



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Holiday Issue 2008

Holiday Potluck & Free Lecture "Never Be Sick Again"

By Raymond Francis, M.Sc.

Saturday, November 8: Socializing & Appetizers 6:00 p.m., Dining 7:00 p.m.; Lecture: 8 p.m.

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

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

\$1 suggested donation for members & their guests with food; \$2 for non-members with food. Add \$8 to each category without food.

Following the potluck, Raymond Francis will discuss health as a choice, learn how to choose it. He is the author of the book *Never Be Sick Again* available at the meeting or contact Steve Keyser at 800-250-3063 or mail@healthamerica.org for more information.

Raymond is a chemist and graduate of MIT. He is president of Beyond Health Corporation, chairman of Health-e-America Foundation, author of "Pathways to Health" newspaper columns, publisher of *Beyond Health News*, host of radio talk show "An Ounce of Prevention", and a member of the Association of American Physicians and Surgeons and Physicians Committee for Responsible Medicine. In his 40s, Raymond lay in the hospital with the prognosis: death. Relying on his knowledge of biochemistry, he turned his health around and saved his own life. He is now in his 70s.

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

November 12 at 6:00 p.m. \$10 Suggested Donation

November 19 at 6:00 p.m. (Special Thanksgiving Dinner \$15)

(No Dinner November 26)

Red Victorian, 1665 Haight Street, San Francisco

Dinners are followed by interesting discussions or talks. RSVP 707-774-1904.

Green Festival

Concourse, 8th & Brannan Streets, San Francisco

Friday-Sunday, November 14-16

To help SFVS at its booth, contact Volunteer Coordinator Nancy Loewen at nloewen@ioaging.org or 415-750-0416. Free entrance fee for those who volunteer.

Healthy Holiday Cooking Class by Patricia Allen-Koot

SFVS Co-Sponsored with Wellness Central

Sunday, November 16, 2:00 to 4:00 p.m.

Community Room, Mission Station, 630 Valencia Street, corner of 17th Street, San Francisco

MUNI Buses on Mission Streets & Valencia. BART exit on 16th Street & Mission

\$45 plus \$10 material manual (10% discount SFVS members). RSVP required, 707-774-1904.

Imaginative vegan holiday recipes will be featured in this class featuring seasonal organic menus.

Dining Out at recently opened Loving Hut Vegan Restaurant

Saturday, November 22, 6:30 p.m.

1365 Stockton Street, near Vallejo, San Francisco

\$20 per person includes tax & tip. RSVP required by Nov 20, 415-273-5481.

Thanksgiving Day Dining Out - Thursday, November 27, at 11:30 a.m.

Millennium Restaurant, 580 Geary Street, corner of Jones, San Francisco

Paid reservations in advance required. Space limited, 1st come basis. Make checks out and mail to SFVS c/o Joseph Cadiz, 73 Rondel Place, San Francisco CA 94103 by November 21. Special price for SFVS will be \$50 per person. Price includes vegan hors d'oeuvres, salad, entrée, dessert, vegan nog, coffee or tea, tax & tip. Wine & beverages extra. Call 415-273-5481 for information.

East Bay Thanksgiving Day Potluck - Thursday, November 27, at 4 pm.

Sponsored by East Bay Veg*ns RSVP howarddy@gmail.com or 510-562-9934 for details (on one line)

UU Fellowship Church, Fire Place Room, 1606 Bonita Street, off Cedar Street, Berkeley (near the North Berkeley BART)

Call 415-885-2251 if you need a telephone contact number.

The East Bay Group will be continuing the tradition of potlucks begun over 20 years ago. Please bring prepared vegan food to share with others and your own plate and utensils to avoid unneeded environmental waste.

Birthday Potluck, Alameda

SFVS Co-Host with East Bay Veg*ans

Saturday, November 29: Appetizers 6:00 p.m.; Dining 6:30 p.m. Talk 7:30; Entertainment 8:00; & Dancing 8:30 p.m.

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

Directions: From 580, 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 (no door charge for volunteers arriving 2 hours early to help prepare).

Suggested donation: \$1 with food; \$10 without food.

Join the festivities in celebrating the 60th birthday of Dr. Lee Hitchcox (DC), author of *Long Life Now* and the 75th birthday of Dixie Mahy SFVS President! No presents, just your presence.

Kentucky Fried Chicken Leafleting – Sunday, November 30 & December 28, 12 noon

4150 Geary Boulevard at 6th Avenue, San Francisco

Followed by Lunch at Golden Buddha, 1:15 p.m.

832 Clement Street, near 9th Avenue, San Francisco

Holiday Animal People Party & White Elephant Sale

Co-Hosted by SFVS & Animal Switchboard

Fort Mason Center, Building C, Room 260, Laguna & Marina Streets, San Francisco

Sunday, November 30, 2:00 to 5:00 p.m.

\$1 suggested door donation & vegan potluck dish. Children & pets welcome. Call 415-474-4021 for more information.

Wednesday Night Vegan Dinners by Patricia Allen Koot

SFVS Co-Sponsored with Wellness Central

December 3, 10, 17 at 6:00 p.m.

(No dinner Dec 24)

Suggested Donation \$10

Red Victorian, 1665 Haight Street, San Francisco

Dinners are followed by interesting discussions or talks. RSVP 707-774-1904.

Holiday Potluck & Entertainment

Saturday, December 13: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Entertainment 8:00 p.m. (followed by caroling for those who are interested)

IOA, 3600 Geary Boulevard, San Francisco (See November 8 for transit details.) Attire: Festive

\$1 suggested door donation with enough food for 10 people; \$10 without food.

Bring creative holiday menus for this festive time. Celebrate all of the holiday festivals including the Winter Solstice, Hanukkah, Christmas, and Kwanza. If you have decorations for any of these holidays, bring them to add to the festivities and bring creative holiday dishes for this wonderful time of year.

Easy Entertaining Cooking Class by Patricia Allen-Koot

SFVS Co-Sponsored with Wellness Central

Sunday, December 14, 2:00 to 4:00 p.m.

Community Room, Mission Station, 630 Valencia Street, corner of 17th Street, San Francisco

\$45 plus \$10 material manual (10% discount for SFVS members)

RSVP required 707-774-1904

One Pot. Good & Hot. Three make-ahead one pot meals that can be the star of your next party plus some simple appetizers, side dishes to make your party complete and have it all done before the company arrives.

ANNUAL MEETING Sunday, January 11, 2009, 3:30 p.m.

Location TBA

With lots of food & fun along with yearly reports and future plans.

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