

SUSTAINABLE MEAT? NOPE!

A PRESENTATION BY

CHEF SYLVIA THOMPSON



The latest buzzword “sustainable,” does not apply to meat. (See: Merriam-Webster dictionary, “Involving methods that do not completely use up or destroy natural resources.”)

Oscar-winning director James Cameron says, “It’s not a requirement to eat animals, so it(’s)...a moral choice ...that is having a huge impact on the planet and destroying the biosphere.” (“You’re Not an Environmentalist if You Eat Meat.”) The facts are riveting. 51% of the world’s greenhouse gas emissions are caused by raising animals as food and is causing global depletion of resources. Get factually armed to take a vegan stand on “sustainability.”

Sylvia Thompson, chef/owner of Greens & Vines (a Raw Vegan Gourmet restaurant) and her husband, Pete became vegans, January 1st, 2004 shortly after Pete’s heart attack two days after Thanksgiving 2003. After a stent surgical procedure, and a lifetime prescription of powerful drugs, Pete decided to take his health into his own hands following Dr. Dean Ornish’s methods spelled out in his book, *Reversing Heart Disease*. And reversing it he did, going off his meds in 18 months. The couple’s vegan journey began from the health aspect, then the immoral aspect of eating animals after watching “Earthlings” on YouTube. Now vegan has a Global meaning. People comment to Sylvia, “Isn’t what you do hard work?” Her reply, “It’s not just a job, it’s a movement. What’s good for our bodies is good for Mother Earth.”

TUESDAY, APRIL 8, 2014, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

WEDNESDAY, APRIL 16, 5-7 P.M.
DINE-OUT WITH SYLVIA THOMPSON
GREENS & VINES RESTAURANT

CORNER OF WARD AVENUE AND KAPIOLANI BOULEVARD
FREE PARKING ON GROUND FLOOR BEHIND RESTAURANT
PESTO ZUCCHINI PASTA & LOCAL GREEN SALAD
EARTH DAY SPECIAL, \$19.20, INCLUDING TAX AND TIP
TO RSVP & PREPAY VIA CREDIT CARD, CALL (808)536-9680

Maui — Chef Thompson will also be speaking on Maui on Thursday, April 10th, at 7 p.m., at Cameron Center, 95 Mahalani St., Wailuku.



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.