

PROGRAM • 2:30 p.m.-3:30 p.m.

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

Doctor Natural (718-783-3465) has been instructing his many devotees in the art of holistic health and natural healing for 25 years! This intuitive teacher has decried 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 GreenCompassion.us; 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.

PROGRAM • 3:30 p.m.-5:00 p.m.

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 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 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.

Roberta Schiff, long-time coordinator of Mid-Hudson Vegetarian Society, appears today as Veghedda 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 convincer," "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 VivaVeggie ephemera.

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

[1] \$100 gift voucher & [3] \$50 gift vouchers ★ **Loving Hut** (nr. Borinquen Pl., over Williamsburg Bridge), 76 Bushwick Ave., Blyn, 718-388-7567, www.lovinghut.us/brooklyn_01/

[1] \$85 gift voucher & [1] \$75 gift voucher ★ **Peacefood Cafe** (near Union Sq. location), 41 East 11th St., NYC, 212-979-2288, www.peacefoodcafe.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.maywahnyc.com

\$25 gift voucher ★ **City Swiggers** (Upper East Side, 1st/2ndAves.), 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, Mar 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 iconic vegan titles of our day. He blogs regularly at righthoffthebatbook.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 24/7/365, 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 LGBTQ 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.

SPECIAL THANKS TO:

A Well-Fed World, Peacefood Cafe, Hangawi, Franchia, George Eisman, Candle Cafe, Helayne Gaither

Priscilla Feral, Roberta Schiff, Karen Davis, Jean Thaler, Arthur Goldberg, Vegetarian Resource Groups, Stephen R. Kaufman, Joan Zacharias, Duane Cornella, Bernie G, Dharma Voices for Animals, Richard Schwartz, Shiela Schwartz, Manny Goldman

Anne Borel, Gerard Sunnen, Paul Sheridan, Leonard Morgenstern, Nancy Kogel, Victoria Moran, Allison Geiger, Margaret Halley, Thomas Thompson, Hubert Davis, Stewart Lyons, Quincy Kirsch, Georgette Fleischer, Ralph Meyer

Union Square East

Big Tent

Main Stage

Table 22

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

Table 21

- ➔ (A) Healthy Planet, speaker Bob DiBenedetto
- ➔ (B) Seventh Day Adventists, speaker Wilson Morales

Table 20

- ➔ (A) VivaVeggie Society/Veggie Pride Parade organizer Pamela Rice
- ➔ (B) VivaVeggie Ephemera Project

17th Street

GREEN RADISH FOOD TRUCK
(on street near park)

Table 19

- ➔ (A) Love Kitchen (food donation)
- ➔ (B) Raw Revolution (food donation)

Table 18

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

Table 17

- ➔ (A) Long Island Orchestrating for Nature (LION)
- ➔ (B) Barbara Thumann-Caldararo, author, *Innocent Beings*

Table 16

- ➔ (A) Physicians Committee for Responsible Medicine (PCRM)
- ➔ (B) Humane Farming Association
- ➔ (C) Compassion Over Killing (COK)

Veggie Pride Parade
Post-parade rally/expo
NEW YORK CITY
Sunday, March 29, 2015
UNION SQUARE PARK, NORTH PLAZA
VivaVeggie Society, sponsoring organization
www.veggieprideparade.org

Soapbox TESTIMONIAL STATION

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.

Table 15

- ➔ (A) A Vegan Life
- ➔ (B) Pay-Per-View (omnivores watch a veggie video, get a dollar & a DVD); sponsored by A Vegan Life

Table 01

- ➔ (A) Alliance to End Chickens as Kaporos
- ➔ (B) United Poultry Concerns, speaker/author Karen Davis

Table 02

- ➔ (A) Fish Feel, speaker Mary Finelli
- ➔ (B) American Vegan Society, speakers Freya & Anne Dinshah

Table 03

- ➔ (A) African Holistic Health Chapter of NY
- ➔ (B) Collectively Free

Table 04

- ➔ (A) Gunas Cruelty Free Accessories
- ➔ (B) NY Farm Animal Save

Table 05

- ➔ (A) Food Empowerment Project & Oke USA/Equal Exchange Bananas
- ➔ (B) B Kevin Schindler-Klopper (Kevin V. Storm online radio show)

Table 06

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

Table 07

- ➔ (A) F.A.R.M. (Farm Animal Rights Movement)
- ➔ (B) Direct Action Everywhere

Pavillion

Table 08

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

Table 09

- ➔ (A) Supreme Master Ching Hai, International
- ➔ (B) A Well-Fed World

Table 10

- ➔ (A) Friends of Animals, speaker Edira Birnkranz
- ➔ (B) Solutionary School, New York City (humane ed.)

Table 11

- ➔ (A) Jewish Vegetarians of North America (JVNA)
- ➔ (B) R.E.A.L. (Responsible Eating and Living, speaker Caryn Hartglass

Table 12

- ➔ (A) Vegetarian Resource Group
- ➔ (B) May Wah Vegetarian Market (food donation)

Table 13

- ➔ (A) Vegan Outreach
- ➔ (B) speaker Charles Patterson, author, *Eternal Triblenka*

Table 14

- ➔ (A) Rynn Berry memorial table, Vegan Guide to New York
- ➔ (B) Lantern Books, speaker Marlin Rowe

Thanks to the volunteers:

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

Union Square West