



San Francisco Vegetarian Society Veg Calendar

Winter Issue 2006

Annual Meeting, Sunday, January 8, 2006 at 3:00 p.m.

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

MUNI #38 Geary with East Bay connection at Trans Bay Terminal or BART at Montgomery Exit.

Members are encouraged to attend this once a year meeting in order to have a quorum; otherwise, the Society will not be functioning within its 501©3 by-laws obligations. This is an important meeting for our membership. In addition to reviewing reports of the activities in the past year, planning activities for the New Year, including whether we should sponsor another World Vegetarian Day in 2006, we need to have an election of officers. Anyone interested in serving on the Board or as a specific officer, call 415-273-5481. Also, call the same number to RSVP that you will be attending the meeting since we will be having refreshments. A Board Meeting will precede the Annual Meeting at 1:00 p.m., open to members who are interested.

Dining Out for Lunch, Saturday, January 14 at 1:00p.m.

Green's Vegetarian Restaurant, Building A, Fort Mason, San Francisco

Overlooks the boat harbor and the San Francisco Bay with a fabulous view of the Golden Gate Bridge. Organized by Mary Pecci.

The vegetarian lunch menu ranges from \$9.25 to \$18.50 with one or two vegan entrees. RSVP 415-391-8579 by January 9th.

Free Video Night at the Red Victorian Peace Cafe on the last Friday of the month.

Friday, January 27 at 7:00 p.m. Vegetarian and Vegan food are available before and during the show.

1665 Haight Street, near Ashbury, San Francisco

“Meet Your Meat”

This documentary shows the routine practices of factory farms and slaughterhouses and explores the conditions endured by animals who are raised for meat, eggs, and milk. All the footage was obtained through investigations at U.S. factory farms and slaughterhouses in recent years.

Meet Your Meat makes a compelling case that the factory-farming mindset producing the most product (meat, milk, or eggs) with the smallest investment (time, money, etc.) is responsible for routine cruelty to animals, such as confining them to spaces that prevent free movement and proper hygiene, inflicting mutilations without the use of painkillers, breeding animals for quick growth or production as opposed to optimal health, prematurely separating mothers and their young, rough handling, and slaughtering fully conscious animals.

Check our veggie hot line: 415-273-5481 or our website: www.sfv.org for an update.

Chinese New Year's Dining Out at Golden Era Restaurant

February 11, 2:00p.m.

Celebrate the Year of the Dog with old and new friends at Golden Era Vegetarian Restaurant, 572 O'Farrell Street (between Jones & Leavenworth) in San Francisco, MUNI #38 Geary or Leavenworth bus. A favorite of many SFVS members, join us on this festive occasion with a bountiful lunch. On the menu: spring rolls, tofu salad, vegetable combination soup, spicy szechuan pineapple beef, vegetarian lamb clay pot, teriyaki salmon, broccoli beef, and garlic green bean tofu (subject to change). All foods contain no meat, poultry, fish, eggs or MSG.

Cost: only \$18.00 per person includes a seven-course meal, rice (brown or white), tax, tip, and tea.

Make check payable to SFVS and send to: Joseph Cadiz, 73 Rondel St., 94103 by February 4. For more information, call Janet at (415)864-5487 or e-mail: janet.tom@gmail.com.

Check out their website at www.goldeneravegetarian.com

Valentine's Day Dining Out – Tuesday, February 14, 6:30 p.m.

Café Gratitude Number II

Bring your sweetie or come alone to enjoy this eclectic Raw Restaurant with its delicious but zany menu!

1336 9th Avenue, near Irving, San Francisco

Their enticing organic menu ranges from wonderful Appetizers \$6 or \$7; Soups \$6 or \$7; Salads from \$6 to \$9; Entrees from \$7 to \$10. There are Warm Grains, Sides, Tea, Coffee, Fresh Juices, Smoothies, and wonderful Desserts to indulge in for Valentine's Day. Chocoholics need not fear. There will be plenty to indulge in with luscious offerings such as "I am Magnificent" (raw chocolate cacao and coconut blended into a rich and creamy mousse \$6) or "I Am Bliss" (raw chocolate-cream pie – rich raw cacao and hazelnut cream pie in a macadamia nut crust with coconut meringue \$6). There are other luscious desserts for those not into chocolate but want to indulge in delicious decadence for this Valentine occasion. Try their Soft Ice Cream (made from organic nut milk, dates, and vanilla alone at \$2 or as ala mode with any dessert) or design your own "I Am Deserving" Ice Cream Sundae with choice of two: macadamia caramel sauce; Dagoba chocolate sauce; seasonal fruit; pecans; espresso; brownie pieces; raw cacao nibs; shredded coconut; or maca powder (like malted milk flavor) \$6

RSVP: 415-273-5481 before February 10th to make sure you can be seated in the Patio with everyone. Call the restaurant for other information 415-824-4652. Their hours are 9 a.m. to 10 p.m. every day.

Free Video Night at the Red Victorian Peace Café on the last Friday of the month.

Friday, February 24 at 7:00 p.m. Vegetarian and Vegan food are available before and during the show.

1665 Haight Street, near Ashbury, San Francisco.

"Stopping Cancer Before It Starts" – Cancer Proofing Your Body with Plant Superfoods with Doctor-Chef Michael Greger, M.D. 1 Hour 45 Minutes. Many of our members have seen Dr. Greger in person. This DVD captures his dynamic and engaging style with lots of information on whole plant superfoods that may block and even reverse the four steps of tumor formation and then shows him preparing quick, tasty, nutritious recipes! Dr. Greger believes 70% of all cancer deaths are preventable through diet alone. He will explain what free radicals and antioxidants really are and how specific foods work to protect your body from the ravages of aging, cancer and other chronic degenerative diseases. Dr. Greger shows how a phyto-nutrient rich plant-based diet may be our best protection against the cancer epidemic. Learn the why's and the how's of optimum healthy eating. For those who already have heard Dr. Greger speak, this will be a great opportunity to review his information. It would also be a great opportunity to bring a friend or family member to hear

and see "the most articulate and entertaining medical speaker on plant-based nutrition today" – Michael Klaper, M.D. Director, Institute of Nutrition Education and Research. Check our veggie hot line: 415-273-5481 or our website: www.sfv.org for an update.

POTLUCK GUIDELINES

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

Bring a *vegan dish to serve 8.

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.

Potlucks are \$1 to members with food; \$2 suggested donation for non-members. Additional \$7 suggestion donation 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

2nd Friday of the Month Dinner

Join organizer, Dave Goggin, for a vegan restaurant outing every 2nd Friday of the month. Location varies monthly and is always at a great veg*n restaurant. Arrive at 6:30p.m. to order at 6:50p.m. Please RSVP to Dave at dg2222@msn.com, no later than the Thursday before the event to find out the location and for more information.