I have some sad news to convey to you that some of you may already know: our dear friend and mentor, William Harris, MD, one of the four founders of the Vegetarian Society of Hawaii in 1990, unexpectedly passed away on Wednesday night, August 26. He requested privacy concerning his passing, and also that no services be held for him, so neither his family nor VSH will be arranging any service, in accordance with his wishes.

Bill, as I knew him, was an enormously intellectually gifted and curious individual who lived his life unconventionally, to the fullest, and in accord with his beliefs. Many of you might not know this, but Bill loved physics. He even graduated from the University of California, Berkeley, with a bachelor’s degree in physics with honors. However, he also decided to study medicine, thinking that he would return to physics after satisfying that curiosity. Thankfully, for many of us who have benefited from his medical and nutritional expertise, and his wisdom, that return to physics never happened. After receiving his medical degree from the University of California, San Francisco, he became a physician, instead of a physicist, although he kept his love for physics alive throughout his life through his studies of it on the side. Bill eventually moved to Hawaii, where he met his equally impressive partner in life Georgie Yap, and worked as an emergency doctor, until his unexpected passing.

(Continued on page 2)
The Island Vegetarian

The Island Vegetarian is published by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, as well as our Facebook page:
https://www.facebook.com/VegetarianSocietyOfHawaii

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Dear Friends, This is our first issue of The Island Vegetarian since we lost a vital part of VSH with the passing of Dr. Bill Harris, so it is appropriate that it is dedicated to his memory. It is a smaller issue than usual, though, so we plan to have more about Bill’s amazing life in our next issue, and more coverage of other topics, also.

William Harris, MD

physician at Kaiser Permanente until his retirement. He also served as director of their Vegetarian Lifestyle Clinic. I can’t cover here all of his amazing career, some of which was even spent under combat conditions, his many accomplishments, or his other passions, which ranged from music composition and instrument playing to piloting planes and gliders, hang gliding, skydiving, acrobatic trampolining, scuba diving, and his most recent proud accomplishment this year, paragliding. You can learn about some of this at his website which is hosted by vegsource.com. He was a true Renaissance man.

Bill became a vegetarian in 1950, then a vegan in 1963 because of his love of and compassion for animals. Along the way, he became an activist on their behalf, and also formulated his ideas on optimum human nutrition which culminated in his important and influential classic book “The Scientific Basis of Vegetarianism,” which you can now read for free on his website.

Most of us here, though, knew Bill best through his VSH work. He was the only one of its four founders who actively served on its board throughout its entire 25 years of existence until his passing less than two weeks ago, working in many capacities, including as board secretary, newsletter editor, legislative liaison, and lecturer at many venues both here and across the country, including at VSH’s monthly lectures, all as an unpaid volunteer. He was VSH’s videographer and only video producer until now. Probably his proudest VSH accomplishment is our large online library of his videos of many of our past lecturers, hosted by YouTube, and available via our website vsh.org. As of this afternoon, they’d had a total of over 2.6 million views worldwide, in addition to many more views statewide via public access cable TV channels.

I could go on and on about Bill, but the bottom line is that he wholeheartedly shared his expertise, his time and his resources on behalf of VSH and its educational mission, over and over again through the past 25 years, and we greatly miss him both as a colleague and as a friend. For me, as for many others who can tell their own stories of Bill’s friendship and encouragement, he was a mentor who constantly encouraged me and who made me believe that I could and should be standing here before you now continuing the worthy work that he and others began so hopefully 25 years ago.

Bill was an active extreme sports athlete, who regularly did what many people a third of his age might fear even trying once, and he continued right up until his death. I worried and asked him, what if he had an accident and died? Bill responded that he was fine with that possibility. It was then that I realized that Bill wasn’t interested in seeing how long he could live, but in finding how much he could do while he lived. I think, each of us, in our own way, would do well to also find out how much we can do while we are alive.

*(Continued from page 1)*

Right now, I take great pleasure in welcoming Carol Janezic to the VSH board. She is currently coordinating our meetings as well as dine-outs, including VSH’s Pre-Thanksgiving Dinner, where her innovative ideas have brought pleasurable new experiences for our dinners!

Welcome also to Grace Chen, MD, the first member of our VSH medical advisory board. Last July, Grace gave her first VSH lecture: *Avoid a Trip to the ER with a Healthy Vegan Diet*, and will be lecturing for VSH again this July. We are fortunate to have her medical/nutritional expertise with us at VSH!
Dr. Richard Oppenlander is a sustainability consultant, researcher, and author whose award-winning first book, Comfortably Unaware, is endorsed as a must-read by Ellen DeGeneres and Dr. Jane Goodall, among others. Dr. Oppenlander's most recent book titled Food Choice and Sustainability has won numerous awards including the 2014 International Book Award and the 2014 Green Book Festival Award and is being used by think tanks and strategists for developing initiatives to advance global change. Dr. Oppenlander is a much sought after international lecturer on the topic of food choice and how it relates to sustainability, speaking most recently to the European Parliament, and served as the lead consultant for two full-length environmental documentary films. For more information: http://comfortablyunaware.com/
Rosane Oliveira, DVM, PhD is Founding Director of Integrative Medicine at the University of California Davis School of Medicine. She has over 20 years of experience as a molecular geneticist and has a special interest in nutritional genetics and genomics, which explore the interplay between diet and genes in the prevention of disease and promotion of health and longevity.

She is a native of Rio de Janeiro, Brazil and has lived in the US since 2003. For more information visit the UC Davis Integrative Medicine website: www.ucdim.com.

Dr. Oliveira describes how a diet rich in fruits, vegetables, legumes, and whole grains changes the way genes are turned on and off to prevent or reverse obesity. A closer look into twin studies show that, when it comes to weight and health, daily lifestyle choices matter.

Refreshments courtesy of Down to Earth Organic and Natural

Monday, May 9, 6-7:30 p.m. CASTLE MEDICAL CENTER WELNESS CENTER AUDITORIUM, 640 ‘ULUKAHIKI STREET, KAILUA 100 AND HEALTHY Dr. Oliveira explains how a whole food, plant-based diet changes the way genes are turned on and off to promote longevity. A closer look into the Mediterranean diet reveals why it works (hint: it is not the fish, the olive oil or the wine!)

Healthy, light refreshments provided by Castle Medical Center.
Free and open to the public, but registration is required:
Go to http://castle-med.org or call (808) 263-5400.

Tuesday, May 10, 2016, 7 p.m. ALA WAI GOLF COURSE CLUBHOUSE 404 KAPAHULU AVE., HONOLULU (0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station) STOP BLAMING YOUR GENES A PRESENTATION BY ROSANE OLIVEIRA, DVM, PhD

Dr. Oliveira describes how a diet rich in fruits, vegetables, legumes, and whole grains changes the way genes are turned on and off to prevent or reverse obesity. A closer look into twin studies show that, when it comes to weight and health, daily lifestyle choices matter.

Refreshments courtesy of Down to Earth Organic and Natural MAUI: THURSDAY, MAY 12, 7 p.m. CAMERON CENTER, 95 MAHALANI ST., WAILUKU

Vegan Menu by Chef Ori Ann Li

--Mediterranean Bean Salad in Sesame Tofu Dressing, --Daikon, Cashews & Tempeh Soup, --Steamed Taro & Sticky Rice wrapped in Banana leaf, --Chocolate Mousse in Coconut Cream with passion fruit coulis. Menu is Oil-free.

$20 (ALL INCLUSIVE)
To RSVP and prepay, go to www.vsh.org/dineouts or call (808)445-9920.
Food sensitivities note: G-F at specific request

Imagine a Vegan World: VSH’s Free Vegan Peer Support Group

Meets 6:30-7:30 p.m. the 3rd and 4th Tuesday of the month, usually at Kaimuki-Waialae YMCA, 4835 Kilaeua Ave, and at 1 p.m. the 1st Sunday of the month at ‘Ai Love Nalo, 41-1025 Kalanianoale Highway For details on the next meeting, call Terry at (808) 397-8666 or go to http://www.meetup.com/veganoahu/.

Sunday 4/3, 5/1, 1 p.m. — Lunch at ‘Ai Love Nalo Restaurant in Waimānalo.
Tuesday 4/19, 5/17, 6:30-7:30 p.m. — Q & A with Jake. Kaimuki-Waialae YMCA.
Tuesday 4/26, 5/24, 6:30-7:30 p.m. — Vegan potluck. Please bring a vegan dish. Lively, open discussions that share and support each person’s grander vegan visions.
**VSH Kauai: Vegan Potluck Luncheon/Lecture**
12:30 p.m. 1st Sunday each month at Kapaa Neighborhood Center, 4491 Kou Street at Kuhio Hwy. Bring a vegan dish and include an ingredient list. Original recipes are encouraged. Potlucks are free and open to the public. Welcome without a dish, suggested donation $5.

- **Prevent & Cure Candida with Diet**
  April 3 — lecture by Kimie Sadoyama
  Symptoms, causes and cure of candida. Eating a healthy, sugar-free diet, and more.

- **The China Study: The Most Comprehensive Study of Nutrition Ever Conducted**
  May 1 — video lecture by T. Colin Campbell, PhD.

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**VSH at Earth Day Festival, 10 a.m.-4 p.m., Friday, April 22, 2016**
Campus Center Courtyard, University of Hawaii at Manoa.
Come visit us at our VSH Tent! Event is all vegan.

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**Mama T’s Ital Kitchen**
Every Friday starting on Good Friday, March 25th. Mama will be serving organic Ital grinds 11a.m.-3p.m.

**GREEN GARDEN**
GRAND OPENING April 11th
University of Hawaii at Manoa Sustainability Courtyard

- **Garden Burgers** $5.75—
  Classic | Ginger Teriyaki | Spicy Chili

  **COMBO** $2.15
  - Chili Beans (8oz cup)
  - Green Salad (1/2 cup)
  - Home Style Potato (Small)

  Buy Combo get one Free drink until April 16th.

- **Garden Plates**
  - Mini: $5.15
  - Large: $6.45
  - Gala | Chili | Ginger Teriyaki

  *Dressing Options: Original Creamy Mustard | Original Raw Green Goddess

  - Side: Organic Home Style Potato | Chili Beans | Green Salad $2.45
  - Soup of the day: Indian | Italian | Thai | Bzz Cup $2.45 | 12oz Cup $4.85

  **Snacks & Sweets of the Day:** Please Check the Menu Board
  **Drink:** Green Heaven Juice $2.65

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**Returning to Nature (formerly Passionate Raw Vegans Oahu)**
**Foraging Hike to Maunawili Falls**
10 a.m.-3 p.m., Sunday April 17, 2016

How to identify plant species, how to harvest and use these wild edibles, along with how to help the plants and trees thrive in a natural setting. Pack lightly (your stuff could get wet), dress to get messy, and come with a spirit of adventure. $20 collected at hike. Limited to 20 students. Meet at the corner of Maunawili Road & Kelewina St. For more details about this & other exciting upcoming raw vegan activities, please go to the Meetup website below:

**Eat Well for Life**

**Cooking Demonstrations at Castle Medical Center**

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

Demonstration classes with instructor Eileen Towata, PhD. All dishes are made with non-animal food products. Classes include generous samples and printed recipes. Additional class information and registration details are available at [www.castle-med.org](http://www.castle-med.org).

**Thursday, April 28: Journey to Japan**
Explore the cuisine of Japan. Learn how to prepare sekihan (red rice) and other traditional favorites.

**Thursday, May 26: Tasty Tapas—A Trip to Spain**
Explore the cuisine of Spain. Enjoy an assortment of delicious little dishes.

**Thursday, June 23: Eating in Ethiopia**
Explore the cuisine of Ethiopia. Expand your recipe repertoire with vegan specialties from this African nation.

6:00 to 7:15 p.m
$10 per person, advance payment required.
Register by 4 p.m. 2 days before class: call 263-5050, or go to [http://castlemed.org/wellness.htm](http://castlemed.org/wellness.htm).

**Wellness & Lifestyle Medicine Center**
642 'Ulukahiki Street, Suite 105
Kailua, Hawai‘i 96734

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**Veggie Cooking Classes at Down to Earth**

No reservations required. Classes are 1 hour long.

**Honolulu:** 1st Saturday monthly, 11 a.m. $5
**Kailua:** 1st Tuesday monthly, 4:30 p.m. Free
**Kahului:** 3rd Tuesday monthly, 5 p.m. Free

For info on these and other events, call (808) 947-3249 or go to [http://www.downtoearth.org/events/calendar](http://www.downtoearth.org/events/calendar).

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**Bodhi Tree Meditation Center**
654-A N. Judd Street. Honolulu, HI 96817

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**7th Anniversary Benefit Vegan Dinner**
Saturday, May 21, 2016, 5 p.m. – 9 p.m.
Asian vegan buffet, entertainment, silent auction raffle. $30 / dinner ticket. Purchase at the center or mail check to the Bodhi Tree Meditation Center. You will receive an email when your payment is received and your tickets will be held at “will call” that evening.

**Monthly 1st Sunday Vegan Buddha Lunch**
12 noon, April 3, May 1, June 5
Mindful eating, vegan dishes, organic veggies. $10.
To RSVP, call Margy or Kim at (808) 537-1171 or go to [http://www.meetup.com/Bodhi-Tree-Meditation-CenterHonolulu/](http://www.meetup.com/Bodhi-Tree-Meditation-CenterHonolulu/)

**Grow with Us: Digestive Tinctures & Medicinals**
April 9, 9:30-11:30 $35. Learn about various gut-friendly medicinal plants that you can grow in your own garden as you make a medicinal tincture that aids healthy digestion with teacher Andrew Gerren, herbalist and “veganic-organic” farmer.

**Garden-to-Table With Chef Alyssa**
Bring well-being to your whole body! This 5 workshop garden-to-table series will walk you through how to care for various body systems through nutritious and delicious vegan dishes you can make at home. For adults only. Register by April 14.
Fee: $35 per Workshop, $165/Series. Workshops meet 12-2 p.m.
**April 16:** Healthy Gut **May 14:** Beauty from the Inside Out **June 11:** Healthy Hearts **July 9:** Detoxification: The Liver **July 16:** Wellness for Women

**The Green House**
224 Pakohana St. Honolulu. Ph: (808) 524-8427

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**Oahu Fruitluck**

**Kapiolani Park Fruitluck**
2 p.m., Sunday April 10, April 24, May 8, May 22 every 2 weeks
at Kapiolani Park next to Barefoot Beach Café
Join us for fun, beach & delicious fruits!
Central location with plenty of shade with beautiful trees and benches as well as the beach right there for us all to enjoy ourselves. Tropical & local fruit is suggested.
For more details: [http://www.meetup.com/Oahu-Fruitluck/](http://www.meetup.com/Oahu-Fruitluck/)

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**Sistah Vegan**

A new, inclusive group for non-stereotypical vegans.
**Saturday, April 23, Noon** — Let’s meet and eat!
Loving Hut, 1614 S. King St.
**Saturday, May 7, 8 a.m.** — (Easy) Hike and Lunch
For details, go to [http://www.meetup.com/Sistah-Vegan/](http://www.meetup.com/Sistah-Vegan/)

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**The Oahu Vegan Meetup Group**
The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events posted by VSH, including Imagine a Vegan World, and other event organizers include restaurant meals, lectures, potlucks, hikes, movie screenings, and more. Enjoy the company of like-minded people, get advice and support, and eat delicious vegan food!

The Benefits of VSH Membership

♦ Local Discounts
♦ Social Activities
♦ Newsletter
♦ Monthly Educational Lectures

--- Restaurants ---
Down to Earth Deli (Oahu and Maui) 5%
Banán (3212 Monsarrat Ave; new location — corner of Metcalf & University Aves.) - 3 free toppings
Café Turmeric (66-521 Kamehameha Hwy, Haleiwa) 10% — New
Canton Seafood Restaurant (923 Keeauamoku St.) 5%
Celestial Natural Foods (Haleiwa) 5%
Dagon Burmese Cuisine (2671 S King St.) 15% — New
Downbeat Diner and Lounge (42 North Hotel St.) 10%
Ethiopian Love (Smith Street) 10%
Govinda’s Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
Green Garden (9-2, M-F, Sustainability Courtyard, UH Manoa) 5% — New
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.) 5%
GRYLT (Manoa, Ala Moana, & Kahala Mall) 10%
Happy Buddha Juice Bar (74-5583 Lulua Street, Kailua-Kona, Big Island) 10% on pressed juices
Hawaii Nutrition Co (Herbologie Studio, 318 Kamani) 10%
Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
Loving Hut (only at 1614 South King St.) 5%
Mama T’s Ital Kitchen (11 a.m.–3 p.m., Fridays, 327 Lanä Lane) 5%— New
Mocha Java Cafe (Ward Center) 10%
Peace Cafe (2239 S. King St.) 5%

--- Restaurants ---
Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
Thai Kitchen (Waipahu, 94-300 Farrington Hwy) 10%
Thai Mixed Plate (Pearl City) 5%
Wing Shave Ice & Ice Cream (1145 Maunalua St.—Enter on Pauahi St.) 5%

--- Pop-Up Dining ---
Mama T’s Ital Kitchen 5%

--- Bakeries ---
yummy tummy (bakery, call Van at (808)306-7786) 5%

--- Natural Food Stores ---
Down to Earth (Oahu and Maui) 5%
Celestial Natural Foods (Haleiwa) 5%
Healthy Hut Kauai (Kauai) 5%

--- Travel ---
Veg Voyages (Asian adventure tours vegvoyages.com) 5%

--- Magazines ---
Vegetarian Journal (www.vrg.org/groupmember/) 50%

--- Other ---
Poi Dogs Day Care & Boarding (942 Kawainohi St.) 10%
Vegan Essentials - Food, Clothing, and more (http://store.veganessentials.com/) 5%

Send comments to: info@VSH.org

Membership dues and donations support the educational mission of The Vegetarian Society of Hawaii and go toward bringing in speakers for our monthly lecture series, maintaining our website, and publishing our quarterly newsletter. Thank you for your support!

Donate, Join, or Renew today!

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☐ $500 Lifetime regular membership
☐ $7 International mailing per year
☐ $_____ 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)

Make checks payable to: Vegetarian Society of Hawaii, P.O. Box 23208, Honolulu, HI

Join or renew online: www.vsh.org/renew
May Day is Lei Day in Hawai‘i Nei!

A beautiful way to express your love of the ʻāina and animals is to follow a whole food, plant-based diet.