



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society

Veg Calendar

Fall Issue 2007

If you are interested in volunteering for any events listed below, especially World Veg Festival, September 29 & 30, please contact Volunteer Coordinator Christine Vitale thru our hot line 415-273-5481 or cv@christinevitale.com

World Vegetarian Volunteer Party & Orientation

Friday, September 14, 6:00 to 8:00 p.m.

San Francisco County Fair Building in Golden Gate Park, entrance at Lincoln Way & 9th Avenue, San Francisco
Assignments, orientation, free food, and fun. RSVP with Christine, info at top of page.

World Veg Festival

Saturday, September 29 & Sunday, September 30, 10 a.m. to 6 p.m.

Presented by San Francisco Vegetarian Society and In Defense of Animals

San Francisco County Fair Building in Golden Gate Park,
entrance at Lincoln Way & 9th Avenue, San Francisco

Good parking on Lincoln Way before 10 a.m.

Public transportation: MUNI #44, #71, or N Judah, within walking distance.

BART connections to N Judah at Embarcadero or other Market Street Stations.

Check out www.spaceshare.com for car pooling or call Stephen Cataldo 510-520-6175.

\$5 suggested donation. Free for Students, Seniors, & Children with ID. Free for everyone until 10:30 a.m.

Bring friends & neighbors!

Very family friendly with a Children's Corner, Pet Adoption Corner. Entertainment and Out Door Tables for pleasant dining.

There will be international food to sample or buy; outstanding lectures on all topics pertaining to health, ecology, compassion, & spiritual; interesting exhibitors to explore; and fabulous entertainment all day long. Check newsletter, insert, web site, www.sfv.org or hot line 415-273-5481 for more details.

Free Nutrition Cooking Class – “Food for Life” by Kristin Doyle, RN

4 Mondays, October 1, 8, 22, 29, 6 to 8 p.m. (no class on 15th)

Sponsored by the Cancer Project (founded by Dr. Neal Barnard PCRM)

And San Francisco Vegetarian Society

One Taste Urban Retreat, 1074 Folsom Street, between 6th & 7th Streets, San Francisco

SF MUNI #14 on Mission, #19 Polk, and #2 Marin Call BART for MUNI connections

Pre-Registration required by September 28, 415-273-5481

All participants will view an informational Video, receive a Free Book, class recipes, and samples of food prepared.

In the classes, you will learn what foods are best for preventing cancer and how to take advantage of the healing power of foods. They will feature a cooking demonstration with a discussion on tips in making the switch to or improving a vegan diet. The classes will emphasize the importance of adhering to a plant based diet and how that relates to cancer prevention (not to mention reducing the risk for heart disease, diabetes, osteoporosis, etc.) The classes will also be helpful for those recovering from cancer. The over all goal is to empower people with life-saving nutrition information and easy to implement cooking skills for creating delicious healthy meals.

Kristin Doyle is a Registered Nurse, a Nutritional Consultant and a Certified Natural Chef specializing in therapeutic cooking. As a personal chef, Kristin combines her nursing background with her holistic approach to nutrition to create recipes designed specifically for each client and his or her health needs. She began working as an Instructor for the Cancer Project and their Food for Life cooking classes in May 2006. The idea of using food as “medicine” to help prevent illness and treat symptoms has always been Kristin's focus and is also the philosophy behind The Cancer Project. For more information on cancer research and healthy recipes go to www.cancerproject.org or www.therapeuticchef.com.

**Anti-KFC Demo and Animal People Lunch
Co-Sponsored with Veggie Jews' Tzedakah Brigade**

Sunday, October 7: 12:00 noon, leafleting at KFC, 4150 Geary Boulevard at the corner of 6th Avenue, San Francisco. Activists welcome to expose the cruelty involved in factory farm chickens.
Social Lunch: 1:15 p.m., Golden Era #2 (10% discount for SFVS members), 832 Clement Street, near 9th Avenue, San Francisco. Everyone welcome whether participating in the KFC Demo or not.

October Potluck & Free Lecture by Art Konrad, Teacher & SFVS Member "Natural Oral Hygiene – No More Gum Disease"

Saturday, October 13: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Lecture 7:30 p.m.

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

MUNI #38 with East Bay connection at TransBay Terminal or BART at Montgomery Exit

\$1 for members with food; \$2 for non-members with food; Add an additional \$8 without potluck contribution. Please see Potluck Guidelines on reverse side.

Over 75% of the general population, including vegans, have bacteria in their mouths which cause serious gum disease. Everyone has a special interest in dental and gum health: naturally, they want to chew vigorously for the rest of their lives. In order to avoid barbaric painful and expensive gum surgery for the second time, Art began his study of products including home and folk remedies and finally found what works. Unfortunately, he discovered that even "natural" toothpaste contains items that would not be acceptable to vegetarians.

Art Konrad, a teacher of meditation and grass roots organizer was an important leader in the early days of the anti-smoking movement. He has recently retired from the State of California where he was instrumental in saving state tax payers millions of dollars. He became one of the most successful union leaders for state workers. Recently an Ayurvedic Doctor helped him to finally get vegetarianism right by teaching him the wisdom of Veganism.

Dining Out – by Dave Goggin

Friday, October 19

Details will be on SFVS hot line 415-273-5481 or Dave Goggin dg2222@msn.com

Halloween Costume Party Potluck

Co-hosted with East Bay Veg*ns

Sunday, October 28: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Games & Dancing

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

Suggested donation: \$1 with food; \$10 without food. Prizes for best costumes.

No charge for volunteers arriving 2 hours early to help 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. From Fruitvale BART Station, take Bus #50 to White Hall & Willow, then walk 2 blocks to Otis and 1 block to Glenwood. Call 510-864-1111 for last minute directions or to volunteer.

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

Other Events

Gandhi Birthday Party

Sponsored by Bob Linden of Go Vegan Radio (Sundays, 9 to 10 p.m. on AM 960)

All-You Can Eat Vegan Buffet Indian Dinner

Saturday, October 6: 6:00 to 9:00 p.m.

New Ganges Restaurant, 775 Frederick Street (at Arguello & Lincoln Way), San Francisco

\$35 per person in advance to benefit Go Vegan Radio. RSVP 818-623-6477 or Bob@GoVeganRadio.com

Halloween Party

Sponsored by Bob Linden of Go Vegan Radio

Saturday, October 27 Call Bob for details.