

Sip. Savor. Vibe.

The Southern Soul Food and Wine Experience

Benefiting the

PINELLAS COUNTY URBAN LEAGUE



Pinellas County
Urban League



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Dear Esteemed Guest,

Thank you for joining us today for Sip. Savor. Vibe.: The Southern Soul Food and Wine Experience.

As a dedicated champion in our efforts to empower communities, change lives, and build generational wealth, your support is helping us continue our mission throughout Tampa Bay.

This Country-Chic day party is truly a vibrant celebration of culture and cuisine.

You will indulge in gourmet creations from nationally renowned and local Chef's, paired with exquisite wine tastings, with a backdrop of musical vibes.

Welcome to Sip. Savor. Vibe.

Thank you for your generosity and commitment to Pinellas County Urban League's vision.

With gratitude,



A. Nikki Gaskin-Capehart
President & Chief Executive Officer
Pinellas County Urban League
Email: President@pcul.org



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Mainstage Chefs and Presenters



CHEF MANNY FD

Whether making dinner with my grandma Georgia Bell or baking desserts with my mom Sandra, those experiences shaped the kind of chef I would become today. I am grateful I had the chance to grow up creating memories so rich (so rich I can still smell both of their kitchens!) with the two most important women in my life. As a retired firefighter of the City of Miami, my dad Emanuel Sr. (or, "Pop") also played a defining role in my career by showing me the ways of the firehouse chef. I started off as a rookie making grilled chicken breasts, and now I've been on Cutthroat Kitchen making Flambés.

From cooking for my FD colleagues, to winning my first cooking challenge on TV, my identity as a foodie continues to evolve. Enjoying the opportunity to increase knowledge and culinary skill. Follow me on my journey, and let me fire up your taste buds!!!!



CHEF THALIA TATHAM | House of Vegano

My journey began when I was diagnosed with lupus, which led me to adopt a plant-based diet for my health. Sushi has always been my favorite food, but I noticed there weren't many options for people like me—vegans, expectant mothers, and those with allergies—who still wanted to enjoy sushi without compromising on taste or quality. I saw a niche that wasn't being filled, and I knew I could create something special that would allow everyone to enjoy the flavors of sushi in a completely plant-based way. That realization was the driving force behind House of Vegano. I wanted to show people you don't need fish to enjoy sushi, and vegan food can be just as flavorful, if not more so!



CHEF MEL "MELLY" GARDNER | Coasis

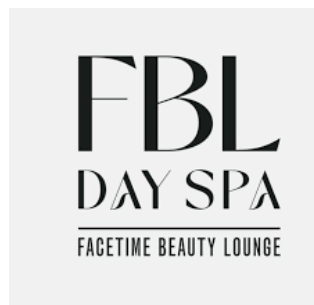
Chef Melly is originally from Miami, but she chose to move to St. Pete because it was one of her favorite Florida cities - full of great people, great culture, and great food. She's a software engineer by degree, but says she's always had a passion for cooking. The inspiration behind starting her business was her grandmother who LOVES TO COOK. Her mom, Michelle Gardner, has also been a driving force behind her Cajun soul food empire since day one - hence the "Three Generations"!



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Next Level Urban Alliance (NLUA) featured members



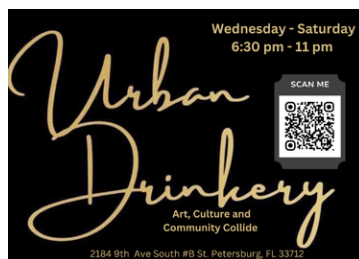
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SAVE THE DATE

Juneteenth

Thursday and Friday, June 18-19, 2026



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