Those who meet Karen will all agree that she has a big heart for non-human animals as well as human animals. All are touched by her humanity and compassion and wanting to make this a better world for all.

We at FVA feel very lucky that Karen decided to make Florida her home when she and her husband Adrian moved here from Connecticut. She has a fearless attitude when it comes to standing up and being a voice for the animals. One of her best qualities is her ability to foster a keen sense of community in the groups she’s involved in. While living in Connecticut, she started a vegan group where they managed movie screenings, free vegan food samples, tabling, protests and leafleting. She has attended FVA protests and tabling events, passed out many leaflets to schools and businesses to educate about the benefits of veganism and speaks to college school groups. She has volunteered for Action for Animals and worked as an outreach coordinator for Vegan Outreach for 4 1/2 years and worked as a Relationship Specialist for Hampton Creek for 1 year. These are just some of the many ways she has been active for the animals.

Once coming to Florida, she and another activist co-founded DXE of Pinellas. Which has changed the scene of activism here in the Tampa Bay area. More recently she has joined Solutionary Species as their Event Coordinator.

At home she has a loving husband of 14 years who she calls her “rock” and 5 rescued cats. She is a loving mother and grandmother and loves being outdoors in nature. She is a mentor to new vegans and activists and hosts activists in her home when in the Tampa area. She is willing to share her experiences and loves to help and support her fellow activists and friends.

Thank you, Karen from all of us at FVA, for all that you have done and all you will do in the years ahead for the animals.
You are a true hero.

Diane Koon

Coming in the next newsletter:

- Dylan Breese, FVA Animal Hero Award for Ybor City Chickens
- Bryan Wilson, FVA Have-A-Heart speaker sharing tips on being an effective activist
- Ellen Jaffe Jones, FVA Board Member on running the Skyway Bridge
FVA Thanks to Have-A-Heart (HAH) Volunteers

We want to thank all those who helped in some way, nothing too small, to make this year’s HAH a success.

Silent Auction:
Betty’s Naturals
Big Cat Rescue
Calico Dragon
Liza Carter
Trevor Chin
Brenda Csik
Doormet Gourmet Cafe
Marie Galbraith
Joseph Gerardi
Kimberly Gronemeyer
Suzanne House
Diane Koon
Ellen Jaffee Jones
Lotus Vegan
Love Food Central
Susan McClung
Brenda McGeehee
Patty Montgomery
Nature’s Food Patch
Nutrition S’mart
Myriam Parham
Publix
Queen of Sheba Restaurant
Chef Mark Reinfeld
Stacy’s Gluten Free Bakery
Cathy Unruh
Sweet Tomatoes
Winter Park Soap Company
WMNF

Volunteers:
Maria Bott
Chris Capozzielo
John Cianflone
Aurelio Ibarra
Sue Marcott
Eric Livingston
Brenda McGeehee
Nina Perino
Amber Simpson
Brian Wilson, Great Presentation!
Joan Zacharias
All attendees who stayed to clean up
FVA Board Members

FVA Thanks to Veg Fest Volunteers

This is a continuation of thanks from the last newsletter

Brenda McGeehee
Jackie Grimes

Vegan food by Vegg’d Out Vegan Kitchen and His Highness Tafari
Desserts by Cherie Boyd, New Leaf Elementals Cafe

SPEAK & FVA tabling at MeatOut, USF

“Go Vegan” demo at the St Pete Saturday Morning Market, March 17. Left to right, Michael Nielsen (Mercy for Animals), his niece Mia, Denise Anderson, Jodi Chemes, Suzanne House, Chris Capozzielo. Not shown, Hussein Mourtada

FVA’s BOARD OF DIRECTORS

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

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

BOARD ADVISORS
Susannah Sherman
Bob Shepherd
Tom Bird
Isabelle Tassi
Brian Brown
Mindi Lasley—Legal Counsel
New Leaf Cafe

Four years ago, my good friend Cherie Boyd, fulfilled the dream of a life time. She opened a gift shop called New Leaf Elementals. The shop sold crystals and gems, ornaments, soaps, candles, and lotions. Cherie went to great lengths to make sure that every item was vegan, and cruelty free. The ambiance of the beautiful gemstone lamps enticed visitors to want to stay for a while. Next thing you know, it’s New Leaf Elementals Gifts and Coffee Shop! The cappuccinos and lattes were served with a variety of plant-based milks. New Leaf also introduced vegan cupcakes and cookies to the residents of North Tampa.

When the unit next door to the shop became vacant, Cherie jumped at the chance to expend. She built out the kitchen, as well as making some other major changes to the layout. A door was created between the two shopfronts, allowing visitors to walk through into the new room.

Events at the shop, such as a plant-based milk tasting, pulled in the curious locals. New Leaf hosted talented presenters including Dustin Rudolph, the Plant-Based Pharmacist, and Tess Challis, vegan author and chef. Today, what started as a dream, is now New Leaf Elementals Gift Shop and Vegan Café. In addition to the coffee and line of organic teas, customers enjoy a variety of mostly raw sandwiches, refreshing smoothies, and mouthwatering pizzas. Not to forget of course chocolate and vanilla cupcakes, and Cherie’s signature chocolate topped peanut butter bars.

New Leaf sits in a strip mall where there used to be an ice cream shop. Children flocked to this shop from the school just around the corner. Fortunately, that shop closed down. Cherie saw this as an opportunity to quickly fill the void. What better time to introduce the children and their parents to dairy-free ice cream. Purchasing a pre-owned industrial soft serve machine was the first step to reaching this goal. Cherie poured out the first few cones of the yummy chocolate and vanilla ice cream. Then the mother board died. The manufacturer in China sent out a replacement board. It didn’t fit. They sent out another part hoping to fix the problem - but it didn’t.

The summer came and went, and the ice cream machine couldn’t be fixed. Cherie is now left with a useless machine, and no way to recoup her money to buy a replacement. The manufacturer in China has offered to sell her a new machine at cost. Unfortunately, the money well has run dry.

For the first time since the shop opened, Cherie is asking for help. There is still a need to introduce a healthier vegan treat to these children. What better time to educate the parents, now that plant-based milks are gaining in popularity. If you are able to help, please visit: www.gofundme.com/s6afy-ice-cream-machine

It is such a pleasure for me to walk into New Leaf Elementals Gift Shop and Vegan Café. I can buy any gift, beverage, or food item, resting assured that they are free of animal products. Thank you so much Cherie, for having the courage to follow your dreams.

Maria Bott
FVA Have-A-Heart (HAH) Award Winner, Aja

I first met Aja in 2011 on the steps of the Capital in Tallahassee at Humane Lobby Day as we were waiting to go inside. I couldn't help but overhear her conversation going on behind me about eating vegetarian because cheese and dairy were just too difficult to give up. Well, I just couldn't pass up an opportunity to turn around and attempt to educate my fellow animal advocates as to why cheese and dairy are so addicting and the toughest to go without.

Being a total stranger but familiar in our compassion for all beings and our passion for advocating for animals, Aja was open to learning more about the cruel dairy industry and the harm it imposes to our health, the environment and the animals.

Needless to say, she was an easy sell and took the tips and information I gave her and soon after was living the vegan lifestyle. We became instant friends with a like mindedness and approach to helping both animals and people.

At that time, she was working at the Clearwater Aquarium promoting and marketing Winter the dolphin. I remember driving to Orlando so we could hear and meet the great Dr. Jane Goodall and she was just bursting with ideas and struggling with what her next direction should be to best make the world a better place for animals and people. Brainstorming the how's and what if's with someone is always fun for me and sometimes those ideas come to fruition but too often circumstances, time and money do not allow some of the best dreams to come true. But, that did not stop Aja from figuring out how to turn those how's and what if's into a reality, no matter what it took. In just the few years that followed, Aja has accomplished more than some do in a lifetime. She left her 6-figure corporate job and traded it to go back to college and travel. After studying in Malawi, Africa, she created her 1st non-profit Just One Humanity, which focuses on health, education, water, food and the environment to bridge the gap between people, wildlife and the environment.

Her latest endeavor is the non-profit Compassion Kind. Compassion Kind tackles several projects including saving wild dogs in Tanzania, helping girls in Africa stay in school, building a clinic in Malawai, Africa, providing education and training to promote farm animal welfare in East Africa and running an animal shelter in Puerto Rico providing relief efforts by helping to reconnect families, deliver basic supplies, and rescue animals. After Hurricane Maria, Aja immediately went to Puerto Rico to collect information from the most devastated areas to provide the comforting news that families and friends are alive and well. Her team brought shipments and donations to those most in need in hard to reach areas. Aja's team also focused on animals affected by the hurricane, working to rescue those that were left behind in some of the most damaged areas. Since then, their main focus has been rescuing the dogs and cats of Puerto Rico, flying them to Tampa and Los Angeles, partnering with other rescue groups in both areas to provide foster homes and eventual loving, forever homes.

To date, in the span of 6 months, Compassion Kind has rescued and found homes for 352 lucky dogs and cats! When I first learned about the work she was doing in Puerto Rico, I just knew I had to get involved in any small way I could. Last week's Get Rescued event in Gulfport resulted in six out of seven dogs getting adopted! Her volunteers and staff share Aja's same passion and determination to do the most good for both people and animals through teamwork and a positive and helpful approach to everything they do. I couldn't be prouder to not only be part of this amazing endeavor and group of amazing humans, but my heart literally bursts with pride when I think how far that girl on the steps of the Capital with the big ideas has come. I am so glad I decided to turn around and inject myself into their conversation. In turn, I made a great friend who has taught me the true meaning of where there's a will, there is a way, even if you have to forge that path yourself.

The description on her website explains the many levels Aja's work covers: "Aja Nikiya is a humanitarian, photographer, public speaker and activist for animals and under served populations. She has bridged her expertise in project development, marketing, and activism to help communities in extreme poverty develop sustainable solutions that preserve biodiversity and inspire global citizenship. Aja is catalyst for change and a voice for the voiceless." So without further ado, I am sure you will agree that her humanitarian work for animals and humans is more than deserving to receive this year's Florida Voices for Animals Activist of the Year Award! Come on up here Aja!

Nina Perino
FVA In Action

Dear FVA members, friends & readers, once again we would like to share with you our activities, scheduled on our FVA meet-up for the 1st Quarter this year. We now have over 3,000 people 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 in and get to meet us. Frequently many people sign up, but often only a few show up. Please join our meetup, please sign up for events that you are interested in, then PLEASE attend the events and help the animals. If for some reason you find that you are unable to attend an event, would you be kind enough to change the RSVP? This will help us to better know what type of attendance to expect at our events and plan appropriately.

FVA in the Community/Tablengs:

1/20 – Plant Pure, Solutionary & FVA at Healing America Tour, St. Pete
2/6 – FVA hosted Will Tuttle, PhD: 1PM - Healing Our World: A Deeper Look at Food, South Shore Library, Ruskin and 6PM Ethical Eating & World Peace, Loving Hut, Tampa Tour
3/19 – Great American Meatout tabling at USF. FVA joined student group SPEAK at this event.

Other FVA Actions in the Community

1/6 – FVA Doormet Vegan Pizza Fundraiser, Tampa, organized by Kim Gronemeyer
2/17 – Myriam Parham, RD, CDE, FVA President spoke at Gainesville Veg Fest on Diabetes & the Vegan Diet
3/3 – FVA’s Have a Heart for the Animals Annual Awards & Dinner Fundraiser, Northdale Community Center, Tampa
3/3 – HAH Speaker Bryan Wilson from Central Florida, ARFF, presents very informative talk on “Tools & Path to Veganism”, giving great insight on how each person can make a difference for the animals
3/11 – Vegan Potluck Dinner with Dogs, Hosted by Zia Terhune at City of Imagination Gulfport Art Center, next to Dog Parks
3/13 - Meeting for Greyhounds, USF, St. Pete, At the Florida Constitution Revision Committee hearing, FVA board members, Marie, Suzanne, Kim, Myriam attended with many other members & local activists.and spoke up or submitted comments for Proposal 67 to phase out greyhound racing by Dec. 2019. Decision pending.
3/17 – Ellen Jaffe Jones & Myriam Parham spoke at the North Florida Veg Fest in Tallahassee.

FVA Demos for the Animals:

1/6 - Showmen’s Circus Demo, Gibsonton
1/20 – St. Pete Beer & Bacon Festival
2/3 – Worldwide Rally Against Trophy Hunting, Clearwater
2/11 – Protest Weldes Big Bear Traveling Show, Tampa Fairgrounds
2/18 - Protest Weldes Big Bear Traveling Show, Tampa Fairgrounds
3/17 – Go Vegan Demo at Saturday Morning Market, St. Petersburg
3/29 & 3/31 – Universoul Circus Protest, Raymond James Stadium, South Parking Lot, Tampa

In addition to all these activities, several FVA board members & others activists usually attend monthly vegan brunch, lunch, dinner activities at several local vegan restaurants. These include:

New Leaf Elementals Cafe, Loving Hut, Cafe Hey Brunch & Lotus Vegan Buffet, Please check our FVA calendar to join us at these events so we can get to know each other.

FL CRC Prop 67— Prohibition of wagering on Greyhound or other dog races

Just because 63 FVA members and supporters spoke up in favor of CRC Prop 67, it does not mean that the appointed commissioners are going to put it on the ballot in November.

This was introduced by Tom Lee with cosponsors Don Gaetz & Brecht Heuchan

Please email the commission at www.flcrc.gov/commissioners before May 10th in order to help get it on the ballot.

Marie Galbraith, Suzanne House & Laura Weiss at CRC-67 Meeting for Greyhounds at USF, St Pete
Tampa Bay Veg Fest Meeting, Sunday April 8th 2018 2pm-4pm

Come join the organizers of Tampa Bay Veg Fest for our first volunteer meeting for this year's Tampa Bay Veg Fest. Sunday, April 8, 2018 2:00 p.m. to 4:00 p.m. at Al Lopez Park.

Do you want to learn more about Veg Fest and how you can become involved? Do you have some great ideas you would like to share to help us make this years event the best ever? If you have been to the previous veg fests and would like to share some thoughts and suggestions, we would love to hear from you. We have available coordinators positions and we will be discussing our new venue this year, Perry Harvey Park.

We are looking for energetic and committed individuals who are ready to make a difference and take the next step to become involved. Is that you?? We need lots of volunteers the day of the event but we also need volunteers now to help in the planning stage. Do you have some free time in the months ahead that you can commit to helping us bring Tampa Bay Veg Fest 2018 to a reality.

If you are unable to attend but want to volunteer the day of the event or have some ideas or suggestions for us, contact us at info@tampabayvegfest.org.
Feel free to bring snacks and drinks to park.
Thanks so much and if you have any questions call 727-656-8368 and ask for Diane.

https://www.meetup.com/Florida-Voices-for-Animals/events/248778535/

Hope to see you on the 8th!

Vegan Support Workshop

So, you are a vegan and are excited and thriving in your new or longstanding cruelty-free lifestyle! You get why this is important but others in your family or your close circle of friends don't seem to share your excitement. They simply don't understand why you are so "picky" with your food and clothing choices. They actually laugh or give you a hard time asking why you can't just chill and enjoy Aunt Susie's "special" animal-containing dish loaded with meat, cheese, lard, and butter.

When you shun the "yummy" dessert loaded with eggs and milk they know you used to "love," they say, “Why can't you just have a tiny bite? It won't kill you!” What about when you see loved ones feeding your nieces, nephews, grandchildren, and sick grandpa foods you know are produced in a horrific and cruel manner that are just simply unhealthy? Do you avoid these social occasions with your family and friends? Do you cry or get angry? Do you lecture them or tell them to watch a vegan documentary? What do you do?

They just don't seem to understand why you say that eating or hurting animals is wrong and why you won't be a part of it, even for that one little bite. If you have faced any of these scenarios and feel frustrated, hurt, heartbroken, and alone, please join us for a frank brainstorming session and let's see where this leads. Perhaps we can develop a support group where you can air your feelings safely? Or maybe a workshop to bring some expertise together to help us work through these situations?

Please join this important FVA brainstorming meeting on Thursday May 3rd at John F. Germany Public Library 900 N. Ashley Dr. Tampa 6pm-8pm by RSVP'ing on FVA’s meetup.com; our FVA Facebook event; calling 727-656-8368, or emailing us at fvaonline@yahoo.com. We look forward to helping each other cope with living in this non-vegan world together!

Kimberly M. Gronemeyer, Psy.D., Myriam Parham RD, CDE & Cathy Unruh
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

---

**GOOD NEWS**

- **Mar 2018**: **Worldwide Partnership formed to ban Horse Carriages.** The mission of the Partnership to Ban Horse Carriages Worldwide is to effectively organize and work with multiple organizations around the world to streamline our identical purpose of banning the dangerous, cruel and unnecessary practice of horse drawn carriages. Please visit [www.partnershiptobanhorsecarriages.com](http://www.partnershiptobanhorsecarriages.com)

- **Feb 2018**: **Saudi Prince Set on Ending Factory Farming to open 10 vegan restaurants by 2020 in the Near East!** Prince Khaled Bin Alwaleed, Founder and CEO of KBW Ventures, and a long-time animal rights activist is planning to open TEN ALL-VEGAN RESTAURANTS in the Middle East by 2020 (that’s just two years away!). Prince Khaled hopes that by making healthy, vegan food accessible to the public, it will help curb the Middle East’s rising obesity rates.

- **Feb 2018**: **Tyson, the Largest Meat Processor, Invests in World’s First Clean Meat Company!** Tyson joins other top investors including Bill Gates, Richard Branson, KBW Ventures (led by Prince Khaled), and even major beef supplier and global food conglomerate, Cargill. Memphis Meats has already succeeded at producing a lab-cultured meatball and chicken nugget. With the investment from Tyson, Memphis Meats is expected to ramp up their product development.
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

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/1667198786888267/

4/7, 5/5, 6/2 (Sat) - Loving Hut Vegan Buffet Sat 11am-9pm (Meetup at 6:30pm), 1905 E Fletcher Ave, Tampa FL 33612, 813-977-7888 This is 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. Loving Hut’s website is http://www.lovinghut.us/tampa_01/ This all-vegan buffet is on the 1st Saturday of the month.

4/1, 5/6, 6/3 (Sun) - New Leaf Elementals Brunch, 11am-1pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan brunch which takes place first Sunday of the month.

4/8(Sun) - Tampa Bay Veg Fest Meeting, 2pm-4pm Al Lopez Park 4900 N Himes Ave, Tampa, FL Join the coordinators in planning this year’s Veg Fest. Meet at the green maintenance building at the front entrance for directions. Please RSVP on FVA Meetup or call 727-656-8368

4/8(Sun) - Vegan Potluck Dinner With Dogs, 5pm-7pm City Of Imagination 2726 54th Street S, Gulfport, FL Enjoy an all-vegan potluck with your companion animal. Limit 25 people. Please RSVP on FVA Meetup or call Zia at 828-407-3334 if no internet access.

4/21, 5/19, 6/16 (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 (beverage not included.) This buffet takes place 3rd Saturday of the month.

4/22 (Sun) - FVA Tabling at EcoFest 8am-4pm Lowry Park, 7525 N Blvd, Tampa, FL Volunteers need to setup, staff the table and takedown. Please RSVP on FVA Meetup with the times (8am-10am, 10am-12pm, 12pm-2pm, 2pm-4pm) you would like to volunteer.

4/28 (Sat) - FVA Adopt-a-Park Cleanup, 9am-12pm Al Lopez Park, 4810 N Himes Ave, Tampa, FL Volunteers need to help pick up litter at the park. Please wear protective clothing, sunscreen, water and pickup tool.

4/29, 5/27, 6/24 (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.

5/3 (Thu) - Vegan Support Group, 6pm-8pm John F. Germany Public Library, 900 N. Ashley Dr, Tampa, FL If you would like to know more about being veganism, please attend. We are here to help.