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Public Presentations
Irminne Van Dyken, MD
“Improving Healthspan: Tools to Slow Down Aging”
Tuesday, October 8 (Oahu)
Ala Wai Golf Course Clubhouse
Thursday, October 10 (Maui)
Cameron Center

Upcoming Oahu/Maui Speaker
Laurie Marbas, MD
Nov. 12 (Oahu), Nov. 14 (Maui)

Rizwan Bukhari, MD
Dec. 10 (Oahu), Dec. 12 (Maui)

Joel Kahn, MD
Jan. 14 (Oahu), Jan. 16 (Maui)

Kauai Potluck/Presentations
New location: Kahili Adventist School, 1132 Kuhio Hwy
Airin Aquarius
Sunday, October 6
Thanksgiving Potluck Presentation TBA
Sunday, November 3

The Island Vegetarian
Vegetarian Society of Hawaii Newsletter

Thank You, VegFest Oahu!

A life-sized copy of Haku the Pig stood in front of the Aloha Animal Sanctuary booth which temporarily fooled many passersby at VegFest Oahu into thinking it was really him. “Haku” was also a patient model for many wanting to get a selfie with the adorable pig.

VegFest Oahu

VegFest Oahu on September 21st was a happy vegan gift to the community. Thousands came and enjoyed many exciting events, music, foods and booths. Thankfully, the weather cooperated, and remained mostly dry throughout the festival. Next month’s issue of this newsletter will include more photos from VegFest Oahu. Meanwhile, we hope you’ll enjoy the above photo! Thanks to all our volunteers and welcome to all our new members.

VSH’s 30th Annual Vegan Pre-Thanksgiving Dinner

Mark your calendar for VSH’s 30th Annual Vegan Pre-Thanksgiving Dinner on Tuesday, November 26, at the new Down to Earth in Kailua. Everyone is invited. Bring your family and friends, too. Please join us for a special and delicious vegan holiday event.

We’ll have more details next month’s issue. This year there is no fixed price, you pay only for what you eat. You can buy the tickets today ($4 admission for adults, free for keiki under 12) for any of the 3 seatings (4:30, 6 and 7:30 p.m.) We will dine in a special area in Down to Earth Kailua’s large dining area especially created for the Pre-Thanksgiving Dinner event. You can buy your tickets today at:

d2e.co/vshthanksgiving2019

Adult tickets include: reserved seating, a Thanksgiving dessert, festive drinks, and a 10% off DTE coupon, which can be used to purchase anything at Down to Earth including your special vegan Thanksgiving entrees from the hot and cold deli bars at the new Kailua Down to Earth.
Dear Friends,

I’d very much like to thank Allene Ishikawa, who recently retired as the Vegetarian Society of Hawaii’s bookkeeper and membership secretary at the end of August, and has left a hole in the hearts of the VSH board members and other core volunteers who had been interacting and working with her through the decades for nearly all of VSH’s existence!

She remembers first doing VSH’s books over at Elaine French and Jerry Smith’s (two of VSH’s original founders) townhouse in Hawaii Kai, and socializing at Marcia and Jim Deutch’s (two of VSH’s board members from our earliest days) house in Manoa when she first started with VSH. Allene helped keep the Vegetarian Society of Hawaii a fiscally sound organization, to safeguard our money, to make sure our bills were promptly paid, to keep the membership records of our VSH members in good order, and much more. If you remember getting some of your mail from VSH with animal stamps on them, it was Allene who chose those appropriate stamp themes for VSH! Because of Allene’s diligent, creative, careful and honest work, VSH is still here, and thriving 29 years after its founding!

Dear Allene, it’s been a pleasure and an honor to work with you. Thank you for your patience with us volunteers, as well as your kind heart and your warm friendship. I hope you enjoy your well-earned retirement for many years to come! Best wishes from all of us at VSH!

Vigil Alkana
Magenta Billett
Iry Boboshko*
Gerald Chudy
Cynthia Fowler
Carol Williams*
Robert Zelkovsky*

7 P.M., TUES., DEC. 10—OAHU
ALI WAI GOLF COURSE CLUBHOUSE
404 KAAPAHULU AVE., HONOLULU

7 P.M., THUR., DEC. 12—MAUI
J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

7 P.M., TUES., DEC. 10—OAHU
ALI WAI GOLF COURSE CLUBHOUSE
404 KAAPAHULU AVE., HONOLULU

President’s Message

7 P.M., TUES., DEC. 10—OAHU
ALI WAI GOLF COURSE CLUBHOUSE
404 KAAPAHULU AVE., HONOLULU

PREVENTING HEART DISEASE
A VSH FREE PUBLIC PRESENTATION BY RIZWAN BUKHARI, MD

Rizwan H. Bukhari, MD, FACS, treats a variety of vascular issues including aneurysms, carotid artery stenosis, lower extremity arterial blockages, gangrene, dialysis access grafts, and varicose veins. In his 20 years of practice, Dr. Bukhari has treated severe advanced atherosclerosis and cardiovascular disease. He has seen the ravaging effects of poor lifestyle choices on our health. He will talk about lifestyle changes people can make to reduce their risks of developing heart disease or having a stroke.
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 whose mission is to empower individuals with the knowledge, tools and mindset to successfully adopt and sustain a whole food plant-based diet. Laurie received dual degrees (MD and MBA) from Texas Tech University Health Sciences Center School of Medicine and the TTU School of Business. She 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 and mom of three grown children.

Improving Healthspan: Tools to Slow Down Aging
A VSH free public presentation by Irminne Van Dyken, MD

7 p.m., Tuesday, October 8, 2019
Ala Wai Golf Course Clubhouse
Oahu — 404 Kapahulu Ave., Honolulu

7 p.m., Thursday, October 10, 2019
Maui—J. Walter Cameron Center
95 Mahalani St., Wailuku

Oahu & Maui Refreshments
Courtesy of Down to Earth Organic and Natural

Enjoy a Vegan Dine-out
with Dr. Van Dyken! — Oahu
5:30 p.m., Wednesday, October 9
Simple Joy Vegetarian Cuisine, 1145 S. King St.
To RSVP by Oct. 8 (deadline — no walk-ins), please text or call Carol before 9 p.m. at (808)728-6639.
$20.70 (incl. tax & tip)
Meal includes a summer roll, and choice of entrée:
1) Thai Curry, 2) Veggie Feast,
3) Mixed Vegetables with Ginger or 4) Vegetable Lasagna.
Menu details at vsh.org.
Please note that proceeds go to meal provider, not to VSH.

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

Irminne Van Dyken MD, is a general and trauma surgeon who lives on Maui and works for the Hawaii Permanente Medical Group.
Dr. Van Dyken is a fellow of the American College of Surgeons. She is also the first physician on Maui (and first surgeon in Hawaii) to be board certified by the American College of Lifestyle Medicine, which she obtained in October 2018. She is also a member of the American Society of Breast Surgeons, the Society for Endoscopic and Gastrointestinal Surgeons, and the Southwestern Surgical Society. She has been vegetarian since she was 9 years old and strictly plant-based since 2010. She is a board member of the Vegetarian Society of Hawaii and has a passion for educating others and sharing the benefits of healthy plant-based living. She and her husband, Russell, created "Out of the Doldrums" - a YouTube Channel and online presence promoting healthy, active, plant-based living (on Instagram, Facebook and YouTube).

7 p.m., Tuesday, Nov. 12—Oahu
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave., Honolulu

7 p.m., Thursday, Nov. 14—Maui
J. Walter Cameron Center
95 Mahalani St., Wailuku

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.
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Above Dr. Sailesh Rao spoke on September 17 at the University of Hawaii at Manoa’s Art Auditorium on “How Not to Go Extinct.” He also screened “A Prayer for Compassion” the next evening at the Art Auditorium.

Left and right: Diners with Dr. Sailesh Rao (seated, front and center) at the Bodhi Tree Meditation Center on Friday, September 20, at his VSH dine-out.

Recent VSH Events

Left: Dr. Sailesh Rao spoke on Saturday, September 21 at VegFest Oahu on “How You Can Solve Climate Change TODAY.”

Left and right: Dr. Sailesh Rao spoke at Cameron Center on September 19 on “How Not to Go Extinct.”

Left and right: Benjamin Koenigsberg spoke at Kapaa Neighborhood Center on Sunday, September 2 on “Lose Weight With Carbs.”

Kauai (more on page 7)
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 — Greece

Moussaka!

I've been formulating a series which I'm calling Healthy Hearts Around the World. We did Japan first, Russia last month, and now Greece.

Moussaka is one of the most popular dishes in Greece and was my favorite as I traveled for 3 months in Greece before I became a vegan (26 years ago). It's typically a casserole made from meat, eggplant, potato, tomato sauce, cream and ground meat. The béchamel sauce, which goes on the top of the casserole gets its special flavor from nutmeg. Now I enjoy it again in this vegan version.

Moussaka

1 large round eggplant or 3 large long eggplants
3 potatoes, baked, but not soft
1 C tomato sauce
½ C whole wheat flour
1-2 T lower-salt soy sauce or tamari
2-3 t nutmeg (grated or ground)
16 oz lite soymilk (vanilla flavor is best)
vegan burger "meat" (see hint)

If using long eggplant, cut longwise in 1/4" slices. If using round eggplant, cut into 1/4" disks and lay the disks on an absorbent cloth or paper towel. Sprinkle with a tiny bit of salt and allow the eggplant to "perspire" for 10 minutes, then turn the disk over and repeat. Rinse eggplant lightly in cold water using a colander.

Prepare the casserole (a lasagna dish or any casserole dish) by covering the bottom with just 3 - 4 T of tomato sauce. Brush both sides of each eggplant slice with soy sauce/tamari and place in a preheated, non-stick fry pan. Fry until the eggplant turns transparent and begins browning and when done put them on the bottom of the lasagna dish until the whole bottom is covered.

Add another 3 to 4 T of tomato sauce to cover the eggplant and spoon the tofu burger mixture on top of the eggplant adding the remainder of the tomato sauce on top. Slice the potatoes lengthwise (1/4 inch slices) and arrange them in a layer on top.

For the béchamel sauce, heat the vanilla-flavored soymilk into a large saucepan until it is almost boiling. Remove some of the soymilk from the saucepan, and whisk or stir together with the flour and nutmeg into a thick liquid or paste.

Add the flour/nutmeg paste to the soymilk and stir until it thickens. Add this to the top of the casserole and bake at 300°F for 30 minutes or until the top of the casserole is browned.

Hints

Burger 'meat' can be produced easily. The easiest is rehydrating a package of Veggie Burger Mix, which comes in a variety of styles: tofu burger mix and mixed vegetable burger mix. Veggie burgers are available in patties that can be crumbled, and there are many brands of uncooked prepared 'meat,' such as 'Gimme Lean' in a tube that looks like Jimmy Dean. The newer plant-based burger "meats" tend to be high in fats, so please check their labels before buying. The taste that comes closest to authentic moussaka comes from reconstituted TVP (textured soy protein) granules in an equal amount of hot water with some onion and garlic powder and a little soy sauce. If vanilla flavored soymilk is not available, use plain soy milk and add ½ t vanilla extract and 1 t sweetener.

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

The 13th Annual Celebration of Mahatma Gandhi Day and the International Day of Nonviolence
10 a.m. - 2 p.m., Saturday, October 5, Bandstand at Kapiolani Park in Waikiki
by the Gandhi International Institute For Peace
Visit our VSH booth! Free parking at Waikiki Shell.
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 (41-1035 Kahanamoku Hwy) 5%
- Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 10%
- Canton Seafood Restaurant (923 Keeaumoku St.) 5%
- Down to Earth Deli (all locations) 5%
- Downbeats Diner and Lounge (42 North Hotel St.) 10%
- Ethiopian Love (112 Smith St) 10%
- Ganesh Dosa (Ohana Hale Marketplace, 333 Ward Ave) 10%
- Govinda’s Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
- GRYLT (Kahala Mall, Kailua) 10%
- Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
- Loving Hut (1614 South King St.) 5%
- Peace Café (2239 S. King St.) 5%

QQ Tea House (931 University Ave) fill provided card to get 8th meal free

Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
- The Lovin Oven (418 Kuilei Road, Kailua) 5%
- The Ripple 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%

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%
- Hawaii Nutrition Co (Herbologie Studio) 10%
- Copy Hut (2503 S. King) 10% on posters & banners
- Good Clean Food Hawaii (https://www.gcfhawaii.com/) 10% code: VegLife
- HNL Tool Library (200 Keawe St) 10%
- Igloo Air Conditioning ((808) 797-0039) $250 discount
- Town & Country Builders LLC, remodeling & home improvements, license #B2-26340. ((808)358-6667) $250 discount

Maui

- A’A Roots (5095 Napilihau St, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke’aiilii St.,* 225 Piikea Ave., #96, 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, Kielo) 10%
- Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- Maui Burgers (225 Piikea Ave, #100, 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 Puihi 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 Weiliei Rd, Koloa) 5%
- Eat Healthy Kauai Cafe (4-369 Kuhio Hwy, Kapaa) Free Dessert with meal
- Great Harvest Bread Co. (4303 Nawiliwili Rd, Lihue) 10%
- 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 (Kaliahuna 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 Kalaniakama, 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.

Hawaii (Big Island)

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

Boldface: newest discounts

Revised October 4, 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!

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- 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/

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.

Annual Meeting Notice

An annual report from the Board will be made to the membership on Oahu at 6:50 p.m., October 8, 2019 prior to our featured speaker. Please attend and learn the status of your organization. Mahalo!

Burdock Soup
by Noreen Chun

Ingredients:
- 2 cups sliced burdock root
- 2 cups sliced carrots
- 2 cups sliced mushrooms
- 2 cups sliced bok choy
- 1 yellow onion, diced
- 1 T minced garlic
- 1 T grated ginger
- 1/2 tsp sea salt

Directions:
Place all the ingredients in a large pot. Cover with water and bring to a boil. Reduce heat and simmer for 30 to 40 minutes until vegetables are tender. Enjoy!

VSH Kaua‘i Vegan Potluck & Free Public Presentation
Kahili Adventist School, 4-1132 Kuhio Hwy, Kapaa

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, 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.

1 p.m. Sunday, November 3
Thanksgiving Potluck/ Presentation TBA

Whole food, plant-based vegan dishes welcome, including those with a holiday theme!

Watch VSH Kaua‘i videos of past presentations at https://www.vsh.org/kauai/.
Vegetarian Society of Hawaii
VSH Special Interest Group Events

**Plant-Based Lifestyle — Oahu**

Mon., October 7, December 16 (Holiday Potluck), 6:30-8:30 p.m.—Vegan Potluck.
Everyone is welcome! Please bring a whole food, plant-based vegan dish (suggested: low salt, oil & sugar) to share with list of ingredients or recipe, your own water/beverage, & dinnerware. Kilauea Recreation Center, Kilauea District Park, 4109 Kilauea Avenue.

**Tues., Nov. 26 (Instead of Nov. potluck)—VSH Vegan Pre-Thanksgiving Dinner* 4:30-9 p.m. (seatings at 4:30, 6 and 7:30 p.m.), Down to Earth Kailua, RSVP early, by Nov. 25 at d2e.co/vshthanksgiving2019.**

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**Oahu Fruitluck**

On hiatus till January, 2020 (Monthly Sundays 3-5 p.m.)

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, but check before coming.)

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**Grow Your Own Food**

(Gardening for fun and eating!) — Oahu

Mon., October 14, November 18, (no Dec. mtg.) 6:30-8:30 p.m. Kilauea Recreation Center, 4109 Kilauea Avenue.

Garden for enjoyment and healthy plant-based eating no matter where you live! Enjoy discussions, seed and plant exchanges, and expert talks.

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

Vegetarian Society of Hawaii
P.O. Box 23208
Honolulu, Hawaii USA
96823-3208
Address Service Requested