



Vegetarian News

“For Health and Humanity”

Spring Issue 2006

2006: the Year to Nourish the Children

by Kiki Powers, M.S.

It may be safe to say that vegetarians by and large—and certainly the San Francisco vegetarian community—are particularly conscientious citizens of the world. As such, lets unite this year in opening our hearts to the plight of hungry children around the globe—especially when considering the following statistics, derived from Unicef and the United Nations (www.un.org):

- 800 million people around the world are hungry—mostly children
- 50% of the world’s children are severely underweight
- Over 10 million children die before the age of 5 every year, primarily due to malnutrition-related causes.
- Nearly 300 million children worldwide are malnourished and 27% of all children under five are underweight for their age.
- An estimated 18 million babies will be born mentally impaired because mothers were malnourished during pregnancy.

For many of us, the fact that the problem of starving children is on the rise presents a call to action. Especially when we can make a measurable difference through the **Nourish the Children™** initiative. This project is led by a growing network of Humanitarian Entrepreneurs committed to rescuing the perishing around the globe.

SUMMARY OF EVENTS

Mar 11	March Potluck and Free Lecture
Mar 19	Spring Potluck
Mar 31	Free Video Night
Apr 2	Board Meeting
Apr 8	April Potluck & Free Lecture
Apr 22	Dining Out

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfv.org and you can always call (415) 273-5481 for information.

PLEASE REUSE BY POSTING PUBLICLY.

In conjunction with *Feed the Children(FTC)* and *First Harvest International*, we are building a worldwide community of individuals, non-profit organizations, and businesses of all types committed to a minimum, 100% tax deductible donation of \$39/month for 60 delicious, hot, nourishing meals delivered to children around the world in greatest need. The food source is VitaMeal, a delicious, 100% vegan, nutrient and protein-dense entrée enriched with 25 essential vitamins and minerals.

Your monthly VitaMeal donation helps school children in Haiti, orphans in Guatemala and Romania, starving children in Malawi, Swaziland, and Mozambique, and many more in dire need.

Nourish the Children (NTC) has also been highly active in the Tsunami relief effort for victims in Southeast Asia, as well as supporting the survivors of hurricanes Katrina and Wilma. Learn more at www.nourishachild.net

How is VitaMeal distributed?

NTC works with FTC to provide these meals through a school feeding program, drawing children to school for hot meals, which nourish their minds and bodies while also greatly increasing the number of girls able to attend. Greater education for girls helps reduce teen births, since educated mothers educate their children. Educated mothers can break the cycle of illiteracy and poverty, and ultimately save a society.

There are 4 ways to participate with *Nourish the Children*:

1. Become an individual donor, committing to a \$39/month, 100% tax deductible donation of 60 meals efficiently delivered each month to those children in greatest need.

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San Francisco Vegetarian Society
For Health and Humanity

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Vasu Murti.

Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. The deadline for submissions for the next newsletter is May 1st. Please contact Kristen at 415-273-5481 or sfvegkristen@yahoo.com.

ADVERTISE WITH US and reach more veg*ns! Members, is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz,jcadiz2002@yahoo.com.

2. Join our growing network of humanitarian entrepreneurs. Because NTC is a for profit company working with a non-profit charity, humanitarian entrepreneurs can dedicate themselves to building a donor network and—unlike volunteers—be well compensated for their efforts. Commissions can be kept or redirected to charity.
3. Join as a non-profit organization. The NTC model enables groups with initiatives that require fundraising to use commissions earned to promote their own programs. One Silicon Valley-based non-profit raises money for scholarships. As their members and Giving Circle Group grow, the group earns up to thousands of dollars per month, which can effectively fund local programs.
4. Join as a business or corporation. Giving back is a hallmark of successful businesses. Companies with an existing matching employee model can integrate NTC. We are working now to help companies start their own matching employee programs.

What is our goal?

We have a powerful, rapidly growing network of people who are helping us reach our goal of feeding 1,500,000 meals per month, which we believe is achievable right here in the greater San Francisco Bay Area, setting a glowing example for others cities to follow.

Remember, your donation of \$39.90/month will provide 60 meals per month, 720 meals per year, and 7,200 meals in ten years. Adding 10 people to your Giving Circle makes that 720,000 meals. When you create a Giving Circle of 100 people, that's 7,200,000 meals. We fully intend to save the 6 million children who die every year of malnutrition.

For more information, or to enroll, call Kiki at 408.226.3223, e-mail kiki@aboutnhs.com, or enroll directly at www.nourishachild.net. If you do so, please indicate kiki@aboutnhs.com as your referring e-mail, which qualifies you for a news feature and 500 meals donated in your name. We are in the business of making a difference. Please join us!

MEMBERS' CIRCLE

Muy Bueno
by Kristen Miles

I recently took a trip to beautiful Puerto Vallarta, Mexico. While Mexico isn't really known for its vegetarian cuisine, like say, San Francisco, I was pleasantly surprised to find a great vegetarian/vegan buffet restaurant in the heart of downtown.

Planeta Vegetariano is a vegetarian oasis while visiting Puerto Vallarta. They are open for breakfast, lunch and dinner and the menu changes daily. While I did not get a chance to try their breakfast, I was fortunate enough to eat there twice for dinner. There's a great salad bar that offers over 15 different types of salads. There's also a daily soup and a hot bar, with food like, beef soy strips for fajitas, falafel and, of, course rice and beans. They also have fresh juices made with purified water.

The hostess was very friendly and knowledgeable and was very helpful in pointing out which items were vegan and even raw, and there were a

few. The décor was welcoming and cute with bright colors and whimsical artwork. I found out while most of the customers are visiting vegetarians, it's also a favorite hangout for local vegetarians and non-vegetarians. I even ran into some SFVS members there who were visiting Puerto Vallarta also.



The food is so good, everyone eats there. In fact, Planeta Vegetariano was voted “one of the top vegetarian restaurants in the world” by *Bon Appetit Magazine*. So, next time you find yourself traveling to Puerto Vallarta, remember this great vegetarian restaurant. Their website is: www.planetavegetariano.com.

Eating to Live
by Chel Chase

I went to the recent lecture about antioxidants sponsored by SFVS. Kiki Powers brought a Pharmanex BioPhotonic Scanner to test our carotenoid levels after explaining that optimum levels begin at about 50,000 units. Most people have much lower levels. My carotenoid level registered very high at 86,000 units. I see that as a testimony as to the success of my diet. Since August I have been following the guidelines laid out by Dr. Joel Fuhrman in his book “Eat To Live”. In a nutshell I shoot for 2 pounds of leafy greens including some which aren't so leafy and aren't green, half raw and half cooked (a goal which I NEVER reach), 4 or more pieces of fruit (lots of yummy frozen fruit smoothies), at least a cup of beans, up to a cup of whole grains or starchy vegies, and an ounce of raw nuts. I highly recommend that everyone read or re-read “Eat To Live” and give it a good 6-week trial.

If you have more questions you can contact me at chelchase@yahoo.com. I really love this diet and tell everyone I meet about it.

President's Corner
by Dixie Mahy

As we start the New Year, I have mixed feelings about the

progress of our movement. I am usually optimistic and excited about the fact that there are more options for vegetarians, especially vegans, that there is even a recognition of the name vegan and an understanding of what it means, and more people are becoming aware of the health benefits of a low fat plant based diet and aware of the cruelty involved in factory farming. However, I seem to be encountering more and more confusion and/or stubbornness.

The confusion seems to be coming from “scientific” studies or authorities that are countering our information on the “health benefits of a good vegan diet”. For example, recently the founders of the Women’s Health Initiative reported on KSFO radio “Low-fat diets do not make a difference in cancer and heart problems.” Most of the population will not look any further into the study and will give a sigh of relief that they don’t have to cut down on their fatty diets because it doesn’t make a difference anyway; therefore, they might as well enjoy their “fast foods” or “junk foods”. The truth of the study is that the reduction of fat in their diet was not significant. For eight years, 50,000 women from 50 to 79 were given a moderate or prudent diet (not a low fat vegan diet) where they reduced their intake of fat only moderately. It turned out that their weight loss, cholesterol, triglycerides, and blood pressure was not that different from the group “not dieting”. This study is similar to the “Nurse’s Study” a few years back where the result showed that nurse’s eating less fat had the same risk of cancer as those who were eating normally. The problem, again, was that the nurses on a low fat diet were eating 30 grams of fat a day, which might be considered low when compared to the rest of the population, but it is still too high! One should consume 10 or at the most 15 grams of fat per day and they should be the plant based natural fat, not the highly saturated animal fats or hydrogenated trans-fatty plant fats.

Then there is the Atkins’ “Low Carb Diet” or “High Protein Diet”. Since most Americans seem to be overweight, they are constantly looking for a way to lose weight and still maintain their “tasty” diet of meat. Because they do lose weight, they become quite convinced this meat-centered diet is a superior diet. They don’t realize that a few years down the line, they may encounter kidney problems and other heart and cancer risks.

It is up to us to continue focusing on a healthy, natural, low fat, vegan diet for ourselves. We can counteract the misleading “scientific” studies or “fad” diets by gently encouraging people we come into contact with to read books by Dr. T. Colin Campbell, Dr. John McDougall, Dr. Neal Barnard, and Dr. Goldhamer. We can encourage our friends and relatives to come to hear the informative lectures that SFVS sponsors to counter the phony propaganda on the other side. We can invite them to our potlucks or dining out, to give them the opportunity to taste delicious healthy food. Last of all, we can be examples of

good glowing health with pleasant dispositions and a happy outlook on life. They will want to know “how do you stay so slim?” or “where do you get your energy?” I enjoy saying “I do it all on fruits, vegetables, nuts, and seeds. And at 72, I am pleased to say I am not on any medications and I am still dancing and performing!”

Golden Carrots to our VOLUNTEERS in 2005

Bouquet of Carrots to our wonderful volunteers during the year 2005. We could not have accomplished our goals without them.

Special thanks at following events.

Annual Meeting at IOA on Jan 9 - Sharon Leong, Nancy Loewen, Dixie & Stan Mahy, and Gabe Quash.

Lydia’s Vegetarian Restaurant in Fairfax on Jan 23 - Dixie Mahy, Coordinator & JC Assistant.

Chinese New Year at Golden Era Restaurant on Feb 5 - Janet Tom, Coordinator & JC, Assistant.

Valentine Potluck in Alameda on Feb 12 – Co-Sponsored with East Bay Veg*ns; Elizabeth Bechtold, Hostess; Dixie Mahy, Organizer. Helpers: Ron Halfhill, Stan Mahy, Howard Dykoff, Angie and East Bay volunteers.

Potluck at IOA in San Francisco on Feb 19 –Dixie Mahy, Organizer. Helpers: Fred Gary, Stan Mahy, Shannon Moreno, Bob O’Brien, and Neil Yoskowitz with Lecture by Dr Nana Kwaku Opare.

Newsletter Mailing Party at IOA on March 1 – Fred Gary, Nancy Loewen, Dixie & Stan Mahy.

Potluck at IOA in San Francisco on March 12 – Dixie Mahy, Organizer & Nancy Loewen, Assistant. Helpers: Sonia Siegel, Stan Mahy, Joyce Thornton, and Neil Yoskowitz with Lecture by Christopher Cook, author, *Diet for a Dead Planet*.

Herbivore Vegetarian Restaurant in San Francisco on March 19 – Pete Cohon, Coordinator & Neil Yoskowitz, Assistant.

Potluck at IO in San Francisco on April 9 – Dixie Mahy, Organizer & Nancy Loewen, Assistant. Helpers: Ron Halfhill, Stan Mahy, Sonia Siegel, Joyce Thornton, and Neil Yoskowitz with Lecture by Dr. Rick Dina (D.C.).

Earth Day Celebration at Unitarian Center in San Francisco on April 16 – Co-Sponsored with UUFETA; Dixie Mahy, Organizer & Georgiana Scott and Joe Akzam, Assistants. Helpers: Bryan Au, Stan Mahy, Cammy & Sera Schinner, Janet Tom, and Neil Yoskowitz with Cooking Demo by Miyoko Schinner, author, *Now & Zen Epicure*, and Film “*Peaceable Kingdom*”.

YoYo Japanese Restaurant in San Francisco on April 21 – JC, Coordinator, & Neil Yoskowitz, Assistant.

Lecture at Red Victorian in San Francisco on April 22 – Dixie Mahy, Organizer & Neil Yoskowitz, Assistant with Dr. Steve Blake (Ph.D.), author, *Healing Medicine*.

Lecture at IOA in San Francisco in San Francisco on April 25 – Dixie Mahy, Organizer & Nancy Loewen, Assistant with Dr. Michael Greger (M.D.). Helpers: Joseph Connelly, Stan Mahy, Carlisle Shoemaker. Food Donors: Bryan Au, Nancy Loewen, Dixie Mahy, & Sharon

Leong.

Newsletter Mailing Party at IOA in San Francisco on April 26 - Umesh Dudaney, Fred Gary, Nancy Loewen, Dixie & Stan Mahy, and Carlisle Shoemaker.

WVD Exhibitor Mailing on May 11 – Kristen Miles & Nancy Loewen.

Potluck at Brian Au’s Place in San Francisco on May 14 – Dixie Mahy, Organizer & Neil Yoskowitz, Assistant. Helpers: Gillian Etherington, Stan Mahy, Doug & Pam Spencer with Raw Demo by Brian Au, author, *Raw in Ten*.
Bok Choy Vegetarian Restaurant in San Francisco on May 21 – Dixie Mahy, Coordinator & Neil Yoskowitz, Assistant.

Memorial Day Potluck in Alameda on May 30 - Co-Sponsored with East Bay Veg*ns; Elizabeth Bechtold, Hostess; Dixie Mahy, Organizer. Helpers: Ron Halfhill, Carol Hendricks, Bob Hoffmaster, Shirley Potaz, Roy Webb, Kari Van Vliet, Howard Dykoff, Angie, and East Bay Volunteers.

Radio Interview at KPFA on June 10 – “Terre Verde” program interview on “McLibel” Screening with Dixie Mahy.

“McLibel” Screening at Lumiere Theatre in San Francisco on June 11 – SFVS Co-Sponsor with Q & A after screening with Kristen Miles & Dixie Mahy.

Summer Picnic at Crissy Field in San Francisco on June 18 – Dixie Mahy, Organizer & Stan Mahy, Assistant.

Lecture at Unitarian Center in San Francisco on June 21 – Co-Sponsored with UUFETA; Dixie Mahy, Organizer & Georgiana Scott & Neil Yoskowitz, Assistants. Helpers: Stan Mahy, Janet Tom with Dr. T. Colin Campbell, author, *The China Study*.

Juicy Lucy’s Restaurant in San Francisco on June 25 – Dixie Mahy, Coordinator & Neil Yoskowitz, Assistant.

Holiday Potluck in Alameda on July 4th – Co-Sponsored with East Bay Veg*ns; Elizabeth Bechtold, Hostess; Dixie Mahy, Organizer. Helpers: Ron Halfhill, Stan Mahy, Howard Dykoff, Angie, and East Bay Volunteers.

Café Gratitude on Harrison Street in San Francisco on July 30 – Diane Moreno, Coordinator & Dixie Mahy and Neil Yoskowitz.

Daily Health Deli in San Francisco on August 20 – Dixie Mahy, Coordinator & Neil Yoskowitz, Assistant.

Newsletter Mailing Party at IOA in San Francisco on Sep 6 – Fred Gary, Mark Garza, Bob Huffmaster, Fred Lopez, Nancy Loewen, Dixie & Stan Mahy, Nadine May, Janet Tom, Linda Turney, Neil Yoskowitz.

Potluck at IOA in San Francisco on Sep 11 – Dixie Mahy, Organizer. Helpers: Fred Gary, Mark Garza, Stan Mahy, Havad Saroyan, Sonia Siegel, Judy So, Neil Yoskowitz with Dr. Joel Fuhrman (M.D.), author *Disease Proof Your Child*.

WVD Volunteer Party & Orientation at IOA in San Francisco on Sep 15 – Nancy Loewen, Organizer. Helpers: Carol Hendricks, Bob Huffmaster, JC, Sharon Leong, Dixie & Stan Mahy, Winnie, Janet Tom, Neil Yoskowitz.

Organic Athlete Conference in the Sports Basement,

Presidio, in San Francisco on Sep 24 – Co-Sponsored with Organic Athlete; Saul Bradley, Organizer.

6th Annual World Vegetarian Day Celebration at San Francisco Copunty Fair Building, Golden Gate Park in San Francisco on Sep 25 – Organizing Committee:

Dixie Mahy, President; Joseph Cadiz, Treasurer; Janet Tom, Secretary & Publicity; Nancy Loewen, VP & Volunteer Coordinator; Sharon Leong, Trustee & Telephone Coordinator; Kristen Miles, Trustee & Newsletter Editor; and Neil Yoskowitz, Trustee & Telephone Coordinator. Helpers: Refer to p. 6 under *World Vegetarian Day*.

Free Video Night at Red Victorian Peace Café in San Francisco on Sep 30 – Lucy Mesa, Coordinator & Dixie Mahy, Assistant. “The Witness” video.

Potluck at IOA in San Francisco on Oct 8 – Dixie Mahy, Organizer & Nancy Loewen, Assistant. Helpers: Ron Halfhill, Bob Huffmaster, Lamont, Stan Mahy, Judy So, Neil Yoskowitz with Don Moseman, aka “Walking Don.”

Alive Café in San Francisco on October 15 – Dixie Mahy, Coordinator & Neil Yoskowitz, Assistant.

Free Video Night at Red Victorian Peace Café in San Francisco on October 28 – Lucy Mesa, Coordinator & Dixie Mahy, Assistant. “Peaceable Kingdom” video with Guest Host, Ken Williams, Vegan Body Builder.

Halloween Costume Party Potluck in Alameda on Oct 30 – Co-Sponsored with East Bay Veg*ns; Elizabeth Bechtold, Hostess; Dixie Mahy, Organizer. Helpers: Ron Halfhill, Stan Mahy, and East Bay Volunteers with Guest Appearance of Victoria Boutenko.

Newsletter Mailing Party at IOA in San Francisco on Nov 8 – Elizabeth, Fred Gary, Nancy Loewen, Dixie & Stan Mahy, Diane Moreno.

Thanksgiving Potluck at IOA in San Francisco on Nov 12 – Dixie Mahy, Organizer & Fred Gary, Assistant. Helpers: Carol Hendricks, Bob Huffmaster, Stan Mahy, Agnes Rice, Julia Trepanier with Demo by Seth Pasternack from Convergence Catering and donation from Unturkey & HipWhip from Now & Zen.

East Bay Thanksgiving Potluck in Alameda on Nov 20 – Elizabeth Bechtold, Hostess; Dixie Mahy, Organizer. Helpers: Ron Halfhill; Carol Hendricks, Bob Huffmaster, Stan Mahy, Howard Dykoff, Angie, and East Bay Volunteers with Guest Appearance of Bryan Au and his assistant.

Millennium Vegetarian Restaurant for Thanksgiving in San Francisco on Nov 24 – Dixie Mahy, Organizer & JC, Assistant.

Enjoy Vegetarian Restaurant for Dixie’s Birthday in San Francisco on Dec 2 – Dixie Mahy, Organizer & Sharon Leong, Assistant.

Holiday Catered Dinner at IOA in San Francisco on Dec 10 – Dixie Mahy, Organizer & Assisted by JC, Sharon Leong, & Nancy Loewen. Helpers: Ron Halfhill, Bob Huffmaster, Stan Mahy, Neil Yoskowitz. Catered by Seth Pasternack from Convergence Catering and donation from Field Roast Brand Vegan Meats and HipWhip from Now & Zen. Entertainment by Bonnie Knight, Romel Mitchel, David Orner, Pam Jacobs, & Devi Baptiste.

Lecture & Free Screening at IOA in San Francisco on Dec 17 – Dixie Mahy, Organizer & Nancy Loewen, Assistant. Kiki Powers’ Lecture & Screening.

Solicitation Letter Mailing Dec 19 – 23 - Dixie & Stan Mahy

East Bay Holiday Potluck in Alameda on Dec 25 – Co-Sponsored with East Bay Veg*ns; Elizabeth Bechtold, Hostess & Dixie Mahy, Organizer. Helpers: Stan Mahy, Ron Halfhill, Janet Tom, Carol Wong, Howard Dykoff, Angie and East Bay Volunteers.

Newsletter Mailing Dec 26 – 30 – Stan & Dixie Mahy

Outreach Activities 2005

Submitted by Nancy Loewen, Out Reach & Volunteer Coordinator

January

Brava Theater, premiere showing of “The Dirt on Farmer John”

Volunteers: Nancy Loewen, Dixie Mahy, Kristen Miles

April

John Adams/City College Health Fair

Volunteer: Nancy Loewen

People’s Earth Day

Volunteer: Nancy Loewen, Norma Jean Wallace

New Living Expo

Volunteers: David Hirsch, Sharon Leong, Kristen Miles, Gabe Quash, Carlisle Shoemaker, Janet Tom, Noelle Tornatore

Berkeley Earth Day

Volunteers: Nancy Loewen, Thor Neils (?)

June

Gay Pride Parade Booth

Volunteers: (Let me know for acknowledgement as I was not coordinating this event, 415-750-0614.)

September

Power to the Peaceful Concert

Volunteers: Sharon Leong, Nancy Loewen, Gabe Quash, Bente Vanberg, JC Cadiz, Marcie Green, Kristen Miles

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Sierra Summit Conference

Volunteers: JC Cadiz, Howard Dykoff and Angie, Gave Quash, Janelle Snyder, Matt Thomas, Cathleen Young

Organic Athlete Conference

Volunteer: JC Cadiz

World Vegetarian Day

Volunteers: Rita Ahuja, Chuck Barritt, Sue Blankman, Bess Booth, Michelle Booth, Danny, Julie & Zev Brook, JC Cadiz, Larry Diamond, Elin Dugan, Carla Din, Nancy Doane, Joshua Eisenberg, Francesca Foglia, Hiromi Fujisawa, Joyce Jeong, Kasey Knudsen, Ann Lambe, Carmen Lee, Sharon Leong, Nancy Loewen, Rosie Loya, Annelisa Luong, Camila Luong, Dixie Mahy, Kristen Miles, Gloria Mundarrago, Anton Naperstak, Louise Ostrom, Christina Peter, Susan Pitts, Carry Swenson, Ron Scheinberg, Charlie Schweikert, Janelle Snyder, Kim Seelye, Judy So, Lyn Stein, Joyce Thornton, Janet Tom, Nicomi Turner, Linda Turney, Bente Vanberg, Esther Ann Waltz, Debra Wong, Shannon Wu, Laura Weissbein, Neil Yoskowitz, Jay & Christine

November

Green Festival

Volunteers: Danny, Julie & Zev Brook, Ricardo Clarke, Teresa Daniels, David Goggins, Nancy Loewen, Dixie Mahy, Anton Naperstak, Valerie Ostrom, Ron Scheinberg

(Forgive me if your name should have been on the list of volunteers but was not, or if your name was misspelled or part of it missing. I reconstructed some of this list from a poor memory. In any case, your help was greatly appreciated, believe me! Call me if you would like a correction or an addition to the list, 415- 750-0614.)

IN THE NEWS

Go Vegan Radio

On January 29, 2006, Bob Linden started broadcasting in the San Francisco Bay Area every Sunday, 6:00 to 7:00 p.m. on KQKE AM 960, an Air America Affiliate or on line anytime: www.GoVeganRadio.com or pod-casting.

This is the first-and-only program of its kind to present topics and ideas-and guests and organizations-that rarely, if ever, gain exposure in the establishment “meaty-uh” yet are those that offer real solutions to the problems of our day – war, world hunger, disease, violence, environmental devastation! This program explores the solutions, which are found where nobody is looking – in kindness to animals.

“Go Vegan with Bob Linden” hopes to make a valuable and necessary contribution to what “progressive talk” is and suggests that going vegan is also “walking the walk!” Free speech costs! Radio airtime is expensive! The animals

can’t pay – except with their lives. They deserve a voice on the radio. The Board of the San Francisco Vegetarian Society has gone on record supporting this endeavor and pledged \$100.00 at the January 8th meeting. We now urge vegetarians/vegans everywhere to support this worthy undertaking. If it does well here with good ratings and reaction, it could spread to other “Air America” stations – to the entire network.

Here is how you can help: (1) Listen to the program and send letters to the station congratulating them on their programming. (2) Send tax-deductible donations payable to GO VEGAN RADIO to the address below. Be sure to mention you are a member or supporter of the San Francisco Vegetarian Society. Also welcome and appreciated are donations of vehicles (cars, trucks, vans, motor homes, trailers), boats, electronic equipment, and real estate. (3) Help solicit restaurants and related potential companies offering vegan and other cruelty-free products and services to advertise on this worthwhile outlet.

Go Vegan with Bob Linden is celebrating its 5th anniversary on air in mainstream media as the voice of compassion for animals, children, and the environment on Sundays 1 p.m.-2 p.m. KCEO AM-1000 San Diego and 1:30 p.m.-2:30 p.m. KTYM AM 1460 Los Angeles and on-line anytime or pod-casting. He is able to broadcast only through the generosity of donors and advertising sponsors

Other Avenues
Natural Food Store



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Open everyday from 10am-8pm

committee for our organizing meeting, please call our veggie hot line 415-273-5481. The event has featured outstanding national speakers, great demos, wonderful entertainment, and attracted thousands of visitors.

New and Renewing Members-Welcome and Thanks!

Dining Out Coordinator Needed

If anyone is interested in this fun volunteer job, call our hot line, 415-273-5481.

Community Thrift Store

Clean out your garage, closets, and attics and donate your good items and clean clothes to the Community Thrift Store, 623 Valencia, San Francisco, 415-861-4910. Be sure to give them our #95 and we will receive a percentage of items sold.

CLASSIFIEDS

Mrs. Dalloways Catering. Vegetarian and Vegan Gourmet Cookery

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates.
Contact: tracyinfo@aol.com for direct corrections or call our hot line: 415-273-5481.

Parties and Events up to 200, Full Service or Drop-Off, Personalized Meal Delivery to Home or Office, Weekly, Temporarily, or One Time. SF only. 415-434-8402.

2nd Tuesday of the Month East Bay Vegan Outing

Join us in Berkeley on the 2nd Tuesday of each month for a vegan meal. Currently we are meeting at "India Foods", 2100 University Ave, at Shattuck Ave. This is 3 blocks north of the Berkeley BART station. We have a fresh buffet of 3 Indian Vegan items plus rice and vegan bread [or pakora]. And its only \$6 for all you can eat. 6 pm — 7:30 pm on the second Tuesday of the month. Please RSVP to howarddy2@att.net.

LEAFLETING AT KFC – Co-Sponsored by the Veggie Jews Tsedakah Brigade and The San Francisco Vegetarian Society

One Sunday a month, there will be an educational leafleting scheduled at the Kentucky Fried Chicken fast food restaurant on 1900 Irving and 20th Avenue, San Francisco. If you would like to be more active in promoting a humane healthy vegan diet and expose the inhumane treatment involved in factory farming, join Bonnie Knight, SFVS member and coordinator of the event. Literature from PETA will be given to everyone to pass out. Afterward, those interested will adjourn to the Vegetarian Chinese Restaurant, Shangri-La, 2026 Irving Street, at 22nd for lunch and letter writing. If you can't make it to the leafleting, come for lunch. Contact veggiejews@cyberonic.com or 415-665-1583 to sign up or for more information.

The next issue of the SFVS newsletter will be out in May.

Optimum Health Potluck/Lectures March 11 & April 8

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!

Vegetarian News is printed on recycled paper.

