

The Albany Vegan Network 2015 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 2015 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 2 events (Albany Lark Fest, &Allergen & Gluten Free Expo) throughout New York's Capital District during 2015 with an effort to advance a vegetarian/vegan way of life and provide support to vegans, vegetarians and non-vegetarians. AVN was also scheduled to table at Catskill Animal Sanctuary's Shindig, but the event was canceled due to in-climate weather.

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 two separate speaker presentation dinner nights. The events included a Dinner and Talk by Nik Shukla on "History of Preventive Cardiology & Lifestyle Medicine" at Moscatiello's Italian Restaurant, and Dinner and Talk by Gene Baur on "Living the Farm Sanctuary Life" at Brown's Revolution. AVN also hosted other educational and social events in the community, including Nutrition Presentation by Eric C. Sharer MPH, RD, CSO, CDN on "Eating Right for Cancer Prevention, Treatment and Survival" at Honest Weight Food Coop, and Community Dinner and Music by Amanda Rogers. There were also a series of vegan cooking demonstrations throughout the year offered at the Stram Medical Center by AVN President, chef and Dietitian Eric C. Sharer, MPH, RD, CSO, CDN.

Throughout the year there were also excellent opportunities to meet up with others from the group including game nights, hiking, potlucks, dining experiences including Schenectady- Veg Night (a restaurant hopping experience) several vegan buffets at Terra International Cuisine, Brakes Coffeehouse, work parties at the nearby animal sanctuaries Woodstock Farm Sanctuary and Catskill Animal Sanctuary. These events offer opportunities for education and community building. AVN did not sponsor any film screenings, but did show support to the following screenings by having a meetup at the events: Cowspiracy, Unity, and That Sugar Film.

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 Albany Vegans and Vegetarians meetup group has grown by 47.8 percent in 2015 and continues to gain momentum going into 2016. 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 2015, 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. After review of several applicants AVN decided to split the position between two applicants, Jan Lajeunesse and Laura Hart, creating 2 paid positions at 10 hours per week 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. Payment for these positions began in June 2015. After one evaluation period, Laura Hart decided to resign from the position to focus on personal endeavors. After one evaluation period it was decided to designate the two paid positions to be Albany VegFest Coordinator, and Albany VegFest Assistant Coordinator. Jan Lajeunesse continued her paid position and became the Albany VegFest Coordinator. Kristin Lajeunesse was offered and accepted the position of Assistant Albany VegFest Coordinator. These two positions were required in order to facilitate Albany VegFest 2016.

The AVN received \$16,377.49 in Direct Public Support. This was the cumulative of receiving a \$1,000 grant from VegFund, \$14,500 from an anonymous donor designated towards the paid positions, and \$877.49 of other various 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 2015 financial status:

Jan - Dec 15

Income	
Direct Public Support	
VegFund Inc.	1,000
Anonymous donor	14,500
Total Corporate Contributions	15,500.00

	Direct Public Support Other	877.49
	Total Direct Public Support	16,377.49
Other Types of Income		
	Total Merchandise Sales	54.00
	Miscellaneous Revenue	1382.79
	Total Speaker Dinner Sales	2,418.09
	Other– (Schenectady Veg Night Out)	476.07
	Total Other Types of Income	4,330.95
	Program Income	
	Membership Dues	58.30
	Total Program Income	58.30
Total Income		20,766.74
Expense		
	Business Expenses	
	Business Registration Fees –Other	89.94
	Total Business Expenses	89.94
	Facilities and Equipment	5,194.73
	Operations	
	Books, Subscriptions, Reference	364.72
	Supplies	377.66
	Total Operations	742.38
	Other Types of Expenses	
	Advertising Expense	303.95
	Insurance- Liability, D and O	1285.00
	Other Types of Expenses –Other Costs	777.99
	Speaker Honorariums	1,254.16
	Speaker Travel Expenses	154.04
	Total Other Types of Expenses	3775.14
	Payroll Expenses	
	Total Jan Lajeunesse	1102.50
	Total Kristen Lajeunesse	30.00
	Total Laura Hart	566.25
	Total Payroll Expenses	1698.75

Total Expense	11,500.94
Net Income	9265.80

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 2016.

Eric C. Sharer, MPH, RD, CSO, CDN, President during 2015
The Albany Vegetarian Network, Inc.