



**A Note
from
our new
2016 VCC
President:**

Jon Judy

Dear VCC members,

My name is Jon Judy, and I was recently selected, for some inscrutable reason, to serve as president of the VCC for 2016.

I'm incredibly nervous about taking on such a responsibility. I've never been the president of anything. Furthermore, I only recently joined the club.

But I responded to an e-mail asking for members to get involved and take a more active role in our club, attended a subsequent meeting, and left as the president. My point? There are so many opportunities and ways to get involved.

So if you like what we do here, if you want to be a bigger part of it, don't just send all of our e-mails into the trash! And I for one do like what we do here.

So, I'm also excited to play a part in what I see as such an important group. Through outreach, education, and simple fellowship, the VCC spreads the word about vegetarianism, offers assistance to those thinking about the lifestyle, and supports those who have chosen it.

The VCC helps make our community a healthier, more ethical place, which in turn makes our world a better one for us all. You are a vital part of that. You make this happen. I can't tell you how proud I am of you, and how proud I am to be one of you.

I'm so excited to be doing this. So excited to get to know all of you. To work with you. To break bread with you.

And did I mention I was also nervous?

Sincerely,
Jon Judy

Celebrating Our Thirtieth Year

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

MARCH 18, 2016

FRIDAY, 7 PM



MARK HUBERMAN, ESQ.

Lawyer/Author, Warren, OH

**"The Gold Standard
for a Plant-based Diet"**

Samantha's Restaurant

4954 Portage Road NW; Canton, OH

Cost:

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

8 PM for Lecture-only: \$5

Reservations due: Mon. Mar 14

2016 CALENDAR

VEGETARIAN CLUB

P.O. BOX 2994, NORTH CANTON, OH

www.vegetarianclubofcanton.org

APRIL 15, 2016

FRIDAY, 7 PM

JANE ESSELSTYN, RN

Author, Cleveland Heights, OH

**"Ending Type 2 Diabetes
Through Plant-based
Nutrition"**

Chateau Michele

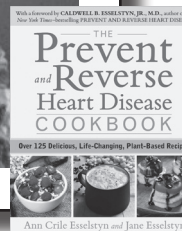
2231 44th Street NW; Canton, OH

Cost:

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

Lecture-only: \$5

Reservations due: Mon. April 11



SEPTEMBER 23, 2016

FRIDAY, 7 PM



KATHY LANDRY

*Musician/Vegan Activist/Teacher
Houston, TX*

**"How to Communicate
with Animals"**

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

Cost:

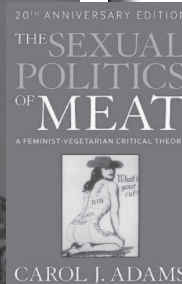
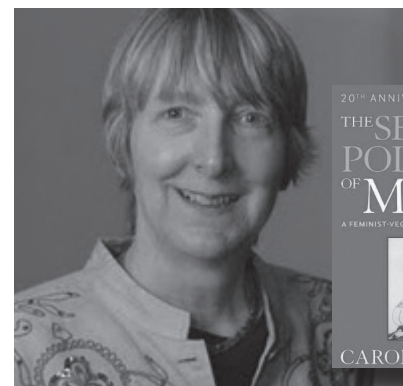
Members: \$22/Non-Members: \$24

No Lecture-only Walk-ins

Reservations due: Mon. Sept. 19

OCTOBER 21, 2016

FRIDAY, 7 PM



CAROL ADAMS, M. Div.

*Author/Vegan Feminist
Dallas, TX*

**"The Sexual Politics
of Meat Slideshow"**

Chateau Michele

2231 44th Street NW; Canton, OH

Cost:

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

8 PM for Lecture-only: \$5

Reservations due: Mon. Oct. 17

2016 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.

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.

JUNE 17, 2016

FRIDAY, 7 PM

AR OF EVENTS

UB OF CANTON

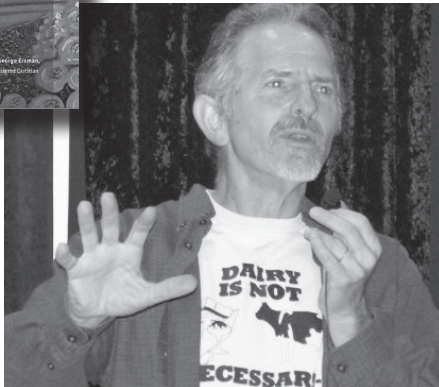
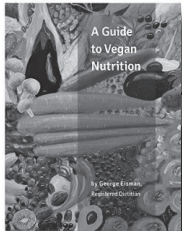
CANTON, OH 44720-0994

.org • vccmessage@gmail.com



MAY 20, 2016

FRIDAY, 7 PM



GEORGE EISMAN, RD
Dietician/Author, Watkins Glen, NY

“Basic Nutrition for Vegetarians, Vegans, & Everyone Else”

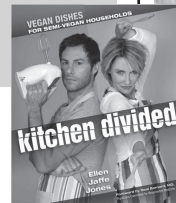
Firehouse Grill, Zoar Tavern
162 Main St.; Zoar, OH

7 PM Dinner Cost:

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

8 PM for Lecture-only: \$5

Reservations due: Mon. May. 16



ELLEN JAFFE JONES

Author, Holmes Beach, FL

“Kitchen Divided - How to Make It Work”

At Bombay Sitar

5111 Futon Dr. NW; Canton, OH

Cost:

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

8 PM for Lecture-only: \$5

Reservations due: Mon. June 13

Possible Cooking Demo on Sat.

FREE POTLUCK SOCIALS

SATURDAY, JULY 16

6 PM - 8:30 PM

Host: Nancy Saulnier

5858 West Boulevard NW; Canton, OH

SATURDAY, AUGUST 20

2 PM - 8:30 PM (6 PM Dinner)

Host: David A. Kidd

Lake O' Springs Village

6300 Springlake Road NW; Canton, OH

SATURDAY, DECEMBER 3

6 PM - 8:30 PM

Host: Brad Graef

8774 Millmont NW; Massillon, OH

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.

2016 BOARD OF DIRECTORS & VOLUNTEERS

President: Jon Judy, jonjudy15@gmail.com

VP of Operations: David A. Kidd, 330-417-3888

VP of Education: Frank Griff, MD, heartman44718@yahoo.com

VP of Media Relations: Nancy Saulnier,

nancysaulnier0@gmail.com

VP of Ethical and Animal Issues: Karen Kindel, MSW,

k.kindel@att.net; Amanda Houdeschell, schellal98@gmail.com &

Janis Skidmore, janisskidmore@gmail.com

Treasurer: Sally Roush, sarraven11@aol.com

Assistant Treasurer: Lydia Kerr

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: Amanda Houdeschell & Janis Skidmore

Website Co-ord: David A. Kidd, dkidd@tm.org

Name tags Co-ord: position vacant

Photographers: Dotti Kollar, RN, dottidot2000@yahoo.com, Janis

Skidmore, janisskidmore@gmail.com

Greeters: positions vacant

•••

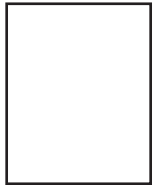
**2016
CALENDAR
AND
INFORMATION
BROCHURE**

•••

VEGETARIAN CLUB OF CANTON

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

www.vegetarianclubofcanton.org
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
Contact us at: 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

**National Vegetarian
Summerfest Conference
July 6-10
www.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** 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