



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Holiday Issue 2006

We will not have a November San Francisco Potluck due to a conflict with the Green Festival. To volunteer for any of the following events, please contact our Volunteer Coordinator, Nancy Loewen at [n.loewen@ioaging.org](mailto:n.loewen@ioaging.org) or 415-750-0614.

### **Green Festival, Friday, November 10 to Sunday, November 12** **Concourse Exhibition Center, 8th & Brannan Streets, San Francisco**

**\$15 Admission; \$7 Senior/Student/Union Members/Bike Riders; Free for children under 12**

This is a festive 3-day event that promotes sustainable ecology. SFVS will have a booth #21 to promote information on a true ecologically balanced approach to a green sustainable world environment that does not include animal farming. [www.greenfestivals.org](http://www.greenfestivals.org). Contact Nancy, see top of the page, if you would like to assist with tabling. A 2-3 hour commitment will get you in free.

### **Free Lecture, Friday, November 17 at 7:00 p.m.**

**Dr. Harish Chandra, PhD, "We Are Vegetarians, Naturally"**

**IOA, 3600 Geary Boulevard, between Palm & Arguello, San Francisco.**

MUNI #38 with Trans Bay Terminal and BART at Montgomery Exit.

Dr. Chandra is a PhD from Princeton, a spiritual scientist, and author of two books on vegetarianism: "A Thought for Food" and "The Human Nature and Human Food." He has worked as an advisor to the Engine Research Department of Volkswagen in Germany and as Head of Basic Engine Research in the Indian Automotive Research Institute in Pune, India and served as a Visiting Scientist in the Norwegian University of Science and Technology, Trondheim, Norway. In addition to his scientific pursuits, he has studied the spiritual realm, including the Vedic literature and classical Indian wisdom and has given numerous talks, workshops, books and articles on Personal Enhancement. He is presently the Director of The Center for Inner Sciences, publisher of his most recent book, "What's in the Law of Karma." His website is [www.centerforinnersciences.org](http://www.centerforinnersciences.org).

### **East Bay Thanksgiving Potluck, Co-sponsored with East Bay Veg\*ns.**

**Sunday, November 19: Socializing & Appetizers 5:00 p.m.; Dining 6:00 p.m.**

**At the home of Elizabeth Bechtold, 633 Glenwood Isle, Alameda**

**\$1 suggested door donation with food enough for 10 people or \$10 without food. Attire: Dressy.**

Thanksgiving Recipes encouraged. Very Raw Friendly.

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 directions or to volunteer beforehand. No door fee for those arriving two hours early to volunteer setting up and prepping raw appetizers.

### **Thanksgiving Day Dining Out, Thursday, November 23 at 11:30 a.m.**

**Millennium Restaurant, 580 Geary Street, corner of Jones, in the Hotel California, San Francisco**

Paid reservations in advance required. Make checks out and mail to SFVS, c/o Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by November 17. Due to limited space this event will be for members and their guests only, on a first pay basis. The special SFVS price will be \$45.00 per person; \$25 for children under 12. Price includes vegan hors d'oeuvres, salad, entrée, dessert, coffee, tea, or vegan nog, tax & tip. Wine and extra beverages are extra. Call our veggie hot line for more information 415-273-5481.

### **East Bay Thanksgiving Day Potluck, Thursday, November 23 at 4:00 p.m.**

Everyone is welcome to keep the TG Potluck tradition going in Berkeley by bringing \$2-\$3 with a potluck dish to share to help pay for the cost of the hall or \$12 without food. Vegan or raw food items are welcome. Beverages will be provided. No door fee to those arriving two hours early to help set-up and prep hors d'oeuvres. RSVP to [howarddy2@att.net](mailto:howarddy2@att.net) to get location and directions.

**Dining Out, Saturday, December 2 at 6:00 p.m. Attire Dressy.**

**Enjoy Vegetarian Restaurant, 750 Kirkham Street, corner of 12th Avenue, San Francisco**

Enjoy No-Host dining out and celebrate Dixie Mahy's Birthday (no gifts). RSVP 415-273-5481 by November 29th.

**Free Lecture & Book Signing, Tuesday, December 5 at 7:00 p.m.**

**Dr. Michael Greger, MD and Author, "Bird Flu and Other Emerging Infectious Diseases"**

**Humanist Hall, 390 27th Street, between Telegraph & Broadway, Oakland**

**Co-Sponsored with East Bay Animal Advocates and Compassionate Cooks**

Directions: From San Francisco & Peninsula, take I-80 East across Bay Bridge. Merge onto I-580 East towards CA-24 downtown Oakland. Take I-980 West and exit towards Downtown Oakland. Take the 27th Street exit and turn left onto 27th Street. Parking lot on west side of building.

Public Transit: Bus #43 up Telegraph Ave or #51 up Broadway and exit 27th Street. BART to 19th Street stop in downtown Oakland and walk 8 blocks north to 27th Street or take bus Bus 43 or 51.

Dr. Michael Greger, MD, is a physician, author, and favorite speaker on a number of public health issues. He is a general practitioner specializing in clinical nutrition and a founding member of the American College of Lifestyle Medicine. He is a graduate of Cornell University School of Agriculture (where he now teaches part of Dr. T. Colin Campbell's nutrition course) and the Tufts University School of Medicine. He participated in the Conference on World Affairs, the Bird Flu Summit, and the National Institutes of Health. He is presently Director of Public Health and Animal Agriculture at HSUS. Proceeds from his recent books, Carbophobia and Bird Flu: A Virus of Our Own Hatching, are all donated to charity. For more information, check out: [www.drgreger.org](http://www.drgreger.org) or [www.veganmd.org](http://www.veganmd.org).

**SF Holiday Potluck, Saturday, December 9: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Entertainment 7:30 p.m. IOA, 3600 Geary Boulevard. (See November 17 meeting for transit details.) Attire: Dressy.**

Please see potluck guidelines for protocol. Special Holiday Treats will be featured at the dinner.

Come and celebrate all of the holiday festivals including the Winter Solstice, Hanukkah, Christmas, and Kwanza. If you have decorations for any of these holidays, bring them to add to the festivities. Bonnie Knight, pianist, will provide wonderful holiday music as she has done the past two years.

**East Bay Christmas Potluck, Co-sponsored with East Bay Veg\*ns.**

**Monday, December 25: Socializing & Appetizers 5:00 p.m.; Dining at 6:00 p.m.; Dancing at 7:00 p.m. Very Raw Friendly. Attire: Dressy.**

**At the home of Elizabeth Bechtold, 633 Glenwood Isle, Alameda (See November 19 Alameda Potluck for directions and door donation details).**

\$1 donation with food; \$10 without food.

Celebrate Christmas and the Holiday Season in the most festive atmosphere. Holiday menus encouraged. No door charge for those arriving two hours before to help set up and prep hors d'oeuvres. Call 510-864-1111 to volunteer or for last minute directions.

**Other events:**

#### **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](http://www.vrg.org).

\*no animal products or byproducts such as dairy or honey

**Leafletting at KFC, Sunday, November 12 at noon**

**Kentucky Fried Chicken, 1900 Irving and 20th Avenue, San Francisco**

**Followed by Lunch at 1:15 p.m. at Shangri-la Restaurant, 2026 Irving Street at 22nd Avenue. Co-sponsored with Veggie Jews**

Help us educate the public regarding KFC's treatment of chickens by passing out leaflets using PETA literature [www.Kentuckyfriedcruelty.com](http://www.Kentuckyfriedcruelty.com). Contact [veggiejews@cyberonic.com](mailto:veggiejews@cyberonic.com) or 415-665-1583.

**Annual Meeting, Sunday January 14, 2007, Refreshments at 3:00 p.m.; Meeting at 3:30 p.m.**

**IOA, 3600 Geary Boulevard (See November 17 meeting for address details.)**

Members are encouraged to attend this once a year meeting in order to have a quorum. A Board Meeting will precede the Annual Meeting at 1:00 p.m., open to members who are interested.