



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Summer Issue 2008

This is the last newsletter/calendar until September. Some summer events will spontaneously arise after the printing of this calendar. Check our web site www.sfvs.org or our telephone veggie line for updated activities 415-273-5481. Join http://groups.yahoo.com/group/SFVS_List/ for SFVS announcements and events or join <http://groups.yahoo.com/group/SFVeg/?yguid=119011395> for blogging, in addition to SFVS announcements and events.

Potluck & Free Lecture “Protein & Milk Myths Hazardous to Your Health & Looks” by Dr. Leslie Van Romer

Saturday, May 10: 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 with East Bay connection at Trans Bay Terminal

Or BART at Montgomery Exit

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

Following the potluck, Dr. Leslie Van Romer, author of the weight-loss, body-best book, *Getting Into Your Pants*, is an expert in diet, nutrition, and weight-loss. She has helped thousands of men and women transition to eating the best-for-you food shedding myths and weight from the inside out. She is director of her full-time chiropractic practice of 30 years in Sequim WA. Dr. Van Romer graduated with a BS degree with honors from the State University of NY and obtained her Doctor of Chiropractic as valedictorian and summa cum laude from Sherman College of Straight Chiropractic in South Carolina. Her web site is: www.gettingintoyourpants.com

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

Workshops presented by Wellness Central

Red Victorian, 1665 Haight Street, San Francisco

Free admission. Donations appreciated. Limited space. Reservations 707-774-1904 or e-mail info@wellness-central.org

May 14: Dinner 6:00 p.m. followed by Stress Reduction Workshop

May 21: Dinner 6:00 p.m. followed by Communication & Conflict Avoidance

May 28: Dinner 6:00 p.m. followed by Communication Workshop

Dining Out with Video

Friday, May 16, 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Organized by Dave Goggin

After a vegan dinner, the acclaimed documentary, “The Senator’s Masterpiece” which tells the story of the construction, history, and grassroots efforts to preserve and restore the greatest musical instrument ever build (it weighs 350 tons). To reserve or for more info, call dg2222@msn.com or 415-567-6773.

Vegan Dessert Class by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

Sunday, May 25, 5:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

\$50 tuition (\$35 special price for SFVS members) includes samples & recipes

Pre-Register 707-774-1904 or e-mail info@wellness-central.org

Patricia Koot will present on the art of creating delicious, healthy vegan desserts with low Glycemic Index Sweeteners.

Galaxy Road Trip with Vegan Meals, a pre-paid event

Friday morning, May 30 to Sunday, June 1

Join Dave Goggin, David & Patricia Koot, and other fun, friendly, and adventurous folks for a unique trip to western Nevada for star gazing under clear gloriously dark skies with opportunities for daytime hiking and other activities, alone or with the group. Vegan meals will be provided by Patricia Koot. David Koot will bring his giant telescope and act as celestial tour guide. A comfortable modest hotel will be booked. Carpooling available. To register or for more details on prices and payment, contact Dave Goggin at dg2222@msn.com or 415-567-6773. An orientation meeting and pre-payment will be Wednesday, May 21 after the vegan dinner. All checks are due by May 21 and payable to SF Vegetarian Society.

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June 4: Dinner 6:00 p.m. then Health & Spirituality Workshop #1 Body-Mind Connection

June 11: Dinner 6:00 p.m. then Health & Spirituality Workshop #2 Case History: Results of a Vegetarian Diet

June 18: Dinner 6:00 p.m. followed by Discussion

June 25: Dinner 6:00 p.m. followed by Discussion

Raw Food Made Easy Demo with Jennifer Cornbleet

Co-Sponsored with SF Living Foods

Sunday, June 15, 2:00 p.m. Call 415-273-5481 for details.

Community Room, Mission Station, 630 Valencia Street, corner of 17th Street, San Francisco

Donations welcome

Jennifer Cornbleet is a nationally recognized raw food chef and instructor. She will be presenting a lecture, book signing, and demo based on her book, *Raw Food Made Easy*,

Dining Out with Entertainment

Friday, June 20, 6:30 p.m.

Venue TBA

After a vegan dinner, Unity Nguyen, a noted bay area master of the dan tranh (16-string Vietnamese zither) and the kora (West African 21-string harp) will give a talk and mini-concert. To cover Ms Nguyen's honorarium, a free will donation will be collected at the dinner separate from the dinner fee. Contact Dave Goggin for more information and reservations, dg2222@msn.com or 415-567-6773.

Raw Foods Summer Extravaganza Class by Patricia Allen Koot

Co-Sponsored with Wellness Central

Sunday, June 22, 5:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

\$50 tuition. (\$35 for members of SFVS) includes samples & recipes

Pre-Register 707-774-1904 or info@wellness-central.org

Fillmore Street Fair & Jazz Weekend

Saturday, July 5 & Sunday, July 6

SFVS & Flacos will have an info & food booth at the festival for the 2nd year. Join us for lunch at 1:00 p.m. on Saturday or Sunday for some vegan food from Flacos or bring your own picnic lunch and folding chair or blanket to enjoy some jazz at the nearest venue. Volunteers will also be needed throughout both days. Call SFVS 415-273-5481 to help.

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

Dining Out with Guest Speaker

Friday, July 18, 6:30 p.m.

Venue TBA

After a vegan dinner, Adam Clark of the San Francisco Metal-working Guild will give a presentation on the metal arts and crafts such as jewelry making, sculpture, etc. Contact Dave Goggin for more information and reservations, dg2222@msn.com or 415-567-6773.

Dining Out with Guest Speaker

Friday, August 15, 6:30 p.m.

Venue TBA

After a vegan dinner, David Caro-Greene will give an updated talk on the nature of currencies and their role in an investment portfolio, and some factors that affect exchange rates. His talk will be easy to understand-no advanced finance knowledge required. Contact Dave Goggin for more information and reservations, dg2222@msn.com or 415-567-6773.