

## The Albany Vegan Network 2016 Annual Report

### Objectives & Purpose of the Albany Vegan Network

The Albany Vegetarian Network Inc. is a not-for-profit organization comprised of dedicated volunteers. A DBA (doing business as) has been completed and the legal working name is Albany Vegan Network. Our goal is to promote the global health benefits of green sustainable living, environmental awareness, compassion for animals and all beings. We promote a wholesome plant-based diet and a compassionate ethic to create a better world for people, animals and the planet. We provide information, encouragement and community support for anyone wishing to discover more about healthy, environmentally friendly and humane living choices.



Throughout 2016 The Albany Vegan Network (AVN) was actively pursuing and achieving their objectives of promoting a wholesome plant-based diet, and compassion to create a better world to local, regional, and national communities via fundraising & education events, on-line marketing and email communications.

The AVN participated in 4 events (Catskill Animal Sanctuary Shindig, Albany Larkfest, Saratoga Peace Fair, and Allergen & Gluten Free Expo) throughout New York's Capital District during 2016 with an effort to advance a vegetarian/vegan way of life and provide support to vegans, vegetarians and non-vegetarians.

The AVN also held the annual VegFest at the Polish Community Center in Albany, New York. The location offers the ability to invite food vendors, attract vendors with electricity options as well as vendor load in on one level. Hiring an Albany VegFest Coordinator and an Albany VegFest Assistant Coordinator potentially increased participation to provide more opportunity for education and the potential for increased financial support, both of which advance the AVN's objectives and purpose.

The 2016 Albany VegFest showcased an impressive lineup of speakers and chefs; discussing topics that support the key initiatives of the AVN; environment, veganism, improving health and animal advocacy. There were also delicious cooking and tasting demonstrations by Fran Costigan. Throughout the whole day there were activities with Mrs. Red Shoes, story readings, kids' yoga, and other fun kids' activities provided by the AVN. The speakers and their topics were the following:

Speakers:

- 10:30AM - Lynne Westmoreland, Humane Education
- 11:45AM - Robert Grillo, Free From Harm
- 1:00PM - Jane Velez-Mitchell, JaneUnChained, Journalist, & Author
- 2:15PM - Dr. Angie Eakin, PCRm
- 3:45PM - Fran Costigan, Pastry Chef & Cookbook Author (food demo)

Kids Corner:

- 11AM - Book reading of 'Lena of Vegitopia and the Mystery of the Missing Animals,' by author Sybil Severin
- 11:30AM - Book reading of 'Our Farm: By the Animals of Farm Sanctuary,' by Maya Gottfried
- 12:00PM - Kids Yoga (ages 4-9) w/ Crystal and Christy
- 1:30PM - Kids meditation (ages 8+ or 6+ w/parents) w/ Glory-Anne
- 3:00PM - Kids Yoga (age 10+) w/ Sarah
- 4:00PM - Book reading of 'Dave Loves Chickens,' by Sybil Severin
- Crafts with Mrs. Red Shoes (throughout the day)

The AVN took part in exciting news coverage. Kimberly Hosler (AVN Vice President) interviewed with Dan Bazile of News Channel 13 WNYT. The interview discussed the upcoming Albany VegFest, the benefits of a vegan lifestyle, a discussion of vegan food products, and the activities of the Albany Vegan Network. This was an excellent opportunity to raise awareness of veganism and great exposure for the network.

The AVN reached out to educate many on the health benefits of eating plant-based, the abuses to animals and the destruction to our environment when animals are used for food. In participating as vendors at these events the AVN accomplished its objectives of promoting healthy, environmentally friendly and humane living choices.

The AVN held social and education events in addition to our affiliated meetup events at area restaurants. These included the Vegan 101 Series Education and Cooking program at Honest Weight Food Coop developed by the AVN President at the time Eric C. Sharer, MPH, RD, CSO, CDN and board member at the time Laura Hart. This program was also facilitated by the AVN Leadership Team and Board of Directors. This series covered a variety of topics including: Your Guide to Going Dairy-free, Your Guide to Plant-based- Proteins, Vegan BBQ & Picnic, and Vegan Thanksgiving.

2016 also marked the launch of the Vegan Support Group at Honest Weight Food Coop facilitated by Board Members at the time Laura Hart and Mary Fox. AVN also hosted an educational lecture: *Motivational Methods for Animal Advocacy* presented by Dr. Casey Taft.

Throughout the year there were also excellent opportunities to meet up with others from the group including Yoga at The Crossings Park by AVN Board Chair at the time Amrit Singh, CYT, A Vermont Swimming Hole Tour, hiking, potlucks, dining experiences at Mexican Radio and Healthy on Lark, work parties at the nearby Woodstock Farm Sanctuary, game nights, and the Eating Right For Cancer Prevention Cooking Class at the Stram Center. These events offer opportunities for education and community building.

The AVN is hopeful that the growth of our events will bring together more vegans, vegetarians and people who are interested in these topics together from the community. The AVN membership has grown by 66.67% from 33 paid members to 55 paid members in 2016 and continues to gain momentum going into 2017. This is a reflection of our marketing efforts and consistent activity on the Facebook pages.

The AVN is grateful for contributions from corporate sponsors, grants throughout the year from VegFund, donations of money, food, products and the generosity of attendees and members. All of these contributions help support the financial success of the AVN, thereby allowing the AVN to continue spreading its message.

In 2016, AVN was fortunate enough to receive donations from an anonymous donor to provide funds to create a paid administrative position for 20 hours per week at a rate of \$15 per hour. AVN decided to split the position into 2 positions: Albany VegFest Coordinator- Jan Lajeunesse and an Albany VegFest Assistant- Kristin Lajeunesse. The two paid positions were set at 10 hours per week each with potential to increase hours with board approval based upon available funds. Paid admin staff were supervised by the AVN President. Positions are evaluated every 6 months or as deemed necessary by the Board of Directors and AVN President. A paid President position was also created at a rate of \$20 per hour. The President was supervised by the Chair of The Board of Directors. It was decided that the position would continue to be a 2 year term, meaning that the position would be up for election after the current president Eric C. Sharer, MPH, RD, CSO, CDN completed the final year of his term.

The AVN received \$21,740.94 in Direct Public Support. This was the cumulative of receiving \$1,000 from Corporate Contributions, \$6,371.94 from Individual Business Contributions, and \$14,369.00 from other Direct Public Support.

The AVN is extremely grateful to all of its volunteers, members and donors. Without all of you, the AVN would not be able to accomplish what it does year after year.

Below is a breakdown of the 2016 financial status:

Jan - Dec 16

Ordinary Income Expense

Income		
Direct Public Support		
Corporate Contributions	1,000.00	
Individual Business Contributions	6,371.94	
Direct Public Support Other	14,369.00	
Total Direct Public Support	21,740.94	
Other Types of Income		
Booth Sales	11,220.35	
Total Merchandise Sales	1,074.91	
Miscellaneous Revenue	36.00	
Speaker Dinner Sales	1,792.00	
Total Other Types of Income	14,123.26	
Program Income		
Membership Dues	1,605.00	
Total Program Income	1,605.00	
<b>Total Income</b>	<b>37,469.20</b>	
<b>Gross Profit</b>	<b>37,469.20</b>	

Expense

Business Expenses		
Business Registration Fees –Other	89.94	
Memberplanet Fees	461.70	
PayPal Expense	47.51	
Business Expenses—Other	164.10	
Total Business Expenses	763.25	
Contract Services		
Outside Contract Services	429.99	
Total Contract Services	429.99	
Facilities and Equipment		
Rent, Parking, Utilities	90.00	
Facilities and Equipment—Other	5,976.75	
Total Facilities and Equipment	6,066.75	
Operations		
Books, Subscriptions, Reference	89.94	
Postage, Mailing Service	130.00	
Storage Room	678.50	
Supplies	495.40	
Total Operations	1,393.84	

\*\*\* A Breakdown of the 2016 financial status continues on the next page:

Other Types of Expenses	
Advertising Expense	6,856.91
Insurance- Liability, D and O	455.00
Other Costs	1,700.11
Speaker Honorariums	3,047.11
Speaker Travel Expenses	1,286.78
Total Other Types of Expenses	13,345.91
Payroll Expenses	
Total Eric C. Sharer	3,355.00
Total Jan Lajeunesse	3,352.00
Total Kristen Lajeunesse	1,836.22
Payroll Expenses- Other	387.48
Total Payroll Expenses	8,930.70
<b>Total Expense</b>	<b>30,930.44</b>
<b>Net Ordinary Income</b>	<b>6,538.76</b>
<b>Net Income</b>	<b>6,538.76</b>

It is through your valued member support, the AVN will be able to continue to touch the innocent lives of those that need us. Please consider supporting the AVN in 2017.

*Eric C. Sharer, MPH, RD, CSO, CDN,*  
President during 2016  
The Albany Vegetarian Network, Inc.