



Vegetarian News

“For Health and Humanity”

Winter Issue 2008



Favorite VEGNEWS-sponsored Event
World Vegetarian Day
(San Francisco)

Creating Healthy Change that Lasts in the New Year

By Kiki Powers, M.S., C.W.S.

As you may know, it can be challenging to jump into any new routine, even when you know it’s good for you. Whether you want to add more raw foods in your diet, incorporate daily exercise, or scale back on sugar, how can you launch a new wellness habit successfully?

Once you decide what you want to do, listen carefully to the messages you give yourself. It’s important to start with a positive mindset. If you have failed at diets or exercise routines before, remind yourself that this time, you have a fresh shot at victory. Breaking through any initial mental blocks allows you to better launch your healthy new behavior.

It’s easier to stay motivated once you become clear on what you want and why you want it. For example, if you know that when you reach a healthy body weight, you will have much more energy and confidence, which can benefit you in every area of your life, then the desire to live that way may override the tendency towards extra desserts. Stay

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anchored with a daily journal to remind you of what you want your life to look like, and why. Maintaining a positive attitude gives you the strong mental edge with any positive change. Remind yourself that you are worth the time, energy and effort required, and that you can live the life you envision. This will help keep you on track, even when dealing with unsupportive people, or situations that encourage poor choices. If you aren’t perfect at first, celebrate any progress you do make. Be sure to reward yourself along the way.

If you get discouraged at any point, hold steady and remain self-nurturing. Treating yourself with compassion is empowering. Learning how to create healthy change is one of the most important lifestyle habits you can develop. Instead of settling for poor conditions in your life, you can address them one by one, gradually creating your optimal circumstances. Again, decide what you want and why, get the mental edge by cultivating your faith, track your progress, self-nurture through the ups and downs, and celebrate your successes every step of the way. For more information, contact kiki@aboutnhs.co

Diabetes & Low Fat Vegan Diet

From Robert Martin

Letter from Patrice Green – Parkton, MD

SUMMARY OF EVENTS

- Jan 27 KFC Leafleting & Lunch at Golden Buddha, SF
- Jan 27 Vegan Cheese Class, SF
- Feb 1 & 2 Speak up for Animals, SF
- Feb 3 Chinese New Year Dinner, SF
- Feb 6, 13, 20, 27 Vegan Dining Night Out, SF
- Feb 9 Potluck & Free DVD Screening, SF
- Feb 10 Natural Remedies Symposium, SF
- Feb 16 East Bay Valentine Potluck, Alameda
- Feb 24 Easy Vegan Cooking Demo, SF
- Feb 24 KFC Leafleting & Lunch at Golden Buddha, SF

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.sfv.org and you can always call (415) 273-5481 for information.

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, 2008. 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.

As a physician, I want to thank USA TODAY for its comprehensive coverage of the latest health epidemic – diabetes (“Diabetes ‘revolution’ is cutting both ways,” Cover story, News, Monday). Many of my patients’ poor eating habits and sedentary lifestyles have contributed to their obesity and to their development of type 2 diabetes, but many of them are now taking positive steps to regain control of their health.

One of these steps is making significant dietary changes, which can help people with diabetes reduce or sometimes even eliminate the need for medication. In fact, a 2006 study published in the journal *Diabetes Care* showed that a low-fat vegan diet was more effective at treating diabetes than oral medications.

A healthy diet can also aid in weight loss and in lowering cholesterol. What we eat and how we spend our time can have a major impact on our bodies.

Americans desperately need more education about how staying active and choosing fruits, vegetables, and other vegetarian foods can help them stay healthy and avoid some diseases. (Posted at 12:06 AM/ET November 16, 2007.)

Cancer & Diet

From Dan Brook

Did you know?

*When a woman begins a low-fat diet, the amount of estrogen in her bloodstream can drop by 15-50 per cent within a few weeks, depending on how low-fat her previous diet is. Less estrogen means less stimulus for cancer cell growth.

*A study of 953 women who had been diagnosed with breast cancer showed that their risk of dying at any point in time increased by 40 per cent for every 1,000 grams of fat consumed per month.

*A person on a typical American diet consumes approximately 1,500 more grams of fat each month than a person on a low-fat pure vegetarian diet.

*A 1998 Harvard study found that men who typically consumed more than two servings of milk per day were at 60 per cent greater risk of developing prostate cancer than those who generally avoided milk.

From *The Survivor's Handbook*: eating right for cancer survival published by the Cancer Project, as printed in the *Edmonton Journal*, Jan. 29, 2007.

Killing Fungi & Bacteria

From Robert Martin

Chlorine is bad for you, and iodine isn't, points out Jared Franks, CEO of Iotec, and that difference is the basis of the company's business.

The Australian company has come up with a water purification system that kills microbes with iodine rather than chlorine or ozone. Ioteq's Isan system basically immerses fruit and vegetables in iodine-soaked water, and monitors the iodine dosage. After purification, the produce

gets bagged and sent to grocery stores. The process leaves a minimal iodine residue that is not harmful to people-and it doesn't change the flavor, Franks said, Iodine is a nutrient used by the medical profession to clean germs. The residue can also be washed off.

Not only does the iodine kill microbes, it extends the shelf life of produce. Some Australian customers are able to keep cherries on store shelves for eight weeks-far longer than normal, Franks said during a presentation and a meeting at the Always OnVenture Summit West here Friday.

The water in the Isan system can also be used several times, which cuts processing costs. The system sucks the Iodine out of one purification cycle and sends the water back to the start of the process. With water in short supply in places like Australia and California, that's a big deal, Franks said.

While Ioteq currently sells its products to food growers, it hopes to branch into the municipal-water market, selling large-scale systems to water districts. It has installed 150 systems so far.

Agriculture and water are often overlooked, but they are two of the growing wings of the clean-tech market. Organic produce is booming, and grocery markets and organic growers, of course, can't use chemicals to kill fungi or bacteria.

Farmers, meanwhile, have been stung by spinach recalls. Municipal-water districts are currently going through upgrades of their systems. And consumers complain about the chemical taste of tap water. As a result, companies such as AgraQuest have devised biopesticides while others, such as Novazone, have come up with ways to disinfect harvested food with ozone.

Ioteq claims that it has an advantage over ozone systems in capital cost, its purification systems cost only \$5,000 to \$15,000, less than the equipment required for ozone treatment, he said. (Novazone has said its systems cost closer to \$100,000, but the throughput of the systems is different...)

Interestingly, Ioteq doesn't make much money on the hardware. Instead, the profits come from selling iodine to its installed base. The iodine market, Franks added, is fairly stable. It comes from Chile and Japan, and the price doesn't fluctuate much. Chlorine as a chemical costs less, he admitted, but Ioteq's Isan system needs fewer chemicals to get the job done. The Isan system needs only about 30 parts per million of iodine to clean fruit. Chlorine needs about 200 parts per million. As they say in the water business, it's a wash at that point. **Posted by Michael Kanellos, Half Moon Bay, Calif. Dec. 7, 2007.**

Ten Commandments Regarding Animals

From Dan Brook

1. Animals are important in their own ways and you should therefore give them rights and respect
2. Do not objectify animals, thereby denying them their sentience and souls, their intelligence and consciousness, their emotions and feelings
3. Do not say things like "they are only animals" to excuse behavior, whether yours or of others
4. Allow animals to eat and drink, as you enjoy eating and drinking; allow animals to rest, as you enjoy resting; allow animals their space and freedom, as you enjoy yours; allow animals to live in peace, as you desire peace; allow animals to have safe habitats, as you would enjoy a safe home.
5. You need to remember that humans are also animals and to therefore recognize your common evolutionary ancestry and social relationships with other beings
6. Do not kill animals, whether for food, clothing, research, entertainment, or otherwise
7. Do not exploit or abuse animals, whether for food, clothing, research, entertainment, or otherwise
8. Do not stand idly by as animals are exploited, abused, harassed, tortured, or killed
9. Do not do to other living beings what you would not want done to you
10. Choose vegetarian so that you, your offspring, and all other beings may live and thrive in a happier, healthier, more peaceful, and more sustainable world

Dan Brook, Ph.D., is a writer, speaker, activist, and instructor of sociology at San Jose State University. Dan will be speaking at SFVS Potluck Video Program in February.

Taste of Jamaica

By Carmen Lee

Jamaica is known as the birthplace of the all-inclusive vacation. I purchased my weeklong Jamaican vacation package from Globe Aware (www.globeaware.org), an NGO that sends volunteers to work on sustainable development projects with Southern Trelawny Environmental Agency (www.stea.net) and live with families in the Rock Spring community of Cockpit Country. Hilly Cockpit Country, far from the "sand and sea" resorts, is where the Maroons (escaped slaves) fled from the British in the 18th century. Today it is still off the beaten path and represents Jamaica's largest wilderness area.

Rock Spring, with its population of about 1,500 residents – the majority make a living as yam farmers – has a primary school and two churches. STEA has been working to develop Rock Spring's eco-tourism program to promote environmental conservation and economic alternatives. Residents transport their trash to a centralized bin, which is always overflowing by the time garbage collection takes place on Saturday mornings. Without knowledge of waste management practices, residents litter roadways and rivers

with garbage. I noticed much of the garbage related to food packaging.

During my weeklong visit, I was inspired to record what Jamaicans ate, where their food came from and how much it cost. My inspiration came from viewing *Hungry Planet: What the World Eats*, an exhibit at the Museum of the African Diaspora (www.moadsf.org) by Napa-based team of photojournalist Peter Menzel and writer Faith D'Aluisio, who recorded what families around the world eat each week (www.menzelphoto.com/hungryplanet/).

Schoolchildren's diet

The impact of globalization on the diets of schoolchildren was apparent at Spring Garden Primary and Infant School, where I taught environmental conservation (3 R's: reduce, reuse, recycle). During morning recess, students snacked on Frito-Lay chips and high fructose corn syrup drinks. Lunch consisted of white rice and chicken, or yam soup. Higglers (vendors) sat outside the canteen and within the school grounds to sell candy and other packaged snacks to students. Some teachers brought lunch in styrofoam containers. The younger students were enthusiastic about collecting thrown wrappers, cartons and straws – to the point of fighting over trash that would be tossed into the plastic trash cans! The older students then burned the collected trash in the incinerator. It was a challenge to persuade students to give up sugary/salty/fatty snacks in packages that cause litter in favor of fresh fruits that can be peeled and composted.

Homestay family diet

I made known my vegetarian preference so I was placed with a family of Seventh-day Adventists, who abstain from eating pork and shellfish; however, they included chicken and fish in their diet. Recent Hurricane Dean and rains destroyed the crop of green vegetables, such as callaloo, so my vegetarian diet consisted of fried ackee (fruit that resembles scrambled eggs when cooked), rice and peas (beans), pumpkin soup, boiled yams/breadfruit/green bananas, festival (dumplings), etc. The hurricane had blown away the chicken coop so the free-range hens laid their eggs under bushes, turning the entire yard into an Easter-less egg hunt!

Almost all food came from my homestay family's yard except fish from Canada, coconut milk from Malaysia, rice from Guyana and store-bought chicken, white bread, beans and spices from unlabeled origins.

Buying local foods

I joined my homestay Mama and her daughter for their weekly grocery shopping trip via 1-hour shared taxi ride (\$1.40 each way) to Christiana. The eye-opening documentary, *Life and Debt* (www.lifeanddebt.org), showed Jamaica's enslavement at the hands of the IMF and World Bank policies, which favor multinational corporations over local economic interests. Most food is imported to the

island but even local products are relatively expensive. Examples of the cost of Jamaican products: Wallenford Blue Mountain Coffee, 227g - \$9.63; Old Jamaican Ginger Beer, 284ml - 77 cents; Big Bamboo Irish Moss, 284ml - 91 cents; Eve Guava Jelly, 340g - \$1.67; Excelsior Water Crackers, 336g - \$1.71.

Since Jamaica's GNI per capita is \$3,480 (or less than \$10 per day), I wondered how Jamaicans survived without subsistence farming or remittances from relatives living overseas.

Ital diet

I never saw the Cockpit Country caves that are promoted by STEA. Instead, I checked out Bob Marley's birthplace and mausoleum in Nine Mile (www.ninemilejamaica.com). The 30-minute tour, which cost \$15, helped me understand why Marley is the 5th richest dead person in the world. To my disappointment and contrary to guidebooks, Marley's on-site restaurant is not Ital or vegetarian. As Rastafarian, Marley adopted the Ital diet, which is vegetarian and emphasizes the natural so there is no salt, no chemicals, no meat or dairy. The Rasta guide explained that the restaurant's menu changed to appeal to the tourists; he added that there were no Ital restaurants in the area because most Rastas prefer to prepare their own meals instead of dining out.

Since I missed the opportunity to check out the Ital diet while in Jamaica, I searched the internet upon my return to the Bay Area and found Vital Ital Calabash with locations in Berkeley and Oakland. I visited the Berkeley location and ate Jerk (Soy) Chicken with Greens (\$12) to my stomach's content, while Marley sang, "One love, one heart, Let's get together and feel all right. . ." It was irie (groovy in Jamaican patois) to be back in the Bay Area with our year-round abundance of green vegetables!



FOOD & DRINK

Almonds: Health-Promoting Power Food

By Kiki Powers, M.S., C.W.S.

Nuts are one of nature's richest foods—loaded with protein, healthy fats, and a host of nutrients. The best choices are fresh, unprocessed nuts. According to Elson Haas, M.D., in his book *Staying Healthy with Nutrition* (Celestial Arts, 1992), avoid the salted, oil-roasted nuts, as this processing degrades the essential fats the nuts contain, reduces their nutrient content, and makes them harder to digest. Dr. Haas explains that nutrients vary among nuts, and fat content ranges from 50-70%. He suggests that almonds are the best all-around choice with a fat content of 60% and protein content of 20%.

Almonds are not only rich in vitamin E, calcium, copper, iron, zinc and potassium, along with a range of B vitamins, they also offer heart-healthy monounsaturated fat. In fact, almonds have been shown to be a cardio-protective super food, decreasing LDL “bad” cholesterol and increasing HDL “good” cholesterol (J Nutr 2002 Apr;132(4):703-7, J Am Coll Nutr 1992 Apr;11(2):126-30). Other research suggests that nuts can actually reduce risk of sudden cardiac death (Arch Intern Med 2002 Jun 24;162(12):1382-7). So, find those fresh, organic nuts at your local Farmer's Market or health food store, eat in moderation, and enjoy in good health!

Orange Almond Salad with Almond-Raspberry Vinaigrette

Whatever the occasion, this elegantly delicious salad will be well received. The dressing below is extra special if time permits, otherwise you can use any bottled raspberry vinaigrette. Either way, dress the salad at the last minute. Serves 4 generously:

Orange Almond Salad

1/2-1 cup slivered almonds
6-8 cups of Romaine lettuce or mixed greens in bite sized pieces

One small can Mandarin oranges, drained

One large, ripe avocado, sliced

Thin rings cut from half a sweet red onion (optional)

Prepare and toss all ingredients together in a large, attractive salad bowl.

Almond-Raspberry Vinaigrette

2 Tbs. slivered almonds

3 Tbs. raspberry vinegar

1 tsp. Dijon mustard

1/2 cup almond or flax oil

Grind almonds in blender or food processor. Add vinegar and mustard; whirl until smooth. With machine running,

add oil in a slow, steady stream until mixture is blended. Makes 3/4 cup.

BIO for previous recipes.

Kiki Powers, Educator, Counselor, Nutritionist and a participant in World Veg Day 05. Her contact number is: kiki@aboutnhs.com.

Greens, Glorious Greens: Focus on Kale

by Meredith McCarty, www.healingcuisine.com

Kale is a member of the Brassica family of vegetables, descendants of the wild cabbage that originated in Europe but now grows on American coastal cliffs as well. Other members of this family include Savoy, green and red cabbages, Brussels sprouts, broccoli, cauliflower, collard greens and kohlrabi. There are several kinds of kale, hardy winter greens that grow year-round in Mediterranean-style temperate climates like California. The early settlers in this country grew kale in their gardens, heaping straw on the plants so they would over-winter and the cooks could pull off a fresh leaf now and then. Kale leaves were also dehydrated for winter use. Different cultivars vary greatly in their tastes and textures. There are curly kales such as green and Russian red kales, and the favorite variety seen in many Italian home gardens, lacinato or dinosaur kale, with its elongated, curled and very dark green leaves.

Kale is an excellent source of calcium and iron, creating strong bones and teeth and helping prevent osteoporosis. And kale has good bioavailability for calcium. In other words, the calcium in kale is readily absorbed by the body more efficiently than the calcium contained in milk. (“Calcium Absorption from Kale,” American Journal of Clinical Nutrition 51, 656-57, 1990) The folate in kale builds healthy cells and genetic material. The indoles and lutein in kale eliminate excess estrogen and carcinogens from the body.

Preparing Kale

While some people cut out and discard the hard fibrous midrib and stalk, I usually slice that portion more thinly than the leaves so it cooks in the same amount of time, about 5 minutes in boiling water. Most bunches of kale weigh about 8 ounces, yield 6 to 8 cups, chopped, and cook up bright green and tender, more so and more quickly, with boiling than by either steaming or sautéing. Simply drain the water. Yield is 2 1/2 to 4 cups cooked kale. I usually eat a third to half the cooked kale for dinner and the rest within the next 24 hours.

Seasoning Kale

There are several ways to season kale. One is with a quickly pulled together dressing, a single seasoning or a mixture of seasoning ingredients you have on hand. I call these One-, Two- and Three-Taste Dressings. A One-Taste Dressing might be a squeeze of lemon juice or vinegar (brown rice, apple cider, balsamic, umeboshi (picked salted

plum vinegar), etc.). A Two-Taste Dressing might be lemon juice or brown rice vinegar mixed with soy sauce, a delicious combination. A Three-Taste Dressing would be a Two-Taste Dressing with the addition of a tiny amount of oil such as extra virgin olive, toasted sesame, or flax oil, or a sweetener such as brown rice syrup or Japanese sweet rice cooking wine called mirin.

Another way to enjoy kale is added to soups such as a Tuscan White Bean Soup or a Vegetable-Miso Soup with Tofu, Shiitake Mushrooms and Fresh Ginger. By adding the cooked kale last, it retains its bright green color and fresh flavor.

My favorite way of eating kale is boiling and draining it and then mixing it into a skillet of sautéed onions, leeks, or garlic, or shiitake mushrooms, or chanterelle mushrooms. Seasoned with a little sea salt and pepper or natural soy sauce (Ohsawa Nama Shoyu is a high quality brand), it's incredibly delicious. This new dish is also wonderful mixed with whole grain pasta.

Knowing that these are the ways both Europeans and Asians have enjoyed hardy greens for hundreds of years, brings a grounded sense of connection to both the earth and to those who have come before us.

Kale with Raisins and Toasted Pine Nuts

Makes 3 to 4 servings

Purified water to measure 2 inches in pot

1/2 pound bunch kale, midrib cut out and thinly sliced, greens stacked and sliced

2 teaspoons olive oil

2 tablespoons fat Flame raisins

Pinch of sea salt

1 tablespoon water

2 tablespoons pine nuts, lightly toasted at 300°, about 8 minutes

1. Bring water to boil and add kale. Press to submerge. When simmering resumes, time for 5 minutes. Stir once or twice during cooking, then drain kale.

2. Meanwhile, heat oil in a medium skillet. Sauté raisins, sprinkle with salt and water. Cover for a minute or two to plump raisins. Stir in kale and pine nuts, and serve.

Season's Greens & Red Radishes with Citrus Vinaigrette

Makes 3 or 4 servings

1 bunch greens of the season, such as kale, collards, mustard, broccoli, broccoli rabe or chard, rinsed and sliced
Water (2 inches for hardy greens such as kale, collard and mustard, 1/2 inch for broccoli)

1 bunch of red radishes, thinly sliced

Citrus Vinaigrette:

Makes 1/2 cup

1/4 cup lemon juice

2 tablespoons water

2 teaspoons extra virgin olive oil and/or flax oil

1/2 teaspoon sea salt

Freshly ground pepper

1 small clove garlic, pressed

1. Bring water to boil in a pot of appropriate size. Add greens, pressing to submerge hardy greens.

2. Cook until tender, 5 to 7 minutes for kale and collards, 3 to 5 minutes for mustard and broccolis. Add radish slices in last minute of cooking.

3. Meanwhile, mix dressing ingredients in a covered jar. Keep refrigerated. Drain vegetables and dress lightly to serve.

Wild & Long Grain Brown Rice Blend

Makes 5 or 6 servings or 5 cups

1 3/4 cups long grain brown rice

1/4 cup wild rice

3 cups water

3-inch piece kombu seaweed

2 teaspoons vegetable bouillon OR 1/4 teaspoon sea salt

Carrot cutouts and fresh parsley sprigs for garnish

1. Rinse and drain rices. Soak in measured amount of water in a bowl.

2. Drain soaking water into a 3-quart saucepan. Add kombu and bouillon or salt and bring to boil. Add rices and when boiling resumes, turn heat low to cook covered until liquid is absorbed and rice is tender, about 45 minutes.

3. To make carrot cutouts, slice half a carrot on the diagonal and boil until tender, 5 minutes. Cut shapes out with hors d'oeuvre cutter, for example, the heart or star shape. Garnish servings of rice with sesame salt, a carrot cutout and a sprig of parsley.

Toasted Sunflower & Pumpkin Seeds

Delicious as a topping for plain brown rice or as a snack, or an ingredient in homemade trail mix.

1 cup sunflower or pumpkin seeds

1/2 to 1 tablespoon natural soy sauce

1. Preheat oven to 300°. Spread seeds on baking sheet one layer thick.

2. Toast in oven until they taste good and become slightly golden, about 8 minutes. Sprinkle and stir in soy sauce. Return to oven to bake until dry, about 5 minutes more.

BIO for previous recipes.

Meredith McCarty is a Diet Counselor, Nutrition Educator, and a participant in World Veg Festival 07. Her website is: www.healingcuisine.com.

PRESIDENT'S CORNER

By Dixie Mahy

As the SF Vegetarian Society begins its 40th year promoting a plant based diet for Health & Humanity (its original motto), we can be proud of its great contribution to the vegetarian/vegan movement. It has been consistently in the forefront all these years, quietly and sometimes noisily, yet always vociferously and consistently promoting the health, humane, ecological, and spiritual message that a plant based diet is good for humans, animals, and the earth. I am proud to have been involved with the Society for 39 of its 40 years. I have watched Vegetarian Societies and groups come and go over the years and am pleased that SFVS continues to be a steady influence and gets better each year providing a variety of activities both social and educational in the community. SFVS received recognition in *VEGNEWS Magazine*, Nov/Dec 2007 as Favorite Veg-News-sponsored Event, World Vegetarian Day (San Francisco) on p.45 and SFVS Website made Readers' Favorites Web Directory List, www.sfvs.org, on p.46. With your support, we can continue to make a difference in the world. Your dues, donations, and volunteer help will insure that our message will be heard. Although there has been much progress since the society was begun in 1968, there is still much to be done.

SOCIETY NEWS

SFVS Discount Program Update

From Carmen Lee

New Provider

PALEOLOGOS S.A has a new website www.portoclub.gr/vegetarian-recipes-holidays.html. Owner George Portokalakis has over 35 years of experience in the travel & food business. 25th August Street – 71202 Heraklion – Crete-GREECE, Tel (211)0030 2810 372570 + 317358 + 332847 Fax (211)0030 2810 372570 & 346208. (Email:

info@portoclub.gr & Portokalakis@Paleologos.gr) 5% discount plus extra 5% for early booking offer valid through 12/31/2008. Family owned and operated touring business, including Cretan Vegetarian-Vegan Option tours.

New Provider

Mobile Notary by Judith Gottesman, MSW, www.judithgottesman.com or 510-418-8813. 10% off travel fee for notary services serving Berkeley and surrounding areas.

New Provider

Valet Barking by Judith Gottesman, MSW, www.valetbarking.com or 510-418-8813. 10% off pet sitting, dog walking and photography services serving Berkeley and surrounding areas.

Name Change

Golden Era 2 Vegetarian Restaurant has changed its name to Golden Buddha, 832 Clement St./9th Ave., SF 94118, 415-668-4888 (www.goldeneravegetarian.com) 10% off menu

Name Change

Petite Café has changed its name to Café Mereb with a new website, www.cafemereb.com. 1541 Clement St./17th Ave., SF 94121, 415-668-2988. 10% off catering & all meals over \$8 Daily Menu items include crepes (veggie, curry tofu, pesto veggie, cinnamon apple, fruit, nutella, etc.), specialty wraps, salads, soup, bagels, soy milk & fruit smoothies, etc. Weekend menu includes Eritrean dishes such as aleecha (baked vegetable curry), hamli (mustard green slow cooked in Eritrean spices), bamia (okra cooked in Eritrean sauce), shurro (chickpeas cooked in Eritrean sauce). All Eritrean dishes are served on ingera (sour-dough flat bread made of iron-rich teff flour). Traditional Eritrean Style Dinner is served every Saturday night 6:30-9:30 p.m. Live music every first Tuesday of the month.

SFVS MEMBERSHIP FORM

Status: New member Renewing member
Level: Individual dues of \$20 Family dues of \$30
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Special donation: _____ Here's a special tax-deductible contribution to help with SFVS expenses.

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SFVS membership qualifies you for half-price membership in NAVS, North American Vegetarian Society. NAVS, PO Box 72, Dolgeville NY 13329; and for 25% discounted membership to VegDining (\$10.95).

Make check payable to San Francisco Vegetarian Society and mail to: SFVS, P.O. Box 2510, San Francisco, CA 94126. Addresses are not provided to any other organizations. Financial statement available upon request.

Community Thrift Store

Keep donating clean clothes, furniture, jewelry, and other items to the Community Thrift Store in SFVS name and mention #95 to give us a portion of the sales of those items. They are located at 623 Valencia, near 17th Street in San Francisco. Call 415-861-4910 for store hours or for pick up. Thanks to the following members and friends for making donations to the store: Coleman Alam, Rhonda Bennon, Janet Barron, Ray Frederiks, Ron Laupheimer, Dixie Mahy, Kristen Miles, Shanta Sacharoff, and Maya & Karthik Vasudevan.

Vehicle Donations

If you have a used car you would like to get rid of, you can donate it to SFVS for a tax-deductible donation. Contact SFVS 415-273-5481 for more details.

Other Donations

Many thanks to Susan Sullivan, Larry & Ann Wheat, Peter & Lois Gilder, Helen Buddha Horton and Warren Haven for their 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.



Living Light
Culinary Arts Institute
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Making healthy living delicious!
707-964-2420 RawFoodChef.com
301-B North Main Street, Fort Bragg, CA

- Culinary Arts Institute
- Gifts for Chefs
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- Eco-Friendly Lodging

The advertisement features a central photograph of a woman in a white chef's coat smiling and holding a plate of food in a kitchen setting. The text is arranged in a clean, professional layout with a black background for the bottom section.

Join us for Chinese New Year's Dinner Feb 3!

San Francisco Vegetarian Society
for Health and Humanity
P.O. Box 2510
San Francisco, CA 94126

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

Vegetarian News is printed on recycled paper.

