



San Francisco Vegetarian Society Veg Calendar

Fall Issue 2006

If you are interested in volunteering for any events listed below, especially World Vegetarian Weekend Celebration, September 30 & October 1, please contact Volunteer Coordinator Nancy Loewen at n.loewen@ioaging.org or 415-750-0614

Fall Potluck & DVD Screening "Dining with Miyoko"

Saturday, September 9: Socializing & Appetizers 6:00 p.m.; Dining 7:30 p.m.; DVD Screening 7:30 p.m. IOA, Institute on Aging, 3600 Geary Boulevard, San Francisco, (between Palm & Arguello). MUNI #38 with East Bay connection at TransBay Terminal and BART at Montgomery Exit. Please see potluck guidelines on reverse side. Following dinner, Jeanne Besanceney, SFVS Board Member, will summarize her experience at the Veg Festival in Turin, Italy. We will then view the first episode of "Dining with Miyoko," a delightful cooking series showing how to make wonderful, healthy vegan food. This first episode sponsored by SFVS features Miyoko, author of *The Now & Zen Epicure*, and creator of the famous "Unturkey," and Kristen Miles, SFVS Board Member & Editor of the SFVS Newsletter. It's directed by Tony Martin, SFVS Board Member & Web Master. Miyoko will attend and have samples of the recipe, Tofu Bourguignon. This and future recipes will be available on our web site, www.sfvs.org. This first episode aired on SF Public Access TV. Check the station for future repeats. (Miyoko will give a Mediterranean vegan cuisine cooking demo at WVD, Saturday, Sept. 30.)

World Vegetarian Volunteer Party & Orientation

Thursday, September 14, 6:30 to 7:30 p.m.

IOA, 3600 Geary Boulevard (See September 9 potluck for direction details).

Assignments, orientation, free food, and fun. RSVP and sign up with Nancy, info at top of page. Fashion models for the Eco-Fashion show should sign up with Nzuri, 510-393-3463.

WORLD VEGETARIAN WEEKEND CELEBRATION

Saturday, Sept. 30 & Sunday, Oct. 1, 10 a.m. to 6 p.m.

Presented by SAN FRANCISCO VEGETARIAN SOCIETY and In Defense of Animals

Plus an Organic Athlete Conference, an Eco-Ville with Eco-Fashion Show, and a Children's Corner. (Catered Dinner at 6:30 p.m. followed by Live Music and Entertainment on Saturday.) Check our web site for details, dates and times, www.sfvs.org or call 415-273-5481.

San Francisco County Fair Building in Golden Gate Park, entrance at Lincoln Way & 9th Ave., San Francisco. Adults \$5 suggested donation/Children, Students, Seniors with ID free. Early Bird Special - free for everyone until 10:30 a.m. Bring family, friends & neighbors!

Come early to get good parking on Lincoln Avenue or take public transportation. MUNI #44, #71, or N Judah, within walking distance, with BART connections at Embarcadero Station or Market Street Stations.

Everyone is welcome to another exciting World Vegetarian Celebration. There will be so much going on all day (for two days) that you should plan the whole weekend, including dinner and live entertainment on Saturday evening. Throughout the day there will be International Vegan Food to sample or buy and food demos with recipes and samples. There will be organizations participating with educational literature on health, ethical, environmental and spiritual topics.

Outstanding Speakers: On Saturday, Dr. Joel Fuhrman, M.D., *Eat to Live* and *Disease Proof Your Child*; Dr. Henry Anderson, Ed.D, Founder of City University of Los Angeles; Dr. Will Tuttle, Ph.D., *The World Peace Diet*; Kiki Powers, M.S., Director of Natural Health Solutions; Azalea Blalock, Founder of Healthy thru Nature; and Heng Sure, Reverend. On Sunday, John Robbins, *Diet for a New America* and *Healthy at 100*; Dr. Alan Goldhamer, D.C. *The*

Pleasure Trap; Dr. Milton Mills M.D.; and Howard Lyman, *The Mad Cowboy*. Bob Linden, “Go Vegan Radio” Talk Show Host will be Emcee both days. **Organic Athlete Speakers:** Saturday & Sunday. Bradley Saul, cyclist & organizer; Brendan Brazier, professional tri-athlete; Dr. Doug Graham, Olympic trainer; Katie Coryell, pro-surfer; Kenneth Williams, pro-bodybuilder; Dr. Rick Dina, nutrition expert; and Rozalind Graham, fitness expert. Other athletic events are being scheduled., check www.organicathlete.com for more info. **Demo Presenters:** Miyoko Schinner, *Now & Zen Epicure*, Mediterranean Cuisine; Empress Sarah, Caribbean Delights; Brian Waites Chef from The Medicine Restaurant, Japanese Cuisine; Shanta Sacharoff from Other Avenues, Indian Cuisine; and Raw Demos by Cherie Soria, Living Light Culinary Institute; Sam Lippman, Raw Food Chef; and Robert Blalock from Healthy thru Nature. **Entertainers:** Nellie McKay, Vocalist & Musician; Wayne Huey, Chinese Acrobat; Eric Park, Vocalist & Guitarist, Rob Scharf Duo, and more. **Fashion Show** directed by Nzuri from Light Touch Natural Hair Salon.

October Potluck & Free Lecture by Dr. Bob Nozik (MD) Author of *Happy for Life*

Saturday, October 14: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Lecture 7:30 p.m.

IOA, 3600 Geary Boulevard (see September 9 potluck for directions and pricing details).

After the potluck, Dr. Bob Nozik, a long-term vegan vegetarian and a retired ophthalmologist will speak on human happiness as a component of human health. Although diet is an important factor, there are more factors in the search for human happiness. The number one goal of people everywhere and throughout the ages is happiness. We are richer today in real terms than ever before and have made incredible advances in practically every area of human endeavor except happiness. Why is this so and what can we do to enjoy the happiness of our dreams? Listening to Bob’s talk, you will discover the answers to this age-old question as well as learning exactly what you need to do to begin enjoying ideal happiness for yourself.

Halloween Costume Party Potluck

Co-hosted with East Bay Veg*ans

Sunday, October 29: Socializing & Appetizers 5:00 p.m.; Dining 6:00 p.m., followed by Games & Dancing

633 Glenwood Isle, Alameda, at the home of Elizabeth Bechtold.

Suggested donation: \$1 with food; \$10 without food. Prizes for best costumes. No charge for those arriving 2 hours early to help set up. Directions: From 880, take High Street Alameda Exit. At stoplight, turn west onto High Street and proceed over bridge 1.5 miles. Turn right onto Otis Drive and right onto Glenwood. From Fruitvale BART Station, take Bus #50 to White Hall & Willow, then walk 2 blocks to Otis and 1 block to Glenwood. Call 510-864-1111 for last minute direction or to volunteer.

Free Video Night at the Red Victorian Peace Café on the Last Friday of the Month

Friday, October 27th at 7:00 p.m.. Vegetarian & Vegan food available before the show.

1665 Haight Street, near Ashbury, San Francisco

Featuring the video “Toto Goes Home,” a heartwarming documentary by Animal Defenders International depicting the life of Toto, a chimpanzee, rescued from the circus where he toured and performed for 20 years in South America, chained by the neck, living in a packing crate, and then rescued and returned to Africa.

Other Events: Leafleting at KFC September 10th – See Newsletter for more information.

SFVS Board Meeting, October 22 - Call 415-273-5481 for details.

Go Vegan Radio KQKE AM 960 – every Sunday, 9:00 p.m.

POTLUCK GUIDELINES

To enhance everyone’s enjoyment of SFVS’s sociable potlucks, please note the following:

Bring a *vegan dish to serve 8 - 10.

Attach a copy of the recipe or list of ingredients and your name, in case there are questions.

Bring serving utensils and your own dishes and silverware.

San Francisco Potlucks are \$1 suggested donation for members with food; \$2 for non-members with food. Add an additional \$8 without potluck contribution.”

Donations are used to defray cost of renting space.

For ideas on substitutions or recipes, go to www.vrg.org.

*no animal products or byproducts such as dairy or honey