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 website is a go-to resource on vegan living (www.friendsofanimals.org).

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 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 decreed 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 is the historical advisor to the North American Vegetarian Society and is, in general, a treasure to the vegan community. 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 events with hundreds of attendees. Joan Wai has been invited to the World Buddhist Forum where she presented an official paper advocating vegetarianism.

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 Warren (tiny.cc/kj17dw) is a mediator, 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.ayurveda- 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 Broom Street, NYC, 212-966-1833
- $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, 212-860-2266
- $50 gift voucher + May Wah Vegetarian Market (Chinatown), 213 Hester St., NYC, 212-334-4438
- $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 Swingers (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 organizer Pamela Rice

**CHANTS**

1. (1) End the suffering: Go veg. Feed the hungry: Go veg.

2. (2) Protect the earth: Go veg. Enjoy good health: Go veg.

3. (3) Get hip. Go veg.

4. (4) One struggle one fight. Human freedom. Animal rights!

5. (5) One, two, three, four, global warming’s at our door. Five, six, animals feel pain. They have a heart and brain. So isn’t it time to change their names? A cow’s not a beef. A pig’s not pork. Don’t stick them with knife and fork!

6. (6) Animals feel pain. They have a heart and brain. So isn’t it insane to change their names? A cow’s not a beef. A pig’s not pork. Don’t stick them with knife and fork!

7. (7) Hey, ho, we’re so cool. Being vegan truly rules.


9. (9) When do we want it? Now!

10. (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:**

- **START:** 11 a.m.
- **END POINT:** 1 p.m., Union Square Park, north end, at 17th St.

**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.

**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 in many dozens of times in the mainstream press.

**Pamela Rice** (www.tirot.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. Davis is the earths-edge publisher of “The VivaVine: The Vegetarian-Issues Magazine” (funding sought for revival) and is the organizer of this event.

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

**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 on 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

**Soapbox TESTIMONIAL STATION**

(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 (VegNews’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.

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**Veggie Pride Parade**

**Post-parade rally/expo**

NEW YORK CITY

May 27, 2012

UNION SQUARE PARK, NORTH PLAZA

VivaVegie Society, sponsoring organization

www.veggieprideparade.org

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**17th Street**

Table 16

Table 17

Table 18

Table 19

Table 20

Table 21

Table 22

(A) Farm Sanctuary

(B) Green Compassion, speaker Joan Wai

(A) author/speaker Mickey Z

(B) National Animal Rights Day, speaker Aylam Orian

(A) Healthy Planet, speaker Bob DiGrazia

(B) Woodstock Animal Sanctuary

(A/B) Team Organic

(B) Safe Haven Farm Sanctuary

(A) Vegetarian Resource Group

(B) Original Buddhism Society

(A) Compassion Over Killing

(C) speaker, Rynn Berry

(A) Friends of Animals, speaker Edita Birnkrant

(B) Organic Avenue (food donation)

(A) Vegan Outreach

(B) 7th Day Adventists, speaker Wilson Morales

(A) Mid-Hudson Vegetarian Society

(B) Micah Publishing

(A) author/speaker Sister Vegetarian, Donna Michelle Beaudoin

(B) Lantern Books, speaker Martin Rowe

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

(A) Supremo Master Ching Hai

(B) Black Vegetarian Society of New York

(A) Compassion Over Killing

(B) Global Justice for Animals and the Environment

(A) Physicians Committee for Responsible Medicine

(B) Global Justice for Animals and the Environment

(A) Green Compassion, Youth Buddhunnim Communication/ speaker Aaron Wat

(B) North American Vegetarian Society (NAVAS) shares with Humane Farming Assoc.

(A) Responsible Eating and Living (REAL)

(B) Raw Revolution (food donation)

(A) Meetup groups

(B) United Poultry Concerns / speaker Karen Brooks

(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 (VegNews’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.

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**Main Stage**

**Big Tent**

SPECIAL THANKS TO:

- Peacefood Cafe
  460 Amsterdam Ave. (82nd), NYC 10024
- Lan Cafe
  342 E. 6th St., NYC 10003
- Candle Cafe
  1307 3rd Ave. (78th), NYC 10021
- Roberta Schiff
  A Well-Fed World
- Farm Animal Reform Movement
- Supreme Master Ching Hai
- GreenCompassion.us
- Lisa Lindblom
- NALITH
- Emanuel Goldman

**Union Square East**

**Union Square West**

**17th Street**

**Table 14**

**Table 13**

**Table 12**

**Table 11**

**Table 10**

**Table 09**

**Table 08**

**Table 07**

**Table 06**

**Table 05**

**Table 04**

**Table 03**

**Table 02**

**Table 01**

(A) Mercury for Animals

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

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