VegFest Oahu is Here!

VegFest Oahu 2018 will be happening on Saturday, October 13, 2018 at the Frank Fasi Civic Grounds near the Skygate sculpture in downtown Honolulu. It’s the third annual VegFest Oahu, founded and produced by Joy Waters, with thousands of attendees each year. It’s expected to have packed attendance again, with many coming from the broader community, as well as vegetarians, including vegans, in a celebration of island style, plant-based, sustainable living. Parking is free, and so is admission.

Down to Earth Organic & Natural is the lead sponsor, and there’ll be a variety of booths, including those of DTE and other sponsors Kaiser Permanente, Sustain Hawaii, SKY Kombucha, the Vegetarian Society of Hawaii, The Naughty Vegan Studio / Good Vibes Center, Vegans Rock Apparel, ‘Ekahi Health, Pono Home, and Hoku Coffee.

There’ll be speakers, musical performances, movement activities and food preparation demos (see schedule on page 4). Keiki will have fun too, including at VSH’s keiki activities table. Speakers will include Michael Klaper, MD, as well as Genesis Butler (age 11) and Vegan Evan (age 8).

Food booths will include those of Down to Earth Organic & Natural, SKY Kombucha, ‘Umeke Market, Peace Cafe, Juicy Brew, Ke Nui Kitchen, ‘UluMana, Surfer’s Wife, Counter Culture, Rice Factory, India Cafe, Baker Dudes, HI Cravings, Uncle’s Ice Cream, and more.

Menu highlights include ‘ulu nachos, jackfruit taco salad, tempeh katsu, falafel platter, teriyaki soba noodles, deep fried ‘ulu, Indian curries, savory waffles, ice cream sandwiches, vegan soft serve, açai bowls, local brew kombucha and more.

Don’t miss this biggest veg event of the year, with many reasons to attend, from ono food to great booths, exciting events, and enjoyable music!
Dear Friends,

I’m excited to let you know that the Vegetarian Society of Hawaii is holding our next annual vegan VSH Pre-Thanksgiving Dinner on Monday, November 19, 2018, and everyone in the community is invited to come! This year, it’ll be at McCoy Pavilion at Ala Moana Beach Park in Honolulu, and will include a Healthy Eating Workshop. The sumptuous vegan buffet of traditional Thanksgiving dishes will be catered by Down to Earth Organic and Natural, which will also be co-hosting the event.

Down to Earth is already taking reservations for the two seatings at 4:30 p.m. and 6:30 p.m. at d2e.co/vshthanksgiving (or go to vsh.org/thanksgiving). You can also simply go to Down to Earth’s website to the community events page and click on the event’s calendar entry. The price is $35 for adults, children ages 7-12 $15, and free for children ages 0-6. You can also call VSH at (808) 518-2354 or email us at thanksgiving@vsh.org for more information.

The Healthy Eating Workshop will feature information about the benefits of a whole food, plant-based diet, and will include recipes and opportunities to win prizes, including DVDs and vegan cookbooks. There’ll also be a keiki fun table with activities for kids and their adult friends.

Please note that all of the proceeds go to the cost of the food, none go to VSH. Although seating is spacious at McCoy Pavilion, please be sure to make your reservations early to avoid disappointment. Also, please watch for more information next month, including details about the menu.

Aloha!

Lorraine

VSH President

William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii in support of our educational mission. If you wish, you may also note on your check (or if donating at http://www.vsh.org/donate/, send an email to info@vsh.org) that your donation is in memory of Dr. Bill Harris, who was a co-founder of the Vegetarian Society of Hawaii, and a VSH board member until the end of his life. Your donation will go towards educational efforts which address the plight of farmed animals, a special concern of Dr. Harris, the reason he became a vegetarian, and eventually a vegan and an activist on behalf of farmed animals.

Talk to Us!

Your letters to the editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians / vegans are all eagerly awaited. We reserve the right to edit all submissions. Please send them to newsletter@vsh.org.
Obesity, clogged arteries, Type-2 diabetes, many cancers and autoimmune diseases -- in fact, most of the chronic diseases that absorb most of the time, energy and finances in the health care system, are driven largely by the Standard American Diet, which is laden with an excess of animal-based products, refined carbohydrates and processed oils, along with many other adulterants. Changing to truly health-supporting food choices predictably results in dramatic improvement — if not complete resolution — of these fearsome diseases.

Dr. Klaper will explain the (mal)nutrition-based pathophysiology of these common maladies, and present practical (and tasty) methods for instituting food choices that can effectively ameliorate these fearsome diseases!

Michael A. Klaper, M.D. is a graduate of the University of Illinois College of Medicine in Chicago. He received postgraduate training in internal medicine, surgery, anesthesiology, and orthopedics at University of British Columbia teaching hospitals in Vancouver and obstetrics at the University of California at San Francisco. He has practiced acute care medicine in Hawaii, Canada, California, Florida and New Zealand. Far more fulfilling to him is his current practice, focusing on health-promoting food and lifestyle choices to help people prevent the need for hospitalization and surgery. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA’s programs for space colonists on the Moon and Mars. He makes the latest information on health and nutrition available through his website, DoctorKlaper.com, where visitors can find the numerous videos and DVDs he has produced, as well subscribe to his free newsletter, “Medicine Capsule.”

In this time of daunting environmental problems and personal struggles with diseases like diabetes, artery disease and obesity, it is easy to feel overwhelmed and powerless. Yet, there is so much we can do to make ourselves healthier and to stabilize the natural systems around us. The choices we make on a daily basis create, literally, all the difference in the world.

In this slide-illustrated presentation, Dr. Klapern explores the driving forces behind so much of the medical disease and environmental disruption that we see around us — and gives common-sense guidance on how to make things better, day by day, meal by meal, choice by choice.
Vegetarian Society of Hawaii
VSH Special Interest Group Events

Imagine a Vegan World (vegan peer support group, discussions, activities) — Oahu
Tuesday, Oct. 9, 6-6:55 p.m. — Meeting on 2nd floor lanai, Ala Wai Golf Course Clubhouse, Honolulu.
Monday, Oct. 15, 6:30-8:30 p.m. — Vegan potluck. Bring a healthy vegan dish to share, your own water / beverage, and dinnerware. Kilauea Recreation Center, 4109 Kilauea Ave, Honolulu, HI

Oahu Fruitluck
2-4 p.m. Sunday, Oct. 14
Sans Souci State Park, across from Kapiolani Park. Look for a sign, or a table with a distinctive tablecloth. Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ?

Nutrition Science
Lecture with Q & A by Jake
6:30-8 p.m. Mon. Oct. 22
Manoa Public Library
2716 Woodlawn Dr., Honolulu
Learn the latest research news, enjoy meeting others, lively discussions & more! For more info: earthscientist@rocketmail.com

See details of events at meetup.com/veganoahu/ or meetup.com/Hawaii-Vegan-Events
These events are free and open to all, so please be sure to come, and bring a friend, too!
I was a good student at my rural high school in central North Carolina and did well on our track team in distance running. As a result, I went to the University of North Carolina at Chapel Hill where I pursued a degree. I also trained on the local cross-country course. Sometimes I would get chest pain if I started out faster than usual. I went to the infirmary and was told just to start out slower. This was around 1965. Many years passed and I returned to distance running, and took up cycling, swimming, cross-country skiing, and kayaking. When I made an extra hard effort, I would experience angina. I also gradually gained weight, developed pain in my feet, high blood pressure, and high cholesterol. My younger sister died of breast cancer, my older brother of heart attack or stroke, my mother of what may have been metastasized colon cancer, and my father of congestive heart failure with dementia. By this time I was in my early sixties and had chronic fatigue, and I didn't know the solution. I figured I was next.

Then what happened was sheer serendipity. One morning as I sat in front of the TV trying to catch the news and weather, Sanjay Gupta came on CNN with a documentary called “the last heart attack in America.” I was skeptical because I knew what had killed the last four generations in my family, but I gave him “two minutes to make some sense.” and then I watched the whole program.

It was mostly about a study run by Caldwell Esselstyn, Jr. MD. I was intrigued, and followed up learning online about his study, and the work of T. Colin Campbell, PhD, Neal Barnard, MD, John McDougall, MD, and others. I scheduled an appointment with my primary care physician at the Veterans Administration. He asked me what I wanted, and I asked him what he thought about Esselstyn's diet. He said, “Who?” I explained to him that it was a low fat, whole food plant-based diet. He exclaimed that “nobody could stay on a diet like that.” I went away discouraged, and made no change from what I had always done.

Four months later, my best friend had a stroke. She didn’t realize she was having it and would not go to the hospital. Once she did go, and I got her back home and she was on the medication her doctor had prescribed, I began to review what I had learned earlier. Then I had an epiphany. Her doctor and my doctor had been partners before mine had gone to the V.A. Her doctor and my doctor were treating us both for symptoms, not for the cause. I was convinced that if I did nothing different then I would have a heart attack or a stroke within a year and be dead, or better off dead. I was likewise convinced that she would have a second stroke and be dead within a year.

Esselstyn was “the only show in town.” It was either him or wait to die. I realized that I would have to give up all meat and dairy to comply with his recommendations and I was afraid I would fail, so I decided to put everything I had into giving up the worst thing I did. I thought that might be red meat. So, I turned to my friend and told her I was giving up red meat. She immediately declared that she would do it too.

We did this for four months substituting fish, chicken, and turkey for the beef and ham we had earlier eaten. I felt better, and lost twenty pounds. Then she got a phone call no mother wants to hear. It was from her daughter. “Mom,
I’ve been diagnosed with breast cancer.” I was asked to look up prognosis and treatment. I did so, but by this time, I remembered that I was not really in compliance with Dr. Esselstyn’s recommendations. I remembered that he had used a lot of cruciferous vegetables in his recipes. When I googled “cancer vegetarian”, this popped up: http://vegsource.com/harris/cancer_vegdiet.htm.

I had pursued a bachelor’s degree in mathematics and another in chemistry, and I had always chosen physics courses for my electives. Dr. Harris had a BA in physics, and used graphs to show the associations between various cancers and animal source consumption. I know how to make and read graphs, and this was as clear a communication as possible. I could not ignore it, so I had to make a decision. I could continue to eat and enjoy dairy, or I could quit and avoid prostate cancer. Which did I want? I wanted to live, so I raced to the kitchen and began to pour out the milk and dump the cheese, ice cream, cooking oil, mayonnaise, and peanut butter. We cooked the turkey for the dogs and had baked potatoes for supper. We had potatoes the first three nights, and then after that, we started learning how to fix vegan meals. We continued this way for four more months and then it was time for our annual physicals.

I had lost over 30 pounds. The chronic fatigue was gone, so was the swelling in my feet and ankles. I wasn’t having angina. My vision which had become foggy had cleared. My thinking, which had become slow and difficult, was back up to speed. He couldn’t believe his eyes. My blood pressure had returned to normal, and my cholesterol was also normal. He dared me to keep the weight off for a year, and I handed him a library card I had made up for him, and then the two books Prevent and Reverse Heart Disease by Esselstyn, and The China Study by Campbell.

My friend went back to her doctor, and he told her that she was “the miracle woman” and that she didn’t have to take medication for type 2 diabetes anymore, but to “just keep doing whatever you’re doing.” He didn’t inquire as to what she had done! Her blood sugar had come down to normal, and her blood pressure had come down and stabilized as well.

All of the above researchers had a hand in saving our lives, but for me, it was the graphs of Dr. Harris that removed all doubt in my mind about what I needed to do if I wanted to live.

(Continued from page 5)
From Chapter 25, 
A CONSULTANT TO FARM SANCTUARY

In the summer of 2003, Farm Sanctuary offered me a job as a campaign consultant. It was another opportunity to learn new skills and grow as an activist for farm animals. Of course, I was thrilled to be working with a national farm animal protection organization. My responsibilities would include lobbying legislators, writing op-eds for newspapers, submitting press releases, speaking to civic groups, and obtaining proclamations from mayors and governors. I worked on several farm-animal protection campaigns, including “No Veal,” “No Downers,” “No Foie Gras,” and “Sentient Beings.” …

…… While working for Farm Sanctuary, I attended meetings at its headquarters in upstate New York and participated in a fascinating animal-care conference at which I learned about the intricacies of animal health care and treatment protocols for all species of farm animals. The conference provided expert training in the fundamentals of operating a farm animal sanctuary. I learned caregiver techniques, healthcare procedures, effective fundraising, program administration, and educational outreach. This information proved to be immensely valuable to me when it came time to start a sanctuary of my own.

From Chapter 35, THE BIRTH OF LEILANI FARM SANCTUARY

On a cool day in early December 2007, I looked in the mailbox and found a gem amid all the junk mail. The government had approved my application for a nonprofit animal sanctuary and granted 501(c)3 status. I assembled a board of directors, and we named the organization after our first donkey, Leilani. The land was already zoned agricultural, so special permits for farm animals were not required. To run a sanctuary, however, we needed a license issued by the US Department of Agriculture (USDA) Animal and Plant Health Inspection Service (APHIS) to “display” animals to visitors on farm tours. Licensing involved unannounced inspections to ensure that the facility and care of the animals were up to standard, as well as a detailed veterinary care program for each species of animal, submitted by a doctor of veterinary medicine.

After receiving the exhibitor’s license, I started offering farm tours to the public. My goal was give visitors an opportunity to meet and interact with species of animals they might not otherwise encounter. I wanted people to discover that farm animals are no different than their beloved cats and dogs—each is an individual with a personality. Our farm tours would plant seeds of compassion and educate people on the sad realities of the animal agriculture industry as well as the benefits of eating plant-based food. Our location on Maui, a major tourist destination, was ideal for attracting visitors year-round and cultivating sanctuary supporters. Now that we were an official sanctuary, I also began organizing volunteer days to recruit helpers for farm chores and animal care.

Word quickly spread about Leilani Farm Sanctuary. More and more people began attending our farm tours and donating to the cause. An out-of-work contractor who visited the sanctuary generously offered to complete my still-unfinished cottage with the tiny budget I had accrued from my real estate sale. Things were looking up.

From Chapter 47, FARM TOURS

When they first arrive at Leilani Farm Sanctuary, visitors (Continued on page 8)
Finding Paradise

drive past a lava-rock wall and park across from a lush pasture—where donkeys, deer, goats, sheep, pigs, and a cow graze among exotic fruit trees. Here, animals roam freely and live in harmony with nature.

As the tour begins, we extend a warm aloha welcome to our visitors, many of whom have traveled thousands of miles over land and sea to get here. For many, their trip to Maui is the fulfillment of a longtime dream. We assure them that, indeed, they are in for a real treat; they are about to have a rare opportunity to interact up close and personal with a wide variety of animal species, most of whom enjoy affectionate hugs and petting. Our hope is that by experiencing real connection with animals who are typically thought of as “dinner”—so-called “food animals” such as chickens, pigs, turkeys, and cows—they will begin to think of them instead as individuals with actual personalities, rather than as their next meal. As the visitors meander among our sanctuary animals, we share true-life stories of how each one found his or her way here. We encourage our guests to open their hearts just as fully as they can—and sensitively connect with the unique presence of each of our residents.

At the conclusion of the tour, guests receive educational literature and resources for transitioning to a plant-based diet. Children are given The Kids’ Guide to Helping Animals.

It is always heartwarming to hear people say how much they enjoyed their time here. Indeed, for many, the experience is transformative—as they embark on a journey of learning the truth about animal exploitation, questioning the status quo, and exploring better ways to live. They often resolve to make new, informed choices, aligned with compassion, that will optimize their physical health in ways that are ecologically sustainable.

Vacationers often write glowing reviews on Trip Advisor, describing their memorable—often life-changing—experiences at our farm. Travelers the world over return to Leilani Farm Sanctuary year after year, proclaiming the farm visit to be the highlight of their trips to Hawaii.

Some visitors may feel a special connection with a particular animal they have met and decide to sponsor him or her by enrolling in our monthly giving program. Their support helps to provide food, shelter, and veterinary care. Sponsors receive an adoption certificate with a colorful picture of their sponsored animal and a handwritten card detailing the animal’s personal story.

As word about the sanctuary’s humane-education program continues to spread, we find ourselves hosting an increasing number of school groups and special needs visitors, from adults and children with disabilities to foster families, children in protective services, at-risk youth from county agencies, and seniors.

From Chapter 48, A FABULOUS LIFE

I no longer measure success by how much money I make, how many deals I broker, or how I can out-earn my competitors. As director of Leilani Farm Sanctuary, my life is richer and more meaningful than I’d ever imagined possible. Instead of chasing deals in the lucrative world of commercial real estate, I now find fulfillment in animal rescue and humane education, work that is aligned with my deepest, heartfelt mission: to do all that I can to reduce suffering in the world. When people who have visited the sanctuary tell me that they’ve subsequently made the choice to eliminate animal products from their diets, it warms my heart and brings me profound satisfaction—because it reminds me of how I am making a real difference in the world by pursuing my path.

My favorite activity at the sanctuary is strolling into the pasture where the goats, donkeys, sheep, pigs, deer, and cow graze, and shouting, “Mommy’s going down to the jungle. Who wants to come with Mommy?”

The animals respond without hesitation. We gallop together to the opposite end of the farm, then hike down a steep, forested trail into a gulch with a creek. As they head down that trail with me, into a jungle teeming with interesting plants to eat, they become very excited. Sitting on a tree swing beneath giant mango trees and watching the animals enjoy themselves in the lush foliage is one of my greatest pleasures. As a hobby photographer, I sometimes share my photos of these idyllic moments with other animal rights activists, whose hearts may be heavy with the dark truth that billions of innocent beings suffer on factory farms every minute of every day. I want to remind them that there is still hope for a kinder world. Together, we can make a difference in the lives of animals who so desperately need our caring voices to rise up in unison and speak out for them.

This ends the final installment of our excerpts from Finding Paradise: Leilani Farm Sanctuary of Maui. However, these excerpts could not cover anywhere near the whole story of Leilani Sanctuary, nor that of its founder Laurelee Blanchard, whose life including a remarkably successful professional career before she ever got to Maui, might have merited a book of its own. Read the book to learn more about both her and the stories of individual rescued animals. The sanctuary continues to nurture the lives and spirits of rescued animals, and of the people who come to visit or volunteer there. Sales of this book support that work.
Timaree's Crazy Salad* on any given day might have ingredients that can be a bit different, but here’s what I set up today in my "Crazy Salad Foodie Bar" assembly line on my counter to pack lunch for the next few days: purple kale, green curly kale, lacinato kale, celery, scallions, "rainbow salad/broccoli slaw" a combination of raw julienne carrot, broccoli, cauliflower and purple cabbage, parsley, arugula, chard, spinach, steamed diced sweet potato, purple tomatillos, barberries, pepitas, garbanzo or black beans, cherry tomatoes, red onion, and my garlic mushrooms (see http://www.TheNutritionProfessor.com/ for recipe with video of me making them). Just before I dove in today, I added my delicious Refreshing Mango Lime Dressing and then proceeded to savor every bite!

**Timaree's Refreshing Mango Lime Dressing**

This is one of my very favorite "go-to" dressings to toss with my Crazy Salad and enjoy in the middle of my busy days at work. I never grow tired of the flavors, as it always taste fresh and complements every fruit and vegetable combination that I have assembled! I add the dressing to the lunch container full of my Crazy Salad, secure the lid and shake, shake, shake (for a little pre-meal workout!).

**Ingredients**

1 cup of frozen mango, thawed  
1/3 cup apple cider vinegar  
Zest of 1 lime  
Juice of 2-3 limes (about 1/3 cup)  
1 inch piece of ginger  
about 1/2 inch piece of turmeric root  
1/4 tsp black pepper  
1-2 garlic cloves, crushed and set aside  
Generous handful of fresh cilantro or parsley  
1-2 Tbsp chia seeds (or flax seeds)  
1/4 cup white beans, cooked (or canned - drained, and rinsed)  
1 Medjool date (if needed for sweetness)  
about 1/2 cup water

**Procedure**

Chop/press/mince garlic and let it sit* while you gather the other ingredients. In a high powered blender, combine all ingredients until very creamy. Add more water if needed to reach desired consistency. Dressing will last several days in the refrigerator in a glass jar with a tight-fitting lid.

**The Nutrition Professor's Shop Smart, Prep Smart, Eat Smart Tips:**

1. Not only does citrus zest add a flavor boost, it can help protect us from skin cancer!  
2. Fresh turmeric root is available at grocery store next to the ginger in the produce aisle (freezes fabulously, as does fresh ginger!). Dried turmeric powder can also be used (about 1/4-1/2 tsp).  
3. To maximize the cancer-fighting benefits of the garlic, be sure to press or mince your fresh garlic and let it sit for 5-10 minutes before exposing to acid (lime juice and vinegar) or heating (in other recipes).


Timaree Hagenburger, a registered dietitian, certified exercise physiologist with a master’s degree in public health, is a nutrition professor at Cosumnes River College, and past presenter for VSH (July 2017)! When not in her classroom or speaking in the community, she can be found at one of her Thrive On Plants Club meetings or in her hands-on cooking class! Timaree also conducts local events, corporate wellness work, has a regular segment on California Bountiful TV and published her first cookbook – The Foodie Bar™ Way: One meal. Lots of options. Everyone’s happy. Available at www.FoodieBars.com – where you will also find details about Timaree’s upcoming events, including cooking demos, book signings and talks about the incredible power you yield with your fork.
Oahu

**Natural Food Stores**
- Down to Earth (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5%
- Celestial Natural Foods (Haleiwa) 5%

**Restaurants**
- 'Ai Love Nalo (41-1025 Kalanianaleo Hwy) 5%
- Aloha Tofu Town (735 Iwilei Rd) 5%
- Al Pastor Tacos* (4-1602 Kuhio Hwy Kapaa) Free Drink
- Aloha Aina Juice Bar (Puh) 10%
- Banán (University Ave., Waikiki, Kahala Mall) 10%
- Canton Seafood Restaurant (923 Keeaumoku St.) 5%
- Down to Earth Deli (all locations) 5%
- Downbeat Diner and Lounge (42 North Hotel St.) 10%
- Ethiopian Love (1112 Smith St) 10%
- Govinda’s Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
- GRYLT (Ala Moana, Kahala Mall, Kailua) 10%
- Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- Home of Kona (Kona) 10%
- Hawaiian Donuts & Edibles (55 Amala Place, Kahului) 10% (some restrictions)
- Lovin Oven (418 Kuulei Road, Kailua) 5%
- Loving Hut (1614 South King St.) 5%
- Moku Roots (335 Keawe St., Lahaina) 10%
- Peace Café (2239 S. King St.) 5%
- Peace Café Express (9-2, M-F, except UH holidays, Sustainability Courtyard, UH Manoa) 5%
- Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ‘Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- Vegan Hills (3585 Waialae Ave) 5%
- Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pa’auilo Street) 5%

**Food Trucks**
- Banán (3212 Monsarrat Ave) - 10%
- Food Truck Express (9-2, M-F, except UH holidays, Sustainability Courtyard, UH Manoa) 5%
- What It Dough (at Banán truck Sat & Sun) $1 off 12” vegan pizza
- Down to Earth Deli (all locations) 5%
- yummy tummy (call Van at (808) 306-7786) 5%

**Bakeries**
- Down to Earth Deli (all locations) 5%
- Aloha Tofu Factory (961 Akepo Ln) 5%
- Copy Hut (2503 S. King) 10% on posters & banners
- Harry’s Pet and Home Care ((808) 321-0665) 20%
- HNL Tool Library (200 Keawe St) 10%
- Igloo Air Conditioning ((808) 797-0039) $250 discount
- Sophie Soleil Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- Will diGiorgio Licensed Massage Therapist ((808) 282-4485, Honolulu) 17% for 50 min. ($60-$50), 19% for 75 min. ($80-$65)

**Other**
- Aloha Tofu Factory (961 Akepo Ln) 5%
- Copy Hut (2503 S. King) 10% on posters & banners
- Harry’s Pet and Home Care ((808) 321-0665) 20%
- HNL Tool Library (200 Keawe St) 10%
- Igloo Air Conditioning ((808) 797-0039) $250 discount
- Sophie Soleil Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- Will diGiorgio Licensed Massage Therapist ((808) 282-4485, Honolulu) 17% for 50 min. ($60-$50), 19% for 75 min. ($80-$65)

Hawaii (Big Island)

Happy Buddha Juice Bar (74-5583 Luhia Street, Kailua-Kona) 10% on pressed juices

= Vegan or Vegetarian Business

Maui (*food truck*)
- A’A Roots (5095 Napilihau St, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alaini Ke’alii St., Kahului) 10%
- Aloha Aina Juice Bar (Puh) 10%
- Chalupa’s Authentic Mexican Food* (at 3113 S Kihei Rd, Kihei) 10%
- Craving Thai* (3477 Weliweli Rd, Koloa) 5%
- Eat Healthy Kaua‘i (4-369 Kuhio Hwy, Kapaa)
  - Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawaliwili Rd, Lihue) 5%
- Harvest Market (5-5161 Kuhio Highway, Hanalei) 10%
- Island Soap and Candle Works (Kilauea, Princeville, Koloa) 15%
- Kaua‘i Fish Market (4270 Kilauea Lighthouse Rd., Kilauea) 10%
- Papalani Gelato (Kiahuna Plantation Rd., Lihue)
  - Anchor Cove Shopping Center, Poipu) 10%
- Rainbow Living Foods (4-1384 Kuhio Hwy, Kapaa) 5%
- Shivalik Indian Cuisine (4-771 Kuhio Hwy, Kapaa) 10%
- So Thai (2827 Poipu Rd, Koloa) 10%
- The Spot Kauai (4-1384 Kuhio Hwy) free topping
- Tortilla Republic (2829 Ala Kalanikaumaka, Poipu) 10%
- Verde Restaurant (4-1105 Kuhio Hwy, Kapaa) 5%
- Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

Kauai (* food truck *)
- Al Pastor Tacos* (4-1602 Kuhio Hwy Kapaa) Free Drink
- Aloha Aina Juice Bar (Puh) 10%
- Café Turmeric* (5-5100 Kuhio Hwy Hanalei) 5%
- Chalupa’s Authentic Mexican Food* (Old Koloa Town or Lihue Town) 10%
- Craving Thai* (3477 Weliweli Rd, Koloa) 5%
- Eat Healthy Kaua‘i (4-369 Kuhio Hwy, Kapaa)
  - Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawaliwili Rd, Lihue) 5%
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- Verde Restaurant (4-1105 Kuhio Hwy, Kapaa) 5%
- Vim and Vigor (3-3122 Kuhio Hwy, Lihue) 10%

Anywhere

- VegVoyages (Asian adventure tours vegvoyages.com) 5%
- Vegan Essentials - Food, Clothing and more (http://store.veganessentials.com/) 5%
- Vegetarian Journal (www.vrg.org/groupmember/) $15 off $25 subscription - 60%
- ProFlowers, Gifts, PersonalCreations 15%: REDWHITE15
  - www.gifts.com/
  - www.proflowers.com/
  - www.personalcreations.com/

See details & any updates at www.vsh.org/discounts. Boldface: newest discounts

Revised September 4, 2018

Your VSH membership is a valuable one, which can save you many times the cost of dues. At the same time, your VSH membership dues and donations support the educational mission of the Vegetarian Society of Hawaii, go towards bringing in speakers for our free monthly public lectures, and much more. Thank you for your support!
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Some Recent VSH Events

Terry Shintani, MD, Lorraine Sakaguchi (VSH), Milton Mills, MD, Dr. Fred Foster (VSH & HCSDAC), & Sandra Gorski-Brough (HCSDAC) on Sept. 9 at the Honolulu Central Seventh-Day Adventist Church, where Dr. Mills spoke on “Plant Fiber and the Gut Microbiome.”

Diners & chefs at Dr. Milton Mills’ VSH dine-out on Sept. 12 at Peace Café in Honolulu.

Right: Jerome Kellner, VSH Maui coordinator, with vegan refreshments he prepared at Cameron Center in Wailuku on Maui, where Dr. Milton Mills spoke on September 13 on “Meat Eating and Mind Games.”

Left: Dr. Milton Mills spoke on “Meat Eating and Mind Games” at the Ala Wai Golf Course Clubhouse on September 11.

Sisi Kong (DTE), Jake Garvin (VSH), Ali Riggs (DTE), Lorraine Sakaguchi (VSH), Terry Shintani, MD, Jim Thompson (VSH) and Jeff Pang (VSH) at Gandhi Day celebration on Oct. 2.

Dr. Milton Mills’ talk on Maui.

Jake Garvin’s VSH lecture on healthy plant-based nutrition at the Pearl Harbor Rotary Club meeting at Oahu Country Club on October 1.

The Island Vegetarian ♦ October 2018
E komo mai! Please be sure to visit us, Leilani Farm Sanctuary and the Good Food Movement at our Vegetarian Society of Hawaii tent at VegFest Oahu! Keiki fun, too!