



San Francisco Vegetarian Society Veg Calendar

Summer Issue 2006

Lecture with Book Tour – Jonathan Balcombe, author “Pleasurable Kingdom”

Thursday, May 11 at 7:00 p.m. Free Lecture

Co-Sponsored with Physicians Committee for Responsible Medicine

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.

Johathan Balcombe is an animal behavior research consultant for the Washington, D.C. based PCRM and the author of *The Use of Animals in Higher Education: Problems, Alternatives and Recommendations*. His most recent book is *Pleasurable Kingdom: Animals and the Nature of Feeling Good* and is the first of its kind formally recognizing animals' ability to feel pleasure. Book signing will follow the lecture.

Lecture with Book Tour – Peter Singer, Professor/Author “Why Our Food Choices Matter”

Friday, May 12 at 7:00 p.m. \$5 suggested donation. Co-Sponsored with UUFETA

Unitarian Universalist Center, Franklin & Geary Streets, San Francisco

MUNI #38 with East Bay connection at TransBay Terminal and BART at Montgomery Exit

Peter Singer has been a professor at Princeton University since 1999. He was the founding President of the International Association of Bioethics and founding Co-Editor of the journal *Bioethics* with Helga Kuhse. Singer first became internationally known after the publication of *Animal Liberation* in 1975. His other books include *Practical Ethics*, *How Are We to Live?*; *Rethinking Life and Death*; *One World*; *The President of Good and Evil* and his present book, *The Way We Eat: Why Our Food Choices Matter*. Book signing will follow the lecture.

May Potluck with Free Lecture by Don Moseman, aka “Walking Don”

Saturday, May 13, Socializing & Appetizers:6:00 p.m., Dining:6:30 p.m., Lecture:7:30 p.m.

Institute on Aging, 3600 Geary Boulevard, San Francisco, see May 11 for directions.

See Potluck Guidelines on back.

After the Potluck, Don will discuss “Healthy Diet and Walking” and show slides from his 2nd walk in 1998 from Boston to San Francisco/Mill Valley via the northern route. He showed his slides from his 3rd walk across the U.S. at our October 2005 Potluck. His remarkable walking feats were written up in the San Francisco Chronicle Nov. 19, 2004. Educational and inspiring, be sure to bring friends, old and young to meet Don. At the age of 66, he is now planning his 4th walk across the U.S. We will be planning a greeting party when he reaches San Francisco sometime during the summer.

Cooking Demo with Jill Broadway, Sunday, May 21 at 1:00 p.m.

One Taste Café, in the Urban Retreat Center, 1074 Folsom Street, between 7th & 8th St, San Francisco

\$10 donation includes Recipes and Samples. Reservations by May 18, call 415-273-5481.

The exciting “Global Vegan Gourmet” Menu will include: Fennel, Pear and Celery Root Soup with Lemongrass and Basil; Kelp Noodle Salad with Orange Miso Dressing; Sesame Spinach and Shitake Rolls; Coconut Cream Tarts with Vanilla and Cardamom, Chocolate Crust, Seasonal Fruit. Menu is vegan and wheat free, with no refined sugar or starches, and organic as much as possible. Jill is a professional chef with 9 years experience and a graduate of the Culinary Management Program of George Brown College, Toronto, Canada. She specializes in health conscious cuisine with extensive knowledge of vegan, Ayurvedic and yogic diets. A certified yoga instructor, she has traveled in India, cooked in yoga ashrams and worked as the chef at two Ayurvedic wellness spas. Besides teaching holistic cooking classes, she is currently working at Café Gratitude on Irving in San Francisco.

Kentucky Fried Chicken Leafletting followed by Lunch at Shangri La.

Sunday, May 28, Leafletting at 12:00 p.m., Lunch at 1:15 p.m.

KFC is at 1900 Irving Street at the corner of 20th Ave in San Francisco. Shangri La is at 2026 Irving St. at 22nd Ave., 731-2548, walking distance from KFC. Come to one event or both. The group will walk from KFC to the restaurant together. Please RSVP, write to veggiejews@cyberonic.com. See newsletter for more info.

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

Friday, May 26 at 7:00 p.m. Vegetarian & Vegan food are available before the show.

1665 Haight Street, near Ashbury, San Francisco

“The Greatest Diet on Earth” by Joel Fuhrman, MD. This video features Dr. Fuhrman’s recommendations in his two excellent books, *Eat to Live* and *Disease Proof Your Child*.

Memorial Day Potluck, Monday, May 29

Boating, Socializing, & Appetizers:4:00 p.m., Dine:5:00 p.m., Dance:6:00 p.m.

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

Co-sponsored with East Bay Veg*ns. Very Raw Friendly. Attire: Dressy Casual

Due to the closeness to the canal, Elizabeth has requested that no children under 12 come.

\$1 suggested door donation with food, enough for 10 people, or \$10 without food. No charge for those arriving two hours early to volunteer setting up and assisting preparing raw treats. Wear or bring soft-soled shoes for dancing in the special Dance Studio. Call Elizabeth to volunteer or for last minute directions 510-864-1111.

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 415-273-5481 for more general information.

Summer Picnic by the Bay, Saturday, June 24 at 1:00 p.m.

Crissy Field near the Warming Hut at the end of Mason Street, Presidio, near the Golden Gate Bridge. Children of all ages very welcome. Bus #29 or #45 to Lyon & Greenwich then take Presidio Shuttle to the Warming Hut or call MUNI, 415-673-6864. Let us know if you are coming as we need to make sure we have enough tables, 415-273-5481. Bring fresh or prepared picnic food for 10. (There is no way to heat food.) Wear layered clothing for unpredictable San Francisco weather mostly on the cool side. There is plenty of time after eating for walking, hiking, biking, or sitting and viewing the fabulous panoramic bay view.

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

1665 Haight Street, near Ashbury, San Francisco. Vegetarian & vegan food available before the show.

Featuring World Vegetarian Day 2005 videos. Now’s your chance to see the lectures you missed.

Friday, June 30 - Dr. John McDougall (MD), McDougall Wellness Center, “Marketing Milk and Disease”

Friday, July 28 - Ingrid Newkirk, Founder & President PETA “Making Kind Choices”

Friday, August 25 – Dr. Neal Barnard (MD), Founder & President Physicians Committee for Responsible Medicine, “New Research on Vegan Diet & Health”

4th of July Potluck, Tuesday, July 4

Boating, Socializing, Appetizers:4:00 p.m., Dine:5:00 p.m., Dance:6:00 p.m.

633 Glenwood Isle, Alameda, hosted by Elizabeth Bechtold. Directions: See May 29th potluck.

\$1 suggested donation with food, enough for 10 people per person. \$10 per person without food. Attire: Western or Patriotic. (No children under 12 because of the canal.) After the potluck there will be dancing in the studio. Contact Howard to volunteer setting up: howarddy2@att.net or Elizabeth for last minute directions, 510-864-1111.

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

Dining Out, Saturday, July 8 at 6:00 p.m.

Details TBA (Check our Veggie Hot Line 415-273-5481 or our web www.sfvs.org.)

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

Also listen to the “Go Vegan Feature” every Friday morning between 6:00 and 7:00 a.m. on *The Progressive News Hour* with John Scott.

Note: There will be no August Potluck.

***Check our Veggie Hot Line for any last minute**

additions, 415-273-5481 or www.sfvs.org.