



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Fall Issue 2010

WORLD VEG FESTIVAL

Saturday & Sunday, October 2 & 3, 10 a.m. to 6 p.m.

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

Good parking on Lincoln Way before 10 a.m.

Public transportation: MUNI #44, #71, or N Judah, within walking distance

Call BART & MUNI for connections (Check website for directions: www.sfvs.org)

\$7 suggested donation. Free for Students, Seniors, & Children with ID. Free for everyone until 10:30 a.m. Invite family, friends & neighbors to this wonderful Celebration of Life.

There will be raw or cooked vegan options for the Gala Dinner, Saturday, Oct 2, 6:45 p.m. \$20.

Wednesday Night Vegan Dinners by Patricia Allen Koot

October 6, 13, 20, 27, 6 p.m. sharp. Followed by interesting programs

Sponsored by Wellness Central and SFVS

Opera Plaza Community Room, 601 Van Ness, San Francisco

\$12 donation. RSVP required: 707-774-1904. Take elevator to first floor to Security.

Tri-Valley Potluck & Lecture “What a Vegetarian Needs to Know About Bone Health” by Dr. Ken Howayeck DPM

Sponsored by Tri-Valley Vegetarians & SFVS

Saturday, October 9, 1:00 to 4:00 p.m.

San Ramon Library, 100 Montgomery Street, San Ramon

\$5 suggested donation with food, \$12 without food. Potluck Guidelines: Each person is to bring a vegetarian (plant-based and non-animal dishes preferred) or Raw/Living Foods appetizer, entrée, or dessert to feed 10 people. Children welcome and eat for free. RSVP or more information: Lisa at 925-989-1811 or lisa@ThriveHolistic.com.

Three minute Bone Density Tests will be available from Dr. Howayeck for only \$20 (usually much more at clinics).

After the potluck, Dr Howayeck will speak on why most people should have bone density testing and often. He is the author of *Ultrasound Bone Density Test, Effective Actions*, and *My Foot Is Killing Me!* and a Certified Speaker for the Foundation for Osteoporosis Research & Education (FORE). In addition, he is a Foot and Ankle Surgeon; Director of 5-Star Testing Service, Alameda; OrthoFeet Territory Manager; Professional Food Products Educa/Sales; Personal Medical and Podiatry Coach; Credentialed Teacher for State of CA; Volunteer Speaker of the Year Award American Diabetes Assoc, HI; Authorized Instructor, No. CA Chapter American Diabetes Assoc.; Professor of Surgery University of Hawaii School of Medicine; Past President Hawaii Podiatric Medical Assoc.; Clinical Assistant Professor of Surgery University School of Medicine; and an Anti-Aging Consultant.

SF Potluck & Free Lecture by Julie S. Ong, “Anti-Aging Secrets: How to Look & Feel Younger without Pills or Surgery”

By Julie S. Ong, Author

Saturday October 9, Appetizers 6:30 p.m.; Dinner 7:00 p.m.; Free Lecture 8:00 p.m.

IOA, 3600 Geary Boulevard, San Francisco

\$1 suggested donation for members with food; \$2 non-members with food; add \$8 to each category without food. For more information, call 415-273-5481.

After the potluck Julie Ong, will give tips on looking and feeling young for life. She uses food as a path to wholeness. Julie is author of *The Everything Guide to Macrobiotics, a practical introduction to the macrobiotic lifestyle-and how it can work for you* with healthy recipes for everyday use. The cook book/guide book empowers the reader to bring about inner and outer healing through the natural essence of food. Julie is a Kushi Institute certified macrobiotic instructor & level four graduate, Bauman College natural chef, and spiritual life coach, www.everythingmacrobiotics.com

Quick & Easy Cooking Class by Patti Breitman, Co-Author *How to Eat Like a Vegetarian, Even If You Never Want To Be One*

Sunday, October 10, 2:00 to 5:00 p.m.

Sponsored by SFVS & SDA

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

\$1 suggested donation includes samples

Discover how easy and scrumptious home cooking can be in this affordable two-hour cooking class. Simple sauces, soups, starters and main courses will be covered along with cookbook recommendations and an overview of vegetarian and vegan issues.

**Italian Cuisine Cooking Class for Cancer Prevention & Recovery by Meredith McCarty, Cookbook Author and Nutrition Educator
Tuesday, October 12, 6:30 to 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, click on Self/Home & Garden.

Menu: Appetizers: Oven-Roasted Chestnuts, Fresh Vegetable Juice, Farro Soup, Italian Lacinato Kale with Raisins & Toasted Pine Nuts Bread, Salad with Butternut Squash Panzanella, Perfect Poached Fruit with Apple-Tahini Crema.

Vegan *Bollywood Night Out

October 15 (every 3rd Friday of the month) Dinner at 6:30 p.m. & Film at 7:30 p.m.

Maharani Restaurant, 1122 Post Street, between Van Ness & Polk Streets, San Francisco,

Garage parking nearby. *Bollywood is India's Hollywood.

\$20 for Dinner All You-Can-Eat Vegan Buffet with 5 entrees plus soup & fresh fruit dessert. RSVP: 415-775-1988.

The film "The Three Idiots" earned a Best Film Award for 2009, beating all box office records, becoming the highest-grossing Bollywood film of all time. It is not about Idiots but is based upon real life events, three engineering students who believe "I'll do it on my terms." It is about thinking creatively and independently, even in a conformist world that calls them idiots. *Bollywood is India's Hollywood.

Walk for Farm Animals, Benefiting Farm Sanctuary Saturday, October 16, 12 Noon to 2 p.m.

With Guest Speaker, Colleen Patrick-Goudreau from Compassionate Cooks (and WVF Speaker)

Presented by *Karine Brighten Events and Gina Grega

Co-sponsored by SFVS with Information Table at Event

Walk commences at Martin Luther King Jr. Civic Center, 2151 Martin Luther King Jr. Way, Berkeley.

Details on website: <http://berkeleywalk.wordpress.com>.

This year's Walk promises to be bigger and better than ever featuring live entertainment, prizes for top fundraisers and a silent auction loaded with all sorts of cruelty-free goodies! \$15 includes a free t-shirt.

*Karine Brighten is a Certified Event Planner, a Certified Green Business, & a Vegan Events Planner by profession. She also serves on SFVS Board and organized the first Vegan Fashion Show in SF featured at WORLD VEG FESTIVAL Oct 2nd: www.kbrightenevents.com, karinebrighten@gmail.com, or 510-269-7252.

Halloween Costume Party Potluck

Friday, October 29: Appetizers 7:00 p.m. Dining; 7:30 p.m. Dancing 8:00 p.m.

Sponsored by SFVS & East Bay Veg*ns

Lizzy's Landing, 633 Glenwood Isle, Alameda

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.

\$1 suggested donation with food; \$10 without. Food fee waived for Kitchen Angels arriving 2 hours before to prepare delicious raw food. Call Elizabeth to volunteer: 510-864-1111. Prizes for best costumes different categories.

Free Lecture Food Choices for a Healthy Planet

By Linda Riebel, author *Eating to Save the Earth*

Sunday, October 31, 9:30 to 10:45 a.m. (coffee or tea & light refreshments \$3)

Unitarian Universalist Church, 1187 Franklin Street, corner of Geary, SF

Co-Sponsored by Unitarian/Universalist Church & SFVS

Linda Riebel will be explaining how every person can help save the earth through his or her daily food choices. She will give five guidelines that can be adapted to every lifestyle. Everyone welcome!

Anti-KFC Leafleting – Sunday, October 31, at 12 noon

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

Followed by Lunch, 1:15 p.m. Golden Buddha, 832 Clement Street, corner of 9th Avenue, San Francisco

For more information, contact Bonnie Knight bonbons@aol.com.

Kindness Kitchen Lunch, Sunday, October 31, 1:00 p.m.

Maharani Restaurant, 1122 Post Street, San Francisco

RSVP 415-498-0385 (g-voice mail). Vegetarian/Vegan Menu served with love.

No check. Guests pay whatever they wish. Donations going to charities in India.

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.

For ideas on substitutions or recipes, go to www.vrg.org.

*no animal products or byproducts such as dairy or honey