



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Winter Issue 2009

Valentine Eve Potluck

SFVS Co-Host with East Bay Veg*ans

Friday, February 13: Socializing & Appetizers 6:30 p.m.; Dining 7:00 p.m.

Entertainment 8:00 p.m.; & Dancing 8:30 p.m.

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

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. Call 510-864-1111 for last minute directions.

Suggested donation: \$1 with vegan food; \$10 without food. RSVP 510-562-9934 especially if not bringing food. Dressy attire. Everyone welcome, with or without your valentine. Join the festivities in celebrating the 50th Anniversary of Dixie, SFVS President, and Stan Mahy (true valentines forever!) No presents, just your presence.

Valentine Day Dining Out

SFVS Co-Host with SF Living Food Group

Saturday, February 14, 6:00 p.m.

Café Gratitude (Raw/Organic/Vegan)

1336 9th Avenue, San Francisco

RSVP 415-273-5481 by Feb 12

Everyone is welcome to celebrate Valentine's Day in the community room in the rear of the restaurant. The front section will be reserved for couples only. The menu makes an appropriate statement for the occasion, "Our food is prepared with love. We invite you to step inside and enjoy being someone who chooses: loving your life, adoring yourself, accepting the world, being generous and grateful every day, and experiencing being provided for. Have fun and enjoy being nourished." The names of their menu items are provocatively appropriate for the occasion, e.g. Appetizers: "I Am Oppulent" & "I Am Magical;" Soup: "I Am Divine;" Salad: "I Am Dazzling;" Entrees: "I Am Celebrating," "I Am Passionate," "I Am Sensational;" and Desserts: "I Am Rapture," "I Am Lovely," "I Am Adoring," "I Am Surrendering." & "I Am Playful." You may choose your own menu for the evening. Prices range from \$6 to \$7 for each Appetizer or Soups; \$6 to \$9 for Salads, \$9 to \$12 for Entrees, \$3 to \$6 for Desserts.

Dr. Michael Greger (MD) Lecture, "The Latest in Nutrition"

Sunday, February 15, 6:30 to 8:30 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. Donations welcome. Reception will follow with light refreshments.

Dr. Greger introduces an engaging new interactive quiz show format that lets us test our nutrition knowledge with some surprising outcomes. Dr. Greger has scoured the world scholarly literature on clinical nutrition and developed this brand-new talk of the latest in cutting-edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease. Dr. Greger has a unique yet educational presentation style that will keep you entertained as well as informed. Bring a non-veggie friend or family member to this informative lecture.

Dr. Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, public health issues and a founding member of the American College of Lifestyle Medicine. He has lectured at the Conference on World Affairs, the International Bird Flu Summit, and the National Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently, Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States.

Wednesday Night Vegan Dinners

SFVS Co-Sponsored with Wellness Central

February 18 & 25, 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Suggested donation \$10

Dinners catered by Patricia Allen Koot, N.E. and followed by interesting discussions or talks. Call 707-774-1904 for reservations or to recommend someone or yourself to give a talk or lead a discussion.

Vietnamese New Year Banquet, Saturday, February 21, 6:00 p.m.

Golden Buddha Restaurant, 832 Clement Street, corner of 9th Avenue, San Francisco

\$20 per person includes Tax, Tip, & Tea. RSVP 415-273-5481 by Feb 20

Vegan Menu (subject to last minute changes):

Asparagus Soup, Vegetable Fu-Young, Spicy Potato Mock "Chicken" Curry, Sautee Asparagus & Green Beans, Sautee Garlic Green Bean Tofu, Brown Rice with Black & Red Rice, and homemade Banana Coconut Ice Cream (time permitting). Organized by Winnie.

KFC Leafleting – Sunday, February 22: Leafleting at 12 noon & Lunch at 1:15 p.m.

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

Pamphlets on cruelty involved in factory farm chickens will be provided by PETA.

Everyone welcome to lunch whether or not involved in leafleting.

Golden Buddha Restaurant, 832 Clement Street, corner of 9th Avenue, San Francisco

10% discount for SFVS members. For more information, contact Bonnie Knight Bonbonsf@aol.com.

Healing Cuisine Cooking Classes by Meredith McCarty, Holistic Nutritionist

Healing Recipes from the Longest Living People on the Planet

Tuesday, February 24, 6:30 – 8:30 p.m.

Redwood High School, Room 120/The Staff Lounge, 395 Doherty Drive, Larkspur

\$50 per class. 10% discount for SFVS members in advance. RSVP required: 415-943-3730

Wednesday Night Vegan Dinners SFVS Co-Sponsored with Wellness Central

March 4, 11, 18, 25 at 6:00 p.m.

Red Victorian, 1665 Haight Street, San Francisco

Suggested donation \$10

Catered by Patricia Allen Koot, NE. Dinners are followed by interesting discussions or talks. Call 707-774-1904 for reservations or if you would like to give a talk.

Birthday Potluck, Alameda

SFVS Co-Host with East Bay Veg*ns

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

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

See Valentine Eve Potluck for directions. Suggested donation: \$1 with vegan food; \$10 without food. RSVP 510-562-9934 especially if not bringing food. Dressy attire. Join the festivities in celebrating the birthday of Elizabeth Bechtold, "our hostess with the mostest." No presents, just your presence.

Healing Cuisine Cooking Classes by Meredith McCarty, Holistic Nutritionist

Warming Late Winter Soups

Tuesday, March 10, 6:30 – 8:30 p.m.

Redwood High School, Room 120/The Staff Lounge, 395 Doherty Drive, Larkspur

\$50 per class. 10% discount for SFVS members in advance. RSVP required 415-943-3730.

MEAT OUT Demo, Lunch, Lectures, & Festivities

SFVS Co-Sponsored with UUFETA, Saturday, March 14, 11 a.m. to 3 p.m.

Unitarian Center, 1187 Franklin, corner of Geary

\$5 suggested donation. \$3 Students, Seniors, Disabled. Raffle with Gift Certificate to Millennium Vegan Restaurant & other fabulous prizes.

11:00 a.m. "Easy Meat Out Recipes" demo by Patti Breitman, author *How to Eat Like a Vegetarian, Even If You Never Want to be One.*

12:15 p.m. Delicious vegan lunch with Patricia Allen Koot, NE, Vegan Chef from Wellness Central

1:15 p.m. Kim Sturla, Director of Animal Place

1:30 p.m. John Robbins, author *Diet for a New America* and recent book, *Healthy at 100.*

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