Veg Society of DC Records
A Finding Aid to the Collection in the Library of Congress

Manuscript Division, Library of Congress
Washington, D.C.
2023

Contact information: https://hdl.loc.gov/loc.mss/mss.contact

Catalog Record: https://lccn.loc.gov/mm2022086491

Additional search options available at: https://hdl.loc.gov/loc.mss/eadmss.ms023014

Prepared by Manuscript Division staff

Finding aid encoded by Manuscript Division staff, 2023
Collection Summary
Title: Veg Society of DC Records
Inclusive Dates: 1862-2022
Bulk Dates: 1990-2010
ID No.: MSS86491
Creator: Veg Society of DC
Extent: 3,400 items
Extent: 12 containers
Extent: 4.6 linear feet
Extent: 1,173 digital files (1.08 GB)
Language: Collection material in English
Location: Manuscript Division, Library of Congress, Washington, D.C.
LC Catalog record: https://lccn.loc.gov/mm2022086491
Summary: Oldest continuously operating vegetarian organization in North America, operating primarily in the Washington, D.C., area. Board agendas, meeting minutes, grant applications, correspondence, financial records, photographs, and printed matter in both physical and digital formats documenting the organization’s history, administrative matters, and educational outreach initiatives.

Selected Search Terms
The following terms have been used to index the description of this collection in the LC Catalog. They are grouped by name of person or organization, by subject or location, and by occupation and listed alphabetically.

Organizations
DC VegFest (Washington, D.C.)
Veg Society of DC Eat Smart (Program)
Veg Society of DC
VSDC GreenRewards Discount Program.

Subjects
Veganism--Societies, etc.
Veganism--United States.
Veganism--Washington (D.C.)
Veganism.
Vegetarianism--Societies, etc.
Vegetarianism--United States.
Vegetarianism--Washington (D.C.)
Vegetarianism.

Titles
Veg Society of the District of Columbia records

Acquisition Information
The records of the Veg Society of DC were given to the Library of Congress by Elissa Free in 2022.

Custodial History
Digital files in the Veg Society of DC Records were created and maintained in a variety of storage locations including optical disks and the organization's Google Drive. The contents of the Google Drive were jointly created and managed by the Veg Society of DC's Board and staff.
Processing History

The records of the Veg Society of DC were arranged and described by Rachel McNellis with the assistance of Colleen Benoit Kim in 2023.

Digital files were received as part of the Veg Society of DC Records on a variety of storage media, each of which was assigned a unique digital ID number. In addition, the contents of the Veg Society of DC’s Google Drive were exported to zip file using Google Takeout and then sent to the Library via file transfer. After receipt by the Library, Manuscript Division staff unzipped the files and assigned a unique Digital ID number to each folder in the zip file. Use the digital ID number to request access copies of the files associated with each media. A description of the standard processes taken on all born digital records can be found in the Processing History Note: Born Digital Collection Material at https://hdl.loc.gov/loc.mss/eadmss.digital.

Transfers

One videocassette has been transferred to the Moving Image Section of the National Audio-Visual Conservation Center where it is identified as part of the Veg Society of DC records. Patrons are encouraged to contact the Moving Image Section in advance of a research visit.

Copyright Status

The status of copyright in the unpublished writings of the Veg Society of DC records is governed by the Copyright Law of the United States (Title 17, U.S.C.).

Access and Restrictions

The records of the Veg Society of DC are open to research. Many collections are stored off-site and advance notice is needed to retrieve these items for research use. Researchers are advised to contact the Manuscript Reading Room prior to visiting.

Technical Requirements

Digital files were created in Windows and Mac operating systems, versions unknown. The content is primarily text files in .doc, .txt., and .pdf formats, and image files in .jpeg and .heic formats. Also included are two databases in .mbd format. Email files in .mbox format, though currently unprocessed and unavailable, can be accessed in a text editor.

Digitized Content

Select material from the collection was digitized by the donor and can be requested using digital ID mss86491_259_005, mss86491_259_006, and mss86491_259_007. Digitized material includes printed matter, board meeting agendas and minutes, bylaws, contact directories, legal documents, tax forms, and writings.

Preferred Citation

Researchers wishing to cite this collection should include the following information: Container or digital ID number, Veg Society of DC Records, Manuscript Division, Library of Congress, Washington, D.C.
Administrative History

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1927, Oct. 15</td>
<td>Vegetarian Society of the District of Columbia founded by Milton Trenham</td>
</tr>
<tr>
<td>circa 1956</td>
<td>Name changed to Tri-State Vegetarian Society</td>
</tr>
<tr>
<td>circa 1966</td>
<td>Name reverted to Vegetarian Society of the District of Columbia</td>
</tr>
<tr>
<td>1974</td>
<td>First annual Thanksgiving celebration</td>
</tr>
<tr>
<td>1976</td>
<td>Publication of first VSDC newsletter in March</td>
</tr>
<tr>
<td>1979-1980</td>
<td><em>Syndicated Vegetarian News</em> broadcast on local radio station by VSDC member Richard Stafursky</td>
</tr>
<tr>
<td>1997</td>
<td>First annual VegFest DC, George Mason University</td>
</tr>
<tr>
<td>1998</td>
<td>Speaking event with Howard F. Lyman, codefendant with Oprah Winfrey filed by the National Cattlemen's Beef Association</td>
</tr>
<tr>
<td>2002</td>
<td>75th anniversary exhibit &quot;Vegetarianism in D.C.: Cuisine, Commerce, and Compassion,” Martin Luther King Jr. Memorial Library Established the VSDC GreenRewards Discount Program</td>
</tr>
<tr>
<td>2004-2009</td>
<td>Implemented the Veg Society of DC Eat Smart Program</td>
</tr>
<tr>
<td>circa 2017</td>
<td>Name changed to Veg Society of DC to be more inclusive of both vegans and vegetarians</td>
</tr>
</tbody>
</table>

Scope and Content Note

The records of the Veg Society of DC (VSDC) span the years 1862-2022, with the bulk of the material dating from 1990 to 2010. The collection documents the organization's history as the oldest continuously operating vegetarian society in North America, as well as its activities promoting an all-plant based and vegan lifestyle in the Washington, D.C., area. The collection is organized into three series: Office Files, Programs and Events, and Printed Matter.

The collection focuses primarily on the history of VSDC and its commitment to growing and sustaining a vegetarian and vegan community in D.C. The material meticulously documents board activities and other administrative concerns, including strategic planning and financial considerations. It is especially rich in content pertaining to the organization’s various educational programs and events, especially the Eat Smart Program, annual Thanksgiving dinners, VegFest DC celebrations, VSDC GreenRewards Discount Program, and the seventy-fifth anniversary exhibit. These papers lend insight into the ways VSDC prioritized community outreach as well as the vast network of medical professionals, businesses, and other nonprofit organizations that supported their mission and programming. A small amount of material traces the broader history of the vegetarian and vegan movement in the United States back to the nineteenth century.

The collection’s series are listed and briefly described below. A fuller description of each series and a list of its contents can be accessed in the series descriptions within the container list.

The Office Files series documents the administrative, business, and financial aspects of VSDC.

The Programs and Events series documents outreach initiatives, educational programs, festivals, and other social events implemented by VSDC.

The Printed Matter is comprised of VSDC publications and educational material about veganism.

Arrangement of the Collection

This collection is arranged in three series:

- Office Files, 1913-2020
- Programs and Events, 1983-2021
- Printed Matter, 1862-2022
Description of Series

Container | Series
--- | ---
BOX 1-6 | Office Files, 1913-2020

The Office Files series documents administrative, business, and financial aspects of VSDC. Extensive board meeting agendas, minutes, correspondence, bylaws, logic models, and strategic planning notes lend insight into its priorities and objectives. Contact directories for members, local businesses, and nonprofits are also indicative of the broader community VSDC serves. The organization's focus on underrepresented groups is especially well-documented in applications and correspondence covering grants and fundraising opportunities. Notable grants include Department of Health and Human Services Health Disparities in Minority Health grant and the Kaiser Permanente Community Health Grant, both of which funded the Veg Society of DC Eat Smart Program. General financial records, including budget outlines, profit and loss statements, balance sheets, expense reports, and tax records complement this material. Writings pertaining to VSDC history are also notable, including Keith Akers's *History of the Vegetarian Society of District of Columbia* and Richard Stafursky's radio scripts for *Syndicated Vegetarian News*.

Digital files include drafts of VSDC announcements and newsletters, two databases with information about membership demographics, and notes related to website updates and a brand refresh. Additional documents include board meeting notes and agendas, bylaws, tax records, and strategic planning notes, most of which are digitized versions of paper files in this series.

Material types include agendas, applications, bylaws, correspondence, contact directories, email, digital files, financial records, legal documents, logic models, and notes.

Arranged alphabetically by material type. The file structure of the digital content maintained as received.

BOX 6-9 | Programs and Events, 1983-2021

The Programs and Events series documents the planning, implementation, and reception of VSDC events and educational programs. A substantial amount pertains to the Veg Society of DC Eat Smart Program, a course addressing nutrition, health benefits, and strategies for embracing a vegan diet and active lifestyle. Other papers trace decades of annual Thanksgiving dinners and VegFest DC celebrations, providing insight into the broad network of prominent figures and vegetarian organizations that supported VSDC events and its mission of promoting veganism in the Washington, D.C., area. Applications for the VSDC GreenRewards Discount Program illustrate efforts among local businesses to promote veganism by offering incentives to VSDC members. Additional events documented in this series include the VSDC seventy-fifth anniversary exhibit, volunteer appreciation socials, and a speaking event with animal rights activist Howard F. Lyman, codefendant of Oprah Winfrey in a lawsuit brought by the National Cattlemen's Beef Association.

Digital files include course material for the Veg Society of DC Eat Smart Program and a substantial number of photographs from social gatherings, including picnics, outdoor activities, cooking classes, and game nights. Other files contain digitized programs and promotional flyers available in this series as analog material.

Material types include clippings, correspondence, digital files, evaluations, financial records, photographs, programs, and promotional material.

Arranged alphabetically by event. The file structure of the digital content maintained as received.

BOX 9-12 | Printed Matter, 1862-2022

The Printed Matter series contains published material pertaining to VSDC history and veganism in general. A nearly comprehensive run of newsletters, complemented by
promotional event flyers, chronicle the organization’s activities from the 1980s through 2022. The focus of its outreach efforts is also well-documented in educational pamphlets outlining the health benefits of veganism, animal welfare, and environmental sustainability. Additional reference material about these topics, as well as guidelines for planning and implementing vegan events, are available in the VSDC Informational Resource Book and VSDC Tabling Guide. This series also includes a significant number of articles and newspaper clippings documenting the history of the vegetarian movement in the United States back to the nineteenth century. Anna Lindlahr’s One Thousand and One Vegetarian Recipes: The Health Cookbook, published in 1930, is also notable.

Digital files consist primarily of educational pamphlets, membership applications, newsletters, and promotional flyers. The majority of these files are digitized items also available in this series as analog material.

Material types include articles, clippings, bumper stickers, digital files, educational pamphlets, membership applications, newsletters, posters, promotional flyers, recipes, and restaurant lists.

Arranged alphabetically by event and therein alphabetically by material type. The file structure of the digital content maintained as received.
## Container List

<table>
<thead>
<tr>
<th>Container</th>
<th>Contents</th>
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| BOX 1-6   | **Office Files, 1913-2020**  
The Office Files series documents administrative, business, and financial aspects of VSDC. Extensive board meeting agendas, minutes, correspondence, bylaws, logic models, and strategic planning notes lend insight into its priorities and objectives. Contact directories for members, local businesses, and nonprofits are also indicative of the broader community VSDC serves. The organization's focus on underrepresented groups is especially well-documented in applications and correspondence covering grants and fundraising opportunities. Notable grants include Department of Health and Human Services Health Disparities in Minority Health grant and the Kaiser Permanente Community Health Grant, both of which funded the Veg Society of DC Eat Smart Program. General financial records, including budget outlines, profit and loss statements, balance sheets, expense reports, and tax records complement this material. Writings pertaining to VSDC history are also notable, including Keith Akers’s *History of the Vegetarian Society of District of Columbia* and Richard Stafursky’s radio scripts for *Syndicated Vegetarian News*. Digital files include drafts of VSDC announcements and newsletters, two databases with information about membership demographics, and notes related to website updates and a brand refresh. Additional documents include board meeting notes and agendas, bylaws, tax records, and strategic planning notes, most of which are digitized versions of paper files in this series. Material types include agendas, applications, bylaws, correspondence, contact directories, email, digital files, financial records, legal documents, logic models, and notes. Arranged alphabetically by material type. The file structure of the digital content maintained as received. |
| DF        | Announcement drafts, 2002  
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| BOX 1     | Board meeting agendas and minutes, 1996-2017  
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| DF        | Board meeting agendas and minutes, 2010-2021  
**Digital ID:** mss86491_259_007 |
| BOX 1     | Board orientation guide, 2012-2014 |
| DF        | Bylaws, 1990, 2015-2021  
**Digital ID:** mss86491_259_007 |
| BOX 1     | Consumer Health Foundation Healthy Lifestyles Learning Collaborative workshop, 2005-2007  
(2 folders) |
| DF        | Contact directories, 1988-1992, undated  
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**Digital ID:** mss86491_259_006  
**Digital ID:** mss86491_259_007 |
| BOX 2     | Contact directories, 1992-2007 |
| BOX 2     | Correspondence, 1998-2009  
(4 folders) |
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| DF        | Email files, 2009-2022  
*Currently unprocessed and unavailable.*  
*Digital ID:* mss86491_270_001_email  
*Digital ID:* mss86491_259_007_email |
| BOX 2     | Financial records |
| BOX 2     | Federal taxes, 1979, 2000-2005 |
| BOX 2     | Federal taxes, 2018-2021  
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(2 folders) |
| BOX 2     | Payroll, 2004-2005 |
| BOX 2     | State taxes, 2002-2006, 2018 |
| BOX 2     | Grants and fundraising |
| BOX 2     | Abramson-Clayman Foundation, 2002 |
| BOX 2     | Allen Foundation, 2004 |
| BOX 2     | CareFirst Community Relations Grant, 2005 |
| BOX 3     | Catalogue for Philanthropy, 2005 |
| BOX 3     | Combined Federal Campaign, 2005-2007  
(2 folders) |
| BOX 3     | Consumer Health Foundation, 2005-2007  
(2 folders) |
| BOX 3     | D.C. Escheated Estate Fund, 2005-2006 |
| BOX 3     | Health Disparities in Minority Health Programs, U.S. Department of Health and Human Services, 2002-2005  
(6 folders) |
| BOX 4     | Humanities Council of Washington, D.C., 2002-2005 |
(2 folders) |
| BOX 4     | Kaiser Permanente Community Health Impact Grant, 2004-2006  
(2 folders) |
| BOX 4     | Lists of funding opportunities, 2005 |
| BOX 4     | Local Initiative Funding Partners, 2005 |
| BOX 4     | Meyer Foundation, 2002-2006 |
| BOX 4     | Miscellaneous correspondence, 2002-2007 |
| BOX 4     | Montgomery County Community Foundation, 2006 |
| BOX 4     | The Morris and Cafritz Foundation, 2002-2006 |
| BOX 4     | Nalith, 2009 |
| BOX 4     | National Home Library Foundation, 2006 |
| BOX 5     | Proposal drafts, 2002 |
| BOX 5     | Proposal submission plan, 2000-2002 |
| BOX 5     | Public Welfare Foundation, 2002 |
| BOX 5     | Quality Health Foundation, 2007 |
| BOX 5     | Sabina Fund, 2005 |
### Programs and Events, 1983-2021

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Material types include clippings, correspondence, digital files, evaluations, financial records, photographs, programs, and promotional material.
Arranged alphabetically by event. The file structure of the digital content maintained as received.

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<td>BOX 6</td>
<td>Exhibit display, undated</td>
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<td>Planning material, 2002-2003</td>
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<td>&quot;Awesome Autumn! at Whole Foods,&quot; 2001</td>
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<td>Eat Smart Program</td>
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<td>Course binder, 2007</td>
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<td>Deliverables and reports, 2005-2006, undated</td>
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<td>Financial records, 2002-2009</td>
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<td>Graduation, 2005-2007</td>
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<td>Applications, 2003-2007</td>
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<td>BOX 8</td>
<td>Press releases, 1998</td>
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<td>Photographs, undated</td>
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<td>Clippings, 1996, undated</td>
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<td>Programs, 1991-2021</td>
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Container | Contents
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DF | Programs, 1991-2021
**Digital ID:** mss86491_259_007
**Digital ID:** mss86491_259_007
BOX 8 | VegFest DC
BOX 8 | Planning material, 1996-2011
BOX 9 | Programs, 1997-2004, 2010-2014
(2 folders)
DF | Programs, 1997-2004, 2011-2014
**Digital ID:** mss86491_259_007
DF | Promotional material, 2000-2004, undated
**Digital ID:** mss86491_259_007
BOX 9 | Promotional material, 2000-2013, undated
DF | Volunteer appreciation socials
BOX 9 | Programs, 2010, 2013
DF | Programs, 2010, 2013
**Digital ID:** mss86491_259_007
**BOX 9-12** | **Printed Matter, 1862-2022**
The Printed Matter series contains published material pertaining to VSDC history and veganism in general. A nearly comprehensive run of newsletters, complemented by promotional event flyers, chronicle the organization’s activities from the 1980s through 2022. The focus of its outreach efforts is also well-documented in educational pamphlets outlining the health benefits of veganism, animal welfare, and environmental sustainability. Additional reference material about these topics, as well as guidelines for planning and implementing vegan events, are available in the VSDC Informational Resource Book and VSDC Tabling Guide. This series also includes a significant number of articles and newspaper clippings documenting the history of the vegetarian movement in the United States back to the nineteenth century. Anna Lindlahr’s *One Thousand and One Vegetarian Recipes: The Health Cookbook*, published in 1930, is also notable.
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Material types include articles, clippings, bumper stickers, digital files, educational pamphlets, membership applications, newsletters, posters, promotional flyers, recipes, and restaurant lists.
Arranged alphabetically by event and therein alphabetically by material type. The file structure of the digital content maintained as received.
BOX 9 | *The Abolitionist: The Newsletter of Compassion Over Killing*, 2022, Spring/Summer
BOX 9 | Articles and clippings, 1862, 1898-1945, 1962-2006, undated
(7 folders)
BOX 9 | Book lists, 1994, undated
BOX 9 | Bumper stickers, undated
BOX 9 | Cartoons, 1994-1999, undated
BOX 9 | Conference programs, 2003, 2017
BOX 10 | Educational pamphlets, 1984, 1997-2009, undated
(2 folders)
Educational pamphlets, circa 1986-2007, undated
(2 folders)

DF

Digital ID: mss86491_259_007

BOX 10

BOX 11

DF
Membership applications, 1996, 2010-2017

Digital ID: mss86491_259_007

BOX 10
One Thousand and One Vegetarian Recipes: The Health Cookbook, by Mrs. Henry (Anna) Lindlahr, 1930

BOX 10

BOX 10
Promotional flyers, 1976-2017, undated

DF
Promotional flyers, 1976-2017, undated

Digital ID: mss86491_259_005

Digital ID: mss86491_259_007

BOX 10
Recipes, 2001-2012, undated
(2 folders)

DF
Recipes, undated

Digital ID: mss86491_259_007

DF
Restaurant lists, 1994, undated

Digital ID: mss86491_259_007

BOX 10
Restaurant lists, 2005, undated

BOX 10
Toronto Vegetarian Association leaflets, 1991-2000, undated

BOX 10

BOX 10
VSDC Informational Resource Book, 1995-2003

BOX 11
VSDC newsletters, 1976, 1984-2012
(7 folders)

DF
VSDC newsletters, 1981-2022

Digital ID: mss86491_259_005

Digital ID: mss86491_259_006

Digital ID: mss86491_259_007

BOX 12
VSDC newsletters, 2013-2022
(2 folders)

BOX 12
VSDC Tabling Guide, 2000
(2 folders)