



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Holiday Issue 2009

**Holiday Cooking Class – Saturday, December 12, 11:00 a.m. to 2:00 p.m.**

**Willard Middle School, 2425 Stuart Street, cross is Telegraph, Berkeley**

“Guilt Free Macrobiotic Holiday Desserts” \$50 per person before Dec 5 and \$55 after

SFVS Members receive 10% discount with their Membership Card

RSVP required 925-286-1395 or bjohnstonbrown@yahoo.com.

Instructors: Susanne Jensen, graduate from the Kushi Institute in Boston where she also taught has been teaching macrobiotic cooking in Australia, Europe, and U.S. for 25 years, including College of Marin, The Macrobiotic Learning Center in Oakland, and Willard Middle School in Berkeley.

Barbara Johnston-Brown worked as Critical Care nurse for 15 years, studied disease and healing in eastern philosophy and alternative modalities, and living a vegan macrobiotic lifestyle for several years.

**Holiday Potluck & Entertainment**

**Saturday, December 12: Socializing & Appetizers 6:30 p.m.; Dining 7:00 p.m.; Entertainment 8:00 p.m. (followed by caroling for those who are interested)**

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

**Attire: Festive. Special Attraction: Vegan Shoes from Kailia Footwear of Italy**

\$1 suggested door donation with enough food for 10 people; \$10 without food.

Celebrate all of the holiday festivals including the Winter Solstice, Hanukkah, Christmas, and Kwanza. If you have decorations for any of these holidays, bring them to add to the festivities and bring creative holiday menus. Let us know if you have some talent to contribute to our holiday entertainment, 415-885-2251.

**Wednesday Night Vegan Dinners by Patricia Allen Koot**

**SFVS Co-Sponsored with Wellness Institute, December 16, at 6:00 p.m.**

**Red Victorian, 1665 Haight Street, San Francisco**

Christmas/Hanukkah Banquet (No other Wed eve dinners until after New Year's)

\$15 suggested donation. RSVP required: 707-774-1904 or info@wellness-central.org.

**Vegan Bollywood Night Out, Friday, December 18 and Friday, January 15**

**(every 3rd Friday of the month)**

**Maharani Restaurant, 1122 Post Street, between Van Ness & Polk Streets, SF**

Parking Garage nearby, MUNI #19 Polk or #47/49 Van Ness

6:00 p.m. No Host Cocktails & Non-Alcoholic Drinks in the Jewel Room with Bollywood Live Entertainment; 7:00 p.m.

Vegan Ala Carte Dinner; 8:00 Bollywood Screening of “Saawariya” with sub-titles on Dec 18 & “Kal Ho Na Ho” on Jan 15. RSVP 415-786-1285. Everyone welcome!

**East Bay Christmas Potluck, Co-sponsored with East Bay Veg\*ns.**

**Friday, December 25: Socializing & Appetizers 5:30 p.m.; Dining at 6:00 p.m.; Dancing at 7:00 p.m. Very Raw Friendly. Attire: Dressy.**

**At the home of Elizabeth Bechtold, 633 Glenwood Isle, Alameda**

\$1 donation with food; \$10 without food. Attire: Dressy. Holiday menus encouraged.

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 beforehand. No door fee for those arriving two hours early to volunteer setting up and prepping raw appetizers. Celebrate Christmas and the Holiday Season in the most festive atmosphere.

**Kentucky Fried Chicken Leafleting**

**Sunday, December 27 and January 24, 12 noon.**

4150 Geary Boulevard, corner of 6th Avenue, San Francisco

Help raise awareness of brutal factory farming. Contact Bonnie: bonbonsf@aol.com.

Lunch at Golden Buddha Vegetarian Restaurant, 1:15 p.m.

832 Clement Street, near 9th Avenue

**Kindness Kitchen Lunch, Sunday, December 27 and January 31, 1:00 p.m.**

**Maharani Restaurant, 1122 Post Street, San Francisco.**

RSVP with SFVS 415-885-2251.

Vegetarian/Vegan Menu served with love. No check. Guests pay whatever they wish in an envelope at end of meal with donations going to charities in India.

**Wednesday Night Vegan Dinners by Patricia Allen Koot**

**SFVS Co-Sponsored with Wellness Institute, January 6, 13, 20, 27, at 6:00 p.m.**

Red Victorian, 1665 Haight Street, San Francisco

Followed by interesting Open Forums with discussions or formal lectures.

Jan. 6, Josephine Bellacomo, author, "The Art of Communication" & book signing

Jan. 13, Stiles Bingham, Nutritional Therapy Practitioner, "Bioenergetics"

Jan. 20, Lisa Brooks-Williams, "Therapeutic Recreation"

Jan. 27, Vasu Murti, author and authority, "World Vegetarian Traditions" & book signing

**Annual Membership Meeting Sunday, January 10, 2010, 3:30 p.m.**

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

RSVP at 415-273-5481 is helpful to make sure we have enough food (last year we ran out). Yearly reports and future plans will be discussed. This is an important meeting as there will be an election of officers for the next two years. THE OFFICERS YOU ELECT will determine the future of SFVS. If you want a WORLD VEG FESTIVAL 2010, and other activities, attend this important meeting. A quorum is needed to meet By-laws requirement. If you would like to be an officer or board member, call 415-273-5481 for an interview with the Nominating Committee: Joseph Cadiz, Nancy Loewen, and Joyce Thornton. A Board Meeting for present officers will precede the Annual Meeting at 1 p.m.

**Cooking Classes – "Food for Life" by Kristin Doyle, RN**

**Tuesday Evenings, Jan 12, 19, 26, & Feb 2, 6 to 8 p.m.**

**Sponsored by SFVS, SDA, & PCRM (founded by Dr. Neal Barnard)**

**The Loughborough Center, 1844 Broderick, near California Street, San Francisco**

\$40 for four classes. Pre-Registration requested with credit card on line: [www.cancerproject.org/classes](http://www.cancerproject.org/classes).

Or send checks made out to SFVS for \$40 to Joseph Cadiz, SFVS Treasurer, 73 Rondel Place, San Francisco CA 94103. Call 415-273-5481 for more information.

These nutrition and cooking classes will help prevent cancer and other degenerative diseases. They will feature a cooking demonstration and tips in making the switch to or improving a vegan diet.

Kristin Doyle is a Registered Nurse, a Nutritional Consultant and a Certified Natural Chef specializing in therapeutic cooking. She is author of the recently published cookbook *Therapeutic Chef: Recipes to prevent cancer, heart disease and diabetes*. Kristin may be reached at 415-680-4041 or [kristin@therapeuticchef.com](mailto:kristin@therapeuticchef.com)

**Vegetarian & Vegan Cuisine of India Cooking Classes – Saturdays, January 16, 23, 30, & February 6, 2:30 - 5:30 p.m.**

**2138 48th Avenue, Rivera cross street, San Francisco**

Shanta Nimbark Sacharoff, author *Flavors of India*, will be teaching these classes in her home. They can be taken one at a time or as a series. \$35 fee (\$5 off for SFVS members) for each of the following classes covers hands-on instruction, printed recipes and a complete meal for students.

Pre-registration is required. To register, call 415-682-9104 or e-mail [shanta@otheravenues.coop](mailto:shanta@otheravenues.coop). Visit her web [www.nimbarka.org](http://www.nimbarka.org) for menu details.

**New Year's Resolution Cooking Class – Tuesday, January 26, 6:30 - 8:30 p.m.**

**Redwood High School, Room 120, 395 Doherty Drive, Larkspur**

\$50 per class (10% off for SFVS members registering on line)

[www.marinlearn.com](http://www.marinlearn.com) click on Self/Home & Garden, or call Meredith McCarty at 415-945-3730 for 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