PRIZE DONATIONS, COSTUME CONTEST
(see front flap, bottom • 2 p.m.-2:30 p.m.)
$100 gift certificate ★ Hangawi (A vegetarian shrine in another space and time), 12 East 32nd St., NYC, 212-313-0077, www.hangawirestaurant.com


$75 gift certificate ★ Candle Cafe East (nr. 75th St.), 1307 Third Ave., NYC, 212-472-0970, www.candlecafe.com/east

$75 gift certificate ★ Franchia (tea cafe. 34th/35th Sts.), 12 Park Ave., NYC, 212-313-0077, www.franchia.com

$30 gift voucher ★ May Wah Vegetarian Market (Chinatown), 213 Hester St., NYC, 212-334-4428, www.maywahnych.com

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

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 inane to change their names? A cow’s not beef. A pig’s not pork. Don’t stick them with knife and fork!

(7) Go Green. Eat clean. Go vegan.

(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, March 29, 2015
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: 12:45 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.

Eric Walton is an award-winning performer magician and vegan since 1991. He is an activist, photographer, and citizen journalist. He is the founder of VeganFutureNow.com, a pro-vegan Web site.

Nancy Kogel is founder of ROAR (Reaching Out for Animal Rights) and has been known to break into song promoting veganism in the post office or the subway! She is currently producing a vegan documentary.

Super Market Fairy Sally Graves speaks in fun form to children and moms about eating healthy at schools and daycare centers and on stages large and small wherever she can for hire or for not.

Kathleen Kinsolving has been an animal rights activist and an original rap artist for over 30 years. She now lives in Washington DC.

Martin Rowe is publisher at large at Lantern Books and vice-president of Booklight Inc., which publishes many of the iconoclastic vegan titles of our day. He blogs regularly at rightofthetohabbit.com and has authored several books, himself. His website is www.martin-rowe.com.

Karen Davis, PhD, is the founder president of United Poultry Concerns, dedicated to the compassionate and respectful treatment of domestic fowl. A miracle worker for animals 347/365, Ms. Davis, alone, put farmed poultry birds on the radar screen for today’s vegan movement.

Yetta Kurland is a civil rights attorney, radio host, business owner, and activist who has been empowering the little guy for over 25 years. In 2001, she started a law firm primarily helping the LGTBQ community.

Lee Hall is an environmental lawyer who has authored several books on veganism. She wrote the “Vegetarianism” entry in the Encyclopedia of Activism and Social Justice. Today, she writes for CounterPunch.

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.

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

Doctor Natural (718-783-3365) has been instructing his many devotees in the art of holistic health and natural healing for 25 years! This intuitive teacher has decreed cruelty to animals his entire life.

Joan Wai and Anne Kong of New York City’s vibrant Chinese community promote meatless living from a Buddhist perspective. Joan represents Youth Buddhism Communications Center and GreentCompass.com. Anne, Green Monday and Original Buddhism.

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, Bean Dip, and Carrot Cake.

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

Caryn Hartglass is a vegan activist trained in chemical engineering. She is cofounder of Responsible Eating And Living and is host of “It’s All About Food” on the Progressive Radio Network.

Edita Birnkrant is the New York director of Friends of Animals (FoA), an international animal advocacy organization founded in 1957. Among many other stellar endeavors, Edita has long fought to ban the horse-drawn carriage industry.

Charles Patterson is an author, historian, editor, therapist, and instructor. He is the author of Eternal Treblinka: Our Treatment of Animals and the Holocaust, among other titles.

Bob DiBenedetto as 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 the complete end of fossil fuel dependence.

Mary Finelli has been actively involved in animal-liberation advocacy for nearly 30 years. She produced the on-line news digest Farmed Animal Watch. Since 2013, she founded/heads Fish Feel.

Robert Schiffer, long-time coordinator of Mid-Hudson Vegetarian Society, appears today as VegHeada for Hudson Valley Vegans.

Pamela Rice is the author of the popular pamphlet “101 Reasons Why I’m a Vegetarian,” now enjoying its 20-year anniversary. Long known as “the mighty convincing,” ”101 Reasons...” is also available in book form (Lantern). Ms. Rice is the publisher of the erstwhile “The VivaVine” and is the organizer of this event. See her table, #20, displaying dozens of bound volumes of VivaVegie ephemera.

Lee Hall is an environmental lawyer who has authored several books on veganism. She wrote the “Vegetarianism” entry in the Encyclopedia of Activism and Social Justice. Today, she writes for CounterPunch.

Program of Events and Speakers
PROGRAM • 2:30 p.m.-3:30 p.m.

Lee Hall is an environmental lawyer who has authored several books on veganism. She wrote the “Vegetarianism” entry in the Encyclopedia of Activism and Social Justice. Today, she writes for CounterPunch.
SPECIAL THANKS TO:
A Well-Fed World, Peacefood Cafe,
Hangawi, Franchia, George Elson,
Candle Cafe, Helayne Gaither
Priscilla Feral, Roberta Schiff,
Karen Davis, Jean Thaler, Arthur
Goldberg, Vegetarian Resource Groups,
Stephen R. Kaufman, Joan Zachariats,
Duane Cornellia, Bernie G, Dharma Voices
for Animals, Richard Schwartz, Sheila
Schwartz, Manny Goldman
Anne Borel, Gerard Sunnen, Paul Sheridan,
Leonard Morgenstern, Nancy Kogel,
Victoria Moran, Allson Geiger, Margaret
Halley, Thomas Thompson, Hubert Davis,
Stewart Lyons, Quincy Kirsch,
Georgette Fleischer, Ralph Meyer

Thanks to the volunteers:
- Pamela Rice
- Thomas Thompson
- Bernie G.
- Rachel Berardinelli
- Spencer Lo
- Alan Rice
- Laurie Jordan
- Jean Thaler
- Lauri A. Maclean
- Louis Gede
- Gordon Riggs
- Sally Graves
- Pei-Cen Lin
- Eric S.
- Claudia Rose Emerson
- Grey Zire
- Fredrika Ressler
- Dave Robinson
- Monika Bolino

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.