



Florida Voices for Animals, Inc.

PO Box 17523 Tampa FL 33682 www.FloridaVoicesForAnimals.org
727-656-8368

fyaonline@yahoo.com
Jul/Aug/Sep 2015



Olivia Eisenhart

“People often think that they can have a clear conscience about consuming or otherwise using products made from animals who are raised "humanely." As the following poem by high-school sophomore **Olivia Eisenhart**, of Bell Creek Academy, in Riverview, Florida, makes abundantly clear, however idyllic the life of such an animal while on the farm, if the animal's life ends in a slaughterhouse, that life ends in horror. “ **Bob Shepherd**, former FVA Board member

Caged In

by
Olivia Eisenhart

Snatched from my home where I lived peacefully—
The sun once radiated off my body, and wind gently hugged my fur;
It was warm, comfortable. I shined in the world around me, glowing from within.
Then life twisted into darkness and fear.

Caged in,
Crammed into narrow chambers where fear fills all the space—
Why is such a force not enough to burst these walls?
I am skinned alive.
No chance of survival as the knives cut me quick.
By tuning out my blood-curdling screams, you prove that my life meant nothing to you.

Perhaps not nothing. There is this fashion trend, you see.

But I am much more than the coats and purses you made of me,
And until you realize that, I remain caged in

FVA loves its volunteers!

USF lab animal animal protest April 2015

Denise Anderson
 Marie Galbraith
 Lee Gibson
 Donna Grace
 Linda Harsin
 Suzanne House
 Linda Kay
 Diane Koon
 Monnie Levin
 Hussein Mourtada
 Jeanne Jain Perry
 Peter Perry
 Ewa Stein
 Jessica Young

Earth Day at Orlando April 2015

Mary Carpenter
 Trevor Chin
 Marie Galbraith
 Kim Gronemeyer
 Suzanne House
 Diane Koon
 Patricia Massari
 Sheryl Ospral
 Myriam Parham
 Isabelle Tassi
 Brad Wolpert

Earth Day at Tampa April 2015

Andrea Acailawen
 Chris Acailawen
 Kylan Acailawen
 Heather Doherty
 Marie Galbraith
 Suzanne House
 Diane Koon
 Myriam Parham
 Justine Villarrea

Ann's Sweet Pea Green Goddess Salad Dressing



Ingredients

2 15oz cans of sweet peas
 3 heaping tablespoons of Koops Deli Mustard or a store brand deli mustard
 1/3 cup extra virgin olive oil, preferably first cold pressed
 1/4 cup Balsamic Vinegar of Modena
 Sea Salt and cracked black peppercorns to taste
 Add water to constitute your desired thickness.
 (Optional : 1 tablespoon of South River Sweet White Miso)

Procedure

Add all ingredients to a blender and whirl away.
 Makes about 3 cups of dressing, which can be refrigerated for 3-4 days.

Ann McMahan, Rhode Island

FVA's BOARD OF DIRECTORS

Myriam Parham—President
Diane Koon—Vice President/Secretary
Marie Galbraith —Treasurer
Trevor Chin
Suzanne House
Isabelle Tassi
Kim Gronemeyer

NEWSLETTER STAFF

Trevor Chin—Publisher
Justine McCoy—Editor
Myriam Parham— Editor
Tanya Smith—Editor

BOARD ADVISORS

Hussein Mourtada
Susannah Sherman
Bob Shepherd
Tom Bird
Mindi Lasley—Legal Counsel

FVA Have-A-Heart 2015 Awards

At this year's *Have a Heart for the Animals* annual dinner/fundraiser, held at Trang Viet Cuisine in February, FVA recognized some outstanding activists and our Animal Hero of the Year. In our last newsletter you read about Hillsborough County Deputy **Christina Ammons** and her extraordinary story of rescuing a bull from a near drowning, the feral cat community she has adopted and the cats she has rescued. This newsletter brings you the rest of the story about our wonderful Florida Voices for Animals activists.



Hussein Mourtada, Denise Anderson, Diane Koon, Myriam Parham

Denise Anderson voted FVA Activist of the Year:

Denise became a vegan about 10 years ago after watching undercover footage online about animal abuse. She then went home and cleaned out her pantry and kitchen, removing all animal products from her house. She said it is the best decision she ever made. She knows that on a daily basis she is helping save animal lives by not purchasing any animal products, and hopes through her actions and activism she can influence others to do the same. Some of side-effects were that she felt better and more energized; slept better; had a better outlook on life, her thought process was clearer and she felt better spiritually.

Denise became an animal activist over 5 years ago. She ventured out of her comfort zone and went to a circus protest, which she felt is one of the most rewarding things she ever did. Since then she has been involved as an animal activist on all animal cruelty issues.

Denise encourages people to do some self-reflection on their lives and find things that are important to them and meaningful to the world around them, then take steps to make the world a more loving and peaceful place for all living creatures.



Spencer Sherman, Voted FVA Youth Activist of the Year, Story by Hussein Mourtada:

The first time I met Spencer was at a Walk for Farm Animals. He was passing out leaflets to raise awareness about farm animal abuse. He was about 7 years old and did it with such ease that truly impressed me. The question he asked of people walking by was "Would you like to help animals?", and almost everyone was receptive and accepted a leaflet from him. I also could not tell who his mother was because he charmed every woman in sight.

From that time on, whenever Spencer is available, and if his mother can get him to the event, he will be there trying to help raise awareness about animal abuse. He has been at tabling events, leafleting events, lectures and fund raisers. Also, since Spencer has been a vegan since he was a baby, his intelligence and perspective are remarkable and refreshing. We had a lecture planned for an elementary school class and I asked Spencer what we should say about animal milk to these kids. His answer was quite simple and brilliant - he said, "Ask the kids if anyone in the class is still nursing" If not, then why are they drinking another baby animal's milk, which is not meant for humans?

Of course, behind every awesome kid is an awesome parent. Spencer's mother Susannah is a vegan and an animal activist. Also, Spencer has other great women and men that are part of his life, including his aunt Samantha, friends Joan Zacharias, Tom Lyons, etc. who are also vegans and animal activists.

We see this as only the beginning of great things that Spencer will accomplish for other non-human animals. He is truly an animal hero, and we are honored to have him as part of the FVA family.



Suzanne House, Marie Galbraith, Myriam Parham

Suzanne House, Board member of the year.

Suzanne has been with FVA since 1988. She has been a behind the scenes activist extraordinaire. When she is not coordinating volunteers for our largest annual event, the Tampa Bay Veg Fest, helping at Thanksvegan or attending demos or meetings, she is volunteering to help children at Champions For Children, at the Humane Society of Tampa Bay, at The Critter Place, at WMNF 88.7FM or wherever she is needed. She can frequently be found at various public hearings related to animal or environmental issues. She is not one to sit idle, but finds time to care for four cats in her home. Suzanne has been the coordinator of our annual dog/car wash.

As a flight attendant for US Air, she travels frequently to Europe. Her generous donations of gift baskets to FVA's annual Have-A-Heart (HAH) Silent Auction always include international vegan fare. At HAH, she and Marie Galbraith typically greet and handle registration for the attendees, close down the auction tables and accept payments for the silent auction items. She's always there to help clean up Al Lopez Park with the FVA adopt-a-park team.

Suzanne's contributions to FVA are well noted and this award is well deserved. She hopes that FVA members will consider becoming active with many FVA events and will be more effective in helping the animals.

The Critter Place



Diane Koon, Marie Galbraith, Ted Koran, Myriam Parham, Trevor Chin and Ziggy the pig

Photo taken by Suzanne House

The Critter Place (TCP) is a non-profit animal sanctuary in Weeki Wachee now run only by Ted Koran, since his wife, Karen, recently passed away. His burden has doubled and impending back surgery doesn't help matters, either. Ziggy, the pig, is thriving well. There are four horses, another pig and numerous dogs and cats. He's also been getting less sleep due to feeding kittens every two hours. Not only is it difficult physically for one person to run a sanctuary, but also financially, it is very difficult.

Most of the FVA board members recently went to TCP for a FVA Work Day. Helping feed, clean litter boxes, brush horses and demolishing a small enclosure were on the agenda. The horses and pigs loved the apples and carrots donated by FVA.

More fencing projects are needed and the most pressing need is to fix the barn, so Ted is looking for a few able-bodied persons to volunteer who are handy with construction.

Donations are needed for materials to fix the fencing and the barn. The roof of the barn is very worn and needs replacing. Volunteers can contact Ted directly through Facebook or indirectly, via contacting FVA. There will be more FVA work days at sanctuaries like TCP which will be posted on the Meetup.

On Facebook, there are 4160 persons who 'like' TCP. Wouldn't it be fabulous if every one of those persons donated one dollar to assist?

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

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

Ad Size	1 NL	2NL	3NL	4NL
Bus card	\$50	\$90 Save \$10	\$130 Save \$20	\$160 Save \$40
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

☺ **June 8, 2015: Beyonce announces that she's Vegan!** After teasing a big announcement on Good Morning America over the weekend, Beyonce shared her slimming and health secrets with fans, gushing about her new vegan diet . Beyoncé, Miley Cyrus, and Ariana Grande seem to have it all figured out . For these three, being bold, brazen, and beautiful starts with the basics: You have to love yourself enough to take good care of yourself. That's why Beyoncé, Miley, and Ariana are meat- and dairy-free.

☺ **2015: University of Wisconsin animal lab closed.** Following an extensive PETA campaign to expose and end cruel and archaic brain experiments on cats at the University of Wisconsin–Madison, the federal grant money expired, the lead experimenter retired, and the embattled laboratory closed its doors for good. The remaining four cats in the laboratory were adopted into private homes.

☺ **2015: Good Karma unsweetened flax milk** Just facts on flax. Great new product to get your Omega-3.

=====

Trevor Chin presented with "Teamwork" award

Our final award for the Have-A-Heart evening was a special surprise "Teamwork" plaque presented to Trevor Chin. In addition to serving as an FVA board member since 1994, which included serving as a past president, he is the publisher of our quarterly newsletter, maintains our mailing list, handles our *Constant Contact* & most *Meetup* postings, responds to all FVA online e-mail, attends almost all FVA events and serves as our technical "go to" person at these events. At our annual Tampa Bay Veg Fest and Thanksvegan, he takes care of connecting all our sound system equipment and is usually part of the early set-up and clean-up. We can always count on Trevor to be a true team player and help us get the job done. Please join us in thanking him for all his amazing work through the years!



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

NON-PROFIT ORG
 U.S. POSTAGE PAID
 TAMPA FL
 PERMIT NO. 2538

**A NON-PROFIT, TAX-EXEMPT,
 GRASSROOTS, ANIMAL ADVOCACY
 ORGANIZATION**



Go Green!
 Have me emailed to you!
 fvaonline@yahoo.com



ADDRESS CORRECTION REQUESTED

TBA Vegan Take Out Mingle 6pm-9pm , Natural Detox Nutrition Shoppe/Vegan Take Out, 4202 E Busch Blvd, Tampa FL 33617, 813-983-1628 Tampa, FL Unwind after a hard work week. Enjoy music, board & card games, karaoke, speakers, vegan food and drink available for purchase, free wireless internet and door prizes (7:30pm). Get your Vegan Take Out so that you don't have to cook for a few days.

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**

7/7 (Tue) - **“Peaceable Kingdom”** screening, 5pm, St Petersburg Public Library, 3745 9th Ave N, St Pete. Free Screening of "Peaceable Kingdom, The Journey Home"...shatters stereotypical notions of farmers, farm life, and perhaps most unexpectedly, farm animals themselves...A life changing film.

7/7, 8/4, 9/1 (Tue) - **Vicki's First Tuesday Vegan Potluck** 630pm, Weaver Park, 1249 Bayshore Blvd, Dunedin FL Please write recipe on 3x5 card and put next to your dish. Donations gladly accepted. Make new friends and learn new healthy recipes. Family and pet friendly. Weaver park is a cute park with **FREE parking**, the **Pinellas Trail** runs along the back of it and it offers a spectacular view of the sun setting over the Gulf.

7/4, 8/1, 9/5 (Sat) - **Loving Hut Vegan Buffet** 1130am-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/

8/1, 8/22, 9/12 (Sat) - **Lotus Vegetarian Vegan Meetup Buffet**, 5pm-9pm, 6575 Park Blvd, Pinellas Park, FL Enjoy an all-vegan buffet at Lotus Vegetarian Restaurant for only \$11.99 (beverage not included.) This buffet takes place every 3 weeks. You can even take a survey to help choose the menu! <http://www.lotusvegetarianrestaurant.com/>

7/11, 8/8, 9/12 (Sat) - **Trang Vegan Meetup Buffet**, 5:30pm-7pm, Trang Viet Cuisine, 1524 E Fowler Ave, Tampa, FL 33612 Multi-entrée, soup appetizer, carrot cake dessert and iced tea for \$14 (tax & tip included).

7/26, 8/30, 9/27 (Sun) - **Café Hey Vegan Brunch**, 11am-2pm, 1540 N. Franklin St (Behind Oceanic Market) Tampa, FL Come to Café Hey (near downtown Tampa) the last Sunday of every month for a delicious vegan brunch. 813-221-5150 <http://cafehey.com/>

7/30-8/2 - **Animal Rights Conference 2015**, Hilton Mark Center, 5000 Seminary Rd, Alexandria, VA., 100 sessions on animal abuse, organizing, tactics, and issues; 100 speakers from 60 organizations; Eyewitness reports on key campaigns; 90 free exhibits; Video premieres; Newcomer Orientation; Nightly networking receptions; Awards Banquet on Saturday evening; Closing celebration on Sunday evening; Protests on Monday. Register early for best rates and accommodations. Contact Info: 301-530-1737
www.arconference.org info@arconference.org