

The Island Vegan

Vegan Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 33, ISSUE 1 JANUARY—NOVEMBER 2022

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Vegan TV Program

Why is Nutrition So Confusing for So Many?



T. Colin Campbell, PhD

**'Olelo Channel 54, 6 p.m. Nov. 15,
11 a.m. Sundays, Nov. 20-Dec. 18**

Groundbreaking researcher and an author of *The China Study*, *Whole*, and *The Future of Nutrition*.

Animal protein is not *high quality* as is often said and the serious illnesses suffered (cardiovascular diseases, cancers, diabetes, chronic kidney disease and many autoimmune diseases) *70-80% of all deaths* can often be reversed (treated) by the same nutritional protocol that prevents these diseases. Instead, we rely on the use of pharmaceuticals with worrying side effects.

VSH's 33rd Annual Vegan Pre-Thanksgiving Celebration!



Everyone's invited! Details are on page 3, and in previous online and emailed announcements. We'll be delighted to see you in person at this scrumptious plant-based holiday event on Saturday, November 19 with limited seating for safe social distancing!



A UNIFYING THEORY FOR LIFESTYLE MEDICINE
By DEAN ORNISH, MD
SUNDAY, NOVEMBER 20, 2022
12 NOON IN HAWAII (2 P.M. PST, 5 P.M. EST)
FREE PUBLIC ONLINE ZOOM LECTURE
AT START OF TALK, GO TO
[VSH.ORG/ZOOM](https://www.vsh.org/zoom)

The same lifestyle changes — eat well, move more, stress less, love more — have been documented to help prevent and often reverse the progression of a wide range of the most common and costly chronic diseases. Why?

Dean Ornish, MD, is the founder and president of the non-profit Preventive Medicine Research Institute, and Clinical Professor of Medicine at UCSF and at UCSD.

For over 43 years, he has directed clinical research including demonstrating for the first time that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. His research has been published in peer-reviewed journals such as JAMA and The Lancet. His Ornish reversal program is reimbursable by Medicare and a number of insurance providers. He has been a physician consultant to President Clinton, was a health advisor to President Obama, has authored seven national best-sellers, and helped establish a lifestyle medicine clinic for the homeless in San Francisco.

The Island Vegan

*The Island Vegan, formerly
The Island Vegetarian* is published
quarterly

by and for the members of the
Vegetarian Society of Hawaii dba
Vegan Society of Hawaii (VSH)

P.O. Box 23208
Honolulu, HI 96823-3208
(808) 445-9920

info@vsh.org

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/
VeganSocietyOfHawaii](http://www.facebook.com/VeganSocietyOfHawaii)

Directors

President: Lorraine Sakaguchi
Treasurer: James H. Thompson
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Jerome Kellner
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Mark Fergusson

Newsletter/Video Committee

James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

*special interest group coordinator

Woody Barboza*	Dr. Neal Pinckney
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Phyllis Fong	Justin Schatzman
Andrea Lee	Georgie Yap
Sirilak Moore	Tony Yee
Gail Pang	

Kauai

* leadership team

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	Robert Zelkovsky*

Maui

Jerome Kellner, Maui coordinator

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



President's Message

Mahalo to Irminne Van Dyken, MD



Dear Friends,

Irminne Van Dyken, MD, has recently stepped down from the board of the Vegan Society of Hawaii, where she served as a director from July 2018 until October 2022.

I will miss her greatly both as a fellow VSH board member as well as the capable, dedicated fellow volunteer and individual whom I'd come to know and respect. She's always tried with the best of her abilities and knowledge to help others, both in terms of her patients' health and the health of those in the community. She's striven to search out useful information, and to impart that information to others in an easy-to-understand and attractive way, through her free public lectures presented by VSH, through patient counseling, and through her own personal projects and written articles, as well as videos and appearances on various media, and talks at various public events, such as VegFest Oahu in Honolulu, and the VegSource Healthy Lifestyle Expo in California.



VSHers Russell & Irminne Van Dyken, Jerome Kellner (VSH Maui coordinator) & Stephon Beidner, with Dr. Colin Zhu (center) at his VSH vegan cooking demo & talk at Cameron Center in Wailuku on September 1, 2022.

Irminne and her husband Russell intend to continue to help as volunteers with our VSH Maui meetings. I'm touched by that, and hope we will continue to see both of them often in that capacity.

Mahalo and Best wishes, Irminne!

Aloha!

Lorraine

VSH President

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

33rd Annual Vegan Pre-Thanksgiving Dinner

Saturday, November 19, 2022

1:30, 5 & 7 p.m. seatings & takeout pickup times

Govinda's Vegetarian Buffet

Reservations & takeouts: (808) 900-8108, 51 Coelho Way, Honolulu, HI (Oahu)

Seating Reservations

Adult: \$30 Reserve & pay by November 17.

Little Keiki (ages 0-5 years):

\$0 Little Keiki Meal (includes a beverage, serving of Mashed Potatoes, and serving of Pumpkin Pudding)

Keiki (ages 6-15): Same meal as for adults

\$15 First one per two adult meals

\$30 Additional keiki

Takeout Meal Orders

\$30 Order and pay by November 17.

Enjoy a safe and scrumptious repast!

For safety, all holiday meals will be served in takeout containers (not as a buffet this year), so it's important to let Govinda's know at the time of making your seating reservation and/or takeout order if you or others in your party have gluten and/or tree nut sensitivities.

Please enjoy your holiday feasts either as takeouts, or at one of our three seatings with friends & family and/or meet new friends, too!

Vegan Thanksgiving Menu

*Vegan Gluten-Free Turkey
Stuffing*

(Or Gluten-Free Stuffing)

*Nut Loaf with Walnuts & Almonds
(Or Extra Nut-Free Serving Turkey/
Stuffing/Mashed Potatoes)*

Mashed Potatoes

Chickpea Gravy

*Green Beans Almondine
(Or Nut-Free Green Beans)*

Cranberry Sauce

Green Salad

Almond Dressing

(Or Nut-Free Raspberry Vinaigrette)

Dessert

*Pumpkin Pie with Walnut Gram Crust
(Or Nut-Free Pumpkin Pudding)*

Beverages

Mint Ginger Lemon Drink

Hot Herbal Blueberry Tea

*Gluten-free and nut-free alternatives are listed above.
Request gluten-free and/or nut-free when ordering.*

To make your reservations and takeout orders by November 17

Call (808) 900-8108 Mon.-Fri., 11 a.m.-2:30 p.m.

Pay with credit card by phone, or to honoluluiskcon@gmail.com using PayPal, or pay with credit card or cash at Govinda's gift shop.

Reserve a seating at 1:30 p.m., 5 p.m., or 7 p.m.

Make takeout orders for pickup times
at 1:30 p.m., 5 p.m., or 7 p.m.

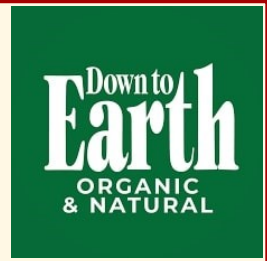
Give your name, contact info (phone, email address), number (one or more) of adults in your party; number of little keiki (0-5), number of keiki (6-15), & number of meals for which gluten-free and/or nut-free options are needed.

Limit of 33 adult/older keiki seats per seating: The weather is expected to be wet, so seating limits are based on how many people can be spaciouly accommodated with socially separated indoor and porte-cochère seating. If the weather and lighting permit at the time of the event, some outdoor seating will be possible.

Make your reservations early to avoid disappointment!

Please note that all proceeds go to the meal provider; none are collected by or go to VSH.

**Down to Earth Organic and Natural
is again offering a special VSH discount to enjoy your
Thanksgiving feast with plant-based vegan choices!**



Order your plant-based Thanksgiving dishes, such as mock turkey tofu, mashed potatoes, garbanzo gravy, and cranberry sauce, and desserts such as whole pumpkin pie online for instore/curbside pickup or delivery depending on the store. Use

Down to Earth's deli ordering app or go to:

<https://order.downtoearth.org/>

Choose your store, then click on View Full Menu for all Thanksgiving choices. DTE is generously offering a VSH discount code for 10% off your holiday meal:

VSHTHANKS10

If you instead need to use a paper DTE discount coupon for walk-in purchases, contact VSH (on Oahu, call (808) 445-9920, on Maui, call (808) 873-0820), and we'll give/send you one.

Please note that dining at DTE is also possible again this year, and that the Honolulu store continues to be the only one open on Thanksgiving Day (the last order pickup from the deli is at 4 p.m. shortly before the store closes that day).

This discount is good at all DTE stores on Oahu and Maui!

Ordering Deadlines and Pickup times:

Honolulu (2525 S. King St.): Order by 12 p.m., Monday 11/21

Pickup: 7:30 a.m. - 8:30 p.m. Wednesday 11/23

10:30 a.m. - 4 p.m. Thursday 11/24

Kahului (305 Dairy Road on Maui): Order by noon, Monday 11/21

Pickup: 8 a.m. - 8 p.m. Tuesday 11/22, 8 a.m. - 12 p.m. Wednesday 11/23

Kakaako (500 Keawe St.): Order by noon, Sunday 11/20

Pickup: Monday 11/21 - Wednesday 11/23 (9:00 a.m.-8 p.m.)

Kapolei (4460 Kapolei Parkway): Order by Saturday 11/19/22

Pickup: 8 a.m. - 8 p.m., Tuesday 11/22 , 9 a.m.- 6 p.m. Wednesday 11/23

Kailua (573 Kailua Road): Order by Saturday, 11/19

Pickup: All day Tuesday 11/22 , 10 a.m.—5 p.m. Wednesday

Pearlridge (98-211 Pali Momi St.): Order by 11 a.m. Friday 11/18.

Pickup: 7 a.m.-7 p.m. Monday 11/21, 7 a.m. - 7 p.m. Wednesday 11/23



The City and County of Honolulu
with VSH presents

Grow Your Own Food

10:30-11:30 a.m.

Thursday

December 1, 2022

Kilauea Recreation Center
4109 Kilauea Ave, Honolulu (Oahu)

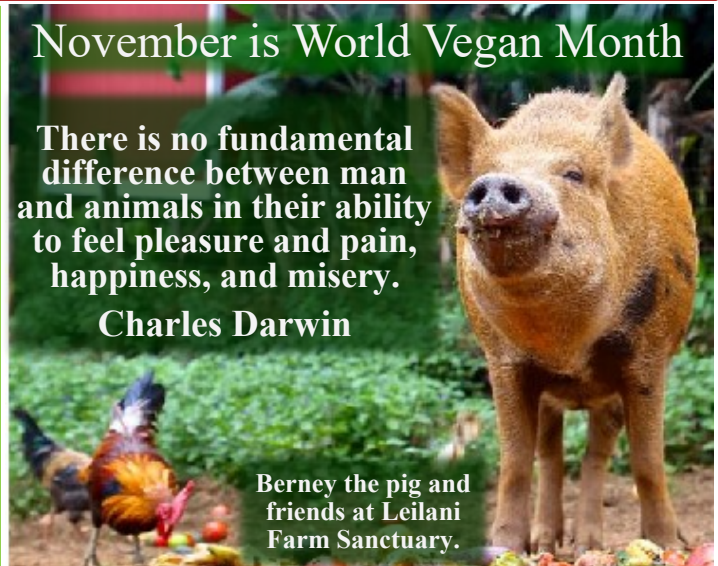
Optional: bring any extra
plant cuttings, seeds, fruits and
veggies you'd like to share!



November is World Vegan Month

There is no fundamental
difference between man
and animals in their ability
to feel pleasure and pain,
happiness, and misery.

Charles Darwin



Berney the pig and
friends at Lelani
Farm Sanctuary.



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



Hungarian Gulyás (Goulash)

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, Por-

tugal, Canada, Ukraine, Vietnam, Mexico, Swabia in Germany, and now, Hungary.

Hungarian Gulyás (Goulash)

Gulyás is the renowned Hungarian icon. Though each region of Hungary has subtle variations, the base is constant. This recipe is vegan, although it is traditionally stewed with cheap cuts of beef, chicken or sausage. The base flavor is so distinctive that it tastes the same, vegan or carnivore. In some areas potatoes are added, others add mushrooms – you can add those and any of your favorite vegetables.

In Budapest, I was served it with *nokedli* – Hungarian tiny dumplings (similar to *spätzle*), but in other towns, it came with noodles (use *chow fun*) or a *rotini*-like pasta. I've served it with *spätzle* (a pasta dumpling from Swabia), *gnocchi*, a pasta (often potato) dumpling which also reminds me a bit of *nokedli*, or just as delicious, with rice.

I've made this dish the traditional way many times, but it is slow and labor-intensive. So I sought a quicker and easier alternative, and this is the result. The flavor is the same.

Gulyás Base

- 1 medium onion, chopped
 - 1 15 oz can crushed tomatoes
 - 1 15 oz can tomato sauce
 - 1 C veggie broth
 - 1 red bell pepper, chopped
 - 3 to 5 T Hungarian paprika (see Hint)
 - 2 cloves garlic, crushed
 - 2 T Italian seasoning (buy, or use recipe in box)
 - 1 t freshly ground black pepper
 - 2 C mushrooms, potatoes or any combination of vegetables
- Enough pasta, rice or dumplings for 4 servings.



(ed: Those following a low/no sodium diet for their health may use lower/no salt options for these recipes.)

Spätzle (Spaetzle)

You can use a professional spaetzle press, but all you really need is a metal kitchen device with holes in it. A colander or cheese grater plane will work great. Just hold the device over a pot of boiling water and push the batter through with the back of a spoon or ladle to push it through the holes.

- 3 C whole wheat flour, spelt, or oat flour
- 4 T semolina flour
- 3 T potato starch
- ½-1 t sea salt
- ¼ C plant-based milk, unsweetened
- ½ t turmeric
- 2 t nutritional yeast or 2 pinches Kala Namak (salt with an egg taste)
- 2 qt boiling water
- 1 bowl hot water (keeps spaetzle soft)



Thoroughly mix all ingredients (except any water) to make dough. This should tear from the spoon and not be too liquid. If the dough is too stiff, add ¼ C more plant-based milk and mix again. Boil water in a large and wide enough pot with a little salt. Take the 'spaetzle press' and fill it with the dough. Put the press on the pot and slowly squeeze the dough into the boiling water. Spaetzle should swim upwards relatively quickly. If the spaetzle swim up, they are cooked through. Skim the spaetzle with a slotted spoon and put it in a bowl of hot, but not boiling, water. Repeat this until the dough is used up.

Hints

- Hungarian paprika has a sweet and mellow taste and is the only type of paprika that is right for gulyás. Hot or smoked paprika will not work in this recipe.
- In some homes smoked sausage is used. No Evil Stallion Italian sausage, which is spicy, vegan and zero fat, can be used instead (ed: optional, or use sparingly, as it is salty).

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

Italian Seasoning (a traditional mixture of dried herbs)

- 2 T each basil; oregano; marjoram; thyme, crushed
- 1 T rosemary, crushed
- ½ T sage, crushed

Mix the ingredients and use as needed. Store any unused amount in an airtight container in a cool, dry place.

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: Tu-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) 5% deli; 10% w/ member disc. coupon; pick up at VSH event.¹

Restaurants

- Banán** (Waikiki Shack: 2301 Kalakaua Ave., Waikiki Shore: 2161 Kalia Ave.) 10%
- Bluetree Café** (1009 Kapiolani Blvd, 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 Vegan/Vegetarian Buffet (11 am-2:30 pm, M-F, 51 Coelho Way) 10%
- Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- Keiki and the Pineapple** (1833 Kalakaua Ave, 7th fl) 10%
- Loving Hut (1614 South King St.) 5%
- 'Olena Cafe (1631 Kapiolani Blvd., Ste #2) 10%
- Peace Café** (2239 S. King St.) 10%
- Phuket Thai (401 Kamakee St., #102) 10%
- Plant-Based Paradise at Yoga Under the Palms, (167 Hamakua Dr., Kailua) 10%
- 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 '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 Hau St, #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%; 10% w/ member disc. coupon; pick up at VSH mtg.¹

- 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) 10%
- 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%
- 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 (ponohome.com) 5% (code VSH). Free home energy audit.
- VegVoyages (vegvoyages.com) Asian adventure tours, 5%
- Vegan Essentials (<http://store.veganessentials.com/>) Food, Clothing and more, 5% code: VSH
- Vegan Journal (www.vrg.org/groupmember/) \$10 off \$25 subscription - \$15

Questions and comments: info@vsh.org
See any updates at www.vsh.org/discounts.

Boldface: new discount or address

- Coupons are donated by DTE.
Revised November 2, 2022

= 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

Holiday Potluck Lunch
1-3 p.m. Sunday
December 4, 2022



Kapa'a Neighborhood Center
4491 Kou Street Kapa'a, HI

Let's celebrate the winter holidays early, plus share a great plant-based vegan meal together while sharing holiday ideas.

Bring your own boxed lunch, or bring a potluck dish and we will provide everything else. It's a good idea to have your own refillable flask or water bottle, too.

Prize for best vegan dish!

NOTE: Come in the side door directly into the dining and kitchen area vs the main entry.

For more info see our Facebook page, visit

www.vsh.org, or contact us at

CCICAP@SWBELL.NET or ph.: (214) 649-4621



Left: Table laden with potluck dishes, and below: an enticing plate filled with plant-based dishes at the Sunday, November 6, 2022 VSH Kauai early Thanksgiving potluck lunch at Kapa'a Neighborhood Center.



Vegan Restaurants and Thanksgiving

We're excited for you to join our 33rd annual VSH Vegan Pre-Thanksgiving Celebration on Saturday November 19 at Govinda's Vegetarian Buffet (Oahu) this year!

You can additionally enjoy getting your holiday meal on Thanksgiving Eve or Day at the vegan/veg-friendly restaurants/caterers near wherever you live, who are offering some great vegan holiday dishes. Please note that **Down to Earth Organic & Natural** (see p. 4) is giving a special discount for us at VSH at all of its stores on Oahu and Maui.

Please check with vegan and veg-friendly restaurants near you as early as possible. The ones listed here are all vegan restaurants in Honolulu (on Oahu). They may offer dining in options as well as takeout orders:

Juicy Brew, Waiialae Ave., (808) 797-9177. Pre-order (www.juicybrew.menu) early for pickup on Wednesday 11/23 11 a.m.-6 p.m. or Thursday 11/24 9 a.m.-12 noon.

Loving Hut at 1614 S. King St., (808) 373-6465. Pre-order for pickup on 11/24 10:30 a.m.-2:30 p.m. Closed after 2:30 p.m.

Peace Café at 2239 S. King St., (808) 951-7555. Pre-order by 11/21 for pickup on 11/24 11 a.m.-3 p.m.

Simple Joy Vegetarian Cuisine at 1145 S. King St. (808) 591-9919. Pre-order by 11/23 for pickup on 11/24 10:30 a.m.-2 p.m.

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

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

Happy Vegan Thanksgiving!

Annual Fundraising Gala for Aloha Animal Sanctuary

A PIG TURE PERFECT NIGHT

December 18, 2022
 3:00 - 7:00 pm

At Bishop Museum's
 Atherton Hālau & Bowman Hālau Wā'a

Tickets Include Dinner, Museum Admission until 5:00 pm & Parking

Tiered Sponsor Tables (10 seats ea.) Available
 Includes first to dinner, bottle of wine, exclusive merch & other gifts

Plant-Based Dinner by Juicy Brew @ 4:30 pm

Live Music

Silent Auction
 Hotel stay, art & water activities

ALL PROCEEDS BENEFIT THE SANCTUARY

EMCEED BY STEEZY FROM HI93

For more info & to purchase tickets visit:
alohasanctuary.org/events



Please help Coco the turkey (pictured here) and the other animal residents of Aloha Animal Sanctuary on Oahu at A Pig Ture Perfect Night fundraising event on December 18 (see info on left), or donate today to AAS and/or to the other animal sanctuaries listed below.

Your donation will make a difference!

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

Leilani Farm Sanctuary of Maui
[LeilaniFarmSanctuary.org](https://www.leilanifarmsanctuary.org/)

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

Magical Creatures Sanctuary (Hawaii Island)
<https://www.magicalcreaturesanctuary.org/>

