

# VegOutNews



### ANTI FUR DEMO

11 February 2017

Market Square

1:00-2:00 pm

ALL Welcome



### POTLUCKS

99 York St.

Bring a vegan dish to share or just you.

\$2.00 donation



### BEVIES & BITES

SAVE THE DATE

Tues. 28 Feb 5-7pm

## Bevies & Bites (Monthly)

### Taking the Meat out of Meet Up

Come join your veg and veg curious community at The Iron Duke Of Wellington every last Tuesday of the month from 5:00-7:00 pm. New to Kingston or considering more meatless meals? Long time veggie lover but feeling misunderstood by family or friends? **BITE** into a delicious surprise vegan entree, created just for us, and pair it with a (non)alcoholic **BEVIE**.

#### PREVENT ANIMAL CRUELTY

By cutting your meat consumption in half, you would spare hundreds of animals from a lifetime of suffering.

#### PRESERVE HEALTH

Reducing your meat intake by half could reduce your risk of a heart attack by up to 45%.

#### PROTECT THE ENVIRONMENT

Skipping one meal of chicken per week, the CO2 savings would be the same as taking more than 500 000 cars off the road.

## National Anti Fur Day Demo 2017

March with members of Kingston Vegetarian Network and supporters of Sandy Pines Wildlife Rehabilitation Centre to educate the public on the cruelty of the commercial fur industry.

Whether you prefer to march quietly with a sign or chant at the top of your lungs, the animals need your support.

Join us at Springer Market Square where we will march on route down King St to Princess St up to Clergy St returning to Market Square.

Along the journey we will be stopping at a variety of stores that sell commercial fur items and urge the public to consider fur free options. We will also be thanking folks for not wearing fur and encouraging them to join us.

Eat Lovers Vegan Donuts will be available for sale to help strengthen our voices.

We will unite in community after the march at The Iron Duke. This is a family friendly event.



**“HAVE A HEART - DON'T WEAR FUR”**

### SANDY PINES WILDLIFE CENTRE WISH LIST

**Apples, Sweet Potatoes, Unsalted Almonds/Walnuts/Pumpkin Seeds**

Disposable Gloves, Paper Towel, Toilet Paper, Dish Soap, Laundry Detergent, Bleach, Extra Large Industrial Garbage Bags, Crazy Glue, Heating Pads Without Auto Shut-Off, Postage Stamps, Carabiners, Post-It Notes, 60 Watt Fluorescent Bulbs, Duct Tape, Packing Tape, Clip-On Desk Lamps, Anti-Skid Mats

### WE NEED YOU. JOIN THE TEAM. CONTRIBUTE TO VEGOUTNEWS.

- Got a story you wanna share?
- Planning an event that's VegOutNews worthy?
- Have a delicious recipe that everyone needs to taste?
- Experienced a new restaurant that you'd like to review?
- Have a picture of your favourite companion animal? or you and your friends doing something veggie?

Contact Sharon at [vegoutnews@gmail.com](mailto:vegoutnews@gmail.com) to get involved.

