Tofu Rice Loaf (V)
- Mock Chicken Tofu (V, WF)
- Hawaiian Sweet Yams
- Cornbread Stuffing (V)
- Mashed Potatoes w/ Garbanzo Gravy (V, WF)
- Kickin' Collard Greens (V, WF)
- Maple Roasted Squash (V, WF)
- Roasted Brussels Sprouts (V, WF)

New Books

How to Survive a Pandemic

By Michael Greger, MD, FACLM
August 18, 2020



By Lorraine Sakaguchi

Dr. Michael Greger has written a compelling and comprehensive history of pandemics, especially those caused by influenza viruses, such as the 1918-19 flu pandemic, which killed 50 million to 100 million people worldwide. The Black Death from the 1300s was said to have killed 75 to 200 million. It was caused by a bacteria, but like the others, the pathogen was first hosted by animals.

Surprisingly, the current novel coronavirus disease

2019 (COVID-19) pandemic, the *raison d'être* for this book, is not considered the most fearsome of all. Like waiting for the other shoe to drop, readers are warned that there's a much deadlier virus, likely either H7N9 or H5N1, waiting in the wings to take its turn on the world stage.

Why are we seeming to experience more frequent pandemic level diseases now during the past few decades than in all of human history before? Intense animal agriculture's major role is explained in detail. A surprising connection, if you're OK with a spoiler, is ducks, yes, migratory ducks and other waterfowl. However, if you've read Dr. Greger's previous book *Bird Flu: A Virus of Our Own Hatching* (2006), you won't be too surprised.

Dr. Greger has a section on what practical measures to take to personally survive a pandemic, as well prepare for the next one to come (most people don't think this far ahead!).

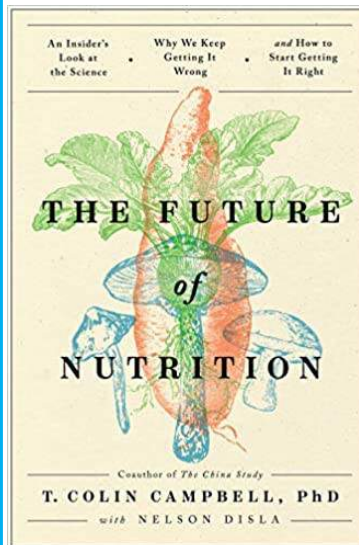
It was a marvel to me to see this well-researched information-dense book that I'd pre-ordered, in my hand on August 26 (the Kindle version had come out even earlier, about May 26!). VSH had just hosted large standing-room only talks by Dr. Greger on Feb. 11 and 13 in Honolulu and in Kihei on Maui! We had little idea then of the pandemic that would be sending many of us home into lockdown mode by the end of March. Even given that much of this was an updated version of his *Bird Flu* book, it still represented a good amount of quick writing.

Dr. Greger also gives specific information on how the world might be able to avoid or ameliorate many deadly pandemics, if it had the will, and if people were to lose their appetite for eating animals.

Read this and Dr. Campbell's new book, too (see right). Two very different topics, and yet not so different in the end!

The Future of Nutrition: An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right

by T. Colin Campbell, PhD, and Nelson Disla
December 15, 2020



By Ruth Heidrich, PhD

Dr. Campbell is the pioneering researcher whose earlier published findings in *The China Study* on the benefits of plant-based vs. animal-based foods "fired the shot heard round the world," does it again in *The Future of Nutrition*. This book is a "MUST READ" for so many reasons. First, our health and our lives depend on us acting on the tipping point evidence that Dr. Campbell provides. He exposes

the bribery and graft that occurs hidden from us and uses our own tax dollars to deliberately mislead us, the American public.

Dr. Campbell tells it like it was and, sadly, how it still is. It is obvious that Dr. Campbell's towering intellect, (plus his wry humor), and dedication to dig into the archives and expose the purposely hidden information and corruption related to the power of food -- and money. He reveals this by naming names complete with citations. We are in midst of a human-caused mass extinction which can be reversed by following the logical steps of halting the damage being done to our environment.

This book is especially timely during a pandemic when this information about our diet can not only help us resist the COVID-19 virus, but if we did get it, we'd be more likely to survive with fewer lingering symptoms.

All is not lost yet, but only if enough of us implement the calls to action that Dr. Campbell outlines that will help us recognize where we are going wrong, how we can reverse course, stop fighting Nature and get back in tune with her. I'll add my call to action: Get as many others to read this book as you can because we must act now.

Veggie Restaurants this Thanksgiving

We're excited for you to join our 31st annual VSH Vegan Pre-Thanksgiving Dinner takeout event at all DTEs this year! At the same time, don't forget the veg-/veg-friendly businesses who are also offering some great vegan holiday dishes! Check out the restaurants below on this page who'll be offering holiday meals on, or a day or two before, Thanksgiving Day (must order ahead of time in most cases), as well as others such as Juicy Brew, Simple Joy Vegetarian Cuisine, and 7 Vegans HI (catering).

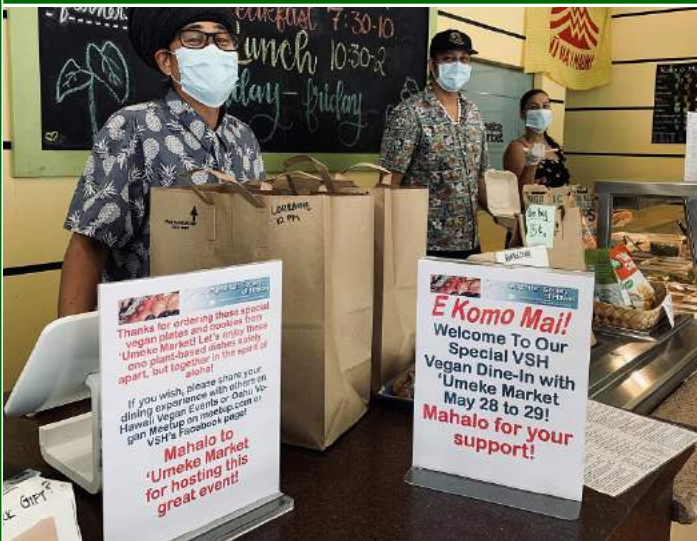
DineSafe Volunteer Opportunity

Dine-In (renamed recently to DineSafe) takeout events are meant to help showcase and support our veg-/veg-friendly restaurants and businesses during the COVID-19 pandemic. Mahalo to Carol Janezic who put together the wonderful events on this page! She's now retired from coordinating them, and we'd love to have a volunteer continue these fun events. Please contact info@vsh.org if you'd like to help!

VSH Dine-In/DineSafe events



At VSH's first Dine-In to support our veg-/veg-friendly restaurants: VSHer Lorraine Sakaguchi and owner "Frank" Hung Nguyen at The Ripple of Smiles on Wai'aleae Ave. on Friday, April 17, 2020. The event featured a special limited menu.



Chef Robert Daguio, Lloyd Kawai & Jennifer Tucker at Umeke Market on Fri. May 29, 2020, the 2nd day of the VSH Dine-In. They served a Pasta Plate on Thursday & a Hawaiian Plate on Friday, plus a kalo oat chocolate chip cookie on both days.



At VSH's Dine-Safe at Loving Hut on S. King St., July 17, 2020: VSHer Carol Janezic, a customer, Chef Hai and Sherry Shi Yi.



Three colorful vegan books, two of which feature vegan recipes, were given as a gift with each meal or order.



At VSH's Dine-In with Down to Earth at all DTE stores on Oahu and Maui on May 8, 9 and 10. This photo was taken at DTE Honolulu on S. King St. on May 10, 2020. VSH members were given 10% off the Dine-In.



At VSH's Dine-In with Peace Café on S. King St. in Honolulu on May 1. Pictured are sisters Moana, Rana and their mom Yukako Terai. (VSH had them unmask for a moment for their photo.) They gave away a free face mask with every meal purchased.

Oahu

VSH Events in March

Maui



Suzanne Frazer spoke on Tuesday, March 10, 2020 at the Ala Wai Golf Course Clubhouse in Honolulu on “How to Get Plastic Out of Your Diet.” to a small, socially-distanced group.



Dean Otsuki and Suzanne Frazer, B.E.A.C.H. (Beach Environmental Awareness Campaign Hawaii) founders on March 10, 2020.



VShHer Phyllis Fong served fresh whole apple bananas and wrapped elderberry drops on March 10.

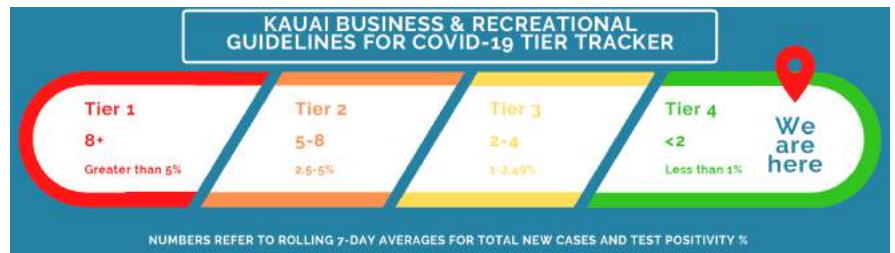


Suzanne Frazer and Dean Otsuki on Thursday, March 12, 2020 at Cameron Center in Wailuku. Suzanne spoke on “How to Get Plastic Out of Your Diet.” to a small, socially-distanced audience at Cameron Center.

Note:

VSH takes the wearing of masks and following other common sense guidelines to maintain people’s health and safety seriously.

The Oahu and Maui photos on this page were from our last-scheduled public lecture before we shut down public gatherings for the duration, were taken in early March 2020 when the public was still being urged not to wear masks.



Kauai Note

Kauai has been fortunate, so far, in having very few cases overall during this pandemic, and has been able to eventually enjoy the lowest level of restrictions during this pandemic. The guidelines above show Kauai’s position at tier 4 in Hawaii’s 4-tiered system, meaning that outdoor social meetings with up to 25 people are fine. Our Kauai socially-distanced outdoor gatherings of, at most, 12 people, at NoKa Beach’s food truck court since August have stayed well within that guideline, and have been able to give a small boost to veg-friendly food trucks at the same time.



Left: VSH lunch gathering on Sunday, August 1, 2020 at NoKa Beach in north Kapa’a.



VSH lunch gathering on Sunday, October 4, 2020 by NoKa Beach in Kapa’a.

Note: No photo available for VSH’s lunch gathering on Sunday, November 1.



A couple of vegan dishes from the VSH outdoor lunch gathering on Sunday, September 2, 2020.



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 — Canada

Pâté Chinois

I've been formulating a series which I'm calling *Healthy Hearts Around the World*. We've had exotic recipes from Japan, Russia, Greece, Lebanon, the Balkans, Brazil, Cameroon, and Portugal. From closer to home, Canada, here's a hearty dish perfect for this time of the year.

Pâté Chinois

Although pâté usually refers to a savory paste, it can also mean pie — so here it means “Chinese Pie.”

Pâté Chinois is a French Canadian favorite that strikes a chord deep in the Québécois heart. It's usually made with ground beef, but TVP (textured vegetable protein) can be so much like beef that people who grew up with this dish often can't tell the difference. It's Quebec's answer to Shepherd's Pie, but even tastier. This recipe is adapted and translated from one originally in French (Quebecers just don't want to see things in English).

The original recipe serves a typical Quebec family and may be more than needed. For two large servings, halve the recipe.

- 1½ C vegetable broth
- 1/3 C low sodium tamari or soy sauce
- 2 garlic cloves, crushed or 1 T garlic powder
- 1 t chili powder
- 1-2 t onion powder
- 1 T nutritional yeast
- ½ -1 t paprika
- ¼ -½ t pepper
- 2½ C dry TVP
- 1 small onion, finely chopped
- ¼ -1 t liquid smoke (optional)



Mashed potatoes

- 9-10 C peeled and chopped potatoes
- 4 T unsweetened plant-based milk, more or less as needed
- 1 t salt (optional)
- 1 t nutritional yeast
- 1 t onion powder
- ¼ t -1 T pepper

Peel and cut the potatoes into cubes. Boil 10-12 minutes. Drain and set aside.

TVP Preparation

Preheat the oven to 400° F.

In a bowl, combine the vegetable broth, tamari, garlic powder, nutritional yeast, onion powder, chili powder, pepper

and liquid smoke. Add the TVP, stir and let soak in the marinade.

In a heated pan, add a few T water. Add the chopped onion and sauté until translucent, about 5 minutes over medium / low heat.

Add the garlic, stir for 30 to 60 seconds.

Add the TVP and cook until it is just a little dry and browned.

Cook the TVP, stirring often for about 10-15 minutes. If the TVP sticks to the pan, add a little vegetable broth or water.

Transfer the cooked TVP mixture to a 10" x 15" non-stick baking dish and spread evenly over the bottom.

Corn layer

- 2 cans cream corn, vegan 432g each
- 2 cans corn kernels, drained 418g each

Combine the creamed corn and drained kernel corn. Distribute evenly over the TVP layer. (Ed: fresh corn's OK, too.)

Mashed potato layer

In the largest bowl possible, add the cooked potatoes. Add half the plant-based milk.

Mix with a hand mixer. Add the rest of the milk and the spices, and mix until smooth.

Spoon the mashed potatoes to cover the layer of corn and spread evenly using a spatula. Pass a fork along the length to create a pattern.

Bake 40 to 45 minutes at 400 degrees F or until the potatoes are golden.

Store in the covered refrigerator for up to 7 days. Also keeps in the freezer for 3 months.

Hints:

This dish is traditionally served with “brown sauce” (which is like A1 steak sauce in the U.S.), but real brown sauce is a bit more fruity. It can be found as HP Sauce or English Brown Sauce in some markets.

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

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Keiki and the Pineapple: Veg-friendly. Adult & keiki menus. Vegan raw cheesecake, Buddha bowl, açai bowl, smoothies, coffees. Reserve play/eat times at sanitized play area. Ward & Kapiolani. Park in back.



Olena Cafe: Vegan (some honey). GF waffle, cold pressed juices, gourmet coffees & teas, salads, açai bowls, wraps, pasta, Olena avocado toast, tofu musubi, granola, etc. Locally-sourced foods. Parking next door.

Oahu

☞ Natural Food Stores ☞

- ☞ Celestial Natural Foods (66-443 Kam. Hwy., 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. and 1009 Kapiolani Blvd.) 10%
- ☞ Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- ☞ 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%
- ☞ **Keiki and the Pineapple** (909 Kapiolani Blvd) 10%
- ☞ Loving Hut (1614 South King St.) 5%
- ☞ **Olena Cafe** (1631 Kapiolani Blvd., Ste #2) 10%
- ☞ 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 Ripple of Smiles (3040 Waiialae Ave, Kaimuki) 10%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 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 'Āina Farms (alohaainafarms.com) 10% off microgreens subscription, code VEGSOC at checkout
- Aloha Tofu Factory (961 Akepo Ln) 5%
- Copy Hut (2503 S. King) 10% on posters & banners
- Good Clean Food Hawaii (<https://www.gcfhawaii.com/>) 10% code: VegLife
- 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.

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 Kapa'a) 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, Kapa'a) Free Dessert with meal —temporarily closed till Jan. 1
- ☞ 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, Kapa'a) 10%
- ☞ So Thai (2827 Poipu Rd, Koloa) 10%
- ☞ Tortilla Republic (2829 Ala Kalanikaumaka, Poipu) 10%
- ☞ Verde Restaurant (4-1105 Kuhio Hwy, Kapa'a) 5%
- ☞ Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

Anywhere

- ☞ Hawaii Veggie Farm. Big Island purple sweet potatoes (hawaiiveggiefarm.com) 5%, code: VSH5 (808) 430-2519, 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 discount

Revised November 15, 2020

☞ = 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, Thank you for your support!

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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: HOLIDAY VEGAN LUNCH GATHERING 1 P.M., SUNDAY, DEC. 6, 2021

NoKa Food Truck Court in north Kapa'a

Info: (808) 245-7674, www.vsh.org, or call Robert (808) 634-6957.

A good way to support local chefs while eating yummy vegan foods! We'll be getting to see each other, talk, perhaps plan for the future of our Kauai group, and take fun photos. Please wear a mask and practice social distancing. Park at Otsuka parking lot on north side, then look for Namaste food truck nearest the ocean.

Kauai March meeting

Mahalo to PJ Nagaya and Eat Healthy Kaua'i Café!

PJ has been generously donating a \$25 gift certificate good at Eat Healthy Kaua'i Café to winners of the best vegan dish contest at VSH's monthly vegan potluck/presentations (our most recent one was on March 1). Eat Healthy Kaua'i Café, which closed temporarily September 13, is planned to reopen on January 1, 2021.

Note for our next meetings

VSH Kauai's March 1 meeting was our last regular one until further notice. However, Kauai has been fortunate, so far (see p. 8), and by following Kauai county guidelines, VSH has been able to start hosting small socially-distanced outdoor monthly vegan lunch get-togethers here starting in August. However, if things change, and we need to cancel a meeting, we'll let people know via email and on Facebook.



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

March 1 potluck line at Kahili Adventist School at Kapa'a Adventist Church.



Best vegan dish winner, Flora Worth, held her prize: a \$25 gift certificate donated by Eat Healthy Kaua'i Café, with judge L. Vigil Alkana on Sunday, March 1 at Kahili Adventist School in Kapa'a.

Quinoa Tabbouleh

By Flora Worth

- 2 cups raw quinoa
- 4 cups water
- 1 Japanese cucumber, seeds removed, 1/2 inch diced
- 2 medium tomatoes, seeds removed, diced 1/2 in.
- 2 stalks scallion, sliced thin
- 6 T parsley, chopped
- 3 T fresh mint (spearmint) leaves
- 1/2-3/4 cup Kalamata olives, pitted, and cut into 4 pieces each

To taste fresh squeezed lemon juice (or 2 T)

To taste pepper

To taste (optional) olive oil

To taste (optional) salt

Put uncooked quinoa and water in rice cooker, and turn it on. When quinoa is done, cool it long enough so that it won't heat up the other ingredients. Then toss them all together and serve.

(Note: all ingredients were organic, except for the olives, salt and pepper)



Vegetarian Society of Hawaii

P.O. Box 23208
Honolulu, Hawaii USA
96823-3208

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This pandemic has been one of historic proportions; not only have people suffered from the disease itself, but many are going hungry as a result, as well. If you can, please give generously to help those in need (for one way to help, see p. 2). Please remember, too, to help farmed animal sanctuaries which are also facing unprecedented challenges to provide for their rescued animals. Some are listed here:

Leilani Farm Sanctuary (Maui)
www.LeilaniFarmSanctuary.org

Aloha Animal Sanctuary (Oahu)
<https://www.alohasanctuary.org/>

Big Island Farm Sanctuary (Hawaii Island)
<https://www.bigislandfarmsanctuary.com/>