

# The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 1, JANUARY 2019

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## Free Public Lectures

**Terry Shintani, MD**

**“How to Live to be 120:  
Healthy Longevity in the  
21st Century”**

**Tuesday, January 8 (Oahu)  
Ala Wai Golf Course Clubhouse**

**Thursday, January 10 (Maui)  
Cameron Center (Maui)**

**VSH Kauai Presentation/Potluck**

**Cynthia Fowler**

**Sunday, January 6, 2019  
“Plant-Based Diet vs Plant-  
Powered Life”**

**Presentation TBA  
Sunday, February 3, 2019**

**Upcoming Oahu/Maui Speakers**

**Irminne Van Dyken, MD  
February 2019**

**Liv Baker, PhD  
March 2019**

## The Difference One Person Can Make



Photo: Dawn over the ocean off Oahu.

By Lorraine Sakaguchi

It’s a grand and beautiful new year 2019, like a shiny new penny, and a chance to start afresh this year to catch up with what you’re behind on including those letters or cards to friends and family, to finally start eating healthily or to exercise regularly, to reorganize and declutter your life, and more.

But it’s also a good time to think about how you can not only improve your own personal life, and that of your family’s, but the world’s, as well. If this seems too grandiose, just think of the difference one person has made among the people we have heard about, or even know personally.

I’m hoping that people read Laurelee Blanchard’s book *Finding Paradise: Leilani Farm Sanctuary of Maui* to see for themselves what can happen when one person tries to make a positive difference in this world, as Laurelee Blanchard does.

When many of us see a wonderful thing happening like this, we may think that something like it was inevitable, a sign of the times, so that it would have happened anyway without the help of anyone in particular, or that it takes a special kind of person to do it, not people like us. However, no positive social change is inevitable. It takes at least one person to try to do it. And, if you try to do it, you become that special kind of person. It doesn't matter where or how you started in life, but what you commit yourself to do, and whether you try to spend each day learning, and living that commitment with both passion and compassion.

This book is an encouraging example of that inspirational idea brought to life!

Some people have gotten together to start a farmed animal sanctuary called Aloha Animal Sanctuary here on Oahu. I hope they succeed, and as they work towards their goal, they are each becoming that special kind of person, too.

Whatever your own mission may be to save the world, to help save lives, to help improve the health or lot of others, or something equally wonderful, please don’t put it off. Life is too short.

## 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, restaurant guide, TV and meeting schedules, and newsletter archives. Please visit our Facebook page at <https://www.facebook.com/VegetarianSocietyOfHawaii>

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### Mahalo to our volunteers:

#### Oahu

\*special interest group coordinator

Woody Barboza*	Andrea Lee
Patrick Connair	Sirilak Moore
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Jake Garvin*	Georgie Yap
Shauna Graner	

#### Kauai

Thomas Eisendrath, Kauai coordinator	
Vigil Alkana	Michelle LeMay
Iry Boboshko	Chris Smith
Amorosa DeGracia	Bill Snyder
Janie Eisendrath	Carol Williams
Cynthia Fowler	Robert Zerkovsky
Susan Lau	

#### Maui

Jerome Kellner, Maui coordinator	
Stephen Beidner	Donna Clayton
Bill Best	Madhava Das
Bobbie Best	Ellen Fisher
Steve Blake	Marie Le Boeuf
Laurelee Blanchard	Naia Newlight
Jim Brown	Russell Van Dyken
Ken Cadigan	Joy Waters



# President's Message

Dear Friends,

I'm grateful to have known and worked with Thomas Eisendrath, our outgoing VSH Kauai coordinator. In September 2016, VSH Kauai co-founder and first coordinator Jim Brown left Kauai to move to Maui. When Jim couldn't find anyone to take his or his co-coordinator Gordon LaBedz, MD's place, he announced the shutdown of VSH Kauai.

Like a lot of others who enjoyed the VSH Kauai meetings, Thomas had been hoping for someone to take Jim Brown's place, but not himself as he had no extra time in his life to do so. However, Thomas also could not bear to see a worthy group like VSH Kauai disappear, so he stepped up to save VSH Kauai and continued to coordinate meetings, speakers, venues, the potlucks, dine-outs, information tables, and speakers, and even get VSH members an outstanding number of Kauai discounts, but just until someone else could show up to take over! He and his wife Janie even gave a presentation or two themselves. Not finding that someone, else for over two years, Thomas has done everything humanly possible to further our VSH vegan educational mission on Kauai and to help VSH Kauai thrive. I can't thank him enough. He and Janie, with help from a few other volunteers, including those you see in the Kauai list of volunteers on this page, have done well!

However, recently, Thomas was given an opportunity to move to and to start a new life on an extensive area of land in Colorado, and he has taken it. He'll only be on Kauai part-time this winter until he can fully move to Colorado in the spring, and he has tried very hard to recruit a new VSH Kauai coordinator to replace him.



Cynthia Fowler & Iry Boboshko

Happily, Cynthia Fowler has volunteered, starting with the January 6 meeting, to coordinate VSH Kauai along with Iry Boboshko, who has been creating VSH Kauai monthly presentation / potluck flyers. Cynthia just happens to be our VSH Kauai January speaker, (see page 7), and is already starting to do bi-weekly VSH information tables on Tuesdays at Kauai Community College

in front of the cafeteria from noon to 2 p.m. Thank you, Cynthia and Iry!

A warm mahalo to Thomas and Janie, and best wishes for their new life together on the land in Colorado, and for great happiness and success with anything else they plan to do in the future!

Aloha!

VSH President



Janie & Thomas Eisendrath

### Donating to VSH

Please consider donating the following items to VSH: recent models of DSLR cameras, color laser printers, Windows or Mac computers, video recording equipment, sound systems and projection equipment in good, working condition. Our VSH volunteers will be able to make good use of them!

### Vegan Foods at the Carnival

Some local carnivals offer unexpected possibilities for vegans. For example, the annual Punahou School Carnival, 11 a.m. to 11 p.m. Friday & Saturday, February 1 & 2, has vegan lau laus at their cafeteria! Just ask for the vegetarian Hawaiian plate, without the lomi salmon. The Punahou Carnival benefits students with financial needs, so the purchase goes to a good cause, too!

# HOW TO LIVE TO BE 120: HEALTHY LONGEVITY IN THE 21ST CENTURY

A VSH FREE PUBLIC PRESENTATION BY  
**TERRY SHINTANI, MD, JD, MPH**

**TUESDAY, JAN. 8, 2019, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY)

**THURSDAY, JANUARY 10, 7 P.M.— MAUI**

J. WALTER CAMERON CENTER, 95 MAHALANI ST., WAILUKU

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.**

**D**r. Shintani, Harvard-trained nutritionist and medical doctor, will present the latest information on healthy longevity. Topics include:

- ◆ 5 steps to control inflammation naturally
- ◆ The Great Gluten Goof-up
- ◆ Why detox is important
- ◆ Control blood sugar with more carbs
- ◆ The emerging role of gut flora in health
- ◆ Surprising secrets to longer life.

**FRIDAY, JANUARY 11, 6-8 P.M.—OAHU**

**ENJOY DINING OUT WITH DR. SHINTANI!  
Bodhi Tree Meditation Center, 654A Judd Street**

**Delicious Vegan Vietnamese Buffet!**

All vegan dishes: Vietnamese rice rolls, green papaya salad, steamed tofu and wood ear mushrooms in tomato sauce, sautéed baby corn and tofu, stewed tomato rice noodle soup, summer rolls, desserts and more.

**\$19 total — please pay at event (cash or check)**

**To RSVP by Jan. 10, text or call Carol before 9 p.m. at  
(808) 728-6639, and let us know your name, contact info, &  
number of people coming.**

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

## ***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 your donation to be in memory of Dr. Bill Harris, you may also note this on your check, or if donating at <http://www.vsh.org/donate/>, send an email to let us know at [info@vsh.org](mailto:info@vsh.org). Dr. Harris 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.



**T**erry Shintani, MD, JD, MPH, KGCSJ, received his master's degree in nutrition at Harvard University and his Medical and Law degrees at the University of Hawaii. He is board certified in Preventive Medicine, is the Chair of the International Holistic Therapy Association, and a Member of the Council of Elders of Traditional Hawaiian Healers.

In 1992, he published his results showing a reversal of markers for chronic disease such as a reduction in cholesterol, blood pressure, blood sugar and weight, and has updated his program over the years to stay current with scientific research. He has been featured in Newsweek, on CBS This Morning, CNN News, Dateline NBC, and the Encyclopedia Britannica.

Dr. Shintani has written 15 books including the *Eat More, Weigh Less Diet*, *The Hawaii Diet*, and *The Peace Diet* (see [PeaceDiet.org](http://PeaceDiet.org)). He is formally designated a "Living Treasure of Hawaii". He has conducted health programs in Hawaii over 29 years, and has a YouTube channel at

[www.AskDrShintani.com](http://www.AskDrShintani.com).

If you're an Amazon customer, start your Amazon shopping at [smile.amazon.com](http://smile.amazon.com) (designate VSH as your charity & Amazon will donate 1/2% of all eligible purchases to VSH at no extra cost to you!).

Shop at AmazonSmile and Amazon will make a donation to: Vegetarian Society Of Hawaii

Get started

amazon smile

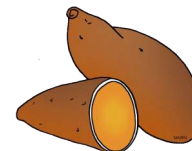




## Heart Healthy Recipes

By Neal Pinckney, PhD, [Heart.kumu.org](http://Heart.kumu.org)

"If it takes longer to make it than it does to eat it, forget it."



Over 250 easy, low-fat vegan recipes are available on Dr. Pinckney's website: [heart.kumu.org](http://heart.kumu.org).

### Quick Vegan Ramen Okonomiyaki

#### Quick Vegan Ramen Okonomiyaki

O-ko-no-mi-yaki is a traditional Japanese cold weather treat. Our version is quick and easy with packaged ramen.

- 2 packages vegan ramen (dried noodle dinner)
- 1 C whole wheat flour
- ¾ C of water
- 2 T EnerG egg-replacer mixed with 4 T water
- ¼ C okonomiyaki sauce (see hint below)
- ¼ head (about 1 C) cabbage (any kind) shredded
- ½ small onion, finely chopped
- ½ package Mori-Nu Lite tofu or other tofu
- ½ C corn, canned, frozen or fresh cooked
- ¼ C green onion, chopped
- 1 T (or more) of diced pickled ginger (optional)
- ¼ C nori flakes (optional)

Cook the ramen according to the packet instructions, but drain the water and then add the flavor packet and ½ t of soy sauce, but not the oil packet, if enclosed. Keep warm.

While ramen is cooking, mix flour, water and egg replacer to make a batter and then add all other ingredients except the okonomiyaki sauce, the green onions and the nori flakes, mixing well.

Heat a large non-stick pan or griddle and pour in half of the mixture. Cook a few minutes until the bottom edge is beginning to brown, then flip the pancake over carefully. Add half of the still warm ramen, nori flakes and 2 T okonomiyaki sauce on top, spreading evenly. When fully cooked, sprinkle on nori flakes and green onion, transfer on to a dinner plate and repeat the process for the second pancake. Serve additional okonomiyaki sauce to taste.

4 servings, each 249 calories: 8% from fat (2.4 g), 74% from carbohydrates (47.8 g). 18% from protein (11.4 g). Sodium 459 mg. Fiber 5 g



#### Healing Heart Hints:

Okonomiyaki is prepared in Japan on a griddle that is part of the counter-top serving bar, with customers sitting on stools and sliding their pancake from the hot griddle onto the serving area as they eat. On a cold day, the griddle warms the diners

while they eat. This cabbage pancake has many regional variations and may be served with seafood, meat or mochi, as well as various vegetables.

For variety, add a slice of vegan Canadian bacon or other vegan bacon, some soy 'bacon' bits, green peas, thin slices of mochi, or your favorite vegetables or leftovers to the pancake just before you flip the pancake to cook on the second side.

Okonomiyaki sauce can be found in many Asian markets, especially those featuring Japanese foods. If you can't find it, mix ½ C soy sauce with 3 T sweetener and 1 T cornstarch and heat until as thick as maple syrup.

Nori, thin sheets of toasted seaweed (commonly used to wrap sushi) can be crumbled into small flakes or bought ready flaked. This adds a fresh seafood taste and is often used in regional okonomiyaki.

Ramen comes in many styles. Use vegan ramen, and avoid the brands where the noodles are fried in oil - buy only those with baked noodles and show no oil in the list of ingredients. Some come with separate oil and spice packets. If the spice packet is combined with oil, discard it.

Key: t = teaspoon, T = tablespoon, C = cup.

#### 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](mailto:newsletter@vsh.org).



Leilani Farm Sanctuary is home to hundreds of rescued animals. Visitors are welcome, including school groups for educational tours.

[www.LeilaniFarmSanctuary.org](http://www.LeilaniFarmSanctuary.org)  
phone: (808) 298-8544



For plant-based resources or to learn about VSH and VSH events, visit [www.vsh.org](http://www.vsh.org) or call (808) 944-VEGI (8344).



# Recent VSH Events



Above left: Grace O'Neil, MD, lectured on "Plant Strong: How to Avoid Infections on a Plant-Based Diet" at the Ala Wai Golf Course Clubhouse on December 11. Above right, Dr. O'Neil in front of the Christmas tree at the Bayer Estate on December 12.



## Oahu



At the Bayer Estate living room with some dine-out guests including VSH volunteers on December 12. Sitting in front were hosts Sooz and Richard Mirikitani and their canine friend Yogi Bayer.



## Maui

Above: Dr. O'Neil's VSH dine-out was on Wednesday, December 12 at "Steve McGarrett's house" featured in the TV series Hawaii Five-0. The beachfront house (photo on right) is also known as the Bayer Estate. About 54 diners enjoyed touring the house, and feasting on scrumptious vegan dishes such as 'ulu lasagna and tofu chocolate cream pie created by Chefs Mama T and Rob Daguio of 'Umeke Market.



VSH December speaker Grace O'Neil, MD with husband Tom O'Neil (left) and VSH Maui coordinator Jerome Kellner (right), on December 13 when she lectured at Cameron Center in Wailuku.

## Kauai



Outgoing VSH Kauai coordinator Thomas Eisendrath (left) and wife Janie (not pictured) received from contest judge Vigil Akana a gift certificate from Eat Healthy Cafe for winning the best dish contest with their vegan version of "Baked Sweet Potato Rounds with Pecans" (see recipe on page 7) at the vegan potluck and Amanda Smith's talk on December 9.



Left: Amanda Smith spoke on "Renewing Our Natural Love for Food" on Sunday, December 9, at the Sun Village Clubhouse in Lihue on Kauai.

### Amanda Smith's Menehune Chef Poi Smoothie

Fill the blender with the ingredients listed below:

- 1 quarter of ripe local banana
- ¼ cup of frozen mixed berries
- ¼ cup of local poi
- 1 handful of local spinach
- ¼ cup of almond milk
- ¼ cup of coconut milk
- 1 tablespoon of Hawaiian honey  
*(editor: or vegan sweetener)*
- ¼ cup of ice (optional)

Blend and Serve!



About 45 people attended VSH's Imagine A Vegan World group's holiday potluck on Monday, December 17 at Kilauea Recreation Center on Oahu.



VSH Kauai volunteers Benjahmin Koenigsberg (wearing Christmas tree glasses) and Cynthia Fowler at Hanapepe Art Night on Friday, December 14. Along with Thomas Eisendrath, who took the photo, they gave away vegan outreach literature such as the *Why Vegan* booklet Benjahmin is holding. Cynthia brought vegan chocolate chip cookies, which she gave out to event attendees.

# VSH MEMBERSHIP DISCOUNT GUIDE



Aloha Joy: vegan sandwiches, bowls & plates, crêpes, treats, & handcrafted drinks.



Atelier Plant Based features vegan nutrient dense foods such as this Nice Cream Bowl.

Newest VSH member discounts: **Aloha Joy** food truck in Kihei & **Atelier Plant Based** inside Vim N' Vigor at Ala Moana Center.

## 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%
- ☞ **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, 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%
- ☞ Peace Café (2239 S. King St.) 5%
- ☞ Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- ☞ The Lovin Oven (418 Kuulei Road, Kailua) 5%
- ☞ 'Umeke Market (1001 Bishop St., fronts Hotel St.) 5%
- ☞ Vegan Hills (3585 Waiialae 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%
- ☞ **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->\$50), 19% for 75 min. (\$80->\$65)

## Hawaii (Big Island)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%

☞ = Vegan or Vegetarian Business

## Maui (\* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ **Aloha Joy** (1 Piikea Ave, Kihei) 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 Cafe (4495 Puhi Rd, Lihue) 10%
- ☞ Café Turmeric\* (5-5100 Kuhio Hwy Hanalei) 5%
- Chalupa's Authentic Mexican Food\* (Old Koloa Town or Lihue Town) 10%
- Craving Thai\* (3477 Weliweli Rd, Koloa) 5%
- ☞ Eat Healthy Kauai (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawiliwili 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](http://vegvoyages.com)) 5%
- ☞ Vegan Essentials - Food, Clothing and more (<http://store.veganessentials.com/>) 5%
- ☞ Vegetarian Journal ([www.vrg.org/groupmember/](http://www.vrg.org/groupmember/)) \$15 off \$25 subscription - 60%
- Flowers and Gifts: 15%: REDWHITE15 [www.gifts.com/](http://www.gifts.com/) [www.proflowers.com/](http://www.proflowers.com/) [www.personalcreations.com/](http://www.personalcreations.com/)

See details & any updates at [www.vsh.org/discounts](http://www.vsh.org/discounts).

**Boldface: newest discounts**

Revised January 2, 2019

Your VSH membership is valuable and 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: \_\_\_\_\_

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Email: \_\_\_\_\_

New  Renewal

Make checks payable to: Vegetarian Society of Hawaii,  
P.O. Box 23208, Honolulu, HI 96823

You may also join or renew online  
at <http://www.vsh.org/join/>

1 Year 2 Years 3 Years 4 Years 5 Years

\$25 \$48 \$68 \$85 \$100

\$15 \$30 \$45 \$60 \$75

\$38 \$72 \$102 \$128 \$150

\$500 Lifetime regular membership

\$7 International mailing per year

\$\_\_\_\_\_ Additional tax deductible donation

**Send newsletter via full color email**

I want to volunteer

Please check one:

Vegan (no animal product at all)

Vegetarian (no flesh, fish, or fowl)

Associate (not yet vegetarian)

## VSH Kaua'i December Best Vegan Dish: Baked Sweet Potato Rounds with Pecans

1 big or 3 medium-sized round sweet potatoes (orange meat) or yams, washed & dried.

### Topping:

3/4 cup pecans, coarsely crushed  
*(editor: Original recipe used 1/2 C Parmesan here, but the winning dish used **no cheese**.)*

1/2 tsp. thyme

1/8 tsp. crushed red chilies

1/2 tsp. garlic powder  
*(editor: Original recipe used 1-1/2 tbsp. olive oil here. May use **a little water, instead, to stick mixture together**)*

Salt and pepper to taste

Preheat oven to 400° F. Slice the sweet potatoes into 1/2-inch rounds. Make 8 large rounds or 16 medium-sized rounds. Discard the ends.

Line a baking sheet with baking paper. Place the sweet potato slices on the bak-

ing sheet. Drizzle them with olive oil. In a medium-sized bowl, mix all the toppings. Add enough olive oil so the mixture sticks together.

Spread the topping mixture onto the sweet-potato slices. Press gently. Bake for 40-50 minutes or until the sweet potatoes are tender and the topping is crunchy.

Adapted from *Adrenal Fatigue Syndrome Cookbook: Recipes to Reclaim Your Energy* by Dorine Lam, MS, MPH, RDN, Dr. Michael Lam, Dr. Justin Lam, & Dr. Carrie Lam.

## VSH KAUA'I VEGAN POTLUCK / PRESENTATION Kapaa Neighborhood Center 4491 Kou Street at Kuhio Hwy

**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 Café. Welcome without a dish, too; suggested donation: \$10. Check VSH Facebook page for updates.

**1:00 p.m. Sunday, January 6, 2019**

**PLANT-BASED DIET VS PLANT POWERED LIFE**  
Is there a difference? Why does it matter?

**By Cynthia Fowler**

Join Cynthia in a discussion about re-discovering the "why" you choose to live a compassionate lifestyle. Is it time for you to create new motives for plant-based eating? We will discuss the far reaching benefits of expanding your animal-free diet to a cruelty-free way of life. A lifestyle is much larger than a diet. Whether you are a vegan, or someone considering how to take the next step towards plant-based living you will benefit from topics such as:



- Going deeper than great health
- How to be heard without speaking
- Respecting the stages of change
- Adding Ahimsa to Aloha
- Everyone is an educator

Cynthia Fowler is a certified personal trainer and yoga instructor with 9 years of experience as a vegan in the fitness industry. She attended California University of PA, majoring in exercise science. One of her greatest passions is supporting others to make transformations in their lives through exercise and nutrient dense plant-based eating. Cynthia moved to Kauai from Florida, where she worked with a non-profit called Compassion Kind to rescue and relocate animals, and raise funds for international animalrights education programs. She has volunteered with organizations such as Vegan Outreach, Anonymous for the Voiceless, and Solutionary Events educating the public through various types of animal rights activism. She currently coordinates outreach events for the VSH here on Kauai with support from Vegan Outreach and PETA.

**1:00 p.m. Sunday, February 3, 2019**

### PRESENTATION TOPIC TO BE ANNOUNCED

Program on one or more aspects of the mission of the Vegetarian Society of Hawaii: to promote human health, animal rights and protection of the environment by means of vegetarian, whole foods, plant-based vegan education..



## Vegetarian Society of Hawaii

P.O. Box 23208  
Honolulu, Hawaii USA  
96823-3208

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## Vegetarian Society of Hawaii VSH Special Interest Group Events

**Veg News community events**  
emailed monthly. To receive it,  
email [info@vsh.org](mailto:info@vsh.org).

### Grow Your Own Food (gardening group) — Oahu

**Mon., Jan. 28, Feb. 25, 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, Jan. 7, Feb. 4, 6:30-8:30 p.m.** — Discussions & activities! **Kilauea Recreation Center.**

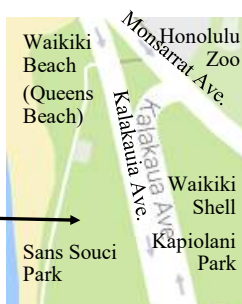
**Monday, Jan. 21, Feb. 18, 6:30-8:30 p.m.** — Potluck. Bring a healthy vegan dish to share, your own water / beverage, and dinnerware. **Kilauea Recreation Center, 4109 Kilauea Ave, Honolulu, HI.**

### Oahu Fruitluck

**2-4 p.m. Sun. Jan. 13, Feb. 10**

Sans Souci State Park, across from Kapiolani Park. Look for a sign or a table with a distinctive tablecloth.

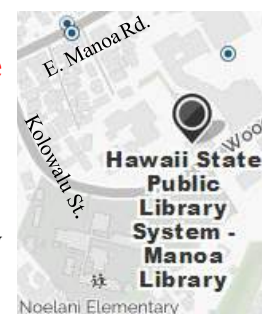
Join us for sun, beach & delicious fruits! Bring fresh ripe fruit, or fruit dishes — optional, bring an extra seat, hula hoop, or ? (Weather is usually dry here, but check before coming!)



### Nutrition Science Lecture with Q & A by Jake

**6:30-8 p.m. or later  
Mon., Jan. 28**

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](mailto: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!