Have a Heart

Dinner and Silent Auction

2020

Saturday, February 29th
3:00pm to 7:30pm

Speaker: Logan Vindett, Director
Kindred Spirits Sanctuary

Logan Vindett has been with Kindred Spirits Sanctuary since 2006. A life long animal lover, Logan was drawn to the sanctuary as a way to spend more time around animals. Since starting as a volunteer, she has transitioned to become the Executive Director of the sanctuary and now oversees the daily operations. Logan credits her connection with the animals who call Kindred Spirits Sanctuary home with her becoming a vegan.

New Location
Solid Rock Community School
2801 Keystone Road, Tarpon Springs, Florida 34688

Catered by: Green Culture Restaurant

Cost: $35 in advance, no later than 2/21/20, $45 at the door.

Students: $22 in advance, $25 at the door.

To RSVP: Mail a check to: FVA, PO Box 17523, Tampa, FL 33682
Or pay online at: www.floridavoicesforanimal.org
Thanks to our wonderful volunteers

Thanks

Vegan Potluck Feast

VegFest

Barbara Acosta
Samara Ahmed
Nicole Ajna
Kristen Ali
Ted Andresen
Michael Bakhos
Diane Bonviso
Loki Brozman
Chris Cargo
Trevor Chin
Brenda Csik
Deb Del Sole
Melanie Dodson
Talia Donaldson
Diane Finfera
Paul Finfera
Sonal Finfera
Alice Franco
Justin Franco
Timarie Franco
Robyn Fredricks
Marie Galbraith
Janet Garson
Joe Gerardi
Greg Hill
Aurelio Ibarra
Jim Janolek
Andrew Jones
Rebecca Joy
Louka Kamelaris
Alaya Knowlton
Gabrielle Knowlton
Hana Knowlton
Rick Knowlton
Michelle LaFleur
Danielle Lang
Garrett Lentz
Brittany Livingston
Eric Livingston
Ann Shakti Marquis
Jordan Marquis
Zack Marquis
Nolan Martinez
Susan McClung
Roger McDowell
Lindsey Mercer
Chris Mince
Marcii Nascimento
Leigh Neal
Bob Nye
Leslie Pandolfi
Myriam Parham
Anh Phan
Walter Phan
Cat Safron
Christy Safron
Andrea Samue
Sarah Sherman
Spencer Sherman
Susannah Sherman
Amber Simpson
Greg Stone
Blake Sylvesterc
Keith Sylvesterc
Frank Tedesco
Meredith Tenouri
Nadia Tenouri
Samantha Wabi
Vinnie Wabi
Michelle Winarsky

Jessica
Stephanee Aggor
Kristen Ali
Zayra Alvarado
Theresa Androff
Haley Asebedu
Ny B
Jenna Bardroff
Amulya Bharadwaj
Pravara Bharadwaj
Pamela Bickett
Tom Bird
Marla Bott
Martha Bolton
Connie Bowman
Bowen Brown
Brian Brown
Kerri Cafiar
Alexis Camp
Anne Marie Cancio
Chris Capozziello
Julia Chappell
Trevor Chin
Jazzy Clarke
Ann Marie Coats
Anthony Cuffaro
Elena Dash
Kellie Dash
Lila Dash
Lauren Dinwiddie
Max DiSilva
Miriam Fernandez
Chris Fonteboa
Robert Fouist
Marie Galbraith
Anthony Gardner
Laura Glover
Caroline Goldstein
Kimberly Gronemeyer
Veronica Guerra
Spreewell Guindeou
Tahmys Guzman
Danie Hall
Greg Hill
Brian Hoover
Suzanne House
HSN Partner & Giving
Karen James
Kim Johnson
Andrew Jones
Ellen Jaffe Jones
Diane Koon
Nicole Kielkopf
Demetria Laousis
Kevin Layton
Brittany & Eric Livingston
Nicole Logriecco
Tom Lyons
Jacob Makins
Delanda Mark
David & Jennifer Markell
Florence Marsan
Ori Marte
Nolan Martinez
Valeria Martinez
Vanessa Martinez
Kari Marsland-Pettit
Mallory Marsland-Pettit
Patricia Massari
Joyce McCarthy

Brenda McGehee
Susilpa Medavaranrapu
Tatiana Montaeugdo
Patti Montgomery
Tom Morano
Paige Morley
Nishita Moravinti
Jessica Moreira
Monika Morgan
Leda Mullendore
Robert Nye
Rosemary Ortiz
Leslie Pandalfo
Amber Parham
Bill & Myriam Parham
Emma Peaslee
Nina Perino
Megan Post
Prashanth Prasannairtha
Jason & Kirstin Pratt
Olec Procinsky
Ingrid Ramirez
Manuel Ramos
Melissa Rathlein
Mike Reh?
Wendy Rib
Kristen Riordan
Natalie Rivadeneira
Kat Robertson
Lisa Robinton
Michele Root
Brian Sarkozy
Michelina Schach
Mazzy Sciullo
Sophia Seeramial
Jacinda Shapiro

Spencer & Susannah Sherman
Zoe Smith
Gabriela Suyono
Pamela Swaim
Frank Tedesco
Cathy Unruh
Diane Vanderwood
Adrian Vasnick
Justine Villarreal
Cheryl Wagner
Laura Weiss
Rachael Wells
Robyn Wesley
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FVA 30th Anniversary Potluck Celebration

FVA’s 30 year anniversary event snuck up on us right after the well-attended and nationally recognized 10th Annual Tampa Bay Veg Fest (TBVF) in November. FVA has organized TBVF for the past 10 years and it consistently shows up on lists of the top 10 veg fests in the country. While organizing yet another event soon after was a concern, FVA has had such an incredible 30 year history that the board felt this anniversary most certainly warranted a celebratory potluck dinner! What was supposed to be just a few speakers ended up with an hour long, riveting program that was almost like a mini-veg fest. Some of the most amazing stories and information that many of us had never heard before kept us all spellbound.

Myriam Parham, our board president, opened the talks by sharing some incredible anecdotes of how she and her mother started FVA as well as the kinds of challenges they initially faced. It all began in April 1983 when they organized several carloads and a busload of activists to travel to Atlanta for a primate research protest. 30 years later, FVA continues to have a major impact on local animal rights issues. Next up, Trevor Chin gave a historical description of the cable show he organized interviewing some of the most well-known leaders of the vegan movement including Dr. Neal Barnard and Howard Lyman back in the days when nobody had heard of either them or even the word “vegan.” Trevor recorded all of these interviews and is in the process of uploading them to YouTube. Then, Melissa Zepeda gave a summary of our success in getting dog racing on the ballot and out of business in Florida. She told a humorous yet impactful story of how she recognized one legislator who was critical to winning over in the initiative to end greyhound racing yet was not a dog lover at all. However, she had done research that showed he was a recovering drug addict. When she told him that the dogs were routinely used for drug experimentation and given cocaine to make their speeds faster, the legislator was outraged and immediately on the dogs’ side. Melissa is adamant that the most effective way to create change is by passing laws against animal cruelty. Just hearing her speak makes you understand that she is a force to be reckoned with and why she has been so successful. Brittney Martinez described additional FVA campaigns including the current fight to outlaw the practice of declawing cats in Florida as it is some other states.

When Diane Koon took over the mic, she gave a humble and modest description of her and TBVF co-organizer, Marie Galbreath’s amazing work giving life to TBVF. Diane pointed out how many veg fests around the country are not organized by animal rights groups and how FVA made the courageous step to bring a veg fest to the Tampa Bay community 10 years ago. It was a choice no one would ever regret. Likewise, Michele LaFleur, one of the co-founders of Tampa’s ThanksVegan Feast, and Susannah Sherman, current organizer, shared how ThanksVegan has become an integral part of FVA and the Tampa Bay community. It was created 13 years ago as a place for people to gather on this holiday of gratitude where they do not have to watch others putting animals on their plates. Although in the beginning many thought that nobody would attend, the event has become one of the largest in the country and now attracts anywhere from 250 to 350 attendees!

FVA’s Vegan Support Group was also praised for its impact of helping vegans take care of themselves after being traumatized on a daily basis from exposure to a non-vegan world that casually exploits animals for food and other commodities. PTSD victims often get professional help, but for many animal rights activists there are a few options for relief from the constant exposure to the suffering of animals. I spoke about the top 10 vegan cities including how Tampa is showing up on that list based on surveys of vegan restaurants and vegan options at main stream restaurants. Even the son of the former Florida governor, Lawton Chiles, Ed Chiles, who owns three fish restaurants on touristy Anna Maria Island, offers an extensive vegan menu now. As one of his employees told me, "Ed sees the handwriting on the wall and the depletion of fish in the oceans."

Brian Brown discussed his work involving sharing videos of animal abuse to people walking by in public settings. He shared how effective this form of exposure activism has been in the community. Jenna Bardoff of Solutionary Species talked about the importance of working together as activists toward the common goal of ending speciesism. Maria Bott closed the day with a message of hope and acknowledging that much of what we do is on a spiritual level and, though not recognized very much in the literature, stressing how we all know how important spiritually it is for our health to find community and support each other in our work.

And last but not least of course, as you might expect with any vegan potluck, the dishes were varied, colorful, delicious and massive! Great fun and reminiscing was surely had by all!

Ellen Jaffe Jones
FVA Board Member/Author/Speaker/Certified Personal Trainer/188 5K+ Running Age Group Awards since ’06 "just" on plants
Thanks Vegan Extraordinaire!
This Year’s Annual FVA Event was Spectacular!

The big annual Tampa ThanksVegan Potluck Feast—held November 28th, 2019, on Thanksgiving Day—was amazing! The annual event is sponsored by FVA and is intended to be a place where anyone can go on Thanksgiving Day to feast on plant-based food. The event featured traditional Thanksgiving foods made vegan, such as stuffing, sweet potato casserole, mashed potatoes and gravy, green bean casserole, cranberry sauce, and pumpkin, pecan and chocolate pies, as well as various well-prepared faux meat main dishes, such as Tofurkey and Field Roast.

As Susannah Sherman, one of the main coordinators of the event, puts it, “This is a community ThanksVegan event which gives people an alternative to eating a Thanksgiving meal where a dead turkey is at the center of the table. I’ve had a lot of people tell me that they were so grateful to be able to come to the event for just that reason. It was a lot of work organizing it, but this year’s event was awesome for so many who otherwise would have had nowhere to go, including the non-profit organizations which we gave our leftovers to.”

A few of the other coordinators of the event included Amber Simpson, Meredith Tenouri, Nadia Tenouri, Garrett Lentz, Trevor Chin, Spencer Sherman and Michelle LaFleur, who founded the original ThanksVegan event 14 years ago.

Approximately 250 people attended, and had to either bring a dish and pay $7.50 per person in advance or simply pay $21.00 per person in advance; at the door, it was $15.00 (with a dish) or $30.00 (without a dish). Over 75 people volunteered and were hence able to pay only $1 to attend (see list of volunteers on page 2).

The President of Florida Voices for Animals, Myriam Parham, spoke at the event, discussing how much the plant-based diet has grown in popularity for health as well as moral reasons. Greg Stone emceed ThanksVegan this year.

The weather was sunny and warm, a perfect Florida day. The event venue, at the rented facilities of the Unitarian Unitarian (UU) Church of Tampa, was gorgeous, with beautifully decorated tables both inside and out. Inside featured an 30 foot long buffet laden with scrumptious vegan food, including not only traditional favorites—like Tofurky, Field Roast, mashed potatoes, sweet potato and green bean dishes, gravy, rolls and cranberry sauce—but also some non-traditional ones like lasagna and stuffed mushrooms.

Food donors included Tofurky (20 Roasts), Field Roast (24 lb. Roasts), Java Planet, Miss Vi’s Cook-Up Catering, Lucky Penny Bakery (200 cup cakes), Rollin Oats, Uncle Mince’s World Famous Seitain, Fresh Kitchen, Gaia Donut, Farmacy Vegan Kitchen, Sprouts Market, Whole Foods Market.

Deserts included vegan ice-cream, pumpkin, pecan and chocolate pies and several delicious varieties of cakes and cupcakes. Wine was also offered for a suggested donation. Solutionary Events and a company called Euphoric H2O donated filtered water.

Everyone had a wonderful time and over 100 people won door prizes in the raffle. Some of the prizes included restaurant meals, event tickets and natural vegan products. Donors included The Cider Press Café, Farmacy Vegan Kitchen, First Watch, The Florida Orchestra, Golden Dinosaurs Vegan Deli, Ice Sports Forum, Kaleisia Tea Lounge among many others.

To top it all off, all of the leftovers from the event were donated to Tampa Bay Food Not Bombs (see Facebook page “TampaFoodNotBombs”), a non-profit, volunteer-run organization which feeds plant-based food donations to the homeless in the area. Food scraps were donated to Florida Rescue Farm, a small non-profit which provides a home for rescued farm animals 45 minutes from the ThanksVegan venue (see floridarescuefarm.org).

In sum, this year’s ThanksVegan event was a huge success and a win-win for both animals and people!

Ann-Shakti Marquis
Author of *Vegan Paradise: A New Worldview to Save Body, Mind and Soul*
FVA In Action

Dear FVA members, friends & readers, once again we share with you our FVA meet-up events! We now have over 4,000 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 to better know what type of attendance to expect at our events and plan appropriately.)

FVA in the Community/Tablelings:

10/3, 11/7 & 12/5, Vegan Support Groups, at John F. Germany Library Tampa, Hosts Cathy Unruh, Kim Gronemeyer & Myriam Parham, 10/3 & 12/5 Open Forum, 11/7, Holiday Challenges, led out by Dani Hall
10/5, Documentaries screened, The Last Pig & Linchpins of Dead Dog Island, Q&A with producer Aja Nikiya & Kim Mniece, Jimmie B. Keel Library, Vegan food served. >$600 raised for CompassionKind.org
10/26 – FVA tabling at Central Florida Veg Fest
11/9 – 10th Annual Tampa Bay Veg Fest – Thanks Diane & Marie for co-coordinating & to the many volunteers that helped to make it happen!
11/24 & 12/21 - FVA Quarterly Al Lopez Park Clean Ups, 10am-12, check FVA meetup for future dates.
11/28 - FVA 13th Annual ThanksVegan Potluck, UUC, Morris Bridge Rd, Tampa FL – Volunteer Awards presented to: Michelle LaFleur, Susannah & Spencer Sherman, Amber Simpson, Meredith & Nadia Tenouri, Garrett Lentz & Trevor Chin, for the many hours of advance planning, set up, execution & clean up for this event
11/30 & 12/1 – FVA Booth at Kitty Con Tampa Bay 2019, Double Tree by Hilton Tampa Airport
12/7, FVA Celebrated its 30th Year Anniversary! - Roy Haynes Park & Community Ctr., Tampa

Media & Other Activities:

Several ads promoting Tampa Bay Veg Fest Include:
The New Barker magazine, Lifestyles after 50, Natural Awakenings, Creative Loafing, TBT Calendar, Local Hillsborough Cty Democratic Party event Program; i-heart radio, PSAs on WMNF, Many different on-line calendars, Facebook
Tampa Bay Times (TBT) Calendar, event listing for Tampa Bay Veg Fest
10/30 – Creative Loafing ad promoting Tampa Bay Veg Fest
10/30 – WMNF Talking Animals Radio Show, Duncan Strauss Interview with Tampa Bay Veg Fest’s first event organizer, Isabelle Tassi and Current Co-coordinator Diane Koon followed by interview with one of this year’s Keynote Speakers, Hip Hop Artist/Rapper/Activist Grey
11/1 & 11/8 – Two one hour flyover banner promoting Tampa Bay Veg Fest, from Albert Whited St. Pete airport, over Tampa along I-275 & I-4 and back along Clearwater Beach area back to airport during rush hour both dates. Did you see it?

FVA Demos for the Animals:

9/21 – Puppy Mill Demo, All About Puppies, 13705 N. Dale Mabry, Tampa
10/12, 11/16 & 12/14 – Go Vegan demos., St. Pete Saturday Market, Hosted by Hussein Mourtada
10/4, 11/1 – St. Pete Animal Rights Assembly (SPARA), Lucky Dill Deli Central St. Pete
10/11, 11/8 - Florida Animal Rights Assembly, (FARA), Ybor City Demonstration, 1600 E. 7th Ave, Tampa, Brian Brown organizer - 7:00 PM to 9:30 PM, Every 2nd Friday of the month
10/26 – Pinellas Park Rodeo Protest, England Brothers Park
11/24 - Protest Garden Brothers Circus at Florida State Fairgrounds
11/29 – Fur Free Friday Demo, International Mall, Tampa
12/14 – Puppy Mill Demo - Protest- Puppies Tampa

In addition to the events above, monthly activities are held at several local vegan restaurants. These include: New Leaf Café Breakfast buffet, Loving Hut buffet, & Lotus Vegan Buffet. Please check our FVA calendar to join us at these events so we can get to know each other. We hope to see you soon!

![Tampa Bay Veg Fest Sat Nov 9 Perry Harvey Park](image-url)
Climate Change Student Strike in Sarasota

Greta Thunberg, the international climate change activist who inspired a global strike back in September of millions of people, made no secret of being vegan. Although she left the US, a second climate change strike occurred in US cities including Sarasota December 6th. I was asked to speak at both events, specifically, to connect the dots between the environment and animal agriculture. The United Nations has repeatedly said the #1 cause of global warming and green house gas emissions is animal agriculture. Ella Mirman, founder of Sarasota Students 4 Climate also spoke at the local strikes, “Youth all around the world are striking from school to put pressure on COP25, which is the Conference of Parties happening from the UN where they’re deciding what kinds of climate action will occur globally in the next few years.” Student speakers said that rising waters in Florida make them believe that they have about 40 years to live before the planet and certainly Florida become uninhabitable.

Currently thousands of people have been protesting in the streets of Madrid outside the COP25, where negotiations around meeting the 2016 Paris Agreement are failing to take the drastic measures necessary to address climate change, according to scientists. Despite popular moves such as "Cowspiracy," many people don't understand the connection between climate change and the methane and other toxic emissions emitted by animals used for farming, and the land needed to grow the heavily pesticide-laced crops that feed these animals.

Though at a recent 5K race, the Beyond Burger was spotted for the first time ever at a local race, for a huge win. This author has raced at hundreds of area races since 2006 and has been advocating for healthier options, especially for the hundreds of children at these events. Many racers came up to me before the race to let me know. We are making a difference. Don't ever underestimate your impact.

Ellen Jaffe Jones

Compassionate Evolution

My electricity went out last week, so I lit a candle. There were still some dark corners in the room, but it felt safer to sit close to that flame. There are times when the whole world can feel like a dark place to live in. There’s so much cruelty and suffering all around us.

It’s only natural to feel angry at your fellow humans, when they are abusive to others. But you cannot make yourself angry, frustrated, or miserable enough, to end the suffering of a single animal. What you can do, is to be a candle in the darkness.

I’m not talking about forgiving the abusers, or turning the other cheek. Do that if you want to by all means, but that’s not what I’m saying here. I’m taking about being a light for the kind, caring, honest people in society; the ones that don’t even realize they’re living in the darkness.

From the moment we come into this world, our families, friends, teachers and complete strangers, are telling us how the world works. We learn all about traditions, and celebrations that revolve around animal products. Millions of people are making choices every day, oblivious to the pain that they’re causing for other beings.

Why is it then, that when you enlighten these people, they don’t immediately clear out the fridge, clear their calendars, and take up the banner alongside you? Remember that humans are herbivores, basically herb animals. It’s instinctive to want to belong, and to be accepted. There’s safety in numbers, and being an outsider can be a scary place to live.

There are two steps to being a flame in the darkness for these people. Step one: be informed, and share what you can verify: hand out leaflets, organize events, or give presentations. Only share information with family and friends when they ask you for it.

You can’t force people out of the darkness, that never works. Trying will only cause yourself to suffer, and abusing yourself is not a productive approach. What you can do is invite them to join your ‘herd’. This brings me to step two; be approachable, be kind, smile – a lot, and allow those who are ready to wake up, to come to you.

Humanity is evolving, and the direction it takes is up to each and every one of us. Every choice that you make, every thought, word, and deed, sends ripples of energy out into the universe. Be as compassionate as you can possibly be, and you’ll be doing all that you can do to enlighten the human race.

Maria Bott

Ann Marquis enjoying ThanksVegan

ThanksVegan Award Recipients
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 to 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
- $100 Patron
- $50 Family
- $30 Individual
- $15 Student
- __________ Other

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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

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**GOOD NEWS**

**Nov 2019: Eckerd College goes plastic-free.** Vowing to keep Eckerd College "plastic-free" Retiring E.C. president Donald R. Eastman, III, signed a pledge Tuesday called “Break Free from Plastic,” which prohibits faculty, staff and students from using any of the college funds to purchase most nonessential single-use plastics such as single-serve beverage bottles, plates, utensils, cups, shopping bags, hot-beverage packets in plastic, plastic shipping and packing materials, plasticated name tags, balloons, glow sticks, glitter and more!. Tampa Bay Times, 11/7/19

**Nov 2019: Dean Foods files for bankruptcy.** Dean Foods, U.S.’s largest milk processor filed for bankruptcy amid a steep, decades long drop in U.S. milk consumption - blamed on soda, juices and more recently, nondairy substitutes. The Dallas company said it may sell to the Dairy Farmers of America, a marketing cooperative owned by thousands of farmers. - Tampa Bay Times - 11/13/19

**Nov 2019: Animal cruelty is now a federal felony.** A new federal law makes animal cruelty a federal felony. The Preventing Animal Cruelty and Torture Act was signed into law on 11/25/19, by President Trump. The bipartisan supported bill, introduced by Reps. Ted Deutch, D-Boca Raton, and Vern Buchanan, R-Sarasota, earlier this year outlaws purposeful crushing, burning, drowning, suffocation, impairment or other violence causing "serious bodily harm" to animals. It builds on a 2010 law that targets videos depicting animal cruelty. - Tampa Bay Times, 11/26/19

**Dec 2019: Chippy Nalluri, MD, Sarasota cardiologist chosen as #1 doctor at Sarasota Memorial (SM) Hospital for 2019.** She manages all cardiovascular diseases, but has a passion for managing the unique problems of women with heart disease. She is looking to open a plant-based clinic in Sarasota. As Director of Dean Ornish Reversing Heart Disease Program, she’s had incredible results in reversing heart disease and all the related issues through the cohorts at SM. Ellen was part of the 42nd cohort and she thinks there have been at least 2 more since. Each cohort keeps track of how much weight is lost, blood pressure reductions and other stats.. She will be one of our speakers for next year’s Veg Fest.
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.
PO BOX 17523
TAMPA, FL 33682

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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/

1/9 (Thu) Vegan Support Group  6:30-8:30; John F. Germany Public Library 900 North Ashley Drive, Tampa. 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. Meet in the MLK room. Street parking is free after 6pm. Paid lots available.

1/4, 2/1, 3/7 (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.

1/5, 2/2, 3/1 (Sun) 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.

1/18, 2/15, 3/21 (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.