



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Summer Issue 2010

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

**July 14, August 4, 11, 18, 25 at 6:00 p.m.**

**followed by an interesting program**

**Sponsored by SFVS and Wellness Central**

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

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

(Ongoing every Wednesday event except July 21 & 28 vacation)

### **Anti-KFC Leafleting – Sunday, July 25, August 29 at 12 noon**

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

**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](mailto:bonbons@aol.com)

(Ongoing last Sunday of the month event.)

### **Kindness Kitchen Lunch, Sunday, July 25, August 29 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. (Ongoing last Sunday of the month event.)

### **Potluck & Book Party honoring Rynn Berry**

**Saturday, August 7. Event starts at 5 p.m., 6:30 Presentation, followed by Discussion**

**Hosted by Marti Kheel**

**East Bay Location.** Details will be sent with confirmed reservations

RSVP [bay.lvg@gmail.com](mailto:bay.lvg@gmail.com) Vegan dishes requested

The Book Party is in honor of Rynn Berry, co-author (with Registered Dieticians Brenda Davis and Vesanto Melina) of the new book *Becoming Raw: An Essential Guide to Raw Vegan Diets*. Berry, historical adviser to the North American Vegetarian Society, will be speaking about the leaders of the raw foods movement in California. This movement dates back to the early 20th century and includes such figures as: such as Arnold Ehret (author of *The Mucusless Diet Healing System*); Vera Richter (founder of the first raw food restaurant in the U.S. and author of the first raw food un-cookbook); Norman Walker (inventor of the Norwalk Juicer); Paul and Patricia Bragg (inventors of Braggs Liquid Aminos); “Gypsy Boots” (founder of the Hollywood Health Hut); George and Doris Fathman (authors of *Live Foods*, the first vegan gourmet uncookbook); David Wolfe (author of *Nature’s First Law*, etc.) and David Klein (publisher of *Vibrance Magazine*).

### **Lecture “History of Raw Foodism in the U.S.” by Rynn Berry & Vegan Refreshments**

**Sunday, August 8, 2:00 to 4:30 in Pleasanton**

**Sponsored by Tri-Valley Vegetarians, East Bay Eco-Health, & SFVS**

\$10 per person will include delicious raw treats prepared by Lisa Books-Williams, hostess

RSVP: 925-989-1811 or [lisa@ThriveHolistic.com](mailto:lisa@ThriveHolistic.com). Details of address will be given with confirmed reservations.

Ryn Berry, author of many books including *Becoming Raw*, will trace the raw foods development from the 1830s to the latest trends in this burgeoning lifestyle. He will bring his books for book signing.

### **Vegan Dinner and Lecture “Vegetarian Groups that Changed the World” by Rynn Berry**

**Wednesday, August 11, 6:00 p.m. dinner; 7:00 p.m. lecture**

**Sponsored by SFVS & Wellness Central**

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

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

Ryn Berry will discuss groups that changed the world including Pythagoreans, Jains, Buddhists, Essenes, Gnostics, Cathars, Bible Christians, 7th Day Adventists, and small vegetarian groups that changed the course of history. Berry is author of Famous Vegetarians and Their Favorite Recipes: Lives and Lore from Buddha to the Beatles.

**Potluck & Free Lecture “Vegetarian Myths or Facts in History” by Rynn Berry, Author  
Saturday August 14, 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 Berry will discuss the myths and facts of vegetarian history. He will bring his published books that include The New Vegetarians and Hitler: Neither Vegetarian Nor Animal Lover.

**Vegan Lunch & Lecture “The Four Most Famous Vegetarians of the Last Three Millennia” by Rynn Berry, Author**

**Sunday, August 15, No-Host Lunch 2:00 p.m.; Lecture 3:00 p.m.**

**Sponsored by SFVS & Christian Vegetarian Fellowship**

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

After lunch Berry will discuss four cultural figures that have a lasting ethical stamp on the history of human culture that includes: Pythagoras, Buddha, Jesus, and Leonardo da Vinci. He is the author of Food for the Gods: Vegetarianism and the World’s Religions- Essays-Conversations-Recipes.

**Fun Fundraising POOL SIDE PARTY in San Anselmo**

**To benefit WORLD VEG FESTIVAL & VIDEOS**

**Saturday, August 21, 3:00 to 6:00 p.m.**

\$50 per person in advance, tax deductible. Space is limited. Send check to: Joseph Cadiz, 73 Rondell Place, San Francisco CA 94103. Address & directions will be sent with reservation confirmation.

Organic Wine Tasting, Silent Auction, Live Music, and special Guest of Honor, Dr John McDougall

Superb Vegan Cuisine by Miyoko Schinner, hostess and author Now & Zen Epicure, founder of Now & Zen Restaurant & Wholesale, inventor of the UnTurkey & Hip Whip.

Organic, vegan menu featuring produce from Miyoko’s garden. Menu subject to change according to availability in the garden: Spring Roll of Mango, Daikon, Avocado and Shiso with Citrus Ume Dipping Sauce; Wild Mushroom Duxelles and “Chevre” Filo Baskets; Homegrown Heirloom Roasted Tomato and Basil Arancini with Red Bell Pepper Coulis; Grilled Japanese Eggplant Roulade with Homegrown Sweet Corn, “Queso Blanco” and Mole Sauce; Skewers of Truffled Seitan Fillet. Dessert Bar: San Francisco Fog Cake (Chocolate Mousse Cake with Mounds of Whipped crème); Mini-eclairs; Charlotte of Seasonal Berries Macerated in Sherry (or Gateau de Crepes with Seasonal Berries and Peaches)

**Summer Afternoon Potluck**

**Sunday, August 22, 1 p.m. Appetizers; 1:30 p.m. Dining; 2:30 p.m. boating & dancing**

**Sponsored by SFVS & East Bay Veg\*ns**

**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.

**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