



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Fall Issue 2008

If you are interested in volunteering for any events listed below, especially World Veg Festival, October 4 & 5, please contact Volunteer Coordinator Nancy Loewen through our veg hot line 415-273-5481 or nloewen@ioaging.org

World Vegetarian Volunteer Party & Orientation

Friday, September 19, 6:30 to 8:00 p.m.

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

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

Assignments, orientation, free food, and fun. RSVP with Nancy 415-750-0614. Committee meeting will follow.

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

September 24 at 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Followed by interesting discussions or formal lectures led by David Koot

\$10 suggested donation. RSVP to 707-774-1904 or info@wellness-central.org.

WORLD VEG FESTIVAL – Voted Favorite Veg Festival in 2007 by Veg News Magazine

Saturday, October 4 & Sunday, October 5, 10 a.m. to 6 p.m.

Presented by San Francisco Vegetarian Society and In Defense of Animals

San Francisco County Fair Building; Entrance at Lincoln Way & 9th Avenue, San Francisco

Parking will be difficult due to Blue Grass Festival in Golden Gate Park both days

Parking on Lincoln Way before 10 a.m. or underground parking inside park with access at north entrance from Fulton Street at 10th Avenue or at south entrance at Concourse Drive & MLK Drive. Open from 7:30 a.m.–10 p.m. \$3

Public transportation or car-pooling recommended

MUNI #6, 16, 43, 44, 66, 71, N Judah (with BART connection at Embarcadero or other Market Street Stations)

Check out www.spaceshare.com for car-pooling or call Stephen Cataldo 510-520-6175.

Valet parking for bicycles by Bicycle Coalition.

\$6 suggested door donation. Free for Students, Seniors, & Children with ID. Free for everyone until 10:30 a.m.

Although this is a celebration for vegans & vegetarians, everyone is welcome.

Family friendly with a Children's Corner, Pet Adoption Corner, Entertainment, and Out Door dining. There will be international food to sample or buy; outstanding lectures on all topics pertaining to health, ecology, compassion, & spiritual pursuits; interesting exhibits to explore; and exciting world-class entertainment to enjoy.

Added Attraction from Organic Athlete: Free Veggie Fun Run, Jog, or Walk through GG Park at 11 a.m. Saturday with prizes for participants and a Veggie Fun Bike Ride through the park at noon on Sunday in costume as your favorite fruit or veggie (optional). Contact Bradley Saul Bradley@organicathlete.org for details.

Choice of Raw or Cooked Vegan Dinners Saturday, October 4 at 6:30 p.m.

Cooked Dinner Catered by Seth Pasternack from Convergence Catering \$20.00 per person: Baked Polenta filled with seasonal veggies smothered in red pepper coulis, Mixed Green Salad with parsley-tahini or herbed vinaigrette dressing, Fresh Quinoa Tabouli, Carrot Cake with cashew frosting, and Celebration Roast from Field Roast Company. Tickets available at SFVS information table in the Gallery.

Raw Dinner Prepared by Living Light Culinary Institute \$25.00 per person:

Mediterranean Mezza Meal in the Raw, Zucchini Bisque, Dolmas, Greek Rice, Horiatiki (Greek) Salad, Hummus, and Apple Baklava. Contact Rose@rawfoodchef.com to order in advance or purchase tickets for the event.

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

October 1, 8, 15, 22, 29 at 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Followed by interesting discussions or formal lectures led by David Koot

\$10 suggested donation. RSVP to 707-774-1904.

Forum: Food Choices and the Environment: What You Eat Makes a Difference

October 1 from 12 Noon to 1:30 p.m. Free

Main Public Library, 100 Larkin Street at Grove, San Francisco

Linda Riebel, author, Claudia Delman from PCRM, Kristen Miles from SFVS

Potluck & DVD “Eating – Introducing The Rave Diet”

Saturday, October 11, Socializing 6:30 p.m.; Dining 7:00 p.m.; DVD 8:00 p.m.

IOA, 3600 Geary Boulevard, San Francisco

\$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 arrive an hour early and door fee, not food fee, is waived.)

The DVD on “Eating - The Rave Diet” comes highly recommended: Joel Fuhrman M.D., author of *Eat to Live*, “A mind-blowing video experience that will forever change the way you think about food.” Neal Barnard M.D., author of *Breaking the Food Seduction*, “‘Eating’ is a brilliant program. It provides an easy and engaging path to health through good food. I highly recommend it.” John Robbins, author of *Diet for a New America*, “Thank you. You’ve done us all a major service.”

Astronomy Trip to New Mexico

October 18 for a week; Contact David Goggin for details: 415-567-6773 or dg2222@msn.com.

Vegan Cooking Class by Patricia Allen-Koot

SFVS Co-Sponsored with Wellness Central

Sunday, October 19 at 4:00 to 6 p.m.

Red Victorian, 1665 Haight Street, San Francisco

\$45 tuition + \$10 material cost (10% discount for SFVS)

Reservations required. Call 707-774-1904 or info@wellness-central.org

Patricia Allen-Koot will share ideas on how to remodel favorite recipes into healthier, plant-based, no-sugar ones without compromising flavor or satisfaction! You won’t be disappointed in the All American classic menu remodel. A variety of main dishes and supporting components will be featured. Bring your favorite recipes and questions along for a remodel!

Patricia is a graduate of Baumann College where she completed the requirements for the Nutrition Educator certification.

Diabetes Prevention and Control Cooking Class by Kristen Cole

SFVS Co-Sponsored with PCRM Physicians Concerned for Responsible Medicine

October 23 at 6:00 to 9:00 p.m.

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

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

\$5 minimum donation includes recipe and samples. RSVP required, call 415-273-5481.

Diabetes kills more people in the U.S. than Aids and Breast Cancer combined. This is an excellent class for anyone who has diabetes or who wants to prevent diabetes. Bring a friend or family member who has diabetes.

Kristin Doyle is a Registered Nurse, a Nutritional Consultant and a Certified Natural Chef specializing in therapeutic cooking. As a personal chef, Kristin combines her nursing background with her holistic approach to nutrition to create recipes designed specifically for each client and his or her health needs.

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.

*no animal products or byproducts such as dairy or honey

Halloween Costume Party Potluck

SFVS Co-host with East Bay Veg*ns

Friday, October 31: Socializing & Appetizers 6:30 p.m.; Dining 7:00 p.m.; Dancing 8:00 p.m.

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

Suggested donation: \$1 with food; \$10 without food. Prizes for best costumes different categories. No charge for volunteers arriving 2 hours early to prepare raw food.

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 510-864-1111 for last minute directions or to volunteer.

VOTE YES on Proposition 2- contact Heather director@YesonProp.com