



# San Francisco Vegetarian Society

## Veg Calendar

### Spring Issue 2008

Volunteers are needed for Earth Day & other events. If you can help, contact Nancy Loewen, VP & Volunteer Coordinator, 415- 750- 0614 or nloewen@ioaging.org.

**Potluck & Free DVD Screening “Healing Cancer from Inside Out”**  
**Saturday, March 8: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.;**  
**DVD 8:00 p.m.**

IOA, 3600 Geary Boulevard, between Palm & Arguello, San Francisco  
MUNI #38 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.

Following the potluck, the documentary, “Healing Cancer from Inside Out” by Mike Anderson will be presented. Part I presents a very startling expose’ on conventional medical “cures” and treatment for cancer. Part II presents alternative prevention and therapy. The DVD features T. Colin Campbell, Ph.D., The China Study; Brian Clement from Hippocrates Health Institute; John McDougall, M.D., and many more.

**Free Weight Control Clinic**  
**Sunday, March 16, 2:00 p.m.**  
**SFVS Co-Sponsored with Wellness Central**

Call 707-774-1904 for reservation and location.  
The clinic will feature Andrea Witt, M.S., and Patricia Allen Koot, N.E.

**Wednesday Night Vegan Dinners, March 19, April 2, 16, 30 at 6:00 p.m.**

**SFVS Co-Sponsored with Wellness Central**  
Call 707-774-1904 for reservation and location.  
Delicious dinners prepared by Patricia Allen Koot.

**Annual Meat Out Luncheon Celebration “Eating Green”**  
**Healthy for the Environment & Healthy for You**

**SFVS Co-Sponsored with UUFETA**  
**Saturday, March 22, 11 a.m. to 3 p.m.**

**“Dining with Miyoko” DVD 11 a.m.; Delicious Vegan Lunch 12:00 p.m.; Informative Talk “Diet & Disease” by Silvia Kellum, Registered Dietician 1:15 p.m.; Guest Appearance Dr. Elliot Katz, Founder & President of In Defense of Animals 2:00 p.m.**

First Unitarian Universalist Center, 1187 Franklin Street & Geary Blvd., San Francisco  
Public Transit encouraged: MUNI #38 on Geary, #47 & 49 on Van Ness with connections to BART \$10 Donation/sliding scale.

Everyone is encouraged to come and bring non-vegetarian friends and family. The special cooking Demo DVD “Dining with Miyoko” was produced by SFVS featuring gourmet vegan recipes in an entertaining way. Miyoko, the star of the film and author of the cookbooks *The New Now & Zen Epicure* & *Japanese Cooking*, will be present. Silvia Kellum, featured speaker from PCRM, is a Registered Dietician for the Alameda County Medical as inpatient Clinical Dietician and for the Arthur Coleman’s clinic at Bay View Hunter’s Point as outpatient dietitian on weight management and diabetes. Dr. Elliot Katz and his organization IDA are in the forefront exposing animal cruelty worldwide.

**KFC Leafleting – 12 noon & Dining Out for Lunch – 1:15 p.m., Sunday, March 30**  
**SFVS Co-Sponsored with Veggie-Jews Tsedakah Brigade & PETA**

Kentucky Fried Chicken, 4150 Geary Boulevard, corner of 6th Avenue, San Francisco  
Help pass out leaflets on the cruelty involved in chicken factory farms. Everyone welcome to come to lunch whether or

not involved in the leafleting. Golden Buddha Vegetarian Restaurant (10% discount for SFVS members), 832 Clement Street, between 9th & 10th Avenues, San Francisco. Canceled if rain. For more information, contact [veggiejews@dslextreme.com](mailto:veggiejews@dslextreme.com). This event repeats on the last Sunday of every month.

### **Easy Vegan Dinners Cooking Class**

**Sunday, April 6, 2:00 p.m.**

#### **SFVS Co-Sponsored with Wellness Central**

\$25 SFVS Members/\$40 non-members includes samples and recipes. Call 707-774-1904 to register & for location or contact [info@wellness-central.org](mailto:info@wellness-central.org)

This class is specially designed for busy people or new vegetarians.

### **Cancer Prevention Cooking Classes – “Food for Life” by Kristin Doyle, RN**

**4 Mondays, April 7, 14, 21, 28, 6 to 8 p.m.**

#### **SFVS Co-Sponsored with The Cancer Project (founded by Dr. Neal Barnard PCRM)**

IOA, 3600 Geary Boulevard, between Palm & Arguello, San Francisco

Pre-Registration required as space is limited. Call 415-273-5481. Donations welcome.

All participants will receive recipes and samples of food prepared.

By popular request, these classes are being repeated from the fall series last October. These classes will be helpful for anyone recovering from cancer or wanting to prevent cancer (or other common degenerative diseases such as heart disease, diabetes, osteoporosis, etc.) 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. For more information on cancer research and healthy recipes go to [www.cancerproject.org](http://www.cancerproject.org) or [www.therapeuticchef.com](http://www.therapeuticchef.com).

### **Potluck & Free Raw Demo by Robin Silberman**

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

**DVD 8:00 p.m.**

IOA, 3600 Geary Boulevard, between Palm & Arguello, San Francisco

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

Following the potluck, Robin Silberman, author of A Living Foods Passover Haggadah, will demonstrate the preparation of traditional Eastern Jewish European dishes including mock gefilte fish, mock chopped liver, and Passover Matzos. Although these recipes have special interest for Jews, they can be enjoyed by everyone. They will be helpful for those who would like to celebrate the Passover (April 19th) without using meat, eggs, sugar, alcohol or cooked ingredients. Contact Robin at: 510-595-3430 or [birdwings@covad.net](mailto:birdwings@covad.net) for more information on the demo or her book.

### **KFC Leafleting – 12 noon & Dining Out for Lunch – 1:15 p.m., Sunday, April 27**

#### **SFVS Co-Sponsored with Veggie-Jews Tsedakah Brigade & PETA**

Kentucky Fried Chicken, 4150 Geary Boulevard, corner of 6th Avenue, San Francisco

Golden Buddha Vegetarian Restaurant (10% discount for SFVS members), 832 Clement Street, San Francisco. For more information, contact [veggiejews@dslextreme.com](mailto:veggiejews@dslextreme.com).

#### **Other Events**

##### **New Living Expo April 25, 26, 27**

Concourse Center, 635 8th Street @ Brannan, San Francisco, 415-382-8300

Celebrate Body, Mind, & Spirit Expo. SFVS will have a booth. Volunteers get in free. Contact Nancy Loewen at [nloewen@ioaging.org](mailto:nloewen@ioaging.org) or 415-750-0614 to volunteer.

##### **Go Vegan Radio Goes Prime Time**

The new time for this exciting vegan radio program hosted by Bob Linden will be every Saturday on GREEN (formerly Air America) 960 AM at 1:00 p.m. Pacific time. Past programs are archived and podcast on [www.GoVeganRadio.com](http://www.GoVeganRadio.com).

#### **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 \$8 suggestion donation without potluck contribution. Donations are used to defray cost of renting space and other costs.

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