



## 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 25 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. The cost of each meal based upon the fee the restaurant charges. All payments are due at the door. **We only accept checks or cash. No Credit Cards.**

### Website/E-Mail

[www.vegetarianclubofcanton.org](http://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. We also offer a direct link to Vita-Mix, the ultimate whole foods juicer, blender, grinder anywhere. The VCC is a Vita-Mix affiliate, so when you purchase a Vita-Mix through

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

OFFICE/  
RESERVATIONS  
330.649.0508

# 2012 CALENDAR OF EVENTS

## VEGETARIAN CLUB OF CANTON

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

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

For reservation call:

**330.649.0508**

Dinner meetings consist of a vegan meal  
and speaker program.

Dinner at 7 P.M.; Program at 8:00 P.M.

**FEBRUARY 16**  
THURSDAY

**ADRIANNE CHAVERS  
AND ANNETTE CROSS**

**The Raw Facts  
of Vegetarianism**

Catered by Chavers and Cross  
Cutler Realty Building  
203 Applegate NW; N Canton, OH  
Cost:

Members/\$22/Non-Members \$24  
Program Only \$5  
Reservations due: Mon. Feb 13

**MARCH 22**  
THURSDAY

**PAMELA A POPPERS,  
PHD, ND**  
*Columbus, Ohio*

**The Leading Edge  
of Vegetarian Health**

Mulligan's Irish Pub  
4118 Belden Village NW; Canton, OH  
Cost:

Members \$22/Non-Members \$25  
Lecture Only \$5  
Reservations due: Mon. Mar. 19

**APRIL 19**  
THURSDAY

**LYNETTE REINER**  
*McKinley Museum*

**Landscaping to Feed  
Wildlife**

Samantha's Restaurant  
4118 Portage N.W.

Cost:  
Members \$18/Non-Members \$22  
Lecture Only \$5  
Reservations due: Mon. April 16

**MAY 11**  
FRIDAY

**DONA GARAFANO**  
*Health Food Store Owner  
New Jersey*

**Tailoring Your Diet to  
Your Personal Life**

Catered by BAM  
DeHoff Realtors Community Room  
821 South Main; North Canton, OH  
Cost:

Members \$18/Non-Members \$22  
Lecture Only \$5  
Reservations due: Tue. May 8

**JUNE 21**  
THURSDAY

**VCC ANNUAL SILENT  
AUCTION  
FUND RAISER**

*Entertainment-Woody Sings Sinatra*

La Pizzeria Ristorante  
3656 Dressler NW; Canton, OH

Cost:  
Members \$20/Non-Members \$22  
Reservations due: Mon. Feb. 7  
For auction donations:  
Call Nancy at 330-498-0197

**JULY 22**  
SUNDAY

**CLUB SOCIAL-  
MIXER AND  
RECIPE EXCHANGE**

Optional: Bring 25 copies  
of your favorite recipe

Corky's Cafe (Faces Wales)  
7257 Fulton NW; Canton  
Cost:  
Members \$17/Non-Members \$20  
Reservations due: Wed. Jul. 18

### 2012 RESERVATION AND PAYMENT POLICY

**Reservations:** Please call in your reservations 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, if only to be able to guess attendance or discuss dishes. See 'Free Potluck Socials' for more details.



**OCTOBER 19**  
FRIDAY

**WILL TUTTLE, PHD**

*Author, musician, educator  
Karuna Music and Art  
Massachusetts*

**The World Peace Diet**

Catered by  
**AppleTree Catering**  
**DeHoff Realtors Community Room**  
821 South Main; N Canton, OH

**Cost:**  
\$20 Members / \$24 Non-Members  
\$5 Lecture Only  
**Reservations due: Tue. Oct. 16**

**SEPTEMBER 20**  
THURSDAY

**MARK HATCHER, M.D.**  
*Canton, OH*

**Rediscovering Health  
and Wellness**

Cutler Realty Community Room  
203 Applegrove NE, North Canton  
*Catered by Apple Tree Catering*

**Cost:**  
Members \$16 / Non-Members \$20  
\$5 Lecture Only  
**Reservations due: Mon. Sep. 17**

**NOVEMBER 29**  
THURSDAY

**DON CASTER**  
*Owner, The Raisin Rack*

**Impact of  
a Plant-Based Diet  
on the Food Marketplace**

Primavera's Ristorante  
5382 Fulton Road NW; Canton, OH

**Cost:**  
Members \$20 / Non-Members \$22  
\$5 Lecture Only  
**Reservations due: Mon. Nov. 26**

**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 JULY 8**

*Hosted by:*  
Barb and Bill Tuttle  
330-456-0883

**SUNDAY AUGUST 19**

*Hosted by:*  
Nancy Saulnier  
330-498-0197

**SUNDAY SEPTEMBER 30**

*Hosted by:*  
Kathy and Vince Russo  
330-966-9410

**SUNDAY DECEMBER 9**

*Hosted by:*  
Joseph and Amy Whitman  
330-477-2990

**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.

**2012 BOARD OF DIRECTORS**

**President:**  
Bill Tuttle - 330-456-0883  
**Treasurer:**  
Debbie Fier - 330-874-0001  
**Secretary:**  
Elizabeth Lacza

**Vice-President of Operations:**  
Barb Tuttle - 330-456-0883  
**Vice-President of Media Relations:**  
David Kidd - 330-417-3888  
**Members-at-Large:**  
Dotti Barthel, Karen Kindel,  
Nancy Saulnier, Sally Roush

**RESERVATION LINE:  
330.649.0508**

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

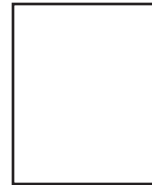
*Potlucks are all at 6 P.M.*

## VEGETARIAN CLUB OF CANTON

P.O. Box 2994

North Canton, Oh 44720-0994

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



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# 2012 CALENDAR AND INFORMATION BROCHURE

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our link, our affiliate code is automatically used, we are paid a percentage of your purchase and you save \$25 as free shipping! In addition, we use G-mail for announcements, reminders, updates, etc. It is the fastest, most convenient form of communication between our club news and the public. To add your e-mail address to our database, please send it via our website or let us know at a dinner meeting.

### Club Membership

Membership in the VCC is \$15 per person or \$24 per family and is good for one calendar year. Membership are prorated upon joining, and are due each Janaury. 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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