



The Island Vegan

Vegan Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 32, ISSUE 3 JUNE-AUGUST, 2021

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VSH Videos

WATCH VSH VIDEO LECTURES AT 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 VSH Kauai video talks/demos also at vsh.org.

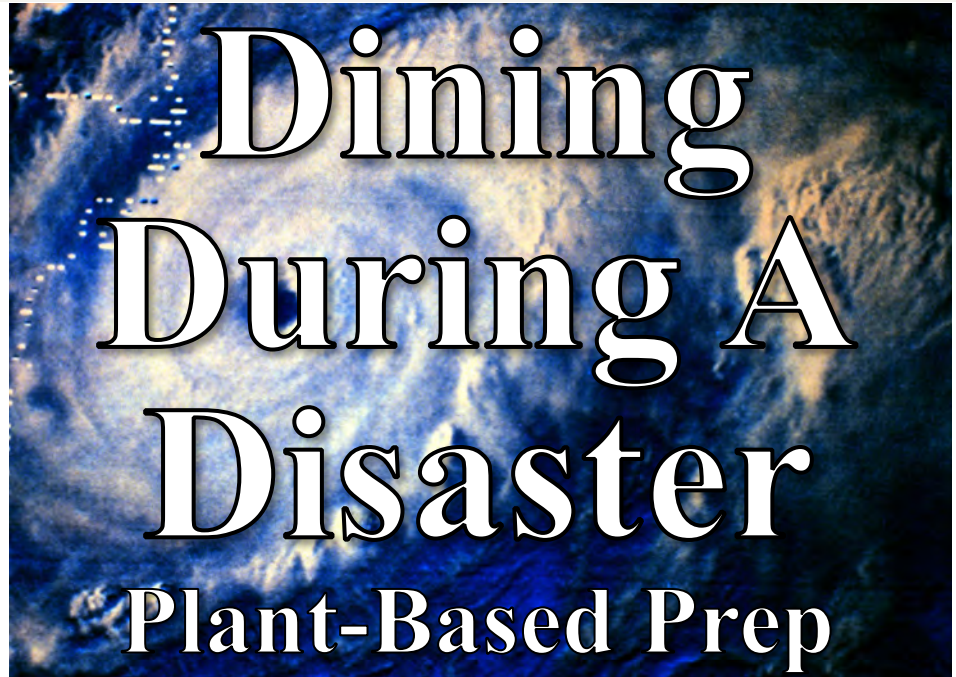
VSH Safe Dining Event

VSH SAFE DINING TAKE-OUT EVENT AT ‘OLENA CAFÉ:

DETAILS ON PAGES 7 AND 8

AUGUST 18 TO SEPTEMBER 5
1631 KAPIOLANI BOULEVARD, STE. #2
HONOLULU, HI (OAHU)

“(Being) vegan is not about being perfect. It is about doing the least harm and the most good.” - Anonymous



by Carol Janezic



Carol Janezic is a VSH board member who has been a volunteer with the Community Emergency Response Team (CERT) Hawaii program. She was certified with CERT Hawaii in November 2015, and since then has trained and been affiliated with the Kailua CERT and Kaneohe-Kahaluu CERT area teams. The CERT program, sponsored by the Department of Emergency Management, teaches basic disaster management and response skills to prepare individual citizens and their families before a disaster strikes.

Hurricane season in Hawaii runs from June to November. Many of us have been very lucky in the past, but don’t use this good fortune to predict future storm outcomes. Each storm is an individual.

Space photos prove beautiful Hawaii is the most isolated landmass on earth. Since we ship in most of our food and supplies, we’d be in a bad way if we lost our sea and air ports during a disaster. So please forget the old idea of planning for just three days. Better to plan for at least two weeks of self-sufficiency with food and supplies for yourself and your family.

(Continued on page 3)

The Island Vegan

The Island Vegan, aka The Island Vegetarian is published quarterly

by and for the members of the **Vegetarian Society of Hawaii, aka the Vegan Society of Hawaii (VSH).**

P.O. Box 23208
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Visit our website www.vsh.org for online lecture

videos, restaurant guide, TV and meeting schedules, and newsletter archives.

Also see our VSH Facebook page at

www.facebook.com/VegetarianSocietyOfHawaii

www.facebook.com/VegetarianSocietyOfHawaii

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Mahalo to our volunteers:

Oahu

| | |
|-----------------|-------------------|
| Woody Barboza* | Paul Onishi |
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*special interest group coordinator

Kauai

| | |
|-----------------|-------------------|
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| Magenta Billett | Susan Lau* |
| Iry Boboshko | Carol Williams* |
| | Robert Zerkovsky* |

* leadership team

Maui

| | |
|----------------------------------|--------------------|
| Jerome Kellner, Maui coordinator | |
| Stephen Beidner | Laurelee Blanchard |
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| Bobbie Best | Russell Van Dyken |

Henry Lorrin Lau, MD, MPH



We at VSH are deeply saddened by the recent loss of Henry Lorrin Lau, MD, MPH, on July 17, 2021. Lorrin, as we knew him, was a great friend, who had always been supportive, both of VSH's healthy, compassionate plant-based vegan educational mission, and of ourselves as individuals.

His own life had been one filled with faith, notable achievements and selfless acts of kindness and generosity to others. He returned to Hawaii in 1982 after a distinguished career on the US mainland because his mother had asked him to come back to take care of poor, elderly women. He

started a private practice where he charged nothing beyond a patient's medical insurance, even if that meant receiving nothing at all if the patient had no insurance.

He did many good deeds both large and small. Once, I saw his concern when wheelchair users couldn't, on their own, get up a step into Govinda's in Honolulu to eat at the veggie buffet there. He immediately made a donation for a ramp and followed up on the matter until the ramp was installed.

A longtime friend, Carol Jordan, retired director of Communicable Disease & Epidemiology, Public Health Services, Montgomery County, MD, whom Dr. Lau had mentored at the Johns Hopkins University Bloomberg School of Public Health in the early 1980s, reconnected with him in 2014 after seeing online the public lecture he'd given for VSH in November 2013. She credits his convincing her to adopt a plant-based diet with her being a 10-year survivor of ovarian cancer.

As sad as losing him has been for us, Dr. Lau's family has suffered a much greater loss, and they each have our deepest sympathy. Even during this very trying time for them, though, they acted quickly to honor his last wishes to let us know about the Henry Lorrin Lau Lectureship fund that he had wanted to be created to support VSH's educational work.

In Dr. Lau's own words: "Donations can be made to the Vegetarian Society of Hawaii for the Henry Lorrin Lau Lectureship where guests will present original research rather than opinions and review of the literature."

We are grateful both to Dr. Lau's family and especially to Dr. Lau himself for his kind generosity in asking others to honor his memory in this way. Thank you for your donations to VSH in Dr. Lau's memory for the [Henry Lorrin Lau Lectureship](#).

From his obituary: Known to most as "Lorrin" and to Harvard classmates as "Buz Lau" he was born to Col. Henry S. Lau and Helen Lau in 1932. Educated at Punahou School, Harvard College cum laude, the Johns Hopkins School of Medicine, MD, and the Johns Hopkins Bloomberg School of Public Health, MPH. Internship at Johns Hopkins Hospital and residency at Georgetown Hospital in OB-GYN. Granted a two-year NIH (National Institutes of Health) post-doctoral fellowship at Johns Hopkins. Served on faculty at the JHU Schools of Medicine and Public Health.

With Ralph Heinicke at the Dole Research Laboratory, he researched uses for the otherwise discarded roots of pineapple plants leading to discoveries in endo- and exopeptidases enzyme debridement to reduce scars in third-degree burns and clarification of beer, so now all beer is clear. At Johns Hopkins, did medical research to study infertility, miscarriage and gender identity and invented some of the first affordable pregnancy tests, tests for alpha-fetoprotein (AFP), and tests for sex steroid hormones and progesterone. He was a contributing author in The Johns Hopkins Atlas of Human Functional Anatomy with renowned illustrator Leon Schlossberg. After 32 years at Harvard and Hopkins, he returned to private prac-

(Continued on page 3)

🌿 H. Lorrin Lau, MD, MPH 🌿

(Continued from page 2)

tice in Honolulu in OB-GYN for 34 years. In 1990, he helped to open St. Francis Medical Center-West Hospital and delivered its first baby. In his retirement, he cared for patients at the Waikiki Health Center.

Dr. Lau believed the greatest privilege any human could have is to care for and to take care of others. His priorities were to save lives, to bring peace and comfort, and to make a difference. With his friend, inventor Stan Mason, he encouraged family and friends to invent three new things every day, three ways to make the world a better place.

In 2000, he joined the Howard A. Kelly Gynecologic and Obstetric Society. In 2006, he received Hawaii Health Foundation's Kenneth F. Brown Hawaii Health Award for having made a significant impact on the health of Hawaii and the world. In 2014, nominated by Terry Shintani, MD, MPH, he was knighted to the

Knights of the Orthodox Order of St. John of Jerusalem, the oldest Christian healing order in the world, and in 2016, he was elected a member of the Johns Hopkins School of Public Health Alpha Chapter of the Delta Omega Public Health Honorary Society.

He is survived by his wife Maureen Cave Lau of the Isle of Wight, five children and two step-children, 12 grandchildren, two sisters (Evelyn "Babs" Char and Karen Kee), and his first wife Rhoda.

www.vsh.org/drlau



Dr. Lorrin Lau at his 2013 VSH lecture with Lorraine Sakaguchi and Maureen Lau.

Aloha,

Lorraine

VSH President

Dining During A Disaster: Plant-Based Prep (cont.)

(Continued from page 1)

Some Good Choices for Your Plant-Based/Vegan Emergency Food Kits (have scissors & can opener available)

- 1 gallon of drinking water per person (or large animal) per day.
- Canned beans, such as garbanzos, black beans, adzuki, and pinto beans. (Save liquid for cooking and rehydrating dried foods. Salt-free versions are available.)
- Silken tofu in shelf-stable packaging.
- Canned soups and chilis.
- Canned vegetables such as green beans, pumpkin, tomatoes, tomato sauces, corn, artichoke hearts, and olives.
- Canned fruits, such as mandarins, pineapple, jackfruit, peaches, pears. (Save liquid for drinking, cooking, or rehydrating freeze-dried or dehydrated foods.)
- Dehydrated and freeze-dried veggies, such as potato flakes, mushrooms, spinach, broccoli, cauliflower, green beans, sweet potatoes, corn, peas. Freeze-dried foods rehydrate fastest and are easily available online.
- Pre-cooked quinoa and rice, and/or rolled oats.
- Non-dairy plant milks in shelf-stable containers, such as soy milk, almond milk, or macadamia milk.
- Vegetable broth in shelf-stable containers.
- Applesauce cups. (Hint: old fashioned rolled oats or quick oats can be stirred into the cups and allowed a few minutes to hydrate to make a chewy snack.)
- Peanut butter. (Natural peanut butter typically keeps well at room temperature for about a month.)
- Condiments/seasonings: Fermented and pickled foods (keep fermented foods under brine when

not refrigerated), salsa, soy sauce, hot sauce, ketchup, mustard, favorite spices, flaked nutritional yeast, mushroom powder, and vegetable bouillon. It's a good time to use up saved condiment packets.

- Snacks: Nuts, granola, energy bars, vegan crackers & cookies, vegan jerky, and dried fruits, such as raisins, dates, prunes, figs, and mangoes.
- Coffee, tea, and herbal tea. (They can be made with cold water, if steeped overnight.)
- Important Supplement: Vitamin B-12, plus other supplements, as needed.

The above foods will keep you nourished during power outages, but be ready with the following easy to prepare foods for when you have intermittent electricity or other power sources.

- Dried lentils and split peas.
- Bulk grains, such as quinoa, couscous, oatmeal, pasta, and instant rice.
- Dried soup mixes and ramen.

Evacuating and Go Bags

Have a plan in place in case you need to evacuate the place where you're sheltering. Go bags can be any easy to transport containers. 5-gallon buckets with airtight lids can be good choices for things that need extra protection (such as food, supplements, medicine, electronics, and documents, including those sealed in plastic bags, which are never foolproof).

Things That May Make the Difference

- A full tank of gas and/or a fully charged EV battery.
- Sealed containers of drinking water that you can lift and carry, enough food for at least three days, including special items needed for babies or pets (freeze-dried foods will be easy to transport.).

(Continued on page 7)

VSH Vegan Dinner on June 5, 2021

by Carol Peacock-Williams

14 veggie loving folks showed up at Russell's by Eat Healthy Kauai just before they opened their doors to us at 5 p.m. We were seated at two tables.

Our waitress was great; she accommodated each and every one of our needs and requests. It seemed as if everyone ordered something different, such as coconut mac nut tofu with roasted veggies and rice, vegetable pasta with coconut white wine sauce & garlic toast, garden salads, pumpkin kale soup, tofu with peanut sauce & veggies, hamburger curry with side salad, and other goodies at the second table. Oh, yes...Russell's is a BYOB restaurant, so we also shared some organic red wine we brought.

We asked about the free dessert for our VSH group after the waitress brought our bill. She said "yes," they still did that, but we needed to order it with our meals. Oh, well we will surely remember to do that next month.

We had a really fun time and agreed to return on Saturday July 3, 2021 for another VSH dine-out dinner at Russell's by Eat Healthy Kauai at 5 p.m. again.



Robin Shannon, Doug Shannon, Joe Williams, Carol Peacock-Williams, and Susan Lau on Saturday, July 3, 2021, at Russell's by Eat Healthy Kauai.

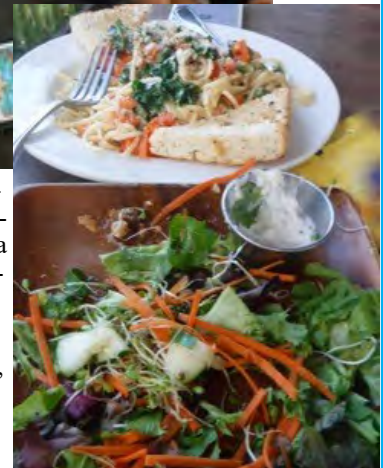
Recent Kaua'i Events



Susan Lau, Robin Shannon, Doug Shannon, Magenta Billett, and Dr. Robert Zolkovsky on Saturday, June 5, 2021, at Russell's by Eat Healthy Kauai.



Above: On the right, Lisa Knutson, then Kauai Rosa and her husband (center). On the left, Donna King and her husband, on Saturday, June 5, 2021, at Russell's by Eat Healthy Kauai.



Right: A couple of the beautiful, fresh, and delicious dishes at Russell's by Eat Healthy Kauai on June 5.

VSH Kaua'i Monthly Meetings Update

We canceled hosting an August outdoor dining get-together because of the alarming recent surge in COVID-19 cases (mostly from the Delta variant of the coronavirus) on Kaua'i, with the highest daily numbers of cases that it has experienced during the entire pandemic until now.

We've also canceled any future get-togethers until we feel it's reasonably safe to resume, even though a new statewide restriction on outdoor gatherings of greater than 25, which was announced on August 11, wouldn't have affected our smaller Kaua'i monthly outdoor dining get-togethers.

Our March 1, 2020 meeting was our last regular one until further notice, due to COVID-19. However, until now, Kaua'i was fortunate in mostly having very few COVID-19 cases, and by following Kaua'i County guidelines, from August 1, 2020 until July 3, 2021, VSH was able to host small, socially-distanced, outdoor monthly vegan meals (from local restaurants or food trucks).

In October 2020, Kaua'i graduated to **Tier 4**, which had the lowest level of restrictions, but we continued to dine more safely outdoors rather than indoors, anyway (pictured attendees were unmasked for dining). On July 5, 2021, Kauai also moved to **Tier 5**, a newer and even less restrictive level, unfortunately just before new coronavirus cases started to climb to previously unseen levels.



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 — Mexico

Drunken Beans (*Frijoles Borrachos*)

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, Portugal, Canada, Ukraine, Vietnam, and now Mexico.

Drunken Beans (*Frijoles Borrachos*) is thought to be a Tex-Mex dish, but it originated in northern Mexico, where there are many German-run breweries.

Even when made with regular beer, there's only one ounce of beer in each serving and almost all of the alcohol is cooked off. But the flavor is special. *Borrachos* are similar to Charro Beans, which are cooked in water or broth.

Read the hints before preparing.

Drunken Beans (*Frijoles Borrachos*)

- 6 pieces *veggie bacon, diced (see hint)*
- 4 (15oz) *cans (ed: no salt, if possible) pinto beans, rinsed and drained*
- 1 (12oz) *bottle dark beer (see hint)*
- ¼ C *veggie broth or water (see hint)*
- 1 *medium white onion, finely diced*
- 1 *jalapeño, serrano or other milder pepper, stemmed, seeded and diced (see hint)*
- 4 cloves *garlic, minced*
- 1 T *brown sugar (ed: good option is date syrup)*
- 1 t *dried oregano*
- 1 t *chili powder*
- 1 t *salt (ed: optional)*
- ½ t *cumin*
- 1 T *lime juice*
- ¼ C *chopped fresh cilantro (Chinese parsley)*

Cook bacon in a toaster oven or pan over medium-high heat until crisp. Set aside.

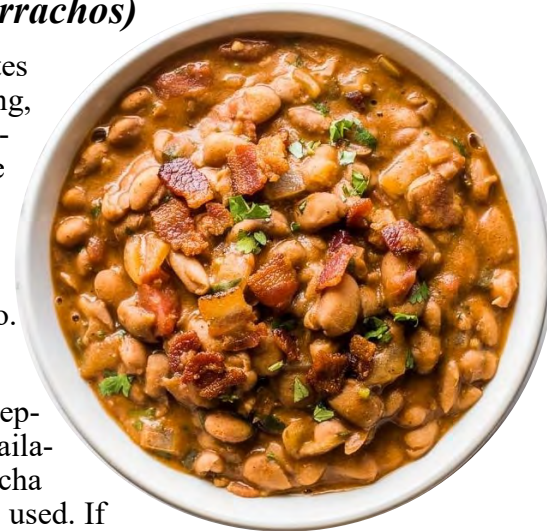
In a large pan heat ¼ C veggie broth or water add the onion and jalapeño, and sauté for 5 minutes or until the onion is soft and translucent. Add the garlic, and sauté for an additional 1-2 minutes until fragrant. Add the beer, beans, brown sugar (ed: or date syrup), oregano, chili powder, salt and cumin, and stir to combine. Continue cooking until the beans reach a simmer. Then reduce heat to medium-low, and continue simmering uncovered for about 15 minutes.

A few minutes before serving, stir in the bacon and lime juice.

Optionally, garnish with fresh cilantro.

Hints:

- If a fresh pepper is not available, 1 t Sriracha sauce can be used. If so, use only 2 cloves of garlic.
- For the broth, soy sauce (ed: low sodium, if possible) and water (half each) can be used. If so, don't use the salt.
- A number of low-fat veggie bacon products are available in many natural food markets. Some brands have more fat. Recommended is Lightlife Smart Bacon. The flavor is accented if cooked to crispness in a toaster oven or non-stick pan. Remove before it turns dark. (Ed: It adds authentic flavor and texture, but use sparingly as it does add some salt, smoke and oil.)
- The recommended dark beer is Mexico's Negro Modelo from the Philippines or Dos Equis (XX), which are also vegan and can be used if alcohol is not an issue, although even then almost all alcohol is cooked off. Any pale beer will also make this dish, but the flavor will be slightly less authentic. Non-alcoholic beers are vegan.



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

William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegan Society of Hawaii in support of our plant-based educational mission. Dr. Bill Harris, VSH co-founder, was a longtime animal activist. If you wish your donation to go towards his animal rights education fund, please let us know at the time of donation. <http://www.vsh.org/donate/>

VSH Member Discounts

Newest
VSH
member
discounts



Russell's by Eat Healthy Kauai: Reopened Vegan restaurant, named in memory of a beloved dog. Breakfast/lunch: T-Sat, plus dinner: Th-Sat. Varied menu, keiki too. Some GF. Outdoor seating.



Sprout Vegan Café: New Maui restaurant (was a food truck). Menu offers vegan health and comfort foods. Wraps, bowls, sandwiches, keiki menu, smoothies, other drinks, & desserts. GF options.

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

- Banán (Waikiki: 2301 Kalakaua Ave., Waikiki Shore: 2161 Kalia Ave., Kailua Town Center) 10%**
- Bluetree Café (600 Ala Moana Blvd.) 10%
- Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
- Ganesh Dosa (**315 Uluniu St, Kailua**) 10%
- Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelhoe 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%
- Pho & Rolls—Vegan Plus (91-1001 Kaimalie St., Ewa Beach) 10%
- Phuket Thai (401 Kamakee St., #102) 10%
- 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
- Yoga Under the Palms, 167 Hamakua Dr., Kailua 10%

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) 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%
- Sprout Vegan Café** (10 Wailea Gateway Pl., Kihei) 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%
- 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%
- Russell's by Eat Healthy Kauai** (4-369 Kuhio Hwy, Kapaa) free dessert w/ meal, ask when ordering meal.
- Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa) 10%
- So Thai (2827 Poipu Rd, Koloa) 10%
- 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%, 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 - \$15See details & any updates at www.vsh.org/discounts.

Boldface: new discount or address

** Coupons are donated by DTE.

Revised August 18, 2021

= 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!

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)

Dining During A Disaster: Plant-Based Prep (cont.)

(Continued from page 3)

Things That May Make the Difference (cont.)

- Medicines and a basic first aid kit.
- Toiletries, toilet paper, cleaning wipes, hand sanitizer.
- Glasses, contacts, and hearing aids
- Phones, cords, and portable chargers
- Flashlights or lanterns, a hand-crank emergency radio, walkie-talkies for household members.
- Important documents sealed in airtight Ziploc bags or other protective casings (including insurance papers, driver's licenses, passports, vaccine cards, medical instructions, important contact information.).
- Masks, in case you end up sheltering in close quarters with others.
- Animal carriers, crates, harnesses, leashes, cat litter and litter boxes, other special items, as needed.
- Snacks / treats and toys for children, pets, everyone!
- A change of clothes, and several changes of undergarments.
- Extra water for washing. I've been saving gallon-sized plastic vinegar jugs for this purpose.
- A small hand shovel -- In some situations we may not have use of a toilet and may want to bury *stuff*. §

Let's Support our Plant-Based Businesses!

'Ōlena Café

VSH Safe Dining Take-out Event

See specially-priced event menu on page 8!

Ph. (808) 941-9342, open M-F 7:30 a.m.-5 p.m.,
 Sat. 9 a.m.-3 p.m.

August 18 to September 5, 2021

1631 Kapiolani Blvd, Ste #2, Honolulu, Hawaii (Oahu)

Fronts Kapiolani Blvd. at bottom of Kapiolani Residence condo bldg.
 May park at ground-level lot next door while 'Ōlena Café is open.

**Mahalo to Jackie & Helene Toya, Ku'uipo Akaka &
 'Ōlena Café for this delicious plant-based celebration!**

*The Vegan Society of Hawaii
 (Vegetarian Society of Hawaii) has
 been teaming up with vegan & veg-
 friendly restaurants to support their
 plant-based efforts during this pan-
 demic with scrumptious vegan safe
 dining take-out events.*

(Proceeds from dining events go to the
 meal providers, not to VSH.)

***We invite you to enjoy, & to come
 back as many times as you'd like
 for more ono meals & treats throughout this event!***

To order, call (808) 941-9342. Please be sure to say you're
 ordering for the **VSH Take-Out Dining Event**, and when
 you'd like to pick up your order.

No need to be a VSH member to enjoy the special prices!
**But if you're a VSH member, please mention it when ordering. re-
 ceive an additional 10% discount!**





Vegan Society of Hawaii
Vegetarian Society of Hawaii

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

NONPROFIT
 U.S. POSTAGE PAID
 HONOLULU, HI
 PERMIT NO. 645

VSH Safe Dining Event at 'Ōlena Café :: Aug. 18 - Sept. 5

Everyone's Invited!

Ph: (808) 941-9342



1631 Kapiolani Blvd, **Vegetarian Society Specials "VSH Take-out Dining Event"!**

Honolulu

'Ōlena Waffle (vegan + GF)
 and Cold Brew \$15



Tofu Salad with choice of
 any Smoothie and Dark
 Chocolate Banana Muffin \$20



"Lox" Bagel and
 Dark Chocolate
 Banana Muffin \$15



Special prices on these combos:

Just let 'Ōlena know your order is for the

"VSH Take-out Dining Event"!

More info on pg. 7

Breakfast sandwich and Dark
 Chocolate Banana Muffin and
 Cold-pressed juice of choice \$20



Add Hummus Toast to any
 special for \$6

