

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 27 years, VCC has served over 13,500 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 lectures 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. 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. Email us at: vccmessage@gmail.com

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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FEBRUARY 20, 2014
THURSDAY, 7PM

DR. LAURENCE KARNS
North Canton Ophthalmologist

**“Eye Disease,
Nutrition & Veganism”**

Canton Club in Chase Tower
101 Central Plaza South, Floor 12
Canton, OH

Cost:
Members/\$20/Non-Members: \$22
8 PM Lecture Only: \$5
Reservations due: Mon. Feb 17

2014 CALENDAR

VEGETARIAN CLUB

P.O. BOX 2994, NORTH CANTON, OH

www.vegetarianclub.org

MARCH 20, 2014
THURSDAY

**MOVIE, SOCIAL,
& SNACKS**

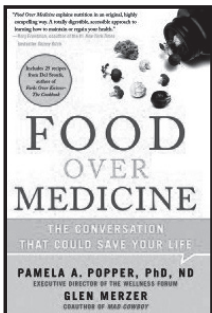
**“Meat the Truth:
Ecology of Vegetarianism”**

Cutler Realty Building
203 Applegrove NW; N. Canton, OH

Cost:
Movie \$6 at door
No Reservations Required



APRIL 17, 2014
THURSDAY



DR. PAM POPPER
Author, ND, Columbus, Ohio

“Food Over Medicine”

Chateau Michele
2231 44th Street NW; Canton, OH

Cost:
Members: \$20/Non-Members: \$22
8 PM Lecture Only: \$5
Reservations due: Mon. April 14

MAY 15, 2014
THURSDAY

MELINDA CHARMICHAEL
Beech Creek Botanical Garden, Alliance, OH

**“How to Grow & Use
Wondrous Herbs”**

Skyland Pines
3550 Columbus Rd; Louisville, OH

Cost:
Members: \$20/Non-Members: \$22
8 PM Lecture Only: \$5
Reservations due: Mon. May 12

2014 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 a lot if you call in your reservation early and don't wait until the last minute. 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 20, 2014

THURSDAY, 7 PM

RAE SIKORA

*National Vegan Activist
Institute for Humane Education
Santa Fe, NM*

**“The Broad Impact
of Your Veganism”**

Chateau Michele

2231 44th Street NW; Canton, OH

Cost:

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

8 PM Lecture Only: \$5

Reservations due: Mon. Nov. 17

SEPTEMBER 18, 2014

THURSDAY, 7 PM

**VCC REVERSE RAFFLE
FUNDRAISER**

**Dinner & Raffle
\$1,500 Prize**

100 tickets max, 10 prizes

Basil Asian Bistro

585 N. Market Avenue; Canton, OH

Dinner Cost:

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

\$30 Raffle Tickets: Call 330-417-3888

Reservations due: Mon. Sept. 15

OCTOBER 16, 2014

THURSDAY, 7 PM

RON HEATLEY, BS, CN

Vegan Chef, Massillon, OH

**“Veganizing Holiday
Recipes plus Food
Demo & Sampling”**

Cutler Realty Building

203 Applegrove NW; N. Canton, OH

Cost:

Members: \$10 / Non-Members: \$12

Reservations due: Mon. Oct. 13

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 6-10 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.

SUN, JUNE 22 - 6 PM

Hosted by:

Bill & Barb Tuttle

330-456-0883

SUN, JULY 20 - 6 PM

Hosted by:

Kathy & Vince Russo

330-966-9410

SUN, AUG 10 - 6 PM

Hosted by:

Nancy Saulnier & David Kidd

330-498-0197

SUN, DEC. 7 - 6 PM

Hosted by:

Amy & Joseph Whitman

330-966-0573

Watch for:

Special 2014 VCC

Small Group

Road Trips

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.

2014 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

Membership Chairman:

Felicia Cain

Members-at-Large:

Lydia Kerr, 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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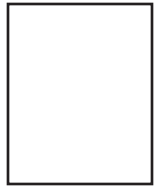
**2014
CALENDAR
AND
INFORMATION
BROCHURE**

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VEGETARIAN CLUB OF CANTON

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

www.vegetarianclubofcanton.org
vccmessage@gmail.com



(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 2014. 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 and guests receive a Welcome Packet, which includes brochures on 'How to get started' as a vegetarian 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 present 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.

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

OFFICE/
RESERVATIONS
330.649.0508