You’re Invited!
To VSH’s Annual
Pre-Thanksgiving Dinner & Healthy Eating Workshop!

You’re invited to enjoy a plant-based celebration of Thanksgiving that’ll be not only tasty, but also healthier and more compassionate than the usual holiday dinner!

Nina and Randa Nelson

Each year since VSH’s founding in 1990, VSH has hosted a vegan Thanksgiving celebration, featuring delicious vegan dinners and a chance to socialize with others in a relaxing atmosphere.

To help those who plan holiday trips and get-togethers during the Thanksgiving weekend, VSH moved its Thanksgiving celebration several years ago from Thanksgiving Eve to a few days before Thanksgiving. This year’s celebration will be from 4:30 to 8 p.m., with 4:30 and 6:30 p.m. seatings, on Monday, November 19, 2018, at McCoy Pavilion, Ala Moana Beach Park, Honolulu, on Oahu.

Everyone in the community, whether or not they normally eat a vegetarian/vegan diet, is invited to join in this event, as are Vegetarian Society of Hawaii members and their families, and friends, as well. For children (and their adults friends, too!) there’ll also be a keiki activities table hosted by artist Paul Onishi!

Down to Earth Organic and Natural, which is co-hosting and catering the event will be presenting a sumptuous vegan buffet of traditional Thanksgiving dishes!

The Healthy Eating Workshop this year will include special guest speakers, lifelong vegans Nina and Randa Nelson, singers, actors and identical twins, who will be speaking on the subject of their book *The Clear Skin Diet,* and vegan weightlifter and marathoner Jake Garvin, on the topic of healthy, plant-based nutrition. Pick up some informative literature, including recipes, and possibly some surprises, too! Go to page 5 to see the menu and other details, and make your reservations soon!

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**John Pierre**

“The Pillars of Health: Your Foundations for Lifelong Wellness”

Tues., November 13 (Oahu)

Ala Wai Golf Course Clubhouse

**Thurs., November 15 (Maui)**

Kihei Community Center (Maui)

**Sunday, November 18 (Kauai)**

Kapaa Library Meeting Room

**Benjahmin Koenigsberg**

Sunday, November 4, 2018

“Adopting a Growth Mindset and a Starch Based Diet For Happiness”

**Amanda Smith**

Sunday, December 9, 2018

“Renewing Our Natural Love for Food”

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**Upcoming Oahu/Maui Speakers**

Grace Chen O’Neill, MD

December 2018

Terry Shintani, MD

January 2019
President’s Message

Dear Friends,

Wonderful things have been happening as the Vegetarian Society of Hawaii continues to expand our services to members and interested people in the community. As you may have noticed, we now have 4 special interest groups on Oahu (see pg. 8 for meeting times), in addition to our normal monthly lectures and dine-outs, and you are welcome to join in on the fun!

I am proud to announce our new Grow Your Own Food group which just held its first meeting on Monday, October 29 at Kilauea Recreation Center. Jeff Pang founded and heads this group, with help from his wife Gail Pang. Thirty-three people were in attendance and Dr. Susanna Reid was the first speaker for this group, lecturing about medicinal plants. Attendees went home with good information, plants or herb sprigs and some of Jeff and Gail’s fresh apple bars!

The Imagine a Vegan World (IVW) vegan peer support group, which originally started as a part of VSH on August 14, 2012, returned to VSH in March 2018 after a short hiatus as an independent organization. Will DiGiorgio and Yuika Furukawa currently head IVW, which has just moved its monthly discussion and activities meetings and monthly vegan potlucks to Kilauea Recreation Center, as of October.

The Nutrition Science monthly lecture and discussion group whose first meeting was on February 28, 2017, was started by Jake Garvin who continues to give talks and lead discussions each month at Manoa Public Library.

The Oahu Fruitluck, which originally started as an independent group with its first meeting on August 24, 2014, has been a part of VSH since May 28, 2017, and held its first VSH meeting on June 4, 2017. The Fruitluck is headed by Jake Garvin and Woody Barboza, who has been with the Oahu Fruitluck since its earliest days. It meets the 2nd Sunday of each month at a shady picnic table on the grass just yards away from the ocean near Waikiki Beach. To join in, just bring fresh, ripe fruits to share, and, optionally, a Frisbee, hula hoop or ?

In the next issue of The Island Vegetarian we’ll be sharing more details and photos from the recent exciting VegFest Oahu, but, for now, please enjoy this photo of VSH’s Veggie Petting Zoo, which surprisingly was named by a number of attendees as their favorite attraction at VegFest Oahu, and, I’m told, was Instagrammed a lot, as well!

Thanks to all of our VSH volunteers who helped that day, and to Joy Waters for another successful VegFest Oahu!

Aloha!

Lorraine Sakaguchi
VSH President
**THE PILLARS OF HEALTH: YOUR FOUNDATIONS FOR LIFELONG WELLNESS**

A VSH free public presentation by

**JOHN PIERRE**

**TUES. 7 P.M. NOV. 13, 2018**

**ALA WAI GOLF COURSE CLUBHOUSE**

404 Kapahulu Ave., Honolulu—Oahu

At end of 0.2 mi. driveway between golf course & Waikiki-Kapahulu Library

**THURSDAY, NOVEMBER 15, 7 P.M.— MAUI**

Kihei Community Center, 303 E. Lipoa St., Kihei

Oahu & Maui refreshments courtesy of Down to Earth.

**SUNDAY, 7 P.M. NOVEMBER 18 — KAUAI**

Kapaa Library Meeting Room, 4-1464 Kuhio Hwy, Kapaa

Bring a Vegan snack (no entrees), dessert or drink to share. Best one wins a Prize from Eat Healthy Kaua’i!

Learn the four solid principles that provide everyone with a strong foundation for lasting, lifelong well-being. John Pierre will share practical life-enhancing modalities and easy-to-implement information that will get everyone on the path toward attaining and maintaining vibrant health. He’ll convey tips and tricks that are fun, enjoyable, and doable. The presentation will include information about the benefits of wholesome, delicious plant-based foods, along with the importance of engaging and expanding our mind with cognitive fitness modalities to keep them sharp and clear. Additionally, John will demonstrate how challenging our body with joyous physical motion is imperative to our well-being and how to invite more movement into our daily life. Finally, John will share how embracing a loving and compassionate outlook will create the solid “pillars” that lead to lifelong wellness.

Nutrition and fitness consultant John Pierre has trained hard-core athletes, Hollywood celebrities, rock-stars, and Fortune 500 executives. Assisting a wide range of clientele and people of all back-grounds and fitness levels, John’s passion is to help everyone. Credited as being one of the first pioneers in the U.S. to create “brain-building” classes that enhance cognitive fitness in our geriatrics community, 30 years of experience has provided John with a unique understanding and ability to help others with cognitive challenges. John Pierre was recently inducted into the North American Vegetarian Society Hall of fame, and continues to contribute widely to magazines and publications in the area of health and fitness. John is the author of several books, including: The Pillars of Health, and Strong, Savvy, Safe, available at www.johnpierre.com, and has starred in numerous health-promoting DVD’s and online programs that reach countless individuals all over the world.

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**VSH KAUAI’I VEGAN POTLUCK / PRESENTATION**

Sun Village Clubhouse, 3-3400 Kuhio Hwy, Lihue

Lecture is free and open to the public. To participate in the potluck, bring a vegan dish and include an ingredient list/recipe. Original recipes encouraged. The best vegan dish will win a $25 gift certificate donated by Eat Healthy Kaua’i. Welcome without a dish, too; suggested donation: $10. Check VSH Facebook page for updates.

4:30 p.m., Sunday, November 4

**ADOPTING A GROWTH MINDSET AND A STARCH BASED DIET FOR HAPPINESS**

By Benjamin Koenigsberg

Benjamin, 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.

4:30 p.m. Sunday, December 8, 2018

**RENEWING OUR NATURAL LOVE FOR FOOD**

By Amanda Smith

Amanda is chef, TV host, food writer and founder & executive director of Menehune Chef. She will share the benefits of eating sustainable, locally sourced farmers market finds in everyday recipes, the importance of mindful eating, her vision for the future generation of keiki and families, her Menehune Chef program for kids and families, a fun take-home vegan recipe, and how the foods she eats saved her life.
Heart Healthy Recipes
By Neal Pinckney, PhD, Heart.kumu.org
"If it takes longer to make it than it does to eat it, forget it."

Over 250 more easy, low-fat vegan recipes are available on Dr. Pinckney's website: heart.kumu.org.

Sweet Potato Pancakes and Sweet Potato Souffle

On a recent trip to New York City, I visited a new vegan restaurant, Seasoned Vegan in Harlem. The food was delicious, but not quite low fat. After some begging, I was given two recipes of the dishes that I ate and adapted them to make them much lower in fat and heart healthier. They were both for red/orange potatoes — imagine what they might look like with purple Okinawan ones.

Southern cooking, and especially soul food, traditionally makes wonderful use of sweet potatoes.

Sweet Potato Pancakes
(serves 3)

Dry ingredients:
1 ½ C whole wheat or whole spelt flour (or gluten free flour)
1/3 C sweetener (Sucanat, agave, or vegan sugar)
½ t salt
1 t baking powder
½ t baking soda
2 t cinnamon
¼ t nutmeg (freshly ground preferred)

Wet ingredients:
1½ C soy milk (or another non-dairy milk)
1 t apple cider or white vinegar
1 t vanilla extract
¼ C plus 2 tablespoons mashed sweet potato
2 T EnerG egg replacer + 5 T water

Combine all the dry ingredients in a large bowl. Briskly whip the egg replacer and water in a large mixing bowl to make a froth. Add the soy milk, vinegar, vanilla and sweet potato and mix well. Stir the wet ingredients into

the dry ingredients to make a batter. Preheat a large non-stick pan or skillet. Dollop in enough batter to make as many 3” pancakes as will fit. Cook on each side on medium-low heat for about 3 minutes. Flip when the middle starts to bubble.

Serve with maple syrup, coconut flakes (as shown) or your favorite toppings.

Sweet Potato Souffle

3 sweet potatoes
1 T pumpkin spice
2 T maple syrup or 2 T vegan brown sugar or agave nectar
1 t vanilla extract
3 T EnerG egg replacer in ¼ C water
pinch of salt

Preheat oven to 400°. On a large non-stick baking sheet place sweet potatoes and poke holes on both sides with a fork. Roast until tender, about 50 minutes. Wait until completely cool. Scoop out flesh and transfer to a food processor along with cinnamon, brown sugar, vanilla, and salt. Process until smooth. Beat egg replacer in water until foamy, then add it to processor and run processor until the color is uniform. Add batter to a round non-stick or silicone casserole dish or ramekin. Bake until puffy and completely set, 35 to 40 minutes.

Hint: If packaged pumpkin spice is not available, the following will work: 2 t ground cinnamon. 1 t ground ginger. ¼ t ground cloves. ¼ t ground nutmeg.

(C = cup, t = teaspoon, T = tablespoon)
You’re Invited to
The Vegetarian Society of Hawaii’s annual

Vegan Pre-Thanksgiving Dinner & Healthy Eating Workshop

4:30 to 8:00 P.M.
Monday, November 19, 2018
McCoy Pavilion at Ala Moana Beach Park
1201 Ala Moana Blvd., Honolulu, Hawaii on Oahu

Vegan Thanksgiving Menu

Entrees
Pumpkin Tofu Curry
Mock Turkey Cutlets
Mock Turkey a la King*
Shepherds Pie

Side Dishes
Gluten-Free Stuffing
Mashed Potatoes
Garbanzo Gravy
Hawaiian Sweet Yams
Cranberry Sauce

Salads
Kale Salad w/ Beets
Green Salad with Papaya Seed and Vegan Ranch Dressings

Desserts
Pumpkin Crunch
Carrot Cake*

Beverages
Herbal Tea, Water

* Contains gluten. Some other food sensitivities can also be accommodated. Please ask.

Catered & cohosted by
Down to Earth
Organic & Natural!
downtoearth.org

Seatings at 4:30 and 6:30 p.m.
$35 adults, $15 ages 7-12, free ages 0-6.
Enjoy a scrumptious holiday dinner featuring vegan versions of traditional dishes with friends and family, and meet new friends, too!

At our Healthy Eating Workshop, you’ll also get to experience great speakers, and more!

Featuring special guest speakers

Nina and Randa Nelson
5:15 p.m., 6:45 p.m.
Identical twins, singers, actors and authors of The Clear Skin Diet, featured on CNN, ABC News, Daily Mail UK and fortknives.com!

and

Healthy Plant-Based Nutrition with Jake Garvin
5:45 p.m., 7:15 p.m.
Vegan runner and weight lifter, who has run and finished the Honolulu Marathon carrying a 100 pound log!

RSVP & prepay at d2e.co/vshthanksgiving.
If you can’t do this online, DTE will take cash and check payments for reservations 10 a.m. - 3 p.m. at room 309 on Nov. 14 and 15, upstairs from DTE at 2525 S. King St.
If you have questions, call VSH at (808) 518-2354.
Seating is limited, so please make your reservations soon.
(Proceeds go towards the dinner only, & none go to VSH.)

Keiki Fun Table
Keiki and their adult and keiki friends will have fun at the free activities table!

Vegetarian Society of Hawaii
Join us!
For more info call (808) 944-VEGI (8344) or visit VSH.org.
VSH MEMBERSHIP DISCOUNT GUIDE

Atelier Plant Based features vegan nutrient dense foods such as this Nice Cream Bowl. Town & Country Builders does new home construction, remodeling, & much more. Vegan owner. Moku Roots makes veggie taro burgers & much more.

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 Kalanianaole Hwy) 5%
- Aloha Tofu Town (735 Iwilei Rd) 5%
- Aloha Tofu Factory (961 Akepo Ln) 5%
- Atelier Plant Based (Ala Moana Shopping Ctr-inside Vim N’ Vigor) 5% M-F, 10% Sat.
- 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 Shopping Ctr-inside Great Mall) 5% M-F, 10% Sat.
- Happy Sunset (5126 Kamehameha Hwy) 5%
- 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 Waialae 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 Solei Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- Town & Country Builders LLC, remodeling & home improvements, license #BC-26340. ((808)358-6667) $250 discount
- Will DiGiorgio, licensed massage therapist ((808) 282-4485, Honolulu) 17% for 50 min. ($60-$100), 19% for 75 min. ($80-$125)

Hawaii (Big Island) Coming Soon

= Vegan or Vegetarian Business

Maui

(* food truck)
- A’A Roots (5095 Napilihau St. #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alani 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 (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 Welilwei Rd, Koloa) 5%
- Eat Healthy Kauai* (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawaililihili 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) Free Dessert with meal
- Anchor Cove Shopping Center, Poipu (1025 Kalanianaole St, 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
- Vera Park (2825 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%
- Flowers and Gifts: 15%: REDWHITE15 www.gifts.com/
- www.proflowers.com/ www.personalcreations.com/

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

Revised November 5, 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!
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/

Above: Michael Klaper, MD, lectured on
“‘Wake Up, Doctor!’ Your Patients are
Eating Themselves to Death!” at the Ala Wai
Golf Course Clubhouse, October 9

Above right: Benjahmin Koenigsberg gave a talk
on “Adopting a Growth Mindset and a Starch
Based Diet For Happiness” on Nov.4 at Sun
Village Clubhouse in Lihue on Kauai.

Right: Dr. Michael Klaper gave his wife
Alese Jones, RYT, at his talk on Maui at
Cameron Center in Wailuku, on October
11. Below right: Crowd listens to Dr.
Klaper speak at Cam-
eron Center.

Above right: Benjahmin Koenigsberg gave a talk
on “Adopting a Growth Mindset and a Starch
Based Diet For Happiness” on Nov.4 at Sun
Village Clubhouse in Lihue on Kauai.

Right: Best vegan dish winner on Nov. 4, Lisa
Knutson, who won for her Morroccan Chickpea
and Broccoli/Quinoa Salad, with VSH Kauai
coordinator Thomas Eisendrath.

Some Recent VSH Events

Left and below: Diners at
Dr. Michael Klaper’s VSH
dine-out on Oct. 12 at the
Bodhi Tree Meditation
Center in Honolulu. Dr.
Klaper is in the center of
the last row of people in the
group photo.

Below right: Dr. Michael Klaper and his wife
Alese Jones, RYT, at his talk on Maui at
Cameron Center in Wailuku, on October
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Above: Phyllis Fong and Gail
Pang served vegan refresh-
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on Oct, 9 at the Ala Wai Golf
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Earth at Dr. Klaper’s lecture
on Oct, 9 at the Ala Wai Golf
Course Clubhouse.
Vegetarian Society of Hawaii
VSH Special Interest Group Events

Grow Your Own Food (gardening group) — Oahu
Mon., Nov. 26, 6:30–8:30 p.m. — Garden for fun and good eating no matter where you live! Enjoy discussions, seed and plant exchanges, expert talks. Kilauea Recreation Center.

Imagine a Vegan World (vegan peer support group) — Oahu
Monday, Nov. 5, Dec. 3, 6:30–8:30 p.m. — Discussions & activities! Kilauea Recreation Center.
Monday, Dec. 17, 6:30–8:30 p.m. — Holiday 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, Nov. 11
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 ? (Weather is usually dry here, but check before coming!)

Nutrition Science Lecture with Q & A by Jake
6:30 p.m. Mon. Nov. 26
Manoa Public Library
2716 Woodlawn Dr., Honolulu
Learn the latest research news, enjoy meeting others, lively discussions & more! Flexible ending after 8 p.m. 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!