



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society

Veg Calendar

Winter Issue 2008

KFC Leafletting – 12 noon & Dining Out – 1:15 p.m., Sunday, January 27

Co-sponsored with Veggie-Jews' Tsedakah Brigade & PETA

Kentucky Fried Chicken, 4150 Geary Boulevard, corner of 6th Avenue, San Francisco

Pamphlets on cruelty involved in factory farm chickens will be provided.

Everyone welcome to come to lunch whether or not involved in leafletting.

Golden Buddha Vegetarian Restaurant (10% discount for SFVS members), 832 Clement Street, between 9 and 10th Avenue, San Francisco. For more information, contact p.cohon@dslestreme.com. This ongoing event repeats on the last Sunday of every month.

Vegan Cheese Class, Sunday, January 27, 2 p.m.

Co-sponsored with The Wellness Central

The Loughborough Center, 1844 Broderick Street, near California Street, San Francisco

\$25 for SFVS members/\$40 for non-members. RSVP 415-273-5481.

Patricia Allen Koot, a graduate of Baumann College where she completed the requirements for the Nutrition Educator certification, will present this interesting class.

Attendees will receive samples & recipes. She has been teaching vegan cooking classes for over three years with the Wellness Central, a non-profit corporation providing a range of services promoting whole-person wellness thru seminars, workshops, and classes. RSVP 707-774-1904 or e-mail archiereus@yahoo.com. Their offices are located at 725 E. Washington Street, Suite 203, Petaluma CA 94952.

Speak Up For Animals Weekend Conference

Friday, February 1, 7 to 9 p.m. and Saturday, February 2, 12 noon to 3 p.m.

Fort Mason Center, Room 370, Building C, San Francisco

Sponsored by PETA

Friday, I Am an Animal: The Story of Ingrid Newkirk and PETA, an award-winning animal rights documentary. Free Admission.

This film gives an inside look at one woman's lifelong quest to make the world a kinder place for all animals, and will inspire you to make a difference in your community.

Saturday, PETA will host a discussion on effective advocacy, answering tough questions and encouraging people to get involved to help animals. \$10 in advance, \$15 at door, SpeakUp@peta.org or call 757-622-7382, ext. 8229

Join PETA for a discussion on animal rights and vegetarianism, how to be a more effective advocate for animals, and what you can do to make the world a kinder place. You'll also meet like-minded people in your area and find out how to get involved with the efforts of local animal protection organizations.

SFVS will have an information table & President Dixie Mahy will participate in the forum on Saturday.

Gung Hay Fat Choy

Chinese New Year Banquet, Sunday, February 3, 6:00 p.m.

Golden Buddha Restaurant, 832 Clement Street, corner of 9th Avenue, San Francisco

\$20 per person includes Tax, Tip, & Tea. RSVP 415-273-5481

Vegan Menu (subject to last minute changes): Thai Cucumber Salad, Spicy Potato Chicken Curry, Sautee Asparagus & Green Beans, Sautee Garlic Green Bean Tofu, Brown Rice with Red & Black Rice added, *Golden Tofu, and *Asparagus Soup. *Special dishes. Organized by Winnie.

Vegan Night Out

Dinner every Wednesday evening, 6:00 p.m. starting Feb 6

Co-sponsored with The Wellness Central

The Loughborough Center, 1844 Broderick Street, near California Street, San Francisco

Donations welcome. Call 707-774-1904 for more information or reservations.

Potluck & Free DVD Screening "A Sacred Duty"

Saturday, February 9: Socializing & Appetizers 6:00 p.m.; Dining 6:30 p.m.; Video 8:00 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 Exit

\$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, the documentary, "A Sacred Duty," promoting vegetarianism, produced by Jewish Vegetarians of North America and multi-award winning filmmaker, Lionel Friedberg, will be presented. The film is a response to global warming showing how religious responses can make a major difference and how a plant-based diet is an essential part of any effort to reduce global climate change and other environmental threats. It also challenges people to consider the many moral issues related to our diets. Although it was produced for a Jewish audience, it speaks to people everywhere about the ethics of our relationship to the natural world in which we live. SFVS does not endorse any religion but the documentary also contains secular interviews and information relevant to our environment.

Dan Brook, Ph.D., sociology instructor at San Jose State University, and SFVS member, will make a presentation before and after the film.

Natural Remedies Symposium, Sun Feb 10, 2:00 p.m.

The Loughborough Center, same address as above.

Sponsored by The Wellness Central

Call 707-774-1904 or archiereus@yahoo.com for details.

Post Valentine Potluck

Saturday, February 16: Socializing & Appetizers 5:00 p.m.; Dining 6:00 p.m.; Dancing 8:00 p.m.

Co-sponsored with East Bay Veg*ns

At the home of Elizabeth Bechtold, 633 Glenwood Isle, Alameda, Attire Dressy.

\$1 suggested donation with food; \$10 without food.

Enjoy good food and décor with a Valentine theme

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. Call 510-864-1111 for last minute directions or to volunteer

beforehand. (No door fee for those arriving two hours early to help set up or prepare raw appetizers.)

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

KFC Leafleting – 12 noon & Dining Out – 1:15 p.m., Sunday, February 24

Co-sponsored with Veggie-Jews' Tsedakah Brigade & PETA
Check Jan 27 date on Calendar for details or p.cohon@dslestreme.com. This ongoing event repeats on the last Sunday of every month.

Ten Easy Vegan Dinners, Sunday, February 24, 2 p.m.

Co-sponsored with The Wellness Central
The Loughborough Center, 1844 Broderick Street, near California Street, San Francisco. \$25 SFVS Members/\$40 Non-members.
Patricia Allen Koot will demo Ten Easy Vegan Dinners you can make in 15 minutes. This will be a helpful class for busy people or beginners. Check Jan 27 demo for Patricia's bio.