



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Spring Issue 2010

### **Potluck & Free Lecture on the Care Tour\* with Anthony Marr**

**Saturday, April 10, Appetizers 6:30 p.m.; Dinner 7:00 p.m.; Free Lecture 8:00 p.m.**

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

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

After dinner, Anthony Marr will be speaking about his 7<sup>th</sup> Compassion for Animals Road expedition, which will take him through 39 states in 7 months.

**Anthony Marr** has a science degree (physics) and is the author of *Omni-Science and the Human Destiny* and *Homo Sapiens! SAVE YOUR EARTH*. A full-time wildlife preservationist since 1995, he has been a key speaker at the Animal Rights National Conference since 2004.

\*The Funeral Motorcade for the Animals will assemble at the bison paddock in Golden Gate Park at 1 p.m.

### **Cesar Chavez Day Holiday & Festival**

**Saturday, April 10, 12 Noon March, assemble at Dolores Park – 19<sup>th</sup> Street/Dolores**

**1-6 p.m. 24<sup>th</sup> Street Fair, Harrison-Bryant, SF**

Visit information tables by SF Vegetarian Society, Go Vegan Radio with Bob Linden, Love Every Animal with Lyza Chavez, & In Defense of Animals with their Video featuring Chavez. Speakers will include Bob Linden discussing Chavez's Animal Rights Activism & Lyza Chavez speaking in Spanish informing the public that Cesar Chavez was a vegan and eating as he did is the key to addressing Health Challenges faced by the Spanish-speaking community. Call 818-623-6477 for more information.

### **Wednesday Night Vegan Dinners by Patricia Allen Koot, 6 p.m., Programs at 6:45 p.m.**

**April 14 with Kristin Doyle "Food as Medicine"**

**April 21 with Eckhart Beatty "Ayurvedic Diet & Zrii"**

**April 28 with Josephine Bellacomo "Move Your Message"**

**Sponsored by SFVS & Wellness Central**

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

\$10 donation. RSVP required: 707-774-1904.

### **Vegan Bollywood Night Out**

**April 16 & May 21 (Every 3<sup>rd</sup> Friday of the month)**

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

Dinner 6:00 p.m.; \$20 (includes tax & tip) All-You-Can-Eat Vegan Buffet with 5 entrees plus soup & fresh fruit dessert. RSVP: 415-885-2251.

The April film is called "**Misstress of Spices**" filmed in San Francisco. It features Aishwarya Rai, considered one of the most beautiful women in the world, a former Miss World. At one time her website was the most visited site in the world.

It also stars American actor Dylan McDermott. A trailer for this film is at:

<http://www.mymovies.net/player/default.asp?t+Mistress+Spices+-+Trailer&trid+2119&filmid+5150&s=&n+>

**Special Treat:** Live appearance of Vaidya Priyanka whose life inspired the making of this film. She comes from a 715 year-old lineage of women Ayurvedic healers from Kerala, India. She teaches ayurvedic techniques of internal cleansing, detoxification, and rejuvenation for the restoration of health in her residential retreats. Her website is:

[ayurvedaforyou@yahoo.com](mailto:ayurvedaforyou@yahoo.com)

### **Anti-KFC Leafleting – Sunday, April 25 & May 30 at 12 noon**

**Kentucky Fried Chicken, 4150 Geary Boulevard, corner of 6<sup>th</sup> Avenue, San Francisco**

**Followed by Lunch, 1:15 p.m.**

**Golden Buddha, 832 Clement Street, corner of 9<sup>th</sup> Avenue, San Francisco**

For more information, contact Bonnie Knight [bonbons@aol.com](mailto:bonbons@aol.com)

### **Kindness Kitchen Lunch, Sundays, April 25 & May 30 at 1:00 p.m.**

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

RSVP 415-885-2251 (message tape). 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.

**New Living Expo – April 30, May 1, May 2**

**Concourse Exhibition Center, 8<sup>th</sup> Street at Brannan Street, San Francisco**

Bodywork, Bookstore, Exhibits, Green Business, Lectures, Natural Food, Workshops

For more information: [www.newlivingexpo.com](http://www.newlivingexpo.com)

Free admittance for volunteers to assist at SFVS Information Table near the Bookstore. Call Nancy Loewen, Volunteer Coordinator to volunteer, [nloewen@gmail.com](mailto:nloewen@gmail.com) or 415-750-0614.

**Raw Potluck & Free “Fully Alive Talk & Dance” with Olga Aura**

**Sunday, May 2, Lunch at 1:00 p.m.; Talk & Dance at 2:30 p.m.**

**Sponsored by SFVS & Living Foods Group**

**Mission Station, on 630 Valencia Street, corner of 17<sup>th</sup> Street, San Francisco**

\$1 suggested donation for members & their guests with raw food; \$2 for non-members with raw food. \$10 without food.

Olga Aura is a Gold Medal winning Soviet Gymnast from the Ukraine who has overcome health problems from her rigorous athletic training. She now gives classes in Cleansing and Detox Programs, Eating Disorders & Solutions, and Spiritual Guidance. Her website is: [www.Olga@IamFullyAlive.com](http://www.Olga@IamFullyAlive.com).

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

**May 5, 12, 19, 26 at 6:00 p.m. followed by programs**

**Sponsored by SFVS and Wellness Central**

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

\$10 donation. RSVP required: 707-774-1904.

**Spring Flavor Festival, Vegan Style – Saturday, May 8, 12 Noon to 6 p.m.**

**Co-sponsored by SFVS**

**Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland**

\$10 entrance fee includes vegan food sampling, entertainment, and education booths.

Contact [www.TresChicProductions.com](http://www.TresChicProductions.com) for tickets or call 510-655-8611. Contact number for vendors: 510-685-5938.

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

**Saturday, May 8, 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. For more information: 415-273-5481.

**Dr. Forrester** will be giving Part II of his well-received lecture in March. He has personal experiences with diet and degenerative diseases having worked as a physician over 30 years at the Sacramento Permanente Medical Group (Kaiser Hospital).

**Low Acid Eating Cooking Class, Tuesday, May 11, 6:30 to 8:30 p.m.**

**By Meredith McCarty**

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

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

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

for details. Eating to balance your pH to slightly alkaline is a fascinating journey of self-discovery.

**Raw Potluck & Raw Demo with Ani Phyo, Author & TV Star**

**Sunday, June 6, Potluck at 1:00 p.m.; Raw Demo at 2:30 p.m.**

**Sponsored by SFVS & Living Foods Group**

**Mission Station Community Room, 630 Valencia Street, corner 17<sup>th</sup> Street, San Francisco**

\$1 suggested donation for members with raw food; \$2 for non-members with raw food; \$10 without food

Ani Phyo is host of #1 “Ani’s Raw Food Kitchen Show,” author of award winning *Ani’s Raw Kitchen*, and recently published book *Ani’s Raw Food Essentials*. She has also received 4 Best of Raw 2008 Awards for Best Chef, Favorite Cookbook, Favorite Educator, and sexiest Raw Vegan Woman 2008 and 2009.

**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](http://www.vrg.org).

\*no animal products or byproducts such as dairy or honey