



A Publication of the San Francisco Vegetarian Society

San Francisco Vegetarian Society Veg Calendar

Spring Issue 2009

Potluck & Free Lecture “Fine Tuning Your Vegan Diet”

by William Harris, MD

Saturday, May 9, Appetizers 6:30 p.m.; Dinner 7:00 p.m.; Free Lecture 8:00 p.m.

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

Bus #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. (Volunteers interested in helping set up should arrive an hour early and door fee (not food fee) is waived.)

Dr. Harris is the author of *The Scientific Basis of Vegetarianism*. He earned his BA in physics at UC Berkeley as Phi Beta Kappa '58 & MD from UCSF '63; served his medical internship at San Diego County Hospital; worked as First Chief at Scripps Hospital in La Jolla CA Emergency Dept.; worked for Southern CA Permanente Medical Group Walk-In Clinic in L.A.; served as volunteer physician in charge of civilian pediatric ward in Bac Lieu General Hospital, South Vietnam; worked for L.A. County Medical Group Emergency Dept.; worked in Emergency Dept., for Hawaii Permanente Medical Group; voted by peers as one of 10 best HPMG physicians in 1975 & 76; served as Director Kaiser Permanente Vegan Lifestyle Clinic in Honolulu; retired September 1998 after 34 years of medical practice and took up skydiving next day. Other interests include Champion Big Ten Trampoline 1950; sponsor/coach of Hawaii Highflyers Trampoline Club; Hang gliding and aerobatic sailplane pilot with commercial single and multi-engine rating; and U.S. Parachute Assoc. License with 1,032 jumps with last jump 4/11/09; and belongs to Sky Divers Over 60. His other interests include physics, math, classical music (composer with CD), computer technology, and freelance writer for *Mensa Journal* and vegetarian publications. He has been a vegetarian since 1950 and a vegan since 1963 and has served as Vegetarian Society of Hawaii Newsletter Editor and currently serves as Board Secretary. <http://www.vegsource.com/harris/>

Marin Cooking Class – Tuesday eves, May 12, 26, June 23, July 7 - 6:30 – 8:30 p.m.

Redwood High, Room 120, 395 Doherty Drive, Larkspur

\$50 per class (10% off for SFVS members registering on line) www.marinlearn.com click on Self/Home & Garden, or call Meredith McCarty, 415-945-3730.

May 12 – Springtime Menu; May 26 – Quick & Easy Recipes; Mediterranean Turkey Cuisine; July 7 – Summer Pastas, Wheat & Gluten-Free.

Wednesday Night Vegan Dinners May 13, 20, & 27, 6:00 p.m.

SFVS Co-Sponsored with Wellness Central

Red Victorian, 1665 Haight Street, San Francisco

Suggested donation \$10

Dinners catered by Patricia Allen Koot, N.E. and followed by interesting talks or discussions. Call 707-774-1904 for reservations or to recommend someone or yourself to give a talk or lead a discussion.

Compassionate Cooks Cooking Class – Saturdays, May 23 & June 20, 10:00 a.m. – 1:00 p.m.

First Unitarian Church of Oakland, 685 14th Street at Castro, Oakland

\$50 per class + \$5 food fee (food fee waived for SFVS members)

Colleen Patrick-Goudreau, author of the *Joy of Vegan Baking* and *The Vegan Table* will demo “Burgers and Backyard Bites” on May 23rd and “Love of Legumes” on June 20th. Mail checks to: Compassionate Cooks, P.O. Box 18512, Oakland, CA 94619 or registered online at: <http://www.compassionatecooks.com/reg.htm>

Dining Out, Loving Hut, Sunday, May 24, 5:45 p.m.

1365 Stockton Street, corner of Vallejo, San Francisco Chinatown

Public transportation recommended MUNI #30 & 45

Parking lot on Vallejo Street, 1/2 block away Special price: \$15 for members & their guests (with exact change); \$17 non-members. Price includes tax, tip and tea.

RSVP 415-273-5481 by Sunday, May 24 at 12 noon (call same number to cancel)

Vegan Menu: Spicy Tofu Cha Cha, *Fried Won Ton Skin with sweet tomato sauce and Chinese horseradish; *Special New Veggie Dish; *Special Veggie Curry Rice made with 20 spices; *Special Chef’s Chow Mein; *Mixed Vegetable Plate with Secret Sauce; Brown Rice, Filtered Water with lemon; and Herbal caffeine-free Tea. New Menu Item: Gogi Berry & Ginger Tea for 2 \$4 each; Vegan Desserts baked on premises or ordered from Black China, \$3.45 each.

KFC Leafleting – Sundays, May 31 and June 28 at 12:00 Noon
Kentucky Fried Chicken, 200 Duboce, corner of Guerrero Street, San Francisco
Lunch at Dolores Park (Veg Friendly) Café, 501 Duboce at 1:15 p.m.
Pamphlets on cruelty involved in factory farm chickens will be provided by PETA.
For more information, contact Bonnie Knight Bonbonsf@aol.com or 415-290-1576.

Potluck & Lecture “Vegetarianism Is Good for Life”
Sunday, May 31, 2009, 6:30 p.m. socializing, 7:00 p.m. dining, 8:00 p.m. lecture
Unitarian Church, 300 East Santa Inez Avenue, San Mateo
RSVP: 415-273-5481 or info@sfvs.org

\$1 suggested donation with food to serve 10 (vegan dishes preferred); \$10 without food
Literature and recipes will be available from The San Francisco Vegetarian Society.

For information on the potluck or the society, call 415-273-5481 or www.sfvs.org

Following the dinner, Dixie Mahy will discuss the reasons for eating a plant-based diet and some tips on how to adopt a healthier lifestyle. She has been a vegetarian for 50 years (30 as a vegan-no dairy, eggs, or other animal products), an active member of The San Francisco Vegetarian Society 40 of its 41 years, and is presently president of SFVS. Dixie will discuss the reasons for eating a plant-based diet and some tips on how to adopt a healthier life style that is good for you and good for the planet earth.

Wednesday Night Vegan Dinners June 3, 10, 17, 24 at 6:00 p.m.
SFVS Co-Sponsored with Wellness Central
Red Victorian, 1665 Haight Street, San Francisco
Suggested donation \$10

Dinners catered by Patricia Allen Koot, N.E. and followed by interesting talks or discussions. Call 707-774-1904 for reservations or to recommend someone or yourself to give a talk or lead a discussion.

Summer Picnic by the Bay, Sunday, June 7, 1:00 p.m.
SFVS Co-Sponsored with SF Living Food Group

Crissy Field, near Warming Hut at the end of Mason Street, Presidio, near the Golden Gate Bridge

Children of all ages and pets on leash are welcome. Bus #29 or #45 to Lyon & Greenwich then take Presidio Shuttle to the Warming Hut or call MUNI, 415-673-6864 for bus connections. Let us know if you are coming in order to reserve enough tables, 415-273-5481. Fresh raw food preferred to serve 10. Wear layered clothing for unpredictable San Francisco weather, mostly on the cool side. After lunch, enjoy walking, hiking, biking, or just sitting and viewing this incredible panoramic view of the San Francisco skyline and bay.

“Vegan Table” Launch Party – Sunday, June 7, 3:00 to 6:00 p.m.
Numi Tea Garden, 2230 Livingston Street, Oakland

Celebrating Colleen Patrick-Goudreau’s newly published cookbook, *The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion*. \$10 per person includes samples from the cookbook, organic Numi Tea, live music, gift bags, raffle prizes, book signing, and Q & A. Portion of proceeds benefits Farm Sanctuary.
RSVP required <http://vegantable.eventbrite.com/>

Vegan Green Earth Day Dining Out - Sunday, June 21, 5:45 p.m.
In conjunction with GoVeganRadio KKGN/GREEN 960 (every Saturday at 5 p.m.)

Enjoy Vegetarian Restaurant #2
839 Kearny Street/Washington, San Francisco Chinatown
MUNI #30 or 45

Special price: \$17 for members with exact change, non-members \$20, children under 12 half off. Price includes tax, tip, & tea.

RSVP 415-273-5481 by Sunday, June 21 at 12 noon.

Vegan Menu: Chef’s surprise appetizer; #63 Lotus Root, Lily, Pea, Ginko Nuts; #90 Bean Curd Rolls with Vegetables; #1102 Enoki Mushroom, Dried Mushroom, Bamboo Pith with Soft Tofu; #105 House Special Chow Mein; Chef’s Special Dish; Brown Rice; Filtered Water with lemon; Hot Herbal caffeine-free Tea

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