



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Holiday Issue 2010

Potluck & Free Lecture “The Nutrition Prescription” Part II by Dr. Don Forrester (Retired MD from Kaiser, Sacramento)

Saturday, November 13, Hors d’oeuvres 6:30 p.m.; Dinner 7:00 p.m. Free Lecture 8:00 p.m.

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

\$1 suggested donation for members & their guests with food; \$2 for non-members with food, enough for at least 10. Add \$8 to each category without food. Dr. Forrester has personal experiences with diet and degenerative diseases having worked as a physician over 30 years at Kaiser Hospital.

Holiday Cooking Demo by Miyoko Schinner, Author Now & Zen Epicure and World Veg Festival Demo Presenter 2010

Sunday, November 14, 3:00 to 5:00 p.m.

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

\$6 donation includes samples & recipes/\$5 for SFVS members. RSVP required: 415-273-5481.

Menu: Stuffed Thanksgiving Gourds; Sautéed Breast of Yuba Turkey with Gravy, Creamy Spinach & Mushrooms, Maple Orange Yams, Pumpkin Bread Pudding with Brandy Not-Nog Crème Anglaise.

Wednesday Night Vegan Dinners by Patricia Allen Koot, Nutrition Consultant

Wednesday, November 17, December 1, 8, 15, 6 p.m. sharp. Followed by interesting programs.

Sponsored by Wellness Central & SFVS

Opera Plaza Community Room, 601 Van Ness Avenue, San Francisco (take elevator to 1st floor to Security, then to Mezzanine.)

\$15 donation includes dinner & program. RSVP required: 707-774-1904.

Special Screening: “BOLD NATIVE”

Underground Film Sensation about the Animal Liberation Movement with John Robbins Host

Co-sponsored by SFVS

Thursday, November 18, 7 p.m.

Red Vic Movie House, 1727 Haight Street, San Francisco

\$9 at door. Reservations: <http://www.redvicmoviehouse.com/show.php?pageid=1015>.

A preview of trailer for “Bold Native” is available at <http://www.youtube.com/watch?v=EBolITOfWifk>

Work Party is being planned to Farm Sanctuary to promote activism with screening.

Saturday, November 20 at Farm Sanctuary, Orland Contact Casey Suchan, lumachick@gmail.com, or 323-353-0694.

Vegan Bollywood Night Out: Friday, November 19, Dinner at 6:30 p.m.; Film at 7:30 p.m.

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

\$20 for All-You-Can-Eat Buffet with 5 entrees plus soup & fresh fruit dessert (tax included – tips & drinks extra) RSVP: 415-498-0385.

The film “Awaraa” is a classic Indian film starring Raz Kapur & other members of the famous acting family dynasty.

Pre-Thanksgiving Potluck Sponsored by SFVS & East Bay Veg*ns

Sunday, November 21: Appetizers 5:30 p.m.; Dining 6:00 p.m.; Special Guest: Dr. Michael Klaper 7:30 p.m., Dancing 8:00 p.m.

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

Suggested donation \$1 with food; \$10 without food. No charge for door fee for volunteers arriving 2 hours early to prepare raw food.

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 510-864-111 to RSVP or to volunteer.

Raw Pre-Thanksgiving Dinner

Sponsored by SF Life & SFVS

Wednesday, November 24, 2 Settings: 5:00 p.m. and 7:00 p.m.

St. Francis Square Apartments, Community Room

10 Bertie Minor Lane (off Geary between Laguna and Ellis Buchanan), San Francisco

Pre-paid Reservations required: Make checks payable to Lisa Books-Williams and mail to 1121 Vintner Way, Pleasanton, CA 94566.

Include SASE for a receipt you will need for your ticket. Contact information: lisa@thriveholistic.com or 925-989-1811.

Dinner Menu: Squash Carrot Bisque, Fennel Croquette topped with Apple Chutney, Cranberry Orange Relish, Scalloped Root Vegetables, Tri-Color Seasoned Yam Chips, Cauliflower Mash, “Pumpkin” Custard Tartlet with Pecan Praline Crust & Candied Pumpkin Seeds, Herbal Tea & Flower Infusion

Anti-KFC Leafleting – Sunday, November 21 & December 12 at 12:00 noon

Kentucky Fried Chicken, 4150 Geary Boulevard, Followed by Lunch at Golden Buddha, 832 Clement St, San Francisco

Contact Bonnie Knight for more information: bonbons@aol.com

San Francisco Thanksgiving Day Potluck, Thursday, November 25, 3 p.m., Sponsored by SFVS & SDA

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

\$1 door donation with food. \$10 without food. RSVP g-voice mail: 415-498-0385

Vegan dishes preferred to serve at least 10 people.

East Bay Thanksgiving Day Potluck, Thursday, November 25, 4:00 p.m. , Sponsored by East Bay Veg*ns and SFVS

UU Fellowship Church, Fire Place Room with a fireplace, 1606 Bonita Street, off Cedar Street, Berkeley (not too far from the North Berkeley BART) \$2 door donation with food. \$12 without.

Contact Howard Dykoff howarddy@gmail.com or 510-562-9934 for reservations, details, & directions.

Thanksgiving Day Dining Out , Thursday, November 25

Millennium Restaurant, 580 Geary Street, corner of Jones, San Francisco

Special Settings & Price for SFVS members & friends on first come basis

4:30 p.m. Setting & 7 p.m. Setting (11 people only per setting)

Paid reservations required in advance. Space limited. Make checks out and mail to SFVS, c/o Joseph Cadiz, 71 Rondel Place, San Francisco CA 94103 by November 18. Include your 1st seating choice & 2nd choice with your telephone number or e-mail for confirmation. Once you are confirmed, no refunds. Special price for SFVS will be \$58 per person (includes tax & tip); children under 12 half price. Price includes vegan hors d'oeuvres, salad, entrée, dessert, vegan nog, coffee or tea, tax & tip. Wine and other beverages are extra.

Special Screening: “May I be Frank” based on Frank Ferrante’s new body & new life

Friday, December 10, 6:15 to 9:00 p.m. Sponsored by Tri-Valley Vegetarians & SFVS

2141 Broadway, 2nd Floor, Oakland

\$10 admission. An array of raw food by Chef Lisa Books-Williams, demo presenter & caterer at World Veg Festival, 2010, will be available at affordable prices. For reservation or information: lisa@thriveholistic.com or 925-989-1811.

Holiday Potluck & Entertainment

Saturday, December 11: Socializing & Appetizers 6:00 p.m.; Dining 6:30 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. \$1 suggested donation for members with food; \$2 non-members with food; add \$8 to each category without food.

Bring decorations for any of these holidays. Let us know if you have talent to contribute to our holiday entertainment, 415-498-0385.

Holiday Animal People Potluck Party & White Elephant Sale

Sponsored by Animal Switchboard & SFVS

Fort Mason Center, Building C, Room 260, Laguna & Marina Streets, SF

Sunday, December 19, 2:00 to 5:00 p.m.

\$1 suggested door donation & vegan potluck dish. \$10 without food. Children & pets welcome. Start the holiday fun with vegan food, entertainment, and gift items for sale. Call for more information 415-474-4021.

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

Saturday, December 25: Socializing & Appetizers 5:00 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. See November for directions.

Call 510-864-1111 to volunteer beforehand. No door fee for those arriving two hours early to volunteer setting up and prepping raw appetizers.

Annual Membership Meeting Sunday, January 9, 2011, 3:30 p.m., Refreshments Meeting Place TBD

RSVP at 415-273-5481 is helpful to make sure we have enough food. Yearly reports and future plans will be discussed. A quorum is needed to meet By-laws requirement.

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