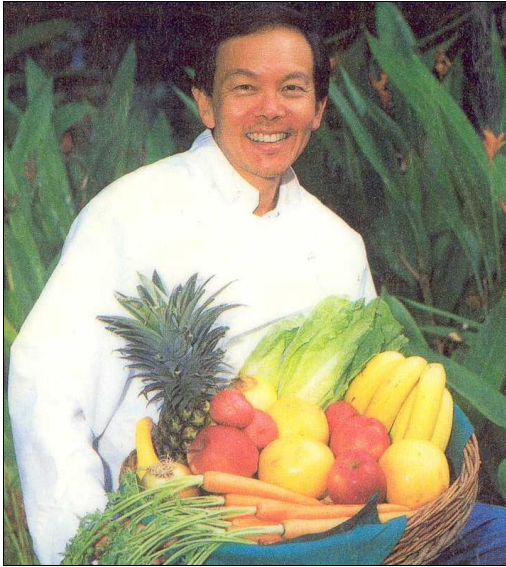


GETTING OFF THE FENCE & MAKING HEALTHY CHOICES



A COOKING DEMONSTRATION BY **PAUL ONISHI**

In this entertaining cooking demonstration you will learn quick and easy ways to transition to a more healthful diet. Both raw and cooked foods will be emphasized and Kabocha (Japanese pumpkin) and soy will be primary ingredients in the entrees and dessert that will be prepared. The audience will be able to sample each dish.

Paul Onishi has been demonstrating and teaching food preparation for more than 20 years. He was one of the first sushi chefs trained in America, he owned and managed catering businesses in California and Hawaii, and he has taught cooking classes around the country. Well known locally for his outstanding culinary skills and as an exceptional caterer, he also teaches an alternative cooking program for at risk youth at Farrington High School.

Mr. Onishi will also give a demonstration on Maui on Friday, May 5, at 7 p.m. at the Cameron Center, 95 Mahalani St, in Wailuku.

*A brief annual report by members of the VSH Board of Directors will begin at 6:45 p.m. followed immediately by the cooking demonstration.

“Please join Paul for an evening of creative and healthy culinary treats.”

WEDNESDAY, MAY 10, 2006, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., 0.2 MILES BEHIND THE WAIKIKI-KAPAHULU LIBRARY



Vegetarian Society of Hawaii

Over 1900 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit VSH.org.

**FREE
Admission &
Food Samples**