Favorite Vegan Restaurant choice in Sarasota this Quarter

By Laura Weiss

IONIE Retreat & Organic Vegan Raw Food Café
1241 Fruitville Road, Sarasota 34236
941-955-4599

Looking for a delicious, healthy, raw, all vegan place to eat in downtown Sarasota?
This is the place!
Quaint, cozy café with a friendly staff that goes out of their way to make sure you have a wonderful dining experience.

IONIE is an Organic Vegan Raw Café that serves fresh cold pressed juices, handcrafted smoothies, switchy teas, nut milks, coconut water, entrees, and desserts.

**All entrees are Organic, Gluten free, Dairy free, Casein free**

Staff is always covid compliant. Everyone wears a mask, temperature checks daily, and café quarters are sterilized regularly, and practice social distancing.

**Benefits of an Organic Raw diet:**

- Lowers inflammation & cholesterol levels, improves digestion, increases dietary fiber, optimal liver functioning, anti-aging, heart healthy, prevention of cancer and other chronic diseases, prevents/relieves constipation, increases energy levels, healthy glowing skin, maintains healthy body weight.

**Dining hours are Monday-Saturday 8:00am-3:00pm -Grab & Go available till 4:00pm**

Currently, during covid times, there is curbside pick-up & outdoor seating available for small groups.
You can make a reservation but not necessary if there is room outside.
A larger group area is available indoors when requested in advance.

Currently, Ionie has a outdoor space at the Sarasota Farmers market on Saturdays where they sell all of their delicious juices and on Sundays, Ionie is at the Siesta Key Market where they sell full entrees, deserts & juices.

Ionie has participated in the **Black Lives Matter March** in Sarasota and has donated food to First Responders at Sarasota Hospital.
FVA in Action - Quarter 1, 2021

Dear FVA members, friends & readers, once again we share with you our FVA meet-up events! We now have 4,289 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, please sign up for events that interest you, then PLEASE attend the events and help the animals! (If for some reason you find that you are unable to attend, please be kind enough to change your RSVP. This will help us better to know what attendance to expect at our events and plan appropriately.)

FVA in the Community/Table:ings:
10/1, 11/5 & 12/3/20, 1/7, 2/4 & 3/4/21- Vegan Support Groups, Open Forums, held virtually via Zoom. We have great discussions with some regular attendees and new folks each time. Join our hosts, Kim Gronemeyer, Psy.D., Myriam Parham, RD, CDCES & Cathy Unruh, Journalist, Author & Animal Advocate
10/24 - FVA Fundraiser at Chipotle Restaurant, Some FVA members enjoyed some great vegan food. More participants are needed next time to make a similar event a success.

FVA Tampa Bay Veg Fest 2020 Virtual event, presentations via zoom with Q & A:
(Co-sponsored by Central Florida Veg Fest, and Solutionary Species)
10/30 - Christopher Sebastian, “Fact Checking Animal Rights Media”
11/1 - Carol Adams, Author/Activist, “Why the Sexual Politics of Meat Matters in 2020”

12/13/20 & 3/14/21 - FVA Quarterly Al Lopez Park Clean Up. Please check FVA meet up for future dates. The location is 4810 N. Himes Ave., Tampa. We meet by the front entrance area to distribute trash bags. Please bring gloves and wear shoes you won’t mind getting dirty or wet.

Media & Other Activities:
FVA contracted Blip Billboards company for 2 “lighted” flashing billboards - to tell the public about the “No Roads to Ruin” 3 Proposed Toll roads. Blip donated 2 free billboards to FVA for this project, so we had 4 billboards total.
10/6 - Zoom/Virtual "No Roads To Ruin" Letter Writing Campaign, Tips on writing letters opposing the 3 proposed toll roads through critical wildlife habitat in Florida. For more information please check our website. - Hosted by Kim Gronemeyer & Dani Hall

FVA Demos for the Animals:
11/26/20 – FVA Fur-Free-Friday Protest, International Plaza, 2223 N. West Shore Blvd., Tampa FL
1/23 & 2/23/21 - DEMO Go Vegan! - at St. Pete Saturday Morning Market
3/6/21 - FVA Protest Garden Bros. Circus, at Tropicana Field, St. Petersburg

Donations from Smile Amazon Prime
Team, This is what you will receive when you designate FVA as the recipient of your Amazon purchases:
“This is the quarterly notification to inform you that AmazonSmile has made a charitable donation to the charity you’ve selected, Florida Voices for Animals Inc, in the amount of $27.56 as a result of qualifying purchases made by you and other customers who have selected this charity.

Thanks to customers shopping at smile.amazon.com, or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over $266 million in donations to charities worldwide so far.”

S.O.S. for Feeding Cat Colonies!
HELP NEEDED feeding community cat colonies at Al Lopez Park. To help, please call Tom at 813-287-0468 or Suzanne at 813-857-2329. Thanks!

FVA Board at Have-A-Heart Fundraising Dinner & Silent Action held at Solid Rock Community School

FVA’s BOARD OF DIRECTORS
Myriam Parham - President
Diane Koon - Vice President
Marie Galbraith - Treasurer
Brittany Livingston - Secretary
Trevor Chin
Suzanne House
Kim Gronemeyer
Ellen Jaffe Jones

NEWSLETTER STAFF
Trevor Chin - Publisher
Myriam Parham - Editor
Kim Gronemeyer - Editor

BOARD ADVISORS
Susannah Sherman
Bob Shepherd
Tom Bird
Maria Bott
Brian Brown
Dani Hall
Laura Weiss
Mindy Lasley - Legal Advisor
Melissa Zepeda - Legislative Advisor
Tampa Bay's 100% VEGAN Eats!
By IG @VeganLifeAmber

STORE FRONTS

TAMPA
- Vegan International Co.
- The Vegan Halal Cart
- 3 Dot Dash Vegan Kitchen
- Dharma Fine Vittles
- Ground Foods Café
- Pure Kitchen
- Farmacy Vegan Kitchen & Bakery (2 Tampa locations)
- New Leaf Café
- The Loving Hut
- HaleLife Bakery
- Black Radish Grocer & Deli (Vegan Grocery Store)

ST. PETE
- Love Food Central
- Lucy's
- The Cider Press Café
- Valhalla Bakery
- Plant Love Ice Cream
- Ray's Vegan Soul (Curbside Pickup at Plant Love)
- Vegarosa Foods (Food Truck)

GULFPORT
- Golden Dinosaurs Vegan Deli

DUNEDIN
- Dunedin Vegan Deli

BRANDON
- Brandon Vegan Deli

PINELLAS PARK
- Lotus Vegan Restaurant

CLEARWATER
- HaleLife Bakery

TRINITY
- Green Culture

SAFETY HARBOR
- Core Vegan Market & Bistro

Vegan Hot Dog Carts
- Nah Dogs
- Sly Dogs
- Vegan Tasty Dogz

Local Vegan Bakers – Available for Wholesale, Retail & Special Order
- Gaia Donuts
- WeVegan Eats
- Gabby Bakes
- Dunn Baked
- Oopsy Daisy Sweets
- 2911 Bakery
- Curious Cat Bakery
- Hello Vegan Bakery
- Sweet Masa’s
- Sweet Elizabeth's Organics
- Vegan Sunshine Donuts
- Alevri & Co.

Market Vendors, Pop Ups, Meal Delivery
- Vegg'd Out Vegan Kitchen
- Seasoned Green
- Gregory's Vegan To-Go
- Good Mood Food
- Duality Vegan Cafe
- All GF Vegan
- Round the Vegan World
- Old Earth
- Better Me Foods
- Simply Vegan Eats
- Dutty Vegan

Locally Made Products – Available for Retail & Wholesale
- Uncle Mince’s World-Famous Seitan
- Broth Bomb
- Humble Honee
- Cactus Hat Mushrooms
- 3Bar Energy Bar
- Nan’s Plant Based Ice Cream

Local Cheese Makers
- Cult. Boutique Vegan Cheese
- Catalyst Creamery
- Charlestown Pastries & Plant Based Creamery

Personal Chef
- Vegan It Real

Plant Based Dog Treats
- Dharma Dog Company
FVA's 2020 Animal Hero of the Year

For the past 27 years, FVA has had an annual event called Have-A-Heart which includes a silent auction, delicious vegan food, renowned speakers, and an awards ceremony. Unfortunately, like many events, the 2021 Have-A-Heart event was not possible this year due to the COVID-19 pandemic.

While we missed celebrating with all our supporters in person this year, there was one tradition we could not forego: FVA’s Animal Hero of the Year. Given the circumstances, we reached out to you with requests for nominees this year. You did not disappoint! Boy were we impressed with the quality and quantity of nominations!

It was truly inspiring how many activists are doing amazing things to help animals in spite of everything else that is happening in the world today. It made the decision process a challenging one but we think you too will agree with our decision.

Our FVA 2020 Animal Hero Top Award went to Renee Rivard. Renee will receive a certificate from FVA, 2 complimentary tickets to our next Have A Heart for the Animals Annual Dinner Fundraiser (hopefully in February 2022) and a $100 donation to the animal charity of her choice has been sent to Rescue Pink, https://rescuepink.net/

Renee was nominated by several people.Below are some of the comments made by 2 of the people who nominated her and a short bio on about her:

Marilyn Weaver, "I nominate Renee Rivard, my LOHV legislative representative. She has CALLED EVERY FL house of representative & Senator asking them to sponsor an anti chaining state bill. After getting sponsors she then call all reps and senators to co sponsor. This is quite a task. And she kept track of who said what and followed up when they didn't call back. I can verify what a herculean task this is. And I believe if we get this bill and also the ban on the sale of puppy mill dogs out of committees, we can get it passed. This would be a major achievement affecting thousands of animals on chains and who knows how many from puppy mills. After the calls, she put through a package of material including videos, local ordinances, testimonials, etc. and sent to all of them. She did this after her full time job, staying up until 1 or 2 in the morning. She also wrote up all the delegation meeting info for all 67 counties for LOHV to send notices to; to attend either in person or via zoom to promote the legislation. Writing all this, I can hardly believe she did all this work."

Debra Bouton, on nominating Renee, "She is a local Tampa Bay animal activist who has been successfully fighting for state/county anti-tethering laws, ending greyhound racing, etc., among many other issues involving animals throughout the state of Florida. She is an animal angel!!"

Renee Rivard shares a little about herself and why she works so hard for the animals:

Back in the 90's I read an article that said 8 million dogs and cats were euthanized each year in the United States. At first I thought it was a typo. It wasn't. I cried. Who was letting this happen? How come the government wasn't doing anything? I thought to myself "I am going to work on laws that help animals". I didn't have a clue how to get started and kind of floundered around for awhile. Years later, through Florida Voices for Animals, I met Marilyn Weaver---my mentor. She taught me lots. With Marilyn in the lead, a group of us started a chapter of The League of Humane Voters---a political action committee (PAC) for animals.

For the last ten years I worked on some dog and cat issues and a dozen attended dog chaining ordinances in Florida. I put some time into the greyhound issue. It really touched me that almost 70% of Florida voters voted to end greyhound racing. That speaks volumes as to how many animal lovers we have here in Florida. My goal is to educate animal advocates about our legislative system and at the same time educate the legislators about our animal issues. I believe that we can get more laws passed that protect animals if we all do our part. Currently I am working on a state-wide attended dog chaining law with a group of five other people. We really have a great group of state legislators right now who care about animals--they just have to hear from us to let them know that we support these bills. Get involved---the animals need you!

If you would like to be on my contact list to learn more about current legislation that we are working on in Florida, send me an e-mail monarch.renee@yahoo.com . And thanks for all that you do for animals!
FVA Animal Hero Awards (continued)

All our Award recipients also received:
FVA 2020 Animal Hero Awards Certificates and 2 complimentary tickets each to the next FVA Have A Heart for the Animals Annual Dinner Fundraiser and FVA made a donation to the charity of their choice.

Our second place FVA Animal Hero Awards was a tie for 2 people nominated by Deb DelSole, a former recipient of our 2017 FVA Animal Hero Award for all her courageous work herself rescuing many injured birds in our waterways.

2nd Place Animal Hero Award(s) went to:
Jeanette Heiskelle Edwards of Friends of the Pelicans Inc. FVA donated $50 to her charity Friends of Pelican, Inc., Rescuer and Founder.
https://www.facebook.com/friendsofthepelicans/
http://www.friendsofthepelicans.org/

Per Deb DelSole; Jeanette takes it upon herself to rescue and help pelicans injured by fishermen mainly at the Skyway fishing piers.

And

Kim Sauls Begay of Friends of the Pelicans, Inc. FVA also donated $50 to her charity Friends of the Pelicans, Inc, Per Deb DelSole, Kim also helps the pelicans in need at the Skyway. Kim also rescues birds every single day throughout Pinellas County. She often catches difficult birds which requires real skill.

Honorable Mention

Tracy Colson Manatee Activist Citrus County Per Denise Anderson, who nominated her: "Tracy has been a tireless voice for manatees for many, many years. Her commitment to being the manatee's voice even while being publicly ridiculed, threatened, and assaulted in her hometown has resulted in huge manatee protections in Crystal River's waterways. Tracy is still fighting for much needed manatee protections in Citrus County and is a true ANIMAL HERO!" Her u-tube channel: https://www.youtube.com/user/starthrower/featured and a RECENT ARTICLE:
As FL manatees try to recuperate, we humans act like wild animals | Florida Phoenix https://www.floridaphoenix.com/2020/12/31/as-fl-manatees-try-to-recuperate-we-humans-act-like-wild-animals/

I hope you are as inspired as we are by these animal actions. Thanks again to everyone who sent us nominations and everyone out there who is living by example and fighting for animals! Anything you can do to help animals makes a difference. The animals thank you for being their voices! We look forward to getting back to celebrating with all our supporters in person again next year so stay tuned for the next Annual Have-A-Heart awards banquet and fundraiser coming in February 2022!
Fate of the Florida Panther Hangs in the Balance

Floridians Need to Make Voices Heard in Budget Decision involving M-CORES

by Ann Chin and Diane Koon

Florida is in a unique position to preserve wilderness corridors, compared to other states which were settled and developed much sooner than our state. Now is a critical time for wildlife--particularly the Florida Panther but also many other endangered species--due to a plan to build three toll-roads, known collectively as Multi-use Corridors of Regional Economic Significance (M-CORES), whose funding has already been approved by the Florida legislature.

The M-CORES highways consist of the Suncoast Connector, Northern Turnpike Connector and Southwest-Central Connector--over 330 miles. They would destroy wildlife corridors through which the endangered Florida Panther, hundreds of bird species, bears, reptiles and others must pass in order to ensure their survival as a species. It would have a negative environmental impact on all areas it crosses, including interrupting important habitat for 281 focal species (151 plant, 130 animal).

A coalition of dozens of groups, under the name of No Roads to Ruin, has been sounding the alarm on these roads for over a year and their investigation of the public comments made during an official MCORES task force analysis revealed, that ninety-three percent of the public comments made to the Task Force were opposed to the roads being built, and not just due to animal rights issues. Many local governments were opposed to the fact that money was being taken from their own local transportation projects to fund the three toll roads. Further, the citizens of locales through which the roads would pass--such as Levi and Jefferson countieswere majority-opposed to how much farmland and other lands and resources would go into the roads with very little return. Finally, those interested in a wise use of our public tax dollars--such as Florida Congressman Ben Diamond--are now opposed to the expensive project especially due to the money needed to fight COVID during the past year.

The Florida Senate has recently resolved to find ways to cut budgeted items in order to pay for COVID-19 relief, and are considering repealing at least part of M-CORES funding. One such bill that is being opposed by No Roads to Ruin is SB 100, which would repeal funding for two of the highways, but would still allow the northern leg of the toll-road to be built. Representative Diamond and Senator Tina Polsky recently held a news conference at which they urged support for SB 1030 and HB 763, which would repeal the legislation for the three toll roads altogether. Please contact your Florida State House and Senate Representative and ask them to support SB 1030/HB763. The fate of the Florida Panther hangs in the balance.

The following article appeared in the Winter 2020 issue of the Animal Welfare Institute [AWI] quarterly issue; p. 20. It is with kind permission from AWI that the article is reprinted below. Connections between the wildlife trade and the development of pandemics are briefly explored here.

Submitted by Tom Bird, FVA member

“PREVENTING FUTURE PANDEMICS ACT”

One of the stark realities COVID-19 has forced us to confront is the huge risk posed by zoonotic diseases—pathogens passed from nonhuman animals to humans. COVID is merely the latest and most devastating example of this type of disease. In the past 40 years, the worst pandemics and epidemics— including SARS, Ebola, HIV/AIDS, avian flu, swine flu, and Zika—have all originated in animals. We must reevaluate our treatment of animals and our relationship with the natural world in order to protect public health.

In September, Senators John Cornyn (R-TX) and Cory Booker (D-NJ) and Representatives Mike Quigley (D-IL) and Fred Upton (R-MI) introduced the Preventing Future Pandemics Act (HR 8433/S 4749). This bill would outlaw the import, export, and sale of live wildlife for human consumption in the United States. It would also provide support for efforts to help curb wildlife trade for human consumption abroad.

The United States is responsible for an estimated 20 percent of the global wildlife trade. Live wildlife markets, the primary focus of this bill, constitute just one segment of this multibillion-dollar trade, yet COVID-19 has taught us that they can have serious repercussions for public health. At such markets, wild animals such as civets and bats are crammed together near humans, creating an ideal scenario for the spillover of diseases to which we have no immunity. By exploiting animals and their habitats, we contribute to precipitous declines in biodiversity and come into more frequent contact with wildlife that carry novel and dangerous pathogens. AWI will continue advocating for the Preventing Future Pandemics Act to position the United States as a global leader in protecting both wildlife and public health.
You can receive this newsletter via email or download it from the FVA website. To go paperless please email fvaonline@yahoo.com and let us know. You will both help the environment and enable FVA have more resources for helping animals.

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

Enclosed is my annual membership fee or donation:

- $300 Teddy* Lifetime
- $200 Patron
- $150 Family
- $100 Individual
- $50 Student
- $30 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 email
- Regular Mail

*In loving memory of Keith Roghair’s dog, Teddy*

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION #: CH4327

---

### Ad Size

<table>
<thead>
<tr>
<th>Size</th>
<th>1 NL</th>
<th>2NL</th>
<th>3NL</th>
<th>4NL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus. card</td>
<td>$50</td>
<td>$90</td>
<td>$130</td>
<td>$160</td>
</tr>
<tr>
<td>½ Page</td>
<td>$75</td>
<td>$130</td>
<td>$185</td>
<td>$220</td>
</tr>
<tr>
<td>Full Page</td>
<td>$200</td>
<td>$360</td>
<td>$520</td>
<td>$640</td>
</tr>
</tbody>
</table>

**GOOD NEWS**

- **Mar 2021:** FVA now has its own mask with logo. This is a two-layer cotton blend, black mask with adjustable ear loops and bendable nose plate with left side logo. Masks can be gotten for a suggested donation of $10 with a $2 donation for shipping.

- **Mar 2021:** Vanderbilt University ends animal abuse! Vanderbilt University used live animals—including sheep, goats, and pigs—for training its emergency medicine residents. The animals were used to perform invasive procedures and then killed if they survived the training session. Physicians Committee for Responsible Medicine (PCRM) has confirmed that the emergency medicine program at Vanderbilt is now animal-free! Vanderbilt joins the 278 other emergency medicine residency programs in the U.S. and Canada that exclusively use human-relevant training methods, such as human-patient simulators, cadavers, and partial task trainers.

- **Mar 2021:** Victory! Lands’ End Bans Alpaca fleece After Talks With PETA Lands’ End made the compassionate decision that will spare countless gentle alpacas violent, reckless shearing so that their fleece can be turned into sweaters and other items.

Recently FVA put up a $2000 reward for information leading to the arrest and conviction of the culprit(s) who are intentionally injuring pelicans at the Skyway Fishing Pier. Pelicans were found scalped and other investigative reports showed pelicans were being intentionally injured! We have asked the public to report violations to the FWCs Wildlife Alert Hotline. This cannot be tolerated; it is inhumane and cruel and is totally unacceptable.

Friends of Pelicans, Inc is an all-volunteer nonprofit organization who work tirelessly to help these pelicans and other birds around the Skyway Fishing Pier. They seek to stop this continuing tragedy through their three main goals:

1. Preventing fishing line entanglement at state, local and private fishing piers.
2. Educating the public and anglers on how to prevent fishing line entanglement and what to do if a bird is accidentally hooked.
3. Rescuing entangled birds at fishing piers, roosts and rookeries.

If you would like to volunteer, please go to https://www.friendsofthepelicans.org/
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
- CCourtesy

FLORIDA VOICES FOR ANIMALS, INC.
PO BOX 17523
TAMPA, FL 33682

A NONPROFIT 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/

4/1, 5/6, 6/3 Vegan Support Group Zoom Mtg. FVA is hosting a series of vegan support groups on the first Thursday of each month to help you cope with the challenges of living in a non-vegan world. Please check FVA Meetup Calendar.

4/25 (Sun) Central FL Earth Day 10a-4p Lake Eola Park, 512 E Washington St, Orlando, FL 32801 Central Florida Earth Day will combine efforts with the It's Just Yoga Festival. Both events will happen simultaneously and adjacent to each other in the northeast corner of the park. Due to COVID-19, unfortunately it is not possible to have a regular Central Florida Earth Day. Instead it is a joint event with a smaller number of vendors.

1st Sat / month Postponed 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.

1st Sun / month Postponed New Leaf Café Brunch, 9am-12pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan brunch which takes place first Sunday of the month.

3rd Sat / month Postponed 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.