



# Florida Voices for Animals, Inc.

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[fvaonline@yahoo.com](mailto:fvaonline@yahoo.com)  
Oct/Nov/Dec 2025

## Tampa Bay Veg Fest Nov 8, 2025

# TAMPA BAY VEG FEST

### SPONSORS:

CITY OF TAMPA  
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JERRY FLETCHER  
BILL & MYRIAM PARHAM  
LAURA PENNINGTON & RON GRAY  
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### CHEF DEMOS:

**Thalia Tatham**, House of Vegano  
*Smoked Salmon Nigiris*

**Panos Ly**, World Vegan Cuisine  
*Thai Curry*

**Tammy Robertson, RN, PCRM**  
Food for Life Instructor  
*Bean Chili & Chocolate Pudding*

**Kyoko Faison**, Pure Kitchen  
*Asian Sesame Noodles*

FLORIDA VOICES FOR ANIMALS PRESENTS

**TAMPA BAY**  
13th Annual  
**Veg FEST®**



**SATURDAY, NOVEMBER 8TH, 2025**  
11 AM TO 5 PM  
**PERRY HARVEY SR. PARK**  
1000 E. HARRISON ST., TAMPA, FL 33602







[tampabayvegfest.com](http://tampabayvegfest.com)

YUMMY VEGAN FOOD VENDORS  
SPEAKERS KIDS ZONE RESCUES  
FOOD SAMPLES LIVE MUSIC  
COOKING DEMOS YOGA

### SPEAKERS

**Tim Kaufman** of Fatman Rants  
*"How to Get Started and Stay in the Game"*

**Crystal Heath, DVM**  
*"Bridging the Divide Between Activists and Veterinarians"*

**Christina Cherian, MD, dipABLM**  
*"The Power of Plants: How Whole Foods Can Heal"*

**Jacinda Shapiro, RN, BSN**  
*"Where Do You Get Your Protein? The Plant-Based Truth"*

**Shannon Blair, Heather Wilson, JC and Kami Conklin**  
*"Compassion in Action: The Movement for Animal Liberation"*



**MUSICIANS:** BRIAN BROWN THE ELDER, SMOOVE JAMS, JOFURKY, COPPERWING, FICKLE SOULS AND BRIAN BROWN THE YOUNGER



## FVA in Action - Quarter 3, 2025

**Dear FVA members, friends, and readers,** Again, we share with you our recent FVA meetup events! We have over 4771 signed up as 'interested' in our group and activities. As you can see, we continue to have a variety of opportunities for you to become involved. WHERE ARE YOU? Please join our Meetup group, sign up for events that interest you, then attend the events and help the animals! (If for some reason you are unable to attend, *please* be kind enough to change your RSVP. This will help us know what attendance to expect at our events and plan appropriately.)

### FVA in the Community /Tablings:

**7/4, 8/1, 9/5 - Karaoke and Potluck Nights at Universalist Unitarian Church,** a monthly event organized by FVA Board member, Trevor Chin. Those who attend enjoy sharing yummy vegan foods, meeting new people, and having fun singing or listening to those brave ones who do!

**7/10, 8/7 & 9/4- Vegan Support Groups** held for the past two quarters. Our monthly meetings are Open Forums, held virtually via Zoom. You can join in great discussions with some regular attendees and new ones each time. No pressure to chat, but we always like everyone to introduce themselves. Join our hosts: Kimberly Gronemeyer, Psy.D., Myriam Parham, RD, CDCES, and Cathy Unruh, Journalist, Author and Animal Advocate.

**7/15 - Social at La Setima Club** in Ybor City Tampa – Great food and social shared with 8 attendees. Please support La Setima and other area vegan restaurants. Volunteer options for TBVF were discussed by Kim, our event volunteer coordinator. Please check where you can help by going to: <https://www.tampabayvegfest.com/volunteer/> or contact Kim at TBVFVolunteers@gmail.com.

**8/18 - House of Vegano Social and Tampa Bay Veg Fest Volunteer Discussion** – TBVF volunteer options were discussed by Kim, our event volunteer coordinator. Enjoyed the most amazing sushi! Great variety, amazing flavors and variety! 25+ people enjoyed the great food and vegan cake shared as a surprise for Myriam's birthday. Thanks to all who attended! Great seeing old and new friends! Look for House of Vegano at TBVF. Visit their booth and see the owner, Thalia Tatham, do a cooking demo. Can't wait to try the Smoked Salmon Nigiris (vegan, of course!) that she will be demonstrating for our attendees!

**8/22 – Novopalooza tabling event at New College of Florida in Bradenton.** Thanks to Laura Weiss and Paul Murphy who reported they had many good conversations with college students.

**9/7 – Al Lopez Park Quarterly Cleanup** – We had 6 wonderful attendees, who accomplished a lot in a short time. It did help that a large part of the park had been closed off for a few weeks for park improvement projects so there was not as much debris in those areas. Thanks to Laura Pennington, Ron Gray, Erik H, Christy H, Ray Hermo, and Myriam for your help!! Next time we hope more will join us, as the summer and fall events attract a lot of park visitors and unfortunately results in more trash left behind.

**9/20 - Lotus Vegan Restaurant, Pinellas Park Social and TBVF Volunteer Discussion** – Approximately 20 attendees enjoyed the yummy food and great company at Lotus. It was delightful connecting with old and new friends. Kim, our TBVF volunteer coordinator, discussed our current volunteer options. Please visit Lotus at TBVF, where they will have a vendor booth. Try some of their tasty vegan food!

**Al Lopez Park Year-Round Feral Cats feeding, trapping for medical care and/or sterilizations-** The feral cat care and feeding have been coordinated by Tom Bird for many years. He now needs more volunteers. Currently a few dedicated volunteers take turns once a week making sure the cats are fed.

Thanks to Tom Bird, Suzanne House, Ron Gray, Laura Pennington, Amy Anderson, Maggie Litchman, Shawn Beckland and Kenny Echezabal for doing this 365 days a year. Total dedication! Please volunteer to take a turn if possible! We REALLY could use the help!

### Media and Other Activities:

**8/13 – Fish & Wildlife Commission Florida Black Bear Hunt Public Hearing in Havana, FL, just outside of Tallahassee–** members of Sierra Club, Bear Defenders, Animal Rights of Central Florida (ARCF), One Protest, Speak Up Wekiva, Bear Warriors, FVA and many others joined in to speak out against the hunt. Thanks to Sierra Club for providing free buses for activists who joined in from several areas around Florida to speak for our cherished black bears. Despite many well-informed activists and members of the public speaking out about the horrific aspects of the hunt, the FWC chose not to listen to 81% of Floridians who opposed the bear hunt. Tragically the FWC voted to proceed with the hunt and not only allowed very cruel and archaic methods, such as baiting, bow and arrows, hounding and more, but made it easy for the FWC to have future hunts without requiring public input.

(Continued on page 6)



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

## ***FVA's BOARD OF DIRECTORS***

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# What Does Thanksgiving Day Mean To Me?

Marilyn Weaver



Finally, I have found meaning in the Thanksgiving holiday that Canada and USA celebrates every year.

Long ago, I gave up eating Turkey for ethical reasons. The Thanksgiving holiday seemed to me to be mostly about a large feast, eating turkey along with a prescribed menu, celebrated with family, relatives or friends, & watching sporting events.

To some people, Thanksgiving in the present is little more than the starting gun of the holiday shopping season, and the pilgrims and Native Americans of the First Thanksgiving serve only as decoration around the table and in shop windows.

So, I stopped observing this holiday of no meaning to me. Just a few years ago, I decided to use this holiday with meaning; to THANK people in my life that I respect and who had been meaningful in the betterment of my life, and my life's purpose such as a special doctor whose genuine concern and advice to me had nothing to do with his specialty. That is what I am doing this Thanksgiving; Thanking all the people at FVA, other organizations I work with, and individuals I know who give their precious time, compassion and \$\$ to help the animals that so many misuse & exploit. Now this day has meaning to me!

I have done some searching on how this holiday came about. Thanksgiving Day has its origins in early harvest celebrations and is commonly associated with a 1621 feast shared between the Pilgrims and the Wampanoag people (native Americans) in Plymouth, Massachusetts. Though this day is now commonly associated with eating turkey, no turkey was eaten at this first Thanksgiving celebration.

To the Native Americans, however, who had their land, language, and culture systematically taken from them, Thanksgiving is understood as celebrating the English conquest and outright theft of lands they had occupied for thousands of years. Native Americans in the present day, whether through public displays or private rituals, observe the day quite differently from the descendants of the immigrants who arrived in North America in the 17th century.

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## SPCA President pleads guilty to Animal Cruelty



FOX 13 reports that on Friday, August 29, 2025, the SPCA of Tampa Bay has pleaded guilty to animal cruelty charges stemmed from an incident that dates back to July 2025, involving a male pig named Waddles.

As reported by FOX 13, Waddles was in the care of SPCA of Tampa Bay when a video that went viral on Tik Tok showed him "with burned and blistered skin."

"Advocates accused the SPCA of leaving Waddles out in the scorching hot sun, which caused his skin to burn, crack and bleed," reported FOX 13.

At the time, following the allegations, Pinellas County Animal Services cited the SPCA of Tampa Bay for animal cruelty. According to FOX 13, **Martha Boden**, the SPCA president, told the news agency that when Waddles arrived at their facility, he was already suffering from "preexisting skin issues."

Spectrum News reports that Waddles was surrendered by his guardians on July 10, 2025.

Boden went on to tell FOX 13 that they provided proper housing, food, enrichment and veterinary care and showed the reporter "the pasture and barn they had for Waddles and the mudholes they had created for him."

Reportedly, BODEN told FOX 13: "We feel really good about the way we were able to help him stabilize." From Boden's standpoint the information released by the public has created a false narrative of Waddles' care, making the allegations false and said the SPCA of Tampa Bay intended to fight the citations. However, court records show that the SPCA of Tampa Bay entered a guilty plea.

The nonprofit Pork Butt Pastures Rescue, run by Kelly Dill, took Waddles from the SPCA and happily announced that he's now made a full recovery.

Kelly told FOX 13 she saw Waddles listed on the SPCA's website and when she went to visit him she was shocked by his condition. Kelly explained: "When I got there to see him, I was absolutely horrified at the condition he was in. He was raw and bloody, with no water — just out in the hot sun, roasting. If I hadn't taken him, it would've been death for sure — within 24 to 48 hours, he would no longer be here."

According to FOX 13, a police report about animal cruelty has also been filed with the Largo Police Department.



# La Setima Club

Kim Gronemeyer



Walking into La Setima feels a bit like you've taken a step back in time. It is a small, cozy and homey den with classic yet eclectic furnishings and decor. You are immediately welcomed by the friendly bartender who is ready to serve you natural wines, beer, and non-alcoholic offerings. Once you've settled in with your beverage of choice, it's time to peruse the small but mighty menu of Louisiana-inspired dishes. For small nibbles or appetizers, consider their "seezer" salad with house cashew parm and garlic croutons (my personal favorite) or their unique black-eyed pea hummus that is rich and smokey with a hint of citrus. Both the elevated double-loaded potato wedges and the "sausage" and dirty rice egg rolls with remoulade sauce are crowd favorites too. You really can't go wrong. If you are looking for a more substantial bite, go for their sliders.

They offer both Impossible patties as well as battered and fried lions mane mushrooms with unexpected toppings creating a flavor bomb in your mouth. This is far from your typical bar food- it's a foodie's dream! Did I mention the fact that everything from the drinks through the dessert (peanut butter and chocolate mousse with oreo crumbles...mmmm) is 100% vegan? Yes, it is! La Setima showcases true culinary talent inspired by compassion. It's the perfect spot for a relaxing glass of wine after a long workday, a romantic date, or a get-together with best friends. It's not too loud and the soundtrack creates just the right atmosphere for long, deep conversations and laughter. If you've never been, hurry up! And if you have, it's over time to go back. You can find La Setima in Tampa at 815 E. 7th Ave. They are open Tuesday through Sunday after 5pm. Come for the food and drinks. Stay for the vibe! [www.lasetimaclub.com](http://www.lasetimaclub.com)

## Bear Warriors Lawsuit against FWC Bear Hunt Update



August 13, 2025. the Sierra Club chartered three large buses to take activists from Tampa, Orlando and Jacksonville to the Fish & Wildlife Commission (FWC) meeting in Havana, FL. This meeting was to allow the commissioners the last opportunity to hear public opinion before casting their vote. Just like other meetings, the FWC allowed a few officials who were in favor of the hunt, to talk as long as they wanted. After that, the 165 people on the list were allowed to speak for only 1 minute. An overwhelming majority gave very good solutions to allow the bears to exist without threat of being killed. Hunters only bragged how they were able to kill bears. The previous hunt in 2015 ended in only two days due to the massive numbers of bears killed. After approximately 3 hours of opinions, the FWC commissioners cast their vote in favor of the hunt. A few days later, Bear Warriors submitted their petition which is a precursor to the lawsuit to block the hunt.

September 10, 2025: Bear Warriors United has withdrawn its lawsuit seeking to block the state's planned black bear hunt but intends to take its battle to another court as the state prepares to accept hunting permit applications.

# Al Lopez Needs

By Laura Pennington



For several years, a small group of dedicated cat lovers have been feeding the abandoned cats at Al Lopez park. We have had them fixed and vaccinated. The cats have come to know us and love us. Some are friendlier than others. The ones just off the path in the woods, will eagerly come when we call, looking forward to their food and being petted. It is quite endearing. The total number of cats to be fed at the park is 6 if they all show up. We also feed another small colony near by.

One of the members of our group has recently become ill and is no longer able to feed for us. We are looking for someone to fill his spot. Ideally this person would feed once a week, but any help on any basis would be greatly appreciated. We are flexible as far as which day this person feeds and it can be any time of the day. If you are out of town or have other commitments, we will have someone else in the group cover for you. Generally we all bring our own cat food, but assistance with that can be provided as needed.

I think you will find this opportunity to be rewarding and meaningful. We have established a group chat to share information about the cats and just to share our experiences with them. We would love to meet with you and show you how it's done. If interested, please contact Laura Pennington, (813) 340-7562.



FVA Social at House of Vegan



## Easy Delicious Chocolate Avocado Pudding! (Takes 5 minutes!) – Serves 4

2 avocados  
4 tablespoons of raw cocoa  
4 tablespoons of maple syrup  
1 Banana  
Pinch of salt  
1 teaspoon of vanilla  
Some plant-based milk, approximately 1/3 cup  
(we like vanilla soy)

Whip it up in your Vitamix!

Such a quick, easy, no bake, healthy desert!

**Laura Weiss**

## My Favorite Easy Fluffy Vegan Pancakes (takes 5 minutes) Serves 4

1 cup of flour  
1 tablespoon of baking powder  
2 tablespoons of organic sugar  
½ teaspoon of salt  
1 cup of plant-based milk  
1 tablespoon of apple cider vinegar  
1 teaspoon of vanilla

Mix it up! We enjoy apples, bananas or berries in it!

-Fry in skillet!

I enjoy vegan chocolate chips in mine!

**Laura Weiss**



## Wildlife Trapping

The Florida Wildlife Commission is considering changes to its current rules on trapping. It has been over 50 years since the FWC updated its trapping rules and we were told in 2023 its intent is to modernize the state's rules and make them more humane.

The most alarming change the FWC is pushing is to remove the "special use" permit requirement for steel traps, including body crushing and leg/foot hold traps. If this requirement is removed there will be no restrictions on the antiquated and barbaric traps that maim and kill our wildlife in the most inhumane way. If the change is passed any member of the public could legally use a steel leg hold trap.

The FWC prohibited steel traps in 1972 with encouragement from the 'dog' hunters claiming their dogs were getting caught in the traps. They later added legal use of the traps with a "special use" permit issued by the FWC. The proposed changes keep trap check time at 24 hours.

The trapping rule changes proposed by FWC staff will be presented to the FWC Commission at their next meeting in Clewiston FL on Nov. 5th-6th. I have served as a member of the FWC's Technical Assistance Group (TAG) on trapping for two years and continue to provide input on rule changes. Although the agenda has not been posted yet it's scheduled to be heard at their next meeting in Clewiston: [FWC Commission meetings](#)

**Kate MacFall**

[kmacfall@humaneworld.org](mailto:kmacfall@humaneworld.org)

## Tribute to Rob Lorei, WMNF

We are so saddened with the passing of Rob Lorei, a pioneer in radio talk shows. Rob helped start WMNF and not only developed it into a great station, but he also opened doors for many other causes and groups

Back in the 1980's, in the very early days of FVA and even WMNF, Rob reached out to FVA to interview us about our group and our events. We did a show about animals used in research and discussed our first campaign about ending the use of primates in research. He was extremely gracious and patient in helping us (me) get comfortable with the media in the early days and brought local animal rights issues to the forefront in this area.

Doing his show was a springboard for FVA that led us to doing TV interviews and even to develop "Animal Rights Forum" our own TV program on Jones Intercable Public Access Center. Programs were aired on Paragon in the 80's and 90's.

Rob helped many others get a start on radio and on WMNF programs, including Duncan Strauss, host of the popular show Talking Animals (TA), who speaks fondly of him. "He was a bright, lovely man and enormously influential in the Tampa Bay area, and beyond. Personally, as I noted in my

on-air remembrance, when I was looking for a Florida home for TA as my family was gearing up to move from California, he gave me and a TA a tryout. It went really well, and he put the show on the WMNF broadcast schedule. That was 20 years ago." FVA is forever grateful for Rob taking a chance with amazing shows like Talking Animals. Duncan has brought a plethora of animal topics and personalities to share with our community.

Rob moved into a bigger limelight when he joined WEDU PBS public station in 1995 to host the show "Florida This Week," Tampa's longest-running public affairs program. The popular show still runs and includes roundtable discussions with guests that include political leaders, officials, and journalists.

Rob Lorei, who championed community radio and independent journalism, died of cancer on 8/17/25. Even as he faced his final challenge, he was brave and did so with grace and acceptance. We love WMNF and greatly appreciate all Rob did to support many causes including helping a fledgling animal rights group from its inception and bringing our important animal issues to the forefront.



FVA in Action (Cont'd)

### **FVA sends donations to local shelters - Sanctuary Monthly Donations:**

**July - \$200 donated to - Happy Tailz Cat Rescue to help with a huge fire loss last May**

**Aug - \$200 donated to - Piggie Palace of Pasco, who needs help with pigs saved from slaughter**

**Sept - \$200 donated to - Pork Butt Pastures, Inc - sanctuary that rescued Waddles the pig from the SPCA of Tampa Bay, where he was not properly cared for and suffered for two weeks**

**PLEASE consider helping us with our feral cat colony medical bills fund. This also helps sterilize any cat that joins any of the colonies.**

### **FVA Demos for the Animals:**

**8/2- Florida Black Bear Hunt protest at Ferman Chevrolet - North Dale Mabry in Tampa. FVA joined [Bear Defenders](#), [Speak Up Wekiva](#) and [Florida Wildlife Advocates](#).** This location was selected because one of the FWC Commissioners, a trophy hunter, owns the dealership. We sent a clear message to the FWC: Floridians do not support trophy hunting, nor do we accept decisions about "our" wildlife being made by individuals with a history of killing the very species they are tasked with protecting. The FWC is mainly comprised of hunters and pro-developers. This needs to change by

including members who have a background with wildlife and environment protection, scientists who have the knowledge to do so, and members of Florida animal protection organizations. **8/2 - Unitarian Universalist Church, St. Petersburg-** A group gathered to learn how to join in efforts to help stop the black bear hunt. They listened to a presentation on the Florida black bear issues, including the proposed hunt, and some of the current challenges for our Florida wildlife by **Myriam Parham and Kelly Patton**. Attendees not only signed "Stop the Bear Hunt" postcards but also took information on online petitions to sign and materials to make posters for the bear hunt protests.

**8/9 - Florida Black Bear Hunt protest at the International Mall.** Over 60 people joined from many organizations. These protests were hosted and organized by **Bear Defenders and Compassion for Animals**. FVA members joined the Tampa and Sarasota sites to support this effort. Hundreds of activists collectively joined these events throughout the state to speak up for our black bears.

Please check our FVA Meetup calendar to join us at events like these and more so we can get to know each other. Finally, PLEASE support vegan restaurants in your area. Most need your support to survive these difficult times. If you can't dine in, order take out! We hope to see you soon!

You can receive this newsletter via email or download it from the FVA website. To go paperless, please email [fvaonline@yahoo.com](mailto:fvaonline@yahoo.com) and let us know. You will both help the environment and to 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 ☐ \$100 Patron ☐ \$50 Family ☐ \$30 Individual ☐ \$15 Student ☐ \_\_\_\_\_ Other

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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

☺ **Jan 2025: Laws in Colorado and Michigan that ban the production and sale of eggs from caged hens came into force** A public policy approach that produces strong legislation is crucial to Humane World's campaign to end the cruel practice of confining hens in battery cages, wire cages that are so small that the birds trapped inside them can't even spread their wings

☺ **Jan 2025: Massachusetts law banned the use of elephants, big cats, primates, giraffes and bears in traveling shows** This success was the result of a decades-long Humane World campaign to address the cruel display of animals in such contexts.

☺ **Jan 2025: Minnesota, a new fur farming law is also now in force, requiring fur farms to register with the state** This will increase transparency concerning the scale of this industry there, and the law allows the state to conduct inspections of fur farms and mandates that the Department of Natural Resources perform disease testing at these facilities.

☺ **Sep 2025: California lawmakers pass bill that will bar some popular puppy sellers**  
SACRAMENTO — State lawmakers approved Assembly Bill 519 that would ban online pet dealer websites and shadowy middlemen who pose as local breeders from selling dogs to California consumers — the latest move to curtail the pipeline from out-of-state puppy mills. California became the first state in the nation with a 2019 law to bar pet stores from selling commercially bred dogs. That retail ban, however, did not apply to online pet sales, which grew rapidly during the COVID-19 pandemic emergency.

☺ **Sep 2025: The massive stakes of the Trump administration's plans to end animal testing** The agency had set deadlines under President Trump in 2019 to reduce animal testing 20 percent by 2025. They will reallocate funds away from animal experimentation and toward cutting edge alternatives.





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**  
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**FLORIDA VOICES FOR ANIMALS, INC.**  
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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, and then sign up.

Visit <https://newdaynewchef.com/episodes/> to watch **New Day, New Chef** vegan cooking show hosted by **Jane Velez-Mitchell**

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

Every Wed at 11am 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/> or live every Tuesday at 6PM EST on The Dr. Don Show on KAAA and KZZZ at <http://www.talkatoz.com>

10/2, 11/6, 12/4 6:30pm **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.

10/3, 11/7, 12/5 6:30pm **Vegan Potluck & Karaoke**, Unitarian Universalist Church of Tampa, 11400 Morris Bridge Rd, Tampa 33637 FVA hosting this fun event every month. Bring a vegan dish and your best singing voice. Please RSVP on FVA Meetup.

TBA 9:30am-11:30am **FVA's Al Lopez Park Cleanup**, 4810 N Himes Ave, Tampa, FL 34614 Volunteers are needed to help clean up Al Lopez Park. The animals could use your help to keep their environment clean. Bring drink (eg water or other beverage), sunscreen, bug repellent, hat, sunglasses, long pants & long sleeves. Gloves, trash bags & grabber poles will be provided.

11/8 11am-5pm **Tampa Bay Veg Fest**, Perry Harvey Sr Park, 1000 N Harrison St, Tampa 33602 FVA hosts our 13th Annual Veg Fest. Free event for the family. Volunteers needed. Music, Cooking Demos, Kids Zone, Yoga, Vegan food vendors.

11/27 1:30pm-5:30pm **ThanksVegan Potluck**, Carrollwood Rec Center, 3515 McFarland Rd, Tampa, FL 33618. This new venue is to cut our operating costs and site labor. This is a great opportunity to celebrate the holiday in a truly compassionate way. Bring friends and family. You must purchase tickets and bring a dish to attend the event at [www.thanksvegan.com](http://www.thanksvegan.com)

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has" - Margaret Mead*