



Florida Voices for Animals, Inc.

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Jan/Feb/Mar 2018

FVA Have-A-Heart Fundraising Dinner & Silent Auction



FVA is delighted to have **Bryan Wilson** as our guest speaker for our annual Have-A-Heart Fundraising Dinner & Silent Auction. Join us at our Annual HAH dinner at a new & larger venue catered by Vegg'd Out Vegan Kitchen. Our theme is Caribbean Food. Feel free to dress for the theme! Let's have fun, can't wait to see you there!

Bryan Wilson is a long-time animal rights activist heading up the Animal Rights Foundation of Florida (ARFF) for central Florida with his wife Carla.

His topic will be *"Tools & Path to Activism"*. Come learn how to make a real difference for the animals this year!

Northdale Recreation Center,
NOTE NEW DAY ==> Saturday, Mar 3, 2018 <=== **NOTE NEW DAY**
NOTE NEW TIME ==> 4p-7:30p <=== **NOTE NEW TIME**
15550 Spring Pine Drive
Tampa, FL 33624

Suggested donations: \$35 (RSVP before Feb 10th) and \$45 at the door. Students \$22
Donations for the Silent Auction accepted. Please contact FVA to arranged when they can be picked up since we need time to fill out the auction sheet for them.

FVA Thanks to Veg Fest Volunteers

We want to thank all those who helped in some way, nothing too small, to make this year's TBVF a success. Solutionary Species Co-sponsors of this year's VF. Jenna Bardroff & Kevin Layton for leading out, FVA Board for all their hard work, Our planning committee, Sponsors (S.S., FVA, Veg Fund, The Stanford Inn, Rollin' Oats Market & Café, Nutrition S'mart, Talking Animals, Black Cat Merchandising, ProCopy (Flyers), Individual sponsors: Cathy Unruh, Bill & Myriam Parham, Catherine Heim, Keith Roghair) Vendors, Speakers (Jim Janolek, Vegan Evan, Korin Sutton, John Corry, Monica Aggarwal, MD, Sid Garza-Hillman, Evelisse Capo, Ellen Jaffe Jones), Chefs (Brian Lairby, Evelisse Capo, Caroline Garber, The Vegan Gents, Naomi Green), Musicians (Brian Brown Sr & Brian Brown Jr., Tyler Costanzo, Leon Majsén, Danielle Mohr, Mwiza, & Carlos Peña), Yoga Demos (Amber Allechi, Kodawari Studios, Vanessa Sardi & Andre, Wendy O'lenic & Kasia Kowalsk), Kaleigh Yoga in Kid's Zone & Veronica Green (Kid's zone book reading), Manuela Baron, Girl Gone Green on Zero Waste discussion, Artist & Bd Member Demetria Laousis, for amazing artwork, and all the individuals below:

Planning Committee: Jenna Bardroff, Kevin Layton, Brian Brown, Myriam Parham, Suzanne House, Kim Gronemeyer, Trevor Chin, Brittany Martinez, Ellen Jaffe Jones, Florence Marsan, Kristen Baker, Lisa Robinton, Joseph Gerardi, Susan McClung, Laura Weiss, Becky Weber, Naomi Green

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FVA Veg Fest 2017 Review



VegFest was incredible this year! It seems every year we have a higher attendance than the last...which means the message of health and compassion is getting out!

Crowds of people enjoying the beautiful weather and walking along the river, while eating mouth-watering vegan food and listening to great music... it can't get much better than that!

Our t-shirts sold out by the end of the day and the free food samples were all gone...as usual. The kids had a blast at the Children's Zone, our Speakers area was well attended, VegFest Central was non-stop busy, and Pay-Per-View gave away quite a few dollar bills!

It was a huge success! A BIG thank you to all volunteers and members for your dedication and hard work. We look forward to working with you all again next time to help us keep spreading this very important message of love and compassion for every living being.

Demetria Laouis

FVA In Action

Dear FVA members, friends & readers, once again we would like to share with you our activities, scheduled on our FVA meet-up for the 4thrd Quarter this year. We now have almost > 3,000 people signed up as interested in our group and activities. Again, you can see, we do have a variety of opportunities for you to become involved in and get to meet us. Again, many people sign up, but often only a few show up. Please join our meetup, please sign up for events that you are interested in, then PLEASE attend the events and help the animals. If for some reason you find that you are unable to attend an event, would you be kind enough to change the RSVP? This will help us to better know what type of attendance to expect and what events are more supported. THANK YOU from FVA and the animals.

FVA in the News this year!

10/26-11/01 - Creative Loafing TBVF Ad
Facebook & lots of social media regarding TBVF
11/02-11/08 - Bus bench ads – for TBVegFest, Anti-Declawing & Anti puppy mills

FVA in the Community/Tablings:

10/22 - Tabling at Stride for Strays, Perry Harvey Sr. Park
10/28 - FVA Tabling at Central FL Veg Fest, Orlando
10/28 – **Myriam Parham**, RD, CDE, FVA President spoke at CFVF on Diabetes & the Vegan Diet
11/3 - Tampa Bay Veg Fest Launch Party 2017 – organized by **Chris Lichfoldt**
11/4 – 8th Annual Tampa Bay Veg Fest, Cotanchobee Fort Brooke Park – Organized & Sponsored by FVA &

Solutionary Species – Attendance estimated > 10,000 (our largest event so far!)

11/12- FVA Vegan Potluck at Lettuce Lake Park – Estimated attendance

11/23 -FVA ThanksVegan PotLuck at The Wallace's (Brigitte & Ian)

11/23 - New Leaf Elementals Thanksgiving Vegan Buffet

11/25 - Sarasota's Solutionary Health Festival Oscar Scherer State Park – FVA members attended

12/17 - FVA PARK CLEAN UP AT AL LOPEZ PARK-TAMPA

FVA Demos for the Animals:

10/1 - World Day for Farmed Animals Demo -Musa Slaughterhouse Tampa

11/24 - Fur Free Friday (FFF) Demo International Plaza

12/8 Go Vegan! demo- at St. Pete Saturday Morning Market

12/16 – Don't buy demo- All About Puppies pet store Tampa

12/23 – Don't buy-Demo - All About Puppies pet store Largo

In addition to all these activities, several FVA board members & others activists usually attend **monthly vegan brunch, lunch, dinner activities** at several local vegan restaurants. These include: **New Leaf Elementals Cafe, Loving Hut, Café Hey Brunch & Lotus Vegan Buffet**, Please check our FVA calendar to join us at these events so we can get to know each other.

FVA Anti-Declaw & Anti-Puppy Mill



FVA has 5 of each of these benches which educate the public about the true nature of de-clawing and also the impact of puppy mills.

They are located around Tampa.

Declawing should be made illegal since it involves cutting off the digit at the first joint - equivalent to cutting off your fingers at the first knuckle. This is not only maims the cat, but also leaves them defenseless.

Puppy Mills are responsible for the torture, death and misery of millions of dogs who don't get proper vet care. They suffer horrific conditions and end up costing adopters millions of dollars.



Florida Orca Protection Act

The Animal Legal Defense Fund, along with a coalition of animal protection, environmental, and marine conservation groups, is proposing the **Florida Orca Protection Act**. The bill would make it illegal to hold orcas in captivity for any purpose (grandfathering those already in captivity in Florida as of a date TBD), breed captive orcas, and transport captive orcas into Florida or out of North America, unless provided by federal law or to rehome to sanctuary.

Additionally, the bill would require that orcas held for rehabilitation or research purposes be returned to the wild whenever possible. With the Florida Orca Protection Act, we can ensure that the orcas in Florida now will truly be the last generation in captivity and that theatrical performances merely for the sake of public entertainment will soon be a thing of the past!

Before the start of the 2018 legislative session (January 9, 2018), we need:

- 1) Contact Representative Ben Diamond at Ben.Diamond@myfloridahouse.gov (cc to his legislative aide, Matthew Herndon at Matthew.herndon@myfloridahouse.gov) with a brief email thanking him for considering the Florida Orca Protection Act, expressing your support for the bill, and urging him to file it ASAP. You can also tweet at Rep. Diamond at [@BenDiamondFL](https://twitter.com/BenDiamondFL)
- 2) Contact Senator Anette Taddeo at Taddeo.annette@flsenate.gov (cc to her legislative aide, Venus Lovely at Lovely.Venusmia@flsenate.gov) with a brief email thanking her for considering the Florida Orca Protection Act, expressing your support for the bill, and urging her to file it ASAP
- 3) Find your State House and State Senate representatives. If Rep. Diamond or Senator Taddeo is your representative, please be sure to mention that in your emails! Since the bill has not been introduced yet, it may be that your representative is not familiar with the bill.
- 4) Like/follow the Florida Orca Protection Act page on Facebook
- 5) Go to <http://aldf.org/cases-campaigns/features/florida-orca-protection-act/> for more information.

Please share this information with all your friends, coworkers, and anyone else who might be interested!

Vegan Pizza Fundraiser @ Doormet Pizza!

Do you love eating pizza and helping animals? If so, come eat with us and support the cause! Doormet is donating 25% of purchases made by FVA supporters to FVA on Saturday, 1/6/18 from 1-5pm! Doormet has delicious vegan pizzas available with vegan cheese! Help FVA end animal cruelty and join us for a post-holiday pizza party! You can dine in or take out! This meal will only happen if at least 20 commitments are made by January 3, 2018. Please RSVP now at this link: <https://www.groupraise.com/events/42816>

Doormét: Gourmet Café
 Saturday January 6, 2018
 1:00pm-5:00pm
 1155 S Dale Mabry Hwy #12
 Tampa, FL
 Donating Back to FVA: 25%

FVA Fur-Free Friday Demo



Every year on the most commercialized shopping day, Friday after Thanksgiving, activists from all across America hold a Fur-Free Friday demonstration. FVA has our own local heroes who got out there in the rain at International Plaza.

FVA Go Vegan Demo



To promote veganism, FVA held this peaceful demo at the St Petersburg morning market, which has lots of pedestrian activity. Another cold, wet morning, but our activists persevered to get our message out.

FVA Musa Slaughterhouse Demo



FVA's true die-hard activists braved the cold and wet for this demo against Musa Slaughterhouse.

Protecting Companion Animals from Over-Vaccination

The core vaccines given to young pets protect them from the deadly diseases distemper, parvo, adenovirus, and rabies. There is a good chance their bodies will maintain immunity for life, yet many veterinarians advise annual boosters. This can result in over-vaccination and a variety of damaging and sometimes life-threatening adverse reactions. Reactions can occur anywhere from instantly to years later. Reactions include anaphylactic shock, allergies, behavioral changes, lameness, vaccine injection site sarcomas, auto-immune diseases, neurological disorders, and seizures. The harmful ingredients in vaccines include heavy metals such as mercury and aluminum, DNA from animal proteins, formaldehyde, and cytotoxic agents that kill cells.

Research by **Dr. Ron Shultz** at the University of Wisconsin shows that immunity can last a lifetime. **Dr. Dodds** research with the Rabies Challenge Fund has proven that immunity from the rabies vaccine can last five years or more. Both doctors have used titer tests to measure the concentration of antibodies in the blood to determine whether a pet needs to be revaccinated. The use of titers is a safer practice than administering vaccine boosters. Veterinary personnel use titers for themselves and rarely need to be revaccinated.

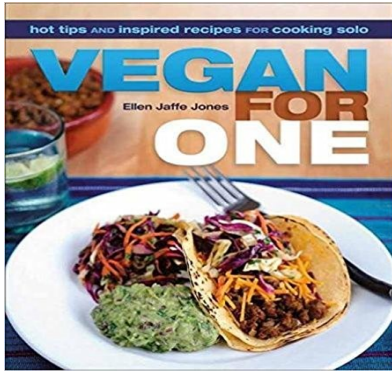
Most state laws require a rabies vaccine every three years. The dosage is a "one size fits all" regardless of the pet's size. A Chihuahua receives the same dose as a Great Dane. Florida pet owners are proposing a bill to amend the rabies law to accept titers as proof of immunity and to allow veterinarians to lower the dosage of vaccines for small pets. The new Florida Pet Vaccination Awareness Facebook page promotes awareness of over-vaccination and provides guidance on contacting legislators and legislative news. To contact your legislators, go to www.leg.state.fl.us and look up your two district representatives. Call, e-mail, or mail letters stating that you support a bill to amend the rabies law for pets. Tell your veterinarian you would like to have a titer test done on your pet to determine if revaccination is needed. Titers are affordable (<\$100) if your veterinarian uses the Kansas State University Diagnostics Lab. Other labs charge much more.

By changing the law and avoiding over-vaccination, your pets will have a longer and healthier life.

Barbara Donner

Florida Pet Vaccination Awareness

Vegan For One



If you live alone, or often eat alone, there can be challenges of getting enough nutrition and variety. But it doesn't mean you have to subsist on fast food, frozen meals and takeout. Our local resident prolific author, **Ellen Jaffe Jones**, is just out with her 6th book in as many years with *Vegan for One*. The book features spectacular home-cooked dishes that trim time, slash costs and maximize nutrition. Seasoned foodies can enjoy the complex flavors but the recipes are suitable for kitchen novices too. There are many tips on how to stock up on staples, which fruits and veggies keep best and which equipment is essential.

Racing Through A Cattle Farm?!



Ellen Jaffe Jones is also a nationally ranked sprinter, having placed 3rd in the US in her 65-69 age group this summer in the 4x100 meter relays. She just placed in her 126 5K or longer race for her age group since 2006 "just" on plants. She uses running as activism, wearing bright shirts at races and parking her "veganmobile" which has her 6 large book magnets plastered all over in front of fried chicken and hot dog caterers.

She was particularly distressed to receive a one day notice that there was a local 5K called "Run the Ranch." From their website: "The Desoto Charlotte Farm Bureau Young Farmers and Ranchers will be hosting our Inaugural Run the Ranch at Camp Turner Loose in Arcadia presented by the Denise Grimsley Campaign. The 5K run/walk will be a unique trail run through a working cattle ranch and exposes runners to Florida Agriculture. All monies raised will go towards providing opportunities for leadership development for young agriculturalists in Desoto and Charlotte counties."

Ellen can't imagine anything more disgusting than running in nature through a working cattle ranch, knowing what lies ahead. The audacity to have such a race in such a venue speaks to the disconnect aimed especially at children. She believes it is important that we sign up for these races and make our voices heard in the mainstream where participants don't often give much thought to these kinds of animal rights issues.

On a recent weekend, Ellen ran 3 5K races (3.1 miles each) and placed 1st in her age group in the first 2 races which were on the same day. She placed 2nd in the race the next day. One of the races was Sarasota's Christmas Glow Run which had 28 runners in her group. She says, "So many people mistakenly tell me at races while I'm holding an age group award in my hand wearing a bright vegan shirt, 'you can't get enough protein or energy to even run on a vegan diet, let alone race.' I've been hash tagging 'runningismyactivism' to inspire more to wear a vegan shirt at races to inspire outreach and engage in these kinds of conversations. The Glow Run had 1500 registered. That's a lot of people who see a simple vegan message and also see someone who is healthy. People often do a double take, especially at races, when they hear how old I am. I had a physical this week and told the doc I'd just done 3 5Ks in 2 days, and since he saw me the day after with no complaints, he looked at me like I was from Mars.

While it's not a guarantee, running on a balanced, healthful vegan diet can be magical. This way of eating is generally very anti-inflammatory, and meat-eaters, who often get inflammatory reactions in the joints in the form of arthritis, often avoids vegans, or at least not to the extent it plagues meat-eaters."

Ellen spoke on Vegan Sex at the Sarasota Healthfest Nov. 25th, Jacksonville Vegfest Nov 11th, cooking demos and talks on her 6 books at the Boston Vegfest Oct 14th and the Portland Vegfest Oct. 21. She was a judge for a Mac n Cheese cook off for the Triangle (Raleigh-Durham) Vegfest Oct 28th.

You can receive this newsletter via e-mail or download it from the FVA website. To go paperless please email fyonline@yahoo.com and let us know. You will not only help the environment, but will allow FVA more financial resources to help animals.

YES, I want to support Florida Voices for Animals, Inc.

Enclosed is my annual membership fee or donation:

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GOOD NEWS



☉ **Nov 2017: Florida dairy farm cooperative vows changes after cow abuse videos** Video released by the Animal Recovery Mission (ARM) showed workers at Larson Dairy Farm in Okeechobee using steel rebar to beat and whip the cows. The animal rights group claims supervisors saw the abuse in the milking barn and did nothing to stop it.

A second video has since been released showing a pile of dead cows at another dairy farm in the same town. Investigators with ARM said calves at Burnham Dairy Farm were kept in enclosures with dead and diseased cows.

☉ **Mar 2017: Six steers escape St Louis slaughterhouse.** They evaded police for hours, only to be recaptured and sent back to slaughter. The public demanded their release, but the steers' fate was sealed.

☉ **Nov 2017: Cruelty Free Investing (CFI),** the first non-profit organization to evaluate each publicly traded U.S. stock for participation in animal exploitation, announced their launch today. Every stock appears on one of two lists on the new CFI website (CrueltyFreeInvesting.org), a list of companies that *do* exploit animals, and a list of companies that *do not*. Also identified on the website are the top ten companies engaged in the worst forms of animal cruelty.

CFI informs and broadens the growing sector of socially responsible investing, and in addition exposes the gap in the environmental, social and government criteria (ESG) that is used to identify socially responsible companies. The ESG criteria currently do not include animal cruelty, exploitation or abuse. The information is an invaluable resource for investors who want to align their investments with their core values. It will also assist financial advisors who have clients who want to divest from stocks that exploit animals



Our mission is to educate the public about animal abuse and exploitation. Please renew your membership if it has expired. Check your label.

M Paid membership and renewal date **L** Lifetime member
X Newsletter exchange **C** Courtesy

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ADDRESS CORRECTION REQUESTED

Every Tue & Thu at 10:30am –WUSF Ch 16.3, **Christina Cooks** cooking show with **Christina Pirello**

Every Wed at 10am –WMNF 88.5FM, **Talking Animals** radio show with **Duncan Strauss**

Every Fri at 11am—WUSF Ch 16.1, **Jazzy Vegetarian** cooking show with **Laura Theodore**

Check out the **Vegan Myth Busters** radio show hosted by **Ellen Jaffe Jones** anytime by visiting <https://www.facebook.com/groups/1667198786868267/>

1/6, 2/3, 3/3 (Sat) - **Loving Hut Vegan Buffet** Sat 11am-9pm (Meetup at 6:30pm), 1905 E Fletcher Ave, Tampa FL 33612, 813-977-7888 This is 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, then sign up. Loving Hut's website is http://www.lovinghut.us/tampa_01/ This all-vegan buffet is on the 1st Saturday of the month.

1/6 (Sat) - **Vegan Pizza Fundraiser @ Doormet Pizza**, 1p-5p, 1155 S Dale Mabry, Tampa 25% of proceeds from FVA supporters will go to FVA! They have yummy vegan pizzas with vegan cheese! We need at least 20 people to RSVP on the GROUPRAISE link below for the event to happen! RSVP today! Dine in or take out!

1/7, 2/4, 3/4 (Sun) - **New Leaf Elementals Brunch**, 11am-1pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan all-organic brunch which takes place 1st Sunday of the month.

1/20, 2/17, 3/17 (Sat) - **Lotus Vegan Meetup Buffet**, 11am-9pm (Meetup at 6pm), 6575 Park Blvd, Pinellas Park, FL Enjoy an all-vegan buffet at Lotus Vegan Restaurant (beverage not included.) This buffet takes place 3rd Saturday of the month.

1/28, 2/25, 3/25 (Sun) - **Café Hey Brunch**, 11am-2pm 1540 N Franklin St, Tampa, FL Enjoy an all-vegan brunch which takes place last Sunday of the month.

3/3 (Sat) - **FVA Have-A-Heart Dinner and Silent Auction**, 4p-7:30p Northdale Recreation Center, 15550 Spring Pine Drive Tampa FL 33624 Guest Speaker Bryan Wilson. Food provided by Vegg'd Out Vegan Kitchen by his Yourhighness Tafari and Erica Cobb. \$35 before Feb 24, 2017. \$45 at the door. \$22 for students.