



A Publication of the San Francisco Vegetarian Society

# San Francisco Vegetarian Society Veg Calendar

## Spring Issue 2006

**March Potluck & Free Lecture by Kiki Powers, M.S., “Antioxidants for Optimal Health” with a Free Anti-Oxidant Screening, Saturday, March 11 6:00 p.m. Socializing, Appetizers, & Free Antioxidant follow-up Scans for those tested in December\*; 6:30 p.m. Dining; 7:30 p.m. Lecture; 8:00 p.m. Complimentary Antioxidant Scanning for everyone interested.**

Institute on Aging, 3600 Geary Boulevard, between Palm & Arguello), San Francisco.

MUNI #38 Geary with East Bay connection at Trans Bay Terminal or BART at Montgomery Exit.

See Potluck Guidelines on back.

Kiki Powers, President and CEO of Natural Health Solutions, writer for SFVS Newsletter, and popular speaker at World Vegetarian Day 2005 will present compelling evidence on the importance of antioxidant nutrients to support optimal health and reduce risk of degenerative disease. Come and learn how to be your own health advocate with a smart nutrition and wellness strategy.

Those who have not yet been scanned will not want to miss this important test. The award-winning Pharmanex BioPhotonic Scanner measures your carotenoid antioxidant level (a key indicator of overall nutrient profile) with a non-invasive, low-energy laser scanning of the palm of your hand. Those receiving this complimentary test (\$25 value) will also be given recommendations on how to measurably improve their health, wellness, and longevity. \*See newsletter for SFVS member testimony

Kiki is available for consultation at 408-226-3223 or [kiki@aboutnhs.com](mailto:kiki@aboutnhs.com); Visit [www.aboutnhs.com](http://www.aboutnhs.com) and see “Resources” for a wealth of short, comprehensive health articles. Kiki is also a columnist for *Veg News Magazine*, go to [www.vegnews.com](http://www.vegnews.com) to subscribe to this outstanding publication.

### **Spring Potluck, Sunday, March 19**

**3:00 p.m. Socializing & Appetizers: 4:00 p.m. Dining; 6:00 p.m. Dancing**

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

Co-sponsored with East Bay Veg\*ns. Very Raw Friendly. Attire: Dressy

\$1 suggested door donation with food, enough for 10 people or \$10 without food. No charge for those arriving two hours early to volunteer setting up and assisting making wonderful raw treats under the guidance of Elizabeth. Wear or bring soft-soled shoes for dancing in the special Dance Studio. Call Elizabeth to volunteer or for last minute directions 510-864-1111.

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. Call 415-273-5481 for more general information.

### **Free Video Night at the Red Victorian Peace Café on the Last Friday of the month.**

Friday, March 31 at 7:00 p.m. **Vegetarian & Vegan food are available before the show.**

1665 Haight Street, near Ashbury, San Francisco

“A Cow at My Table,” a Feature Documentary about Animals, Meat & Culture” - 81 Minutes.

This Documentary has received 12 International Awards and Nominations and features Gene Bauston, Howard Lyman, Jim Mason, Tom Regan, Peter Singer, and other animal activists. Check our veggie hot line: 415-273-5481 or our website: [www.sfvs.org](http://www.sfvs.org) for updates.

### **Board Meeting, Sunday, April 2, 5:00 p.m.**

IOA, 3600 Geary Boulevard, San Francisco. Members welcome. RSVP 415-273-5481

## **April Potluck with Free Lecture by Dr. Steve Blake “Defensive Medicine”**

**Doctor of Holistic Health and Author *Healing Medicine***

**Saturday, April 8.**

**6:00 p.m. Socializing & Appetizers; 6:30 p.m. Dining; 8:00 p.m. Free Lecture.**

Institute on Aging, 3600 Geary Boulevard (see March 11 for address details). See Potluck Guidelines

Following the potluck, Dr. Blake will speak on how to stay so healthy that you don't get sick. He will give tips on how to be disease resistant without prescription drugs. Dr. Blake has two doctorates in natural health and a master herbalist degree. He has been a vegetarian for 35 years. His book will be available at the meeting or on his web site: [www.naturalhealthwizards.com](http://www.naturalhealthwizards.com) or by mail: 355 Honopou Road, Haiku, HI 96708 for \$22.95 plus \$5 shipping. Telephone: 808-572-8371.

## **Dining Out – Saturday, April 22**

### **Medicine New-Shojin Eatstation**

**6:00 p.m.** 161 Sutter Street (between Montgomery & Kearney), near Union Square, San Francisco

This unique Japanese style food is based on Zen monks of Japan featuring a seasonal cuisine called New-Shojin incorporating western nutritional ideas with traditional menus with exotic names and ingredients developed over half a millennium ago. Appetizers range feature intriguing items like: Jade Nuggets, tempura of natto-filled shiso leaves with lemon & sea salt. The salads are just as interesting featuring Warm Spinach-Persimmon, baby spinach tossed in warm ponzu dressing, fuyu persimmons, shitake, toasted cashews. In addition to soups and noodles, there are unique entrée choices like: Broiled Ikomi Dengaku, whole oven-roasted red bell pepper filled with yomogi-fu, eggplant, brussel sprouts tofu, shiro miso glaze. They also offer Tasting Menus (with 6 or 9 course samplers). Their dessert offers: Chilled Coconut Cup, creamy coconut milk with maple syrup, kanten cubes, silverear mushroom & toasted buckwheat among other items. They have a variety of drinks, housemade juices, teas, coffee, beer, organic wine and a variety of exotic premium sakes.

RSVP: 415-273-5481 by April 19<sup>th</sup>. Limited to 10 people. Call the restaurant for other information 415-677-4405. Hours are M-F 11:30 a.m.-8:30 p.m.; Sat 5-9 p.m.; closed Sundays.

## **Free Video Night at the Red Victorian Peace Café on the Last Friday of the month.**

**Friday, April 28 at 7:00 p.m.** Vegetarian & Vegan food are available before the show.

“Truth or Dairy,” a vintage yet humorous & educational look at the vegan lifestyle – 22 minutes.

Check our veggie hot line: 415-273-5481 or our website: [www.sfvs.org](http://www.sfvs.org) for updates.

## **MORE EVENTS**

### **Go Vegan Radio KQKE – AM – 960, an Air America Affiliate**

**Every Sunday, 6:00 – 7:00 p.m.** see newsletter for more info

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

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

**Leafleting AT KFC-** see newsletter for more info

**Garden & Flower Show at Cow Palace – March 16 to 19**  
SFVS will have a booth, volunteers needed. If you can help, contact Nancy Loewen, Volunteer Coordinator: 415-750-0614 or [nloewen@ioaging.org](mailto:nloewen@ioaging.org).

**Farm Animal Forum at Ramada Plaza Downtown – March 25** \$60 includes lectures, vegan lunch, and a “Cowtail Party” (Student price available.) There will be leafleting Friday, March 24 and “Veggie Day in the Park on Sunday, March 26. Contact Michelle Waffner at 607-583-4512 ext. 269 or [www.farmsanctuary.org](http://www.farmsanctuary.org).

**New Living Expo at Concourse, 8<sup>th</sup> & Branan – April 28 to 30** SFVS will have a booth, volunteers needed. To help out, contact Nancy Loewen, Volunteer Coordinator: 415-750-0614 or [nloewen@ioaging.org](mailto:nloewen@ioaging.org).