FVA’s Have-A-Heart Annual Fundraising Dinner & Silent Auction

FVA is delighted to have **Koushik R. Reddy, MD** 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 Farmacy Vegan Kitchen. Let's have fun, can't wait to see you there!

Dr. Reddy is the director of interventional cardiology at the James A. Haley VA Medical Center. He completed fellowships in cardiology and interventional cardiology at Winthrop University Hospital in 2007. For the past eleven years, Dr. Reddy has worked at the Tampa VA hospital and been affiliated with the University of South Florida. He served as the assistant program director for general cardiology fellowship and has won many teaching awards. Over the past three years, he changed his focus towards preventive cardiology and has been promoting lifestyle medicine and whole foods plant based diets to prevent, treat, and reverse chronic diseases. In addition to general and interventional cardiology, Dr. Reddy is board certified in lifestyle medicine by the American Board of Lifestyle Medicine. He was instrumental in establishing the Veteran Health Administration and Armed Forces working group under American College of Lifestyle Medicine. After years of treating heart disease with pills and procedures, he is now on a mission to spread the power of lifestyle and whole foods plant based nutrition.

Catering by **Farmacy Vegan Kitchen & Bakery**

You will enjoy delightful vegan offerings to accommodate all palates that will include several gluten free items and even a raw entrée option! A quote from their website reads, “Farmacy’s goal is to create delicious, familiar food without sacrificing what is most valuable: the lives of the innocent, the health of our bodies, and the wellbeing of our planet. Each day, we set out to make the absolute best tasting food while doing the absolute least harm.”

Northdale Recreation Center,

NOTE NEW DAY ===> Saturday, Feb 23, 2018 <=== NOTE NEW DAY
NOTE NEW TIME ===> 3p-8p <=== NOTE NEW TIME
15550 Spring Pine Drive
Tampa, FL 33624

Suggested donations: $35 (RSVP before Feb 15th) 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!

Tampa Bay Veg Fest:

Keshara Alleyne  
Lori Alvarez  
Pascale Armour  
Dina Athanassie  
Sabrina Atiq  
Amanda Bahr  
Jenna Bardoff  
Adicia Bathon  
Marie Bear  
Nina Benthova  
Rachel Berggren  
Amulya Bharadwaj  
Tom Bird  
Martha Bolton  
Maria Bott  
Bowen Brown  
Brian Brown  
Naya Brown  
Tiffany Brunner  
Katelyn Butler  
Kristine Butler  
Kerri Califar  
Alexis Camp  
Anne Marie Cancio  
Chris Capozziello  
Daxton Chapell  
Gianna Chapell  
Julia Chapell  
Loretta Clark  
Ann Marie Coats  
Harley Comtois  
Dale Corey  
Melissa Cygan  
Mike Cygan  
Gus Delavilla  
Deb Delsole  
Julienne de Oliveira  
Erin DeRamus  
Nicholas Dinh  
Magen Diogenes  
Linda Do  
Melanie Dodson  
Chelsea Duerden  
Jeannette Elzer  
Tatiana Felder  
Erica Ferguson  
John Fernandez  
Lissette Fernandez  
Miriam Fernandez  
Yvette Fernandez  
Jason Fields  
Ashley Foster  
Robert Foust  
Emma Franken  
Naomi Green  
Jackie Grimes  
Samele Hacil  
Jarvis He  
Brittany Hollowell  
Brian Hoover  
Kim Hunter  
Jenny Jaegal  
Jim Janolek  
Megan Jones  
Thomas Jorgenson  
Luna Khatib  
Stacey Kranendonk  
Nena Kubata  
Kevin Layton  
Chris Lichfield  
Sherice Londos  
Trinity Londos  
Thomas Lyons  
Josh Makar, graphics  
Catalina Manzur  
Florence Marsan  
Patricia Massari  
Kari Marsland-Petit  
Mallory Marsland-Petit  
Valerie Martinez  
Vanessa Martinez  
Brooke Masotto  
Joyce McCarthy  
Brenda McGhee  
Diana Mendoza  
John Milby  
Andjela Milosevic  
Paige Morley  
Colleen Mulcahey  
Graeme Munro  
Lindsey Norton  
Robert Nye  
Leslie Pandolfo  
Bill Parham  
Alexander Parkman  
Nina Perino  
Ali Pitocco  
Dennis Pitocco  
Ashwini Prashanth  
Amy Prevatt  
Vicki Procinsky  
Morgan Quigley  
Manuel Ramos  
Marc Retzliff  
Luna Ricci  
Alyssa Rill  
Darenda Rill  
Steve Ristevski  
Patricia Rivera  
Kat Robertson  
Lisa Robinton  
Michele Root  
Paola Ruiz  
Larry Rumbaugh  
Catherine Safron  
Nikki Schaeffer  
Eva Schillinger  
Rima Schillinger  
Gordana Selagea  
Kevin Selagea  
Nancy Serra  
Spencer Sherman  
Timothy Sixta  
Amada Sleem  
Rachel Stokes  
Irene Subervi  
Cailey Sullivan  
Isabelle Tassi  
Frank Tedesco  
Zia Terhune  
Deislane Torres  
Cathy Unruh  
Natalia Veliz  
Samantha Wabi  
Cheryl Wagner  
Laura Weiss  
Rachael Wells  
Bridget Wiese  
Pamela Wilkins  
Amber Wuscher  
Amrapali Yannette  
Joan Zachariah  

Mac&Cheese Judges
Johan Evertstijn  
Ellen Jaffe Jones  
Amber Parham  
Amber Simpson  
Duncan Strauss  

FVA Board
Trevor Chin  
Marie Galbraith  
Kim Gronemeyer  
Suzanne House  
Ellen Jaffe Jones  
Diane Koon  
Demetria Laousis  
Brittany Martinez  
Myriam Parham  

Special Thanks: Musicians  
Speakers  
Cook demo Chefs  
Vendors  
Sponsors

ThanksVegan:
Barbara Acosta  
Selma Algar  
Lori Alvarez  
Kelsey Bahr & friend  
Jenna Bardoff  
Diane Bonviso  
Karina Braunsberger  
David Burg  
Trevor Chin  
Alice Craig  
Brenda Csik  
Deb Del Sole  
Melanie Dodson  
Anna Egelfeld  
Jacqueline Egelfeld  
Jennifer Egelfeld  
Jerry Egelfeld  
Richard Flamm  
Timmarie Franco & family  
Joe Gerardi  
Tim Grady  
Amy Holcomb  
Aurelio Ibarra  
Jim Janolek  
Loukas Kamelaris  
Gururas Khalsa  
NJ Khalsa  
Gabrielle & Rick Knowlton & family  
Michelle LaFleur  
Kevin Layton  
Garrett Lentz  
Jordan Marquis  
Zack Marquis  
(continued on page 4)
Tampa Bay Veg Fest 2018

Veg Fest comments from FaceBook:

“2018 was the best Vegfest yet!! Loved the new location and layout. SO many great food and vendor options. “ Sierra Kluson

“First time goer here (new to area). Thanks for putting on event. I loved it. Parking was great. Was neat to see most vegan restaurants in area participating, and handy not needing to drive around to try them. Recommend: trying to drive more foot traffic to animal rescue area, have a queue setup for food competition area before event starts, and have monolithic timetable for all events in the program to help guests stay engaged.” Josh Kennedy

“First time attending and the venue was great! SO many wonderful vendors. Family and leashed pet friendly too. The Kid Zone was great with tons of activities to keep the kids entertained; it was all very well organized.” Emily Engstrom

“Loved the location and layout of this year's Tampa Bay Veg Fest! We arrived early and were able to find free parking just a few steps from the event! So many great food vendors to choose from and everyone was super friendly. The TB VegFest tote bag was a nice addition this year. I especially like the crossbody strap. Great job to all the volunteers, vendors and rescues for making it an amazing day!” Shannon Scuahaefer

“Wonderful every year. Great to have like minded people together & to know all the food is vegan. wonderful for kids to be with other vegan kids. Great to swap recipes and learn from others who are vegan. nice to try different vegan foods.” Debbie Small
Thanks to all of our amazing sponsors and donors!

Food Donors
- Farmacy Vegan Kitchen & Bakery
- Field Roast
- GoMacro
- Java Planet
- Rollin Oats
- Uncle Mince's World Famous Seitan
- Tofurky
- Trevor Chin
- Vegan International Kitchen

Raffle Donors
- AMC Theaters
- Brandon Bagels
- Bulk Nation USA
- Café Hey
- Chipotle
- Farmacy Vegan Kitchen + Bakery
- Game Time
- Genghis Grill
- Green Table Restaurant
- Ice Sports Forum Brandon
- Jasmine Thai Restaurant
- Lotus Vegan Restaurant
- Love Food Central
- Mellow Mushroom
- Nature’s Food Patch
- Organizing in a Snap
- Ozona Pizza
- Pure Kitchen
- Quality Food Gourmet Market
- Side Splitters Comedy Club
- Sprouts Market
- Sweet Charlie’s
- Sweet Tomatoes
- Taco Dirty
- Tampa Improv
- Tampa Theater
- The Florida Orchestra
- Whole Foods Market

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 or call 727-656-8368

First Annual Vegan Mac n’ Cheese Cook-Off
On the cool morning of November 3rd, FVA had The First Annual Vegan Mac n’ Cheese Cook-Off at the 9th Tampa Bay Veg Fest. The event was more of a success than we could ever have imagined and a hugely fun community gathering.
There was a line for tickets before all the dishes even arrived and it continued throughout the event until we ran out of food to sample. About 1000 tickets were purchased and approximately 300 people sampled and cast their votes for People's Choice Award. All of the proceeds from ticket sales go to creating another incredible Tampa Bay Veg Fest next year.
In this friendly competition, chefs offered everything from “Woke Mac n’ Cheese” to “Mango Mac n’ Cheese” to two variations of “Smoked Gouda Mac n’ Cheese” and more. After the judges made their decisions and organizers counted tickets for the people's choice award, Lauren Haynes won the People's Choice Award with her “Jerk Chicken Mac n’ Cheese” and Dominique Martinez won the Judge's Choice Award with his “Fire and Steel Mac n’ Cheese.”
Thanks to our celebrity judges: Duncan Strauss of Talking Animals Radio Show, Johan Everstign of Cider Press Café, Amber Simpson, Ellen Jaffe Jones and Amber Parham, who chose our first-place winner.
We also want to thank the chefs and all those wonderful tasters. The event was an enormous success and we can't wait to bring you a bigger and better one next year. So start looking at recipes. Before you know it, it will be Tampa Bay Veg Fest Vegan Mac n’ Cheese Cook Off 2019.

Patricia Massari, Event Coordinator
This year Tampa Bay Veg Fest was proud to have our very first *Just Like Us Parade* during the festival. This parade celebrated the values of compassion, non-violence, and respect for the lives of all creatures on our planet. It began at the Veggie Kids Zone and the route went around the park. Many adults and children had fun participating.

**FVA’s Anti-Puppy Mill Billboard**

Buying a pet store puppy?

Meet mom.

*Florida Voices For Animals.org*

Location: Southbound Dale Mabry just south of Bearss Ave

The cost for just one month was $5,395.00! Give Day raised $2165 and the remaining $3230 was covered by donations. These actions don't come cheap, but it is part of the money we raised. We would love to have more billboards like this, so let us know if you have ideas about how we can accomplish this.

Please consider donating toward this effort if you have not yet done so.

Thank you!
Historical Vegan Race

It was life-long dream come true. Just once, after 40 years of running races, I wanted to cross a finish line not having to breathe charred animal remains like hot dogs, hamburgers and lately, the rage…bacon. Too many “Bacon 5Ks” or race directors believe everyone must have protein recovery meals including hot dogs and bacon, which the United Nations and the American Cancer Society have categorized as carcinogens.

How is it that at too many races, a carton of chocolate milk is plunked into the open hands of a tired runner at the finish? For starters, the American Dairy Council has had a campaign for years it advertised on its website, “Marketing Chocolate Milk as the Ideal Recovery Drink.” Then the corollary: “Marketing Chocolate Milk to Kids as the Ideal Recovery Drink.” I saw these on the website and on a coaching class schedule for certified coaches at an Orlando workshop. While I haven’t been able to confirm it, my former TV investigative reporter’s instincts suspect that the Pork Producers’ Council or some other industry or government money bag is underwriting the cost of the “free” bacon. As much as restaurants promote their bacon menus, even they aren’t giving it away free. Somebody is paying for that free food, and cash-strapped running clubs and races certainly aren’t.

As a result of my angst, I asked the Lakewood Ranch Running Club, “If I agree to be your title sponsor, can we have a post race party that is all vegan?” They were more than happy to take my $10,000 for that privilege, given that they had never had a main sponsor before in the 14 previous years of the race. I also got to spend another $2000 and buy every beautiful prepared vegan dish at Earth Fare.

We even loaded up my boyfriend’s tiny car with organic carrots that would be passed out to every finisher. How this didn’t dump out allover the streets at 5 a.m. on the way to the race site, I’ll never know. But at start time, with another $400 I paid for this sign, the race began.

Yes, according to many sources, this was the first time a mainstream, already existing, long-standing, large 5K race in the US went vegan. It had never been done before. I’m hoping others will copy the idea because I don’t have the money to repeat it, even though I’ve been asked. If someone wants to pay me to do it, I would. But at least I know that hundreds of runners, resulting in thousands of their friends and nearby residents tasted what they called amazing vegan food. That’s the real reason I sponsored the race. I ran the race too, and even placed 3rd in my 65-69 age group.

Much to my chagrin, the very next weekend I ran the Myakka River Half Marathon/5K and saw cartons of chocolate milk at the finish, with hardly any water. I placed 1st in age group there. I was so mad I ran another 5K the next day driving an hour to Punta Gorda and got Senior Grand Masters (1st in 60-69 age group), the 9th time I’ve done that. In all, that’s now 145 5K or longer races I’ve placed in since 2006, “just” on plants. But this marketing of another species milk to our most vulnerable species members, our children, has got to stop. As a former La Leche League leader, we saw tons of research about how all mammalian milk is very species specific. Cows milk is made for baby cows. Human milk is for humans. We have so far to go in little time with a planet and animals in peril and danger of extinction. Running is my activism. But whatever you can do to help…it’s all good!

Ellen Jaffe Jones
You can receive this newsletter via e-mail or download it from the FVA website. To go paperless please email fvaonline@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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GOOD NEWS

Oct 2018: Nova Scotia Makes History by Banning Cat Declawing and Other Mutilations. Nova Scotia’s veterinary association amended its code of ethics to prevent vets from declawing cats. The new provincial law passed this week is an even stronger measure, as it makes cat declawing illegal across the province for both animal guardians and veterinarians. Those who declaw cats or otherwise mutilate animals for cosmetic reasons could face up to six months in jail and a $25,000 fine for a first offence.

Dec 2018: Ex-FDA monkeys retired to FL sanctuary. 26 squirrel monkeys—including Larry, Gregory, Bob, Smokey, Moby, and Oak—were from the FDA’s $5.5 million smoking studies to the Sunshine State where they’ll spend the rest of their lives breathing fresh air, swinging in trees, foraging for food and being wild. Oak and the other monkeys arrived in mid-November at Jungle Friends, a primate sanctuary in Gainesville where Kari Bagnall serves as founder and director.

Dec 2018: 'Pest-controlling' bats could help save rainforests A new study shows that several species of bats are giving Madagascar's rice farmers a vital pest control service by feasting on plagues of insects. A zoologist, Ricardo Rocha, at the University of Cambridge believes this can ease the financial pressure on farmers to turn forest into fields. Local people may have a further reason to be grateful to the animals. While bats are often associated with spreading disease, Rocha and his team found evidence that Malagasy bats feed not just on crop pests but also on mosquitoes -- vectors of malaria, Rift Valley fever virus and elephantiasis -- as well as blackflies, which spread river blindness.

Dec 2018: How plants can generate electricity to power LED light bulbs Italian researchers have discovered that living plants are literally 'green' power source: they can generate, by a single leaf, more than 150 Volts, enough to simultaneously power 100 LED light bulbs. Researchers also showed that an 'hybrid tree' made of natural and artificial leaves can act as an innovative 'green' electrical generator converting wind into electricity.

Dec 2018: St Pete bans single use straws On Dec. 14, the City Council in St. Petersburg voted to ban single-use straws as well as expanded polystyrene (aka Styrofoam). The straw ban will begin in Jan 1, 2020, while the polystyrene will begin in a few weeks. There will be some exceptions for drive-thrus, hospitals, grocery stores and convenience stores. Plans are in the works for charging 5 cents for plastic and paper bags in stores.
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

A NON-PROFIT, TAX-EXEMPT, GRASSROOTS, ANIMAL ADVOCACY ORGANIZATION

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, 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/

1/3 (Thu) FVA Vegan Support Group, 6:30pm Topic: Having Non-Vegan Friends, John F Germany Library, 900 N Ashley Dr, Tampa

1/5, 2/2, 3/2 (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/ This all-vegan buffet is on the 1st Saturday of the month.

1/6, 2/3, 3/3 (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.

1/12 (Sat) - FVA Worldwide Rally Against Trophy Hunting (WRATH) Demo, 11am-1pm Clearwater Mall entrance, 2719 Gulf to Bay Blvd, Clearwater , FL. Posters and literature will be provided.

1/12 (Sat) - FVA Tabling at King Charter Schools Sustainability Carnival, 1pm-5pm Seminole Rec Center, 9100 113th St N Seminole FL 33772. Volunteers needed. This is a fundraiser for KING Charter Schools which is set to be the first public plant-based elementary school in the world!

1/19, 2/16, 3/16 (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.

1/27, 2/24, 3/31 (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.

2/7 (Thu) FVA Vegan Support Group, 6:30pm Topic: Being Vegan in the Workplace, John F Germany Library, 900 N Ashley Dr, Tampa

2/23 (Sat) - FVA Annual Have-A-Heart Fundraising Dinner & Silent Auction, 3pm-8pm Northdale Recreation Center, 15550 Spring Pine Dr, Tampa, FL 33624. Guest Speaker: Koushik R. Reddy, MD. Food provided by Farmacy Vegan Kitchen. $35 before Feb 15th, 2017. $45 at the door. $22 for students.