



A Note  
from  
2017 VCC  
President:

Jon Judy

Dear Veg Club Friends and Members,

For those of you who might not know me, my name is Jon Judy, and I recently become our club's president for a second year. Although the reasons I was originally elected remain inscrutable, I know very well why I was brought back. First, I did such a good job last year. Second, nobody else wanted to do it.

My point? There are so many opportunities and ways to get involved, and not enough bodies to fill them all. If you value this club - or would value it more if your fantastic ideas were implemented - please do consider a leadership role.

After a highly successful thirtieth year, the Veg Club is back to continue to spread the word about vegetarianism through outreach, education, and simple fellowship. We have six diverse events planned this year that should offer something for everyone - with fantastic meals to boot.

Speaking of food, has there ever been a better time to be a vegetarian? New options for dining out and eating at home abound, and science seems at every turn to be confirming what all of us have long known: Vegetarianism is better for the health of humans, animals, and the planet.

Through education and outreach, groups such as ours have led us to this golden age of meat abstinence. With our wallets we have shown businesses that we are a market they cannot afford to ignore. With our actions, we have shown our neighbors that there is a healthier, more compassionate way.

I've got an idea: Let's not stop now!

Sincerely, Jon Judy

### Celebrating Our Thirty-first Season

Founded in September 1986 by Canton vegetarian David Kidd, VCC was incorporated and received its non-profit status in the mid-nineties under the leadership of officers Jim Nero, Connie Rubin, and Brad Graef. VCC has had a significant impact in Stark County, Ohio. We have served over 15,000 vegan meals and have caused vegetarian & vegan meals to be placed on local restaurant menus.

Following our monthly vegan dinners, we have hosted over 300 regional and national speakers who have taught the

nuances of a healthy vegetarian/vegan lifestyle.

### Reservations/Payments

To reserve your seat for a dinner meeting, simply call the VCC voice mail at **330-649-0508** by the posted deadlines. When you call in your reservation, follow the prompts. **SPEAKER ONLY:** If you only want to come to hear the Speaker, make this **VERY CLEAR** when you call in your reservation. All payments are due at the door. **We only accept checks or cash at the door. No Credit Cards.**

P.O. BOX 2994  
N. CANTON, OH  
44720-0994

OFFICE/  
RESERVATIONS  
330.649.0508

**APRIL 21, 2017**

**FRIDAY, 7 PM**



**JONATHAN BALCOMBE**

*PhD., Scientist, Author, Washington D.C.*

**"What a Fish Knows"**

Live Skype Lecture

**Samantha's Restaurant**

4954 Portage Road NW; Canton, OH

**7 PM Dinner / Lecture Cost:**

Members/\$22/Non-Members: \$24

8 PM for Lecture-only: \$5

**Reservations due: Mon. April 17**



**2017 CALENDAR**

**VEGETARIAN CLUB**

P.O. BOX 2994, NORTH CANTON, OH

[www.vegetarianclubofcanton.org](http://www.vegetarianclubofcanton.org)

**MAY 19, 2017**

**FRIDAY, 7 PM**



**PAM POPPER, ND**

*PhD., Author, Columbus, OH*

**"Key Points on Saving Your Life"**

**At Chateau Michele**

2231 44th Street NW; Canton, OH

**7 PM Dinner / Lecture Cost:**

Members/\$22/Non-Members: \$24

8 PM for Lecture-only: \$5

**Reservations due: Mon. May 15**



**OCTOBER 20, 2017**

**FRIDAY, 7 PM**



**TOD EMKO, DVM**

*Veterinarian, Author, Comic Book Writer*

*New York / Ecuador*

**"How a Veterinarian Found Veganism"**

Live Skype Lecture

**Samantha's Restaurant**

4954 Portage Road NW; Canton, OH

**7 PM Dinner / Lecture Cost:**

Members/\$22/Non-Members: \$24

8 PM for Lecture-only: \$5

**Reservations due: Mon. Oct. 16**

**NOVEMBER 17, 2017**

**FRIDAY, 7 PM**



**JERRY COOK**

*Vegan Activist, Musician*

*Outer Banks, NC*

**"Witnessing Veganism Across America"**

**Basil Asian Bistro**

585 Market Ave N, Canton, OH

**Cost:**

Members: \$22/Non-Members: \$24

8 PM for Lecture-only: \$5

**Reservations due: Mon. Nov. 13**

**2017 RESERVATION AND PAYMENT POLICY**

**Reservations:** Please call in your reservations at 330-649-0508 by 7 P.M. on the Monday before each dinner/lecture. It helps our staff if you call in your reservation early. Please don't wait until the last minute. We will try to accommodate everyone.

**Dinners:** We trust everyone to make reservations by phone and pay at the door with cash or check. No credit cards are accepted. Do not try to pay the restaurant.

**Cancellations:** Once we turn in the reservations total to the restaurants we cannot guarantee your cancellation. If we have to pay for a missed meal, we will pass on that cost to you.

**Potlucks:** RSVP's are helpful to the hosts of potlucks, but not required. See 'Free Potluck Socials' for more details.

SEPTEMBER 22 2017

FRIDAY, 7 PM

# AR OF EVENTS

## UB OF CANTON

CANTON, OH 44720-0994  
org • vccmessage@gmail.com

US ON  
ebook.

**JUNE 16, 2017**

**FRIDAY, 7 PM**



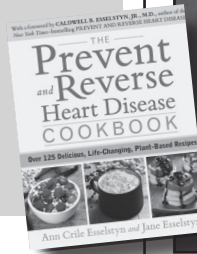
**LAURENCE J. KARNS, MD**

*Ophthalmologist, Canton, OH*

### “Maximizing Health Through Veganism”

Mulligan’s Pub, Victorian Room  
4118 Belden Village St NW, Canton, OH

**7 PM Dinner / Lecture Cost:**  
Members / \$22 / Non-Members: \$24  
8 PM for Lecture-only: \$5  
**Reservations due: Mon. June 12**



**JANE ESSELSTYN, RN**

*Author, Cleveland Heights, OH*

### “The Engine 2, Seven-Day Rescue Diet”

**Co-Author of Cookbook with Rip Esselstyn**

**At Chateau Michele**  
2231 44th Street NW; Canton, OH

**7 PM Dinner / Lecture Cost:**  
Members / \$22 / Non-Members: \$24  
8 PM for Lecture-only: \$5  
**Reservations due: Mon. Sept. 18**

## FREE POTLUCK SOCIALS

**SUNDAY, JULY 23, 2017**

**6 PM - 8:30 PM**

Host: Nancy Saulnier  
5858 West Blvd. NW; Canton, OH 44718

**SUNDAY, AUGUST 20, 2017**

**6 PM - 8:30 PM**

Host: Jon Judy  
The Green Tree  
1950 Market Avenue N,  
Apt A-7; Canton, OH 44706

**SUNDAY, December 10, 2017**

**6 PM - 8:30 PM**

Host: Dotti Kollar  
8936 Ontario St. NW, Massillon, OH 44646

**No RSVP Necessary.**  
**Bring a Vegan Dish to Share.**

**RESERVATION LINE:**  
**330.649.0508**

*Dinner meetings consist of a vegan meal and speaker program. Dinners all start at 7 P.M. Your reservation is a financial commitment.*

## 2017 BOARD OF DIRECTORS & VOLUNTEERS

**President:** Jon Judy, jonjudy15@gmail.com  
**VP of Operations:** David A. Kidd, 330-417-3888 / dkidd@tm.org  
**VP of Education:** position vacant  
**VP of Media Relations:** Nancy Saulnier, nancysaulnier0@gmail.com  
**VP of Ethical and Animal Issues:** Karen Kindel, MSW, k.kindel@att.net  
**Treasurer:** Sally Roush, sarraven11@aol.com  
**Secretary:** Dotti Kollar, RN, dottidot2000@yahoo.com  
**Members at-large:** Rev. David Houdeschell, dhdschll@aol.com

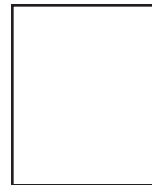
**Raw Food Meet-up Co-ord:** Hagar Moor- hagar\_moor@yahoo.com  
**Email Account Co-ord:** Nancy Shernit- vccmessage@gmail.com  
**Dinner Reservation Voicemail Co-ord:** David A. Kidd, 330-417-3888 & Karen Kindel  
**Menu Co-ords:** Nancy Saulnier & Karen Kindel  
**Membership Co-ord:** position vacant  
**Club Librarian:** Bill Tuttle- btuttle5765@att.net  
**Facebook Page Co-ord:** position vacant  
**Website Co-ord:** David A. Kidd, dkidd@tm.org  
**Name tags Co-ord:** position vacant  
**Photographers:** Dotti Kollar, RN, dottidot2000@yahoo.com  
**Greeters:** positions vacant

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**2017  
CALENDAR  
AND  
INFORMATION  
BROCHURE**  
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**VEGETARIAN CLUB OF CANTON**

P.O. Box 2994  
North Canton, Oh 44720-0994

[www.vegetarianclubofcanton.org](http://www.vegetarianclubofcanton.org)  
[vccmessage@gmail.com](mailto:vccmessage@gmail.com)



**Special offer: Full-time Student Discounts**

Full time students age twelve through college may attend our dinner meetings for \$10 in 2016. College students may be asked to show an i.d. when arriving at our meetings.

**Club Membership**

Membership in the VCC is \$15 per person or \$24 per family and is good for one calendar year. Membership fees are prorated upon joining, and are due each January. New members and guests will receive a Welcome Packet, which includes brochures on 'How to get started' as a vegetarian.

**Website/E-Mail**

Please visit and **Like** our website:  
[www.vegetarianclubofcanton.org](http://www.vegetarianclubofcanton.org)  
Contact us at: [vccmessage@gmail.com](mailto:vccmessage@gmail.com)

**Facebook Page**

Please **Like** our Facebook page. You will receive events and knowledge posted there.

**Vita-Mix Opportunity**

If you buy a Vita-Mix appliance, please make your purchase with our code 06-003084, and you save \$25 (free shipping) and the club gets a donation. Go to [www.vitamix.com](http://www.vitamix.com)

**National Vegetarian  
Summerfest Conference  
July 5-9, 2017  
[www.summerfest.navs-online.org](http://www.summerfest.navs-online.org)**

**Club Goals**

- 1. To establish** community support for people who need to learn how to eat a low-fat, low-cholesterol diet.
- 2. To provide** vegan dinners as an example of a meatless meal one could prepare at home.
- 3. To provide** a forum for speakers to present all aspects of healthy vegetarianism as a way of life.
- 4. To create** a core group of well educated vegetarians/vegans in the Stark County, Ohio area.
- 5. To influence** the local and regional restaurants to be more aware of the needs of vegetarians in this community.
- 6. To sponsor** educational programs designed to spread and perpetuate the dietary principles of better health and wholeness in life.

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