COMPASSIONATE ACTIVISM
A PRESENTATION BY
LESLIE ASHBURN

This talk will explore the links between the function of what is called "the absent referent" in the meat eating culture to other forms of oppression, like racism, sexism, and the destruction of the environment, showing how underlying all of these is the same belief system. It helps us understand the way oppressions become interconnected and shows how a healthy approach to a plant-based diet is an important way to address pertinent social issues of our time. If you care about making the world a better place, this talk is for you!

TUESDAY, OCT. 8, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

Maui — Ms. Ashburn will also be speaking on Maui on Thursday, October 10th, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.

Leslie Ashburn is an internationally trained chef who brings an ease and expertise for creating cosmopolitan vegan macrobiotic food, changing stereotypes about what it means to eat healthy. She works with a wide variety of respected community members, including preparing life-changing meals for seminars with the local living treasure Dr. Terry Shintani. She is a co-founder of and serves on the Board of Directors for the Hawaii Food Policy Council. She co-authored a chapter in Diet For a Small Island (in press) called Democratic Food Education: Colonialism, Culture, and the Task of the Cooking Class.

Vegetarian Society of Hawaii
Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.