

PROGRAM • 2:30 p.m.-3 p.m. (continued from front)

Edita Birnkrant is the New York Director of Friends of Animals (FoA), an international animal advocacy organization founded in 1957. Among other endeavors, Edita has long fought to ban the horse-drawn carriage industry and to end government actions to exterminate wildlife. FoA publishes a wide variety of high-quality vegan publications, and its Web site is a go-to resource on vegan living (www.friendsofanimals.org).

PROGRAM • 3 p.m.-4 p.m.

Caryn Hartglass is the founder of Responsible Eating And Living (REAL), ResponsibleEatingAndLiving.com, a nonprofit that promotes plant-based foods and planet-friendly products. She has appeared on Dr. Oz, Geraldo At Large, 20-20, and CNN, and currently hosts two two weekly radio programs.

Doctor Natural (718-783-3465) has been instructing in the art of holistic health and natural healing for over 25 years! This intuitive and inspired teacher has actively decried cruelty to animals since the age of nine and has garnered legions of devotees.

Jasmin Singer is a writer, activist, and co-founder/executive director of Our Hen House (www.ourhenhouse.org), a “multimedia hive of opportunities to change the world for animals.” Our Hen House was declared the 2011 “Indie Media Powerhouse,” according to *Veg-News* magazine. Jasmin also co-hosts a popular iTunes podcast with her partner Mariann Sullivan.

Joan Wai was born in Hong Kong and immigrated to New York City in 1975. For over 20 years, she worked as a reporter in the Chinese community. Joan is the founder (1984) and director of Youth Buddhism Communications Center (NYC) and GreenCompassion.us. She organizes regular vegan banquets with hundreds of attendees. Joan Wai has been invited to the World Buddhist Forum where she presented an official paper advocating vegetarianism.

PROGRAM • 4 p.m.-5 p.m.

Rynn Berry is the historical advisor to the North American Vegetarian Society and is, in general, a treasure to the vegan community. He is the author of *The New Vegetarians*, *Famous Vegetarians*, *Food for the Gods*, *Hitler: Neither Vegetarian Nor Animal Lover*, and the *Vegan Guide to New York City*. He co-authored *Becoming Raw: An Essential Guide*. He has written numerous articles on veganism, including some that stand as official encyclopedia entries.

Dave Warwak (tiny.cc/kj17dw) is a meditator, philosopher, humanitarian, artist, musician, poet, and writer. Formerly a tenured middle school art teacher, he became an animal rights activist after he was notoriously fired for teaching veganism to his students.

Tirlok Malik is the co-founder of Ayurveda Cafe (1998) with his brother Chander. The restaurant’s mission has been to promote Indian vegetarian food served with compassion (www.theayurveda-cafe.com). Malik is also a New York Emmy-nominated filmmaker.

Wilson Morales is an elder with the Seventh Day Adventists, a Christian sect that, unlike any other, professes vegetarianism.

PRIZE DONATIONS, COSTUME CONTEST

(see front panel of this program • 2 p.m.-2:30 p.m.)

\$100 gift certificate ★ **Franchia** (vegan restaurant and tea room), 12 Park Ave. (btwn 34th St. & 35th St.), NYC, 212-313-1001, www.franchia.com

\$60 gift voucher ★ **Wild Ginger Vegetarian Kitchen** (Little Italy), 380 Broome Street, NYC, 212-966-1883

\$60 gift voucher ★ **Candle Cafe** (at 75th St.), 1307 Third Ave., NYC, 212-472-0970

\$50 gift voucher ★ **Peacefood Cafe** (at 83rd St.), 460 Amsterdam Ave, NYC, 212-362-2266

\$50 gift voucher ★ **May Wah Vegetarian Market** (Chinatown), 213 Hester St., NYC, 212-334-4428

\$40 gift voucher ★ **Red Bamboo** (The Village), 140 West 4th St., NYC, 212-260-1212

dinner-for-two-certificate ★ **Ayurveda Cafe** (Upper West Side), 706 Amsterdam Ave., NYC, 212-932-2400

\$25 gift voucher ★ **Vegetarian Dim Sum House** (Chinatown), 24 Pell St., NYC, 212-577-7176

\$25 gift voucher ★ **City Swiggers** (Upper East Side), 320 East 86th St. (1st/2nd Aves.), NYC, 212-570-2000

100 copies ★ **101 Reasons Why I’m a Vegetarian**, by Veggie Pride Parade organier Pamela Rice

CHANTS

- (1) **End the suffering: Go veg. Feed the hungry: Go veg. Protect the earth: Go veg. Enjoy good health: Go veg.**
- (2) **Raise a paw, raise a fist, let us not be species-ist**
- (3) **Get hip. Go veg.**
- (4) **One struggle one fight. Human freedom. Animal rights!**
- (5) **One, two, three, four, global warming’s at our door. Five, six, seven, eight, we need to go veggie before it’s too late.**
- (6) **Animals feel pain. They have a heart and brain. So isn't it insane to change their names? A cow’s not beef. A pig’s not pork. Don’t stick them with knife and fork!**
- (7) **Hey, ho, we’re so cool. Being veggie truly rules.**
- (8) **What do we want? Vegan options in our schools. When do we want it? Now!**
- (9) **Hey, hey, ho, ho, factory farming’s got to go. Ha, ha, hee, hee, Let the animals run free.**
- (10) **Your dinner, my friend, led a horrible life. Change it all with fork and knife.**

Veggie Pride Parade

NEW YORK CITY • Sunday, May 27, 2012

LINE-UP LOCATION: Intersection of 9th Avenue & Gansevoort St., West Village

LINE UP: 11 a.m.

START: 12 Noon

ROUTE: Gansevoort St. to Hudson St. to Horatio St. to Greenwich Ave. to 8th St. to University Pl. to Union Square West to Union Square Park (north end) at 17th St.

END POINT: 1 p.m., **Union Square Park**, north end, at 17th St.

POST-PARADE EXPO IN UNION SQ. PARK

Program of Events and Speakers

PROGRAM • 1 p.m.-2 p.m.

Mickey Z was born and raised in Astoria, Queens, and has been an ethical vegan since 1995. He is the author of 11 books and is probably the only person on the planet to have appeared in both a karate flick with Billy “Tae Bo” Blanks and a radical political book with Noam Chomsky.

Karen Davis, PhD, is the founder and president of United Poultry Concerns, a nonprofit organization dedicated to the compassionate and respectful treatment of domestic fowl. Ms. Davis, alone, put farmed poultry birds on the radar screen for the modern vegan advocacy movement. The author of many seminal works, she has spearheaded numerous successful campaigns, hosted over ten conferences, and has been featured many dozens of times in the mainstream press.

Pamela Rice (www.triroc.com/vid) is the author of “101 Reasons Why I’m a Vegetarian,” the 16-page manifesto supreme, now enjoying its 20-year anniversary (9th edition). Long known as “the mighty convincer,” “101 Reasons...” is also available in book form (Lantern). Ms. Rice is the earstwhile publisher of “The VivaVine: The Vegetarian-Issues Magazine” (funding sought for revival) and is the organizer of this event.

PROGRAM • 2 p.m.-2:30 p.m.

Costume contest Great prizes await those who come bedecked and bedazzled. See back panel for list of generous prize donors.

PROGRAM • 2:30 p.m.-3 p.m. (continues on flap)

Bob DiBenedetto is co-founder of Healthy Planet and is creator of the group’s Healthy School Lunch Program. He hosts “The Healthy Planet” and is frequently quoted and featured in the mainstream media. He advocates the complete end of fossil fuel dependence.

Donna Michelle Beaudoin is the author of *Sister Vegetarian’s 31 Days of Drama-Free Living* (Lantern). Her book and the blog that she writes have become indispensable motivational tools for potential and “newbie” vegans and vegetarians. Donna has presented at major vegan and AR conferences and has appeared on Caryn Hartglass’s radio show “It’s All About Food” as well as other on-air programs.

Thanks to the volunteers:

- Alan Rice
- Dave Robinson
- Bernie G.
- Tom Thompson
- Romina Sanchez
- Carlos Pinto
- Pei Cen Lin
- Jean Thaler
- Roberta Schiff
- Laurie Jordan
- Claude
- Michelle Moriya
- Dave Warwak
- Claudia Rose Emerson
- Jorge Guevara
- Jen Macartney
- Chandramouli Mettapalli

Union Square West

Table 16

- ➔ (A) author/speaker Mickey Z
- ➔ (B) National Animal Rights Day, Our Planet, Theirs Too, Aylam Orian

Table 17

- ➔ (A) Physicians Committee for Responsible Medicine
- ➔ (B) Global Justice for Animals and the Environment

Table 18

- ➔ (A) Farm Sanctuary
- ➔ (B) Green Compassion, Youth Buddhism Communications/speaker Joan Wai

Table 19

- ➔ (A) menu table
- ➔ (B) Dr. Natural

17th Street

Table 20

- ➔ (A) VivaVeggie Society/parade organizer, speaker, & emcee Pamela Rice
- ➔ (B) North American Vegetarian Society (NAVS) shares with Humane Farming Assoc.

Table 21

- ➔ (A) Healthy Planet/speaker Bob DiBenedetto
- ➔ (B) Safe Haven Farm Sanctuary

Table 22

- ➔ (A) Team Organic
- ➔ (B) Woodstock Animal Sanctuary

Soapbox TESTIMONIAL STATION

Table 15

- ➔ (A) Mercy for Animals
- ➔ (B) Pay-Per-View (omnivores watch a veggie video, get a dollar & a DVD); sponsored by Mercy for Animals and Veg Fund

Emcee Derek Goodwin (Veg-News's "vegan man we love") is creator of the Vegan Radio podcast, founder of the Vegan Bus Project, and known worldwide for his farmed animal photography.

Veggie Pride Parade

Post-parade rally/expo

NEW YORK CITY

May 27, 2012

UNION SQUARE PARK, NORTH PLAZA

VivaVeggie Society, sponsoring organization

www.veggieprideparade.org

Main Stage

Big Tent

Union Square East

SPECIAL THANKS TO:

- Peacefood Cafe
460 Amsterdam Ave. (82nd), NYC 10024
- Lan Cafe
342 E. 6th St., NYC 10003
- Candle Cafe
1307 3rd Ave. (75th), NYC 10021
- Roberta Schiff
- A Well-Fed World
- Farm Animal Reform Movement
- Supreme Master Ching Hai
- GreenCompassion.us
- Lisa Lindblom
- NALITH
- Emanuel Goldman

Table 14

- ➔ (A) author/speaker Sister Vegetarian, Donna Michelle Beaudoin
- ➔ (B) Lantern Books, Martin Rowe

Table 13

- ➔ (A) Vegan Outreach
- ➔ (B) 7th Day Adventists, speaker Wilson Morcles

Table 12

- ➔ (A) Friends of Animals, speaker Edira Birnkranz
- ➔ (B) Organic Avenue (food donation)

Table 11

- ➔ (A) Compassion Over Killing (COK)
- ➔ (B) author Rynn Berry

Table 10

- ➔ (A) Vegetarian Resource Group
- ➔ (B) Original Buddhism Society

Table 09

- ➔ (A) Supreme Master Ching Hai, International
- ➔ (B) Black Vegetarian Society of New York

Table 08

- ➔ (A/B) V-Spot, Brooklyn (food donation)

Pavillion

Table 07

- ➔ (A/B) Whole Earth Bakery (food donation)

Table 06

- ➔ (A) PeTA (People for the Ethical Treatment of Animals)
- ➔ (B) ROAR, activist Nancy Kogel

Table 05

- ➔ (A) Claudia Rose Emerson, vegan/-animal activist
- ➔ (B) Catskill Animal Sanctuary

Table 04

- ➔ (A) Responsible Eating and Living (REAL)
- ➔ (B) Raw Revolution (food donation)

Table 03

- ➔ (A) speaker Tirlak Malik, restaurateur, filmmaker
- ➔ (B) F.A.R.M. (Farm Animal Reform Movement)

Table 02

- ➔ (A) Mid-Hudson Vegetarian Society
- ➔ (B) Micah Publishing

Table 01

- ➔ (A) Meetup groups
- ➔ (B) United Poultry Concerns / speaker Karen Davis