**Celebra tion of His Life: Rynn Berry, 1945–2014**

A time to eulogize vegan author and scholar Rynn Berry, who died in January.

**PROGRAM • 3:30 p.m.–4:35 p.m.**

**Victoria Moran** is an obesity survivor for 60-plus years. She’s the bestselling author of 12 books, including the vegan classic *The Love-Powered Diet*. Veganica is an inspirational speaker and vegan lifestyle coach and is published regularly in the mainstream media.

**Lee Hall** is an environmental lawyer who has authored several books on veganism and animal rights. She was tapped to write the “Vegetarianism” entry in the Encyclopedia of Activism and Social Justice. A vegan for years, Lee is also a columnist for CounterPunch.

**Joan Wai** is the founder (1984) and director of the Youth Buddhism Communications Center (NYC) and Green Compassion.us. She organizes regular vegan banquets with up to a thousand attendees.

**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/featured in the mainstream media. He advocates for the complete end of fossil fuel dependence.

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

**Anne Dinshah** is a lifetime vegan and third-generation vegetarian. She is the author of *Dating Vegans* and the co-author (with Freya Dinshah) of *Apples, Beans, Dip and Carrot Cake: Kids! Teach Yourself to Cook*. Currently, she is on a national book tour. Anne is a professional rowing coach who teaches clinics throughout the country.

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**PRIZE DONATIONS, COSTUME CONTEST**

(see inside flap, top • 2 p.m.–2:30 p.m.)

$100 gift certificate ★ Gobo
401 Avenue of the Americas (6th Ave. at 8th St.), NYC, 212-355-3342

$75 gift certificate ★ Candle Cafe West
(75th St.), 2427 Broadway., NYC, 212-472-0970

$50 gift voucher ★ Beyond Sushi
(near Union Square), 229 E. 14th Street, NYC, 646-861-2889, www.beyond-sushinyc.com

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

$50 gift voucher ★ Peacefood Cafe
(near Union Square), 41 East 11th St., NYC, 212-979-2288

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

$50 gift voucher ★ Tiengan Vegan Kitchen
(Lower East Side), 170 Allen Street, NYC, 212-388-1364, tienganlive.com

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

$25 gift voucher ★ City Swiggers
(Upper East Side), 320 East 86th St. (1st/2nd Aves.), NYC, 212-570-3000

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**CHANTS**

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

2. Raise a paw, raise a fist, let us not be species-ist


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 a pig. 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, animal farming has got to go. Hey hey, Hee hee, compassionate eating is animal-free

10. Your dinner, my friend, led a horrible life. Change it all with fork and knife. **Veggie Pride Parade**

**NEW YORK CITY • Sunday, March 30, 2014**

**LINE-UP LOCATION:** Intersection of 9th Ave. & Gansevoort 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.

**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 • 12:45 p.m.–2:00 p.m.**

Nancy Kogel is the founder of ROAR (Reaching Out for Animal Rights) and has been known to break into song promoting veganism in the post office...or wherever! She hands out thousands of pro-vegan leaflets on the subway every month and is the producer of countless videos and public access TV shows. Her must-be-on list: VeganNan@gmail.com

**Eric Walton** is an award-winning performer magician and a vegan since 1991. He is an activist, photographer, and citizen journalist. His writing and photography have appeared widely in mainstream media. He is the founder VeganFutureNow.com, a pro-vegan Web site.

**Mickey Z** was born and raised in A storia, Queens, and has been an ethical vegan since 1995. He is the author of 12 books and is probably the only person on the planet to have appeared in both a karate flick with Billy “The 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.

**Freya Dinshah** is president of American Vegan Society (founded in 1960) and edits its magazine. She is a pillar in the community, her name synonymous with vegan advocacy. Freya wrote the popular cookbook *The Vegan Kitchen*, first published in 1965.

**Pamela Rice** (www.tir roc.com/vid) is the author of “101 Reasons Why I’m a Vegetarian,” the popular 16-page manifesto, now enjoying its 20-year anniversary. Long known as “the mighty convives,” “101 Reasons...” is also available in book form (Lantern Books). Ms. Rice is the erstwhile publisher of “The VivaVine” and is the organizer of this event.

**“Lion” Dance** Traditional Chinese performance in the style of colorful Chinese New Year dragons to take place, a lion-dance spectacular: Eating Green. The “dragons” will be marching in parade as well.

**Costume contest** Great prizes await those who come bedazzled and bedecked. See back panel for list of generous prize donors.
Get up on the soapbox...Spill your guts. Tell the world in open outcry how and why you became a vegan or vegetarian. Laugh, cry. Definitely emote. Your awesome performance will be uploaded to Youtube.

Thanks to the volunteers:

• Bernie G.
• Alan Rice
• Rachel Berardinelli
• Dave Robinson
• Tom Thompson
• Claudia Rose Emerson
• Anne Borel
• Lisa Lindblom
• Jean Thaler
• Maurice Greenfield
• Gordon Riggs
• Laurie Jordan
• Roberta Schiff
• Jean Thaler
• AWell-FedWorld
• Turtle Island Foods (Tofurky)
• Supreme Master Ching Hai
• Janet Bloor
• Stephen Kaufman
• Duane Cornella
• Emmanual Goldman

SPECIAL THANKS TO:

• Peacefood Cafe
460 Amsterdam Ave. (82nd), NYC 10024
• Candle Cafe
1307 3rd Ave. (75th), NYC 10021
• Roberta Schiff
• Jean Thaler
• AWell-FedWorld
• Turtle Island Foods (Tofurky)
• Supreme Master Ching Hai
• Janet Bloor
• Stephen Kaufman
• Duane Cornella
• Emmanual Goldman

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• Bernie G.