Make your 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*, and visit us at our Vegetarian Society of Hawaii 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!

It’s encouraging to see how far VegFest O’ahu has come since it was just a gleam in the eye of Joy Waters, and many other local vegans who’d dreamed of having a VegFest on Oahu like this for many years, but had to be content with, if they could afford it, going to large veggie festivals elsewhere, usually on the U.S. mainland. The first meeting for the first VegFest O’ahu was held in the evening of February 15, 2016, on the 2nd floor in the Fashion Co-Op space at Ward Warehouse in Honolulu. The photo here shows Joy and most of the attendees, all of whom brought their willingness to help start up the first ever VegFest O’ahu. With a tremendous amount of hard work and a lot of perseverance, VegFest O’ahu 2016 opened to an enthusiastic crowd of thousands on Saturday, September 24, 2016, and they’ve been coming back in ever greater numbers, it seems, for the past three years. This year’s festival will be the fourth VegFest O’ahu — hard to believe, but true!

Please check out this issue’s back cover for overall information about VegFest O’ahu, page 6 for the guide to all scheduled events at VegFest O’ahu, and page 5 for the details about Dr. Rao’s featured talk on *How You Can Solve Climate Change TODAY*. See you there!
Dear Friends,

I’d like to extend a heartfelt mahalo to Cynthia Fowler, who took on a big job as VSH Kauai coordinator, when Thomas Eisen-drath, VSH Kauai’s previous coordinator, and his wife Janie moved away from Kauai to Colorado. Thomas had difficulty finding anyone willing to take his place, so we were fortunate that Cynthia, who had been doing VSH information tables at Kauai Community College and at community events, stepped up to the plate.

As with Thomas, she could not let VSH Kauai simply disappear for lack of someone to take it over. She officially ran her first meeting solo on January 6, 2019, even being the featured speaker for that meeting. Although she had help from some good volunteers, she still had to take on a lot of the responsibility and worry single-handedly, and did well. I had the delightful privilege of meeting Cynthia in person at the Sunday, April 7, 2019 potluck/presentation at Kapaa Neighborhood Center (and of being able to thank Thomas and Janie, for whom this was their last VSH Kauai meeting before their final move to the mainland). She continued to work hard, and served as an effective and much-appreciated coordinator for VSH’s Kauai branch until she needed to step down this summer.

VSH is fortunate that, although Kauai is currently without a coordinator, a volunteer team has taken over from Cynthia to organize VSH Kauai meetings! Thanks very much to Carol Williams, Robert Zelkovsky, Susan Lau, and Iry Boboshko as well as to Gerald Chudy, who, for a short time, agreed to direct the team. They held their first VSH Kauai vegan potluck/meeting at Kapaa Neighborhood Center on Sunday, August 4.

Carol Williams, Robert Zelkovsky, Susan Lau, Iry Boboshko, and Gerald Chudy

Mahalo again to Cynthia for a job well done, and mahalo to the VSH Kau-ai volunteers who are keeping VSH Kauai alive and well!

Aloha!

Lorraine

VSH President
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.

**How Not to Go Extinct**

**A VSH, OLLI, DoL, and ISR free public presentation by Sailesh Rao, PhD**

7 p.m., Tuesday, Sept. 17

**University of Hawai‘i at Mānoa**

Art Building Auditorium, Rm. 132
2535 McCarthy Mall, UH at Mānoa, Honolulu

Note: See UH at Mānoa map on page 5

7 p.m., Thursday, September 19, 2019

Cameron Center, 95 Mahalani St., Wailuku—Maui
7 p.m. Sept.15 Kailua-Kona (New-see page 5)—Big Island

At Oahu & Maui events on this page, vegan refreshments are courtesy of Down to Earth.

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 ecosystems 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 ecosystems role as compassionate "Climate Healers" by 2026, seven short years from now, or risk our own extinction.

**Special free screening of the new award-winning documentary**

“**A Prayer for Compassion**”

Followed by Q and A with Dr. Sailesh Rao
6:30 p.m. Wed. September 18

Art Building Auditorium, Rm. 132, 2535 McCarthy Mall, UH at Mānoa

Note: See UH at Mānoa map on page 5

This film follows Thomas Jackson on a quest across America that ultimately takes him to Morocco for the UN Climate Conference and throughout the Indian subcontinent to ask, “Can compassion grow to include all beings?” and “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?”

It calls on people of faith and spiritual seekers of every stripe to come together to bring about a world in which “The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them.” (Isaiah 11:6).

Dr. Sailesh Rao is the Founder and Executive Director of Climate Healers, a non-profit dedicated towards healing the Earth’s climate. A systems specialist with a PhD in Electrical Engineering from Stanford University, Stanford, CA, USA, conferred in 1986, Dr. Rao worked on the Internet communications infrastructure for twenty years after graduation. In 2006, he switched careers and became deeply immersed, full time, in the environmental crises affecting humanity. Dr. Rao is the author of the 2011 book, Carbon Dharma: The Occupation of Butterflies and the 2016 book, Carbon Yoga: The Vegan Metamorphosis. He is an Executive Producer of the trilogy of documentaries “THEY Don’t Want You To See”, The Human Experiment (2013), Cowspiracy: The Sustainability Secret (2014) and What The Health (2017), which explore the systemic causes of human and environmental ill health. He is also an Executive Producer of the new groundbreaking documentary, “A Prayer for Compassion”.

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.
Laurie Marbas, MD, MBA, is a double board-certified family medicine and lifestyle medicine physician utilizing food as medicine since 2012. She is the Managing Editor for the Plantrician Project’s International Journal of Disease Reversal and Prevention and works with its Editor in Chief, Dr. Kim Williams. She is also co-founder of Healthy Human Revolution (http://healthyhumanrevolution.com) whose mission is to empower individuals with the knowledge, tools and mindset to successfully adopt and sustain a whole food plant-based diet.

She received her dual degrees (MD and MBA) from Texas Tech University Health Sciences Center School of Medicine and the TTU School of Business. Laurie was awarded the Texas Tech University School of Medicine Gold Headed Cane Award, a symbol for excellence in the art of medicine and the care of patients.

She is a USAF veteran having served in the Middle East and South America. She is a wife, mom of three grown children, host of the Healthy Human Revolution podcast, author, speaker and an avid runner.

What Your Doctor Didn’t Learn in Medical School Could Kill You
A VSH free public presentation by Laurie Marbas, MD

7 P.M., TUESDAY, NOV. 12—OAHU
ALWAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

Amanda Smith shares how food has saved her life and how it can save yours, too. Learn how mindful eating of healthy plant-based foods using locally-sourced ingredients and eliminating harmful eating habits, such as excessive processed foods, are beneficial for your health. Learn the benefits of using sustainable farmers market finds in everyday recipes. Amanda will be sharing what she has learned from her experiences as a TV host, chef, and food writer, as well as her strong commitment to and vision for a healthy Hawaii community, and the future generations of keiki. She will also share a favorite recipe!

In the original Hippocratic Oath that physicians take upon graduating medical school, it states, “I will keep them from harm and injustice.” The majority of physicians, I do believe, do not want to harm their patients and only want what is best for them. Unfortunately, the one thing that could reverse chronic disease and stop the need for most prescription medications we did not learn about in medical school. So, we physicians continue to practice medicine the way we were taught with a pen and prescription pad, and a scalpel. Those prescription medications have side effects and kill 106,000 Americans every year, according to one study. That would place your doctor (as well as me) as one of the leading killers of Americans. Scary isn’t it?
Enjoy a Delicious Vegan Dine-out with Dr. Sailesh Rao!

6-8 p.m., Friday, September 20

Bodhi Tree Meditation Center
654A Judd St., Honolulu

Vietnamese Buffet. $19 total.
(Please pay cash or by check before eating.)

To RSVP, early recommended, text (or call) Carol at (808) 728-6639.

Mushroom Pho, Mixed Mushroom Salad (steamed), Summer Rolls
Green Papaya Salad or Banana Flower Salad (depending on availability)
Veggie Casserole, Vegan Chicken Tofu Noodle Dish (Rice Noodle Sauté or Pad Thai)
Brown Rice Sticky Rice
Desserts: Banana Tapioca, Taro Sticky Rice

Note: all proceeds go to the meal provider, not to VSH.

The Hawai‘i Cow Rescue

As a follow-up to last month’s story on the cow rescue, more funds and more homes on the Big Island are desperately needed. The rescuers only have until the end of this month, September, to save any more of the cows from the closed Big Island Dairy. Alessandra Rupar-Weber, who heads this effort, recently received word of “25 weanies” that she could rehome now, but has no money with which to rescue them. To help: call (808) 936-0636 or go to www.gofundme.com/f/cow-rescue-hawaii-by-hlfarn.

How You Can Solve Climate Change TODAY

Dr. Sailesh Rao’s featured presentation at VegFest O‘ahu

2:15-3:15 p.m., Sat., September 21
Frank Fasi Civic Grounds, 558 S. King St.
Free parking and entry.

In this talk, we will show that you have everything you need to solve climate change and the environmental crises, TODAY! Specifically, we will go through a step-by-step process to reclaim your power and the agency to solve the world’s problems. All it requires is your intention to heal the planet and yourself. Please bring it.

Enjoy a Delicious Vegan Dine-out with Dr. Sailesh Rao!

6-8 p.m., Friday, September 20

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These VSH events are free and open to all, so please be sure to come, and bring a friend, too!  
See event details at meetup.com/veganoahu/ or meetup.com/Hawaii-Vegan-Events  
Looking forward to seeing you! 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.

Healthy Hearts Around the World — Russia

Solyanka — An East European soul food with vegan sour cream

I've been formulating a series which I'm calling Healthy Hearts Around the World. We did Japan last month, and these recipes are Russian (actually northeastern Europe).

Solyanka (4 to 6 servings)

Solyanka (pronounced so-LYAN-ka) comes from the Russian word for salt, but it's more savory than salty) is said to originate in Estonia and is “soul food” in Russia, the Ukraine, the Baltic states and the former East Germany. While it commonly contains meat or fish, it is also popular there with mushrooms as its main ingredient. Although it has lots of elements, it's relatively simple and quick to prepare.

6 C water
4 medium onions, sliced
2½ C any edible mushrooms, chopped
2 large garlic cloves
2 bay leaves
½ t ground black pepper
2 (heaping) paprika powder
1 carrot, in coins or julienned
3 medium potatoes, cubed
3 T black olives (pitted) (see hint)
3 T green olives (pitted)
5 T tomato sauce
1 slice of lemon, cut into four
salt (optional: if used, no more than 1 tsp)
fresh ground black pepper to taste

Directions:
Bring the water (and, optionally, salt) to boil in a large pot. Heat sliced onions in a small amount of water or veggie broth for 3 minutes, then add chopped the mushrooms, garlic, bay leaves, ground black pepper and paprika powder. Cook for 2 or 3 minutes. Add boiling water and boil for 5 minutes. Add sliced potatoes and boil another 5 minutes. Add carrot, chopped pickles, olives, tomato sauce, lemon pieces. Cook for 5 minutes or until the potatoes are soft. Serve with green (spring) onions or chopped fresh parsley. Vegan sour cream is also commonly added (see recipe below).

Hints:
Olives are the usual salty addition, but they are high in fat. For those who want to avoid all fat, substitute preserved capers instead.
In some ethnic areas, cabbage, either sliced or cut leaves, are commonly added. Fresh dill (or dried dill, if not available) is also commonly added as a garnish.

Vegan Sour Cream

1 package Mori-Nu LITE tofu, firm or extra firm
2 T white vinegar
2 T soy milk powder (see note below)

Directions:
Blend all ingredients until completely smooth. Makes 3 cups. Lasts 3 weeks in a refrigerator. You can also make half the above, save half the tofu in plastic wrap and freeze for future use.

Note: I prefer using soy milk powder, as I can make just the amount I need whenever I want some, and there's nothing left over to spoil. The powder comes in plain - use that in this recipe - and vanilla. It's much lower in fat than the fresh soymilk in markets, it costs less and when reconstituted with water, it lasts longer in the refrigerator. It can be found in some places in bulk, or online. The brand is Better Than Milk.

Key: t=teaspoon, T=tablespoon, c=cup
Egg Consumption Associated with Increased Breast Cancer Risk

Breast cancer: a significant increase in breast cancer risk once women get up to around five eggs a week. Now this was putting together just all the forward-looking cohort studies. Adding together all the studies doesn’t change the conclusion: “egg consumption [is] associated with increased breast cancer risk.” A single serving of eggs may exceed the old 300 mg daily limit of dietary cholesterol by about 40 percent. The latest dietary guidelines actually strengthened the limits on dietary cholesterol, saying forget 300, as recommended by the National Academy of Sciences Institute of Medicine; we “should eat as little dietary cholesterol as possible.”

https://nutritionfacts.org/video/eggs-and-breast-cancer/

Eating 6 Dates a Day Found to Shorten Labor time by Hours and Lower Postpartum Bleeding

Studies found that consuming dates after delivery decreases bleeding more than intramuscular oxytocin, and it’s a good alternative in normal delivery. In another study, women just entering their active labor phase were given a date syrup or placebo. They found “normal labor progression” was evidently higher in the date group, around 98% compared to less than 70% in both the placebo and control groups. And, “labor duration was also shorter in the [date] group,” like two hours shorter.

https://nutritionfacts.org/video/best-food-for-labor-and-delivery/

Biblical Daniel Fast Put to the Test

Within a matter of weeks, participants placed on the vegan diet outlined by the prophet Daniel experienced improvements in blood pressure, cholesterol and insulin levels, insulin resistance, and C-reactive protein levels, a marker of inflammation within the body.


Does Pressure Cooking Preserve Nutrients?

In a review of more than a hundred articles about the effects of cooking on vegetables, they tried to find the sweet spot. On the one hand, heat can destroy certain nutrients; on the other hand, by softening the tissues, nutrients also can become more bioavailable. Dr. Greger discovers that he can achieve perfect, brightly colored, yet tender steamed greens by setting his electric pressure cooker to zero minutes and then quick releasing the valve.

https://nutritionfacts.org/video/does-pressure-cooking-preserve-nutrients/

Is It Best to Drink Tap, Filtered, or Bottled Water?

Research shows that the lifelong ingestion of chlorinated drinking water results in “clear excess risk” for bladder cancer. Given the disinfection byproducts in tap water, Brita, PUR, ZeroWater, and refrigerator water filters were put to the test. Refrigerator water filters did best, followed, by ZeroWater, PUR and Brita, in that order. Don’t let biofilm form; replace filters and toothbrushes as recommended by manufacturers, and disinfect your toothbrush by soaking it in vinegar for 10 minutes.

https://nutritionfacts.org/video/is-it-best-to-drink-tap-filtered-or-bottled-water/
Right: At what became a celebratory lunch at the Bodhi Tree Meditation Center in Honolulu on Sunday, August 11, 2019: Jeff Pang, Dr. Ruth Heidrich, Shivam Joshi, MD, and brand-new fiancée, Vijal Patel, MD, Jim Thompson and Carol Janezic, (all VSH board members except for Drs. Joshi and Patel).

Above left and below: Shivam Joshi, MD, spoke on August 13, 2019 at the Ala Wai Golf Course Clubhouse on “Plant-Based Diets in Chronic Kidney Disease.”

Jerome Kellner, VSH Maui coordinator, Dr. Vijal Patel, Dr. Shivam Joshi, and VSHer Stephen Beidner on August 15.

Dr. Shivam Joshi spoke on August 15, 2019 at Cameron Center in Wailuku on “Plant-Based Diets in Chronic Kidney Disease.”

Robert Zelkovsky and Susan Lau were co-winners of the best vegan dish award at the potluck/planning meeting on Sunday, August 4, 2019 at Kapaa Neighborhood Center.

**Recent VSH Events**

VSH vegan dine-out at The Ripple of Smiles restaurant in Honolulu, on Wednesday, August 14. Diners together with guests of honor Dr. Vijal Patel and Dr. Shivam Joshi (both wearing leis in back row, and “Frank” Hung Nganyen, owner of the Ripple of Smiles on the far right.)

Jerome Kellner, VSH Maui coordinator, Dr. Vijal Patel, Dr. Shivam Joshi, and VSHer Stephen Beidner on August 15.

Dr. Shivam Joshi spoke on August 15, 2019 at Cameron Center in Wailuku on “Plant-Based Diets in Chronic Kidney Disease.”

**Kauai**

Curried ‘Ulu Salad
By Robert Zelkovsky

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic ‘ulu</td>
<td>1 cup</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Onion</td>
<td>1 cup</td>
</tr>
<tr>
<td>Garlic</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Vegenaise</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Mustard</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Lime juice</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Curry powder</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>1/2 tsp</td>
</tr>
</tbody>
</table>

**Vegan Mushroom Bolognese**

By Susan Lau
(no photo available)

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut oil</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Coconut Sugar</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Rosemary</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Onions</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Garlic</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Sage</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Parsley</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Celery</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Garlic Salt</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Black Olives</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>1/2 tsp</td>
</tr>
</tbody>
</table>

Robert Zelkovsky and Susan Lau were co-winners of the best vegan dish award at the potluck/planning meeting on Sunday, August 4, 2019 at Kapaa Neighborhood Center.
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 Kalanianaole 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 Keeauumoku 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 Mkplace, 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 Ripples of Smiles (3040 Waialae Ave, Kaimuki) 15%
  - 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 Monserrat 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 Napilihau St, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke’ali’i St.,*

**Kauai** (* food truck*)

- Al Pastor Tacos* ((4-1602 Kuhio Hwy Kapaa) Free Drink
- Aloha Aina Juice Cafe (4495 Puni 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 Weilwel Rd, Koloa) 5%
- Eat Healthy Kauai Café (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

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!

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)

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/

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.

Vegan Dream Retreat, Oct. 31-Nov. 4
Captain Cook, Hawaii
John Pierre, VSH November 2018 speaker, will be an instructor/guide for this vegan retreat, along with Alessandra Rupar-Weber, Vanessa Marsot, and Lisa Levinson! Kamaaina rate is available. Learn more at https://vegandreamretreats.com/.

VSH Kaua‘i Vegan Potluck & Free Public Presentation
Kapaa Neighborhood Center, 4491 Kou Street at Kuhio Hwy
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 p.m. Sunday, September 1
Lose Weight With Carbs
Benjamin Koenigsberg
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.

1 p.m. Sunday, October 6
Airin Aquarius
Holistic health coach, yoga instructor, model and healthy foods chef, she will speak about the veg diet and how the breath affects digestion.

See this at theaters on Oahu, Maui, and the Big Island. This one night only (Sept. 16) theatrical release of the new film The Game Changers, executive produced by James Cameron, Arnold Schwarzenegger & Jackie Chan, documents the explosive rise of plant-based eating in professional sports, mixing real-time, groundbreaking science with stories of struggle and triumph. If sold out at your theater, check for other opportunities to see it.

Watch VSH Kaua‘i videos of past presentations at https://www.vsh.org/kauai/.
E komo mai! Please be sure to visit us, as well as Leilani Farm Sanctuary at our Vegetarian Society of Hawaii booth at VegFest O‘ahu! Keiki fun, and our veggie petting zoo, too!