



# San Francisco Vegetarian Society Veg Calendar

## Summer Issue 2007

There may be other events or lectures that will be scheduled later in the summer. Contact 415-273-5481 or [www.sfvs.org](http://www.sfvs.org) for updates. Also, see our Potluck Guidelines on other side for protocol at potlucks.

### **Potluck & Free Lecture Bob Linden, "Vegan Radio goes National"**

**Saturday, May 12: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Lecture 8:00 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

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food (Volunteers interested in helping set up should call Nancy 415-750-0614.)

Bob Linden will discuss the progress of veganism as he has experienced it hosting Go Vegan Radio in the Los Angeles area on KTYM AM 1460 from 1:30 to 2:30 p.m. every Sunday for six years and in the San Francisco Bay Area on "The Quake" AM 960 from 9:00 to 10:00 p.m. every Sunday for one year (online anytime, archived and podcasting at [www.GoVeganRadio.com](http://www.GoVeganRadio.com) where he gets 11,000 hits per month from around the world.) Bob has been in radio for three decades including major stations in New York, Washington DC, Miami, Seattle, San Diego, San Antonio, and Las Vegas. He left commercial radio to start his own program promoting vegan diet and its connections to good health, ecology and animal rights. He has now received an offer by Air America to go national one hour on the weekend. However, he will need to guarantee \$200,000 for the next year in order to sign the contract. As he often states, "Free speech is not always free!" With everyone's help, he will start May 19th. Donations and pledges are needed ASAP. If 200 vegans pledge \$1,000, it would work. Smaller donations are also welcome. Contact him at 818-623-6477 or [meatfreeamerica@yahoo.com](mailto:meatfreeamerica@yahoo.com) to help veganism go national.

### **Dining Out, Thursday, May 17 followed by Astronomical Festivity**

**Dining at 5:45 p.m. sharp; leave by 7:45 p.m.; adjourn to the Beach for Mercury Viewing**

Shangri-La Vegetarian Restaurant (SFVS Discount Provider), 2026 Irving Street, near 21st Avenue, San Francisco. Sky Viewing will include a thin crescent moon, Mercury, Venus, Saturn, satellites, and diverse stars. Bring telescopes. If it is cloudy, come to the dinner anyway, star maps will be provided.

RSVP to Dining Out Coordinator Dave Goggin: [dg2222@msn.com](mailto:dg2222@msn.com) or 415-567-6773 by May 15th. Dave's philosophy: provide opportunity to meet fun people, present joys of vegan eating to veggie newcomers, hear and discuss interesting topics, sometimes with guest speakers, and do fun things together.

### **Dining Out, Saturday, May 19, Celebrating Asian/Pacific American Heritage Month & SFVS Secretary Janet Tom's Birthday Dining at 600 p.m.**

Layonna Vegetarian Restaurant, 1829 Clement Street, between 19th & 20th Avenue, San Francisco

Organized by Winnie S.

\$16 including tax & tip. Make checks out to SFVS, c/o Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by May 16th. Menu with no msg., no fake meat, lots of veggies: Kim Chee Cabbage and Roasted Seaweed Peanut Appetizers, Ma-Po Tofu, Braised Tofu in Brown Sauce, Golden Mushroom with Tofu, Curry Vegetables in Clay Pot, House Clay Pot, Stir Fry Pea Sprout-Young Chinese Snow Peas, Young Bamboo Pith with Veggies, the tender inside of the bamboo shoot (a little crunchy), Ginko Nut with Veggie-Ginko (good for your brain), Brown Rice, Fresh Fruit for Dessert, & Chinese Tea. RSVP to SFVS hot line 415-273-5481 before 5 p.m. May 19th.

### **Concert & Dining Out, Sunday May 20**

**Concert at 2:30 p.m. at Berkeley Community Theater, Berkeley**

Northern CA Theater Organ Society will be presenting legendary virtuoso Jonas Nordwall, live in concert. Selections include light classical, jazz, movie music, and historical pop. Meet in the lobby (look for SFVS sign) after the concert.

Concert is free for first-time concertgoers who put their contact info on NorCal TOS mailing list. See <http://www.theaterorgans.com/norcal/newevents> for details about the event and/or first time free offer. Dining will be at Udipi Palace two blocks away. RSVP to Dave Goggin: [dg2222@msn.com](mailto:dg2222@msn.com) or 415-567-6773 by May 18th.

### **Memorial Day Potluck, Monday, May 28**

**Boating, Socializing, & Appetizers: 4:00 p.m., Dining 5:00 p.m., Dancing 7:00 p.m.**

See other side for details.

633 Glenwood Isle, Alameda, hosted by Elizabeth Bechtold

Co-Sponsored with East Bay Veg\*ns. Very raw friendly.

\$1 suggested door donation with food, enough for 10 people per person, or \$10 per person without food. 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 general information.

### **Summer Picnic by the Bay, Saturday, June 9 at 1:00 p.m.**

Crissy Field near the Warming Hut at the end of Mason Street, Presidio, near the Golden Gate Bridge, San Francisco  
Children of all ages and pets are 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 you are coming tin order to reserve 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 meditating, walking, hiking, biking, or just sitting and viewing the panoramic bay view.

### **Dining Out, Friday, June 15 at 6:30 p.m. followed by Lecture with Carmen Lee, SFVS Discount Coordinator on her experiences in Tanzania**

Golden Era #2 (SFVS Discount Provider), 832 Clement Street, near 9th Avenue, San Francisco

After dinner, Carmen will show photos and talk about her experience with Global Service Corps' Sustainable Agriculture Program in Tanzania as a migrant farm worker and iron chef (a brief article was published in SFVS Spring 2007 Issue of Vegetarian News.) RSVP to Dave Goggin: 415-567-6773 or dg2222@msn.com

### **4th of July Potluck, Wednesday, July 4**

#### **Boating, Socializing, Appetizers: 3:00 p.m., Dining: 4:00 p.m.; Dancing 7:00 p.m.**

Co-Sponsored with East Bay Veg\*ns. Very raw friendly.

633 Glenwood Isle, Alameda, hosted by Elizabeth Bechtold. Directions: See May 28th Potluck.

\$1 suggested donation with food, enough for 10 people. \$10 per person without food. Attire: Western or Patriotic. Contact Elizabeth to volunteer to set up or for last minute directions, 510-864-1111.

### **Dining Out, Friday, July 13**

#### **Dining at 6:30 p.m. followed by Speaker TBA**

Layonna Vegetarian Restaurant, 1829 Clement Street, between 19th & 20th Avenue, San Francisco

Contact Dave to RSVP or for more information: 415-567-6773 or dg2222@msn.com.

### **Free Lecture & Book Signing - Paul Nison, author "The Formula for Health"**

#### **Sunday, August 19 at 4:00 p.m. followed by raw refreshments. Donations welcome.**

Co-Sponsored with San Francisco Living Foods

IOA, 3600 Geary Boulevard, San Francisco. See May Potluck for transportation details.

#### **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.

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

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

This lecture is for anyone interested in eating an all raw diet, or just wanting to eat more fruits and vegetables. Paul cured himself of a generally incurable disease, ulcerative colitis, with a raw diet. He has written eight books including his most recent book, *The Formula for Health*. His websites are: [www.Rawlife.com](http://www.Rawlife.com), [www.Paulnison.com](http://www.Paulnison.com), and [www.rawchristians.org](http://www.rawchristians.org). He can be reached at 561-337-9299 or [paul@rawlife.com](mailto:paul@rawlife.com)

#### **Lunar Eclipse Overnite, Monday, August 27 & Tuesday, August 28**

Carpool to San Jose for Dinner then to Hollister to observe a total eclipse of the moon around 1 a.m. This is a prepaid event. Payment TBA by June 17. Fee to include hotel accommodations, dinner, and donation to SFVS. Contact Dave to RSVP or for more information: 415-567- 6773 or dg2222@msn.com. Mention whether you can give a ride or would like a ride. Contributions for gas cost will be expected. More details on the event are in the *Vegetarian News*, Summer Issue 2007.