

ATTN: Newsletter Changes Coming Your Way!

You might have noticed that this issue of the newsletter looks a bit different than what you have seen in the past! This is our transition issue and it will be the last one you receive in the mail (if you are still receiving a physical copy in your mailbox.) After this issue, we are joining the 21st century and going digital! This will allow us to save trees and get news out to our members on a more frequent basis. In the future, you will receive monthly digital newsletters in your email inbox with the latest FVA activities, local animal issues, and all things vegan. Additionally, FVA will be creating quarterly trifolds of current FVA events and information for event distribution. For those of you who still crave a hardcopy, you can request a printed copy of the trifold to be mailed to your address.

Florida Voices for Animals



FVA Co-Sponsors Anti-Horse Racing Billboard



FVA is very excited about our latest campaign! We have partnered with Horse Racing Wrongs to fund a billboard against horseracing in Tampa located near Oldsmar on Hillsborough Ave at the intersection of Race Track Road. Why horseracing you may ask? We say why not? Although it is a relatively new issue for the public, 2,000 racehorses are killed every year. The racing industry has a dark and hidden face of abuse and disposal of poor performing horses. Death at the track is, always has been, and always will be an inevitable part of racing. (Story continues on page 2 —>)

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Spring Fling

VEGAN POTLUCK PICNIC

Saturday, May 14th, 2022

11:30am to 2:00pm

LOCATION: Philippe Park, 2525 Philippe Parkway, Safety Harbor, Florida 34695

The 2021 Animal Hero Award will be Announced

- Potluck: 12:00pm to 1:00pm
- Awards Ceremony: 1:00pm to 1:30pm
- Special Speaker, Ron Knaus, DO, Plant Based Lifestyle Medicine Doctor: 1:30pm to 2:00pm
- Optional Nature Hike: 2:15 to 3:15pm

- Bring a dish to share to feed at least eight people
- Vegan only please: no meat, fish, dairy, eggs, or honey
- Bring your own meal, if you do not want to join in the potluck

FVA will provide drinking water and snacks



FLORIDA VOICES FOR ANIMALS & TRIANGLE VEGFEST PRESENTS



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UPCOMING FVA EVENTS

All events are posted on our Meetup Calendar so if you haven't signed up for our meetup go to www.meetup.com, search for Florida Voices for Animals, and then sign up!

4/7/22, 5/5/22, and 6/2/22- Zoom Vegan Support Groups-

Online 6:30-8:00pm

Join us on the first Thursday of each month to talk about the challenges of being vegan in a non-vegan world. This is a support group to help people work towards becoming vegan and living as a vegan. Get the Zoom link on our meetup site.

4/1/22- Horse Carriage Protest- Sarasota

5/14/22 Spring Fling Vegan Potluck Picnic- Phillipe Park

11/5/22- Tampa Bay Veg Fest returns at Perry Harvey Sr. Park, Tampabayvegfest.com

HORSE BILLBOARD cont.

To gain public support, we must change the narrative from "SPORT" and "TREATED LIKE ROYALTY" to "ANIMAL CRUELTY" and "DEAD HORSES." For more information on horseracing, see www.horseracingwrongs.org.

As activists we need to focus more on horseracing and expose the cruelty of the horseracing world. Therefore, we are also stepping up our protests at Tampa Bay Downs. We held one on Feb 19 and another on March 12. Spread the word:

**Don't bet,
Don't attend,
Don't patronize racinos
and join us at our next protest!**

HORSE DRAWN ARRIAGES NOT WELCOME HERE!

While most of the country is shutting down their horse carriage rides due to animal cruelty, Sarasota is beginning them! FVA and many Sarasota activists will be protesting Friday, April 1st at 5:00pm downtown Sarasota.



Horse carriages are dangerous to both horses and humans. An unexpected horn blast or other loud noise can spook any horse – even those acclimated to traffic. Collisions with cars, as well as other accidents, are common. Making horses pull oversized loads like carriages is cruel. Horses are forced to toil in all weather extremes, dodge traffic, and pound the pavement all day long. They may develop respiratory ailments from breathing in exhaust fumes and suffer debilitating leg problems from walking on hard surfaces. Horses have basically no protection under the federal Animal Welfare Act and many humane agencies just don't have the resources to regularly monitor them. Animals can easily be overworked and there are no laws preventing old, injured, or spent horses from being sent to slaughter. Since many may consider it cost-prohibitive to care for an animal who isn't bringing in any revenue, the fate of discarded horses is grim. What You Can Do? If you live in a city where carriage rides are still allowed, contact your local legislators to ask if they will sponsor a ban.

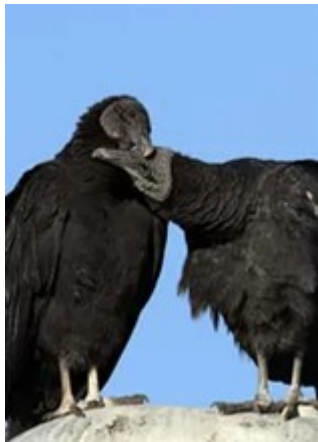
CALL TO ACTION! Oppose SB 2508!

SB 2508 is an assault on the principles that have made land conservation in Florida a success. This bill would elevate the protection of agricultural land over protection of the most environmentally significant lands that still remain unprotected in Florida. It would also open the door to “double-dipping” by landowners who sell the state a conservation easement over their land, and then move to convert that land into a for-profit mitigation bank. And when it comes to Everglades Restoration, SB 2508 would elevate the water needs of Big Sugar over those of the people of South Florida. We need to raise our collective voices to oppose this counter-productive and unfair legislation. Please contact your elected members of the legislature – both in the House of Representatives and the Senate – and ask them to oppose passage of SB 2508. You can find contact information for your legislators using the following links:

<https://www.myfloridahouse.gov/FindYourRepresentative>

<https://www.flsenate.gov/Senators/Find>

CALL TO ACTION! Plan to Shoot Vultures in Westchase!



As of 3/14/22, the CDD-USDA collaboration is shooting off fireworks twice daily to scare away vultures from the Westchase Community island in the back of Stonebridge in Tampa. They planned to shoot any vultures that remain after 2 weeks, but our understanding is that they may have already begun. PLEASE help us stop this tragedy NOW. See more details at the below. Here’s why you want to protect them, not harm them:

There are two species of vultures that live in this area, Turkey vultures (*Cathartes aura*) and Black vultures (*Coragyps atratus*). They are both incredibly beautiful birds and form wonderful family groups that are valuable and beneficial to our community.

Vultures can live to be 25 years old

and are monogamous and will stay with their partner for many years, sometimes for life. The loyal pair are excellent parents and will defend their nest, eggs, and young vigorously. Interestingly, these vultures build their nests on the ground in stumps, thickets, brush piles, or hollow trees. Vultures prefer to nest away from humans but given limited habitat space they will make do with what is available. Baby vultures are fed by their parents for up to 8 months, and the entire family develops strong bonds. Large communal roosts are common, where relatives can gather to meet up. Vultures are nesting right now, as are other shorebird species that are using an island in Westchase. The babies will starve to death in the heat without their parents to care for them. These birds are not considered attractive or “pretty” to most people. Regardless, vultures are incredibly important to the environment because they eat dead animals that most other predators can’t stomach. Eliminating the rotting meat helps stop the spread of tuberculosis, rabies, and other communicable diseases! We need that right now!!! We have taken most of their available nesting space for development. They are literally finding themselves with no place to nest. That Westchase island is an ideal location, so scaring them off and killing them is futile and temporary. We need to come up with solutions so that we can all co-exist together. Please help us by spreading awareness so that no more babies die.

Please contact the following to express your opposition to this horrific attack on vultures immediately!

Main Contact:

Parker Hall, USDA APHIS, FL Wildlife Svc. State Director, (573) 449-3033, parker.t.hall@usda.gov

Copy to:

Tonya Espinosa, USDA APHIS, Public Affairs Specialist, (301) 851-4092, tanya.c.espinosa@usda.gov

Thanks for your help on this important issue!



FVA in Action- Qtr.1, 2022



New Al Lopez Park sign by Tampa Bay Beautiful showing that the park has been adopted by FVA!



Please check our FVA calendar to join us at our events so we can get to know each other. We hope to see you soon!

Dear FVA members, friends & readers, Again we share with you our FVA meet-up events! We now have 4,520 signed up as 'interested' in our group & activities. As you can see, we continue to have a variety of opportunities for you to become involved. **WHERE ARE YOU?** Please join our Meet-Up, sign up for events that interest you, and then **PLEASE** attend the events and help the animals! (If you find that you are unable to attend, please be kind enough to change your RSVP. This will help us to better know what attendance to expect at our events and plan appropriately.)

FVA in the Community/Tablings:
1/6, 2/3, 3/3 - **Vegan Support Groups**, Open Forums, held virtually via Zoom. Join great discussions with some regular attendees and new ones each time. No pressure to chat, but we always like everyone to introduce themselves. Join our hosts, Kimberly Gronemeyer, Psy.D., Myriam Parham, RD, CDCES & Cathy Unruh, Journalist, Author & Animal Advocate
2/12 - **FVA Adopt-A-Park Quarterly Clean-up**, Al Lopez Park, Tampa



3/19 – **Solid Rockin' Veg Fest & Healthy Living** – FVA several FVA members tabled



Media & Other Activities:

1/12 –Hillsborough County Public Hearing, FVA members spoke to Ban the Retail Sales of Rabbits
2/22 – **Pasco County Public Hearing**, at least 8 FVA members spoke to end the Retail Sales of Rabbits
FVA members educated the commissioners about the suffering, abuse, and even deaths, that rabbits often endure at the hands of well-meaning consumers. Statistics were also shared about the lack of available shelters or sanctuaries for the many abandoned rabbits. **YOU CAN HELP!** Please contact your Board of County Commissioners to ask for a ban on the retail sale of rabbits.



FVA supports local animal rescues with monthly \$200 donations:

- Jan – Ybor Chicken Society
- Feb—Birds of Paradise, Bradenton
- Mar - The Little Cats Rescue, NPR

FVA in Action- Qtr.1, 2022

FVA Demos for the Animals:
1/15, 2/12, 3/26 – **Demos, Go Vegan!** - at St. Pete Saturday Morning Market



1/22 - **Worldwide Rally Against Trophy Hunting**, Clearwater Mall. Learn more: notyourtrophy.org.



2/19 & 3/12, **End Horse Racing Demos** – Tampa Bay Downs



2/26 - **Pig Roast Protest**- 9th Annual Bill Field - American Legion Post 24 - PIG ROAST, Bradenton

2/27 – **Protest at Petland**-Largo, to stop the sales of puppy mill dogs



Two Black Radishes Are Better Than One!



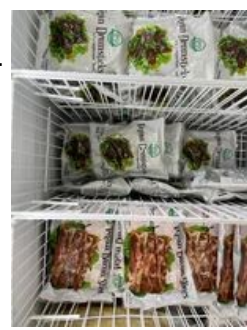
Have you been to Black Radish Grocer in Tampa? It's a locally vegan owned all vegan grocery store! Incredible right? Well, what if we shared with you that another one opened in St. Pete? You can check out Black Radish Grocery, located at 246 Dr. Martin Luther King Jr St. N., St. Pete. The store in St. Pete is not as large as the



Tampa one, but as things get ramped up, there will be SO many vegan products, even some that you've never seen before. We were able to purchase Yum Earth Chewys (vegan fruit chews) and we picked up an incredible vegan monte cristo sandwich. How often can you shop in an all vegan store plus order delicious savory food at the same time? Tina is incredibly ambitious. When I spoke with her she shared her vision of having stores opened throughout Florida. She has a vision and she is working on creating that vision and what's amazing is that the Tampa Bay area now has two all vegan grocery stores. What's new? You can get groceries and food delivered! You don't even have to leave your house to have access to a myriad of vegan goodness.



Please support this small locally woman owned business and work your way



through all the incredible vegan products. It should take a while. :)

Go to www.blackradishgrocer.com and pick the location closest to you to learn more. —By Helene Greenberg

Not a member? Join FVA Now!

Go online to floridavoicesforanimals.org and click the donate button to support animal activism with your annual membership fee or donation:

- \$300 Teddy* Lifetime membership *In loving memory of Keith Roghair's dog, Teddy!
- \$100 Patron
- \$50 Family
- \$30 Individual
- \$15 Student

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Solid Rock Community School



2801 Keystone Road, Tarpon Springs, FL 34688 (727) 934-0909



SRCS is a 501c3 non-profit, tax exempt, co-educational K-12 private school.

We are located in Tarpon Springs, Florida, in Pinellas County, less than three miles from neighboring Pasco and Hillsborough counties. SRCS emphasizes individualized, whole-child development. We are dedicated to providing a challenging educational program that meets our students' academic, social, physical, and emotional needs.

Solid Rock Community School is making the world a greener place, starting in its own school community. With a seed to table garden and lunch program, daily fitness classes, and a focus on environmental stewardship we are teaching our students to become healthy, involved citizens who can contribute to the greater good of society and be good stewards in the world in which they live.

Solid Rock Community School is a private, not-for-profit, interdenominational school that is not affiliated with any particular denomination. Without denominational distinctions we are able to focus on topics that are relevant and agreeable to the majority of people- topics such as love, compassion, kindness, honesty, manners, self-discipline, self-control, and integrity, with the goal of raising our students to be people of good Godly character. We provide a firm foundation, not only for success in school, but for success in a very challenging world. By focusing on love, compassion, understanding, and faith, we celebrate the differences of individuals and families that mirror the diversity in God's Kingdom.

Solid Rock Community School offers a strong sense of acceptance and community. Students learn the importance of respect for themselves, respect for each other, and respect for nature and the planet we live on. We encourage, challenge, and inspire each student to learn, develop in character, and think critically. Our objective is for students to become thinkers, leaders, and collaborators who contribute to the greater good of society as good stewards of the world in which we live.

We hope that you will have your children attend Solid Rock at the soonest opportunity to enhance their knowledge and growth.

Green Culture



1420 Seven Springs Blvd. Trinity, FL 34655 727-375-CAFÉ (2233)

hello@eatGreenCulture.com Sun-Thu 11am-7pm Fri-Sat 11am-6pm



Java & Juice-Bar
Plant-based Kitchen
Carry-Out, Curbside
Delivery, Delivery,
Outside Seating

All items at Green Culture are plant-based, natural, vegan and cruelty-free. Unless otherwise, all items marked are gluten-free, nut-free and soy-free. Meals are fresh and made-to-order.

Food options are: **Restaurant** (Dine-in, carryout, curbside pickup); **Food Box** (4 servings of your favorite food); **Deli** (grab n go); **Artisan Bakery** (fresh, in-house bakery items, including many gluten-free ones); **Vegan Grocery** (vegan food available so that you can shop til you drop); We also offer **Sushi** on Saturdays and Sundays!

Events at 6pm: **Vegan Primary Care Meetup** (Every 1st Wed); **Activist Meetup** (Every 3rd Tue); **Fab The Vegan Social Night** (Every 1st Sat); **Friends Social Night** (Every 2nd Mon) ; **Plant-based Runner Meetup** (Every 3rd Mon); **Plant-based Doctor Meetup** (Every 3rd Sun)

Change the way you eat and you can transform your health for the better! A good diet is the most powerful weapon against disease and sickness—T Colin Campbell, PhD, Forks Over Knives

Follow us on Facebook/Meta & Instagram @eatGreenCulture Website: eatgreenculture.com

- Vegan
- Organic
- Natural
- High-Quality
- Cruelty-Free
- Plant-based
- Healthy
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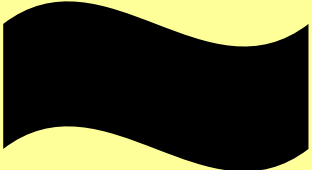
Our mission is to educate the public about animal abuse and exploitation. Please renew your membership if it has expired. Check your label.

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Meetup.com

ADDRESS CORRECTION REQUESTED

Vegan Instant Pot Lasagna Soup by Kimberly Gronemeyer

INGREDIENTS

- 1/2 cup diced white or yellow onion
- 4 cloves of minced garlic
- 8 oz. fresh sliced mushrooms
- 2 cups of sliced carrots
- 1/2 cup uncooked red lentils
- 2 cups precooked and sliced vegan Italian sausage (OPTIONAL for a meatier dish)
- 2 Tbs. tomato paste
- 2 cups tomato sauce
- 15 oz. can diced tomatoes
- 2 tsp Italian seasoning
- 1/2 tsp each: onion powder, garlic powder, crushed fennel seeds, salt, and black pepper
- 1/4 tsp crushed red pepper flakes (OPTIONAL, but highly suggested for just a touch of heat!)
- 4 cups water or vegetable broth
- 8 oz lasagna sheets (no cook vegan ones work the best!), broken into small 1-2 inch pieces
- 2 Tbs. nutritional yeast, optional but preferred
- 2 cup packed fresh spinach, roughly chopped



DIRECTIONS

Turn on sauté mode. When hot, add onion, garlic and a pinch of salt. Cook for 2 mins, stirring so ingredients do not burn. Add a splash of water as needed if it gets to dry. Turn off if it gets too hot and definitely turn off when the onions are softened. Add in everything else EXCEPT nutritional yeast and spinach. Mix well. Make sure the noodles are mixed in REALLY well or they will clump together. Also make sure the liquid completely covers all the ingredients. Add extra water/broth if needed. Close and lock the lid. Set the venting knob to sealed. Push manual and use the + or – buttons to set the cook time to 5 minutes. It will beep when done. Let it sit for at least 10 minutes and then carefully turn the venting knob to vent and manually let any remaining pressure release. Remove the lid. Stir in spinach and nutritional yeast. Let sit for 2 minutes. Ladle into a bowl and serve hot with your favorite vegan garlic bread!