



The Island Vegetarian

Vegetarian Society of Hawaii Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 30, ISSUE 5, MAY 2019

Inside This Issue

Veggie Options for Students	1, 3
Dr. Terry Shintani	1, 5
Will diGiorgio	2, 5, 8
Recipes	3, 7, 9
Announcements	4, 7, 11
Upcoming VSH Events	4, 11, 12
Aloha Animal Sanctuary	6
It's Happening Here, Too	6
Recent Events	8, 9
VSH Member Discounts	10
VSH Kauai lecture videos	11
Membership application form	11

Free Public Lectures

Antoinette-Ortiz-Sharfin

“From Hunter to Gatherer”

Tuesday, May 14 (Oahu)

Ala Wai Golf Course Clubhouse

Thursday, May 16 (Maui)

Cameron Center

VSH Kauai Presentation/Potluck

Michelle Lemay

“My Plant-Based Passport”

Sunday, May 5

Potluck Event

Vegan Video Presentation (tba)

Sunday, June 2

Upcoming Oahu/Maui Speakers

Linda Carney, MD

June 2019

Brooke Goldner, MD

July 2019

Providing Vegetarian and Vegan options for Hawaii’s Public School Students

By Albert Scales III

*Director, School Food Services Branch
Hawaii State Department of Education (HIDOE)*

I met Albert Scales at the Hawaii State Capitol in March when I was there to testify on behalf of HCR 223, a House resolution to urge Hawaii’s Department of Education to serve vegetarian meal options in all public schools at least once a week. Albert, representing HIDOE, testified that they were already working on offering vegetarian and vegan options to students daily! I invited him to write an article about these efforts. He did more than that; he also included a home-sized recipe of one of their new veggie dishes, which you can find at the end of his article. — Lorraine Sakaguchi



The Hawaii State Department of Education (HIDOE) provides vegetarian and vegan options for students who choose to forgo meat. We accomplish this through various methods and are creating more protein-rich plant-based foods for our students.

Through the School Breakfast Program (SBP) and the National School Lunch Program (NSLP), Hawaii’s public schools follow an “offer versus serve” policy for federally subsidized meals, which allows students to select non-meat items. For example, at lunch, students can select three out of the five food components. This serving method was introduced by the United States Department of Agriculture (USDA) to allow students to choose what they want to eat and reduce food waste. It is offered to elementary schools (exact grades are determined at the school-level) through high school at breakfast and lunch.

(Continued on page 3)

Dr. Terry Shintani Moves to a New Media Venue

If you were a faithful listener of Terry Shintani, MD’s *Dr. Shintani for Your Health*, previously known as *Healing and You*, you probably were frustrated that even the radio station it was on seemed to have disappeared. To find out where to find his health advice now, go to page 5.

The Island Vegetarian

The Island Vegetarian is published by and for the members of the Vegetarian Society of Hawaii.

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Visit our website for online lecture videos, restaurant guide, TV and meeting schedules, and newsletter archives.

Please visit our Facebook page at <https://www.facebook.com/VegetarianSocietyOfHawaii>

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Mahalo to our volunteers:

Oahu

*special interest group coordinator
Woody Barboza* Sirilak Moore
Patrick Connair Debbie Naclerio
Will diGiorgio* Paul Onishi
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Thomas Eisendrath Robert Zelkovsky

Maui

Jerome Kellner, Maui coordinator

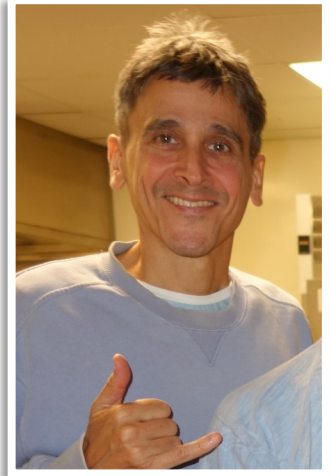
Stephen Beidner Jim Brown
Bill Best Russell Van Dyken
Bobbie Best
Laurelee Blanchard

William Andrew diGiorgio

March 6, 1963—April 7, 2019

William Andrew DiGiorgio, whom we knew best as Will, recently passed away unexpectedly at the age of 56. He was both a good friend and a dedicated fellow Vegetarian Society of Hawaii volunteer whose loss is felt keenly by all of us.

Many of us last saw Will on Wednesday, April 3 at "Pau Hana for Haku," a happily crowded fundraising event for the new Aloha Animal Sanctuary on Oahu. He enjoyed it all, with many of his friends and fellow volunteers there around him. Smiling, he told me, "This is the best vegan buffet I've ever had!" The next day, he checked into the hospital for needed surgery. Two days later, he returned home. That night, very early Sunday morning, he passed away after suffering a sudden complication from the surgery.



Will DiGiorgio taught students and adults how to make raw & cooked vegan dishes at 'olani School on February 12.

Will was an accomplished vegan chef who tried to eat as healthy a diet as possible. He loved to share his expertise in and his passion for plant-based cooking. He gave food preparation demos at VegFest Oahu each year, at Down to Earth Organic and Natural, and at VSH's Imagine A Vegan World (IVW) peer support group meetings. He eventually became IVW's coordinator in February 2018. He ran IVW as a registered [PlantPure Pod](#), emphasizing IVW's role in supporting a healthy plant-based diet that included minimizing salt, oil and sugar. At an 'olani School Sustainability Club event on February 12 this year, he taught students and adults how to make vegan foods including whipped aquafaba (canned chickpea water or cooking water), aquafaba chocolate chip cookies, "zoodles" raw zucchini noodles with cashew Alfredo sauce, homemade raw almond milk, and 'olena (turmeric) tea made with almond milk.

Will led a many-faceted life, including that of an IT professional at the management level, working in Japan for companies such as Bank of New York Mellon and IBM, and later for Bank of Hawaii in Honolulu. While living in Japan for 22 years, he learned to speak the language fluently, and to love its people, cuisine and culture, as well. He never went into anything halfway. For example, to become a trained vegan chef, he studied his craft at several renowned vegan culinary schools, earning a certificate in raw cuisine from vegan celebrity chef Matthew Kenney, and externing at places such as the famed upscale vegan restaurant Millennium at its original location in San Francisco. He worked hard to become a licensed massage therapist, and was also proudly certified in Plant-Based Nutrition from [T. Colin Campbell Center for Nutrition Studies](#) and eCornell. Recently, he became a published author with an essay in Will Tuttle, PhD's 2018 book *Buddhism and Veganism: Essays Connecting Spiritual Awakening and Animal Liberation*.

If you'd like to know more about Will in his own words, please see his blog <https://vegandietguy.com/>. What would Will have accomplished next in his amazing life? We'll never know now, but many people, including me, are grateful to have known him. Mahalo, Will, may you rest in peace.

Lorraine Sakaguchi, VSH President

(Continued from page 1)

Veg Options for Students

At our schools, more than 50 percent of breakfast is vegetarian. To encourage our students to eat a healthy meal in the morning, we've partnered with Hawaii's First Lady Dawn Amano-Ige along with breakfast advocate and NFL quarterback Marcus Mariota in a statewide initiative called, Jump Start Breakfast. Other community partners include Hawaii Child Nutrition Programs, Hawaii Appleseed Center and Safeway Foundation. Efforts are made possible through a national grant provided by No Kid Hungry, a national non-profit that also selected Hawaii as one of six states to participate in the School Breakfast Leadership Institute last summer. On Oahu, Central Middle School and Fern Elementary, as well as Waiakea High School on Hawaii Island, have already seen increased participation in its breakfast program.

For lunch, we offer vegetarian and cheese pizza. We have also served vegetarian patties, "chicken" nuggets and plant-based proteins, such as hummus. At our food show last October, we showcased more vegetarian and vegan protein-rich items. Based on students' positive feedback, we are moving forward with adding these to the menu.

As part of our 'Aina Pono: Harvest of the Month program, we have incorporated vegetarian dishes for breakfast and lunch. This initiative highlights and introduces students to a locally grown or locally raised agricultural product that is used as an ingredient in a scratch-cooked recipe.



One of the most recent and popular breakfast dishes was our Kalo Yogurt Bowl, made with poi, yogurt, diced kalo (taro), pineapple chunks and granola.

Today, we continue to move forward and expand our menu selections, with student voice playing an important role. We are also working towards incorporating vegetarian protein sources on the lunch menu on a weekly basis that will provide nutritional benefits and a fulfilling meal for students who choose to forgo meat. We're excited to be on this new journey!

This institution is an equal opportunity provider.

(Editor: Mahalo to Albert Scales for this article, as well as to Sherie Char at HIDOE's School Food Services Branch for assembling the graphics as well as the home-sized recipe and photos below.)

❧ Kalo Yogurt Bowl ❧

Home-sized recipe

Serves: 12

Ingredients:

- 3 lbs. of vanilla yogurt (ed: use a vegan yogurt of your choice)
- 1 lb. of poi
- 1½ lbs. pineapple, cubed
- 1 lb. taro, cooked, without salt, cubed
- 2 cups granola

Directions:

1. Spoon ½ cup of vanilla yogurt into a bowl.
2. Layer ¼ cup of poi into the bowl.
3. Sprinkle ¼ cup of pineapple chunks and ¼ cup taro chunks over the poi.
4. Finish by topping with 2 tablespoons of granola.



Chop cooked taro into chunks.



Layer yogurt, poi, pineapple, & taro in bowls. Top with granola to finish..



FROM HUNTER TO GATHERER

AN INDIGENOUS WOMAN'S JOURNEY FROM
OMNIVORE TO VEGAN ACTIVIST & ENTREPRENEUR

A VSH PUBLIC PRESENTATION BY
ANTOINETTE ORTIZ-SHARFIN



7 P.M., TUESDAY, MAY 14, 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, MAY 16

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

Antoinette Ortiz-Sharfin grew up next door to her grandfather's farm in a pristine valley in Northern New Mexico. After her mother passed away, ending a 12-year battle with breast cancer, she began a healing journey which led her to Alaska where her husband worked as a commercial longline fisherman, and eventually to the Big Island of Hawaii, where they now run their vegan cafe businesses together.

This storytelling type gathering will share the journey of Antoinette Ortiz-Sharfin who was raised in a small farming community in northern New Mexico and the evolution of her thriving vegan cafe business, "Herbivores" on the Big Island of Hawaii.

5:30-7:30 P.M., WEDNESDAY, MAY 15

Enjoy Dining Out with Antoinette!

Simple Joy Vegetarian Cuisine, 1145 South King Street, Honolulu

\$20.00 (incl. tax & tip). To RSVP (required), text or call Carol before 9 p.m. at (808) 728-6639. Pay cash at restaurant before your meal. (Parties of 3 or more may pay by credit card.)

Meal includes one Summer Roll (1/2 order) *plus* choice of one Entrée (All entrees served with brown rice).

Please specify your entrée choice when RSVPing):

- 1) *Thai Curry*—tofu, eggplant, carrot, cabbage, onion and mushrooms. Cooked with coconut milk and curry spice.
- 2) *Veggie Feast*—pan fried vegan fish with ginger, sauteed mushrooms, and garlic, with green beans.
- 3) *Mixed Vegetables with Ginger*, including a variety of stir-fried vegetables and shiitake mushrooms with a gravy sauce.

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



Leilani Farm Sanctuary on Maui is home to hundreds of rescued animals. Visitors are welcome, including school groups for educational tours. "Adopt" an animal!

www.LeilaniFarmSanctuary.org
phone: (808) 298-8544



William Arthur Harris, MD, Memorial Fund

Please consider making a donation to the Vegetarian Society of Hawaii in support of our plant-based educational mission. If you wish your donation to be in memory of Dr. Bill Harris, VSH co-founder and animal activist, you may also note this on your check, or if donating at <http://www.vsh.org/donate/> tell us by email.



Dr. Terry Shintani Moves to a New Media Venue Veg Tips at www.AskDrShintani.com

Dr. Shintani for Your Health, the radio show co-hosted by Terry Shintani, MD, and “Dr. D,” Dr. Diane Nomura, was silenced in June 2018 when radio station KWAH closed down. Because the shutdown happened so suddenly, the longest running health talk show in Hawaii also was suddenly off the airwaves without warning or any opportunity to inform its long-time listeners after 39 years.

The show had been started in 1979 by John McDougall, MD, as *Nutrition and You*. When Dr. McDougall moved in 1989 from Hawaii to California, the program was taken over by John Westerdahl, PhD. When Dr. Westerdahl also left Hawaii for California in 1993, Dr. Shintani, Dr. D and Ruth Heidrich, PhD, took over the program from him. Because of Dr. Heidrich’s frequent travels, Dr. Shintani and Dr. D became the main co-hosts and changed the name of the show to *Healing and You*, and more recently to *Dr. Shintani For Your Health*.

The closing of the radio station didn’t stop the efforts of Dr. Shintani and Dr. D to promote health both in Hawaii and around the world. They’ve turned to the Internet and put together what’s been constructed as a fun and provocative YouTube channel under virtually the same name *Dr.Shintani For Your Health* (editor: sic, no space after Dr.) as their radio show.

If you’d like to get simple 3 to 5 minute free tips and timely lessons on health and nutrition from Hawaii’s own Terry Shintani, MD, JD, MPH, a medical doctor as well as a Harvard-trained nutritionist, with Dr. D, author of the book series *What the Health* and *What the Health II* (editor: Dr. D’s *What the Health* book series originated before, and are not related to, the documentary movie *What the Health*), just go to the new [YouTube.com](https://www.youtube.com/channel/UC...) channel *Dr.Shintani For Your Health* (sic) at www.AskDrShintani.com and subscribe. You’ll find provocative titles there such as “Protein Paradox,” “Carb Crazyiness,” and “Can Fat Genes Be Turned Off??”

Terry Shintani, MD, JD, MPH

William Andrew diGiorgio

Will was my best friend in Hawaii, and his loving spirit is sorely missed. We confided in each other daily, sharing our joys, challenges & stresses, while we also shared movies, holidays, walks, swims, and of course food. Will had a keen interpretation of the moral high ground: his righteousness & compassion manifested in meditation, veganism, and political activism. He believed in working hard to create a better world, and I’m grateful for his steadfast commitment and endearing friendship.

We met at a Vegetarian Society of Hawaii dine-out when he first moved here & was still a banker. We had much in common: we were both Pisces, both from Maryland with mothers the same age (92 this year), both investors in real estate, both had lived exactly 22 years in Japan ... Although he’d been based in Tokyo and I’d lived in Kansai, surprisingly, he happened to be in my city of Kobe on the morning of our devastating earthquake on January 17, 1995. As mysterious and wondrous life can be, ours had been magically weaving ever more closely together, almost touching, then finally united as soul siblings in Honolulu. Our relationship was indeed a blessing; however, the divine wisdom in

his abrupt departure remains baffling as I (as well as VSHers) struggle with losing him.

For further information on his passing, please see Will’s Facebook page for my post, approved by his family. A memorial service will take place sometime in the future when his sisters are able to travel to Honolulu, and a notice will be provided for VSH participation.

As a final request in Will’s honor, please consider updating your awareness of CPR and medical emergency procedures. When a body can hang onto life for only a few precious minutes with oxygen blocked from reaching the brain, the role of a bystander is critical.

Mahalo Nui Loa,
Barbara Leigh Cooney



Aloha Animal Sanctuary



The four co-founders of Aloha Animal Sanctuary, Nick Pecoraro, Jess Palomino, Anchi Howitz and Hannah Mizuno, respectively, hosted the **Pau Hana for Haku** fundraiser at Hiking Hawaii Café on April 3. The three women are also the current directors of the sanctuary, hosting community events, facilitating a vast volunteer base, increasing the rescued pigs from 1 to 3, and building multiple new enclosures for two rescued ducks and two disabled roosters.

Haku, the first rescued resident of Aloha Animal Sanctuary, and the namesake of the **Pau Hana for Haku** fundraiser, with friend Hannah Mizuno.

Aloha Animal Sanctuary is O'ahu's first non-profit farmed animal sanctuary. We are a brand-new organization; we just accepted our first rescue, a 400 lb. pig named Haku, at the beginning of this year. Over the last four months we have accepted two other farm pigs, Charlotte and Eleanor, as well as a pair of Muscovy ducks (Francis and Fern), and a blind rooster named Hei-Hei. We hope to rescue either a pair of cows or a group of sheep and goats next. Eventually we want to rescue bunnies and other animals, too.

Half of our mission is to rescue farmed animals, like those mentioned above. However, the second half of our mission is to educate the public about the plights of these animals, and the negative consequences of animal agriculture on animal welfare, the environment, and human health.

If you would like to learn more about the sanctuary, please visit our website at www.alohasanctuary.org. For those who are inspired by our mission, and want to volunteer, please e-mail our volunteer coordinator at volunteer@alohasanctuary.org.

The Aloha Animal Sanctuary Team

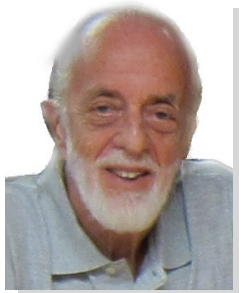
It's Happening Here, Too



The photo on the left looks much like a typical CAFO (concentrated animal feeding operation) on the U.S. mainland. Here in Hawaii, a lot of us might picture local chickens being raised on small-scale farms, and possibly running around on green grass or in an airy farmyard, breathing fresh air.



However, this photo of an enormous, crowded barn full of young hens was not taken on the mainland, but here on Oahu. A future article will cover what's happening at local poultry farms, but that large-scale practices such as this are already here, you should know now.



Heart Healthy Recipes

By Neal Pinckney, PhD, Heart.kumu.org

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

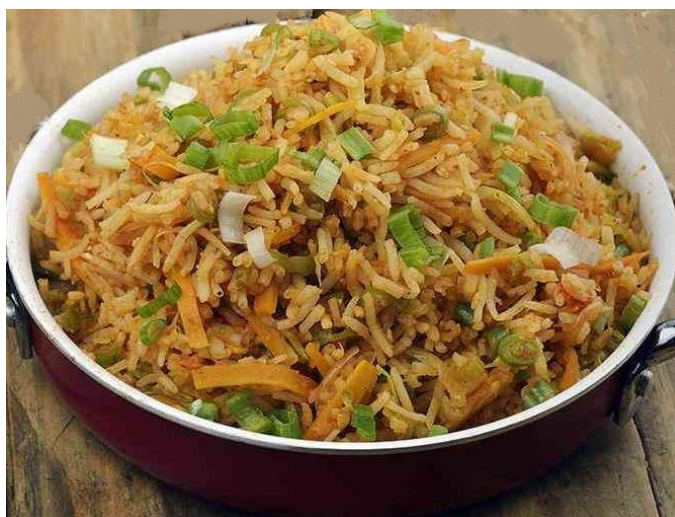
Over 250 easy, low-fat vegan recipes are available on Dr. Pinckney's website: heart.kumu.org.

Fried Rice the Indonesian Way

Nasi Goreng serves 4

Fried rice is universal, but each culture has its own version. In Indonesia it's Nasi Goreng (literal translation: rice, fried), very popular in Holland as well as Asia. Traditionally it's made with shrimp and with scrambled egg. This adaption has the same taste, but is much quicker, easier, very low in fat and vegan.

- 1 onion, chopped
- 3 cloves garlic, peeled
- 2 t curry powder
- 1" piece fresh ginger, grated
- 2 stalks celery, chopped
- 2 carrots, cut into matchsticks
- 1 C leafy greens, chopped (spinach, mustard greens, watercress, kale, chard, beet greens, etc.)
- ½ C fresh or frozen peas
- ½ C green onions, chopped
- 4 shallots, chopped—optional (can use 1 t dried shallot powder)
- 2 T soy sauce
- ¼ t Sriracha red pepper sauce (start with a few drops and add to taste)
- 4 C cooked brown, basmati or long grain rice
- ¼ C peanuts crumbled - optional
- ½ C tofu scramble - optional (see hint below)



In a blender jar, combine onion, garlic, and curry powder with enough water to mix just to a thick, lumpy paste.

In a non-stick wok or large pan, sauté celery (and shallots, if used) in ½ cup water for 5 minutes. Add onion-garlic-curry mixture. Cook 2-3 minutes. Add all vegeta-

bles, ginger, soy sauce and Sriracha. Cook and stir for about 10 minutes and all vegetables are done. Stir in cooked rice (and tofu scramble if used). Serve hot, garnished with crumbled peanuts (if used).

Hints:

Tofu can imitate scrambled eggs very closely. Use Mori-Nu Lite tofu, firm or extra firm. Freeze the package overnight and let it defrost the day before

preparing it. It will crumble easily. Add a few shakes of powdered turmeric for color and a ¼ t salt (or Braggs Aminos), mix and cook in a non-stick pan as eggs. You can even make an omelet, adding onion, vegan ham or Canadian bacon pieces, and for a Denver, sliced pineapple.

For a peanut flavor, but not the fat, mix 1 t PBFit (powdered peanut butter with the oil removed) with 1 t water and add to the onion-garlic mix.

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

Call for Volunteers Interested in Improving Their Health Via a Plant-Based Diet

Dr. Grace Chen O'Neil is looking for volunteers who are interested in trying out a plant-based diet to improve their health problems. Volunteers would commit to at least one month of a plant-based diet under her guidance.

If interested, please contact gracefulliving365@gmail.com

Donate to VSH At No Extra Cost to You!

If you're an Amazon customer, start your Amazon shopping at smile.amazon.com.

Designate VSH as your charity & Amazon will donate 1/2% of all eligible purchases to VSH at no extra cost to you!

Shop at AmazonSmile

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



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Recent VSH Events



Mic the Vegan presented **“Top Vegan Myths Debunked”** on April 9 at the Ala Wai golf Course Clubhouse.

Oahu



Mic the Vegan and partner Lyndi Ouellette at his VSH vegan dine-out where they were guests of honor on April 10 at Govinda’s Vegetarian Buffet..



A plate of vegan dishes brought to the potluck on April 15 was put together and set aside for Will diGiorgio by Yuika Furukawa, VSH’s IVW co-coordinator, in front of his photograph draped with an orchid lei and decorated with flowers and ti leaves.

Right: Will diGiorgio’s last planned VSH’s IVW vegan potluck on April 15 became, in addition, a celebration of his life, as friends and fellow volunteers shared photos and memories of him.



Maui



Left: Mic the Vegan spoke on **“Top Vegan Myths Debunked”** at Cameron Center in Wailuku on April 11. Right (above): Jerome Kellner, VSH Maui coordinator and Mic the Vegan on April 11.



Kauai

Right: Paul Schmitendorf presented **“Beating Cancer with Your Fork”** at Kapaa Neighborhood Center on April 7.

Left: Cynthia Fowler, VSH Kauai coordinator since January 2019, Janie Eisendrath, VSH Kauai volunteer and speaker, and Thomas Eisendrath, VSH Kauai coordinator until December 2018, and Lorraine Sakaguchi.

This was Janie’s and Thomas’ last VSH meeting before they left Kauai on May 3 for their new home in Colorado. Lorraine was at the VSH Kauai April 7 meeting to thank Janie and Thomas for their wonderful work with VSH Kauai, to wish them a fond aloha, & to welcome and thank Cynthia & other dedicated volunteers who are doing so well to help VSH Kauai continue its vegan educational mission..



VSH in the Community



KHON2 cameraman Bob Cramer videoed live segments for KHON2 News's Wake Up 2Day program on Tuesday morning, April 9, with KHON2's Dallis Ontiveros and VSH speaker Mic the Vegan, who showed TV viewers how to prepare two sweet potato dishes at Down to Earth's demonstration kitchen above their King St. store in Honolulu.



DTE's Amber Brennan & Sisi Kong, with Mic the Vegan with partner Lyndi Ouellette, and DTE Marketing Director Cynthia Cruz. Cynthia Cruz and DTE donated the use of DTE's demonstration kitchen, ingredients and staff to help with Mic the Vegan's live Wake Up 2Day cooking segments. Mic's final live segment is available for viewing online. Go to [YouTube.com](https://www.youtube.com) & search for: "KHON2 Mic the Vegan."

Oahu

VSH volunteers Peter Sadowski, PhD, Lorraine Sakaguchi, Feel i, Carol Janezic and Jeff Pang at VSH's informational table at the University of Hawaii at Manoa's Earth Day Festival 2019 on Tuesday, April 23. VSH volunteers, in addition to talking with table visitors about the environmental, ethical and health benefits of a plant-based diet, gave away vegan books, herb sprigs, dragon fruit plant cuttings and young banana plants.



Kauai



Guest judge Lorraine Sakaguchi on April 7 gave the \$25 gift certificate prize donated by Eat Healthy Cafe to the Taitano family, who won the best vegan dish contest with their Chickpea "Chuna" salad (see recipe on right). Pictured are Zayne, dad Jason and Nosaj Taitano. Family members not pictured are mom Taunaola "Lulu" and Kaimani Taitano.

Recent VSH Events (cont. from page 8)

Chickpea "Chuna" Salad

- All organic vegetables:
- 1 1/2 lbs chickpeas (mashed to your desired texture)
- Minced or diced:
- 1 cup celery
- 1 cup carrots
- 1 cup bell peppers
- 1 cup red onions
- 2 cloves garlic
- Optional: grape tomatoes
- Seasoning:
- 1/2 tsp pink Himalayan salt
- 1/2 tsp cumin
- 1/4 tsp turmeric
- 1 cup Vegenaise (might add more if too dry)
- 1 tsp garlic powder



Mix all ingredients together and serve. Add more or less seasonings if needed. We usually just eye everything and go by taste.

VSH MEMBERSHIP DISCOUNT GUIDE

Newest VSH member discounts



The Ripple of Smiles. Vietnamese veg-friendly. Separate prep area & veg broth for vegetarian/vegan dishes. Open M-Sat. More parking across st.



Good Clean Food Hawaii. Healthy veg/other meals & fresh, cold-pressed juices made and delivered weekly to drop-off locations/homes on Oahu..

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 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 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
- ☞ Sophie Soleil Vegan Hawaii, local items & edibles (Manoa Marketplace Farmers Market, Sunday, Thursday 9:30 a.m.-1:30 p.m.) 5%
- ☞ Town & Country Builders LLC, remodeling & home improvements, license #BC-26340. ((808)358-6667) \$250 discount

Hawaii (Big Island)

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

☞ = Vegan or Vegetarian Business

Maui (* food truck)

- ☞ A'A Roots (5095 Napili Hwy, #103, Lahaina) 10%
- ☞ Aloha Joy (1 Piikea Ave, Kihei) 10%
- ☞ Aloha Thai Fusion (77 Alanui Ke'ali'i St.,* 225 Piikea Ave., Kihei) 10%
- ☞ Bio-Beetle ECO Car Rental (55 Amala Place, Kahului) 10% (some restrictions)
- ☞ Down to Earth (305 Dairy Road, Kahului) 5%
- ☞ Fork and Salad (1279 S Kihei Rd, #204, Kihei) 10%
- ☞ 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 Café Kaua'i (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%
- ☞ Papanani 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
- ☞ VegVoyages- Asian adventure tours (vegvoyages.com) 5%
- ☞ Vegan Essentials - Food, Clothing and more (<http://store.veganessentials.com/>) 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 April 9, 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!

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)

VSH Kaua'i Lecture Videos

If you haven't been able to attend our VSH Kaua'i presentation/potluck meetings, videos created by volunteer Robert Zelkovsky of our most recent Kaua'i presentations are available at vsh.org. To view, click on the links to them at <https://www.vsh.org/kauai/>.



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, May 5, 2019
MY PLANT-BASED PASSPORT
By Michelle Lemay

With a proper mindset, planning ahead and the courage to think outside the box, traveling as a vegan is not only possible, it's one of the hottest trends going at the moment.



Learn practical tips for staying vegan when on the go, ideas for planning ahead and resources for vegan travel including tours, cruises and vegan resorts. Michelle will share her personal experience along with sharing about other people who not only travel successfully as a vegan, they THRIVE!

Michelle Lemay has been traveling internationally all her life and most recently as a tour manager for packaged group tours for the past 14 years. Travel is her passion and profession! Becoming a vegan a year and a half ago Michelle learned how it can in fact be easy to travel as a vegan. Whether it's traveling inter-island, on the mainland or an international destination you can be sure that Michelle has found a way to thrive on the road as a healthy vegan!

1:00 p.m. Sunday, June 2, 2019
A vegan video (to be announced)
will be presented!

Enjoy a delicious vegan potluck, too!

Donating equipment to VSH

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

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.



Vegetarian Society of Hawaii

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

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Vegetarian Society of Hawaii VSH Special Interest Group Events

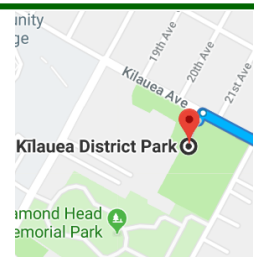
Veg News community events
emailed monthly. To receive it,
email info@vsh.org.

Imagine a Vegan World (vegan peer support group) — Oahu

Kilauea Recreation Center, 4109 Kilauea Avenue (at Kilauea District Park in map on right).

Monday, May 13, 6:30-8:30 p.m. — Discussions on plant-based living, and activities!

Monday, May 20, 6:30-8:30 p.m. — Potluck. Bring a healthy vegan dish to share (suggested: low/no salt, oil & sugar), your own water/beverage, & dinnerware.



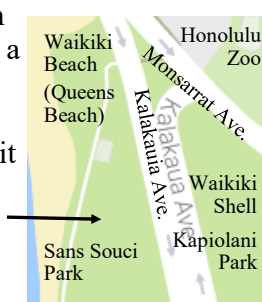
Oahu Fruitluck

Sunday, May 12, 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.)



Grow Your Own Food

(Gardening for fun and eating!) — Oahu

Monday, May 27, 6:30-8:30 p.m.

Garden for enjoyment and healthy plant-based eating no matter where you live! Enjoy discussions, seed and plant exchanges, and expert talks. Kilauea Recreation Center, 4109 Kilauea Avenue (see map above right).



See details of the events at [meetup.com/veganoahu/](https://www.meetup.com/veganoahu/) or [meetup.com/Hawaii-Vegan-Events](https://www.meetup.com/Hawaii-Vegan-Events)

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

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