



The Island Vegan

Vegan Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 32, ISSUE 4 SEPTEMBER—NOVEMBER 2021

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Next Issue



Lillian Cumic’s new book
Tasting Hawaii Vegan Style

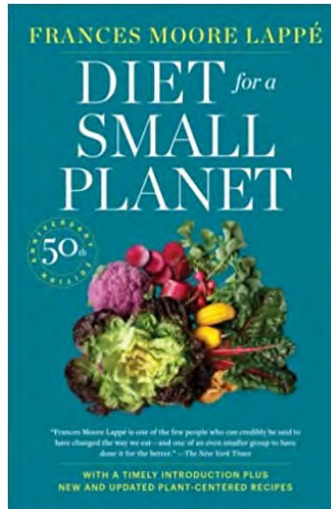
Grace Chen O’Neil, MD
on the Tzu Chi Foundation and its
humanitarian plant-based mission.

November is World Vegan Month

Until one has loved an animal,
a part of one’s soul
remains unawakened.

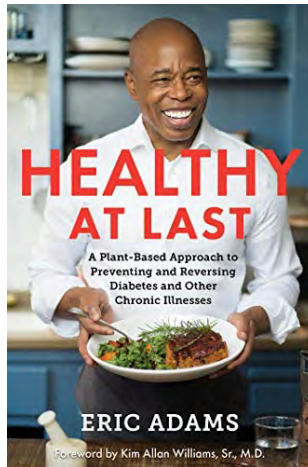
Anatole France

Some Small Things to be Thankful For



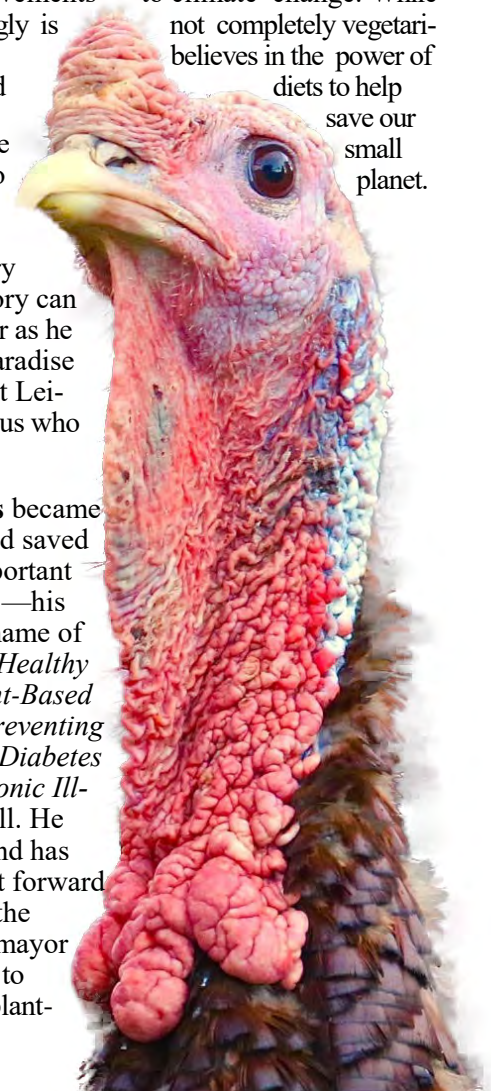
2021 marks 50 years since the not-so-small book about a *Diet for a Small Planet* appeared in 1971 and profoundly changed the lives of its many readers around the world. It inspired untold numbers of them to explore non-meat diets, to even become vegans, and to leave a lighter footprint on their environment. Its author, Frances Moore Lappé, who still lives on this planet, this fall published the 50th anniversary edition of her seminal book, covering topics ranging from democracy movements to climate change. While she surprisingly is not completely vegetarian, she still believes in the power of plant-centered diets to help save our small planet.

Gregory, the turkey on the right, can be grateful for kind-hearted humans who thought his life was worth more than his small corpse briefly starring as the main attraction on someone’s holiday table. A very much alive Gregory in all his feathered glory can be seen on the back cover of this newsletter as he struts happily through his days in a green paradise with his many animal and human friends at Leilani Farm Sanctuary of Maui, and those of us who love animals are thankful to see that!



Eric Adams became a vegan and saved a small but important part of himself — his eyesight. The name of his 2020 book *Healthy At Last: A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses* says it all. He was grateful, and has striven to pay it forward ever since. As the newly-elected mayor

of New York City in November he intends to keep bringing the benefits of a whole food plant-based diet to as many people as he can.



The Island Vegan

The Island Vegan, aka The Island Vegetarian is published quarterly by and for the members of the **Vegan Society of Hawaii (VSH)** aka the **Vegetarian Society of Hawaii**.

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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

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Mahalo to our volunteers:

Oahu

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Bobbie Best	Russell Van Dyken

🌿 Karl Seff, PhD 🌿

I'm sorry have to share the sad news that Dr. Karl Seff, one of VSH's longest-serving and most dedicated volunteers and leaders, passed away on September 11, 2021. I felt privileged to work with him as well as to have been able to enjoy his warm hospitality, cooking skills, and generous spirit.

Karl cheerfully took on many different tasks for VSH, no matter how humble or consuming of his time and resources, often wearing several hats at a time. He was our meeting coordinator—reserving our meeting venues, bringing supplies and serving vegan refreshments, setting up, then cleaning, taking out the trash, and closing up our monthly lecture venues; our VSH liaison with the University of Hawaii at Manoa for the Maybelle Roth Vegetarian Scholarship, our dine-out coordinator, as well as coordinator of our annual VSH pre-Thanksgiving Dinner; speaker coordinator; phone-tree coordinator (back in the 90s!); informational table staffer; coordinator of our famous dining guide; as well as host of many of VSH's visiting speakers at his house, even bringing the speaker's presentation lei, and helping visiting chefs shop and prep for their cooking demos and more. He also delivered an occasional VSH lecture of his own, including the entertaining and practical [*Confessions of a Low Class Vegan: Three Years Later*](#).

Karl grew up on a chicken farm in Penngrove, California. He received his BS in chemistry at UC Berkeley in 1959 and his PhD in physical chemistry at MIT in 1964. After 3 years at UCLA, he began his academic career at the University of Hawaii. He retired from teaching and departmental administration in 2006 but continued his research as an Emeritus Professor of Chemistry, working with his former students and their former students in Korea. Trained as a crystallographer, he eventually specialized in the fascinating field of zeolites **gaining international respect as a zeolite chemist** who published over 270 scientific papers in leading journals.

Karl, who became a vegan in 1991, capably served on the board of directors of the Vegetarian Society of Hawaii for 23 years until 2015. He was also the Affiliate Representative of the Cactus & Succulent Society of Hawaii. His outstanding private garden was featured in a 2013 article called *Desert Jewels* in Hana Hou magazine, and in 2014 in the Honolulu Star-Advertiser.

Karl will be greatly missed by many his many friends and colleagues from his very different fields of expertise and volunteer efforts!

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Karl will be greatly missed by many his many friends and colleagues from his very different fields of expertise and volunteer efforts!

Mahalo,
Karl Seff!

Aloha!

Lorraine

VSH President

To contribute your memories of Karl to his memorial website, use this link:

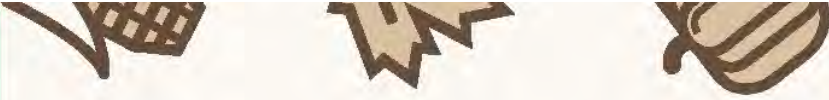
<https://docs.google.com/forms/d/e/1FAIpQLSeziCEHNwUMQZ9uoGLJnKYk1W3ngHOVmi2ESBG61RgCsik8g/viewform>



VSH board members Dr. Bill Harris, Dr. Ruth Heidrich, Matt Jisa, Lorraine Sakaguchi, & Dr. Karl Seff with (4th from left) VSH advisor Mark Fergusson of DTE in 2013 at DTE King St.



VSHers Sirilak Moore, Dr. Fred Foster, Dr. Karl Seff, Patrick Moore, James Thompson, Lorraine Sakaguchi, Phyllis Fong & Dr. Neal Pinckney at a birthday dinner for Georgie Yap (not pictured) in 2014.



HAPPY PLANTS-GIVING!

Open to All!

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

32nd Annual Vegan Pre-Thanksgiving Celebration



While we can't all dine with each other this year, Down to Earth is offering holiday menus as a safe dining, take-out event for VSH (vegan items listed with a "V"). All ingredients listed on online ordering website.

Order online at
d2e.page/thanksgiving2021

At all DTE stores: Kahului (Maui), Honolulu, Pearlridge, Kapolei, Kakaako, and Kailua
Menus and schedules vary by location, available online or on 2nd page of this announcement.
See ingredients by clicking on each item on online ordering page.

Pre-Order Deadlines: Pearlridge (all dishes & desserts: 5 pm 11/19). Kapolei (all dishes & desserts: 11/19).
Kakaako & Kailua (all dishes & desserts: 11/20). Kahului (all dishes & desserts: 11/22).
Honolulu (King St.): (desserts 12 pm 11/22. **All other dishes: New earlier deadline 12 pm 11/23 (NOT 2 hr. ahead of pickup anymore!).**

Pickup Dates: All DTE stores (11/23-11/24) except for King St. (Honolulu): (11/24-11/25). Please check pickup hours when you pre-order. The latest pickup times will be earlier than the store closes.

A Warm Mahalo to Down to Earth for all their efforts in creating this delicious holiday plant-based event at all their stores for everyone in the community on behalf of VSH!

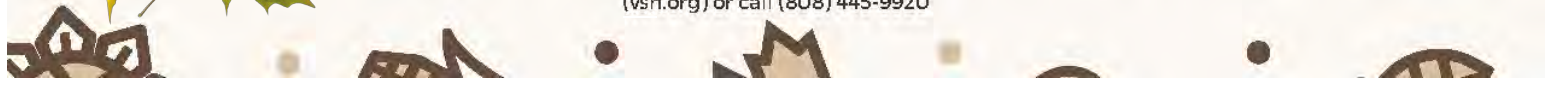
VSH is an all-volunteer 501(c)(3) nonprofit educational organization which hosts events like this (which do NOT raise any funds for VSH) to provide opportunities to further enjoy a plant-based diet in the community.

This event is open to all - no need to be a VSH member. If you'd like to get a member discount, this would be a great time to join VSH (vsh.org/join)! VSH members receive a 10% discount off their **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 11/25/21

Coupon Code: thanksgiving2021

Please note: as with all of VSH's dining events, all proceeds go to meal providers, not VSH.
For more info, please go to vsh.org or call (808) 445-9920



VSH's ANNUAL VEGAN THANKSGIVING CELEBRATION

On Oahu, try a different menu every day from 11/23-11/25!

Enjoy a delicious multi-day safe dining take-out event!

At DTE Honolulu (King. St.): 11/24-11/25, and

at all other Down to Earth stores on Oahu & Maui 11/23-11/24

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 online at

d2e.page/thanksgiving2021

When ordering, click on each dish for online list of ingredients. All items are sold by weight: \$5.99/half pound, unless noted.

Menus subject to availability. Last pickup time earlier than store closes.

(V) Vegan, (WF) Wheat free

Honolulu Menu

Order desserts by noon Monday 11/22 (12 pm), order other dishes by noon Tuesday 11/23 (12 pm).

Pick up Wednesday 11/24 (7am - 8pm) - Thursday 11/25 (7am - 4:30pm).

Served hot or cold.

- Seitan Steak (V)
- Mock Turkey Tofu (V, WF)
- Ultimate Kale Lentil Rice Loaf (V, WF)
- Green Beans Casserole
- Oven Roasted Potato (V, WF)
- Pono Purple Salad (V, WF)
- Mock Chicken Salad (V, WF)
- Mashed Potatoes (V, WF)
- Thanksgiving Stuffing (V)
- Maple Roasted Vegetables (V, WF)
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)
- 8" Whole Pumpkin Pie (V) \$19.99 (Slice \$4.99)
- 8" Whole Ube Haupia Pie (V) \$19.99 (Slice \$4.99)
- 10" Whole Ube Haupia Cheesecake (V) \$48.99 (Slice \$5.99)

Kakaako Menu

Order by Saturday 11/20.

Pick up from Tuesday 11/23 - Wednesday 11/24 (9am-7pm).

Served hot or cold.

- Mock Turkey Tofu (V, WF)
- Thanksgiving Cutlet (V)
- Mock Turkey Ala King (V)
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)
- Mock Turkey Gravy (V, WF)
- Mashed Potatoes (V, WF)
- Garlic Mashed Potatoes (V, WF)



- Thanksgiving Stuffing (V)
- Maple Roasted Vegetables (V, WF)
- Almondaise Green Beans (V)
- Sliced Cornbread Loaf (V) \$3.49 each
- Curry Butternut Soup (V) s:\$4.99 l:\$6.99
- 9" Whole Pumpkin Pie (V) \$19.99
- 9" Whole Apple Pie (V) \$28.99
- 10" Whole Pumpkin Cheesecake (Vegan option available) \$40.99
- 10" Whole Cranberry Swirl Cheesecake (Vegan option Available) \$40.99
- Thanksgiving Dinner for 2: \$49.99, for 4: \$99.99. Menu: Mock Turkey Tofu or Thanksgiving Cutlet; Mashed Potatoes or Garlic Mashed Potatoes; Garbanzo Gravy or Mock Turkey Gravy; Traditional Cranberry Sauce; Curry Butternut Soup; Maple Roasted Vegetables or Almondaise Green Beans; Apple, Pumpkin or Eggless Custard Pie (For 2: Half of Pie, For 4: Whole Pie), 1 Down to Earth reusable checkout bag.

Kailua Menu

Order by Saturday 11/20.

Pick up from Tuesday 11/23 - Wednesday 11/24 (10am - 7pm). Served cold only.

- Mock Turkey Tofu (V, WF)
- Kabocha Pumpkin Tofu Curry (V, WF)
- Mock Glazed Ham (V)
- Bombay Spinach (V, WF)
- Mashed Potatoes (V, WF)
- Hawaiian Sweet Yams (V, WF)
- Thanksgiving Stuffing (V, WF)
- Maple Roasted Veggies (V, WF)
- Pono Purple Salad (V, WF)
- Hawaiian Cranberry Sauce (V, WF)
- Garbanzo Gravy (V, WF)
- 9" Whole Pumpkin Pie (V) \$19.99
- Thanksgiving Dinner for 4: \$99.99. Menu: Mock Turkey Tofu (2 lbs); Garbanzo Gravy (1 lb); Hawaiian Cranberry Sauce (½ lb); Vegan Mashed Potatoes (1½ lbs); Thanksgiving Stuffing (1½ lbs); Maple Roasted Vegetables (1 lb); 9" Whole Pumpkin Pie (V)

Pearlridge Menu

Order by Friday 11/19 at 5 pm.

Pick up from Tuesday 11/23 - Wednesday 11/24 (8am -7pm). Served cold only.

- Mock Turkey Tofu (V, WF)
- Mock Glazed Ham (V)
- Better than Beef Stew (V, WF)
- Kabocha Pumpkin Tofu Curry (V, WF)

- Mashed Potatoes (V, WF)
- Steamed Okinawan Sweet Potato (V,WF)
- Thanksgiving Stuffing (V)
- Hawaiian Sweet Yams (V)
- Steamed Mixed Vegetables (V, WF)
- Mini Cornbread Muffins (V) \$3.99 each
- Mock Turkey Gravy (V, WF)
- 8" Whole Pumpkin Pie (V) \$19.99
- 8" Whole Okinawan Sweet Potato Pie (V) \$19.99
- 10" Whole Pumpkin Cheesecake (Vegan option available) \$49.99
- 10" Whole Okinawan Sweet Potato Cheesecake (Vegan option avail.) \$49.99

Kapolei Menu

Order by Friday 11/19.

Pick up from Tuesday 11/23 - Wednesday 11/24 (9am - 7pm)

Served hot or cold.

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



Kahului (Maui) Menu

Order by noon Monday 11/22 (12 pm).

Pick up from Tuesday 11/23(8am - 8pm) - Wednesday 11/24 (8 am—12 pm).

Served hot or cold.

- Tofu Turkey (V)
- Roasted Portobellos (V, WF)
- Mock Chicken Tofu (V, WF)
- Hawaiian Sweet Yams
- Cornbread Stuffing
- Mashed Potatoes (V, WF)
- Kickin' Collard Greens (V, WF)
- Green Bean Casserole
- Roasted Brussels Sprouts (V, WF)
- Garbanzo Gravy (V,WF)
- Mock Hollandaise
- Hawaiian Cranberry Sauce (V,WF)
- 8" Whole Pumpkin Pie (V) \$32.99
- 8" Whole Apple Pie (V) \$32.99
- 8" Whole Pecan Pie (V) \$32.99
- 8" Whole Haupia Sweet Potato Pie (V) \$32.99



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 — Swabia

Kartoffelsauerkrautauflauf — German Potato Sauerkraut Casserole

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, Mexico, and now Swabia in Germany.

Swabia is an ancient province at the bottom of Germany, where it border Austria and Switzerland. The dish usually has many variations, none of them vegan. Here are four of my own vegan variations; all retain the flavor and texture of the original. In some parts of Swabia the dish is made with fresh cabbage, others with sauerkraut. In some areas cooks add the local sausage, in others it's in a creamy sauce. German names (*flauf* means casserole) such as this one are fun for us English speakers to see and say!

Kartoffelsauerkrautauflauf— German Potato Sauerkraut Casserole

Sauerkraut style

- 4 potatoes, coarsely chopped
- 3 tart apples, coarsely chopped. Tart apples such as Granny Smith are best
- 2 chopped sweet onions, chopped fine
- 2 14 oz cans sauerkraut



Fresh Cabbage style (Katotoffelkohlauflauf)

- 4 C shredded cabbage
- ½ C vegetable broth

Seasoning

- 1½ t Spike or favorite seasoning mix (see hints)
- 1 t caraway seeds, crushed (essential to the original flavor)

Dice potatoes into ½" cubes. Place in a bowl of cold water and set aside.

Dice onions into small pieces and set aside.

Dice apples into ½" cubes and place in a bowl of cold water.

(If using cabbage, shred coarsely. Measure out ½ C of broth and set aside.)

Sauté onions, using a splash of vegetable broth or water to loosen stuck bits of onion, scraping the pan as you splash the liquid in. Sauté until onions are soft. If using

cabbage instead of sauerkraut, add the ½ cup of broth to the onions, remove from heat and set aside.

Layer order if using sauerkraut: potatoes, apples, sauerkraut (including the juice), onions (spread evenly), and seasoning.

Layer order if using fresh cabbage: cabbage, apples, potatoes, onions and broth mixture (spread evenly), and seasoning.

Bake covered at 425 degrees for 1 hour, uncover and continue to bake for 15 minutes or until browned on top.

Hints:

There are two more options.

1) **This dish is served in a creamy base** in some regions. Add ½ C tofu, blend till creamy in a blender, mix with 1 T vinegar and mix with the potato layer.

2) In many places, **this dish is made with the local variety of sausage**. Vegan, low fat and low sodium sausages are available in most natural food markets. Adding a layer of these, sliced in coins, gives the casserole variety.

The seasoning mix is whatever you most enjoy. One option is Spike, but it contains a small amount of salt. Here is a copy-cat "Spike" without the salt.



No-Salt "Spike" Seasoning Mix

- | | |
|--|------------------------|
| 2½ t paprika | 1 t thyme |
| 2 t dry mustard (or finely crushed mustard seed) | 1 t tarragon |
| 1½ t dried oregano | 1 t basil |
| 1 t garlic powder | 1 t curry powder |
| ½ T onion powder | 1 t celery flakes |
| 1 t turmeric | 1 t marjoram |
| 1 t dill | 1 t crushed rosemary |
| | 1 t bell pepper flakes |

Combine all ingredients and keep in an air-tight container.

When using the seasoning, shake or stir the mixture to combine because the different densities of the ingredients cause it to separate in layers.

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

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 com-
fort 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 (1009 Kapiolani 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 (temporarily closed)
(lunch, M-F, 51 Coelhu 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%
- Plant-Based Paradise** at Yoga Under the Palms,
(not listed separately before) 167 Hamakua Dr., Kailua 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%

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 'Ina 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 & clean-
ing 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: new discount or address

** Coupons are donated by DTE.
Revised November 3, 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)

Kauai



**Vegan Society Of Hawaii -
 Kauai Chapter**
 Create @Username · Health & Wellness
 Website

Above: VSH Kauai's Facebook page header

VSH Kauai is planning to restart our monthly vegan pot-lucks and talks as soon as possible in 2022, possibly as early as January, but we're not yet able to confirm the availability of possible venues.

When we are able to do so, subject to any County of Kauai and State of Hawaii restrictions, we'll be sending out an email to let interested folks know when and where our startup meeting will be. If you're not already on the VSH Kauai email list, but would like to be, please email us at kauai@vsh.org. If time allows, we also hope to be able to announce our next meeting via paper flyers in the community and/or here in the VSH newsletter.

*Best Wishes for the Holidays and the New Year!
 With Aloha from your VSH Kauai team,
 Susan, Carol, Robert and Lisa*

Vegan Restaurants and Thanksgiving

We're excited for you to join our 32st annual VSH Vegan Pre-Thanksgiving Celebration take-out event at all DTEs this year!

At the same time, you may additionally consider getting a holiday meal at the vegan/veg-friendly restaurants/caterers near wherever you live, who may also be offering some great vegan holiday dishes. Not all of the restaurants had finalized their holiday plans when we checked with them.

The ones which we found are listed here. They are all vegan restaurants in Honolulu (on Oahu). Note that, while some may now offer dining in, it is still safer to pick up take-out orders:

Badass Burgers, 1502 Liliha St.: (808) 859-2591. Pre-order now for pickup on Friday or Saturday 10 a.m.—3 p.m.

Juicy Brew, Waialae Ave., (808) 797-9177. Pre-order by Sunday 11/21 for pickup on Wednesday 11/24 1-6 p.m. and Thursday 11/25 9 a.m.-1 p.m.

Loving Hut at 1614 S. King St., (808) 373-6465. Pre-order by 11/21 for pickup on 11/24 5 p.m.-9 p.m. or 11/25 10:30 a.m.-2:30 p.m.

Peace Café at 2239 S. King St., (808) 951-7555. Pre-order by 11/23 for pickup on 11/25 11 a.m.-3 p.m.

Simple Joy Vegetarian Cuisine at 1145 S. King St. (808) 591-9919. Pre-order by 11/21 for pickup on 11/24 10:30 a.m.-2:30 p.m., 5-9 p.m., 11/25 10:30 a.m. and 11/25 10:30 a.m.-2:30 p.m.

**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.

Helping Others During the Holidays
 If you can, please consider donating vegan foods to people in need, whether through your local Hawaii Foodbank on Oahu & Kauai, Maui Food Bank or other organization working to help people in need.
Happy Holidays from all of us at VSH!



Vegan Society of Hawaii
Vegetarian Society of Hawaii

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

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Happy Vegan Thanksgiving!

Gregory was living in a small cage, slated to be butchered for Thanksgiving. Now, he enjoys total freedom at Leilani Farm Sanctuary, and affectionately greets people who come to visit.

Please help animals like Gregory, and donate today to one or more animal sanctuaries. Your donation will make a difference!

**Leilani Farm Sanctuary
of Maui**

LeilaniFarmSanctuary.org

**Aloha Animal Sanctuary
Oahu**

[https://
www.alohasanctuary.org/](https://www.alohasanctuary.org/)

**Big Island Farm Sanctuary
Hawaii Island**

[https://
www.bigislandfarmsanctuary.
com](https://www.bigislandfarmsanctuary.com)

**Gregory of
Leilani Farm Sanctuary (Maui)
Haiku, Hawaii**

