

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 29, ISSUE 3, OCTOBER 2018

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Free Public Lectures

Michael Klaper, MD

**“Nutrition-Based Medicine:
The Key to Healing in the
21st Century”**

**Tuesday, October 9, 2018
Ala Wai Golf Course Clubhouse
Thursday, October 11, 2018
Cameron Center, Wailuku (Maui)**

**“A Doctor’s Prescription for
Reversing Disease and
Reducing Climate Change”**

**Saturday, October 13, 2018
VegFest Oahu, near Honolulu Hale**

VSH Kauai Presentation/Potluck

**Sharon de la Pena
Sunday, October 7, 2018**

**Maintaining Health
& Cooking Demo**

**Benjahmin Koenigsberg
Sunday, November 4, 2018
Adopting a Growth Mindset
and a Starch Based Diet For
Happiness**

More details of lectures inside



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!

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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Oahu

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President's Message

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!

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.

NUTRITION-BASED MEDICINE: THE KEY TO HEALING IN THE 21ST CENTURY

A VSH FREE PUBLIC PRESENTATION BY
MICHAEL KLAPER, MD



TUESDAY, OCT. 9, 2018, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU—OAHU

(AT END OF DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE)

THURSDAY, OCTOBER 11, 7 P.M.— MAUI
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

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!

DR. KLAPER WILL ALSO PRESENT

THE MOST POWERFUL, UNUSED TOOL IN MEDICINE

TAMC LIMITED AUDIENCE. FREE. WED. 10/10, 11 A.M., TRIPLER ARMY MEDICAL CTR

DR. KLAPER WILL ALSO PRESENT

A DOCTOR'S PRESCRIPTION FOR REVERSING DISEASE AND REDUCING CLIMATE CHANGE

SATURDAY, OCTOBER 13 AT VEGFEST OAHU ON LAWN
NEAR SKYGATE & HONOLULU HALE, 558 S. KING ST.
FREE ADMISSION. VEGFESTOAHU.COM.

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. Klaper 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.

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."

FRI., OCT. 12, 6-8 P.M.—OAHU
ENJOY DINING OUT WITH DR. KLAPER!
Bodhi Tree Meditation Ctr., 654A Judd St.

Delicious Vegan Vietnamese Buffet!

Banana Flower Salad and Tofu, Bamboo Shoots Soup, Summer Rolls, Vegetable Fried Brown Rice, Pad Thai, Vegan Chicken, Rice Look Fun Rolls, Mixed Green Salad, Sautéed Mixed Vegetable, Banana Tapioca, Taro with Sticky Rice, Sticky Rice with Peanuts

\$19 total — please pay at event (cash or check)
To RSVP by Oct. 11, text or call Carol before 9 p.m. at (808) 728-6639, and let us know your name, contact info, & number of people coming.

Dining event only. Proceeds go to meal providers, not to VSH.



VegFest Oahu 2018



TIME	SPEAKER SERIES TENT	MUSIC STAGE	LEARNING KITCHEN TENT	MOVEMENT TENT
12:00		Opening Blessing: Kaili Kaimimoku		
12:15		Hook + Line Acoustic Rhythm & Blues	Kim Oshita Tofu Scramble	Sacred Healing Dance with Alina Spatariu
12:30	Carmela Wolf "Eating the Rainbow: Vibrant Foods for a Vibrant Life"			
12:45		Paul Izak Folk, Blues, Rock, Reggae	Madeline Kammerer Spicy Tofu Poke and Spinach Luau	Healthy Bites with Sheila Wrede
1:00				
1:15		Dr. Michael Klaper "A Doctor's Prescription for Reversing Disease and Reducing Climate Change"		Yoga for Inner Balance with Lindsey Sutton
1:30				
1:45		Quadraphonix World, Indian, Fusion.	Mama T Gonsalves Vegan Falafel	Dancing Massage with Chloe Amos
2:00				
2:15		Dr. Irminne Van Dyken "10 Ways A Vegan Diet Will Help You Avoid My Scalpel"	Kelly Stern Ulu (Breadfruit) Gratin	Vinyasa Yoga with Cassidy McHugh
2:30				
2:45		Tavana Island-inspired Rock and Blues	William diGiorgio Zucchini Oatmeal Patties	Classic Nia with Doris Morisaki
3:00				
3:15		Vegan Evan and Genesis Butler "Plea from Today's Youth: Why You Should Care"		Bellydance 101 with Willow Chang
3:30				
3:45				Classic Nia with Shar Bliss
4:00				
4:15				Blissful Yoga with Paula Celzo
4:30				
4:45				
5:00				
5:15				

Ongoing: Visit the VegFest Oahu Harmony Haven Tent for a Gong Sound Bath. Take a 20-minute sound journey to open your mind and heart to new perspectives. New session every half hour starting at 12:30. Last session at 4:00. With SuperNova Sarah and David Heiss.



Vegetarian Society of Hawaii VSH Special Interest Group Events

Veg News community events emailed monthly. To receive it, email info@vsh.org.

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

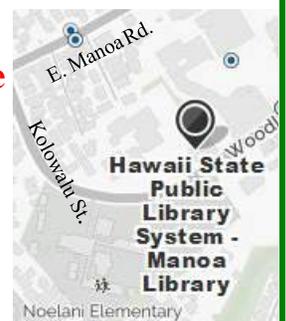
Sans Souci State Park, across from Kapiolani Park. Look for a sign, or a table with a distinctive tablecloth. Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ?



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/](https://www.meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://www.meetup.com/Hawaii-Vegan-Events)
These events are free and open to all, so please be sure to come, and bring a friend, too!



My Story and William Harris

By Neil Nance
Retired Chemist
Albemarle, North Carolina



William Harris, MD, and Georgie Yap

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.

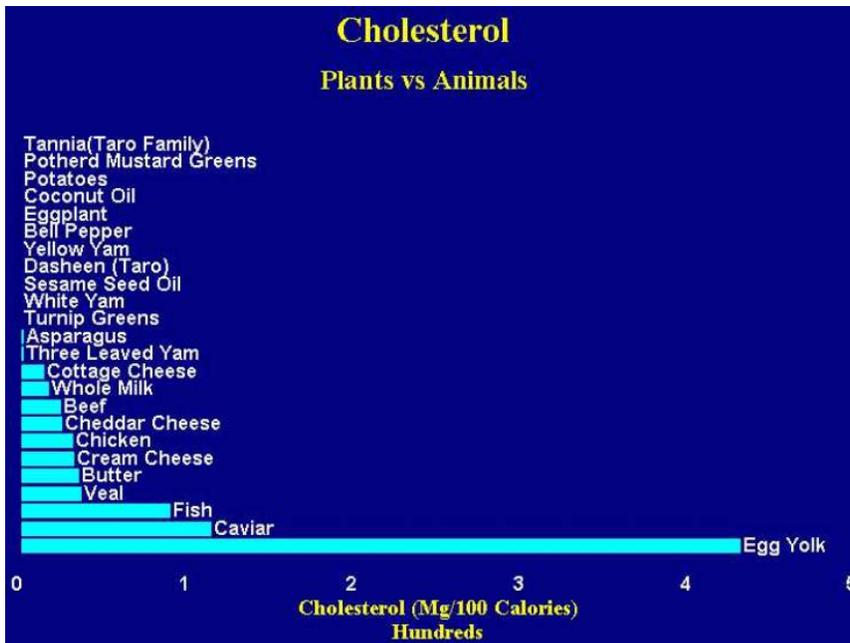
Four months later, my best friend had a stroke. She didn't realize she was having it and would not go to the hospital. Once she did go, and I got her back home and she was on the medication her doctor had prescribed, I began to review what I had learned earlier. Then I had an epiphany. Her doctor and 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,



(Continued on page 6)

VSH KAUA'I VEGAN POTLUCK / PRESENTATION

Sun Village Clubhouse, 3-3400 Kuhio Hwy, Lihue

Monthly Sunday lecture / video presentation is **free and open to the public**. To participate in the potlucks, please bring a vegan dish and include an ingredient list/recipe. Original recipes encouraged. The best vegan dish will win a \$25 gift certificate (this month, donated by Eat Healthy Kaua'i)! Welcome without a dish, too; suggested donation: \$10. Check VSH's Facebook page for updates.

4:30 p.m., Sunday, October 7, 2018
MAINTAINING HEALTH & COOKING DEMO
By Sharon de la Pena



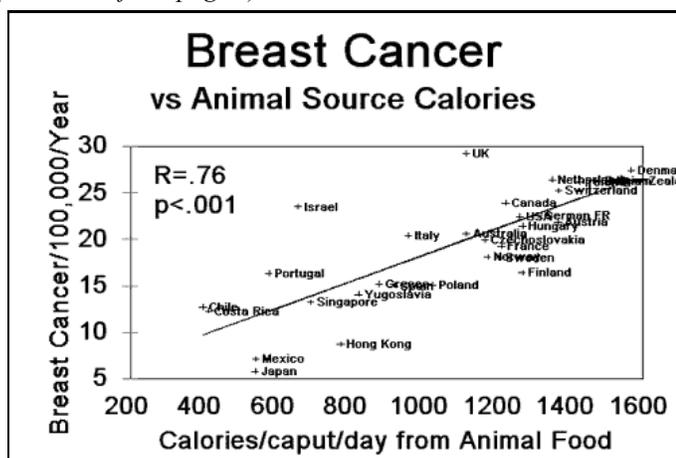
Sharon, a registered dietitian and certified diabetes educator with Ho'ola Lahui Hawaii, will explain how low-fat, plant-based diets are ideal for diabetes as well as heart disease, weight gain, high cholesterol, and high blood pressure. She will also demo making lentil walnut taco meat and a plant based cheese sauce, recipes the whole family can enjoy!

4:30 p.m., Sunday, November 4, 2018
**ADOPTING A GROWTH MINDSET AND A STARCH
BASED DIET FOR HAPPINESS**
By Benjahmin Koenigsberg

Benjahmin, lifestyle coach & bodywork therapist, tells how a growth mindset and a vegan diet of fiber rich, prebiotic, delicious and satiating starchy foods can liberate us from emotional eating and many diseases.



(Continued from page 5)



"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.

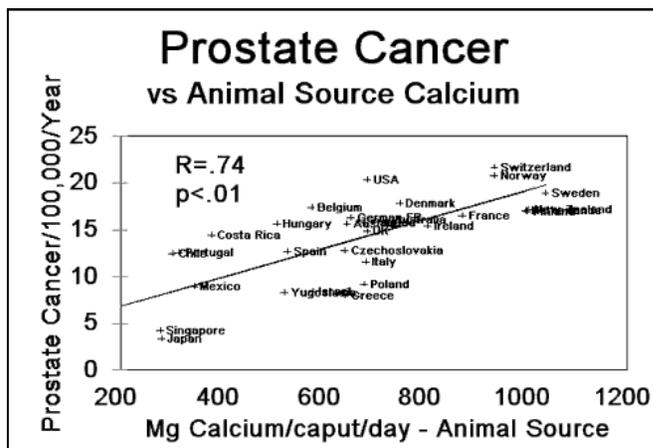
I had pursued a bachelor's degree in mathematics and another in chemistry, and I had always chosen physics courses for my electives. Dr. Harris had a BA in physics, and used graphs to show the associations between various cancers and animal source consumption. I know how to make and read graphs, and 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.

(Editor: We've included some of Dr. Harris' graphs for this article.)



Part 3: Finding Paradise: Leilani Farm Sanctuary of Maui

By Laurelee Blanchard, Founder, Leilani Farm Sanctuary

The Island Vegetarian *presents in installments passages from Laurelee Blanchard's recent book Finding Paradise: Leilani Farm Sanctuary of Maui. Laurelee is the founder of the Vegetarian Society of Hawaii's Maui chapter, which she ran for 11 years until her commitment to the animals of Leilani Farm Sanctuary needed her full attention. Here is the 3rd and final installment.*

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.”

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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.

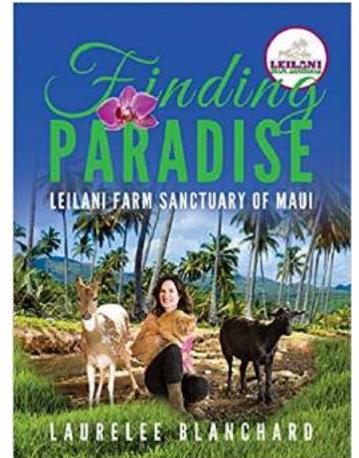
From Chapter 35, THE BIRTH OF LEILANI FARM SANCTUARY



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

Finding Paradise: Leilani Farm Sanctuary of Maui

Laurelee Blanchard
Haiku, Hawaii
Leilani Farm Sanctuary
182 pages, 2017



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)

(Continued from page 7)

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.

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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.

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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 increas-

ing 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.

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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?”



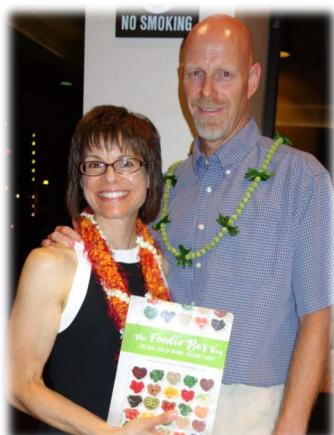
The animals respond without hesitation. We gallop together to the opposite end of the farm, then hike down a steep, forested trail into a gulch with a creek. As they head down that trail with me, into a jungle teeming with interesting plants to eat, they become very excited. Sitting on a tree swing beneath 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 Refreshing Mango Lime Dressing

By Timaree Hagenburger, MPH, RD, EP-C



Timaree & Scot Hagenburger at her VSH lecture in July 2017.

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!

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
- Zest¹ of 1 lime
- Juice of 2-3 limes (about 1/3 cup)
- 1 inch piece of ginger
- about 1/2 inch piece of turmeric root²
- 1/4 tsp black pepper
- 1-2 garlic cloves, crushed and set aside³
- 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:

¹Not only does citrus zest add a flavor boost, it can help protect us from skin cancer!

²Fresh 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).

³To 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).



*Learn how to set up your own Foodie Bars in *The Foodie Bar Way* by Timaree, ebook and printed book available at www.FoodieBars.com.

*Timaree Hagenburger, a registered dietitian, certified exercise physiologist with a master's degree in public health, is a nutrition professor at [Cosumnes River College](http://www.CosumnesRiverCollege.edu), and past presenter for [VSH \(July 2017\)](http://www.VSH.org)! When not in her classroom or speaking in the community, she can be found at one of her [Thrive On Plants Club](http://www.ThriveOnPlants.com) 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.*



VSH MEMBERSHIP DISCOUNT GUIDE

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 Kalaniana'ole Hwy) 5%
- Aloha Tofu Town (735 Iwilei Rd) 5%
- ☞ 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%
- Hawaii Nutrition Co (Herbologie Studio) 10%
- Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- ☞ Loving Hut (1614 South King St. location) 5%
- ☞ Lovin Oven (418 Kuulei Road, Kailua) 5%
- Mocha Java Cafe (Ward Center) 10%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiālae Ave) 5%
- Wing Shave Ice & Ice Cream (1145 Maunakea St #4, fronts Pauahi Street) 5%

☞ Food Trucks ☞

- ☞ Banán (3212 Monsarrat Ave) - 10%
- ☞ Peace Café 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

☞ Bakeries ☞

- ☞ Down to Earth Deli (all locations) 5%
- yummy tummy (call Van at (808) 306-7786) 5%

☞ 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 Napili Hwy, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- Harvest Café (1367 S. Kihei Rd. #3-105, Kihei) 10%
- ☞ **Moku Roots** (335 Keawe St., Lahaina) 10%

Kauai (* food truck)

- Al Pastor Tacos* (4-1602 Kuhio Hwy Kapaa) Free Drink
- Aloha Aina Juice Bar (Puhi)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 Nawaiilwili Rd Lihue) 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%
- ☞ 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%

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

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I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)



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."

Some Recent VSH Events



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.



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



Vegetarian Society of Hawaii

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**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!**