

...  
**2015  
CALENDAR  
AND  
INFORMATION  
BROCHURE**  
...



### **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 (no eggs or 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 28 years, VCC has served over 14,000 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, 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 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 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 at the door. No Credit Cards.**

#### **Website/E-Mail**

**[www.vegetarianclubofcanton.org](http://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](mailto: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

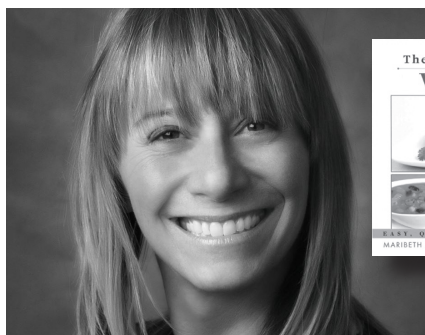
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P.O. BOX 2994  
N. CANTON, OH  
44720-0994

OFFICE/  
RESERVATIONS  
330.649.0508

**FEBRUARY 19, 2015**

**THURSDAY, 7 PM**

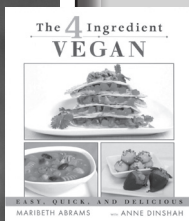


**MARIBETH ABRAMS, MS**  
*Glastonbury, CT, Author*

**"How to Become  
an Educated Vegetarian"**  
Skype Lecture

**Skyland Pines Banquet Hall**  
3550 Columbus Rd. NE; Canton, OH

**Cost:**  
Members/\$20/Non-Members: \$22  
8 PM for Lecture-only: \$5  
**Reservations due: Mon. Feb 16**



**2015 CALENDAR**

**VEGETARIAN CLUB**

P.O. BOX 2994, NORTH CANTON, OH

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

**MARCH 19, 2015**

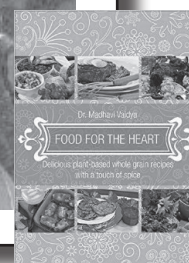
**THURSDAY, 7 PM**

**MAHAVI VAIDYA, PhD**  
*Author, Wooster, OH*

**"Our Esselstyn  
Experience: Eating  
Food for the Heart"**

**Bombay Sitar**  
5111 Fulton Drive NW; Canton, OH

**Cost:**  
Members/\$20/Non-Members: \$22  
No Lecture-only Walk-ins  
**Reservations due: Mon. March 16**



**APRIL 16, 2015**

**THURSDAY, 7 PM**



**NATALIE MARQUARDT,  
RD, & HAGAR MOOR,**  
*Certified Health Specialist with Fisher  
Foods "Better for You" Department  
North Canton, OH*

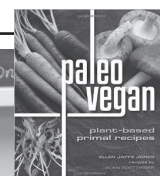
**"Tips on Healthy Eating"**

**Fisher Foods - Cooking Class Room**  
8100 Cleveland Avenue NW  
North Canton, OH

**Cost:**  
Members: \$20/Non-Members: \$22  
No Lecture-only Walk-ins  
**Reservations due: Mon. April 13**

**MAY 28, 2015**

**THURSDAY, 7 PM**



**ELLEN JAFFE JONES**

*Vegan Activist, Author of  
Vegan on \$4 a Day and The Paleo Vegan  
Homes Beach, FL*

**"The Truth about  
the Paleo Diet"**

**Samantha's Family Restaurant**  
4954 Portage Road NW; Canton, OH

**Cost:**  
Members: \$20/Non-Members: \$22  
8 PM for Lecture-only: \$5  
**Reservations due: Mon. May 25**

**2015 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.

# AR OF EVENTS

## CLUB OF CANTON

CANTON, OH 44720-0994

1.org • vccmessage@gmail.com



**SEPTEMBER 17, 2015**

**THURSDAY, 7 PM**

With a foreword by CALDWELL R. ESSELSTYN, JR., M.D., author of 10 New York Times bestselling books and 2000 National Academy Award  
**THE  
Prevent  
and Reverse  
Heart Disease  
COOKBOOK**

Over 125 Recipes, Life-Changing, Plant-Based Recipes



Ann Grille Esselstyn and Jane Esselstyn



**ANN & JANE  
ESSELSTYN**

*Authors, Cleveland, OH*

**"Eating for a 100%  
Heart-Healthy Diet"**

**Chateau Michele**

2231 44th Street NW; Canton, OH

**7 PM Dinner Cost:**

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

8 PM for Lecture-only: \$5

**Reservations due: Mon. Sept. 14**

**Wed. OCT. 21, 2015**

**5:30 PM Meal; 7 PM Movie**

**"Club Social and Palace  
Theater Movie Night"**

Special VCC-sponsored feature:

**"Cowspiracy: The  
Sustainability Secret"**

**Basil's Asian Cuisine/Club Social**

**Cost: Order off the menu**

**Reservations due: Mon. Oct 19**

**Dinner followed by:**

**Palace Theater Movie Feature**

**NOVEMBER 19, 2015**

**THURSDAY, 7 PM**

**VCC FALL  
FUND RAISER**

**Jewelry Raffle/Silent Auction**

**Emcee: Bob Capestrain**

**Canton Club in Chase Tower**

101 Central Plaza South, Floor 12

**Cost:**

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

Auction-only: \$5

**Reservations due: Mon. Nov. 16**

## **FREE POTLUCK SOCIALS**

**SUNDAY, JULY 12**

**Avail. 1 PM - 7 PM / 2 PM Meal**

**Price Park Shelter**

West Maple Street; North Canton, OH

Playground / Duck Pond

**SUNDAY, AUGUST 23**

**Avail. 1 PM - 7 PM / 2 PM Meal**

**Dogwood Park Shelter**

7th Street NE; North Canton, OH

Playground / Swimming \$8

*Other 2015 Residential Potlucks  
will be announced.*

**RESERVATION LINE:  
330.649.0508**

*Dinner meetings consist of a vegan meal  
and speaker program.  
Dinners all start at 7 P.M.  
Except October (5:30 P.M)*

## **2015 BOARD OF DIRECTORS & VOLUNTEERS**

**President:** Bill Tuttle, 330-456-0883

**VP of Operations:** Donna Thorley, 330-323-9635

**VP of Education:** vacant

**VP of Media Relations:** vacant

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

**Treasurer-** Sally Roush- sarraven11@aol.com

**Assistant Treasurer-** Lydia Kerr

**Secretary:** Dotti Kollar, RN

**Members at-large:** Nancy Saulnier

**Vegan Meet-up Co-ord:** Bill Tuttle- btuttle5765@att.net

**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:** D. Kidd 330-417-3888 &  
Karen Kindel

**Menu Co-ords:** Nancy Saulnier & Karen Kindel

**Membership Co-ord:** Lydia Kerr

**Club Librarian:** Barb Tuttle- btuttle5765@att.net

**Facebook Page Co-ord:** Tammy Simmons- tsim34@yahoo.com  
& Amy Whitman

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

**Name tags Co-ord:** Felicia Cain

**Photographers:** Tammy Simmons & Dotti Kollar

**Greeters:** Paula Dumanski & Tammy Simmons

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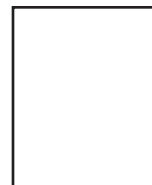
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P.O. Box 2994

North Canton, Oh 44720-0994

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[vccmessage@gmail.com](mailto: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](http://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 2015. 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.

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