



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Winter Issue 2010

SOUL FOOD-FOR-THOUGHT the real roots of liberation

Friday, February 12, 5:30 p.m. Reception; 8:00 p.m. Show Time

Herbst Theater, 401 Van Ness @ McAllister, San Francisco

Price: \$10 Balcony/\$15 Dress Circle/\$20 Box & Orchestra/\$40 Orchestra & Reception with Vegan Food

Featuring vegan food from Golden Era, Golden Lotus, Herbivore, Loving Hut, Souley Vegan and more.

Tickets: City Box Office: www.CityBoxOffice.com or 415-392-4400

Sponsored by SF Vegetarian Society, In Defense of Animals, Go Vegan Radio

A Benefit for International Fund for Africa with Silent Auction www.32auctions.com.

Starring: **Lenny Williams, John Salley, Traci Bingham, Kenneth Williams, Leo Flowers, Reggae, Fua Dia Congo Dancers, plus Dr. Anteneh Roba & Dr. Milton Mills** with their message of Health Secrets of Ancient African Diet & Keys to a Healthier Diet Today. Listen to GoVeganRadio on GREEN AM 960 Saturdays 9 a.m. or call 310-804-8864 for more information.

Potluck & Free Lecture "Choosing Supplements Wisely" by Dr. Steve Blake

Saturday, February 13, 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.

Valentine's Day Potluck, Co-Sponsored with East Bay Veg*ns

Sunday, February 14, Appetizers 5:30 p.m.; Dinner 6:00 p.m.; Guest Speaker Dr. Michael Klaper 7:00 p.m.;

Dancing 7:15 p.m. 633 Glenwood Isle, Alameda

\$1 suggested donation with food; \$10 without. Attire: Dressy with a touch of red.

food fee waived for those Kitchen Angels arriving 2 hours before to prepare delicious raw food. Call Elizabeth to volunteer, for directions, or for reservations, 510-864-1111.

Wednesday Night Vegan Dinners by Patricia Allen Koot

February 17 & 24 and March 3, 10, 17, 24, 31 followed by programs

Sponsored by SFVS and Wellness Central

Red Victorian, 1665 Haight Street, San Francisco

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

Vegan Bollywood Night Out, February 19, & March 19, 6-10 p.m. (Every 3rd Friday of the month)

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

No-host Cocktails with or without alcohol 6:00 p.m.; \$18 Vegan Buffet with Fruit Dessert 6:30 p.m.; Free Bollywood film 7:00 p.m. RSVP 415-885-2251. Feb 19 "Shree 420" & Mar. 19 "Mugle Azam."

Save the Bay Habitat Restoration Day, February 20, 9 a.m.-12:00 noon

Martin Luther King Beach, Oakland, bayevents@savesfbay.org

Followed by lunch at Café Gratitude, 1730 Shattuck Avenue, Berkeley, 12:30 p.m.

Contact Sue Castle, Coordinator, 650-740-7567 or compassionismyfashion@yahoo.com.

Tri-Valley Free Lecture "Healing Medicine" by Dr. Steve Blake

Saturday, February 20, 1-4 p.m. with Refreshments

Sponsored by SFVS, Lisa Books-Williams, Coordinator

For address, directions, & reservations: 925-989-1811 or lisa@ThriveHolistic.com.

Potluck & Free Lecture "Making the Journey to a Healthier Diet" by Dr. Steve Blake

Sunday, February 21, Appetizers 12:30 p.m.; Lunch 1:00 p.m.; Lecture 2:00 p.m.

Suggested donation \$2 with food; \$10 without food

Call 415-885-2251 for reservations and directions.

Anti-KFC Leafleting – Sunday, February 21 & March 28, at 12:00 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, SF
For more information, contact Bonnie Knight bonbons@aol.com

Healing Recipes Cooking Class, February 23 & Glorious Greens Cooking Class, March 16, 6:30-8:30 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, click on Self/Home & Garden or call 415-945-3730 for more details.

Chinese New Year Banquet, Year of the Tiger, Saturday, February 27, 5:00 p.m.
Followed by Chinese New Year Parade
Enjoy Restaurant, 839 Kearny, Chinatown, SF

Advance check requested: \$20 to Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103. Menu: Crispy Tofu w/chili peppers; Fried Spring Rolls; Veggie Shark's Fin Soup; Lettuce Wrap w/shredded chicken & vegetables; Bean Curd Rolls w/vegetable; Chinese Broccoli w/ginger cooked in wine; Eggplant w/veggie sea bass; Fresh Mushroom w/ fried soft tofu & vegetables; Ginko Bean Curd w/pea sprouts; Coconut Sauce w/ taro, wheat gluten. Tea, tax, & tip included. Janet Tom, Coordinator. Call 415-273-5481 for more information.

Kindness Kitchen Lunch, Sunday, February 28 & March 28, 1:00 p.m.
Maharani Restaurant, 1122 Post Street, San Francisco

RSVP with SFVS 415-885-2251 (messages) 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.

Spring Cooking Class, Saturday, March 6, 11:00 a.m.-2:00 p.m.
Willard Middle School, 2425 Stuart Street, Berkeley

\$75.00 per class includes recipes and meal. (10% off for SFVS members)
Teachers: Barbara Johnston-Brown & Susanne Jensen. RSVP. 925-286-1395 or bjohnstonbrown@yahoo.com.

Performing Arts Cooking Show with Samples, Sunday, March 7, 2:00 p.m.
Sponsored by SFVS & SDA

The Loughborough Center, 1844 Broderick, near California Street, San Francisco
Donations welcome to defray expenses. Teacher: Mark Anthony

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

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

IOA, 3600 Geary Boulevard, between Palm & Arguello, SF
\$1 suggested donation for members; \$2 for non-members with food; add \$8 to each without food. For more information, 415-273-5481.

Meat out, Sunday, March 21, Lunch at 12:30 p.m.; Lecture & Program at 1:45 p.m.; Raffle 3:30 p.m.

With Dr. Will Tuttle (Ph.D), Author, World Peace Diet
Sponsored by SFVS & UUFETA

Unitarian Center, 1187 Franklin, corner of Geary
\$5 suggested donation. \$3 Students, Seniors, Disabled.

Dining Out at the Spectacular Supper Club's Vegan Week
Tuesday, March 23, 7:30 p.m. is SFVS Night out

657 Harrison Street, between 2nd & 3rd Streets, SF (Choose to dine at tables or lounge beds.)

3 course vegan set menu for \$35 with 20% discount for SFVS members. RSVP 415-885-2251. (Vegan 4 set course dinners Sunday, March 21 & Wednesday, March 24 for \$55 with 20% discount for members.)

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