Notes to start off the New Year

Upcoming Events 1, 2, 3, 7, 8
VSH, Community Events 1, 4
Recipes 4, 5, 7
Announcements 1, 2, 3, 7, 8
VSH Member Discounts 6
Membership application form 7

Inside This Issue

Notes to start off the New Year 1, 2
Upcoming Events 1, 2, 3, 7, 8
VSH, Community Events 1, 4
Recipes 4, 5, 7
Announcements 1, 2, 3, 7, 8
VSH Member Discounts 6
Membership application form 7

Public Presentations

Joel Kahn, MD
“The End of Heart Disease 2020”
Tues., January 14 (Oahu)
Ala Wai Golf Course Clubhouse
Thurs., January 16 (Maui)
Cameron Center

Upcoming Oahu/Maui Speakers

Michael Greger, MD
Feb. 11 (Oahu), Feb. 13 (Maui)

Kim Williams, MD
Mar. 10 (Oahu), Mar. 12 (Maui)

Aloha Animal Sanctuary
Apr. 14 (Oahu), Apr. 16 (Maui)

Kauai Potluck/Presentations

Kahili Adventist School, 1132 Kuhio Hwy

Mic the Vegan
VSH lecture video
“Top Vegan Myths Debunked”
Sunday, January 6

Anya Yushchenko, PhD
“Detox Made Simple”
Sunday, February 2

Note: Help Aloha Animal Sanctuary Raise Funds by End of January (but at no cost to you!)

By Hannah Mizuno, AAS co-founder

Please review and post pictures of anything you buy that is vegan on abillionveg and tag #aloha! Every review with #aloha will generate $1 in donations to Aloha Animal Sanctuary, and in January we also need to generate 1,000 reviews tagged #aloha to have an official partnership with them! (Ed: abillionveg is an app you can download on your smartphone with reviews of vegan dishes & products worldwide.) This could be a fun and easy income for the sanctuary and will encourage people to eat vegan. You can download abillionveg on your phone and start your reviews now! The sanctuary could raise $1,000 this month! Please help us achieve our goal. 🙏

If people get in the habit of reviewing their vegan dish and product experiences on abillionveg, it could be a consistent income for the sanctuary to benefit the rescued animals!*

Note: Roth-Vegetarian Endowed Fund Scholarship at UH

Vegetarian/vegan students should apply for this University of Hawai‘i at Mānoa scholarship by February 15. This scholarship aims to help students who are studying nutrition or are engaged in a course of study or research that is directly related to the fostering of vegetarian nutritional habits and practices (including JABSOM, CTAHR, nursing, or any other program whose focus is nutrition). Preference will be given to graduate students at any level, however if no suitable candidate is available, an undergraduate senior may be chosen. May apply via STAR Scholarship site. Info: (808) 956-7541 or graddiv@hawaii.edu.

* After January, also note Leilani Farm Sanctuary is #Leilani. (Continued on page 2)
Notes to start off the NEW YEAR (continued)

(Continued from page 1)

**Note: Two $5,000 Scholarships & a $10,000 Scholarship**

The Vegetarian Resource Group each year awards college scholarships to graduating U.S. high school students who have promoted vegetarianism in their schools and/or communities. Vegetarians do not eat meat, fish, or fowl. Vegans are vegetarians who do not use other animal products such as dairy or eggs.

One award of $10,000 and two awards of $5,000 will be given. **Entries may only be sent by students graduating from high school in SPRING 2020.** VRG will accept applications postmarked on or before **FEBRUARY 20, 2020.** Early submission is encouraged.

Applicants will be judged on having shown compassion, courage, and a strong commitment to promoting a peaceful world through a vegetarian diet/lifestyle. Payment will be made to the student's college (U.S. based only). Winners of the scholarships give permission to release their names to the media. Applications and essays become property of The Vegetarian Resource Group. VRG may ask finalists for more information. Scholarship winners are contacted by e-mail or telephone. Please look at your e-mail.

Dr. Greger will also be speaking on: (Limited audiences)

**How Not to Die:** **Preventing and Treating Disease with Diet**
12 noon, Tuesday, February 11, John A. Burns School of Medicine, Honolulu. Open to medical students and faculty.

**How Not to Diet:** **Evidence-Based Weight Loss**
7 a.m., Wednesday February 12. Tripler Army Medical Center, Honolulu. Physician grand rounds.

Dr. Greger has scoured the world’s scholarly literature and developed this new presentation based on the latest in cutting-edge research based on his new book *How Not to Diet.*

**What does the science show is the best way to lose weight?**

**How Not to Diet: Evidence-Based Weight Loss**
A VSH free public presentation by Michael Greger, MD

**Dine Out with Dr. Greger at the Bayer Estate**
5329 Kalanianaʻole Hwy, Honolulu, HI (Oahu) 5 to 8 p.m., Wednesday, February 12

Enjoy delicious vegan dishes and great conversation at “Steve McGarrett’s house” on the hit TV series Hawaii Five-O. Sunset on the beach and dinner on the lawn under the stars!

For more information and how to RSVP by February 11, go to vsh.org/dineout or leave your name and contact info at (808)944-8344.
Heart disease has been the number one killer of men and women in the USA each year since 1918. Progress has been made, but lifespan has dropped the last 3 years and the number of heart attacks in people under 75 years is rising.

He writes health articles and has five books in publication including Your Whole Heart Solution, Dead Execs Don’t Get Bonuses and The Plant Based Solution. He has regular appearances on Dr. Phil, The Doctors Show, Dr. Oz, Larry King Now, Joe Rogan Experience, and with Bassem Yousef. He has been awarded a Health Hero award from Crain’s Detroit Business. He owns 3 health restaurants in Detroit and Austin, Texas. Find Dr. Kahn at www.drjoelkahn.com.

Kim Allan Williams Sr., MD, FACC, has been a vegan since 2003. He is a Fellow of the American College of Cardiology, served as its president from 2015 to 2016, and is currently a trustee of the ACC.

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.
Left: Maya Acosta and Rizwan Bukhari, MD, after his VSH lecture on “Preventing Heart Disease” on Tuesday, December 10, at the Ala Wai Golf Course Clubhouse.

Below: VSH Plant-Based Lifestyle holiday vegan potluck at Kiluaea Recreation Center on Monday, December 17.

MAUI: Below left: Russell and Dr. Irminne Van Dyken, with Maya Acosta and Dr. Rizwan Bukhari at Cameron Center in Wailuku on Thursday, December 12. Below Center: Maya, Jerome Kellner, VSH Maui coordinator, and Dr. Riz. Below right: Rizwan Bukhari, MD, spoke on “Preventing Heart Disease” that evening.

Right: Two potluck participants on Sunday, Dec. 1 at Kahili Adventist School in Kapa’a with a tray of wrapped rolls topped with starry holiday starfruit slices. Right bottom corner: Young diner with lunch, including a helping of Festival Slaw in the middle. Center bottom: Magenta and Hollan Hawaii Hamid with Hollan’s new book Good Food Gratitude. Hollan spoke on “How to Live Plant-Based Effortlessly” and showed how to make two flavors of her Cookie Dough Cleanse Cheat Ball, which attendees enjoyed tasting (recipe: page 7).

Kauai

Left: Judge Vigil Alkana gave a $25 gift certificate from Eat Healthy Café for the best vegan dish to winner Magenta Billett for her dish “Festival Slaw,” on December 1 at Kahili Adventist School in Kapa’a.

MAUI: Below left: Russell and Dr. Irminne Van Dyken, with Maya Acosta and Dr. Rizwan Bukhari at Cameron Center in Wailuku on Thursday, December 12. Below Center: Maya, Jerome Kellner, VSH Maui coordinator, and Dr. Riz. Below right: Rizwan Bukhari, MD, spoke on “Preventing Heart Disease” that evening.

Recent VSH Events

Above: Group of part of the diners at Dr. Rizwan Bukhari’s VSH dine-out at Peace Café in Honolulu on Monday, December 9, 2019. Dr. Bukhari is third from the right. His wife Maya Acosta is fourth from the right. Chef/owner Shota Terai is in the center, next to her.

Left: Dr. Riz, Maya, and VSH’s Dr. Ruth Heidrich at Peace Café on December 9.

Maui

Right: Two potluck participants on Sunday, Dec. 1 at Kahili Adventist School in Kapa’a with a tray of wrapped rolls topped with starry holiday starfruit slices. Right bottom corner: Young diner with lunch, including a helping of Festival Slaw in the middle. Center bottom: Magenta and Hollan Hawaii Hamid with Hollan’s new book Good Food Gratitude. Hollan spoke on “How to Live Plant-Based Effortlessly” and showed how to make two flavors of her Cookie Dough Cleanse Cheat Ball, which attendees enjoyed tasting (recipe: page 7).

Kauai

FESTIVAL SLAW
By Magenta Billett

cabbage   maple syrup
carrot    Dijon mustard
beets     Vegenaise
pineapple   salt
onion    pepper
lime juice

Left: Judge Vigil Alkana gave a $25 gift certificate from Eat Healthy Café for the best vegan dish to winner Magenta Billett for her dish “Festival Slaw,” on December 1 at Kahili Adventist School in Kapa’a.
Heart Healthy Recipes
By Neal Pinckney, PhD

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

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

Many call this Brazil's national dish, but it is usually only served on Saturday afternoon, considered too heavy for the ten o'clock evening meal. Traditionally this is the week's meat leftovers in a spicy black bean stew served over rice. Garlicky smoked sausage is often added for more flavor.

This vegan adaption has gone through numerous revisions to come as close as possible to the authentic traditional flavor. In the hints there's a no meat analog alternative.

Having worked in Brazil for nearly three years in all 23 states and territories, I've found that in spite of regional variations, the flavor is quite similar throughout the country. In most regions farofa, toasted manioc (cassava) flour is added to the stew on serving. Feijoada is nearly always served with fresh orange slices and chopped kale steamed with garlic.

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

Many call this Brazil's national dish, but it is usually only served on Saturday afternoon, considered too heavy for the ten o'clock evening meal. Traditionally this is the week's meat leftovers in a spicy black bean stew served over rice. Garlicky smoked sausage is often added for more flavor.

This vegan adaption has gone through numerous revisions to come as close as possible to the authentic traditional flavor. In the hints there's a no meat analog alternative.

Having worked in Brazil for nearly three years in all 23 states and territories, I've found that in spite of regional variations, the flavor is quite similar throughout the country. In most regions farofa, toasted manioc (cassava) flour is added to the stew on serving. Feijoada is nearly always served with fresh orange slices and chopped kale steamed with garlic.

Feijoada

### The Stew

<table>
<thead>
<tr>
<th>2 C</th>
<th>black bean soup mix in 2 C hot water (*see hints)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cans</td>
<td>black beans</td>
</tr>
<tr>
<td>1 8 oz.</td>
<td>can tomato sauce</td>
</tr>
<tr>
<td>6 to 8</td>
<td>garlic cloves</td>
</tr>
<tr>
<td>1 t</td>
<td>ground cumin</td>
</tr>
<tr>
<td>1 t</td>
<td>ground thyme or 2 tsp. dried leaf thyme</td>
</tr>
<tr>
<td>6</td>
<td>bay leaves</td>
</tr>
<tr>
<td>1</td>
<td>large onion, chopped</td>
</tr>
<tr>
<td>1 - 2 t</td>
<td>sriracha sauce (or more to taste)</td>
</tr>
<tr>
<td>2 t</td>
<td>lime or lemon juice</td>
</tr>
<tr>
<td>½ C</td>
<td>chopped cilantro (optional)</td>
</tr>
<tr>
<td>1 t</td>
<td>liquid smoke</td>
</tr>
</tbody>
</table>

#### The Analog Animals

- 1 C seitan, cut into 1 inch cubes
- 2 veggie chorizo or Italian sausages
- 1 C Gimme Lean or other veggie ground 'meat'
- 1 package Yves Veggie Bacon, cut in bite-size pieces
- and any leftover veggie meats handy

#### The Trimmings

- 2 sweet oranges, sliced or 4 or 5 mandarin oranges, peeled and separated
- Farofa, about one cup - if used (see hint)
- 3 C steamed chopped kale

In a large pot, fry the onions and garlic in just enough water to cover until translucent or golden. Add the canned beans with the liquid. Add the rehydrated soup mix. Add the spices, cilantro and tomato sauce. Bring to the edge of a boil and then add the 'meats'. Reduce heat and let simmer for an hour or longer. If in a slow cooker, it can simmer all day or overnight, adding a little water to keep a stew consistency. Remove bay leaves and serve on rice (long-grain brown or white) with orange slices and steamed kale. If using farofa, sprinkle on top of the stew, to taste. Makes 6 to 8 servings (4 servings for me and friends). It goes well with carbonated drinks.

*Hints*

1) Dried black bean soup mix is available in bulk at many natural food stores, including at Down to Earth.

2) Farofa: To make it, use manioc or cassava flour (available both at natural food stores and at Latin grocery stores.) Toast the flour in a thin layer in a non-stick frying pan and toast over medium heat, shaking to toast evenly until it turns light brown. Corn flour will give a similar taste and can be used as a substitute.

3) Canned black beans usually have added sodium. If you use no-salt beans or home-cooked beans, add ½ t salt to bring out the traditional flavor.

4) This recipe can also be made without any 'meats', substituting diced sweet potato, eggplant, turnip and/or zucchini and any other root vegetables. Add 1 t more liquid smoke.

[Key: t = teaspoon; T = tablespoon; C = cup]
Sure to pick up new 10% discount coupon at meetings! Thanks to DTE for previous 5% all purchases discount! Be sure to pick up new 10% discount coupon at meetings!

** Coupons are donated by DTE. If member can’t get to VSH monthly lecture, please send SASE to VSH for coupon.

Your VSH membership is valuable and can save you many times the cost of dues. At the same time, your dues towards bringing in speakers for our free monthly public lectures, and much more. Thank you for your support!

---

**Oahu**

- **Natural Food Stores**
  - Celestial Natural Foods (Haleiwa) 5%
  - Down to Earth (Kailua, Kapolei, Kakaako & Honolulu, Pearlridge) 10% w/ member disc. coupon; pick up at VSH mtgs.**
  - ‘Ai Love Nalo (41-1025 Kalanananaole Hwy) 5%
  - Banán (University Ave, Waikiki, Kahala Mall, Kailua Town Center) 10%
  - **Bluetree Café** (600 Ala Moana Blvd., 1009 Kapiolani Blvd.) 10%
  - Canton Seafood Restaurant (923 Keeauumoku St.) 5%
  - Down to Earth deli (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli
  - 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 (600 Kailua Rd. Kailua Shopping Ctr.) 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%
  - **Super Foods Café** (Ala Moana Shopping Ctr-inside Vim N’ Vigor) Sun 10-2, M-F 9-2, 5%
  - The Ripple of Smiles (3040 Waialae Ave, Kaimuki) 10%
  - ‘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 (Kailua, Kapolei, 500 Keawe St. & 2525 S. King St. in Honolulu, Pearlridge) 5% deli yummy tummy (call Van at (808) 306-7786) 5%

- **Other**
  - Aloha Tofu Factory (961 Akepo Ln) 5%
  - Hawaii Nutrition Co (Herbology 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 #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%

**Coupons are donated by DTE. If member can’t get to VSH monthly lecture, please send SASE to VSH for coupon.**

Thanks to DTE for previous 5% all purchases discount! Be sure to pick up new 10% discount coupon at meetings!

= Vegan or Vegetarian Business

---

**Maui** (*food truck*)

- A’A Roots (5095 Napilihau St, #103, Lahaina) 10%
- Aloha Thai Fusion (77 Alanui Ke’ali’i St, *225 Piikea Ave., #96, Kihei) 10%
- Bio-Beetle ECO Car Rental (55 Ainaloa Place, Kula) 10% (some restrictions)
- Down to Earth (305 Dairy Road, Kula) deli 5%
- **DTE 10% w/ disc. coupon; pick up at VSH mtgs.**
- Earth Aloha Eats* (1 Piikea Ave, Kihei) 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 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 Weliweli Rd, Koloa) 5%
- Eat Healthy Kaua’i 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 Kakanikamauka, 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) 5% (code VSH) organic, zero waste, locally made personal care & cleaning products, www.ponohome.com Free home energy audit.
- VegVoyages (vegvoyages.com) Asian adventure tours, 5%
- Vegan Essentials (http://store.veganessentials.com/) Food, Clothing and more, 5% code: VSH

**Boldface: newest discounts**

Revised January 8, 2020
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  Life
Individual
☐ $25  ☐ $48  ☐ $68  ☐ $85  ☐ $100  ☐ $500
Full-time Student
☐ $15  ☐ $30  ☐ $45  ☐ $60  ☐ $75
Couple or Family
☐ $38  ☐ $72  ☐ $102  ☐ $128  ☐ $150
☐ $_____ 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)

1 p.m. Sun., Jan. 5 — Kauai
Top Vegan Myths Debunked
VSH lecture video
By Mic the Vegan

1 p.m. Sunday, February 2 — Kauai
Detox Made Simple
By Anya Yushchenko, PhD

Dr. Anya Yushchenko will describe simple steps everyone can take at home to improve vitality, longevity, and mental clarity.

A vegetarian for 20 years, and plant-based for the past 10 years, Dr. Yuschchenko, who has a PhD in veterinary medicine, is a holistic veterinarian and wellness coach. She is a graduate of the biological medicine course taught by Thomas Rau, MD, Switzerland, and a mother of 2 toddlers.

1) Into a medium mixing bowl, spoon in some peanut butter. Into a second mixing bowl, spoon in some almond butter.
2) Into both bowls, mix in some maple syrup.
3) Into the first bowl, mix in some cacao powder.
4) Into both bowls, mix in some rolled oats, enough to create a cookie dough texture. Test to see if the flavor tastes like a cookie; adjust sweetness if needed.
5) Into both bowls, if you plan to bake cookies, sprinkle in a little baking soda and possibly salt.
6) Into the first bowl, add some chocolate chips. Into the second bowl, add some goji berries.

May serve either raw or baked:
7a) Raw: For both bowls, shape small scoops of dough into balls. Serve and enjoy!
7b) Baked: For both bowls, shape dough into cookies, then bake them on a baking pan at 350 degrees for 10-12 minutes. Serve and enjoy!

Cookie Dough Cleanse Cheat Ball
Two flavors: Peanut butter/Chocolate and Almond butter/Goji berries
by Hollan, presented December 1, 2019

Note: ingredients were not measured. For approximate amounts, check Hollan’s food prep demo in the video link below. Ingredients and amounts are all variable. Please feel free to experiment.

Ingredients/Directions

Dr. Anya Yushchenko will describe simple steps everyone can take at home to improve vitality, longevity, and mental clarity.

A vegetarian for 20 years, and plant-based for the past 10 years, Dr. Yuschchenko, who has a PhD in veterinary medicine, is a holistic veterinarian and wellness coach. She is a graduate of the biological medicine course taught by Thomas Rau, MD, Switzerland, and a mother of 2 toddlers.

Down to Earth Discount for VSH Members News

Please note that DTE has changed VSH members’ 5% discount on all purchases to deli purchases only. For an all-purchases discount, please use the new VSH member 10% discount coupon. Pick up one at each monthly VSH lecture on Oahu and Maui, or send an SASE to VSH for it.

Watch VSH Kaua’i videos of past presentations at https://www.vsh.org/kauai/.
Veg News community events
emailed monthly. To receive it, email info@vsh.org.

Vegetarian Society of Hawaii
VSH Special Interest Group Events

**Plant-Based Lifestyle — Oahu**

Mon., January 27, February 24, 6:30-8:30 p.m.— Vegan Potluck.
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.

**Important:** As of January 27, the Plant-Based Lifestyle meetings will continue to be open to all and free of charge, but will be a program run by the City & Country of Honolulu Parks & Recreation Dept. at Kilauea Recreation Center, Kilauea District Park, 4109 Kilauea Avenue. Please register for this and other Kilauea Rec. Ctr. Spring programs online Jan. 6-10 at https://parks.honolulu.gov/sdi/home.html, and in person on Jan. 14, 6-8 p.m. and Jan. 15 & 16, 2-5 p.m. Late registration: call (808) 768-6713. Questions? Call Jeff at (808) 954-0791. (Note: please park only in marked stalls.)

**Oahu Fruitluck**
Sun., Jan. 5, Feb. 2, 3:00-5:00 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.)

**Grow Your Own Food**
(Gardening for fun and eating!) — Oahu
Mon., February 3, 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.

VSH events are free and open to all, so please be sure to come, and bring a friend, too!

*Restaurant dining events: please pay restaurant for meal; VSH doesn’t collect or receive any of the proceeds.

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.