

Why I Don't Eat Fish

A VSH PRESENTATION BY
SUZANNE FRAZER

TUESDAY, OCT. 10, 2017, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU (OAHU)

(AT END OF 0.2 MI. DRIVEWAY BETW. WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—ACROSS FROM THE TEXACO STATION)

MAUI—THURSDAY, OCTOBER 12, 7 P.M.
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

A lot of people think that eating fish is healthy. Suzanne Frazer will talk about why fish is not a healthy food and why she personally does not eat fish. Learn about the chemicals manufactured into everyday plastic items, how plastic gets more toxic in the ocean from the accumulation of POPs (persistent organic pollutants) and the implications for seafood eaters of an ocean of plastic.

Find out how our everyday choices including what we eat and buy can make a difference in protecting our health, the environment and marine life. Come and be inspired and empowered with knowledge to make simple, easy changes to your lifestyle to protect your long term health and that of our ocean planet.

VEGAN DINE-OUT WITH SUZANNE FRAZER
6-8 P.M. WED. OCT. 11 AT ETHIOPIAN LOVE

1112 SMITH ST., HONOLULU, BETWEEN PAUHI & HOTEL STS.

PARK ON ST. OR AT NEARBY LOTS, INCL. SMITH & BERETANIA MUNICIPAL LOT (AFTER 5: 50¢/1/2 HR. \$3 MAX—ENTER ON N. BERETANIA, EXIT ON N. PAUHI).

LARGE VEGGIE PLATTER WITH AN ARRAY OF SIX OR MORE DELICIOUSLY SPICED ETHIOPIAN VEGETABLES, STEWS, AND SALADS SERVED OVER INJERA BREAD (OR QUINOA ON REQUEST).

\$23 (INCL. TAX & TIP). PAY AT EVENT BEFORE SITTING.

RSVP AT [HTTP://WWW.ETHIOPIANLOVEHI.COM/RESERVATIONS/](http://www.ethiopianlovehi.com/reservations/)

OR CALL (808)445-9920. (WALK-INS OK) DINING EVENT—NO LECTURE

NOTE: DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.



Suzanne Frazer is the Co-Founder and President of Beach Environmental Awareness Campaign Hawai'i (B.E.A.C.H.) - an award winning, non-profit organization she founded with Dean Otsuki in 2006. B.E.A.C.H. brings awareness and solutions to plastic marine debris through: environmental education in schools and the community; marine debris removal and research; and plastic reduction/litter prevention campaigns. The purpose of B.E.A.C.H. is to inspire actions on an individual and community level that reduce and prevent marine debris, resulting in protection for Hawai'i's marine life, sea birds and ocean/coastal environment. Suzanne and Dean received the 2008 Living Reef Award for going above and beyond in their actions to protect the reef and B.E.A.C.H. received the 2012 Marine and Coastal Zone Advocacy Council Douglas Tom Award for preserving and protecting Hawai'i's marine and coastal environment and actively engaging the community, especially youth, among various other awards and recognitions.



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

**FREE Admission
& Refreshments**

HONOLULU AND MAUI LECTURE REFRESHMENTS DONATED BY DOWN TO EARTH.