



# Florida Voices for Animals, Inc.

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

[fvaonline@yahoo.com](mailto:fvaonline@yahoo.com)  
Oct/Nov/Dec 2018

9<sup>th</sup> Annual  
Tampa Bay  
**veg fest**  
#tbvegfest



**Saturday November 3, 2018**

Perry Harvey, Sr. Park  
1000 E. Harrison St. Tampa, FL 33602

*Guest Speakers, Healthy Living and Eco-Friendly Exhibitors, Delicious Vegan Food, Animal Rescues, Free Food Samples, Cooking Demos, Live Music, Kids Activities, Vegan Mac & Cheese Cookoff, Raffle.*

Leashed Pets Welcome!

➔ FREE Admission ➔

Presented By



[FloridaVoicesForAnimals.org](http://FloridaVoicesForAnimals.org)

### Thanks to our sponsors:



Keith Roghair, Cathy Unruh, Myriam & Bill Parham

### Speakers:

- Captain Paul Watson / Sea Shepherd Conservation Society
- Koushik R. Reddy, MD / Cardiologist
- Ana M. Negrón, MD
- Ronnie Tsunami/Motivational Speaker
- Austin Aries /Champion Vegan Wrestler
- Carly Bergman & Brenden Fitzgerald / Zero-Waste Living

For more information: [tampabayvegfest.org](http://tampabayvegfest.org) | [facebook.com/TBVegFest](https://facebook.com/TBVegFest) | [info@tampabayvegfest.org](mailto:info@tampabayvegfest.org) | 727-656-8368

## AAA Demo in Tampa



## Lakewood Ranch Boo Run 5K

**5K Run** **Boo Dash Kids' Races**  
**5K Run with Doggies**

**Saturday, Oct 27, 2018 at 8:30 am**  
**Lakewood Ranch Main Street**

6:30 a.m. Registration  
 7:45 a.m. Dr. Mac Boo Dash Kids' Races  
 8:30 a.m. 5K Chip-Timed Run  
 8:35 a.m. 5K Chip-Timed Run with Doggies

**Constume Contest:**  
 Best Couple, Most Creative, Funniest, Best Male/Female, Kids Under 10

*Ellen Jaffe Jones is noted author of top seller "Eat Vegan on \$4 a Day". Runners of all dietary choices are welcome. As you inhale at the finish line, sample great foods that endurance legends and vegan athletes use for optimal recovery.*

For the first time in the US and perhaps anywhere, a mainstream long established 5K race has gone vegan. The Lakewood Ranch Boo Run will be a vegan foodie delight. Club board member Ellen Jaffe Jones, currently a nationally ranked sprinter for her age group who has placed in 130 5K or longer races, had a dream to cross a race finish line just once and not have to breathe charred animal remains for post race food. Not to mention after running 3 miles, bacon couldn't be more unappetizing. In part, reacting to the growth of "Bacon 5Ks" Ellen offered to become the race primary sponsor to create a vegan post-race food event.

First time a mainstream race has EVER promoted vegan post-race food. First Watch, Smoothie King and others are donating vegan food. PCRM is supplying material for all goody bags and has offered to send out letter to their lists of local people who might support.

Please support this inaugural event. As you can imagine, we need all the vegan support we can get! Registration is here: <http://lakewoodranchrunningclub.com/boo-run-5k/>

## Crossroads Cat Rescue



WE ARE Crossroads Cat Rescue  
 WE ARE one sitting board of directors member, one past board member and two Florida voices for animals members  
 WE ARE caretakers for three groups of community cats near Buccaneer Stadium in Tampa. All but two cats have been TNVR'd.  
 WE ARE looking for help.  
 WE ARE in need of a few good people to take on a couple of days a month to help feed these innocent beings.  
 MAYBE on your way home from work?  
 MAYBE on your day off?  
 MAYBE on your daily walk around the park?  
 We feed in the evening which takes about 30 minutes, and we will provide the food, if necessary.  
 WE ARE very thankful in advance for your help and for FVA's financial support with life saving surgeries.  
 WE HAVE a feral cat fund at FVA for contributions  
 WE ARE hoping you can help us with your time or donations, but especially your time  
 Please email [fvaonline@yahoo.com](mailto:fvaonline@yahoo.com) or call 727-656-8368

### FVA's BOARD OF DIRECTORS

- Myriam Parham—President**
- Diane Koon—Vice President**
- Marie Galbraith —Treasurer**
- Brittany Martinez—Secretary**
- Trevor Chin**
- Suzanne House**
- Kim Gronemeyer**
- Ellen Jaffe Jones**
- Demetria Laousis**

### NEWSLETTER STAFF

- Trevor Chin—Publisher**
- Myriam Parham— Editor**
- Kim Gronemeyer— Editor**

### BOARD ADVISORS

- Susannah Sherman**
- Bob Shepherd**
- Tom Bird**
- Isabelle Tassi**
- Brian Brown**
- Mindi Lasley—Legal Counsel**



FLORIDA VOICES FOR ANIMALS  
Presents the 12th Annual

# Thanks Vegan FEAST

**THURSDAY, NOVEMBER 22, 2018**

Unitarian Universalist Church of Tampa  
11400 Morris Bridge Road Tampa, FL 33637

**SOCIAL** 1:30-2:00pm

**POTLUCK DINNER** 2:00-5:30pm  
(food table closes at 4:00pm)

Event will be prepaid through  
ThanksVegan.com via PayPal (using  
any major credit card or PayPal  
account). Prepay begins **OCTOBER 15,**  
**2018** and ends **NOVEMBER 17, 2018.**  
**Prepay early—space is limited!**

- \$7.50/Adult *with* a dish (prepaid)
  - \$21/Adult *without* dish (prepaid)
  - \$15/Adult at the door *with* a dish
  - \$30/Adult at the door *without* dish
- \*For prepay prices for children, seniors, and students, see ThanksVegan.com

• Please bring a vegan dish for 8+ people (16+ for couple's dish)  
with a **serving utensil** and **ingredient list**.

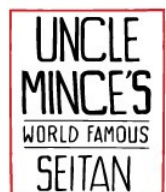
• Microwaves will be available for warming. Plates and utensils will be also provided.  
Please, no personal dinnerware or to-go containers.

*All food must be vegan (no animal products/byproducts)*

• Parking is limited — carpooling is encouraged.

Volunteers are needed for setup, food prep, cleanup, etc.

For more information about prices or volunteering, please contact: [ThanksVegan@gmail.com](mailto:ThanksVegan@gmail.com)



 Tampa ThanksVegan Dinner

[www.ThanksVegan.com](http://www.ThanksVegan.com)



## FVA supports Yes on Amendment 13



We need your voice now to help thousands of dogs this November. If citizens vote Yes on Amendment 13, commercial dog racing will be phased out in Florida by 2020. Right now thousands of greyhounds endure lives of confinement at dog tracks, and a racing dog dies every three days. It's time for this cruelty to end!

History awaits the greyhounds this fall. On Election Day, the voters of Florida will have the opportunity to turn back the hands of time and end dog racing in its most established state. As many as 8,000 lucky greyhounds stand to receive the second chance they deserve, closing out nearly 100 years of exploitation and cruelty.

Kept in warehouse style kennels, in rows of stacked metal cages for 20-23 hours a day, the dogs are fed a diet based on raw, diseased meat. When let out of their cages to race several times a month, they face the risk of serious injury. Broken legs, crushed skulls, snapped necks, paralysis and heat strokes are common. Some dogs have even been electrocuted while racing. According to information gathered by the state's Division of Pari-Mutuel Wagering, a greyhound dies every three days at Florida's eleven racetracks.

Dog racing is now illegal in 40 states and since 1990, the amount of money wagered on dog racing in the Sunshine State has plummeted by 74%. Tax revenue has declined by 98% and the tracks themselves now lose a combined \$34 million. If it were not for a state mandate requiring racetracks to offer a minimum number of races as the platform for other, more popular forms of gambling, this antiquated activity would have ended long ago. Until it does, the state will continue to waste as much as \$3.3 million per year regulating a dying industry.

Statewide polling shows that Florida voters will vote to end dog racing if they are fully informed about its humane and economic problems. You can help the greyhounds by learning more about Amendment 13 and by spreading the word that it's time to set the greyhounds free.







SEA SHEPHERD CONSERVATION SOCIETY'S  
**CAPTAIN PAUL WATSON**

**NOVEMBER 3<sup>RD</sup>**  
**12:30PM AT TAMPA BAY VEGFEST**

Come meet our founder Captain Paul Watson, find out why Sea Shepherd ships are vegan, and get the latest updates on our current campaigns.

Learn about our campaigns and what you can do to help us continue our work to save our oceans and marine wildlife!

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



## Vegan Mac n' Cheese Cook Off at the 9<sup>th</sup> Annual Tampa Bay Veg Fest



Do you think that you make the BEST Vegan Mac n' Cheese?! Come show the community at the 9th Annual Tampa Bay Veg Fest! Compete against other participants to claim title of "Best Vegan Mac n' Cheese of the Tampa Bay Veg Fest. Join us and show your best Vegan Mac n' Cheese skills on November 3, 2018 as a participant and show Tampa Bay who makes the best of the best Vegan Mac n' Cheese!

The event will host a maximum of 10 local cooks competing against each other. The entry fee is \$10 per contestant. A panel of judges comprised of some of our amazing speaker will determine the winner from all the entries and there will also be a community vote for a "People's Choice" winner.

Entries will showcase pasta and vegan cheese.

Non-traditional ingredients and delicious creativity are encouraged.

The winners will receive a gift card to **Farmacy Vegan Kitchen & Bakery** and a trophy.

We and the community really look forward to trying your amazing Vegan Mac n' Cheese. Hope you can join the fun.

Please go to [www.tampabayvegfest.com](http://www.tampabayvegfest.com) for more information and registration information. Deadline to register is October 29, 2018. Contact **Patricia** at 813-629-1661 for any questions regarding the cook off.

## FVA in Action

**Dear FVA members, friends & readers,** once again we would like to share with you our **FVA meet-up** activities from this year's 3rd Quarter. **We now have over 3,500 people signed up as interested in our group and activities.**

**WHERE are you?** As you can see, we continue to have a variety of opportunities for you to become involved in and get to meet us. Frequently many people sign up, but often only a few show up. Please join our meet-up, 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 at our events and plan appropriately.

### FVA in the Community/Tablings:

8/4 - **FVA Tabling at Be The Solution Convention, Engelwood Event Center, FVA Table:** Trevor Chin, Kim Gronemeyer, Brittany Martinez & Susannah & Spencer Sherman, Speakers included; Myriam Parham, RD , on Benefits of a Vegan Diet & FVA member Naomi Green, taught & led out 48 people in making yummy vegan sushi & shared her personal story on beating Cancer with a plant-based diet.

**Multiple Veg Fests throughout U.S.** our own Ellen Jaffe Jones has attended and spoken.

### Other Activities:

7/4-7/8 – **North American Vegan Society (NAVS) 40<sup>th</sup> Annual Vegetarian Summerfest**, Univ. of Pittsburgh at Johnstown, PA, FVA Board members Ellen Jaffe Jones & Myriam Parham were speakers

7/7 - **Tampa Bay Veg Fest Volunteer Meeting #2**, at Kahwa Coffee, Downtown Tampa, led out by Diane Koon & Marie Galbraith, event co-coordinator & FVA board members

7/21 – **FVA PARK Clean up at AL LOPEZ PARK-TAMPA**, hosted by Diane Koon

8/2 – **FVA put up a reward of \$1000 for information leading to the arrest and conviction of the culprit(s) who killed a white rooster in Ybor City** early August 2018. This was reported on August 1st, 2018 by the Ybor Chicken Society

8/2 - **Vegan Support Group**, John F Germany Public Library, Downtown Tampa - **Maintaining Momentum & Motivation in the Vegan Movement, a personal story, speaker/facilitator, Jenna Bardroff**, from Solutionary Species

8/21 – **Shark Dragging Case Hearing/Deposition – Hillsborough Cty Courthouse**, Tampa, Attended by Marie Galbraith & Suzanne House

9/6 - **Vegan Support Group**, John F Germany Public Library, Downtown Tampa - **Vegan Dating & Single Life, led out by Graeme Ross-Monro**, host of Ethical Accelerator Meet-ups.

9/8 - **Love & Bananas Film: An Elephant Story (rescue) Free Vegan Snacks** –St. Petersburg Main Public Library, Hosted by Chris Capozziel, FVA member & Diane Koon, Board member

9/15 - **Hillsborough River & Coastal Cleanup Day at Al Lopez Park-Tampa**, hosted by Diane Koon

### FVA Demos for the Animals:

7/4 - **Leafletting at Clearwater Celebrates America for the Greyhounds**, Coachman Park, St. Petersburg, FVA hosted and led out by member Melissa Zepeda, volunteers waived signs and handed out flyers for Vote Yes on Amd13, during the popular fireworks celebration

7/4 - **Leafletting at Temple Terrace Fireworks Celebration for the Greyhounds.** Led out by Diane Koon, handed out flyers encouraging voters of Florida to vote yes on Amendment 13 to end greyhound racing in Florida forever.5/19 – **Go Vegan demo – St. Pete Saturday Morning Market**

8/4 - **DEMO Go Vegan! - at St. Pete Saturday Morning Market**, led out by Chris C. & Hussein

8/29 - **FVA Demo: Tell AAA to stop promoting SeaWorld**, led out by Trevor Chin

In almost daily posts on Facebook when WiFi was free, FVA board member Ellen Jaffe Jones shared good vegan options from locations all over Europe, especially where leather is heavily marketed. Vegan options are more available as demand increases. Ellen wore her vegan message shirts everywhere including on a gondola in Venice.



In addition to all these activities, several FVA board members & others activists usually attend Monthly activities at several local vegan restaurants. These include: **New Leaf Café Breakfast buffet, Loving Hut buffet, 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.

Hope to see you sometime!

You can receive this newsletter via e-mail or download it from the FVA website. To go paperless please email [fyonline@yahoo.com](mailto: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:

\$300 Lifetime  \$100 Patron  \$50 Family  \$30 Individual  \$15 Student  \_\_\_\_\_ Other

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail: \_\_\_\_\_

I would like to volunteer for:

Phone Tree  Attending Demonstrations  Staffing Outreach Tables  Website  Newsletter

Investigations  Other: \_\_\_\_\_

**I prefer to receive my Newsletters:**  Electronically via e-mail  Regular Mail

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Ad Size	1 NL	2NL	3NL	4NL
Bus card	\$50	\$90 Save \$10	\$130 Save \$20	\$160 Save \$40
¼ Page	\$75	\$130 Save \$20	\$185 Save \$40	\$220 Save \$80
½ Page	\$125	\$220 Save \$30	\$315 Save \$60	\$380 Save \$120
Full Page	\$200	\$360 Save \$40	\$520 Save \$80	\$640 Save \$160



## GOOD NEWS



☺ **Aug 2018: Puppy & Kitten Mills Banned in England.** Environment secretary, **Michael Gove**, announced a new regulation that means anyone wanting to buy or adopt a puppy or kitten will only be able to do so directly from a licensed breeder or a rescue center. Breeders will only be allowed to sell puppies they have personally bred, and any online sellers will be obligated to publish their license numbers along with the pet's country of origin and country of residence. This new ban comes on the back of the **Lucy's Law Campaign** led by a coalition of animal rights charities. This campaign was started after a severely malnourished Spaniel was rescued from a breeding site, where it is thought she was forced to breed several times a year. Her puppies were taken from her at just four weeks old, half the recommended age.

☺ **Aug 2018: Recent Study shows Pigs Intelligence.** A new study performed by researchers from the **Messerli Research Institute** at Vetmeduni Vienna shows that they are even smarter than any of us could have imagined! The study proves that pigs have greater learning and visual cognitive abilities than previously thought. Previous studies confirmed that pigs not only are curious and capable of learning but also have good long-term memory, deliberately deceive other pigs, and can even anticipate needs and intentions. During the study, pigs were first trained to recognize the front and back of two-dimensional human heads. The overall results of the tests showed that the group of pigs trained to recognize the backs of the heads made the correct choice an impressive 80 percent of the time. The group trained to recognize the faces succeeded 50 percent of the time, while both groups had no preference when shown only front views that were missing the eyes and mouths. The study shows the complexity in which pigs can think, their visual cognitive skills, and that they have preferences. It's just another reason as to why these intelligent creatures deserve so much more respect than they are given as being thought of as just food.

☺ **Aug 2018: Animal crackers' animals "freed" as boxes get new look.** **Mondelez International**, the parent company of **Nabisco**, has redesigned the packaging of its Barnum's Animals crackers showing the animals without bars, after relenting to pressure from People for the Ethical Treatment of Animals. The new boxes feature a zebra, elephant, lion, giraffe and gorilla wandering side-by-side in a grassland. The outline of acacia trees can be seen in the distance.





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

**FLORIDA VOICES FOR ANIMALS, INC.**  
**P.O. BOX 17523**  
**TAMPA, FL 33682**

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 GRASSROOTS, ANIMAL ADVOCACY  
 ORGANIZATION**



Go Green!  
 Have me emailed to you!  
 fvaonline@yahoo.com



### ADDRESS CORRECTION REQUESTED

All events are posted on our Meetup Calendar, so if you haven't signed up for our meetup, go to [www.meetup.com](http://www.meetup.com), search for Florida Voices for Animals, then sign up.

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/>

10/6, 11/3, 12/1 (Sat) - **Loving Hut Vegan Buffet** Sat 11am-9pm (Meetup at 6:30pm), 1905 E Fletcher Ave, Tampa FL 33612, 813-977-7888. Loving Hut's website is [http://www.lovinghut.us/tampa\\_01/](http://www.lovinghut.us/tampa_01/) This all-vegan buffet is on the 1st Saturday of the month.

10/7, 11/4, 12/2 (Sun) - **New Leaf Elementals Brunch**, 9am-12pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan brunch which takes place first Sunday of the month.

10/20, 11/17, 12/15 (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. This buffet takes place 3rd Saturday of the month.

10/27 (Sat) **Lakewood Ranch Boo Run 5K**, 8:30am Lakewood Ranch Main St & Lakewood Ranch Blvd, Sarasota, FL First all-vegan run sponsored by Ellen Jaffe Jones!

10/28, 11/25, 12/30 (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.

11/3 (Sat) - **FVA Annual Tampa Bay Veg Fest**, 10am-5pm Perry Harvey Park, 900 Scott St, Tampa, FL Volunteers needed. Free vegan day-event with speakers, food demos, food vendors, food samples (did I mention food?) . One of USA's top Veg Fests. Don't miss it.

11/22 (Thu) - **Thanksgiving Vegan Buffet**, 11am-3pm New Leaf Elementals Cafe, 11813 N Armenia Ave, Tampa, FL. Limited to 30 people. Please visit Facebook [www.facebook.com/newleafelementals](http://www.facebook.com/newleafelementals) to get EventBrite link.

11/22 (Thu) - **FVA ThanksVegan Feast**, Social 1:30-2pm Potluck Dinner 2-5:30pm. At Unitarian Universalist Church 11400 Morris Bridge Rd. Tampa FL 33637. See [ThanksVegan.com](http://ThanksVegan.com) to prepay and for details. Volunteers needed. To volunteer, email [ThanksVegan@gmail.com](mailto:ThanksVegan@gmail.com)

11/22 (Thu) - **Thanksgiving Vegan Potluck**, 6-9pm Brigitte & Ian Wallace's home, 6351 6th Ave S, St Petersburg, FL. Limited to 35 people. Each guest is required to bring a tasty prepared strictly vegan dish with serving utensils to serve 6-8 people. RSVP 727-793-7055 or on FVA Meetup

11/23 (Fri) - **FVA Fur-Free-Friday Demo**, 11:30am-1pm International Plaza, 2223 N Westshore Blvd, Tampa, FL 33607. Fur is totally cruel and unnecessary! Join us to be the voice for the animals! Signs will be provided.

12/22 (Sat) - **FVA Puppy Mill Demo**, 11:30am-1pm All About Puppies, 7190 Ulmerton Rd, Largo, FL. Adopt—Don't Shop! Come help us educate the public about puppy mills.