



# Florida Voices for Animals, Inc.

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## FVA Animal Heroines of the Year



Jennifer Leon, Melissa Zepeda and Rebecca Williams at FVA's Have-A-Heart Fundraising Dinner & Silent Auction

In November of last year Floridians voted an overwhelming *YES on Amendment 13* which signals the beginning of the end of commercial dog racing in Florida. Today we are recognizing two of the incredible people who were instrumental to this win.

As of last year Florida had 11 out of the 17 remaining greyhound racing tracks in the country. This made the passage of Amendment 13 all the more significant. It essentially signals the beginning of the end of this cruel industry in America.

**The Committee to Protect Dogs** was established to run this grassroots campaign and assigned regional directors to coordinate the campaign. I was privileged to work alongside two of the best last year, **Jennifer Leon** and **Melissa Zepeda**.

I have known Jen for a few years now. I met her at **Big Cat Rescue** where she works as the Director of Outreach, using her talents to impact legislation relating to big cats in this country. I have learnt so much from working alongside her.

I met Melissa at the first CRC meeting in St Petersburg where a group of animal advocates met to petition the commission to put Amendment 13 on the ballot. It was a tense meeting, with the opposition out in full force, but Melissa, myself and a few others stayed until almost midnight to make sure our voices were heard.

Jennifer and Melissa dedicated hours upon hours of their free time to the Yes on 13 campaign. They coordinated the volunteers in Hillsborough and Pinellas county, organized meetings, leafleting opportunities, tabling events and covered the polls during early voting and on election day. The campaign would not have been successful without such dedication. I am constantly blown away by people like you two, who dedicate their lives and their immense talents to helping animals in need.

So on behalf of Florida Voices for Animals and on behalf of greyhounds all over the country we are proud to present you with this award.

- Intro speech by **Rebecca Williams**

## FVA Thanks!

### Have-A-Heart Fundraising Dinner & Silent Auction

#### BUSINESS DONORS

All GF Vegan  
 AVEDA  
 Big Cat Rescue  
 Betty's Naturals  
 Calico Dragon  
 Cider Press Café  
 Doormét Gourmet Café  
 Farmacy Vegan Kitchen  
 Glass of Life, Jodi Chemes  
 Golden Dinosaur Vegan  
 Deli  
 Leafy Greens  
 Lotus Vegan Restaurant  
 Love Food Central  
 Loving Hut  
 Nature's Food Patch  
 Nutrition Smart  
 Plant + Love Vegan Ice  
 Cream  
 Publix  
 Rawk Star Cafe  
 Rollin' Oats  
 Roots of the Sun  
 So Blythe Art &  
 Photography  
 Stacy's Gluten Free Bakery  
 St. Pete City Theater  
 St. Pete Community  
 Acupuncture  
 Sweet Tomatoes  
 Winter Park Soap Company  
 WMNF

#### INDIVIDUAL DONORS

Kristen Baker, Artist  
 Maria Bott  
 Anne Marie Cancio  
 Jodi Chemes, Artist  
 Trevor Chin  
 Brenda Csik  
 Joseph Gerardi  
 Kimberly Gronemeyer  
 Suzanne House  
 Ellen Jaffe Jones  
 Diane Koon  
 Peggy Lawson  
 Clare Naponick & Jeremy  
 Bill & Myriam Parham  
 Melissa Schultz, Artist  
 Cathy Unruh  
 Debbie Whitaker

#### Other VOLUNTEERS

Eric Livingston  
 Michele Root  
 Susan McClung  
 Bruce & Michelle Odiome  
 Spencer Sherman  
 Susannah Sherman  
 Meredith Tenouri  
 Zia Terhune

## In Loving Memory, Teddy



In memory of our beloved companion and loyal family member, Teddy.

The strong bond we shared with Teddy supported us and him throughout the 13 years he was with us. We hope he is resting in peace and pure happiness, surrounded by all he wishes for.

He brought so much unconditional love and happiness to us, and we miss him so.

He will forever be carried in our hearts.

Keith and Mikel

Thanks to Keith & Mikel for their generous \$1000 donation in memory of their beloved Teddy.

Our Lifetime membership category has been renamed "The Teddy Lifetime Membership" in his memory.

### Eggs increase risk of heart disease and early death



A research team pooled data on nearly 30,000 racially and ethnically diverse adults between 1985 and 2016.

Participants were asked about their dietary habits over the last month or year in an extensive questionnaire. By the end of the follow-up period, the group had experienced 5,400 cardiovascular events and 6,132 deaths from any cause. An analysis found that consuming 300 milligrams of dietary cholesterol per day was associated with 17 percent higher risk of cardiovascular disease and 18 percent higher risk of death.

Eggs were then looked at specifically because they are one of the richest sources of dietary cholesterol. One large egg contains about 186 milligrams of dietary cholesterol in the yolk.

The researchers found that eating three to four eggs per week was linked to a 6 percent higher risk of cardiovascular disease and an 8 percent higher risk of any cause of death. The findings were published in JAMA.

### FVA's BOARD OF DIRECTORS

**Myriam Parham—President**  
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**Ellen Jaffe Jones**  
**Chris Capozziello**

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## FVA Activists of the Year 2018



Anne Marie Cancio, Chris Capozziello

This year we recognized two outstanding activists at our *26th Annual Have a Heart (HAH) for the Animals Dinner Fundraiser*. **Chris Capozziello** and **Anne Marie Cancio** were the deserving recipients of the 2018 Activist of the Year awards. These enthusiastic FVA members were the co-coordinators of the Tampa Bay Veg Fest raffle. They worked hard getting fantastic donations, and on the day of the event they arrived early to set up the booth and stayed all day selling tickets. The money raised from the raffle went to Kindred Spirits Sanctuary in Ocala. Chris and Anne also got donations and assisted with the HAH silent auction. They are off to a great start in 2019!

### **Anne Marie Cancio –**

Anne Marie has been busy helping FVA and the animals in 2018. She and her daughter attended most FVA demos this year. Anne is married with three children—twin boys and a girl. She is passionate about animals and has been involved with animal rights for many years. No matter where she lives she is involved with local AR groups. Anne Marie brings in positive ideas for activism. We are fortunate to have her in our area volunteering with FVA.

### **Chris Capozziello -**

Chris also attended many of our demos/protests in 2018. She is active with the monthly Go-Vegan demos at the St. Petersburg Saturday Morning Market. She organized the screening of "*Love and Bananas*" for FVA at the library in St. Pete, and obtained a grant from VegFund to provide vegan snacks for the showing. Chris also volunteered at the FVA table at Pride Fest in St. Pete. Four years ago she moved from Chicago where she was also active in animal issues, and even served on the Chicago Veg Fest committee. FVA is proud to have Chris as our newest board member.

## Have-A-Heart Fundraiser Speaker: Food As Medicine - Dr. Koushik Reddy



Our annual FVA Have-a-Heart (HAH) dinner, had a mesmerizing speaker and legendary cardiologist, Dr Koushik Reddy. One of the great things about the HAH dinner is that for many of us who volunteered at the annual Tampa Bay Vegfest and didn't have time to hear any of the speakers, we can get an opportunity to hear one of them. Dr. Reddy spoke at Vegfest and many people were fortunate to hear his wisdom and insights. Here are just a few of the amazing factoids he shared at the dinner.

Every year more deaths are from heart disease than World War I and II combined! "Who is the terrorist, ISIS or McDonald's?" asked Dr Reddy. 2018 statistics, 2 in 5 children are diabetics. 2019 stats: 70% of us are overweight, both for men and women. The #1 cause of death is diet induced overeating, more so than malnutrition.

2019 stats: 70% of us are overweight both men and women in the most recent research. #1 cause of death is diet induced overeating than malnutrition.

The president of the FDA said if diet and exercise were the answer, we'd all do it. Hello!!

Start walking at least 5-10 minutes a day. Then, crank it up a minute a day.

Plant based nutrition is a truth like gravity. 1 in 3 children born after 2000 are more likely to be outlived by parents.

The campaign by the dairy industry to promote butter is irresponsible. It's not back, according to research. A whole foods plant-based diet can lower LDL cholesterol more than statins.

Nuts, green leafy veggies can lower cholesterol 20-30 points.

Dr. Reddy quoted a past president of the American College of Cardiology, Kim Williams, saying, "There are two types of cardiologists: 'those who are plant based and those who need to go to the library.'"

### Crossroads Cat Rescue



WE ARE Crossroads Cat Rescue

WE ARE one sitting board of directors member, one past board member and two Florida voices for animals members

WE ARE caretakers for three groups of community cats near Raymond James Stadium in Tampa. All but two cats have been TNVR'd.

WE ARE looking for help.

WE ARE in need of a few good people to take on a couple of days a month to help feed these innocent beings.

MAYBE on your way home from work?

MAYBE on your day off?

MAYBE on your daily walk around the park?

We feed in the evening which takes about 30 minutes, and we will provide the food, if necessary.

WE ARE very thankful in advance for your help and for FVA's financial support with life saving surgeries.

WE HAVE a feral cat fund at FVA for contributions

WE ARE hoping you can help us with your time or donations, but especially your time ☐

Please email [fvaonline@yahoo.com](mailto:fvaonline@yahoo.com) or call 727-656-8368

Sleep 7-8 hours 7 1/2 is best.

9-10 hours are bad since our bodies need to be in motion. Lying down too much and sitting, deconditions. Sitting is the new smoking. If still smoking, the rest is fruitless. Burgers, balloons and bypasses are on the same floor of hospitals.

No gyms in blue zones, where people routinely live past 100 without health issues. It's also important to have a social network, practice mindfulness, try to destress, and walk.

**Ellen Jaffe Jones**

[Ellen is a certified personal trainer and running coach, and the author of 6 vegan health and fitness books. When she's not running local races on weekends, she's speaking at vegfests around the US]



## FVA's Anti-Puppy Mill Billboard



Location: Southbound Dale Mabry just south of Bearss Ave

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

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

### Meet New FVA Board Member Chris Capozziello



**Chris Capozziello** has been vegetarian for 12 years and vegan for 11 of those years. She has always loved animals, volunteering at companion animal shelters since high school and supporting the HSUS. After attending one of their fundraisers in 2007, she looked through a leaflet on factory farming that was in the swag bag everyone received and her eyes were opened to the suffering of farm animals raised for food. Since then she has been a strong advocate for the animals, participating in protests, organizing tabling events, and leafleting at colleges, festivals, and markets. At that time she lived in the Chicago metro area and became involved with Mercy for Animals. She was also on the planning committee for the inaugural Chicago Vegan Mania in 2008 and again in 2009. After moving to Saint Petersburg four years ago, Chris started volunteering with **Meow Now**, a local TNVR group in Pinellas County which works to decrease the stray cat population and improve their welfare. In 2016, Chris attended her first HAH dinner. There she met the board members and expressed an interest in getting involved. Since then she has volunteered at some of the demos at the St. Pete morning markets, helped at tabling events, and planned a screening of *Love and Bananas* in St. Pete. Chris is excited to join FVA's board and looks forward to getting more people to become a voice for the animals.

### FVA Business Supporter Of The Year Farmacy Vegan Café and Kitchen



The food at this year's Have a Heart dinner was bountiful and delicious - and the people responsible for it received a delicious surprise for dessert: **Farmacy Vegan Café and Kitchen** was named the winner of the *FVA Business Supporter of the Year* award.

Owner **Charles Rumph** and chef **David D'Amico** accepted the award, a recognition of their work to protect what the Farmacy team holds most valuable: the lives of the innocent, the health of our bodies, and the wellbeing of the planet. That is expressed not only in their goal of making "the absolute best tasting food while doing the absolute least harm," but in their outreach to the community on behalf of the animals.

Farmacy has been a good friend to FVA. They donated food and gift cards for last year's Thanksvegan, provided a chef for last year's VegFest cooking demos, and gave us gift cards for the raffle. Proceeds from the raffle went to Kindred Spirits Sanctuary for farmed animals.

If you haven't yet checked out Farmacy, located at 803 Tampa Street inside the Duckweed Urban Grocery in downtown Tampa, drop in at your first opportunity. The 100% plant-based menu boasts familiar favorites that will leave you wanting to come back again and again. When you do, please be sure to say thanks and congratulations to the Farmacy team!

**Cathy Unruh**

## FVA In Action

We are excited to share with you our recent **FVA Meet-Up** events! **We now have over 3,650 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 meet us and become involved. Please join the 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 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/Tablings:**

**10/6 – Solutionary Events Health Fest**, Williams Park, St. Petersburg, FVA hosted a table & “Eat Vegan on a Budget Talk” - Ellen Jaffe Jones

**10/7 – Stride for Strays**, benefit for Animal Coalition of Tampa, Al Lopez Park, Patricia Massari organized the FVA table and submitted & got a grant from Veg Fund to help with the food! Britany helped staff

**10/27 – Central Florida Veg Fest, Orlando** – Trevor Chin and Jane Thorvaldson staffed the FVA table.

**11/1 - 2nd Annual TBVF Launch Party, Cider Press Café**, organized by Chris Lichtfoldt

**11/3 – 9th Annual Tampa Bay Veg Fest** – Approx. 10,000 attendees, > 150 Volunteers!

**11/17 – Vegg'd Out Vegan Bake Sale**, Blue Sage Eco Boutique, FVA benefit, Diane, Marie & Suzanne

**11/22 – 12<sup>th</sup> Annual Thanksvegan** – U.U.C. Temple Terrace, > 75 volunteers

**1/12/19 – Tabling at King Charter Schools Sustainability Carnival**, Seminole Recreation Ctr. – to promote new vegan school being planned, Diane, Marie, Suzanne & Myriam

**3/23 - Volunteer at FVA Outreach Booth at HSTB "Bark in the Park"**

**Multiple Veg Fests throughout U.S.** our own Ellen Jaffe Jones has attended and spoken

### **Other Activities:**

**10/13-Cooking Demo/talk at Chicago Veganmania & WGN TV Segment** – Ellen Jaffe Jones

**11/8– FVA Vegan Support Group – Maria Bott**, “Surviving the Holidays”, Jimmie Keel Library

**11/18- Space Coast (Cape Canaveral area) Vegfest Vegan Sex Talk** - Ellen Jaffe Jones

**12/4 – Deposition on Shark Dragging**, Hillsborough Cty Courthouse, 401 N. Jefferson St., Diane, Marie & Suzanne attended, only to find the hearing was changed to the day before without notice.

**12/6 – FVA Vegan Support Group- Kim Gronemeyer**, “Taking Care of Yourself”, John Germany Library

**1/3/19 - FVA Vegan Support Group- Cathy Unruh**, “Having non-vegan Friends”

**1/5 - FVA Park Clean-up at Al Lopez Park**

**2/7- FVA Vegan Support Group, Myriam Parham**, “Being Vegan in the Workplace”

**2/22 - Will Tuttle PhD "Social Justice: Revealing Hidden Connections"**

**2/23 – FVA HAH Dinner/Fundraiser, Koushik Reddy, MD, Speaker**

**2/28 – Great American Meatout, USF SPEAK/FVA, 11am - 2pm at the Amphitheater** - Diane

**2/28 – Shark Dragging case Disposition Hearing, Hills Cty Cthse, Suzanne & Marie attended. Boat captain, Michael Wenzel, was found guilty of animal cruelty and got 10 days in jail and was fined \$2500.**

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

**10/20, 11/7, 12/29 - 🌱 DEMO♥️ Go Vegan!**, at St.Pete Sat. Morning Mrkt, Hussein Mourtada organizer

**11/23 – Fur Free Friday Demo**, International Plaza, Tampa

**12/8 – Pet Store Anti Puppy Mill Demo**, All About Puppies, N. Dale Mabry, Tampa, Diane Koon organizer

**12/22 - Pet Store Anti Puppy Mill Demo**, All About Puppies, Largo, Diane Koon organizer

**1/12/19 – WRATH (World Rally Against Trophy Hunting), Clearwater Mall Entrance**

**1/19, 2/9, 3/9 - 🌱 DEMO♥️🌱 Go Vegan!**, at St. Pete Sat. Morning Market, Hussein Mourtada organizer

**3/30 - Protest-Pet Store-Largo** – Diane Koon organizer

In addition, monthly activities are held at several local vegan restaurants. These include: **New Leaf Café breakfast buffet, Loving Hut buffet, Café Hey brunch, and 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!

You can receive this newsletter via e-mail 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 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 Teddy Lifetime ☐ \$100 Patron ☐ \$50 Family ☐ \$30 Individual ☐ \$15 Student ☐ \_\_\_\_\_ Other

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail: \_\_\_\_\_

I would like to volunteer for:

☐ Phone Tree ☐ Attending Demonstrations ☐ Staffing Outreach Tables ☐ Website ☐ Newsletter

☐ Investigations ☐ Other: \_\_\_\_\_

**I prefer to receive my Newsletters:** ☐ Electronically via e-mail ☐ Regular Mail

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¼ Page	\$75	\$130 Save \$20	\$185 Save \$40	\$220 Save \$80
½ Page	\$125	\$220 Save \$30	\$315 Save \$60	\$380 Save \$120
Full Page	\$200	\$360 Save \$40	\$520 Save \$80	\$640 Save \$160



## GOOD NEWS



☺ **Feb 2019: Hershey's has stopped doing tests on animals** After talks with PETA, HERSHEY'S has adopted a new public policy banning cruel animal experiments.

☺ **Feb 2019: California may ban all school dissections** Assembly member, Ash Kalra, introduced AB-1586, the Replacing Animals in Science Education (RAISE) Act. The bill, co-sponsored by the non-profit organizations PCRM (Physicians Committee for Responsible Medicine), Social Compassion in Legislation, and PETA (People for the Ethical Treatment of Animals), would replace animal dissections with modern, humane alternatives.

☺ **Feb 2019: Kellogg's ends animal testing after 65 years** Cereal brand Kellogg Company (doing business as Kellogg's) recently agreed to end all unnecessary animal testing within its corporation. Animal-rights group People for the Ethical Treatment of Animals (PETA) estimates that Kellogg's has been conducting studies on animals for at least 65 years and has petitioned the cereal maker to ban animal testing since 2007.

☺ **Feb 2019: Gordon Ramsay to add the Impossible Burger to his restaurants** Once a critic of veganism, Ramsay has embraced consumer interest in plant-based foods in recent months. Last year, the chef promoted his first vegan menu item at Gordon Ramsay Street Pizza—a cheese-free eggplant pizza served with pine nuts, tomato, and garlic pesto—with a cryptic tweet that read, "Going to give this #vegan thing a try."

☺ **Mar 2019: Panda Express to offer Vegan Options** America's largest Asian-cuisine restaurant chain is joining the party! Panda Express will be adding vegan menu options to all 2,000+ of their stores nationwide.

☺ **Mar 2019: Denmark bans kosher and halal slaughter as minister says 'animal rights come before religion'** Denmark's government has brought in a ban on the religious slaughter of animals for the production of halal and kosher meat, after years of campaigning from welfare activists. The change to the law, announced last week and effective as of yesterday, has been called "anti-Semitism" by Jewish leaders and "a clear interference in religious freedom" by the non-profit group Danish Halal. For meat to be considered kosher under Jewish law or halal under Islamic law, the animal must be conscious when killed.



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**

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**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, 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/>

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

4/6, 5/4, 6/1 (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/](http://www.lovinghut.us/tampa_01/) This all-vegan buffet is on the 1st Saturday of the month.

4/7, 5/5, 6/2 (Sun) - **New Leaf Elementals Brunch**, 9am-12pm 11813 N Armenia Ave, Tampa, FL Enjoy an all-vegan brunch which takes place first Sunday of the month.

4/13 (Sat) **FVA Earth Day at EcoFest**, 10am –3pm Julian B Lane Riverfront Park 1001 N Blvd Tampa At this Earth Day event, we will have literature to give attendees that explain why factory farming is the leading cause of global warming. Volunteers can go to our Meetup to RSVP or call FVA 727-656-8368

4/20, 5/18, 6/15 (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.

4/28, 5/26, 6/30 (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.