

VEGETARIAN CLUB OF CANTON

WELCOME TO THE VEGETARIAN CLUB

The Vegetarian Club of Canton (VCC) was formed to teach, perpetuate and spread the principles of a healthy, plant-based, low-fat, low-cholesterol diet in the greater Stark County, Ohio area.

History of VCC

VCC was organized in September 1986 by local vegetarian David Kidd. The club has had a significant impact in Stark County, Ohio due to the work of dozens of member volunteers each year. One uniqueness of the VCC is that its goal from the beginning was to meet at a different restaurant each month for a vegan (non-dairy vegetarian) meal in a banquet setting. VCC has educated restaurant owners, food service managers, chefs, and wait staff on how to prepare quality vegan meals. While the learning curve is long, in its first 26 years, VCC has served over 13,000 vegan meals and has caused vegetarian & vegan meals to be placed on local restaurant menus.

Educational Presentations

Following our vegan dinner at monthly meetings, we offer regional and national speaker programs designed to teach the many facets of a vegetarian/vegan lifestyle. Through these lectures, we cover the basics of why and how to eat a healthy plant-based diet. Lecture topics include, but are not limited to, research of social, economic, environmental, moral and ethical, and scientific health related aspects of a plant-based diet. VCC has also offered the School Nutrition Initiative (SNI), teaching school children how to eat healthy fruits and vegetables. These presentations are not limited to schools, but have also been given at business offices for the employee health and fitness programs.

Monthly Dinner Meeting

All dinners are served at 7 p.m. with the program beginning at about 8:00

p.m. Please be sure you are checked in and seated before dinner is served. You do not need to be a vegetarian or vegan to attend any of our meetings. One of our goals is to introduce new food ideas to those who want to learn how to eat a healthier diet.

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 and leave your name, phone number and the number in your party. You will only be called back if there are no remaining seats or if the event is cancelled. **SPEAKER ONLY:** If you only want to come just to hear the Speaker, make this **VERY CLEAR** when you call in your reservation. Speaker only fee is \$5 per person. All payments are due at the door. **We only accept checks or cash. No Credit Cards.**

Website/E-Mail

www.vegetarianclubofcanton.org

Please visit our website and be sure to mark us as a "favorite." Our website will usually have the most recent event and all the details on the homepage. You will find many links that can direct you to the businesses and people VCC recommends. We are happy to offer a Local Dining link of the most vegan/vegetarian-friendly restaurants in town.

Vita-Mix Opportunity

VCC is a Vita-Mix affiliate, the ultimate whole foods juicer, blender, grinder anywhere. If you buy a Vita-Mix

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2013
CALENDAR
AND
INFORMATION
BROCHURE

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

OFFICE/
RESERVATIONS
330.649.0508

2013 CALENDAR

VEGETARIAN CLUB

P.O. BOX 2994, NORTH CANTON, OH

www.vegetarianclub.org



FEBRUARY 21
THURSDAY

DR. JOHN McDOUGALL

**The McDougall Plan
Understood: Q&A**
(Live Skype Video Conference)

*Catered by Kent Welsh,
Canton Club Chef*

Cutler Realty Building
203 Applegrove NW; N Canton, OH

Cost:

Members/\$20/Non-Members \$22

Lecture Only \$5

Reservations due: Mon. Feb 18



MARCH 21
THURSDAY

Dinner & Movie

**PEACEABLE KINGDOM
THE JOURNEY HOME**

7 PM at Palace Theater

605 North Market; Canton

Dinner at 5:30 PM

at

Basil Asian Bistro

585 Market Avenue N; Canton, OH

Cost:

Dinner off menu/Movie \$5 at door

Reservations for meal

due: Mon. Mar. 18

APRIL 18
THURSDAY

CINDI PETTITI

Anthony Pettiti Garden Center

Louisville, OH

**Organic Gardening and
Lawn Care**

Samantha's Restaurant

4954 Portage NW; N Canton, OH

Cost:

Members \$20/Non-Members \$22

Lecture Only \$5

Reservations due: Mon. April 15

MAY 17
FRIDAY



DR. MICHAEL GREGER

**Role of Diet in Preventing,
Treating, and Reversing
15 Leading Causes of Death**

Chateau Michele

2231 44th Street NW; Canton, OH

Cost:

Members \$20/Non-Members \$22

Lecture Only \$5

Reservations due: Mon. May 13

JUNE 7
FRIDAY

**VCC ANNUAL SILENT
AUCTION FUNDRAISER**

Entertainment: Bill and Barb Tuttle

Skyland Pines Banquet Hall

3550 Columbus Rd; Louisville, OH

Cost:

Members \$20/Non-Members \$22

Reservations due: Mon. Jun. 3

2013 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. Try to plan ahead on this. It really stresses the system for us to take last minute reservations. But we will try to accommodate everyone.

Dinners: We trust everyone to make reservations by phone and pay at the door with cash or check.

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. See 'Free Potluck Socials' for more details.

AR OF EVENTS

UB OF CANTON

CANTON, OH 44720-0994

clubofcanton.org



**NOVEMBER 21
THURSDAY**

T.E. TEGTMEIER, MD
Cardiologist
with Adene Keller, RN, Aultman

**Prevention and Treatment
of Heart Disease thru
Vegetarianism**

Primavera's Ristorante
5382 Fulton Road NW; Canton, OH
Cost:
Members \$20/Non-Members \$22
Lecture Only \$5
Reservations due: Mon. Nov. 18

**SEPTEMBER 19
THURSDAY**

GEORGE EISMAN, RD
Author, Registered Dietician

**How Food Choices
Affect Cancer Risk**

Chateau Michele
2231 44th Street NW; Canton, OH
Cost:
Members \$20/Non-Members \$22
\$5 Lecture Only
Reservations due: Mon. Sep. 16

**OCTOBER 17
THURSDAY**

ZANNA FEITLER, Ph.D
AyurVedic Consultant

**Undertanding the Health
Benefits of Ayurveda**

Catered by Bombay Sitar Catering
Cutler Realty Building
203 Applegrove NW; N Canton, OH
Cost:
\$20 Members / \$22 Non-Members
Lecture Only \$5
Reservations due: Mon. Oct. 14

FREE POTLUCK SOCIALS

Please call the Host to let them know you are coming, and to get directions, no later than the morning of the event. This will allow the host to prepare seating. Potlucks are open to members and non-members. There is no cost. Please bring a vegan and/or veg-

etarian covered dish to feed 8-10 people. Events will be held on **Sunday evenings from 6 P.M. - 8 P.M.** Please consult our website or e-mail for any changes or additions to these potlucks.

SUNDAY, JUNE 30

Hosted by:

Dotti Kollar
330-904-4097

SUNDAY, JULY 25

Hosted by:

Bill & Barb Tuttle
330-456-0883

SUNDAY, AUGUST 25

Hosted by:

Kathy & Vince Russo
330-966-9410

SUNDAY, SEPTEMBER 29

Hosted by:

Nancy Saulnier & David Kidd
330-498-0197

SUNDAY, DECEMBER 8

Hosted by:

Amy & Joseph Whitman
330-966-0573

LECTURE ONLY \$5 If you'd like to hear the lecture and skip the meal, you must still call in reservations so that we can accommodate you with enough seating. Please be very clear that you will be attending the "lecture only" and the number in your party. Program begins at 8:00 P.M.

2013 BOARD OF DIRECTORS

President:

Bill Tuttle - 330-456-0883

Treasurer:

Barb Tuttle - 330-456-0883

Secretary:

Dotti Kollar, RN

Vice-President of Operations:

Barb Tuttle - 330-456-0883

Vice-President of Media Relations:

David Kidd - 330-417-3888

Members-at-Large:

Deb Fier, Karen Kindel,
Sally Roush, Nancy Saulnier

**RESERVATION LINE:
330.649.0508**

*Dinner meetings consist of
a vegan meal and
speaker program.
Dinners all start at 7 P.M.*

Potlucks are all at 6 P.M.

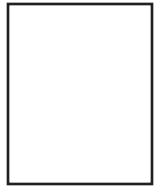
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North Canton, Oh 44720-0994

www.vegetarianclubofcanton.org



(Website continued from cover)

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

Full Time Student Discounts

Full time students age twelve through college may attend our dinner meetings for half-price. Their cost is \$10 in 2013. College students may need 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 receive (one per person/family) a Welcome Packet which includes brochures on 'How to get started' and other resources.

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** a vegan dinner on a monthly basis as an example of a meatless meal one could prepare at home.
3. **To provide** a forum for speakers to explore all aspects of healthy vegetarianism as a way of life.
4. **To create** a core group of well educated vegetarians in the Stark County 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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