The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND ECOLOGY VOL. 26, ISSUE 1, JANUARY-MARCH 2015

Inside This Issue

The Peace Diet and Cancer	1,3-4
Recent VSH Activities	2
Nutrition News	4
Satori: Zen Inspired Meals	5-6
MOA Hawai`i	7
Dr. Campbell's VSH Event Photos	7
Banán	8
Oahu and Maui VSH Events	9
Kauai VSH Events	10
The Physics of Diet	11
Maui Woman's Healthy Weight	12
Healthy and Amazing Muffins	13
Farm Sanctuary Vegan Learning	14
Send Us Whipped Cream Recipes	14
Upcoming Events	15-18
Membership Benefits	19

Free Public Lectures

Terry Shintani, MD, JD, MPH
"The Peace Diet: How to Reverse Disease in 10 Days"
Tuesday, January 13, 2015
Ala Wai Golf Course Clubhouse

Chef AJ
"Are You Ready to Go UNPROCESSED?"
Tuesday, February 10, 2015
McCoy Pavilion at Ala Moana Beach Park

Julieanna Hever, MS, RD
"The 'Vegiterranean' Diet"
Tuesday, March 10, 2015
Ala Wai Golf Course Clubhouse

Please see page 15 for more details.

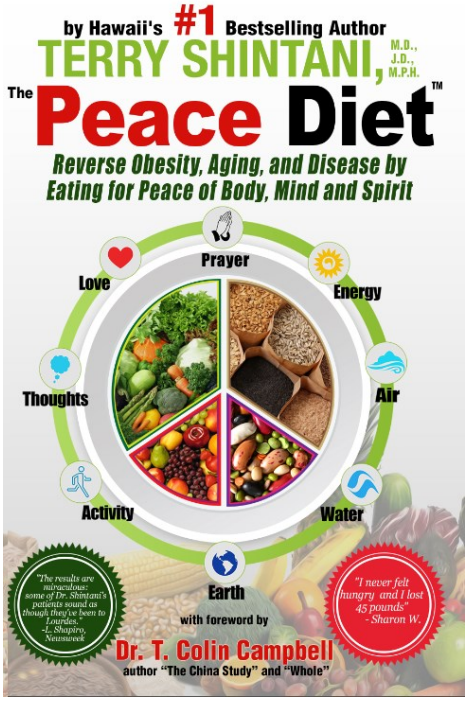
The Peace Diet

Reverse Obesity, Aging, and Disease by Eating for Peace of Body, Mind and Spirit

By Terry Shintani, MD, JD, MPH

Dr. Terry Shintani is a multi-faceted physician and author who has spent a remarkable career in helping people to gain or regain their health, both locally and nationally, through his medical practice, his books, his weekly radio program "Healing and You", and more. In the pages of this and the next issue of The Island Vegetarian*, VSH presents, in two parts, a chapter from his just-published book,* The Peace Diet, *in which Dr. Shintani writes about the relationship of diet to cancer.*
— Lorraine Sakaguchi, VSH President

VIII — The Peace Diet and Cancer



Diets rich in vegetables, whole grain, beans, and fruit are associated with lower rates of cancer. Did you know that the countries that eat the most meat and dairy have the highest rates of cancer -- and those that consume the highest proportion of vegetables, fruits and grains have the least?[1] By choosing to eat the foods in accordance with the Peace Diet, you are helping yourself to fend off the likelihood of a cancer diagnosis in your lifetime.

Anti-Cancer Nutrients

Whole plant-based foods are all known to have anti-cancer properties. They have powerful anti-oxidants, from the more commonly-known nutrients, such as the beta-carotene found in yellow and orange vegetables and fruit, to lesser-known nutrients such as sulforaphane or indoles found in cruciferous vegetables such as broccoli, epigallocatechin gallate found in green tea, triterpenoids found in apple skins, lycopene in tomatoes,

(Continued on page 3)

The Island Vegetarian

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

P.O. Box 23208
Honolulu, HI 96823-3208
808-944-VEGI (8344)
info@vsh.org
www.VSH.org

Visit our website for online lecture videos, a restaurant guide, TV and meeting schedules, newsletter archives, as well as our Facebook page: **https://www.facebook.com/VegetarianSocietyOfHawaii**

Directors

President: Lorraine Sakaguchi
Vice President: Jim Brown
Secretary: William Harris, MD
Treasurer: James H. Thompson
Directors: Karl Seff, PhD
Patrick Moore
Ori Ann Li
Ruth Heidrich, PhD
Matt Jisa

Advisory Board

Mark Fergusson

Newsletter Committee

William Harris, MD
James H. Thompson
Lorraine Sakaguchi

Mahalo to our volunteers:

Oahu

Terry Bear
Elizabeth Buff
Lulu Cey
Randall Chun
Patrick Connair
William diGiorgio
Phyllis Fong
Dr. Fred Foster
Don Hargarten
Nancy Ikeda
Jake
Matthew Jisa
Ruth Kase
Sirilak Moore
James Richart
Georgie Yap

Kauai

Vigil Alkana
Karin Medigovich
Thomas Eisendrath (also, ***Oahu***)
Gordon LaBedz, MD

Maui

Maui Coordinator: Jerome Kellner
Steve Biedner
Steve and Catherine Blake
Laurelee Blanchard
Brook and Home Le'amohala

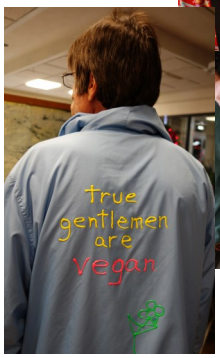
Some Recent VSH Activities

On October 2, at the Gandhi's Birthday and International Day of Nonviolence event organized by Dr. Raj Kumar's (not pictured) Gandhi International Institute for Peace: With Waikiki Beach behind them, are Jordan Ragasa and Trisha "Mama T" Gonsalves of Down to Earth, who shared a tent with VSH volunteers Jake, Lorraine Sakaguchi, Fidel Castrati and Terry Bear. Terry Shintani, MD, is in the center. (Not pictured, VSH volunteer, Marty Airey.) In left photo, VSH volunteer Ori Ann Li serves free samples of her vegan dishes to table visitors. VSH also highlighted World Day for Farmed Animals at this event.

Ori Ann Li with VSH table visitor at Leeward Community College's Healthy New You Wellness Fair on Wednesday, November 19.

VSH's Pre-Thanksgiving Dinner on Friday, November 21 at McCoy Pavilion: Above, VSH volunteers Carol Janezic and Maureen Lau serve up stuffing and tossed greens. Right, main dining room, with VSHer William Harris, MD, in front.

VSH's Imagine a Vegan World's Christmas potluck on Tuesday, December 23 at the Central YMCA: Left, most of the attendees. Center, Fidel Castrati, a true vegan gentleman! Right, Anton and friend Marty Airey play some spirited holiday tunes.



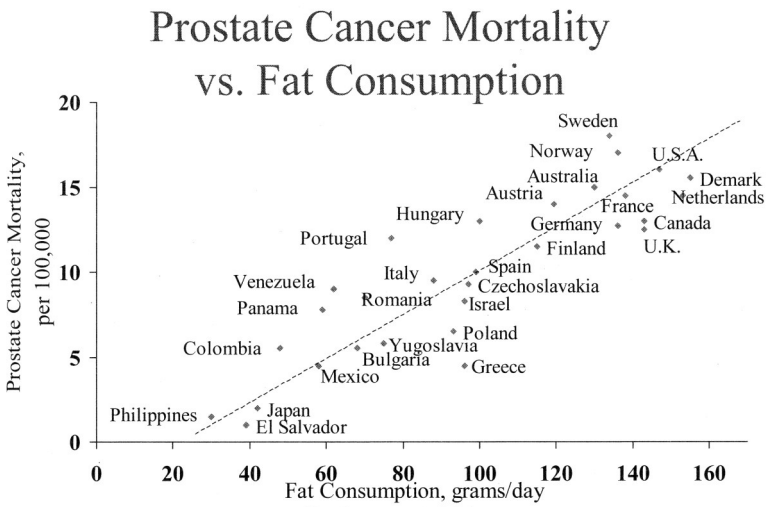
(Continued from page 1)

VIII — The Peace Diet and Cancer

pterostilbene found in blueberries, anthocyanins found in red cabbage, and many others. The Peace Diet is also high in fiber, which is associated specifically with lower risk of stomach and colon cancer.

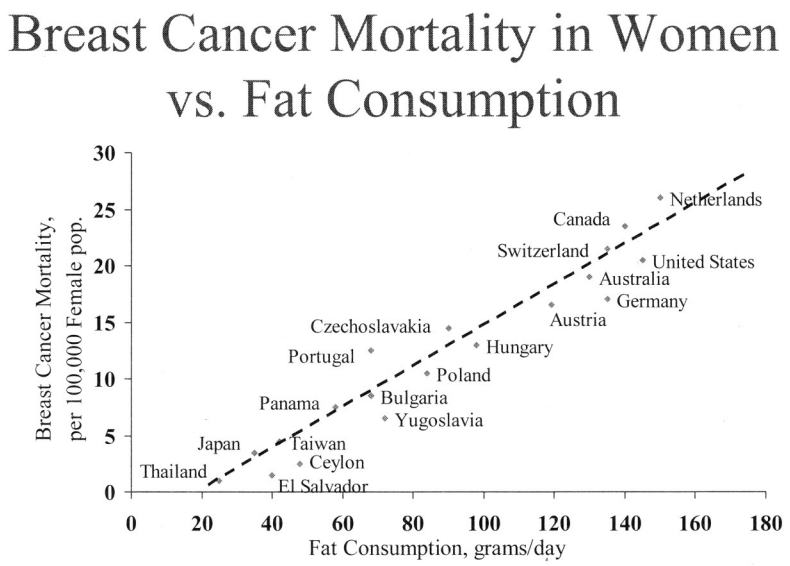
Vitamin C has long been considered an anti-cancer vitamin since the days of Nobel laureate, Dr. Linus Pauling, who promoted it as a super-nutrient. Most people are aware that citrus fruits contain ample amounts of vitamin C in them. Vitamin C is also found in many other fruits, including guava (188mg/half cup) and kiwi (140mg/2 fruits) which have more vitamin C than oranges (80mg/1 fruit) and strawberries, brussels sprouts, cantaloupe and other fruits and vegetables that have less. High dose vitamin C, administered intravenously, is still being researched, and at least seems to help improve quality of life of cancer patients in some studies. Careful screening needs to be done because some patients and some cancers do not respond well to high-dose vitamin C, according to the NCI.[2]

Vitamin D is also of great interest in the prevention of cancer because higher levels of vitamin D are associated with lower rates of certain diseases including some cancers. Blood levels in the high 50's (*ed: nanograms per milliliter*) of 25-hydroxy vitamin D are associated with an estimated 35% less cancer,[3] including breast, colon, endometrial, kidney and ovarian cancers.



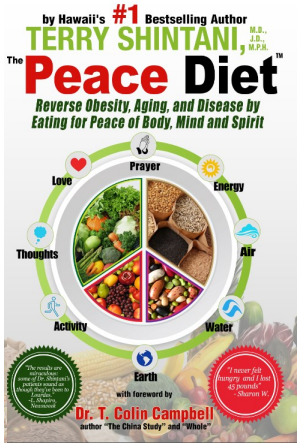
Adapted from Reddy BS, *et al.* *Cancer Res* 1987; 47: 644-8.

(c) Shintani 1999 - 2008 all rights reserved.



Adapted from Carroll KK, *et al.* *Cancer Res* 1975; 35: 3374-83.

The Peace Diet: Reverse Obesity, Aging and Disease by Eating for Pace of Body, Mind and Spirit
Terry Shintani, MD, JD, MPH
Honolulu, Health Foundation Press
352 pages, 2014



Fat Intake and Cancer

A discussion of diet and its relationship to cancer must also include a discussion of fat, because high-fat diets are also associated with certain cancers all around the world. Our knowledge is not yet certain as to why this occurs, but it's possible that the countries consuming the most fat also have populations with imbalances in the hormones that are influenced by fat intake. For example, high-fat diets may cause imbalances in the male and female hormones, such as estrogen, which may then lead to excessive stimulation of the growth of male and female organs like the breasts and the prostate, and lead to hormone-related cancers.

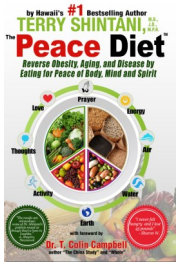
Animal Protein and Cancer

Numerous studies also correlate cancer incidence with animal protein consumption. For example, Dr. T. Colin Campbell's early research found that dairy protein (casein) was highly correlated with cancer; the more casein people ate, the higher

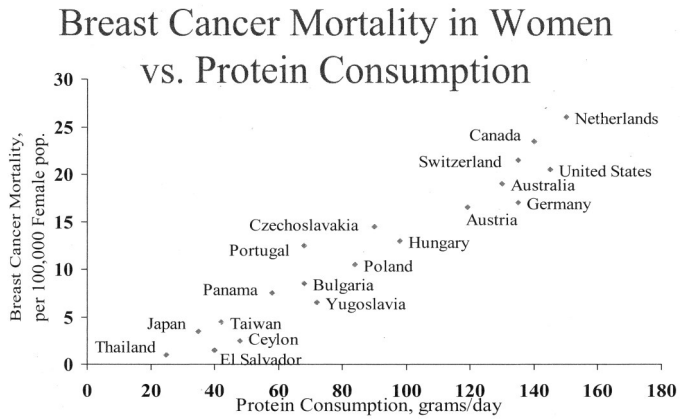
(Continued on page 4)

(Continued from page 3)

VIII — The Peace Diet and Cancer



their risk of a cancer diagnosis. In his landmark book, *The China Study*, Dr. Campbell presented the connection his research had found, linking animal protein intake to several cancers, including breast, prostate, and colon cancer. He points out that, beyond the findings of his large-scale study of China and the regional dietary differences and cancer incidences there, other studies too had



Adapted from Dietary Fat Scatter Gram
Carroll KK, *et al.*
Cancer Res 1975; 35: 3374-83.

(c) Shintani 1999 - 2008 all rights reserved.

compared animal protein consumption and cancer with similar findings, thus further supporting the link between animal product intake and the protective effect of a plant-based diet. In addition, increased cancer rates are associated with high levels of methionine, an amino acid that is in much higher amounts in animal products than in plant products.[4]

References:

1. Campbell, T. C. (2005), *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health*, Dallas, TX: BenBella Books.

2. High-Dose Vitamin C (PDQ®). (2013/5/28). CNN. Retrieved from http://www.cancer.gov/cancertopics/pdq/cam/highdosevitaminc/

3. Lappe, J.M. et al. (2007). "Vitamin D and calcium supplementation reduces cancer risk: Results of a randomized trial." *Am J Clin Nutr*, 85, 1586-91.

4. Cavuoto P., Fenech, M.F. (2012). "A review of methionine dependency and the role of methionine restriction in cancer growth control and life-span extension." *Cancer Treat. Rev.*, 38(6), 726-736.

——— To Be Continued ———

In the second and final installment of this chapter in The Peace Diet*, in the April-June 2015 issue of* The Island Vegetarian*, Dr, Shintani explains how* The Peace Diet *is unfriendly to cancer and the reasons why virtually all anti-cancer diets are plant-based.*

Nutrition News

from

NutritionFacts.org

If Fructose is Bad, What About Fruit?

Isolated fructose has some negative effects, but eating fruit with the same amount of fructose may not.

http://nutritionfacts.org/video/if-fructose-is-bad-what-about-fruit/

Eliminating 90% of Heart Disease Risk

Preventing and treating chronic diseases such as heart disease, diabetes, and stroke with diet and lifestyle changes is not just safer, but may be dramatically more effective.

http://nutritionfacts.org/video/eliminating-90-of-heart-disease-risk/

Juicing Removes More Than Just Fiber

The majority of polyphenol phytonutrients may be bound to fiber, helping to explain the marked difference in health impacts between whole fruit and fruit juice.

http://nutritionfacts.org/video/juicing-removes-more-than-just-fiber/

Cooked Beans or Sprouted Beans?

Canned beans were found to be as good or better than sprouted beans in these tests in protecting brain cells and destroying melanoma, kidney, and breast cancer cells.

http://nutritionfacts.org/video/cooked-beans-or-sprouted-beans/

Preventing and Treating Alzheimer's with Turmeric

Turmeric appears effective for both preventing and treating Alzheimer's disease.

http://nutritionfacts.org/video/preventing-alzheimers-with-turmeric/

http://nutritionfacts.org/video/treating-alzheimers-with-turmeric/

Flax Seeds Help Prevent Breast Cancer

Flaxseed consumption may play a role in preventing and treating breast cancer by blocking the inflammatory effects of interleukin-1.

http://nutritionfacts.org/video/can-flax-seeds-help-prevent-breast-cancer/

Inhibiting Platelet Activation with Tomato Seeds

The yellow fluid around tomato seeds appears to suppress platelet activation without affecting blood clotting. This anti-inflammatory effect may explain why eating tomato products is associated with lower cardiac mortality.

http://nutritionfacts.org/video/inhibiting-platelet-activation-with-tomato-seeds/

Satori: Zen-Inspired Meals to Awaken The Senses

SATORIHAWAII
at Soto Mission, Social Hall
1708 Nu'uanu Avenue
Honolulu, Hawaii
Open most Saturdays
noon-2 p.m.
and for special events
http://www.satorihawaii.com
Discount for VSH Members: 5%

By William diGiorgio
http://vegandietguy.com/

Thao Nyugen, Yumi Kawamoto and Megumi Odin

About a year ago, Megumi Odin left Peace Cafe, the much-loved restaurant she started almost five years ago, to follow her creative inspiration to the next level.

In September, the chef behind the first vegan restaurant in Honolulu began SATORIHAWAII, a "pop-up" in the Soto Mission of Hawaii, serving contemporary Shojin Ryori (Buddhist Cuisine) meals that are vegan and gluten-free.

Megumi says opening a vegan restaurant in the U.S. was her mission, but she didn't believe Americans were ready for Japanese style vegan food back when Peace Cafe opened.

With SATORIHAWAII, Megumi wanted to create a warm and intimate atmosphere, like eating at her grandmother's home in Tokyo, the place where Megumi learned mindful, healthy cooking and eating. Megumi even wears a kimono she received from her grandmother, who is 96 years old.

"Ikitoshi ikerumono subete ni ai to kansha wo. Itadakimasu"-To eat with respect and appreciation for all living things, is a traditional Buddhist saying her grandmother used to say that Megumi still holds dear. Guests of Satori feel those sentiments in the simplest of ingredients prepared with loving consideration.

Will diGiorgio,Hannah Kaminsky and Terry Bear enjoy a SATORIHAWAII lunch at Soto Mission

Satori's menu is often Japanese, but also includes Western, Korean, Chinese, Thai, Indian and other Asian influences, to convey the experience of visiting a particular country through food — one of Megumi's many interests.

Satori uses local and organic produce, brown rice, and no cane sugar (instead, Megumi uses maple syrup or coconut sugar, sparingly). The ingredients exclude garlic and onion, which Megumi abstains from for spiritual reasons. While gluten-free cooking is new to her, Megumi says she has enjoyed experimenting with it, and is happy to accommodate the needs of her guests.

A recent menu at Satori consisted of 6 items: stewed vegetables and tofu with ginger ankake sauce, pickled vegetables, salad (mustard cabbage, wakame, hoshi daikon), sesame tofu with walnut miso sauce, soup (made of butternut squash, carrots and tomato), and brown rice with mushrooms and yuzu vinegar. Let's not forget dessert: a dorayaki pancake made from brown rice flour and filled with sweet potato paste, coconut cream and azuki beans.

Guests are pampered as Megumi's small crew (Yumiko Kawamoto, Yayoi Otaki and Thao Nyugen)—all of whom worked with her at Peace Cafe—embrace them with hospitality and refill their teacups with organic hojicha. In addition to

(Continued on page 6)

(Continued from page 5)

Satori: Zen-Inspired Meals to Awaken The Senses

Japanese lacquerware trays and bowls (in the oryoki style of traditional Zen meals), Megumi explains that table cloths and screens are also important for her theme.

SATORIHAWAII has quickly gained popularity through word of mouth, and many regulars are hoping that it will turn into a full-time restaurant. However, Megumi prefers to keep her creative freedom for now. Since leaving Peace Cafe, she has been working as a private chef, catering events, consulting, and developing restaurant projects in Yokohama and New York.

When an acquaintance at the Soto Mission suggested Megumi borrow their kitchen and auditorium once a week, SATORIHAWAII was born.

SATORIHAWAII is open for lunch from 12:00 pm-2:00 pm on Saturdays (first-come, first-served), and special occasions (reservations only, often served both at noon and at 6 p.m.), including Thanksgiving, Christmas, New Year (featuring a traditional Japanese osechi meal), and Valentine's Day. Satori's fixed menu lunch set is $18 and the special events are $20 (cash or local check only). Vegetarian Society of Hawaii Members receive a 5% discount.

Occasionally, the satori lunch follows a traditional Zen zazen meditation held in the Soto Mission of Hawaii's temple. Information for zazen and other events can be found on Satori Hawaii's home page.

Chef's Biography

Before coming to Hawaii, Megumi worked 17 years as a food stylist in Tokyo, learning about cuisine from all around the world. Eventually, she became disillusioned with her work making commercials, where she was required to handle meat and also witnessed a lot of food being thrown away on a daily basis.

Megumi moved to Hawaii 10 years ago following the birth of her daughter.

"I wanted to make a good environment for my daughter while making the world a better place," she says. Megumi has been vegan for 10 years (before that, she also ate fish).

Megumi has no formal chef training, and learned to cook by helping her grandmother. She says she didn't eat out any meals until high school, and has never tried Coca-Cola!

Megumi is excited to be doing SATORIHAWAII, and wants to continue traveling the world through cooking in the future. "Exploring different foods is like traveling the world," she says. Besides the U.S., Megumi has visited Indonesia, France Italy, Mexico, and Korea. "The trip to Korea was important because I could visit many temples that serve traditional Korean Buddhist shojin meals, and now I make these meals at home or for SATORIHAWAII events."

Among Megumi's favorite cuisines to prepare are Indian, Chinese and Japanese. At home, she has an outdoor wood-burning brick oven to make traditional Naples-style vegan pizza, and makes her own fresh pasta, too. "I make delicious Italian food," Megumi says. "What I enjoy most of all is making home-cooked family meals for my daughter and husband."

Megumi is also studying Ayurveda and wants to do an Ayurvedic and vegan cafe in the future. Her guests can hardly wait to see what's next.

Links

From Satori's web page:
http://www.satorihawaii.com/about-satori.html

Soto Mission of Hawaii Shoboji:
http://global.sotozen-net.or.jp/eng/temples/outside_jp/Hawaii/76.html#section1

The opinions expressed in this newsletter are those of the writers, and not necessarily those of the Vegetarian Society of Hawaii. The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.

You can get *The Island Vegetarian* electronically in full color, and save trees and postage, too! To switch from the paper to the electronic edition, send an email with your name and email address to: support@vsh.org.

MOA Hawai`i: Nature Farming and Natural Foods Program

600 Queen Street, Suite C-2, Honolulu, HI 96813
Phone: (808) 952-6900
Fax: (808) 566-6911
http://www.moahawaii.org/
Email: info@moahawaii.org
Hours: Monday-Friday 9:00am – 5:30pm
Saturday 9:00am – 1:00pm

By Mai Fujii
MOA Natural Foods Program Manager

MOA Hawai`i is committed to our mission of creating a society where we can attain true health and happiness through the Okada Health and Wellness Program (OHWP). The OHWP assists people to live a healthy lifestyle that adjusts to nature by realizing and embracing our innate healing ability.

The Nature Farming and Natural Foods Program is a part of OHWP that focuses on a diet, foods and nutrition. MOA's Natural Foods Program provides guidance in achieving both physical and mental health through a way of eating embedded in traditional values - the principles of respecting and adapting to Nature.

Hands-on Soba Making Workshop, July 2014

Based on Mokichi Okada's philosophy and principles of eating, the Natural Foods Program offers various classes to promote healthy eating, including: hands-on miso making, hands-on soba making, how to make tofu, Ayurvedic cooking, and many more.

Starting from November, 2014, an Ayurvedic cooking class is being offered every odd month by Mai Fujii, MOA Natural Foods Program Manager. This class includes cooking demonstrations and tasting of Ayurvedic foods, and students also learn about Ayurvedic principles of eating, the effects of spices, food combinations etc. The menu is vegetarian, however, a non-dairy foods option is also available for those who are vegans.

Another new monthly event, called the MOA Natural Foods Café which began in December 2014, offers a nutritious & delicious lunch using organic/local/finest ingredients with a welcoming atmosphere. This once-a-month café offers a vegan option. The menu changes every month according to the seasons and availabilities of fruit and vegetables. It is usually on a Monday and lunch hour operation is between 11:30 am to 1:00 pm. Please visit http://www.moahawaii.org/events/ for more information and details of classes and events (updated monthly).

Lastly, we have a quarter acre Nature Garden that grows various local vegetables and fruits using the Nature Farming method. The fresh vegetables/fruits are delivered to the MOA Wellness Center from the garden every Monday noon for sale. Please visit our Wellness Center. We look forward to seeing you!!

After Dr. Campbell's talk on October 14: Lorraine Sakaguchi, Hawaii State Sen. Mike Gabbard, who'd presented Dr. Campbell with a State Senate commendation, T. Colin Campbell, PhD, longtime friend Terry Shintani, MD, and Mark Fergusson, CEO of Down to Earth Organic and Natural. Down to Earth sponsored Dr. and Mrs. Campbell's visit to Hawaii.

Photos from Dr. T. Colin Campbell's VSH events in October

Xiao Fang Zhou, grandniece of Zhou Enlai, the first premier of the People's Republic of China, who created the large cancer atlas of China crucial to Dr. Campbell's later landmark China Study, with Dr. Campbell at his VSH dine-out at Govinda's on October 15.

Banán

3212 Monsarrat Ave.
Honolulu, Hawaii 96815
Mon-Fri 11 A.M.-6 P.M.
Sat-Sun 9 A.M.-6 P.M.
Ample free parking
Discount for VSH members:
3 free toppings

http://www.bananbowls.com/

By Bianca Krizek

With Diamond Head in the background, Luke Untermann & Galen McCleary (missing: Zak Barry & Matt Hong) at Banán, with friend Carissa Moore

Fidel Castrati and I checked out Banán since it was a perfect afternoon for a frozen vegan delight. Delightful and delicious!

The guys (ed: Zak Barry, Matt Hong, Luke Untermann, and Galen McCleary) and the atmosphere they have created around their truck are super chill. Young, just-out-of-college guys pursuing entrepreneurship in a laid-back style ...Welcome to Hawaii, right?

I tried the banana cup with the pineapple and coconut topping, while Fidel had the banana cup with ginger and mint topped with puffed quinoa. Both incredibly different flavor profiles, but both equally great. Mine was more reminiscent of a creamy dessert, while Fidel's had a very refreshing, palate-cleansing element from the Ginger Mint mix.

I highly recommend checking out Banán. I would have liked to check out the Banana Lilikoi mix, but they were sold out for the day. The relaxing seating area and mellow music left me losing track of time, and I ended up sitting there for over an hour. I will definitely be back again soon to sample the other flavors!

And, the best part is it was all tasty, healthy, and vegan. I did mention to them that they should add agave nectar as a topping on their menu, instead of honey, for the vegans out there.

(ed: With no added sugar, the bowls, fresh papaya halves and cups are all filled with naturally sweet, creamy 100% local banana "ice creams" blended as simply banana, or with acai, pineapple and coconut, ginger and mint, papaya, basil, lilikoi, etc., to create flavors of the same names. Optional toppings include various fruits, almonds, puffed quinoa, and coconut flakes. Tea and fresh juice blends are also on the menu. The relaxed friendly outdoor atmosphere—while being watchful for nearby cars—makes for a pleasant stop for both children and adults.)

If you're an Amazon customer, you can support The Vegetarian Society of Hawaii's mission with your purchases, at no cost to you! Just remember to always start your Amazon shopping at smile.amazon.com (the first time, please designate the Vegetarian Society of Hawaii as your charitable organization), and Amazon will donate 1/2% of all of your eligible purchases to VSH.

Shop at AmazonSmile
and Amazon will make a donation to:
Vegetarian Society Of Hawaii
Get started
amazonsmile

Talk to Us!

Your letters to the editor, book, movie, and restaurant reviews, recipes and articles of interest to vegetarians are all eagerly awaited. We reserve the right to edit all submissions. Our submission deadlines are March 1, June 1, September 1, and December 1. Please send them to newsletter@vsh.org.

VSH Events on Oahu and Maui

October: T. Colin Campbell, PhD presented "Nutrition is Far More Effective Than Generally Known"

T. Colin Campbell, PhD, lectured on October 14 at the Ala Wai Golf Course Clubhouse.

Chef Madana Sundari, Dr. Campbell & wife Karen Campbell, and Dr. Ruth Heidrich at the Campbells' VSH dine-out at Govinda's on October 15, with 153 diners.

Right, Dr. Campbell and VSH Maui coordinator Jerome Kellner. Lower right, Dr. Campbell gave his talk at UH Maui College to 200 attendees on October 16.

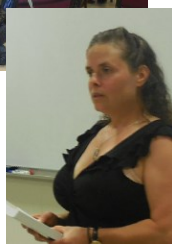
Above, Dr. Campbell received a standing ovation from the close to 500 attendees at his Oahu lecture on October 14.

November: Anne Dinshah presented "Will Veganism Bring You Health, Wealth & Wisdom?"

Anne Dinshah lectured at the Ala Wai Golf Course Clubhouse on November 11.

Anne Dinshah's VSH dine-out on November 12 at Church of the Crossroads: Chef Kathy Maddux, Fred Oshiro, Linda Iha, Alice Oshiro, Jackie Wah, Anne Dinshah, Chef Alyssa Moreau, Melanie Dagenais, Lorraine Sakaguchi and Ruth Kase.

Anne Dinshah lectured at Kaunoa Senior Center in Paia on November 13.



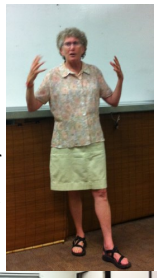
December: Patti Breitman presented "Never Too Late to Go Vegan: Why and How to Make the Switch to a Better Life"

Patti Breitman gave her VSH talk at the Ala Wai Golf Course Clubhouse on December 10.

Stan and Patti Breitman.

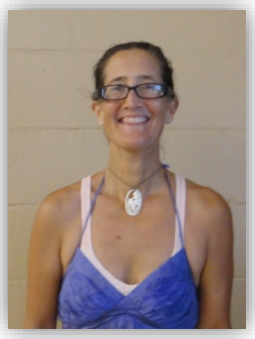
Patti Breitman's VSH Dine-Out at Simple Joy Vegetarian Cuisine Restaurant on December 9. Front to back: Bob Leitch & Ruth Heidrich, PhD, Hal Lum & Masayo Suzuki, Betsy Staller & Karl Seff, PhD.

Patti Breitman spoke at Cameron Center on Maui on December 11. Left, refreshments included her "crock cheese" recipe, prepared by Jerome Kellner.



If you missed any of these informative and entertaining lectures, watch them online at: www.vsh.org or on Public Access Cable TV statewide: 'Olelo CH 54 on O'ahu, Na Leo 'O Hawai'I Ch 54 on the Big Island, Ho'ike Ch 54 on Kaua'i, or Akaku Ch 55 on Maui.

VSH Events on Kauai



In October Karin Medigovich prepared several dishes using locally grown ingredients in her presentation entitled "Eating Fresh and Local."

Gordon LaBedz, MD continued his "Ask the Doctor Series" with his presentation of "What's the Best Way to Lose Weight?" at the November potluck and lecture on Kauai.

At the December potluck and lecture a video of T. Colin Campbell's 2014 Oahu talk entitled: "The Best Kept Secret–Ever" was presented.

"What do I do with all these Greens and Cassava in my yard?"

KAUAI VEGGIE BURGER, PATTIES, BALLS

Karin Medigovich

These freeze well and are great for taking out.
This recipe is to use what we grow here in Hawaii and taste the local flavors of our `aina. Sure you could substitute the starch for cooked rice or potato, and the greens for a box or two of frozen spinach, but I encourage you take the challenge. To Health! :)

Night before:
Boil until soft, the cassava or taro corm, with greens if you like. (*Note that cassava and taro must be cooked thoroughly for safe eating*.) If you are lucky enough to live here, eat what grows here. Chill.

Day of:
Peel or not, one firm raw breadfruit. Cut off its seeds and cut into chunks. Grind until fine in a food processor. Add a couple of cleaned, peeled arrowroots (ali'ipoe) and 2 cloves of peeled garlic, then grind until they are like finely chopped nuts, about 3 cups, then put aside in bowl.

Take an armful of greens: collards, kale, arugula, chard, spinach, and even some basil. Remove tough stringy stalks and puree with food processor, then put in large bowl. To however much pureed greens you have, you should add an equal amount of combined starches. For example, for 4 cups ground greens, use 2 cups breadfruit/arrowroot and 2 cups cooked peeled cassava or taro corm. Cooked cassava and taro greens can also be added. Be careful to squeeze water out and chop a bit. Mix with hands. You can make patties, balls or a loaf now, or add your favorite spices. Divide batch in two for both kinds. Here are 2 of my favorite spice combinations:

Mexican Spice
1 tsp. salt
1 tsp. chipotle powder
1 tsp. cumin
1 tsp. oregano

India Spice
1 tsp. sea salt
I tsp. garam (masala)
1 tsp. curry
1 tsp. fresh grated ginger

I use a little coconut oil in or on pans. Bake at 350°F in loaf pan for 45 to 1 hour. Shape into small or large patties and pan fry until brown on both sides, or bake 20 minutes on cookie sheet. Roll tablespoon-sized balls and bake at 400°F until brown for about 12 minutes
And with the remaining cassava…

Cassava Cream Sauce
in blender 'til creamy
1 cup cooked Cassava
2 tbs. Nutritional Yeast
1/2 cup coconut milk
1 tsp salt or to taste
1/2 tsp pepper

Mango Sauce
in blender 'til creamy
1 cup pureed fresh or frozen mango
2 tbs. Braggs soy sauce
1 tbs. vinegar
1 tbs. grated fresh ginger
1/2 to 1 tsp. Cayenne powder

Still more cassava and ground greens? Cube cassava, grind greens, and add some jabons (pomelo) and one of the above sauces for a great cassava or taro slaw salad! Wrap all of these things in a raw or steamed collard leaf. Enjoy! Aloha!

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapa'a Neighborhood Center on Kaua'i. Admission is free for those who bring a dish. All others are welcome with a $5 donation.

The lion is the king of beasts
and husband of the lioness.

Gazelles and things on which he feasts
address him as your highoness.

Ogden Nash— from "The Lion", *Carnival of the Animals* (1949)

The Physics of Diet

by William Harris, MD

Ever wonder why the largest animals on Earth are mostly herbivores? Elephants, giraffes, gorillas, hippos, horses, rhinos, zebras, etc., have only been rarely seen consuming the flesh of another animal and are popularly thought of as vegetarians, although it's likely that insects may be an incidental side dish.

While omnivorous humans seem obsessed with the beauty and violence of the carnivores, the graph below shows that the largest animals, both current and prehistoric, are generally peaceful vegetarians, and are neither predators nor frequent victims. Photosynthesis,[1] a four billion year evolutionary scheme for trapping solar energy and using it to assemble inorganic minerals and gases into organic molecules, is the origin of all animal food and fossil fuel, whether the animal is a primary plant predator (herbivore) or a secondary one (carnivore) .

A likely explanation is offered by simple Newtonian physics. In order for a lion to kill a gazelle, it must first accelerate from zero to match the gazelle's velocity. The Caloric energy it gains by eating the gazelle should replace the kinetic energy (E=1/2mv2) that the lion expended catching it,[2] and this is tough order since during the chase, velocity (v in meters/second) for both animals is maxed out, but the gazelle's mass (m=20 kg) is only ~ 1/8th that of the lion (m=160kg).[3] Neither carnivore nor herbivore are more than about 20% efficient at converting food energy into kinetic energy and vice versa.

By contrast, when an elephant or a rhino gets the munchies, they sidle up to their favorite tree, bush, or grass, and in a day demolish maybe 350 pounds (~40,000 Calories) of it. There's a lot of mass involved, but not much velocity or acceleration, so they utilize their carefully evolved digestive tracts and the huge Calorie input to get really big. Nobody monkeys around with big.

Lion (limping home from the waterhole): "Honey, here's your gazelle, but if you and the kids want a baby elephant next time, you'll have to get it yourselves. Those elephant mothers are real mothers."

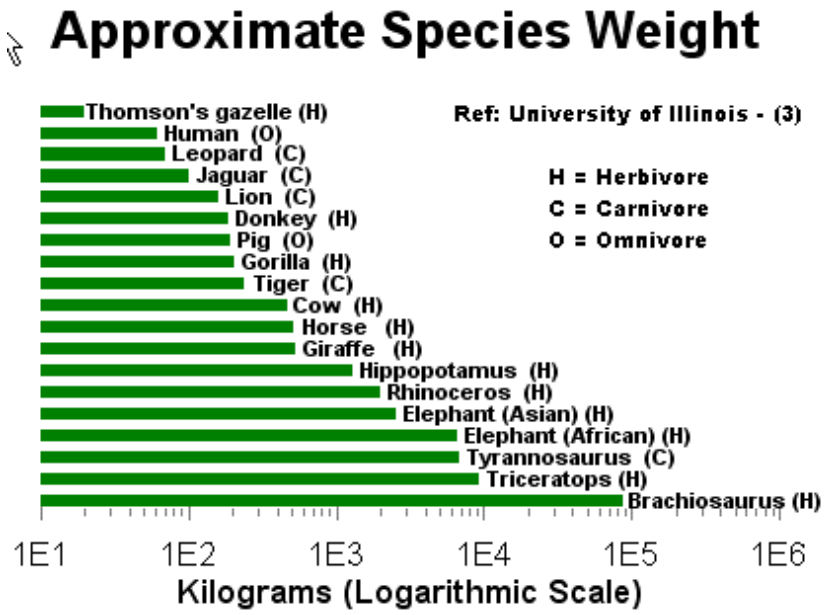
References:

1. http://en.wikipedia.org/wiki/Photosynthesis#Efficiency

2. http://en.wikipedia.org/wiki/Work_%28physics%29#Work_and_energy

3. http://mste.illinois.edu/malcz/DATA/BIOLOGY/Animals.html

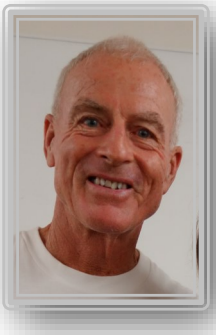
Rousseeuw, P.J. & Leroy, A.M. (1987) Robust Regression and Outlier Detection. Wiley, p. 57.



Healthy Weight Loss No Problem for Maui Woman

Plant-Based Foods & Exercise Were Key

By Jerome Kellner
VSH Maui Coordinator



One Maui woman is experiencing remarkably positive results changing to a diet of more vegetables, fruits and other whole, plant-based foods, while eating less processed foods, meat, poultry, eggs, fish and dairy products. Her story provides valuable insights for anyone wanting to make healthy nutritional changes, and do it their way, which is how this woman fashioned her program.

Donna Clayton, of Pukalani, Maui, wanted to eat healthier, and—who doesn't these days?—lose a few pounds. Done deal: in a little over six weeks, she lost 12 pounds, rather effortlessly.

"It's just falling off, I'm not doing that much," she said after a recent weigh-in.

"I definitely feel lighter, it feels fantastic," Donna says. Though not particularly an avid clothes shopper, Donna says she's looking forward to buying some new apparel items. All her current pants are far roomier around the waist.

She is pleased with the noticeable light feeling she often mentions, something she attributes to both her healthier nutritional intake and an uptick in exercise. She's felt more like exercising and has obeyed that bodily intuition, but she hasn't joined a gym or hired a personal trainer. She's simply politely asked her body to do a bit more of her current favorite exercise, walking. She's noticed an overall feeling of vitality, both physical and mental.

Perhaps most remarkably, all these results have come about without Donna dieting, or "going" or "becoming" vegetarian or vegan. She hasn't in fact used those three words – diet, vegetarian, vegan—during her change, and that suits her. She's simply consciously eating healthier foods and exercising more, without dieting, or calling herself or her program anything in particular.

How, specifically, has her diet changed? By any measure, pretty profoundly.

In the past for breakfast Donna has been known to enjoy a multi-egg omelet with cheese, cooked in butter or margarine. Not every day, but however often such a saturated-fat heavy meal is eaten, it's not much of an overstatement to say every bite clogs an artery. Beyond the saturated fat content, of course, to add up the calories in such a dish would take a calculator.

A recent breakfast during Donna's transformational journey was a far more nutritionally wise. Call it a buffet on a plate: equal servings of fresh strawberries, chopped dates, fresh, local orange slices, slivered almonds, and sliced banana.

This fiber-rich, whole food meal provided her with a reasonable amount of healthy fat and protein (almonds), plus nutritionally dense calories from healthy, unrefined carbohydrates.

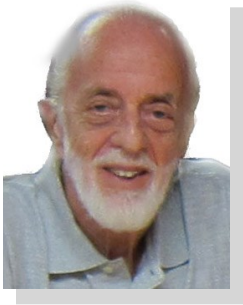
Coincidentally that day, she went on a hike and trekked 5 miles, half of which were uphill, considerably more challenging terrain than she's been used to covering. No problem.

"The breakfast worked," Donna says. "I was never hungry and had plenty of energy."

About five hours after breakfast and the trek, she was hungry for lunch, which was a home-made salad of chopped green and red cabbage, dark red leaf lettuce, grape tomatoes, grated yellow zucchini, grated carrots, white potato and sweet potato, chopped parsley and avocado chunks, drizzled with fresh lemon juice and red wine vinegar.

Like all the meals Donna Clayton is enjoying these days, she found it thoroughly satisfying, delicious and nutritious.

To continue her education in healthy eating, she marked on her calendar January 15, 2015, when Dr. Terry Shintani was to present his talk on Maui entitled T*he Peace Diet: How To Reverse Disease in 10 Days*. She planned to sit in a front row seat.



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."

Simple Oatmeal Muffins and Amazing Holiday Spice Muffins

Here are two recipes for fat free vegan muffins.

The first is quite simple and yields a plain, nutritious muffin. Fruit can be added (Craisins or similar dried cranberries, raisins, blueberries etc.) to make them much more tasty and appealing.

The second recipe was an experiment, the result of starting the first recipe and then finding out I was out of oats and applesauce. These turned out amazingly well. The taste is somewhere between gingerbread and pumpkin pie.

Simple Oatmeal Muffins

1/3 C unsweetened applesauce
1 C soy, rice or almond milk
3 T egg replacer (EnerG brand works best)
¾ C water
1/3 C dry sweetener (Sucanat, raw cane sugar)
2 T black strap molasses
1 t vanilla
1 C whole wheat flour
1 t baking powder
½ t baking soda
½ t salt
1 C rolled oats

In a small bowl, mix egg replacer with water, carefully eliminating any lumps.
In a medium bowl mix apple sauce, milk, egg replacer, vanilla, molasses and sugar. In another bowl combine flour, baking powder, baking soda, sweeatener and salt. Stir flour mixture into batter. Add oats. Mix well.

In a 12 cup muffin pan, fill each cup 3/4 the way full. Bake at 400 degrees for 20 minutes. Makes 12. (see note below)

Amazing Holiday Spice Muffins

1 C soy, rice or almond milk
3 T egg replacer (EnerG brand works best)
¾ C water
1/3 C dry sweetener (Succanat, raw cane sugar)
2 T black strap molasses
1½ C whole wheat flour
1 t baking powder
½ t baking soda
½ t salt
½ C any whole grain cereal (I used Golden Graham)
½ rolled oats
3 T oat flour
2 T rye flakes
1 T corn meal
2 T garbanzo flour
1 T ginger powder
1 t nutmeg
1 T cinnamon

Essentially the same directions as the first recipe: add wet to dry ingredients and mix. If the batter is too stiff, add a little water.

Energy saving note: I use reusable silicone muffin cups ($3.25 for 12 on eBay) instead of a muffin tin and can bake a dozen in my small toaster oven.

Hint: If applesauce isn't desired or available, zucchini puree will also work well.

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

The Role of Vegan Education at Farm Sanctuaries

Interview with Leilani Farm Sanctuary founder and president Laurelee Blanchard

What role does educating the public on animal agriculture play in operating a farm sanctuary?

Our primary mission is to give people the opportunity to learn about realities of animal agriculture while introducing them to rescued farm animals. Our goal is to inspire visitors to explore the many benefits of a vegan lifestyle. On farm tours, visitors connect and bond with chickens, pigs, deer, goats, donkeys and other animals. These poignant encounters often profoundly alter the way that people view other living beings. The potential outcome is that people may come to regard farm animals as individuals with personalities, rather than a meal.

In what ways does Leilani Farm Sanctuary educate the public on the harmful effects of factory farming?

During our farm tours we share stories about animals rescued from abuse, abandonment and slaughter. These include an account of an egg factory that closed and left hundreds of hens to die, a pig who escaped from a pig factory, and a male goat from a dairy farm who was saved from a barbeque. I explain why I personally chose to stop consuming animal products. Visitors are provided educational literature and vegan starter kits at the end of the tour.

How have farm tours and other educational outreach methods affected people?

Many visitors to the Sanctuary follow up with us to happily report their shift to a plant-based diet, and explain that it was the direct result their experience here.

Do you think that most visitors to the farm sanctuary have not been exposed to information about factory farming and the mistreatment of animals, and walk away having learned new information?

The majority of visitors to the Sanctuary have not been exposed to information about factory farming and the mistreatment of animals raised for food. Our farm tours provide the opportunity for us to educate many people who otherwise would not learn about these issues.

Why do you prioritize education as your mission?

Vegan education is our primary mission because the largest number of animals can be saved through the "ripple effect". When people learn about the atrocities of factory farming and then decide to save animals by changing their food choices, they become positive role models for others in the world. A critical mass is built in this way.

Could you give an estimate of how many visitors visit the farm? 2,000 visitors a year.

What kind of funding and resources do you receive as a non-profit organization? Our funding comes primarily from visitors' donations.

How do you involve the communities?

We host school field trips, foster families, youth and family services, special-needs visitors, community service programs, and internships.

Visitors are welcome, including school groups for educational tours. www.LeilaniFarmSanctuary.org
email info@leilanifarmsanctuary.org *or* phone: 808-298-8544
https://www.facebook.com/leilanifarmsanctuary

Send in Your (Low or No Sugar and Fat) Vegan Whipped Cream Recipes!

We will print your recipe(s) in *The Island Vegetarian*t that best answer the question below. Please email them to newsletter@vsh.org, or mail to Vegetarian Society of Hawaii, P.O. Box 23208, Honolulu, Hawaii 96823.

Q: I'd like to know how to make an artificial (vegan) whipped cream with little or no real sugar or fat.
—H. Lorrin Lau, MD (*ed: VSH November 2013 lecturer*)

Note: Dates are healthy stand-ins for refined sweeteners, as are nuts, seeds or avocados instead of refined fats, as they are whole, plant-based foods. However, as dates are high in real sugar, and the other foods are high in real fat, if used in recipes, to meet Dr. Lau's criteria, they would need to be included in relatively modest proportions.

Meanwhile, some commercial vegan whipped creams including Soyatoo! Soy Whip and Rice Whip (mostly available at natural food groceries), while not exceptionally low in fat, might serve in a pinch in limited quantities (but caution is indicated, as they contain carrageenan).

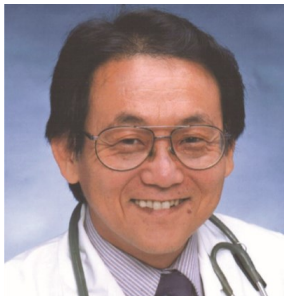
Suzanne's Ricemellow Creme is a virtually fat-free, though not sugar-free, fluffy topping (also mostly found at natural food groceries) that can be used in limited applications to substitute for whipped cream (and, normally, in place of non-vegan marshmallow creme) as a topping. It's sweetened with brown rice syrup, which gives it an off-white hue.

Beware of "fat-free" whipped products (generally, non-vegan supermarket brands) that actually include large proportions of fats — but because they specify serving sizes that contain less than .5 grams of fat, they can legally, but deceptively, be labeled fat-free and list 0 grams of fat in the nutrition label, even when fats, including trans fats, are one or more of the main ingredients listed on the container.

Vegetarian Society of Hawaii Lectures

JANUARY

TERRY SHINTANI



The Peace Diet: How to Reverse Disease in 10 Days

Topics from Dr. Shintani's new book, *The Peace Diet: How to Reverse Obesity, Aging, and Disease by Eating for Peace of Body, Mind and Spirit* include:

* 5 lessons for long-term weight control and health * Protein: Why vegetarian animals have bigger muscles than meat-eaters * Why eating MORE may be better for weight loss * Eight enhancements to whole person health * Beat high blood pressure and diabetes with less meds * How diet is related to your personal peace * Anti-Inflammatory diet for arthritis, asthma and autoimmune disease * How to cut cholesterol with less medication * …and more.

Terry Shintani, MD, JD, MPH, received his master's degree in nutrition at Harvard University and his medical degree and law degree at the University of Hawaii. He is board certified in preventive medicine and is Associate Chair of the Department of Complementary and Alternative Medicine at the University of Hawaii School of Medicine. He has been appointed to the National Advisory Board of the American College of Lifestyle Medicine.

He is the author of 12 books including the *Eat More Weigh Less® Diet*, the *Hawaii Diet*, the *Good Carbohydrate Revolution*. He has been featured in Newsweek, on CNN, CBS, ABC, NBC and the Encyclopedia Britannica. For his service to humanity, he is formally designated a "Living Treasure of Hawaii."

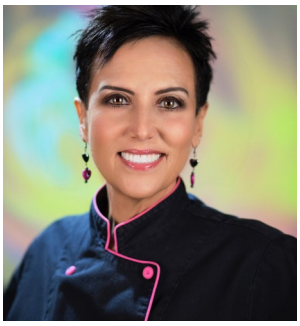
Honolulu: January 13, 7 p.m. at **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Dine-Out with Dr. Shintani: January 14, 5:30-8:30 p.m., Govinda's Vegetarian Buffet, 51 Coelho Way (details on p. 16)

Maui: January 15, 7 p.m. University of Hawaii Maui College, Pilina Bldg. 2nd floor, Multipurpose Room, 310 W. Kaahumanu Ave., Kahului

FEBRUARY

CHEF AJ



Are You Ready to Go UNPROCESSED?

Did you know that Americans eat over 92% of their calories from animal products and processed foods and less than 10% from fruits and vegetables? In this fun, lively culinary demonstration, Chef AJ will show you how to incorporate more fresh fruits and vegetables into your diet in ways that are easy, delicious and fun! Using only 100% whole food, plant-based ingredients, all of Chef AJ's creations are not only gluten-free and vegan, but free of sugar, oil and salt as well. Come and see for yourself how truly delicious, healthy food can taste! And as an added bonus, you will get to see Chef AJ's hilarious appearance from The Tonight Show.

Chef AJ (Abbie Jaye) has followed a plant-based diet for over 37 years. The author of *UNPROCESSED*, she is the host of the new TV series Healthy Living with Chef AJ on Foody TV, as well as a weekly podcast on www.HealthyTasteOnline.com. The former Executive Pastry Chef at Santé Restaurant in Los Angeles, her "decadent" desserts are all free of sugar, oil and salt. A certificate holder in plant-based nutrition from eCornell and a member of the American College of Lifestyle Medicine, she has helped hundreds of people achieve the health, and the body they deserve with her *Ultimate Weight Loss Program*. She's creator, co-producer and host of, now, 13 California regional events including the "Healthy Taste of LA". She resides in Los Angeles with her handsome, plant-based husband Charles & rescued mutt Sparky. www.EatUnprocessed.com.

Honolulu: February 10, 7 p.m., McCoy Pavilion, Ala Moana Beach Park.

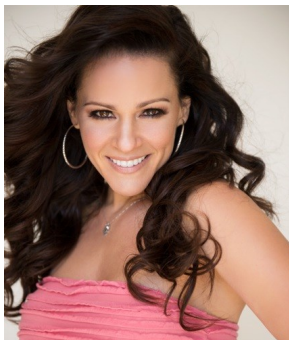
Kailua: February 9, 6:30-7:45 p.m. at Wellness Auditorium at Castle Medical Center (details on page 16)

Dine-Out with Chef AJ: February 11, 2015, 5:30-8 p.m. SATORIHAWAII at Soto Mission (details on p. 16)

Maui: February 12, 7 p.m., **Cameron Center**, 95 Mahalani Street, Wailuku

MARCH

JULIEANNA HEVER



The "Vegiterranean" Diet

Based on her brand-new book *The Vegiterranean Diet*, Julieanna Hever puts in context, both the global and historical benefits of the Mediterranean diet as well as the vegan diet. She summarizes almost a century of science confirming that the reason the Mediterranean diet is considered the gold standard in research is largely due to the fact that it is a whole foods, plant-based diet! She debunks the myths that it is the olive oil, fish, or red wine that provides the advantages, but, rather, it is the whole foods, and lifestyle factors, instead.

Julieanna Hever, MS, RD, CPT, is a Registered Dietitian, the host of the wellness talk show series *What Would Julieanna Do*? on Veria Living Network, author of the best-selling *The Complete Idiot's Guide to Plant-Based Nutrition*, co-author of *The Complete Idiot's Guide to Gluten-Free Vegan Cooking*, nutrition columnist for *VegNews* Magazine, and a recipe contributor to both best-selling *Forks Over Knives* books. She co-stars on The Chef and The Dietitian, & has appeared on many TV and radio shows, including The Dr. Oz Show, The Steve Harvey Show, The Marie Osmond Show, Reluctantly Healthy, Issues with Jane Velez-Mitchell, E! News and TEDx-Conejo. A graduate of UCLA, she has an M.S. in Nutrition from California State University, Northridge. She's taught in Dr. T. Colin Campbell's eCornell Plant-Based Nutrition Certification Program, worked as a clinical dietitian at Century City Doctors Hospital, & consults for numerous organizations. www.PlantBasedDietitian.com.

Honolulu: March 10, 7 p.m. at **Ala Wai Golf Course Clubhouse**, 404 Kapahulu Ave.

Dine-Out with Julieanna Hever: March 11, 5:30-8 p.m. Greens & Vines, 909 Kapiolani (details on p. 16)

Maui: March 12, 7 p.m. at **Kaunoa Senior Center,** 401 Alakapa Pl., Paia

VSH speaker at Castle Medical Center

Monday, February 9, 2015, 6:30-7:45 p.m. Free. Wellness Center Auditorium. "Fast & Fantastic Top Vegan Chef Recipes" by Chef AJ. Enjoy sampling some of Chef AJ's favorite quick dishes as CMC celebrates heart month. Limited seating.

Register at http://castlemed.org/wellness.htm or call (808) 263-5400.

Harry and Jeanette Weinberg
Medical Plaza and Wellness Center
left front building at
Castle Medical Center
640 'Ulukahiki St.
Kailua, Hawai'i 96734

Imagine a Vegan World

VSH's Free Vegan Peer Support Group

Every Tuesday 6:30-7:30 p.m.

(except the second Tuesday of the month, when we attend the monthly VSH lecture)

Lively, open discussions that share and support each person's grander vegan visions.

Third Tuesday: Anyone may feature a topic of interest by way of a demonstration, video, speaker, etc. Highlight an interesting nutritional report, recipe or YouTube video, or suggest a topic for us to bring to life for you! No need to be elaborate or technical! Let Terry know if you need assistance with making recipe copies, or the use of small appliances or a laptop.

Last Tuesday: Potluck! Bring a vegan dish and ingredient list or recipe, or fruit from your backyard!

We meet at the Central YMCA at 401 Atkinson Drive, across from Ala Moana Shopping Center.

For more info: Call Terry Bear at (808) 397-8666 or email kailuabear2003@yahoo.com

You're Invited to our VSH Dine-Outs!

Dine Out with Terry Shintani

5:30-8:30 p.m., Wednesday, January 14, 2015

Govinda'a Vegetarian Buffet
51 Coelho Way, Honolulu, HI

Vegan Buffet Menu

Baked Kofta balls, Subji Vegetable curry
Black bean & lentil soup
Salads with Almond and Cilantro dressings
Saffron brown rice
Desserts: Cornmeal Halva, Decorated Cupcakes
Lemonade and Wild berry tea
Food sensitivities note: dishes are free of gluten, soy, onion and garlic.

$19, including tax & tip, ages 13 and older
$8 ages 8-12, free ages 0-7

To RSVP, Ph: (808)595-4913 or (808)384-5498

Dine Out with Chef AJ

5:30-8 p.m., Wednesday, February 11, 2015

SATORIHAWAII at Soto Mission (Social Hall)
1708 Nu'uanu Ave., Honolulu, HI

Vegan Mexican Satori Menu

(Shojin temple food)

Mexican Bean Soup with Avocado
Corn Tortilla, Steamed Veggies, Hot Sauce
Spicy Brown Rice with Chickpeas
Mexican Potato with Creamy Sauce
Salad with Spicy Corn Salsa
Mexican Carob Ball

Dishes prepared without salt, oil or sugar. Food sensitivities note: dishes are free of gluten, soy, chocolate, onion & garlic.

$20 (VSH members $19) pay at dine-out
cash or check to SATORIHAWAII

RSVP by Feb. 9. Ph. (808) 445-9920, or email dineout@vsh.org

Dine Out with Julieanna Hever

Wednesday, March 11, 5 to 7:30 p.m.

Greens & Vines Raw Vegan Gourmet
909 Kapiolani Blvd., Unit B, Honolulu
Corner of Ward Ave. and Kapiolani Blvd., ground floor
Free limited valet parking behind restaurant, car pool advised

Vegan Dine-out Taster Plate Menu

1) Green Papaya Coconut Salad w/Lilikoi Kaffir Lime Leaf Dressing
2) Apples & Cheez
3) Falafel Boat
4) Bagel w/Sour Kreme, Capers & Veggies
5) Tropical Cheez Cake

$26.50 incl. tax & tip. **To RSVP and prepay: Call 536-9680**

Food sensitivities note: all dishes are gluten-free.

Please note that all VSH dine-out proceeds go to meal providers.

Local Vegetarian Community Events

Vegan Foodies Cooking Club

Co-Creating Inspired Meals with Good People!

We organize small gatherings at members' homes, pick a theme and then cook, artfully present and eat a gourmet feast. Come meet others who share a passion for home-cooked, delicious, plant-based cuisine and let's inspire each other to greater creativity in the kitchen!

Foodie - person who has an ardent or refined interest in food and seeks new food experiences as a hobby.

Contact Joy Waters for info about membership:

Joy@TastyandMeatless.com

Satori Style Contemporary Shojin

VALENTINE MENU

All Vegan **Saturday, February 14, 2015** *Gluten Free*

This year let's share lots of love, romance and happiness at SATORIHAWAII on Valentine's Day! Couples, Singles, Families, Friends — Everybody is Welcome!

Menu
Creamy white stew
Daikon Steak with Chick Pea Tempeh Foie Gras
with Madeira Sauce
Roasted Veggie
Gluten Free Bread & Lovely Hummus
Green Salad with Sweet Mustard Dressing
Walnuts Rice
Double Chocolate Cake
$20

Lunch: Take out 11:30 A.M.- Dine In 12:00 P.M.-

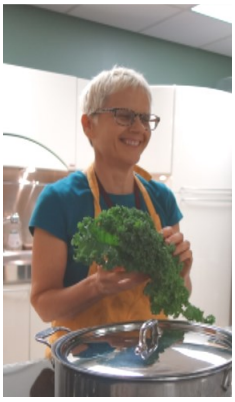
Dinner: Take out 5:30 P.M.- Dine in 6:00 P.M.-

Place: Soto Mission of Hawaii, 1708 Nu`uanu Ave., Honolulu, HI
The lunchtime and dinnertime menus are the same.
There are a limited number of meals, so please make your reservations soon. Dine in or take out

RSVP: info@satorihawaii.com, deadline: 2/13 Friday A.M.

SATORI
HAWAII
www.satorihawaii.com
Tasty vegan meals
Natural-Healthy-Organic-Local-Gluten Free-No onion-No garlic

Eat Well for Life Cooking Demonstrations at Castle Medical Center



Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

These are demonstration classes with instructor Eileen Towata, PhD, and do not include hands-on food preparation by participants.

All foods are made with non-animal food products. Tasty samples are provided.

Eat Well for Life

Upcoming Cooking Demonstration Classes

Thursday, January 22: Plant Foods 101
Start the year with a new approach to eating. Learn the basics of a plant–based diet with tips on shopping to stock your pantry.

Thursday, March 26: Potato Possibilities
Whether mashed, baked or roasted, potatoes are an important food staple and the No. 1 vegetable crop in the world. Discover the versatility of this budget-friendly vegetable-including sweet potatoes.

All classes are from 6:00 to 7:15 p.m. at the Castle Medical Center Wellness & Lifestyle Medicine Center and include generous samples and printed recipes. Additional class information and registration details are available at www.castlemed.org.

Price: $10 per person per session.
Advance payment required.
To register, call 263-5400, or go to http://castlemed.org/wellness.htm,

Wellness & Lifestyle Medicine Center
642 'Ulukahiki Street, Suite 105
Kailua, Hawai'i 96734
(808) 263-5050 CMCWellness@ah.org

Passionate Raw Vegan Enthusiasts Oahu
Pot Luck at Kapiolani Park
1 p.m., Sunday February 8, 2015
Look for a picnic table near Barefoot Beach Café
Bring food to share and recipe, but most importantly, bring yourself & your ideas, techniques & tips, even if you had no time to make something —

For more details about this, and other exciting upcoming raw vegan activities, please go to the Meetup website below:

http://www.meetup.com/Passionate-Raw-Vegan-Enthusiasts-Oahu/

International Vegan Dinner Club

6:30-8:30 p.m., last seating at 7:30 p.m.

Tuesday Dates* and Cuisines

Jan. 20 Indian** (kickoff event)* ***Jan. 27 Mexican
Feb. 3 Italian ***Feb. 17 Thai***
Feb. 24 Brazilian ***Mar. 3 Japanese***
Mar. 17, 24, 31-info at www.veganoahu.org

Cost $13.50 cash, ages 8-12 $5, ages 0-7 free
Includes buffet service dishes, dessert and drink
All-vegan meals are gluten, onion and garlic free, and most dishes are low in salt, oil and sugar.

Reservation required. Please call Madana at 531-1929.
Location: Coffeeline at Atherton YMCA, corner of Seaview Ave. and University Ave. across from the UH Mānoa campus
$3 YMCA parking lot on Metcalf St. or free street parking after 6 p.m.

*No dinners 2/10 & 3/10 VSH lecture (p.15)
Full menus at http://www.meetup.com/veganoahu

"Healing & You" Radio Show

Terry Shintani, MD, Dr. Diane Nomura
Ruth Heidrich, PhD

Sundays: 8 to 9 p.m. K108 AM 1080
Call-in line: (808)524-1080
www.kwai1080am.com

Great American Meatout

10 a.m.-2 p.m., Thursday
March 19, 2015
University of Hawai`i at Mānoa
Campus Center

VSH volunteers sponsored by the SustainableUH Club will be giving out tasty vegan samples!
Take the pledge to eat vegan for a day!
http://www.meatout.org/, http://www.farmusa.org/

VSH does not ask for payment for event announcements, or mentions of businesses, services, publications, programs and products, which are included as an informational service for readers. If you have a vegan/vegetarian or veggie-friendly event you'd like to have announced in the quarterly The Island Vegetarian, *please contact us at newsletter@vsh.org.*

Free Vegetarian Cooking Classes at Down to Earth

Honolulu • Kahului • Kailua • Kapolei • (no classes currently at Pearlridge)

No reservations required
All classes are one hour long

Honolulu: 1st Saturday monthly, 11 a.m.
Kailua: 1st and 4th Tuesday monthly, 4:30 p.m.
Kapolei: 1st Wednesday monthly, 4 p.m.
Kahului: 3rd Tuesday monthly, 5 p.m.

www.downtoearth.org/free-cooking-classes
or call (808) 947-3249 for more information.

Food Ethics 101 — Vegan Potluck

last Sunday of each month, noon to 2 p.m.
January 25, February 22, March 29
Bring a Vegan Dish. Raw not necessary.
1st potluck on Jan. 25: view "Cowspiracy"
Watch a movie, discuss articles, books, guest speakers, etc. BYOB (and glassware)
Call 536-9680 to let us know you're coming!

Greens & Vines Restaurant

909 Kapiolani Blvd., Unit B, Honolulu
Corner of Ward Ave.& Kapiolani Boulevard
Free Parking on Ground Floor Behind Restaurant
http://greensandvines.com/eventsGV.html

Special Valentine's Day Prix Fixe Menu
Saturday, February 14, 2015
Seatings start at 5:30 to 8:30 p.m.
$60, including tax and tip, free valet parking.
RSVP: 536-9680

The Oahu Vegan Meetup Group

The Oahu Vegan Meetup group is dedicated to creating a strong community here on Oahu around the lifestyle and many philosophies of veganism. The group hosts fun vegan events and provides information to anyone who seeks to transition to a plant-based diet or eat more plant-based meals. Events include restaurant meals, potlucks, hikes, movie screenings, and more. Enjoy the company of like-minded people, get advice and support, and eat delicious vegan food!

Events are listed at **www.veganoahu.org**.

The Benefits of VSH Membership

- Local Discounts
- Social Activities
- Quarterly Newsletter
- Monthly Educational Lectures

--- Restaurants ---

Down to Earth Deli (Oahu and Maui) 5%
Banán (3212 Monsarrat Ave) - 3 free toppings
Canton Seafood Restaurant (923 Keeaumoku St.) 5%
Celestial Natural Foods (Haleiwa) 5%
Downbeat Diner and Lounge (42 North Hotel St.) 10%
Gourmet Vegan Dinner (see pop-up dining)
Govinda's Vegetarian Buffet (lunch, M-F, 51 Coelho Way) 10%
Greens & Vines/Licious Dishes (909 Kapiolani Blvd.) 5%
GRYLT (Manoa, Ala Moana, & Kahala Mall) 10%
Hawaii Nutrition Co (Herbologie Studio, 318 Kamani) 10%
Healthy Hut Kauai (Kauai) 5%
Himalayan Kitchen (1137 11th Ave., Kaimuki) 10%
Loving Hut (only at 1614 South King St.) 5%
Mocha Java Cafe (Ward Center) 10%
Nasturtium Café (Kealakekua, Big Island) 10%
Peace Café (2239 S. King St.) 5%
Satori Hawaii (most Saturdays,12-2 pm, Soto Mission,1708 Nuuanu Ave.)
Simple Joy Vegetarian Cuisine (1145 S. King St.) 5%
Thai Kitchen (Waipahu, 94-300 Farrington Hwy) 10%
Thai Mixed Plate (Pearl City) 5%

--- Pop-Up Dining ---

Gourmet Vegan Dinner (macrocommhi@hawaii.rr.com) 10%
Satori Hawaii (satorihawaii.com) 5%

--- Bakeries ---

Sapphires & Sequins Cakery (661-406-9185, Oahu) 10%
yummy tummy (bakery, call Van at (808)306-7786) 5%

--- Natural Food Stores ---

Down to Earth (Oahu and Maui) 5%

--- Travel ---

Veg Voyages (Asian adventure tours vegvoyages.com) 5%

--- Magazines ---

Vegetarian Journal (www.vrg.org/groupmember/) 50%

--- Other ---

Poi Dogs Day Care & Boarding (942 Kawaihao St.) 10%
Vegan Essentials - Food, Clothing, and more (http://store.veganessentials.com/) 5%

Send comments to: info@VSH.org

Membership dues and donations support the educational mission of The Vegetarian Society of Hawaii and go towards bringing in speakers for our monthly lecture series, maintaining our website, and publishing our quarterly newsletter. 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

D_____ Ex_____

	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

Join or renew online: www.vsh.org/renew

Vegetarian Society of Hawaii

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

Address Service Requested

NONPROFIT
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 645

Happy Valentine's Day!