



Vegetarian News

“For Health and Humanity”

Winter Issue 2007

Start the New Year Healthy and Trim

By Kiki Powers, M.S.

If your wellness is important to you, you may be concerned about falling off your healthy routine over the holiday season. Even if you have, there’s no reason you can’t enter the New Year feeling great, starting now. Your experience is largely a reflection of your beliefs, so start immediately—no matter how close or far you are to your goals—to envision that you’ve achieved them. Affirm to yourself daily that you’re trim, fit and vibrant. With the New Year beginning, so does your life in a sense begin again. Let this be the year you maintain your best self every step of the way.

Define the Stressors

Throughout the year, most of us experience stressful times. Getting a sense of the pressures ahead will enable you to plan how best to address them. You can’t control all potential stress factors, but you do choose how you respond. Managing your stress in healthy ways helps you to remain in charge of your physical and emotional well-being.

Set Your Priorities

If your goal this year is vibrant health and fitness, make it a priority. When you put your own wellness first, it’s actually the most unselfish thing you can do, because it means you have more to give others. Consider simplifying your affairs

to create more time for the things that really matter to you. Think carefully before committing to new projects.

Target Healthy Choices

Select healthy food choices whenever possible. Fresh produce, whole grains, beans and legumes, fresh nuts, and low-fat proteins keep you on track by maintaining steadier blood sugar levels. When dining out, stick to small portions of rich foods and target low-fat protein options. Making salads and light soups your first course options can make all the difference.

When attending social events, have a light snack beforehand to keep your blood sugar stable for a positive beginning and better self control. Upon arrival, start off with some sparkling water with lime and enjoy the socializing. If the meal is served buffet style, try small amounts of many different dishes, which will be more satisfying and less calorie-dense than large helpings of the heavy items.

When you start to eat, take your time and enjoy. Remember, it takes at least 20 minutes for your system to register that you’re full. Once you’ve had enough to eat, stop.

Guard against Stress Eating

Many people overeat when under stress. Here are some tips that may help.

- * Eat on a regular basis. Keep your blood sugar stable with 3 or 4 light meals daily and you’ll be less prone to poor snack choices.
- * Plan ahead to have healthy alternatives on hand when the pressure mounts, like protein bars, an apple, fresh almonds, baby carrots and hummus dip, low fat popcorn, a peanut butter sandwich, etc.
- * The best response to pressure is to get outside for a walk. Not only is exercise the best stress buster, but the change of scene and fresh air will lift your spirits.
- * When you feel the urge to eat beyond what you know is

SUMMARY OF EVENTS

- Jan 14 Annual Meeting
- Jan 19 Dining Out at New Ganges
- Feb 10 SF Potluck & Free Lecture
- Feb 17 East Bay Valentine Potluck
- Feb 24 Chinese New Year Dining Out

See the enclosed Veg Calendar for a description of events hosted by the Society, as well as other “veg” happenings in the Bay Area. The Calendar is posted on our web site, www.sfvs.org and you can always call (415) 273-5481 for information.

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San Francisco Vegetarian Society

For Health and Humanity

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Vegetarian News is published by the San Francisco Vegetarian Society (SFVS), a nonprofit, non-sectarian group dedicated to educating the public about the benefits of a vegetarian diet, for health and humanity. SFVS was founded in October 1968 and is one of the oldest vegetarian organizations in North America.

Members are encouraged to submit articles, announcements, reviews, recipes, etc. to the editor. Deadline for submissions for next newsletter is February 1st. Please contact Dixie Mahy at 415-885-2251 or dixiemahy@gmail.com

ADVERTISE WITH US and reach more veg'ns! Is there a restaurant or store we should know about? Have them contact us.

Ads start at just \$35 per issue. Discounts available for multiple issue commitment. Please contact Advertising Coordinator Joseph Cadiz, jcadiz2002@yahoo.com.

good for you, wait 15 more minutes. Leaving the immediate area will increase the chances you will be distracted away from poor choices.

* Create a list of healthy, positive ways to cope with stress, such as walking your dog or calling a friend. Support systems are critical for mental and emotional health, especially during trying times.

* Track your food intake. Looking at the day's list of what you've already eaten helps build your awareness and curb reckless consumption. Also, try to eat only in a dining area, not in front of the TV or in your car.

Protect yourself with Nutritional Supplements

The busier you are, the greater your need of nutritional support. In fact, a landmark review published in the June 2002 issue of the Journal of the American Medical Association stated that "all adults should take a multi-vitamin daily," explaining that not getting enough of many key nutrients may put us at risk for serious, long-term health issues.

According to Dr. Lester Packer, the worlds leading authority on antioxidants and author of the much-acclaimed book, The Antioxidant Miracle, we should actively protect our cells from free-radical attack with a full arsenal of these health promoting compounds. For optimal health, boost your wellness daily with a full-potency, comprehensive, multi-vitamin/mineral formula including a complete array of antioxidants as well as the vitally important carotenoids.

Maintain your exercise regimen

The more demands on you, the greater your need for exercise. If optimal health matters to you, you won't cut corners on your fitness efforts. Not only is exercise the best stress-buster and mood lifter available to you, it also boosts vitality and promotes a robust immune system. Aim for at least 30 minutes 4-6 times a week.

Minimize sugar

Studies have linked a high sugar intake with reduced immune function. Sugar decreases the production of immune-protective antibodies, while also promoting obesity and increasing our risk of diabetes, among other health perils. The fact that many Americans consume up to a half pound of sugar daily may explain in part the health epidemic we face as a nation. The bottom line is, you have the chance for your best year ever. Small changes go a long way. Optimal health, fitness and vitality are yours if you wish, and you deserve them.

Kiki Powers, M.S., President and CEO of Natural Health Solutions, professional health writer, speaker, and consultant has a background in health science, research, clinical nutrition and business. Kiki is a member of the Health World Online Speakers Network and the American Academy of Anti-Aging Medicine. She specializes in longevity nutrition and wellness promotion through leading-edge technology (www.aolscanner.com) and natural lifestyle solutions. Health professionals visit: www.hcptraining.com

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Is Calorie Restriction A Good Way To Extend Your Life?

By David Pressman

Have you ever heard of Calorie Restriction (CR)—the practice of greatly reducing the number of calories you consume in order to extend your years? This practice is becoming increasingly popular; there is even a Calorie Restriction Society (www.calorierestriction.org) that tells how to do it. While CR will extend your years, it has several serious drawbacks and there is a better and far easier way: Dr. McDougall's program. Following is a summary of his article on the subject.

Dr. M's program basically aims to increase life expectancy by helping to prevent life-shortening diseases, such as cancer and heart disease. CR also does this, but in addition it is also a gene modification system that aims to extend your life span - the genetically programmed average or maximum time humans are expected to live. I.e., Dr. M's program is basically a disease prevention system while CR is a life span extender (but with other consequences. Ed.).

As Dr. M's article notes, even without practicing his program or CR, humans' life expectancy has been increasing for many years, mainly due to medical science's progress in treating infectious diseases. However he notes that most people of European origin in N. America and elsewhere still eat lots of fat and cholesterol, take in environmental chemicals, and eat excess animal protein, thereby promoting life-shortening diseases such as cancer and heart disease. Dr. M states that his program, by eliminating these harmful substances, increases life expectancy and health beyond what medical science has achieved. While CR also increases longevity, he cites authority to show that it does so mainly due to its inherent reduction of fats and proteins, rather than by general calorie reduction. Moreover CR may have one or more of the following drawbacks: constant hunger, fatigue, reduced libido, and weight loss, which causes a feeling of cold and reduces natural body cushioning.

Dr. M. says that his vegan, no-added-fat diet—also recommended by Dr. Dean Ornish—promotes longevity without consciously reducing calories or suffering since it contains a varied diet of starches, vegetables, and fruits, while eliminating longevity-shortening foods like meat, dairy products, eggs, and processed foods. In addition, his diet is high in life-extending anti-oxidants in their natural state, namely vitamins A, B-6, C, and E, beta-carotene, folic acid, and selenium. He notes that there is no short-cut since isolating these anti-oxidants and taking them as supplements actually increases the risk of death and major diseases.

Dr. M skewers the fad anti-aging medicines, such as HGH, testosterone, estrogen, and DHEA. (Nick Nolte is reported to take high doses of these supplements.) There is no

evidence that these medicines extend longevity, but there is plenty of evidence that Dr. M's low-fat vegan diet with exercise and clean habits does.

Lastly he notes that an elevated insulin-like growth factor-1 (IGF-1), which cows produce naturally to accelerate their growth from 60 to 600 pounds, will decrease longevity, as will the consumption of excess protein and animal foods, especially cow's milk. This last fact is a powerful reason to be a vegan. However a vegan diet must be eaten with care since some vegan foods, such as fats, isolated soy protein (ISP), and junk foods like candy, will increase IGF-1. You may have never heard of ISP, but it's used in many synthetic foods from candy bars to burgers and ersatz meats (e.g., Boca burgers contain ISP and dairy products). Moreover ISP is an even more powerful promoter of IGF-1 than cow's milk.

For the full story I strongly recommend you read Dr. McDougall's full article; it can give you many extra years! Dr. McDougall puts out an excellent, free monthly newsletter on his life extension and health program. You can subscribe at his site, www.DrMcDougall.com. His January 2006 letter, available on the Newsletter Archives of his site, has an outstanding article about the drawbacks of CR, some other harmful practices that decrease longevity, and his own program.

Why We All Must Read "Healthy at 100" by John Robbins

By Kiki Powers, M.S.

Most of us have been deeply touched and inspired by the work of John Robbins, beginning with *Diet for a New America*, which is perhaps the most influential book in the history of the vegetarian movement. However, it may be that his latest book—*Healthy at 100*—is not only his best yet, but is one of the most important books ever written on the subject of health and longevity.

The concepts of aging, wellness and longevity are hot topics right now. They factor largely in my own work and circulate around us in myriad books and articles. But few resources have been able to so cogently weave together all the key elements of healthy aging as has this new book. John's thoughtful observations are underscored with research so comprehensive that even the most critically thinking health professionals will find little to dispute.

Healthy at 100 is truly revolutionary, presenting us with a bold new paradigm of aging, showing us how we can increase not only our life span but also our health span. But this rich, compelling book offers so much more. It speaks not only to how we age, but how we live, suggesting that years that add up to a life of grace, dignity and love make every wrinkle a merit badge.

Through the example of four very different cultures that

have produced many of the world's healthiest, oldest people, John reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhazia in the Caucasus south of Russia, and Vilcabamba in the Andes of South America, to Hunza in Central Asia, and finally the southern Japanese islands of Okinawa, John examines how on a variety of levels, the unique lifestyles of these peoples can influence and improve our own.

Bringing the traditions of these ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, John notes that, remarkably, they both point in the same direction. The result is an inspirational synthesis of years of research into healthy aging in which John has isolated the habits and behaviors that will enable us to live long—and most important—joyous lives.

With an emphasis on a highly varied, mostly plant-based diet, careful nutritional supplementation, and modest daily exercise, he shows how virtually everyone can improve the quality of their lives now—and for many years to come. Woven throughout this informative, enjoyable read are colorful stories and anecdotes adding a warm human note to the unimpeachable scientific information.

But what really adds the heart to the message is John's reminder that diet and exercise are not the only variables. There is clearly a strong beneficial power to love and connection in our personal relationships. In one of the greatest quotes of all time, John says, "I believe that the real news on this planet is love—why it exists, where it came from, and where it is going. I believe that ultimately it is the love in our lives that underlies and makes possible our greatest healing and longevity." Learn more at <http://www.healthyat100.org/>

FOOD & DRINK

HEALTHY NEW YEAR RECIPES

From Meredith McCarty
Editor, Healing Cuisine Newsletter
www.healingcuisine.com

The following recipes are perfect for starting the New Year right. Each in its own delicious way cleanses and remineralizes our blood quality after a season of working and playing hard. Based on fiber-rich whole plant foods, use these dishes to slim down as they clean out the unwanted pounds on a meal to meal basis.

Vegetable Miso Soup

MISO is Japanese in origin, and now made from organic ingredients right here in America. MISO is a fermented soybean paste that is used like a bouillon. It may be added to any of your favorite soups toward the end of cooking for seasoning. Miso tastes great and is a healing food as well.

According to *The Book of Miso*, miso contains zycicolin, an element that attracts to itself and expels from the body toxic substances such as radiation, pollution, and nicotine. (It also encourages B12 in the gut, unless overcooked. DM) SEA VEGETABLES have similar detoxifying properties from an element called sodium alginate. Seaweeds are also the highest food source of minerals and trace elements and so contribute to a strong immune system.

SHITAKE MUSHROOMS are luscious tasting and have medicinal properties useful in the prevention and treatment of cancer, AIDS, and high cholesterol.

Makes 4 to 7 servings or about 7 cups

6-inch piece wakame seaweed or a pinch of "Ready-to-Use Wakame"

6 cups water or vegetable cooking broth

1 onion family member (yellow, white or red onions or leeks), cubed

1 root vegetable (carrot, turnip, rutabaga or parsnip), sliced crosswise

3 cups greens ("hardy" such as kale, cabbage and collards, or "soft" such as arugula or watercress), sliced

1/4 pound firm tofu, cubed

4 shitake mushrooms, stems trimmed, cut in cubes

Miso to taste, about 1/3 cup barley, brown rice, or another miso, or part natural soy sauce (up to 1 tablespoon miso or soy sauce per cup water)

Knob of fresh ginger, peeled and finely grated, about 1 tablespoon

1. Submerge seaweed in water in a 3-quart pot. Bring to boil while you cut the vegetables. Strain out seaweed and when cooked somewhat, cut and return to pot with onion and root vegetable.
2. Bring to boil, then simmer covered until barely tender, 5 to 10 minutes depending on size of vegetables. Add hardy greens (if included), tofu and mushrooms, and cook about 5 minutes more.
3. Dissolve miso in a little of the hot soup broth and add to soup with soft greens (if included) and ginger. Simmer very gently for a minute or two before serving.

Note: To maintain an attractive bright green color when soup will be reheated several times, add hardy greens cooked separately (such as leftover greens), or raw soft greens, to hot soup just before serving.

Pressure-Cooked Short Grain Brown Rice

Makes 4 to 10 servings or 5 cups*

Pressure-cooked short grain brown rice tastes so good, it's worth investing in a pressure cooker just for this dish and for cooking beans. Phytic acid in grains prevents the absorption of minerals. Therefore, soaking rice for at least an hour (or until bubbles form beads, in about 24 hours) before cooking allows this acid to leach into the soaking water for discarding. (For wheat in breads, fermentation such as in sourdough bread does the same thing.)

*2 cups short grain brown rice (or a combination of short,

sweet and/or medium grain brown rice.
2 1/2 cups water
3-inch piece kombu
Small pinch sea salt
1/3 cup Sesame Salt (recipe follows)

1. Rinse and drain rice(s) in pressure cooker. Add measured amount of fresh water to soak. Drain soaking water into measuring cup, measure, and discard. Add fresh water, in the amount measured to the pot with the rice.
2. Add kombu and sea salt and bring to pressure. Cook over low heat for 45 minutes. Let pressure come down naturally or by running cold water over top of pot. When pressure gauge can be lifed easily without hissing, it's all right to open cooker.
3. Transfer cooked rice to serving bowl by spreading out large spoonfuls at a time to aerate rice, or fluff it with a fork. This ensures a light texture as the rice cools. Keep refrigerated, reheating rice with a little water in a pot or steamer basket, or sautéing it alone, with onions or garlic, or with a variety of vegetables, and seasoned tofu for a complete meal in one dish.

Sesame Salt

Makes 1 1/4 cups
1 cup whole (unhulled) sesame seeds
2 teaspoons unrefined sea salt

1. Spread seeds on a baking sheet one-layer-thick. Toast in a 300 degree oven for 7 to 12 minutes, adding salt in last few minutes of baking if it feels moist to the touch.
2. Transfer seeds and salt to food processor or blender and grind until 2/3 seeds are pulverized. Store in a sealed glass container in the refrigerator.

Oven-Roasted Delicata Squash with Sweet Miso Glaze

Makes 8 servings
The luscious topping on this winter squash dish is inspired by the Japanese miso yaki sauce with its rich barbecue flavor. Vary flavor by changing misos.

1 winter squash (delicata, butternut, sweetmeat, sweet dumpling, banana), about 2 pounds

Preheat oven to 450 degrees. Scrub outside of squash and halve squash lengthwise. Discard seeds. Place squash halves cut-side-down on baking sheet that is lined with parchment paper or lightly brushed with oil. Bake until easily pierced, 20 to 60 minutes.

Sweet Miso Glaze

Makes 1/4 cup
3 tablespoons any smooth miso, or a mixture
1 1/2 tablespoons brown rice syrup

Prepare glaze by mixing ingredients. Turn baked squash over and spread paste along fleshy side. Return squash to oven to bake until paste is lightly toasted. 10 to 15 minutes more. Or broil about 5 minutes. Cut and serve.

Russian Red Kale & Radishes with Citrus Vinaigrette

Makes 4 to 6 servings or 4 cups
8-ounce bunch Russian red kale, 8 cups, sliced and gently packed
Water
1 bunch of red radishes, quartered or cut in eighths

Citrus Vinaigrette

Makes 1/4 cup
2 tablespoons lemon juice
2 tablespoons vegetable broth or water
1 teaspoon olive or flax oil
1 small clove garlic, pressed
1/4 teaspoon sea salt
Freshly ground pepper

1. Bring 2 inches of water to boil in a pot of appropriate size. Add greens, pressing to submerge them. Cook until tender, 5 to 7 minutes. Add radishes (and their greens if attractive) in last minute of cooking. Drain vegetables, pressing lightly against strainer to extract excess liquid.
2. Meanwhile, mix dressing ingredients. Dress lightly to serve.
3. Variation: Include other varieties of kale, collards, mustard, broccoli, broccoli rabe or chard. Cook mustard and broccolis for 3 to 5 minutes.

Cranberry-Apple Pudding with Toasted Waluts

Makes 5 to 9 servings
1 quart cranberry-apple or cranberry-raspberry juice, or a combination of apple cider with a little cranberry juice
3 tablespoons kuzu root starch or arrowroot powder
3 tablespoons agar sea vegetable flakes
1/4 cup brown rice syrup (optional)
1/4 teaspoon sea salt
Handful cranberries, halved (optional)
Your choice of flavoring agents: 1 teaspoon vanilla, orange zest, freshly grated and squeezed ginger juice
Garnishes: 1/4 cup toasted walnuts (300 degrees for 20 minutes), chopped, and mint or lemon balm sprigs

1. In a small bowl, add enough juice to cover kuzu. Add remaining juice, agar and salt in a 2-quart saucepan and stir to submerge agar. Bring to boil (watch for foaming over upon boiling), then simmer until agar dissolves, 3 to 5 minutes. Stir in berries and optional flavoring agents.
2. Transfer to 8-inch square glass baking dish of 2-quart capacity. Refrigerate to gel, for 1 to 1 1/2 hours, or allow to gel at cool room temperature for about 2 hours. Serve garnished.

President's Corner

By Dixie Mahy

As vegetarians/vegans we have been rather smug that our food is pure and natural providing us with all of nature's

nutrients especially when it is raw, fresh, and organically grown. Now along comes the E-coli spinach and lettuce E-coli epidemic. The sad part of this entire saga is that it is not the fault of the spinach, lettuce, or onions. There are no veggies that produce this contaminant. The culprit is the meat industry! E-coli is an intestinal bug. Plants do not have intestines! It is the waste product from tons of manure that comes from our industrialized animal factory farms where the fecal matter gets into the water system in close proximity to our vegetable farmlands. The water is used to irrigate the vegetable fields and contaminates the produce. In a single year in this country, our industrialized animal agriculture's intensive confinement system produces more than a billion tons of manure. Billions of farm animals are overcrowded in stressful, unsanitary sheds, pens, cages and stalls.

If the contaminated water from these animal farms gets into the irrigation water and is absorbed into the growing plant, the E-coli cannot be washed off. Wild pigs have also been implicated. It seems they stomp around amongst cattle manure then move on to the vegetable farms bringing the E-coli on their hooves.

What are we to do? E-coli can be cooked out of the plant but many of us are trying to eat raw, fresh, and organic. I personally feel angry that I am in jeopardy because I am trying to follow a healthy regimen and am victimized by meat-growers. It seems terribly unfair! Especially when there is no way of knowing whether one's food has been contaminated. At this point, we have to follow the news and refrain from getting food from certain farms or restaurants that have been implicated. That will require diligence and will not be an easy task. The sadness is that we were starting to get people to eat healthier and include more fresh veggies in their diet and now most people will just give up. The long-term solution, of course, is to stop animal production. Until that happens, the only other alternative is for vegetable farms to purify their irrigation water. That, unfortunately, will make our produce more expensive but perhaps that is the only way we can ensure purity.

IN THE NEWS

Vegan Potluck for MeatEaters

By *Melisse Leib*

Have you ever wanted to share your vegan experience with meat-eaters?

As a result of my passion for being vegan, I hosted a "meat-eaters" vegan potluck last November with the intent to inspire my carnivorous friends to eat more plant-based foods. I had invited my friends over for a party, asking them to bring a vegan dish, and providing them with food suggestions and recipes. Although I wasn't sure who would come or what food they would bring, I received a crowd of 35 adults and 7 children, and an assortment of

delicious vegan food.

As folks were finishing their meals, I invited my guests to eat more plant-based foods, from as little as one meal a week to as much as giving up animal products entirely. To support them, I passed out glossy PETA "Vegetarian Starter Kits". I noticed many guests perusing them, and three of my guests specifically told me that their families would eat less meat.

The event was such an awesome success that I invite you to create your own bonding experience with the carnivores in your life. Please contact me at liebschen64@yahoo.com or 203-856-8278. I'd love to support you in your meat-eaters event!

\$20 or Less a Day, Vegetarian Dining Out

Not only is a vegetarian diet nutritious and environmentally sound, it can be inexpensive. Even in San Francisco, we can dine out very well on a herbivore diet at half the budget of Rachael Ray's \$40 a Day (omnivore diet). YUM-O! Check out the following:

Breakfast options (French or Live)

French - 2 hand-made savory (vegan Moroccan lentil) & sweet pies (apple cinnamon) @ \$2.35 each from Peasant Pies (<http://www.peasantpies.com/>), 1039 Irving St./12th Ave., San Francisco, CA 94112, (415) 731-1978 & 4108 24th St./Castro St., San Francisco, CA 94114 (415) 642-1316; also available at select grocers throughout the Bay Area. When its first store opened in Noe Valley in 1993, Peasant Pies were selling at \$2.25 each – more than 10 years later, the cost increased by only 10 cents each!

Live - I Am Sustained (steamed quinoa with fresh fruit, cinnamon & touch of agave) @ \$6 (plus 10% discount to SFVS members) from Café Gratitude (see New SFVS Discount Providers list)

Lunch options (Mexican or Vietnamese)

Mexican - Soyrito Burrito @ \$5.15 (plus 10% discount to SFVS members) from Papatote Mexican Grill (see New SFVS Discount Providers list)

Vietnamese - Sesame Eggplant Tofu Lunch Special @ \$5.50 (plus 10% discount to SFVS members) from Golden Era 2 Vegetarian Restaurant (see New SFVS Discount Providers list)

Happy Hour (Asian street food)

Tofu triangles with rice wine sambal sauce @ 25 cents each during 4PM – 6PM from Poleng Lounge (see New SFVS Discount Providers list)

Dinner options (Chinese or Thai)

Chinese - House Special Chow Mein @ \$6.00 (plus 10% discount to SFVS members) from Enjoy Vegetarian Restaurant, 754 Kirkham Street/12th Ave., San Francisco, CA 94122, (415) 682-0826

Thai - Veggie Noodles with Spicy Sauce (Pad Kee Mao Tofu consisting of flat rice noodles sauteed with tofu, crushed chili peppers, tomatoes, green beans, bell pepper & Thai basil) @ \$6.95 (plus 10% discount to SFVS members) from Patpong Thai (see New SFVS Discount Directory).

San Francisco

Ace Hi Foods for Health, 2863 Mission Street, 415-647-6999.
Ananda Fuara Vegetarian Restaurant, 1298 Market Street, 415-621-1994, 10% off.
BKK Thai Cuisine (Mxd), 1022 Bush Street, 415-441-8150, 15% off.
Café Gratitude, #1 at 2400 Harrison Street and #2 at 1336 9th Avenue, 415-824-4652, 10% off.
Champa Thai Cuisine (Mxd), 5249 Mission Street, 415-584-3629, 10% off.
China Village 2263 Chestnut Street, 415-292-6688, 10% off.
Enjoy Vegetarian Restaurant, 754 Kirkham Street, 415-682-0826, 10% off.
Golden Era Vegetarian Restaurant #2, 832 Clement Street, 415-668-4888, 10% off.
Juicy Lucy's Organic Juice Bar & Deli, 703 Columbus Avenue, 415-786-1285, 10% off food & drinks.
Maharani (Mxd), 1122 Post Street, 415-775-1988, 10% off.
Medicine New-Shojin Eatstation, 161 Sutter Street, 415-677-4405, 15% off.
New Ganges Vegetarian Restaurant, 775 Frederick, 415-681-4355, 10% off.
Millennium Vegetarian Restaurant, 580 Geary Street, 415-345-3900, 10% off.
Papalote Mexican Grill (Mxd), 3409 24th Street, 415-970-8815, 10% off 11 am to 5 pm.
PatpongThai (Mxd), 2415 Clement Street, 415-379-9726, 15% off for cash only.
Petite Café (Mxd), 1541 Clement Street, 415-668-2988, 10% off meals over \$8.
Poleng Lounge (Mxd), 1751 Fulton Street, 415-441-1710, 10% off menu 6 pm to 8 pm.

Scenic India Restaurant (Mxd), 532 Valencia Street, 415-621-7226, 10% off veggie dishes.
Shangri-La Vegetarian Restaurant, 2026 Irving Street, 415-731-2548, 10% off.
Tasana Thai Restaurant (Mxd), 339 Taraval Street, 415-664-7603, 10% off vegetarian menu.
Yet Wah Restaurant (Mxd), 2140 Clement Street, 415-387-8040, 10% off menu & outside catering, excluding banquets.

East Bay

Café Gratitude, 1730 Shattuck Avenue, Berkeley, 415-824-4652, 10% off.

Welcome & Thanks to New and Renewing Members

From Tracy Ewing, Membership Database

Due to space limitations, new and renewing members will be listed in the Spring newsletter.

Life Members & Donations

Golden Carrots to Joseph Conelley and Colleen Holland as our newest Life Members. Many thanks to them for their loyalty and generosity.

We also thank everyone for End of the Year Donations, especially Keith Jones and Fred Fong for their extra generous donations.

Please disregard the "Request to Join" or "Renew" if you already have. Checks are sometimes posted after the mailing labels have been made. Duplicates may also be the result of different lists your name appears on. We appreciate your patience in deleting any duplicates. Contact: tracyinfo@aol.com for direct corrections or call our hot line: 415-273-5481.

Look for our next issue in March.

Join Us for Chinese New Year's Dinner, February 24th!

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NOTE: If your membership is about to expire (see date on label), then we urge you to renew now!

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