

The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 8, AUGUST 2019

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Free Public Lectures

Shivam Joshi, MD

“Plant-Based Diets in Chronic Kidney Disease”

Tuesday, August 13 (Oahu)
Ala Wai Golf Course Clubhouse

Thursday, August 15 (Maui)
Cameron Center

Upcoming Oahu/Maui Speakers

Sailesh Rao, PhD

“How Not To Go Extinct”
Sept. 17 (Oahu), Sept. 19 (Maui)

“A Prayer for Compassion”
September 18 (Oahu)

How You Can Solve Climate Change TODAY”
September 21 (Oahu)

Amanda Smith
Oct. 8 (Oahu), Oct. 10 (Maui)

Kauai Presentations

Potluck/Planning Meeting
Sunday, August 4

Benjahmin Koenigsberg
“Lose Weight With Carbs”
Sunday, September 1



After the dairy's closure due to environmental reasons on the Big Island, it was clear that the over 2,600 cows there would either go to slaughter, to other dairies, to auction or to ranches and farms where they still might end up being slaughtered.

Alessandra gathered together a small group of passionate vegans and animal lovers who were all determined to rescue the cows, starting with Stephen Rouelle, co-owner of Under the Bodhi Tree restaurant and Syndi Texeira, who became a strong leader and partner in this effort. Some of them, including Syndi, were also part of the Hawai'i Lava Flow Animal Rescue Network (HLFARN) which Alessandra had begun to save animals left behind when the 2018 Puna eruptions destroyed hundreds of homes and isolated many others.

The newly formed Hawai'i Cow Rescue began its first rescue round in early January 2019, and volunteers have worked on six rescue rounds so far.

Each rescued cow has been given to people who've agreed to adopt them, and not use them for dairy, meat or commercial gain. The cows are either to be pets (adopters are asked to take a minimum of two) or on pasture, blissfully living out their lives.

(Continued on page 2)

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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*	Sirilak Moore
Patrick Connair	Debbie Naclerio
KianaRose Dulan	Paul Onishi
Phyllis Fong	Gail Pang
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Gerald Chudy, Kauai coordinator

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Cynthia Fowler	

Maui

Jerome Kellner, Maui coordinator

Stephen Beidner	Laurelee Blanchard
Bill Best	Jim Brown
Bobbie Best	Russell Van Dyken

(Continued from page 1)

The Hawai'i Cow Rescue

Syndi recounts a touching story of one rescue:
During our third rescue, we took 30 cows to an adopter in Ninoole. We needed to do three separate loads of 10 cows due to the trailer size and safety of the cows. The adopter in Ninoole had previously acquired cows from the dairy, so when we arrived with the first 10 cows, the previous residents came to greet their new roommates. The new cows were hesitant until they saw the herd running over the hill, calling to them. It was a beautiful sight. The same thing happened with the next load and by the last load, there were more than 30 cows running, mooing, and happy to see more of their friends from the dairy join them. The bond they have is now... unbreakable.

The Hawai'i Cow Rescue team desperately needs more funds and more homes on the Big Island to save more of these precious beings. They only have until the end of September to save more cows. If you can provide a home for two or more of these cows, please contact Alessandra at (808) 936-0636. Otherwise, you can still help by providing some much needed funds:

www.gofundme.com/f/cow-rescue-hawaii-by-hlfarn

To learn more of the story of this remarkable rescue, read *The Hawai'i Island Cow Rescue of 2019* <http://pacificrootsmagazine.com/hawaii-island-cow-rescue-of-2019/> edited by Annika Lundkvist, in the online publication *Pacific Roots Magazine*.



Alessandra Rugar-Weber and Selena Rojas with a cow friend.



"How You Can Solve Climate Change TODAY"

Dr. Rao's featured presentation at
**VegFest Oahu. 2:15-3:15 p.m.,
Saturday, September 21**
Frank Fasi Civic Grounds, 558 S. King St.
Free pkg & entry.

Vegan Dine-out with Dr. Rao

6-8 p.m., Friday, September 20
Bodhi Tree Meditation Center
654A Judd St., Honolulu
Vietnamese Buffet. Menu at vsh.org.
\$19 total. To RSVP,
[text](mailto:carol@vsh.org) (or call) Carol at (808) 728-6639.



CO-SPONSORED BY THE LD & OLLI AT UH MANOA

Free—Dr. Sailesh Rao will screen his new award-winning documentary

"A Prayer for Compassion"

6:30 p.m. (doors open at 6 p.m.), Wed., Sept. 18

Art Bldg. Auditorium (tentative), UH at Manoa.

See vsh.org for final room assignment

Can compassion grow to include all beings? Can people who identify as religious or spiritual come to embrace the call to include all human and nonhuman beings in our circle of respect and caring and love?

PLANT-BASED DIETS IN CHRONIC KIDNEY DISEASE

A VSH PUBLIC PRESENTATION BY
SHIVAM JOSHI, MD

7 P.M., TUESDAY, AUGUST 13, 2019

ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU
(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY)

7 P.M., THURSDAY, AUGUST 15

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU
OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.



Shivam Joshi, MD, is an internist, nephrologist, and plant-based physician practicing at Bellevue Hospital in New York City. He is a faculty member of NYU's School of

Medicine with research interests in plant-based diets, evolutionary diets, fad diets, and nephrology. He received his BS from Duke University and his MD from the University of Miami. He completed his residency at Jackson Memorial Hospital/University of Miami and his nephrology fellowship at the Hospital of the University of Pennsylvania. You can follow him on Instagram/Facebook/Twitter (@sjoshiMD) or on his website (www.afternoonrounds.com).

Patients with kidney disease have historically been told to avoid plant-based diets for fear of raising serum potassium or phosphate levels, developing kidney stones, or becoming nutrient deficient. However, many patients with kidney disease who eat plant-based diets do not experience these issues and actually experience several health benefits, including improved blood pressure; reduced acid and phosphate levels; reductions in mortality and proteinuria; and a slower progression - if not reversal (in select cases) - of their underlying renal disease. As a result, an optimal diet for patients with renal disease is one that emphasizes the consumption of plant-based foods.

6-8 P.M., WED., AUGUST 14 (Oahu)

Vegan Dine-Out w/ Dr. Shivam Joshi!

The Ripple of Smiles, 3040 Waiialae Ave.

Park in lot or across Waiialae Ave. in front of Wayne's Carpet & Downing Hawaii.

\$18.50 (incl. tax & tip) Cash. Credit card OK for parties of 3+.

RSVP (needed): Text (or call) Carol before 9 p.m. at (808) 728-6639 w/ your name, phone no., number of diners & entrée choice for each.

Includes a full-sized Summer Roll (1/2 order) w/ peanut sauce & your choice of entrée:

Entrée choices:

1) House Special—Stir Fried Noodles: cabbage, broccoli, green beans, carrots, tofu, mushrooms, bean sprouts, onion, pepper, rice noodles, sauce; served with soy sauce.

2) Veggie Curry: tofu, taro, carrots, white onion, peanuts, brown rice.

3) Veggie Pho Noodle Soup with rice noodles, tofu, broccoli, cabbage, carrots, mushroom, culantro, cilantro, onions & vegan broth, served with bean sprouts, culantro, jalapeno and lime.

4) Stir-Fried Vegetables & Tofu with cabbage, broccoli, green beans, carrot, tofu, mushroom and sauce, served with brown rice and soy sauce.

Note: Not a lecture, dining event only.

Proceeds go to meal providers, not to VSH.

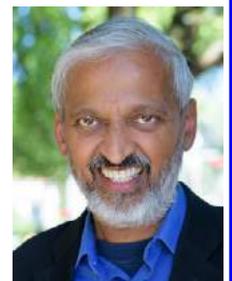
CO-SPONSORED BY THE LINGUISTICS DEPT. & THE OSHER LIFELONG LEARNING INSTITUTE AT THE UNIVERSITY OF HAWAII AT MANOA.
7 p.m., Tues. Sept. 17, Art Auditorium (tentative—see vsh.org for final assigned room), University of Hawaii at Manoa (Oahu).
7 p.m., Thursday, September 19 at Cameron Center (Maui).

How Not To Go Extinct

Sailesh Rao, PhD

This talk examines the top causes of premature extinction on Earth - climate change, biodiversity loss, ecosystems collapse, chemical pollution and more, and explains how a nonviolent Eco-Vegan lifestyle mitigates all of these causes. It advances the hypothesis that an ecosystem's role for human beings as the "Thermostat Species" is

in harmony with scientific facts as well as with the foundational stories of major cultures. With strong scientific evidence, it shows why we need to transform to a largely Vegan World to continue fulfilling this ecosystem's role as compassionate "Climate Healers" by 2026, seven short years from now, or risk our own extinction.



We're looking forward to seeing you at VSH events! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.



Heart Healthy Recipes

By Neal Pinckney, PhD

"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.

Low Fat Baked Tofu

Do you enjoy tofu, but worry about those fat calories? Try this recipe with tasty variations.

Tofu is a healthy food, but it is higher in fat than advised for those who are trying to prevent or reverse heart disease. Fortunately, a lower fat version is available in many markets and natural food stores. Mori-Nu Lite (make sure you get the Lite, Mori-Nu makes regular tofu as well) has 25% calories from fat

(CFF), while most brands of fresh tofu are about 65% CFF. Mori-Nu doesn't need refrigeration and has a shelf life of about a year.

Baked tofu can have many flavors. This recipe has a teriyaki-like flavor, but you can change to your favorite by using curry powder or taco-flavoring powder or even a bar-b-que sauce. Be sure to look over all the hints below before preparing this dish.



Baked Tofu

- 1 package firm or extra-firm tofu (see Hint 1)
- ¼ C vegetable broth, white wine, cooking sherry or water (see Hint 2)
- ¼ C reduced-sodium natural soy sauce or tamari
- 1 T agave nectar or other liquid sweetener
- 2 T vinegar: rice, white, cider or white wine
- 1 or 2 cloves garlic, crushed or minced (optional)
- 1 t grated fresh or prepared ginger

Drain the tofu and cut into 8 slabs crosswise. Blot well between paper towels or clean kitchen towels (or use Hint 1). Cut each slab into strips.

Combine the remaining ingredients in a small bowl.

Arrange the tofu slices in a single layer in a shallow container or baking dish and pour enough marinade over them to cover. Let soak for a couple of hours or longer.

Preheat the oven to 400°F. Remove the tofu slices from the marinade and transfer to a baking pan (see hint below) in a single layer.

Bake for 20 minutes, then turn the strips and bake for 15 to 20 minutes longer, or until the tofu is firm and starting to turn light brown along the edges.

Hints:

1. If you want your baked tofu strips to be more firm, place a cutting board over them with a weight (like a book) on top. Then let the strips rest for 30 minutes.
2. Can substitute mirin for white wine and sweetener.
3. Instead of baking, you can cook these tofu slices on a grill, about 5 minutes per side.
4. For a subtle smoky flavor add 1 teaspoon of liquid smoke to the marinade.
5. For ginger lovers, double or triple the ginger.
6. This can be made in a toaster oven, keeping the kitchen cooler than using a regular oven.
7. To make it easier to clean up, use parchment paper or a non-stick pan or silicone baking sheet.
8. For those not concerned about fat content, this recipe works well with a 14 to 16 oz tub of regular tofu.



Key: t=teaspoon, T=tablespoon, c=cup

Miss Dim Sum? Yum Cha is a Great Option for Vegans

by Grace Chen O'Neil, MD, FACEP

I have been missing dim sum since the Legends Vegetarian Restaurant closed. The good news is that now we have a new option in town. I've been there several times, and I find that the owner, Lisa, is very accommodating.



Although I am vegan and also need gluten-free and soy-free foods, somehow the kitchen at Yum Cha always makes some dishes for me to eat. If you are not avoiding gluten and soy, there are even more items on the menu you can choose!

Yum Cha has a regular menu in addition to dim sum. The owner shared with me that she wanted to expand her vegetarian menu, so I will be helping her do this. I am excited about this opportunity. She stated she thought that a plant-based diet was the wave of the future. I agree! In the future, they'll also be providing a Vegetarian Society discount, so please check them out!

Recent VSH Events

Oahu



Left and right: Brooke Goldner, MD, spoke on July 9, 2019 at the Ala Wai Golf Course Clubhouse on **“Reversing Lupus, Sjögren's and Many Other Chronic Diseases with Super-market Foods.”**



Above: Panoramic view of Dr. Brooke Goldner (in white shirt) with other diners and the owners of Peace Café at her VSH dine-out at Peace Café on July 10.



Right: Chef Shota and Yuka Terai, owners of Peace Café with Dr. Brooke Goldner.



Left: Oahu Fruitluck on Sunday, July 7 in Waikiki by the beach. Fruitluck coordinator Woody Barboza in center (light blue shirt) flanked by fellow participants,

Below right: Sharon Tanaka at the Grow Your Own Food meeting, on July 29 at Kilauea Recreation Center.



Left: Vegan potluck picnic on Saturday, July 20 at Foster Botanical Garden's Midsummer Night's Gleam event.



Maui

Kauai

Sorry, photos not available of the July 7 VSH Kauai meeting.



Left: Jerome Kellner, VSH Maui coordinator, and Brooke Goldner, MD, at Cameron Center in Wailuku on July 11, 2019. Center: Dr. Goldner with Irminne Van Dyken, MD. Right: Dr. Goldner speaking at Cameron Center.



VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



Earth Aloha Eats: Vegan food truck in Kihei near Azeka Mauka Mall. Vegan fish & chips, ribs, pulled pork, chicken dishes, tacos, falafel wrap, salad, crème brûlée and more.



Herbivores: Vegan. Creative, healthy fast foods. Breakfast, lunch, dinner, smoothies, juices, coffee with Evolution Bakery baked goods. Jackfruit nachos, NY bagels, 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 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%
- ☞ Ganesh Dosa (Ohana Hale Mktplace, 333 Ward Ave) 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.) 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%
- ☞ The Ripple of Smiles (3040 Waiālae Ave, Kaimuki) 15%
- ☞ '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
- Good Clean Food Hawaii (<https://www.gcfhawaii.com/>) 10% code: VegLife
- ☞ 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
- ☞ Town & Country Builders LLC, remodeling & home improvements, license #BC-26340. ((808)358-6667) \$250 discount

Hawaii (Big Island)

- ☞ Harry's Pet and Home Care ((808) 321-0665) 20%
- ☞ **Herbivores** (75-5722 Hanama Pl, Kailua-Kona) 10%

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hau St, #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%
- ☞ **Earth Aloha Eats* (1 Piikea Ave, Kihei) 10%**
- Fork and Salad (1279 S Kihei Rd, #204, 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 Cafe (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%
- 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

- ☞ Hawaii Veggie Farm. Big Island purple sweet potatoes (hawaiiveggiefarm.com) 5%, text or email image of current VSH member card to (808) 430-2519 or Customerservice@hawaiiveggiefarm.com
- ☞ Pono Home Essentials (ponohomeessentials.com) Free home energy audit, more at www.ponohome.com 5% (code: VSH).
- ☞ VegVoyages (vegvoyages.com) Asian adventure tours, 5%
- ☞ Vegan Essentials (<http://store.veganessentials.com/>) Food, Clothing and more, 5% code: VSH
- ☞ Vegetarian Journal (www.vrg.org/groupmember/) \$15 off \$25 subscription - 60%

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

Boldface: newest discounts

Revised August 6, 2019

☞ = Vegan or Vegetarian Business

Your VSH membership is valuable and can save you many times the cost of dues. At the same time, your dues and donations support VSH's educational mission, 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/>

1 Year 2 Years 3 Years 4 Years 5 Years

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

Full-time Student
\$15 \$30 \$45 \$60 \$75

Couple or Family
\$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)



Vegan Dream Retreat Oct. 31-Nov. 4 Captain Cook, Hawaii

John Pierre, our VSH November 2018 speaker, has let us at VSH know that he's coming back to Hawaii to be an instructor/guide for this vegan retreat, along with Alessandra Rugar-Weber (see pages 1 and 2), Vanessa Marsot, and Lisa Levinson! A kamaaina rate available. See more info at <https://vegandreamretreats.com/>



Congratulations to Amanda Smith, Newly Crowned Ms. United States!

Amanda Smith, who is a vegan and will be speaking for VSH on October 8 (Oahu) and October 10 (Maui), was Ms. Hawaii United States until very recently, when she won the national competition in Las Vegas! Amanda was crowned Ms. United States on August 2, 2019.



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 bring the recipe, if possible, or an ingredient list. 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 any updates.

1:00 p.m. Sunday, August 4 Potluck/Planning Meeting

Enjoy a delicious vegan potluck and also participate in planning VSH Kaua'i's future!

Watch VSH Kaua'i videos of past presentations at <https://www.vsh.org/kauai/>.



1:00 p.m. Sunday, September 1, 2019 Lose Weight With Carbs Benjahmin Koenigsberg

Do you get discouraged with dieting or your eating habits? Despite new and popular diets, gyms and supplements, many people are still confused about what to eat, how to lose weight and overcome their intense cravings. Come learn the truth behind a common and detrimental nutrition and weight loss misconception.....eating lots of carbs! Potatoes, grains and other starchy carbs have been maligned and feared by many although they are actually the answer to lasting health and weight loss! Discover the economic value and health benefits of carbohydrate-rich foods, why they are optimal for weight management and how to prepare delicious meals that will keep you trim, healthy and feeling full.





Vegetarian Society of Hawaii

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

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Buy tickets at: www.fathomevents.com/events/the-game-changers

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FROM ACADEMY AWARD-WINNING DIRECTOR
LOUIE PSIHIDYOS

FUELED BY THE TRUTH THE GAME CHANGERS

One night only: 7:30 p.m., Mon. Sept. 16, Regal Dole Cannery (Oahu), Regal Maui Mall (Maui), and Regal Makalapua (Big Island).

Get your tickets early for this one night only theatrical release of the new film *The Game Changers*, executive produced by James Cameron, Arnold Schwarzenegger and Jackie Chan, that documents the explosive rise of plant-based eating in professional sports, mixing real-time, groundbreaking science with stories of struggle and triumph.

VegFest Oahu 2019 is Coming Soon!

11:30 a.m.-5 p.m., Saturday, Sept. 21
Frank Fasi Civic Grounds
558 S. King Street
Free parking, free entry!

For complete info: VegFestOahu.com



Make plans to attend this exciting, all-vegan festival and enjoy a variety of delicious foods, music, tasty food prep demos, great speakers, including Dr. Sailesh Rao, executive producer of *Cowspiracy* and *What The Health*, at 2:15-3:15 p.m., and visit us at our VSH booth! We'll be giving out lots of information, including recipes; doing vegan book giveaways throughout the day; offering a colorful keiki activities area and our special veggie petting zoo; sharing our booth with Leilani Farm Sanctuary and more!

If you're interested in volunteering at the VSH VegFest Oahu booth for whatever time you can spare, please email us at info@vsh.org or leave a voice message at (808) 944-8344. We'll be thrilled to hear from you!

Oahu Fruitluck on August 4 is still happening, but all August VSH special interest group meetings at Kilauea Recreation Center are canceled, as their coordinator is traveling in August. When VSH gets confirmation of requested September meeting dates at KRC, the Sept. events will be posted at meetup.com/Hawaii-Vegan-Events.