



VEGAN ALOHA NEWSLETTER

FIRST EDITION

AUGUST SEPTEMBER OCTOBER 2015

IN THIS ISSUE

- 1 **Vegan Aloha In Hawaii**
- 2 **The Hawaiian Principles**
- 4 **Macadamia Nut Cheese**
- 5 **Veganism is ...**
- 7 **Vegan Nutrition**
- 8 **Vegan Philosophy & Lifestyle**
- 10 **From the book**
- 12 **Calendar of Events**
- 13 **Very vegan friendly places ... on Big Island**
- 14 **100% Plant Based Vegan Café**
- 15 **What's cooking**
- 16 **Documentaries**

Vegan Aloha in Hawai'i

The Hawai'i islands are a most amazing, powerful and outstandingly beautiful place and we are committed to co-creating a Vegan Paradise, a true Garden of Eden, one step at a time here on this blessed island.

In the Hawaiian language, ALOHA stands for much more than just "hello" or "goodbye" or "love." Its deeper meaning is "the joyful mouths, being conscious what we allow to enter into our holy, sacred body temples; the energy we allow into our whole being, influencing our emotions, thoughts, health, spiritual clarity, and connectedness. We can now choose to be the loving beings we are created to be ... we can be love, share love, express it, give, receive and consciously choose to partake in peaceful, sustainable, compassionate choices. (oha) sharing (alo) of life energy (ha) in the present (alo)."

Welcome sacred activists, paradigm shifters, raisers of consciousness, lovers of all life, gentle compassionate peace makers and bringers of a new dawn. Let the Gentle Aloha Revolution begin - with the choices we make, daily. Let's make the vegan transformational magic happen! Epiphany it is!!!!

We are realizing by opening our hearts to deep compassion that our choices in life can create pain and suffering or deep and profound change to love and peace.

'We are the ones we have been waiting for.' If not now, when? Our daily choices, what and where we buy and consume, what we choose to ignore, deny - we are so powerful. We can be part of tremendous suffering, exploitation, doing a lot of harm, yet we can change that with every bite we take into our mouths, being conscious what we allow to enter into our holy, sacred body temples; the energy we allow into our whole being, influencing our emotions, thoughts, health, spiritual clarity, and connectedness. We can now choose to be the loving beings we are created to be ... we can be love, share love, express it, give, receive and consciously choose to partake in peaceful, sustainable, compassionate choices.

The world, our Mother, Gaia, Earth, our beloved sentient fellow beings, Nature, creation - they count on us! The time is now, with every action we can make a huge impact, on ourselves and in our world - we are not separated. We are waking up, becoming aware, responsible, forgiving,

opening our hearts and becoming who we truly are - divine beings, gracious, humane, ethical, conscious.

Let us choose a way of life which recognizes the right of all sentient beings to be treated with respect and justice. It's about doing the best we can to align our actions with these values. This means not consuming, wearing or using animals, nor taking part in activities of their exploitation. Let us choose to be and do the most responsible and morally conscious things each one of us can. Let us not only help animals, but also our own health and spirituality; as well as easing world hunger and creating hope for the future of our beautiful planet.

We believe that becoming an ethical vegan is not short of an epiphany, realizing that we are all connected, part of a mystical wonderful web, and that we are co-creating continuously, with our thoughts and actions. We are blessed to live on this amazing planet. We understand that the time has come to stop exploitation, oppression of resources, nature and all sentient beings. We understand that if we cause harm and suffering to others, we cause it to ourselves - we are connected and want all sentient beings to experience what we wish for ourselves - safety, freedom, joy, peace, love, fairness and respect.

The island of Hawai'i, the so called "Big Island", is utterly beautiful and we are aware that we are all here to support



and kindly respect each other, humans, animals, nature.

Welcome to Vegan Eden, let's co-create a new paradigm!

Artwork by
Karen Koski -
Beachburg, Canada

The Hawaiian Principles

The following are deeply ethical and spiritual Hawaiian principles, now we only have to truly apply them:

PONO generally translates to righteousness. Living pono means living "with a conscious decision to do the right thing in terms of self, others, and the environment."

The idea that moral character leads to happiness has been around since a very long time, but few places incorporate the idea into everyday life as much as Hawai'i. The importance of pono, or doing what is morally right and selfless, is even found in the state's motto: "Ua Mau ke Ea o ka Aina i ka Pono," or "The life of the land is perpetuated in righteousness."

"THIS WE KNOW; ALL THINGS ARE CONNECTED LIKE THE BLOOD THAT UNITES US. WE DO NOT WEAVE THE WEB OF LIFE, WE ARE MERELY A STRAND IN IT. WHATEVER WE DO TO THE WEB, WE DO TO OURSELVES."

~CHIEF SEATTLE

"FEW WILL HAVE THE GREATNESS TO BEND HISTORY ITSELF, BUT EACH OF US CAN WORK TO CHANGE A SMALL PORTION OF EVENTS, AND IN THE TOTAL OF ALL THOSE ACTS WILL BE WRITTEN THE HISTORY OF THIS GENERATION. IT IS FROM NUMBERLESS DIVERSE ACTS OF COURAGE AND BELIEF THAT HUMAN HISTORY IS SHAPED. EACH TIME A MAN STANDS UP FOR AN IDEAL, OR ACTS TO IMPROVE THE LOT OF OTHERS, OR STRIKES OUT AGAINST INJUSTICE, HE SENDS FORTH A TINY RIPPLE OF HOPE, AND CROSSING EACH OTHER FROM A MILLION DIFFERENT CENTERS OF ENERGY AND DARING, THOSE RIPPLES BUILD A CURRENT WHICH CAN SWEEP DOWN THE MIGHTIEST WALLS OF OPPRESSION AND RESISTANCE."

~ROBERT F. KENNEDY

"THE STARS REMIND US THAT THERE IS VASTNESS ALL AROUND US, AND LET'S REMEMBER THAT THERE IS VASTNESS WITHIN US AS WELL - AND THAT AS WE OPEN TO OUR INTUITION IN INNER STILLNESS, WE CAN GLIMPSE THE OUTLINES OF A BEAUTIFUL BECKONING REALITY. THIS IS OUR HOME WHEN WE AWAKEN FROM THE CULTURAL TRANCE. AS DR. KING KEPT EMPHASIZING: WE ARE ALL CONNECTED."

DR. WILL TUTTLE

"THE LONGING FOR LOVE AND THE MOVEMENT OF LOVE IS UNDERNEATH ALL OF OUR ACTIVITIES. THE HAPPINESS WE DISCOVER IN LIFE IS NOT ABOUT POSSESSING OR OWNING. IT IS THE DISCOVERY OF THIS CAPACITY TO LOVE, TO HAVE A LOVING, FREE, AND WISE RELATIONSHIP WITH ALL OF LIFE. SUCH LOVE IS NOT POSSESSIVE BUT ARISES OUT OF A SENSE OF OUR OWN WELL-BEING AND CONNECTION WITH EVERYTHING. THEREFORE, IT IS GENEROUS AND WAKEFUL, AND IT LOVES THE FREEDOM OF ALL THINGS. OUT OF LOVE, OUR PATH CAN LEAD US TO LEARN TO USE OUR GIFTS TO HEAL AND SERVE, TO CREATE PEACE AROUND US, TO HONOR THE SACRED IN LIFE, TO BLESS WHATEVER WE ENCOUNTER, AND TO WISH ALL BEINGS WELL."

A PATH WITH HEART,

~JACK KORNFELD

ALOHA: When you look up "aloha" in the Hawaiian dictionary, every warm and fuzzy word in the English language pops up: love, affection, compassion, mercy, sympathy, pity, kindness, sentiment, grace, charity. Aloha is most often used as a greeting or parting phrase to create an atmosphere of friendliness and love, but the aloha spirit is a part of everything in Hawai'i: people surf with aloha, cook with aloha, and even write work emails with aloha. It's as if people in Hawai'i are constantly surrounded by and affirmation or mantra to live life with love.

AINA means land. Life in Hawai'i is lived outdoors -- malls, homes, offices, and even the airport are built with open-air walkways, large windows, or lanais (balconies or patios) so you're never fully indoors. Native Hawaiians see their identities and wellbeing entwined with the land, and so respecting it and living in it are of the utmost importance.

OHANA means family. The word comes from oha, which is the highly revered taro plant, and it signifies that all ohana come from the same root. No matter how distantly ancient Hawaiians were related, they recognized that they all came from the same root and thus were all part of the same family. Ohana is more generally used to describe any group of people with a common bond; people in Hawai'i have a community ohana, a friends ohana, even a work ohana. One of the clearest findings from happiness research is that humans are social creatures -- we need to feel like we're part of a group and that we have support and security.

MANA translates to mean power, but the native Hawaiian concept of power doesn't equate to material possessions. Mana is a life energy that flows through all things and is highly individual: you have a chance to gain or lose mana in everything you do. In Fundamentals of Hawaiian Mysticism,

Charlotte Berney explains that, "Having meaningful work to do, enjoying harmonious relationships with those around you, and being of service in some way all help to gather mana."

(From: 5 Hawaiian Words To Redefine Health, Happiness And Power In Your Life, Huffington Post)



Become a "member" of the new world, a Vegan Eden. There is work to do, in all directions, so every single gift you contribute is much needed. Listen to your gentle voice within and leap with us.

Stay tuned, participate, get involved!

"WHEN THE EARTH IS RAVAGED AND THE ANIMALS ARE DYING, A NEW TRIBE OF PEOPLE SHALL COME UNTO THE EARTH FROM MANY COLORS, CLASSES, CREEDS AND WHO BY THEIR ACTIONS AND DEEDS SHALL MAKE THE EARTH GREEN AGAIN. THEY WILL BE KNOWN AS THE WARRIORS OF THE RAINBOW."

~OLD NATIVE AMERICAN PROPHECY

"LET ME REMIND YOU WHO YOU REALLY ARE: YOU'RE AN IMMORTAL FREEDOM FIGHTER WHO LONGS TO LIBERATE ALL SENTIENT CREATURES FROM THEIR SUFFERING. YOU'RE A FUN-LOVING MESSIAH WHO DEVOUTLY WANTS TO HELP ALL OF YOUR FELLOW MESSIAHS CLAIM THE ECSTATIC AWARENESS THAT IS THEIR BIRTHRIGHT.

TRY TO REMEMBER. YOU'RE A VORTEX OF FLUIDIC LIGHT THAT HAS TEMPORARILY TAKEN ON THE FORM OF A HUMAN BEING, SUFFERING AMNESIA ABOUT YOUR TRUE ORIGINS. AND WHY DID YOU DO THAT? BECAUSE IT WAS THE BEST WAY TO FORGE THE IDENTITY THAT WOULD MAKE YOU SUCH AN ELEMENTAL FORCE IN OUR 14-BILLION-YEAR CAMPAIGN TO BRING HEAVEN ALL THE WAY DOWN TO EARTH."

~ROB BREZSNY

Vegan Aloha's Big Island Macadamia Nut Cheese

Minerals, enzymes and good fatty acids put Vegan Aloha's Mac Nut Cheese in a superfood class of their own. Locally sourced Big Island Mac Nut meat is blended and cultured to form the base of an array of cheeses, spreads, dips and sauces. They are great for your body, 100% cruelty free and yes, very delicious.

Naturally buttery sweet and smooth these nuts are hand-crafted to include flavors such as Hawaiian Spirulina laced Blue Mana; Spicy 'Ōlena Cheddar and Sweet Onion. The cultured spreads are raw while the Vegan Mozzarella is crafted from homemade Mac Nut milk that has been cultured cooked and formed into round meltable balls akin to smoked Buffalo mozzarella in brine.

Macadamia nuts are loaded with vitamins like vitamin E, thiamine (B1), riboflavin (B2), niacin, pantothenic acid (B5) and folate, and minerals such as potassium, phosphorus, magnesium and calcium. Hence, the nuts promote healthy bone and teeth formation, as well as regulate the body's fluid balance and immune system. Also they enhance our nervous system and promote healthy skin.

The diverse range of dietary nutrients, vitamins and minerals in abundance, naturally occurring fiber and other components including Phytosterol and Beta-Sitosterol are beneficial for lowering cholesterol, as well as anti-inflammatory properties. Unlike other nuts, such as cashews, almonds etc., Macadamia nuts are quite safe to consume for those who have food allergies.

Macadamia nuts are also rich in essential and non-essential amino acids which play an important role in the body's muscle formation, connective tissues and blood plasma development and overall well-being.

You can consume these nourishing, delectable all plant-based cheeses as they are the best ways to satisfy your cheese craving palate, while overcoming dairy sensitivities and subscribing to a cruelty-free lifestyle.

Combined with cultures such as rejuvilac, vegan yogurt and miso these cheeses become a delight not only to taste buds but also to your digestive tract.

Pair Vegan Aloha's cultured nut products with organic crackers, fruit, veggies, chips and baguettes or replace the dairy in any of your favorite recipes including lasagna, baked potato dishes and salads. Available now at select outlets or direct.

Naturally dairy gluten sugar and cholesterol free.



Vegan Aloha's Divine Foods of Hawai'i

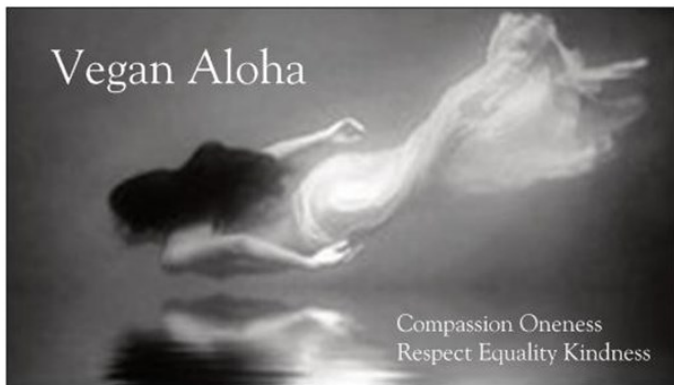
**Handcrafted, plant based Delicatessen
made in Hawai'i**



PEDALINGFORPEACE

Two cookie munchers on the epic journey of a lifetime... traveling across the world on bicycles, eating cookies and growing as individuals, putting ourselves at the service of others, teaching and learning about our environment, natural health and following our hearts in the hope of a more peaceful planet for all.

www.pedalingforpeace.com



In reading this newsletter, you may already be taking your first steps toward choosing veganism; or maybe you're just thinking about it.

Either way, good for you! The public has the perception that eliminating the consumption of all animal products can be unhealthy or at least very difficult, but this is simply not true. As you'll find out, veganism is the healthy choice for you, the planet, and animals. With so many animal-free options readily available, going vegan is easier today than ever before!

Veganism is ...

♦ *good for you*

Research on vegans shows them to have lower rates of heart disease, obesity, high blood pressure, rheumatoid arthritis, and possibly some cancers. It also reduces the chance of food poisoning. And of course you avoid all the hormones and antibiotics that are pumped through animals raised for food.

♦ *good for the animals*

If you're already a vegetarian you've undoubtedly helped reduce animal suffering, but the dairy and egg industries are no picnics for the animals involved.

Cows must be repeatedly impregnated for the production of milk, and their offspring sent straight to the slaughterhouse or reared for veal, milk, or sold for their flesh. Both male and female calves are kept in confinement and are unable to walk. The male, if being raised for veal, will be slaughtered after only 4 months, while the female calves will be kept in a similar setting until they are able to produce milk. Then they are turned into milking machines.

Cows' udders are often infected and swollen from the abuse of growth hormones and multiple milkings every day. Dairy cows are killed at about five years of age and sold for 'low grade' products such as burgers, sausages and other processed foods. Their natural life span would be at least twenty years.

And as for typical (battery cage) egg production, since only the females lay eggs, 200 million day-old male chicks are killed every year, many suffocated in garbage bags. The industry average is less than one-half square foot of space per bird. They have the tips of their beaks cut off to prevent feather pulling caused by the intensive confinement.

feather pulling caused by the intensive confinement. These poor animals live with barely enough room to move for up to two years until their egg production goes down. Then they are either killed or forced into molting. To induce a molt, egg producers take away food and water from the birds, which then forces them into another egg laying cycle.

Life for pigs on factory farms is dreadful too! Over 80% of pigs who are raised for food (like sausages, hot dogs, bacon and ham) live their lives in sheds thick with the overwhelming smell of urine and feces. A mother pig (sow) is forced to give birth in a tiny crate where she cannot walk or even turn around. This is also where she will spend her pregnancy. She moves between these two small crates for four to five years until she is killed. The piglets spend their lives in squalid conditions until at six months they are



"I didn't even make it that far." Australian Artist Jo Frederiks is a passionate animal rights advocate, speaking through her art to create awareness of animal cruelty. www.jofrederiks.altervista.org

shackled by one leg and their throats slit.

Chickens and turkeys raised for meat are crammed by the thousands in windowless sheds. Breeding has caused them to grow at an incredible pace, one that their bodies have a hard time catching up to. Turkeys have the tips of their beaks and some toes cut off. Chickens have been known to be boiled alive during the slaughter process.

And the label 'free range' does not mean that they are cruelty-free; in fact, free range hens live in very crowded conditions, have the tips of their bills cut off, and are not slaughtered in any 'humane' fashion.

Billions of sea animals are caught each year. Those fish who are still alive by the time they make it to the decks of fishing boats have one of two fates. Either they are allowed to suffocate to death or they are disemboweled with a gutting knife. In addition to this, countless other sea creatures who are not the targets are caught in fishing nets.

♦ *good for the environment*

Vast expanses of wilderness are converted to pastureland, resulting in a loss of habitat for countless species.

Commercial fishing of the oceans has decimated the aquatic environment.

Shrimp nets, which are dragged through the water, catch everything in their path – thousands of sea turtles are killed this way every year. A branch of the USDA kills wildlife, such as coyotes and bobcats, to protect farmers' livestock.

The factory farming industry is creating environmental problems of its own. According to the Environmental Protection Agency (EPA), dairy farms have created an environmental crisis in California, the number one dairy producing state. In fact, California alone produces an astounding 30 million tons of manure each year. EPA states that a single cow produces approximately 120 pounds of wet manure per day. Estimates equate the waste produced per day by one dairy cow to that of 20-40 humans per day.

Manure lagoons designed to contain livestock waste can leak or spill over into waterways, contaminating our drinking water. Pig farms with 100,000 animals produce as much waste as a city of a quarter-million people; but the pig farms have no wastewater treatment system. Pig waste often spills into nearby rivers, sometimes killing many thousands of fish.

♦ good for the planet's people

Every day, 840 million people around the world, including 200 million children, go hungry. But much of the world's grain harvest, 40%, is used to feed livestock, not people. U.S.

Livestock alone consumes about one-third of the world's total grain harvest, as well as more than 70% of the grain grown in the United States. In fact, the more a cow is milked, the more grain concentrates she needs. High quality foods such as wheat and soy, which could be fed to humans, are being fed to animals. On average, you can get about five times as much biologically available protein from eating plant foods directly as you can from using them to produce meat.

Slaughterhouses may be the worst workplace in the U.S. The workers are poor, often illiterate, and often unable to speak English. They are treated almost as callously as the animals dying by the billions in those same facilities.. The pay is low, turnover is high, and injuries and illnesses are frequent and often severe. Turnover rate at all processing plants runs close to 100% per year.



♦ What is a vegan anyway?

So, now that you're convinced that veganism is a beneficial lifestyle, you'll want to know what it involves, won't you? One thing it doesn't involve is deprivation and martyrdom — there really is no need to sit around munching your way through a head of lettuce and feeling sorry for yourself (unless, of course, you REALLY like lettuce). Ask any vegan what they eat and they will look at you in astonishment.

The foods available are so varied, so tasty and so easy to prepare, it's a miracle that we do anything other than eat! (Truth be told, some of us don't!) Now we aren't saying you won't miss a few things at first - cheese and milk chocolate are always the hardest to kiss goodbye, but there are vegan alternatives available, so don't despair.

♦ What's the difference between a vegetarian and a vegan?

Well, a vegetarian simply does not eat any dead animals, or parts of them. So this means no meat, poultry (chickens, turkeys, ducks, etc.), fish or other watery creatures (like shrimp and crabs), or any by-products of these animals, like gelatin or animal fats. This also means eating only 'vegetarian' cheese, as some cheeses are made using rennet (taken from the stomachs of calves - yuck!).

A vegan will not eat any of these either but will also strive to avoid all animal products to avoid partaking in the exploitation, abuse, and slaughter of animals. This includes eggs, milk, cream, yogurt, cheese and anything that contains these products or derivatives of them.

Vegans also avoid honey, because bees are frequently killed during its production, and finally, a vegan will not wear wool, leather or silk, or use personal care and household products that contain animal substances or are tested on animals. In fact, a vegan won't eat, wear or use anything that comes from any animal, dead or alive. Cane sugar is sometimes processed through bone char so some vegans avoid eating it.

Alcohol & Sugar: Bees' honey and isinglass, a gelatin derived from fishes' swim bladders, are among the exploitive ingredients and filtering agents used in some alcohol. White sugar derived from sugarcane is often filtered with charcoal made of cows' bones. This isn't true of agave, molasses, turbinado, and other sweeteners. Avoid sugar of unknown origins. Sugar that is certified organic or derived from beets wasn't bleached with bone char.

Sounds like a lot to remember, huh? To begin with you'll be reading every label in the cupboard, looking up things like 'lanolin' in your dictionary and trying to remember why you decided to go vegan in the first place! But it does get easier and no one will blame you if you make a mistake. We all do. Just take things at your own pace and remember why you're doing this, for yourself, the planet, and animals.

Hartmut Kiewert's paintings are an attempt to subvert the blockades of consciousness against the exploitation of animals. The absence and repression of both the miserable life and the dying of animals is countered with the presence of painture, the presence of flesh-colours and utopian perspectives on a cruelty-free world."

Vegan Nutrition

A balanced vegan diet can be extremely healthy. Some people still have a few concerns about whether they will receive all the nutrients that they require. Read this guide and check out our sources to put your mind at ease.

♦ Protein

Protein is essential for growth, repairing tissues and protecting against infections. The American Dietetic Association states that the vegan diet provides enough protein.

Protein is most concentrated in legumes (peas, beans, lentils, peanuts, soy products), but can also be found in nuts (brazils, hazels and almonds etc.) and seeds (sunflower, pumpkin, sesame), grains (rice, wheat, oats, barley, millet, buckwheat, pasta, bread), and vegetables. Tofu and other soy products are high in protein.

♦ Vitamin B12

Vitamin B12 prevents permanent nerve damage (e.g., blindness, deafness, and dementia); keeps the digestive system healthy; and reduces the risk of heart disease by lowering homocysteine levels. Early deficiency symptoms sometimes include fatigue and tingling in the hands or feet.

No unfortified plant foods (including seaweeds and tempeh) are reliable sources of B12. Vegans who get a regular source of vitamin B12 through fortified foods or supplements can have even better B12 status than many non-vegans who do not supplement. B12 intake is especially critical during pregnancy, lactation, childhood, and old age.

Vitamin B12 can be found in fortified foods such as soy milk and breakfast cereals.

One of the following daily recommendations should maximize B12 status:

⇒ **fortified foods (in at least 2 servings, spaced 6 hours apart): 3-5 µg**

⇒ **1 supplement: 10-100 µg**

2 supplements spaced at least 6 hours apart: 5 µg

♦ Vitamin D

Regulates calcium absorption and excretion, especially when calcium intake is low. Vitamin D can be made by the action of sunlight (UV rays) on skin. Light-skinned, non-elderly adults exposing their hands and face to sunlight for 10-15 minutes, 2-3 times/week can get enough vitamin D. Above the 42nd Latitude (which runs through Denver, Indianapolis, and Philadelphia), vitamin D is not synthesized during the winter. Vegans who do not get much sunlight exposure should supplement with vitamin D, especially during the winter or cloudy months. Elderly people may need up to 4 times the amount of sunlight exposure listed above, and dark-skinned people may need up to 6 times this amount in order to meet vitamin D needs through sunshine alone. The Daily Value for vitamin D is

10 mcg (400 IU). If a food label says 25% of the Daily Value, it has 2.5 mcg (100 IU) per serving. Typical fortified soy, almond, or rice milk has 2-3 mcg (80-120 IU) per cup.

♦ Calcium

Finally, calcium. There are many sources of calcium available to vegans – broccoli, collard greens, kale, legumes, nuts, seeds, fortified soy milk, hummus, and figs.

As a child, you were probably told to drink cow's milk for good strong bones, but studies of bone fractures have failed to show that milk protects bones and in some cases is actually associated with increased fractures.

Factors that can prevent osteoporosis (a disease that makes bones brittle):

⇒ **Weight-bearing exercise throughout one's lifetime is one of the most important.**

⇒ **Adequate calcium, vitamin D, vitamin K, protein, potassium, and magnesium intakes.**

⇒ **Adequate estrogen levels (for women)**

Factors that can contribute to osteoporosis:

⇒ **High sodium and caffeine intake**

⇒ **Smoking**

⇒ **Too much, or too little, protein. The calcium in kale, broccoli, collard greens, and soy milk are all absorbed about the same as cows' milk. The calcium in spinach, swiss chard, and beet greens is not well absorbed due to their high content of oxalates which bind calcium.**

Many non-dairy milks are now fortified with calcium, vitamin D, and/or vitamin B-12. Many orange juices are fortified with calcium.

The Daily Value for calcium on food labels is 1,000 mg for adults. If a food label says 25% of the daily value, it has 250 mg of calcium per serving. Vegans should ensure a good source of calcium on a daily basis. A cup or two of fortified soy milk is an excellent option.

♦ Fats

Higher fat foods like nuts and seeds (and their butters), avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy diet. These foods are particularly important for meeting children's caloric needs.

A large body of scientific evidence shows that omega-3 fatty acids have anti-blood-clotting, anti-inflammatory, and cholesterol-lowering properties. Vegans can most easily obtain omega-3 fats by eating 1-2 tsp of flaxseed oil per day. The oil may be added to warm food, but cooking will damage it. Flaxseed oil, sold in many natural food and grocery stores, should be kept refrigerated.

♦ Iodine

Needed for healthy thyroid function, which regulates

metabolism. Does not appear to be as much of a problem for U.S. vegans as it is for European vegans, whose food supply contains less iodine. North American vegans should take a modest iodine supplement on a regular basis to ensure they are meeting requirements because it's very hard to predict how much is in any given person's food supply.

75-100 mcg every few days should be ample. Do not take more than 150 mcg/day.

♦ Iron

Iron-deficient anemia is probably one of the most inaccurately self-diagnosed illnesses. It is a serious

serious disease, and those who think they may be suffering from it should see a doctor. Iron deficiency symptoms include pale skin, brittle fingernails, fatigue, weakness, difficulty breathing upon exertion, inadequate temperature regulation, loss of appetite, and apathy.

Iron in vegetarian diets is a somewhat controversial topic because:

1. Vegetarians' ferritin (the storage form of iron) levels are normally lower than non-vegetarians, even though vegetarians are no more likely to have iron deficiency anemia.
2. Low iron stores are associated with higher glucose tolerance and therefore could prevent diabetes.
3. High iron stores are associated with cancer, and to a lesser extent, heart disease.

Vegans tend to have iron intakes at least as high as non-vegetarians.

However, plant iron is generally not absorbed as well as iron from meat. Vitamin C significantly aids in plant iron absorption (they must be eaten at the same meal).

You do not need to worry about iron if you are otherwise healthy and eat a varied vegan diet.

♦ Consider a multivitamin

Many well-respected health professionals suggest that everyone (including meat-eaters) take a modest (25-100% of the RDA) multivitamin supplement for insurance purposes. A typical multivitamin and mineral supplement will ensure an adequate source of vitamin B12, vitamin D, and iodine. The only other nutrients you would need to concern yourself with are omega-3 fatty acids and calcium.

There is little chance of a deficiency of calcium, or any other food group, vitamin or mineral, as long as you eat a balanced diet and follow the recommendations above.

Vegan Philosophy & Lifestyle

Vegans don't participate in the exploitation of nonhuman animals. In other words, they avoid anything that requires nonhuman animals — birds, reptiles, fishes, insects, and so on — to be used or killed. This includes food, clothing, entertainment, and transportation.



Why Should I be Vegan? Right now millions of nonhuman animals are being used — treated like things or resources. Each is a unique individual who values his or her life. Each wants to avoid harm and feel contentment. You know this well if you have ever cared for cats or dogs. (Chickens love sunbeams and snuggling no less!) Experiences aside, you probably think we should hurt animals only when necessary. Reflecting on this intuition will help you understand our calling to be vegan.

- 1) We shouldn't cause nonhuman animals to unnecessarily suffer or die.
- 2) Pleasure, convenience, and tradition can't make something necessary.

These principles are based on beliefs held by nearly everyone, but they don't match most people's behaviors. So the question is: What would happen if we applied them not only to exceptional cases, but also to our daily lives? We would realize that over 99.9% of the suffering and death we impose on nonhuman animals isn't necessary in any sense. Most nonhuman exploitation can *only* be defended on grounds of pleasure, convenience, or tradition.

Excluding dire and unusual circumstances, humans have no need to:

- a] Eat an animal's flesh or secretions.

b] Wear anyone's skin ('leather'), hair ('wool'), teeth ('ivory'), fibers ('silk'), or feathers ('down').

c] Patronize zoos, rodeos, aquariums, horse-drawn carriages, circuses and movies that involve nonhuman performers, or events where animals are made to fight or race.

e] Buy cats or dogs from breeders (though adoption and fostering are important).

d] Perform dissections or use products tested on nonhumans.

f] Hunt or fish.

Alternatives are readily available. Our food, clothes, and cleaning products can be derived from plants, minerals, and synthetics. We have each other for protection and machines for transport. We can entertain ourselves with music, games, books, crafts, and sports. Of course, there might come a time when your only alternative is boredom or mild discomfort. Choose it rather than participate in violence against the innocent. Always keep the victims in mind!

Correct the inconsistency between what you claim to believe and what you actually do. You have that power, and you have that responsibility. Allow your daily behaviors to show respect for the millions of unique individuals who are suffering and dying for no good reason.

How do I Become Vegan? Start today! Becoming vegan isn't difficult, but it does involve some effort and planning. You can anticipate reading labels, asking questions, and discussing your new behaviors.

Eventually, veganism will become second nature. If you want, it can fade into the background of your life. Vegans certainly don't feel burdened every time they eat, shop, or seek entertainment.

Never forget the reasons behind your decision. Veganism is a matter of justice also, not only one of 'mercy' or 'compassion'. It should be expected of us because it's morally right, not regarded as a praiseworthy option. Vegans aren't heroes. They are just people doing the minimum required to show respect for nonhuman animals.



Benefits of Turmeric

Natural antiinflammatory	Helps prevent gas/bloating
Natural antibiotic	Lowers cholesterol
Natural antiseptic	Heals stomach ulcers
Natural analgesic	Improves skin conditions (psoriasis, eczema, etc)
Speeds up wound healing	Helps prevent cancer (breast, prostate, skin, colon, lymphoma, leukemia)
Improves digestion	Prevents progression of Alzheimer's
Blood purifier	Aids in fat metabolism and weight management
Strengthens ligaments	Reduces side effects of chemotherapy
Skin tonic	
Helps coughs	
Improves asthma	
Antiarthritic	
Slows progression of MS	

Hawaiian Turmeric Essential Oil Mist www.hawaiianwellness.com

*Chemical free, 100% Pure Hawaiian local grown **Turmeric**, **Rosemary**, **Hydro-distilled Essential Oil Mists**.*

Topical and sub-lingual application for maximum absorption and assimilation.

(Turmeric Curcuma Longa) works wonders for disinfecting cuts and burns and is a potent anti-inflammatory for arthritic conditions. It also works as a natural painkiller and liver detoxifier. As an amyloid inhibitor it has been found to remove build up in the brain that causes the slow onset of Alzheimer's disease, as well as aiding in the treatment of cancers and childhood leukemia. Also, long ago the Chinese found turmeric to be a remedy for depression. Relieves Arsenic poisoning. Also, studies indicate it's use in Cancer prevention and treatments.

Rosemary fights the mutating effects of radiation. British Journal of Radiology published the results of a Spanish study that discovered the chemical compounds found within rosemary are significantly more effective against the mutating effects of radiation. Food and Chemical Toxicology published another Spanish study, which demonstrated Rosemary's ability to protect the skin against free-radical damage.

Advertising

We are all SOMEONE — Madeleine Tuttle's Art For Awakening— Her deep love for all creation lights her work.

www.madeleinetuttle.com

From the book ...

“The World Peace Diet” by Dr. Will Tuttle

We are in the midst of a profound cultural transformation. It is becoming increasingly obvious that the old mythos underlying our culture is collapsing. We are realizing that its core assumptions are obsolete and, if followed further, will result not only in the ecological devastation of our planet’s intricate and delicate systems, but in our self-destruction as well. A new mythos, affirming cooperation, freedom, peace, life, and unity, is struggling to be born to replace the old mythos based on competition, separateness, war, exclusion, and the idea that might makes right. Food is a critical key to this birth, because our food habits condition our mentality profoundly—and because meals are the primary way our culture replicates and promulgates its value system through us. Whether this birth of a new mythos and more evolved spirituality and consciousness is successful will depend on whether we can transform our understanding and practice of food.

Inheriting Cruelty

By confining and killing animals for food, we have brought violence into our bodies and minds and disturbed the physical, emotional, mental, social, and spiritual dimensions of our selves in deep and intractable ways. Our meals require us to eat like predators and thus to see ourselves as such, cultivating and justifying predatory behaviors and institutions that are the antithesis of the inclusiveness and kindness that accompany spiritual growth. Because cruelty is inescapable in confining, mutilating, and slaughtering animals for food, we have been forced from childhood to be distracted and inattentive perpetrators of cruelty.

None of us ever consciously and freely chose to eat animals. We have all inherited this from our culture and upbringing. Going into the baby food department of any grocery store today, we see it immediately: beef-flavored baby food, chicken, veal, and lamb baby food, and even cheese lasagna baby food. Well-meaning parents, grandparents, friends, and neighbors have forced the flesh and secretions of animals upon us from before we can remember. As infants, we have no idea what “veal,” “turkey,” “egg,” or “beef” actually are, or where they come from. We don’t know what horror is visited upon helpless creatures in order to create the easily available concoctions being spooned into our little teething mouths. We find out slowly, and by the time we do, the cruelty and perversity involved seem natural and normal to us.

We are never told that we humans are not designed to eat the large quantities of animal foods typical of our culture. We are never told of the extreme confinement, the routine un-anesthetized castrations and other mutilations, and the brutal and often botched killings that stare up at us every day from our bowls and plates, and that we unthinkingly chew while watching television, reading, or conversing.

Thus, our deepest and most blessed connection with the earth and with the mystery of infinite spiritual consciousness—our daily meals—have become rituals of distraction and repressed sensitivity and guilt rather than rituals of



Dr. Will Tuttle and his wife Madeleine during their latest Hawaii visit

heart-opening gratitude, connectedness, blessedness, and love. The price we pay for this is incalculable and includes, among other things, the dulling of our innate intelligence and compassion and a consequent loss of peace, freedom, and joy.

We Are All Mysteries

Our ongoing practice of commodifying animals for food, besides violating the natural order in profound ways that cause enormous unrecognized suffering to us and to the other animals, also blinds us to what we and the other animals actually are. We err if we reduce ourselves to the status of mere material entities that are born, live awhile, and die. Like other animals, we are not fundamentally physical beings; we are essentially consciousness. We are all expressions of the infinite creative mystery force that births and sustains the universes of manifestation, and our bodies and minds are sacred, as are the bodies and minds of all creatures. Like us, animals have feelings and yearnings; they nest, mate, hunger, and are the conscious subjects of their lives. They make every effort, as we do, to avoid pain and death and to do what brings them happiness and fulfillment.

What we human beings are fundamentally is an enormous mystery. The institutions of science, religion, education, and government have done very little, ultimately, to reveal to us in any profound or transformational way what we humans essentially are. We remain perhaps as mysterious to ourselves as we were in the days of Moses, Buddha, Confucius, and Jesus. Some may argue that we know more and have certainly evolved more; others may argue that we know less of what is truly vital, and are more distracted and benighted than in earlier times.

No one, though, can argue that we are not mysteries to ourselves, for all our scientific and theological investigations. And, just as we do not actually know what a man or woman is, neither do we know what a mare or stallion is, or a dog, an elephant, an eagle, a dolphin, a chicken, a swordfish, a lobster, an alligator, a mouse, a butterfly, an earth-worm, a honeybee, or a housefly. They are all utterly mysterious to us, perhaps even more mysterious than we are to ourselves. They are truly others,

and this essential understanding should create in us a sense of humility, wonder, and respect.

Unfortunately, though, we invent mental categories for the infinitely mysterious beings we encounter, such as “blacks,” “slaves,” and “pagans,” or “food animals,” “game,” “pests,” and “laboratory animals.” These categories and the violence with which we treat the magnificent beings thus categorized, do not fundamentally change or cheapen that sacred and enigmatic nature. They only cloud and enslave our minds with the distorted thinking born of our exclusionary and self-serving attitude. The light of the infinite spiritual source of all life shines in all creatures. By seeing and recognizing this light in others, we free both them and ourselves. This is love. Failing to see it, often because we never experienced others seeing it in us, we imprison ourselves, mistaking the confines of the shallows for the deep and free.

By seeing other animals merely as objects to be exploited for food, we have torn the fabric of essential harmony so deeply that we have created a culture that enslaves itself, often without realizing it. The domination of humans by humans is a necessary outgrowth of dominating other animals for food. As Jim Mason has demonstrated in *An Un-natural Order*, there is a strong historical link between the human enslavement of other humans and the human enslavement of animals for food. This enslaving mentality of domination and exclusion lies at the core of the spiritual malaise that allows us to wage war upon the earth and upon each other.

Will Tuttle, *The World Peace Diet*

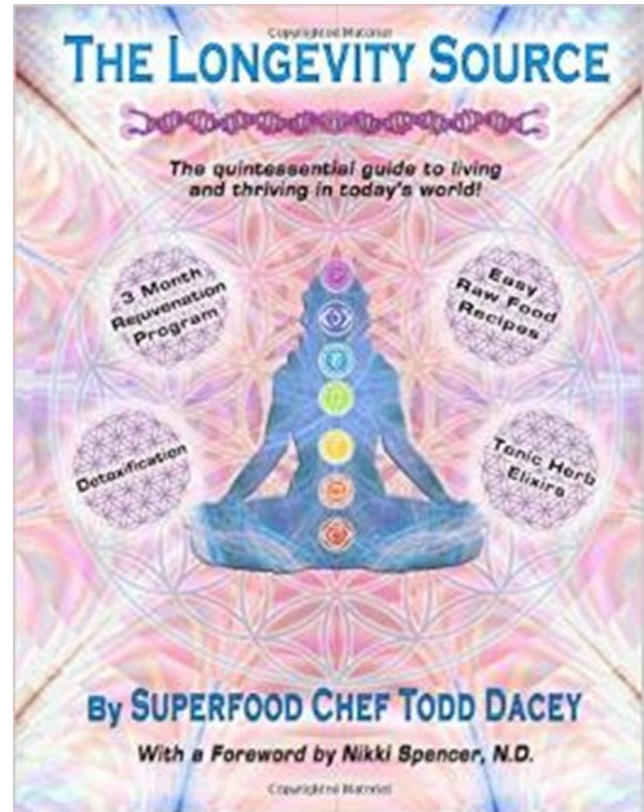


Hawaii is paradise, but not to our homeless animal friends...

KARES is a 100% 'No Kill' non-profit rescue and adoption organization serving the animals of the Big Island.

~Become an Animal's Angel Today~

Adopt • Foster • Spay & Neuter Your Pets • Donate • Spread the Word!



In “The LONGEVITY SOURCE”, Superfood Chef Todd’s new book, he shows how the addition of lifestyle modifications, cleansing practices, superfoods and tonic herbs, with a whole-food, gluten free, plant-based diet can provide the basis for the optimum health/ resourcefulness needed to respond effectively at this time. Available at Island Naturals, Healthways or online at Amazon.com

The Gift of CHAKRA HEALING & SERENITY



Cards with a purpose - Greetings for the soul
www.TheCreativeIdeaShop.com



Advertising

Calendar of Events

August 1 - Mango Festival

August 15 – 1 Year Anniversary Party at Under the Bodhi Tree

August 13 - Soft Opening of 'Ai Pono at 4pm

September 12 - Grand Opening Celebration of 'Ai Pono starting at 5 pm

September 19 – International Day of Peace Celebration

at the Hawaiian Queen Coffee Gardens with Inspirational Presenters, the Kona Harp Ensemble, Meditation, high vibrational Life Music and Vegan Food

September 26 – Vegan Spirituality of Hawaii Meetup on the Beach

Do you feel passionate about being vegan for ethical reasons? Is compassion for all living beings fundamental to your spiritual beliefs? You can honor your vegan ethics and nurture your spiritual self by joining our Vegan Spirituality Community.

www.veganspirituality.com



www.meetup.com/Hawaii-Vegan-Spirituality-Meetup/

October 3, 6 pm - Peacable Kingdom - A Journey Home at the 'Ai Pono event space

A Tribe of Heart Documentary Peacable Kingdom: The Journey Home explores the powerful struggle of conscience experienced by several people from traditional farming backgrounds who come to question the basic assumptions of their way of life. A riveting story of transformation and healing, the documentary portrays the farmers' sometimes amazing connections with the animals under their care, while also providing insight into the complex web of social, psychological and economic forces that have led to their inner conflict.

Interwoven with the farmers' stories is the dramatic animal rescue work of a newly-trained humane police officer whose sense of justice puts her at odds with the law she is charged to uphold. With strikingly honest interviews and rare footage demonstrating the emotional lives and intense family bonds of animals most often viewed as living commodities, this groundbreaking documentary shatters stereotypical notions of farmers, farm life, and perhaps most surprisingly, farm animals themselves. Directed by Jenny Stein. Produced by James LaVeck.

October 10, 10 am to 5 pm - Vegan Cooking Adventure with the Vegan Ninja at a private residence TBA

Christopher Bornstein is a 10 year Vegan who came upon it accidentally when looking for a guitar on his thirtieth birthday. His vehicle broke down at Gentleworld in Hawi, Hawaii and he has been Vegan ever since. A sponsored Vegan cyclist on his pedaling for Peace mission which took him across the USA and down through the Baja Peninsula.

He currently resides in North Kohala and is looking forward to sharing with you recipes he perfected on his bike journey. We will learn to make tantalizing Vegan lasagna from scratch, a candied walnuts salad and raw chocolate and key lime pies.

A focus will be paid to ingredients and to how they interact with each other and how they will actually help your body assimilate nutrients while at the same time providing maximum flavor, after all, if it doesn't taste good, there is no point in eating it!

Following the cooking class, we will take a short break to stretch, relax our minds from so much interesting learning and prepare for a wonderful meal accompanied by select wine, artisan beer and nonalcoholic drinks prepared by Christopher.

www.pedalingforpeace.com

Gentle Aloha Feast

1ST REDEMPTION SUNDAY

Chill, Reboot, Rejoice & Enjoy Life

Sunday, October 18th 4-8 pm

Right across the ocean with a gentle tropical breeze in the
Coconut Grove Marketplace
Next to Evolution Bakery & 'Ai Pono Cafe

**BUDDHA BAR MUSIC
A LA HAWAII
SEASONAL MOCKTAILS
& VEGAN PUPUS**

**\$8 cover charge.
Includes a complementary
"green shooter".**

808.331.1122

Advertising

October 18, 4 pm to 8 pm – 1st Vegan Redemption Buddha Bar in the Heart of Kona

Chill one Sunday a month in the tropical breeze across the ocean in down town Kona with cool , relaxing music, Mocktails and Vegan Finger Food!!!

October 30, 5 pm to 7 pm - Halloween Vegan Spooktaclar Cooking Class

at the 'Ai Pono event space

Join us and step into the witch's kitchen for our Halloween Vegan Spooktaclar Cooking Class October 30th from 5pm to 7pm.

Cast a spell on your friends and family with our horrifyingly healthy vegan goodies. You'll howl at the moon for Pumpkin Soup and entertain your inner goblin decorating Sugar Skull Cookies. You'll also learn how to make delicious raw, creamy caramel apples in this mostly gluten-free, ALL-Vegan cooking class. Don't be scared! Join us! \$15/ Person)

October 31, 6 pm to 9 pm – 1st Vegan Halloween Shindig

at the 'Ai Pono event space
Aloha Fellow Vegan and V.I.P (Vegan In Progress) Party Monsters! It's now our turn to make things go "bump in the night". Say goodbye to flesh eating zombies, blood sucking vampires and carnivorous werewolves. Halloween just got a whole lot yummier...and kinder. Join us October 31st and let good food, drink, laughter (and a great costume) carry you through the night. Evolution Bakery, 'Ai Pono Cafe & Vegan Aloha will be hosting its 1st Plant Based Halloween Shindig! Costume contest...prizes...games.



Advertising

Very vegan friendly places ... on Big Island

'Ai Pono – 100% vegan !! – Kona – will open in August

Basik Acai – Kona

Choice Mart - Captain Cook

Conscious Culture Café - Hilo

Evolution Bakery & Café – Kona

Hi Tide Vegan Joint – 100% vegan !! – Kainaliu – will open in October

Island Naturals - Kona, Hilo, Pahoa

Kaya's - Kawanui

Loko Wraps – Captain Cook

Lotus Café – Kona

Making the Cut - Kona

Phresh Cleanses - Kainaliu

Prabha's Indian Restaurant - Hilo

Sea Dandelion Cafe and Awa Bar – Honoka'a

Sweet Cane Café - Hilo

Sweet Potato Kitchen and Take Out – Hawi

Tin Shack - Pahoa

Under the Bodhi Tree – Shops at Mauna Lani

Advertising

UNDER THE BODHI TREE



Come celebrate our
1 Year Anniversary Party with us!

August 15th from 11a-3p.
There will be Hi Kombucha specials,
food specials & booths.

Address 68-1330 Mauna Lani dr #116
Kamuela HI 96743
Phone number 808-895-2053
Website underthebodhi.net

100% Plant Based ~ Vegan Casual Café is coming to Kona Town

by Antoinette Sharfin

'Ai Pono ~ Eat with love, care, compassion ... This little seed is an offshoot of our existing Bakery & Café "Evolution" and will be located right next door as a lovingly modest style cafe. While Evolution does offer a breakfast menu featuring plant based items (and a pastry case also filled with many plant based items), 'Ai Pono will have a menu featuring 100% vegan meals, several options being raw and naturally gluten free. For starters, the humble fast-casual Café will be open from 4:00 pm to 8:00-ish pm Thursdays through Sundays with a vision to be open 7 days a week.



Some items on the menu will be raw and cooked soups, salads, bean bowls, teriyaki bowls, taro and home made veggie burgers, raw pad Thai, wraps, burritos, zoodles and more. 'Ai Pono will also offer delicious desserts including home made raw cheesecakes.

'Ai Pono in co-creation with Vegan Aloha, will offer outreach programs such as documentaries, speakers, celebrations like our "Vegan Cinco De Mayo" and the "July 4th Interdependence Day Vegan BBQ".

A monthly "Gentle Aloha Feast Redemption Sunday" which will serve healthy bar style vegan food and mocktails with fresh fruits in season in a chill, casual atmosphere will also take place. There will also be grocery store field trips, cooking classes and personal plant based health coaching for those who are inspired to bring more whole foods into their daily life.

We're really looking forward to offering healthy, high vibration food and events to our community so we can grow stronger as individuals, community and world ohana.

We hope you'll be inspired to join us, indulge with us and share with us this evolutionary process. We're excited and hope you are too!

Learn the techniques of effective Health Coaching and experience the power of healthy living
Spring, Summer, Autumn & Winter VEGAN & MACROBIOTIC COOKING CLASSES

with International Authors & Teachers Marlene Watson-Tara and Bill Tara

Glasgow, Scotland—Special Rate for Holiday Inn Hotel, East Kilbride or apartment rentals if required

<http://www.marlenewatsonlara.com/category/workshops>

Course dates, program details and contact info: email: wwtara@msn.com or marlenewt@hotmail.co.uk

What's cooking?

TROPICAL FREEZE



Recipe by Marlene Watson-Tara, Health Educator, Macrobiotic Counsellor and Cooking Teacher
www.marlenewatsonlara.com/

No need to use any form of dairy or sugar with this delicious cooking dessert. Puréed frozen fruit makes a wonderful dessert, without the fat of ice cream. Peel and slice a fresh mango into chunks, place in a bag in the freezer until solid. Alternatively you may find frozen mango pieces in your supermarket. To freeze bananas, peel, cut into slices and place loosely in a bag to freeze.

Ingredients:

- 1 large orange, peeled
- 1 cup frozen banana chunks
- 1 cup frozen mango chunks
- 1/2 - 1 cup almond or rice milk

Separate the orange into pieces and place in a blender with banana, mango, and milk. Blend until thick and very smooth, 2 to 3 minutes. Serve immediately topped with

CARRIBIAN CEVICHE FOR ALL MANKIND



Recipe by PEDALINGFORPEACE.com

Ingredients

- 1-2 oranges for juicing
- 2 lemons, freshly squeezed
- 2 limes, freshly squeezed
- 1/4 red onions, fine diced
- 2 cups wild mushroom mix or favorite type, cleaned and diced
- 1 avocado, hass varietal, diced
- 1 mango, medium, diced
- 1/4 cup cilantro, finely minced
- Gray sea salt, to taste
- Freshly ground pepper, to taste

Directions

In a medium size bowl, mix the orange, lemon, and lime juices. Add the red onions and let soak for a couple of minutes to allow the citrus acid to break down the onion and make it easier to digest.

Meanwhile, clean mushrooms by placing them in a bowl of cold water and massage with your hands to remove any dirt. Using a kitchen or paper towel, lay the mushrooms out and pat dry.

Add the mushrooms to the bowl, mix well and let them sit for up to 30 minutes.

While mushrooms marinate, chop mango, avocado and cilantro.

Strain the mushrooms and onions from mixture and squeeze gently to release some liquid. Discard the liquid. In a separate bowl, mix well the mushroom, onion, mango, avocado and cilantro.

Enjoy with baked tostones!

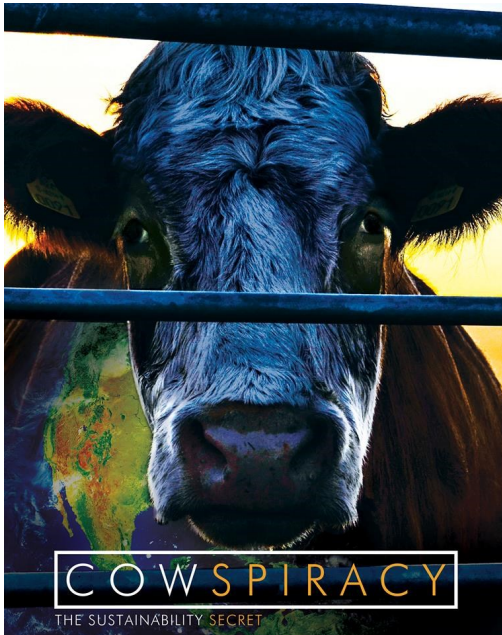
Sea Dandelion Café
 Vegetarian Café & Awa Bar
 43-5590 Mamala St. Honolulu (802) 7650-AWA

A family-run café that specializes in unique, highly nutritious vegetarian and vegan food and healthy, natural beverages. 95% of our organic menu is locally sourced from the Hawaiian Islands.
 Gluten & allergen-free options available.

During August mention the word 'Mango' to receive a complementary cup of hot or iced Chocola Tea.

Documentaries

... That Will Make You Rethink Everything You Know About Food, Health and Animals and Could Change Your Life:



- ♦ **Forks Over Knives**
- ♦ **Cowspiracy**
- ♦ **Earthlings**
- ♦ **Food, Inc.**
- ♦ **The Ghosts in our Machine**
- ♦ **Meat the Truth**
- ♦ **Peaceable Kingdom: The Journey Home**
- ♦ **Speciesism**
- ♦ **PlantPure Nation**
- ♦ **Blackfish**
- ♦ **Vegucated**
- ♦ **Food Matters**
- ♦ **Ingredients**
- ♦ **The Future of Food**
- ♦ **Hungry for Change**
- ♦ **Fat, Sick and Nearly Dead I and II**
- ♦ **May I Be Frank**



HERB SEEDS

Gifts For Sowing Inspiration

We sell retail and wholesale.
Shipping to Hawaii—get 5%
Island Discount on GMO free,
pesticide and chemical free seed
packets, and all gift items when
ordering retail quantities through
our website or wholesale over the
phone. 310-897-3931
Code: HAWAII

Advertising

UNITED WE STAND FOR CHANGE!
Join our group on Facebook and network with us @
www.Facebook.com/groups/WelcomeToPlanetVegan

HOW YOU CAN STAY CONNECTED IF YOU ARE INTERESTED IN A VEGAN LIFE STYLE:

LIKE "VEGAN ALOHA" AND "DIVINE WEB" ON FACE BOOK
JOIN THE GROUP "GENTLE ALOHA FEAST — THE REAL HAPPY MEAL"
ON FACE BOOK

WWW.VEGANALOHA.COM

WE ALSO OFFER A MONTHLY VEGAN MEETUP:

[HTTP://WWW.MEETUP.COM/HAWAII-VEGAN-SPIRITUALITY-MEETUP/](http://WWW.MEETUP.COM/HAWAII-VEGAN-SPIRITUALITY-MEETUP/)

IMPRESSUM

Editor, publisher and creative director:
Alessandra Rupar-Weber, Vegan Aloha
info@veganaloha.com

Graphic Design & Layout
by our dedicated and deeply committed friend, graphic designer and artist
Susan Placek
susan@tcisgifts.com

Printed at the Kona Business Center with the help of the ever so kind and patient
Steve Flanders
info@konacopy.com

