



San Francisco Vegetarian Society Veg Calendar

Summer Issue 2009

Free Quick and Easy Vegan Cooking Demo – Tuesday, August 4, 6 – 7:30 p.m.

Main Public Library, Latino/Hispanic Room A/B, 100 Larkin Street, Civic Center, San Francisco

Public transit: BART & Underground MUNI offboard at Civic Center, take rear exit thru the Grove Street entrance off Market.

Presented by Patti Breitman, co-author of *How to eat like a vegetarian even if you never want to be one: more than 250 shortcuts, strategies, and simple solutions*. She is the founder of the Marin Vegetarian Education Group and a former food columnist for VegNews magazine. She has also been a publishing consultant to many of the vegetarian world's best-known leaders including John Robbins, Howard Lyman, Dr. Neal Barnard, Dr. Alan Goldhammer, and Ingrid Newkirk. She has been teaching vegan cooking classes for 12 years. Her book will be on sale after the demo. Thanks to Janet Tom, SFVS member and librarian, the main library has an excellent collection of vegetarian and vegan cookbooks. They are located in the Business, Science & Technology (BST) Department on the 4th floor. The call number is: 641-5636. They enjoy high circulation.

Vegetarian Cuisine of India Cooking Classes – August 4, 6, & 8, 2:30 – 5:30 p.m.

August 4 at School for Self-Healing, 2218 48th Avenue, San Francisco

August 6 & 8 at Shanta's home, 2138 48th Avenue, San Francisco

Shanta Nimbark Sacharoff, author *Flavors of India*, will be teaching these classes. They can be taken one at a time or as a series. The first lesson is free of charge. \$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. Visit her web www.nimbarka.org for menu details. 20% of proceeds go to School for Self-Healing, a non-profit organization.

Wednesday Night Vegan Dinners - August 5, 12, 19, 26, 6:00 p.m.

SFVS Co-Sponsored with Wellness Central

Red Victorian, 1665 Haight Street, San Francisco

Suggested donation \$10

Dinners catered by Patricia-Allen Koot, N.E. and followed by interesting talks or discussions.

Call 707-774-1904 for reservations or to recommend someone or yourself to give a talk or

lead a discussion.

OutReach

Asian Health Fair – Saturday, August 8, 9 a.m. to 2 p.m.

Volunteers are needed to staff upcoming SFVS outreach activities. The OCA (Organization of Chinese Americans) National Convention Health Fair at the Westin St. Francis Hotel, 335 Powell Street (at Geary on Union Square), San Francisco. The Health Fair is free to the public. Its purpose is to promote the health and well being of Chinese, Asian Americans, and Pacific Islanders. Contact Nancy Loewen 415-750-0614 or nloewen@ioaging.org.

Pistahan (Filipine) Parade & Festival – Saturday & Sunday, August 8 & 9, 10:00 a.m. to 6:00 p.m.

Volunteers are also needed to staff this fun festival. SFVS will have a table in the Health Pavilion in the Yerba Buena Gardens, San Francisco. Additionally, there will be entertainment, art, and dance workshops. Volunteers should contact Nancy at above numbers.

Eco-Green Festival – Saturday & Sunday, August 29 & 30

Volunteers interested in helping to staff a booth for the Eco-Festival in San Ramon City Center should contact Lisa Brooks-Williams Lisa@ThriveHolistic.com. The theme is: "Good Green Fun for Everyone."

Compassionate Cooks Cooking Class – Saturday, August 22, 10:00 a.m. – 1:00 p.m.

First Unitarian Church of Oakland, 685 14th Street at Castro, Oakland

\$50 per class + \$5 food fee (food fee waived for SFVS members)

Colleen Patrick-Goudreau, author of the *Joy of Vegan Baking* and *The Vegan Table* will demo "Middle Eastern & Mediterranean Menu." Mail checks to: Compassionate Cooks, P.O. Box 18512, Oakland CA 94619 or register online at: <http://www.compassionatecooks.com/reg.htm>.

MAD HATTER TEA PARTY – Sunday, August 23, 2:00 – 5:00 p.m.

**Secret Garden Tea House, Garden Room, 721 Lincoln Way
between 8th & 9th Avenue, San Francisco**

Fund-raiser for WORLD VEG FESTIVAL (Oct 3 & 4)

\$30 per person in advance (mail checks made out to SFVS to Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by August 19th

Wear your favorite hat. Prizes for the prettiest, funniest, and most unusual.

Raffles and Silent Auction. For additional information, call 415-273-5841.

Enjoy a festive afternoon of tea and vegan delights Menu: Sandwiches: Marinated Cucumber with Baby Dill; Homemade Pesto & Tomatoes; Banana & Walnut; and Mini Pita with Curry Quinoa Pilaf. Savories: Garden Veggie Rice Roll with Basil, Mint, & Lemon Maple Dressing; Stuffed Mini Pepper with Sweet Chilli Lime Corn; and Fire Roasted Bell Pepper with Garlic & Balsamic Vinegar. Sweets: Sour Cherry Pear Tart; Vegan Cranberry Scone; Vegan Blue Berry Scone. A special donation of vegan cookies and cake from Violet Sweet Shoppe, a Vegan Bakery www.violetsweetshoppe.com.

Potluck & Free Lecture by Dr. Alan Goldhamer “The Dietary Pleasure Trap”

Sunday, August 30, 12:30 p.m. hors d’oeuvres & socializing; 1:00 p.m. lunch; 2:00 p.m. lecture

Unitarian Universalist Church, 300 East Santa Inez Avenue, San Mateo

Directions South: US South 101, take East Poplar Ave exit, turn left at second stop light onto North Delaware St for 2 blocks. Directions North: US North 101, exit onto East 3rd Ave, continue on East 3rd Ave, right onto South Ellsworth Ave, road changes to North Ellsworth Ave, right onto East Santa Inez Ave.

RSVP: 415-273-5481 or info@sfvs.org.

\$1 suggested donation with food to serve 10 (vegan dishes preferred); \$10 without food.

Literature and recipes will be available from The San Francisco Vegetarian Society. For information on the potluck or SF Vegetarian Society, call 415-273-5481. Following the potluck lunch, Dr. Alan Goldhamer will give an informative talk on diet, nutrition, and the pleasure trap that prevents many of us from choosing a healthy diet.

Since 1984, he has been the Director of the TrueNorth Health Center, 1 50 bed, multi-discipline, multi-doctor integrative healthcare facility in Penngrove then Santa Rosa where he has supervised the care of over 7,000 patients in water-only fasting for periods ranging from 5 to 40 days. He is a practicing Chiropractor and Osteopathic Doctor and author of *The Health Promoting Cookbook* and co-author of *The Pleasure Trap*.

KFC Leafleting, Sunday, August 30, 12:00 noon

Kentucky Fried Chicken, 200 Duboce, corner of Guerrero Street, San Francisco

Lunch at Dolores Park (Veg Friendly) Café, 501 Dolores Street at 1:15 p.m.

Pamphlets on cruelty involved in factory farm chickens will be provided by PETA. For more information, contact Bonnie Knight: Bonbonsf@aol.com or 415-290-1575.

World Vegetarian Volunteer Party & Orientation

Friday, September 18, 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.

**10TH Annual WORLD VEG FESTIVAL – Saturday & Sunday,
October 3 & 4**

**San Francisco County Fair Building in Golden Gate Park, entrance
at Lincoln Way & 9th Avenue, next to Arboretum, San Francisco**

Plan ahead for this annual fun event. Volunteers will be needed for Friday, Oct 2 to set up as well as Saturday & Sunday. Contact Nancy Loewen to sign up nloewen@gmail.com or 415-750-0614.

Affiliate East & South Bay Groups Forming

Those interested in the Tri-Valley group, contact Lisa Books-Williams Lisa@ThriveHolistic.com. Those interested in San Mateo group, call 415-885-2251.

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