



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Winter Issue 2007

Annual Meeting, Sunday, January 14

Refreshments at 3:30 p.m. Meeting at 4:00 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. In addition to reviewing reports of activities for 2006, including World Vegetarian Weekend, ideas and activities for 2007 will be discussed. RSVP if attending to help us plan how much food to order, 415-273-5481. A Board Meeting will precede the Annual Meeting at 1:30 p.m. open to members who are interested.

Dining Out, Friday, January 19

Dining at 6:00 p.m. followed by Stan Mahy & his Sea Adventures

New Ganges Vegetarian Restaurant, 775 Frederick Street, near Lincoln Way, San Francisco

Featuring vegetarian & vegan Indian cuisine modestly priced plus 10% discount for SFVS members.

RSVP 415-273-5481 by January 17

At the suggestion of David Goggin, Dining Out Coordinator, Stan (Mr. Dixie) will talk about his adventures as a young man at sea during WWII and his experiences that included a Kamikaze Attack, a Sea Monster, a Swim with Barracudas, a Haunted Ship in a Typhoon, a Mutiny, a Murder, and jail in Hong Kong.

Potluck & Free Lecture by Don Weaver, "Positive Steps toward Earth Regeneration"

Saturday, February 10: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Lecture 8:00 p.m.

IOA, 3600 Geary Boulevard. (See January 14 meeting for transit details.)

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food.

Don Weaver co-authored *The Survival of Civilization* with John Hamaker and authored *To Love and Regenerate the Earth*, both are free online at the website of Remineralize the Earth, www.remineralize.org. Don has made a great contribution in awakening the public to the ecological problems and solutions in promoting Earth Health Regeneration for 30 years as an organic veganic grower and raw food Natural Hygienist. He resides in Woodside and is available for Orchard and Gardening Services, 650-851-3622 or earthdon@yahoo.com. He will make available a few 50 lb bags of rock dust for those wanting to start remineralizing their gardens.

Post Valentine Potluck Honoring Newly Weds, Howard & Angie Dykoff

Co-Hosted with East Bay Veg*ns

Saturday, February 17: Socializing & Appetizers 5:00 p.m.; Dining 6:00 p.m.; Dancing 8:00 p.m.

At the home of Elizabeth Bechtold, 633 Glenwood Isle, Alameda. Attire Dressy.

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

Enjoy good food and décor with a Valentine theme.

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. Call 510-864-1111 for last minute directions or to volunteer beforehand. (No door fee for those arriving two hours early to volunteer to help set up or prepare raw appetizers.)

Celebrate the Year of the Boar, Gung Hay Fat Choy

Chinese New Year Dining Out, Saturday, February 24 at 6:00 p.m.

Layonna's (Newly Opened Vegetarian Restaurant)

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

Organized by Sharon Leong and Winnie.

\$18 per person includes tax, tip, and tea. Make checks out and mail to SFVS, c/o Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by February 21.

Menu: Vegetable Small Steamed Bun, Braised Tofu with Brown Sauce, Golden Mushroom with Tofu, Deep Fried Filet Fish in Brown Sauce, Sauteed String Beans, House Delight with Crispy Taro & Bean Curd Sheet, Special Chinese New Year Entrée, Brown Rice, Tea. The vegan dinner will have no msg. (The restaurant usually puts a little msg in the food.) Menu subject to change. For more information, call 415-273-5481.

Other Events

Lecture on "The World Peace Diet," by Dr. Will Tuttle

Friday, February 2, 6:00 p.m.

Sponsored by Fat Chance Belly Dance Studio, 670 South Van Ness Street, San Francisco

Organized by Carolena Nericcio, Founder of FCBD and a vegan activist.

Free-will Donations includes Refreshments & Entertainment, Piano by Dr. Tuttle and Belly Dancing by Studio Dancers and an exhibit of paintings of animals by Madeleine Tuttle.

Dr. Tuttle has spoken for SFVS at a special lecture and at World Vegetarian Day. This is an opportunity to hear him if you missed him before or if you would like to hear him again. His message is very needed in this world of UnPeace. He explains the connection between the way we treat animals and the way we treat each other, ourselves, and the environment. His book answers every question about the vegan lifestyle in pure journalistic style, complete with notes and references. It is realistic in detail, but instead of leaving you feeling defeated by the enormous task at hand, it opens up a positive outcome.

Campaign against Kentucky Fried Cruelty

Meet one Sunday a month at KFC, 4150 Geary Boulevard at the corner of 6th Avenue, San Francisco

12:00 noon to 1:00 p.m. Upcoming dates: January 7 & February 4. Contact veggiejews@cyberonic.com or 415-665-1583. for more information.

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

Sponsored by SFVS & Veggie Jews' Tsedakah

Brigade Literature will be provided from PETA's campaign, www.Kentuckyfriedcruelty.com.

Followed by Letter Writing and Lunch at Golden Era

Vegetarian Restaurant #2, 832 Clement Street, near 9th Avenue, 1:15 p.m., 2026 Irving Street, at 22nd Avenue.

The restaurant features tasty, low-cost, Chinese vegan food.

Letter writing is not mandatory but very encouraged at the lunch. Suggestions for subjects and recipients of letters will be made available but other suggestions are very welcome.

8th Annual Award Winning World Vegetarian Weekend Celebration

Sponsored by the San Francisco Vegetarian Society

Saturday, September 29 & Sunday, September 30, 2007

Golden Gate Park, San Francisco, California

San Francisco County Fair Building @ 9th & Lincoln Way

Plan ahead for this great event!