3 Dot Dash (. . . -) Vegan Kitchen Review

Helene Greenberg

As the new Social Media Coordinator for Florida Voices for Animals, I knew when we flew into Florida this past November, that we had to meet as many of the board members as possible so we flew into Orlando and drove straight to Tampa. I requested we eat at a vegan restaurant and 3 Dot Dash was open (on a Monday) and totally fit the bill. What a great place for a vegan meal. First, how cool is it that a vegan restaurant is coupled inside Jug n Bottle, a beer and wine store. You can get a drink and an awesome meal plus they have outside (safe for COVID) seating too. We love to try as much food as possible while traveling so we ordered food to eat on site and to go as well. The menu intrigued us, and the Alabama White BBQ Sauce on the Southern Chick'n immediately caught my eye and I knew I had to try it. Steven ordered a special that was like a patty melt named after an 80's punk rock band. He couldn't resist. To go, we got the Italian Hoagie and the Hammer Smashed Mac. Everything was amazing. Honestly, even though we were full from dinner, we tried the Italian Hoagie at the hotel in Orlando and ate the whole thing and then pondered if it would make sense to drive back to get more food. Clearly, this is a great place to check out when in Tampa Bay. Have you been? Let us know what you thought! You can learn more on their website, https://www.3dotdashvegan.com/menu.

More info: "Serving Tampa plant based comfort food on the fly since 2019, because eating plants doesn’t mean going hungry. Open 7 days a week Noon-8pm, located inside the Jug & Bottle Dept. on 6203 N Florida Ave in Seminole Heights 813-675-4522" [Note: … - is morse code for the letter V]

Greta Thunberg Calls For An End To Animal Agriculture In Biodiversity Day Film

Partnered with Mercy For Animals, Greta made a short 5 minute Twitter video on climate change and its relationship to animal agriculture.

She stressed the importance of protecting animals and nature in order to fight the global ecological crisis. Moreover, she dislikes the animal agriculture industry: ‘If we continue, we will run out of land and food’. It was revealed on Saturday, May 22 – which is Biodiversity Day.

‘Because of the way we farm and treat nature, cutting down forests and destroying habitats, we are creating the perfect conditions for disease to spill over from one animal to another. And, to us. The next pandemic could be much much worse’, she explains. "Our relationship with nature is broken. But relationships can change. When we protect nature - we are nature protecting itself.”

“We – the 99.9 percent – have a responsibility to put pressure on the 0.1 percent in charge who refuse to stop the ongoing destruction of present and future living conditions for life on earth.”

“Let’s Make America Greta Again!” - Trevor Chin, FVA Board Member
FVA in Action - Quarter 4, 2021

Dear FVA members, friends & readers, again we share with you our FVA meet-up events! We now have 4,459 signed up as “interested” in our group & activities. As you can see, we continue to have a variety of opportunities for you to become involved. WHERE ARE YOU? Please join our Meet-Up, please sign up for events that interest you, then PLEASE attend the events and help the animals! (If for some reason you find that you are unable to attend, please be kind enough to change your RSVP. This will help us to better know what attendance to expect at our events and plan appropriately.)

FVA in the Community/Table:ings:
10/7, 11/4, 12/2 - Vegan Support Groups, Open Forums, held virtually via Zoom. We have great discussions with some regular attendees and new folks each time. No pressure to chat, but we always like everyone to introduce themselves. Join our hosts, Kim Gronemeyer, Psy.D., Myriam Parham, RD, CDCES & Cathy Unruh, Journalist, Author & Animal Advocate

10/31 – Shelter Farm Sanctuary, Arcadia, Volunteer day
10/18 – Hillsborough River & Coastal Cleanup, Al Lopez Park
11/20 – Gunda film screening, HOB Brewing, Dunedin, Thanks to Kim & Myriam for organizing
12/5 – Sarasota Veg Fest, Thanks to Diane, Marie, Suzanne & Laura Weiss for staffing the booth!

Media & Other Activities:
11/17 - Hillsborough Cty Bd of Commissioners (BOCC) AND 12/7- Pasco Cty BOCC meetings. Renee Rivard, LOHV, Betsy Coville, DVM & Myriam Parham spoke asking for a ban on the retail sale of rabbits and other small animals. They educated the commissioners about the suffering, abuse, and even deaths, that rabbits often endure at the hands of well-meaning consumers. Statistics were also shared about the lack of available shelters or sanctuaries for the many abandoned rabbits. YOU CAN HELP! Please contact your BOCC to ask for a ban on the retail sale of rabbits.

FVA sends $200 donations to local shelters: Oct – Save the Chimps, Fort Pierce, Nov – Meow Now, Dec - Sanctuary donation to "Friends of the Pelicans"

FVA Demos for the Animals:
10/3 - World Day for Farmed Animals Demo -Musa's Slaughterhouse, Tampa
10/4 – Loomis Bros. Circus Protest, Hernando Cty Fairgrounds, Brooksville, to alert audiences of the behind-the-scenes suffering of animals in traveling circuses. Find out how to support ADI's federal bill, the Traveling Exotic Animal & Public Safety Protection Act (TEAPSPA), to ban traveling wild animal acts in the US. https://www.stopcircussuffering.com/get-involved/usa-get-involved/support-teapspa/#/1/ - Together, we can end the suffering of animals used for entertainment.
10/23 – DEMO, Go Vegan! - at St. Pete Saturday Morning Market
11/27 & 12/12 – Protests at Petland-Largo

Donations from Smile Amazon Prime

Team, This is what you will receive when you designate FVA as the recipient of your Amazon purchases:

“This is the quarterly notification to inform you that AmazonSmile has made a charitable donation to the charity you’ve selected, Florida Voices for Animals Inc, in the amount of $41.72 as a result of qualifying purchases made by you and other customers who have selected this charity.

Thanks to customers shopping at smile.amazon.com, or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over $321 million in donations to charities worldwide so far.”


FVA Board at Have-A-Heart Fundraising Dinner & Silent Action held at Solid Rock Community School

FVA’s BOARD OF DIRECTORS

Myriam Parham - President
Diane Koon -Vice President
Marie Galbraith -Treasurer
Brittany Livingston - Secretary
Trevor Chin
Suzanne House
Kim Gronemeyer
Ellen Jaffe Jones

NEWSLETTER STAFF
Trevor Chin - Publisher
Myriam Parham - Editor
Kim Gronemeyer -Editor

BOARD ADVISORS
Susannah Sherman
Bob Shepherd
Tom Bird
Maria Bott
Brian Brown
Laura Weiss
Mindy Lasley - Legal Advisor
Melissa Zepeda - Legislative Advisor

SOCIAL MEDIA COORDINATOR
Helene Greenberg
Chocolate Covered Walnut Raison Pumpkin Blondies
Kimberly Gronemeyer

Yields 12 bars

This dessert is surprisingly packed with protein. It is also oil and flour free. Healthy and delicious!

Line an 8-inch pan with parchment. Preheat oven to 350 F. Process all but last 4 ingredients in a food processor until completely smooth. Stir in the walnuts and raisins. Spread the batter into the prepared pan and bake on the center rack for 30 minutes or until just lightly browning around the edges. Put the chocolate bar pieces and 2 tsp of syrup in a microwavable bowl. Heat for 30 seconds and stir. Repeat and stir until fully melted. Pour over warm blondies and spread with a spatula to cover them evenly. Chocolate topping will harden as it cools. Cut into bars and serve. Store leftovers in a sealed container in the refrigerator.

Winter, Dolphin who inspired the movie ‘Dolphin Tale’ died in November 2021

Clearwater Marine Aquarium (CMA) announced that Winter the Dolphin Animal died recently despite the care from experts from around the country who worked unsuccessfully to treat her gastrointestinal abnormality. The CMA family is devastated as is the entire world. This beloved dolphin left a legacy to the world via the movie “Dolphin Tale”, which is her biography. It tells how Winter sadly had to have her tail amputated after it became entangled in a crab trap rope, cutting off circulation. She then received a "historic" prosthetic tail. In honor of Winter, we encourage our readers to make a commitment to abstain from eating all seafood. Swim away in peace, Winter.

S.O.S. for Feeding Cat Colonies!

HELP NEEDED feeding community cat colonies at Al Lopez Park. To help, please call Tom at 813-287-0468 or Suzanne at 813-857-2329. Thanks!

St Francis Animal Rescue Needs Kitten Food!

St. Francis Society is in the middle of what seems like a kitten season that just won't quit! Over the last three months they have found homes for almost 900 kittens!

They are using over 100 cans of wet cat food PER DAY and over 100 pounds of dry food per week. They are in desperate need of kitten food and due to COVID supply constraints, many local stores have been sold out for weeks.

Time are tough and they are so appreciative for any help you can offer! Below is the link to their Amazon wish list and they would be so grateful if you could help make a donation. https://amzn.to/2RQwqwk

Can you purrty please take a moment to send us some kitten food? Thank you!
FVA screening of Gunda

Kim Gronemeyer

On Saturday November 20th, FVA held a screening of the animal documentary Gunda at the HOB Brewing Company in Dunedin. Gunda is written and directed by Russian documentary master Victor Kossakovsky. He connected with Joaquin Phoenix who then signed on as an executive producer to bring attention to an issue that they both care deeply about. While they do not promote Gunda as “vegan propaganda,” they wanted to show the audience the world through the eyes of animals without judgment, humanization, or interpretation.

Gunda shares the experiences of a sow and her piglets, a flock of chickens, and a herd of cows without narration, music, or subtitles. It is beautifully filmed and emotionally provocative. It was powerful to share the experience of watching the animals’ journeys with other like-minded people at the HOB that evening. The weather was cool and crisp. The craft beers were flowing.

Corvo Bianco served up a number of vegan options including wood-fired pizzas, Beyond sausage and peppers subs, and salads served in pizza bowls. We held a 50/50 raffle and had prizes including a huge Follow Your Heart gift package (won by Nina Perino!) and a ticket to Virtual VegFest (won by Jim Janolek!). Congrats to both!

The HOB itself is a great venue with an enormous outdoor courtyard and the Corvo Bianco food truck is typically present to serve up food Tuesday through Sunday. So if you have not had the chance to check them out, it is definitely time for a trip to Dunedin! And, if you care about animals, Gunda is a must watch. Catch Gunda on Hulu if you were not able to join us for the viewing at the HOB.

FVA welcomes new Social Media Coordinator, Helene Greenberg

Florida Voices for Animals would like to introduce our members to FVA's new social media coordinator: Helene Greenberg! Helene is the Founder and Executive Director of Triangle Vegfest (TVF) in Durham, NC. She organized the inaugural TVF in October 2014. Helene has lived a vegan lifestyle for the past nine years and a vegetarian lifestyle for over 25. She created TVF to help educate the Triangle North Carolina community about easy ways to reap the health benefits of a plant-based diet, provide a marketplace for vegan-friendly businesses to promote their offerings, and encourage local restaurants to offer vegan menu options. TVF has expanded their events to three states: NC, SC, and TN. TVF hosts over six festivals a year and is always looking for new ways to expand its reach to promote a vegan lifestyle. Thus, with her extensive experience and passion for the animals, FVA knew Helene would be an excellent addition to our organization as we work to enhance FVA's social media presence, increase FVA membership numbers, and encourage more membership activity in FVA events.

Helene has a Masters of Education from American Public University with a specialization in school counseling, as well as extensive experience in sales, project management and real estate. Helene provides outsourced marketing management solutions for businesses and currently works with companies on their marketing, promotional, and website needs. She enjoys developing and implementing creative strategies for businesses to increase online engagement and brand awareness. Helene has a passion for helping animals and people. She has also gone into classrooms to teach high school students about the environment, health, and animal welfare. She is an avid hockey fan and enjoys spending time with her pups (Lady, Marshal, and Frannie) and cats (Morgan and Rocky). Welcome to the FVA team, Helene!
FVA Receives Keeping Tampa Bay Beautiful Award

Diane Koon

FVA was recognized by Keep Tampa Bay Beautiful (KTBB) along with other volunteers, sponsors and partners for our environmental excellence in the community. We were recognized for our 10 years of volunteering at Al Lopez Park. We have been doing quarterly park cleanups.
It was held at T Pepin Hospitality Centre in Tampa and was their 31st Annual Awards Breakfast.
Special thanks to all the volunteers who have contributed to the park cleanup over the last 10 years.

FVA at Sarasota VegFest 2021

Katherine Hester, Susannah Sherman, Ann Chin, Gabrielle Lennon, Marie Galbraith, Suzanne House, Trevor Chin

Laura Weiss, Diane Koon & Marie Galbraith

Will Tuttle, PhD
SRCS is a 501c3 non-profit, tax exempt, co-educational K-12 private school.

We are located in Tarpon Springs, Florida, in Pinellas County, less than three miles from neighboring Pasco and Hillsborough counties. SRCS emphasizes individualized, whole-child development. We are dedicated to providing a challenging educational program that meets our students’ academic, social, physical, and emotional needs.

Solid Rock Community School is making the world a greener place, starting in its own school community. With a seed to table garden and lunch program, daily fitness classes, and a focus on environmental stewardship we are teaching our students to become healthy, involved citizens who can contribute to the greater good of society and be good stewards in the world in which they live.

Solid Rock Community School is a private, not-for-profit, interdenominational school that is not affiliated with any particular denomination. Without denominational distinctions we are able to focus on topics that are relevant and agreeable to the majority of people - topics such as love, compassion, kindness, honesty, manners, self-discipline, self-control, and integrity, with the goal of raising our students to be people of good Godly character. We provide a firm foundation, not only for success in school, but for success in a very challenging world. By focusing on love, compassion, understanding, and faith, we celebrate the differences of individuals and families that mirror the diversity in God’s Kingdom.

Solid Rock Community School offers a strong sense of acceptance and community. Students learn the importance of respect for themselves, respect for each other, and respect for nature and the planet we live on. We encourage, challenge, and inspire each student to learn, develop in character, and think critically. Our objective is for students to become thinkers, leaders, and collaborators who contribute to the greater good of society as good stewards of the world in which we live.

We hope that you will have your children attend Solid Rock at the soonest opportunity to enhance their knowledge and growth.

---

**Green Culture**

1420 Seven Springs Blvd. Trinity, FL 34655 727-375-CAFÉ (2233)

*hello@eatGreenCulture.com* Sun-Thu 11am-7pm Fri-Sat 11am-6pm

---

**Java & Juice-Bar**
**Plant-based Kitchen**
**Carry-Out,**
**Curbside Delivery,**
**Delivery, Outside Seating**

- Vegan
- Organic
- Natural
- High-Quality
- Cruelty-Free
- Plant-based
- Healthy
- Earth-friendly

All items at Green Culture are plant-based, natural, vegan and cruelty-free. Unless otherwise, all items marked are gluten-free, nut-free and soy-free. Meals are fresh and made-to-order.

**Food options** are: **Restaurant** (Dine-in, carryout, curbside pickup); **Food Box** (4 servings of your favorite food); **Deli** (grab n go); **Artisan Bakery** (fresh, in-house bakery items, including many gluten-free ones); **Vegan Grocery** (vegan food available so that you can shop til you drop); We also offer **Sushi** on Saturdays and Sundays!

**Events** at 6pm: **Vegan Primary Care Meetup** (Every 1st Wed); **Activist Meetup** (Every 3rd Tue); **Fab The Vegan Social Night** (Every 1st Sat); **Friends Social Night** (Every 2nd Mon); **Plant-based Doctor Meetup** (Every 3rd Sun)

**Change the way you eat and you can transform your health for the better! A good diet is the most powerful weapon against disease and sickness**—T Colin Campbell, PhD, *Forks Over Knives*

---

Follow us on Facebook/Meta & Instagram  [@eatGreenCulture] Website: eatgreenculture.com
You can receive this newsletter via email or download it from the FVA website. To go paperless, please email fvaonline@yahoo.com and let us know. You will both help the environment and to enable FVA have more resources for helping animals.

YES I want to support Florida Voices for Animals, Inc.
Enclosed is my annual membership fee or donation:
☐ $300 Teddy* Lifetime  ☐ $100 Patron  ☐ $50 Family  ☐ $30 Individual  ☐ $15 Student  ☐ Other
NAME: __________________________________________ PHONE: ______________________ FAX: ______________________
ADDRESS: __________________________________________ CITY: ______________________ ST: ___ ZIP: __________
E-mail: __________________________________________

I would like to volunteer for:
☐ Phone Tree  ☐ Attending Demonstrations  ☐ Staffing Outreach Tables  ☐ Website  ☐ Newsletter
☐ Investigations  ☐ Other:

I prefer to receive my Newsletters:  ☐ Electronically via email  ☐ Regular Mail

*In loving memory of Keith Roghair’s dog, Teddy

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.* REGISTRATION #: CH4327

<table>
<thead>
<tr>
<th>Ad Size</th>
<th>1 NL</th>
<th>2NL</th>
<th>3NL</th>
<th>4NL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus. card</td>
<td>$50</td>
<td>$90</td>
<td>$130</td>
<td>$160</td>
</tr>
<tr>
<td>½ Page</td>
<td>$75</td>
<td>$130</td>
<td>$185</td>
<td>$220</td>
</tr>
<tr>
<td></td>
<td>Save $10</td>
<td>Save $20</td>
<td>Save $40</td>
<td>Save $80</td>
</tr>
<tr>
<td>½ Page</td>
<td>$125</td>
<td>$220</td>
<td>$315</td>
<td>$380</td>
</tr>
<tr>
<td></td>
<td>Save $30</td>
<td>Save $60</td>
<td>Save $120</td>
<td></td>
</tr>
<tr>
<td>Full Page</td>
<td>$200</td>
<td>$360</td>
<td>$520</td>
<td>$640</td>
</tr>
<tr>
<td></td>
<td>Save $40</td>
<td>Save $80</td>
<td>Save $160</td>
<td></td>
</tr>
</tbody>
</table>

GOOD NEWS

Jun 2021: Colombia banned the import of hunting trophies! Animal Defenders International (ADI) reported. Now let’s do our part to stop allowing “trophies”, such as Cecil, the Lion, killed by Minnesota dentist Walter Palmer, from being brought into the U.S.

Oct 2021: Racing greyhounds will no longer be held captive and forced to give their blood! GREY2K USA Worldwide reported. Thanks to a 3-year fight led by the Beagle Freedom Project and guided by Jennifer Fearing of Fearless Advocacy.

Nov 2021: UIPM has voted to remove horse riding from the modern pentathlon and replace the cruel event with cycling! This is an Olympic-size win for horses and cyclists! This follows the scandal surrounding pentathlon competitor Annika Schleu, who was riding a horse named Saint Boy when she was filmed whipping and spurring him during the jumping portion of the modern pentathlon at the Tokyo Olympics. Terrified, Saint Boy refused to enter the course. As Schleu’s frustration increased, her coach, Kim Raisner, was shown hitting the clearly startled horse. 11/2/21, PETA

Dec 2021: Britain bans animal trophies from being imported. This is a great move to discourage the killing of sentient beings to have their heads mounted in hunters’ homes.

Dec 2021: So seldom these days do we in FVA read in the press of a charitable person, or group, who has had a much-needed, positive impact on an unappreciated and abused species of animal. Yet, exceptions to this sad state of affairs, thankfully, occur.

The Tampa Bay Times, on December12 (pp. 28-29A) published a lengthy article about Ron King, a California media executive who gave up his lucrative career to donate his full time and personal wealth to establishing a sanctuary for abandoned and abused donkeys. Ron teamed with friend Phil Selway to open Oscar’s Place (www.oscarsplace.org), a 75-acre sanctuary, in Hopland, CA. Perhaps the most informative but disturbing feature of the article is detailed facts about the plight of donkeys around the world today. This intelligent species’ global population is being decimated—primarily to serve a growing demand by the Chinese for the hides of donkeys which they use in various medications—and will likely find half of its numbers wiped out in the next five years. And, American donkeys are facing the same dire fate. They too are being slaughtered, after being brought to Mexico, and their hides sent to China. I hope you have a chance to read this informative, heart-warming account of a man who fell in love with an underappreciated sentient species. It seems most appropriate for the Christmas holidays.

Tom Bird, PhD, member FVA
Our mission is to educate the public about animal abuse and exploitation. Please renew your membership if it has expired. Check your label.

M Paid membership and renewal
L Lifetime member
X Newsletter exchange
C Courtesy

FLORIDA VOICES FOR ANIMALS, INC.
PO BOX 17523
TAMPA, FL 33682

A NONPROFIT TAXEXEMPT
GRASSROOTS, ANIMAL ADVOCACY
ORGANIZATION

ADDRESS CORRECTION REQUESTED

All events are posted on our Meetup Calendar so if you haven’t signed up for our meetup, go to www.meetup.com, search for Florida Voices for Animals, and then sign up.
Every Tue & Thu at 10:30am WUSF Ch 16.3 Christina Cooks cooking show with Christina Pirello
Every Wed at 11am WMNF 88.5FM Talking Animals radio show with Duncan Strauss
Every Fri at 11am WUSF Ch 16.1 Jazzy Vegetarian cooking show with Laura Theodore

Check out the Vegan Myth Busters radio show hosted by Ellen Jaffe Jones anytime by visiting https://www.facebook.com/groups/1667198786868267/ or live every Tuesday at 6PM EST on The Dr. Don Show on KAAA and KZZZ at http://www.talkatoz.com

1/6, 2/3, 3/3 6:30pm Vegan Support Group Zoom Mtg. FVA is hosting a series of vegan support groups on the first Thursday of each month to help you cope with the challenges of living in a non-vegan world. Please check FVA Meetup Calendar.

1/8, 2/5, 3/5 6pm Vegan Social meetup, Green Culture,1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 1st Saturday / month.

1/5, 2/2, 3/2 6pm Vegan Primary Care meetup with Dr Scott Harrington, Green Culture,1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 1st Wednesday / month.

1/10, 2/14, 3/14 6pm Friends Social Night, Green Culture,1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 2nd Monday / month

1/16, 2/20, 3/20 6pm Plant-Based Doctor meetup, Green Culture,1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 3rd Sunday / month. A series of health-related topics led by a physician of the Plant-Based Lifestyle Movement, Koushik R. Reddy, MD or Angela Persaud-Reddy, MD.

1/18, 2/22, 3/22 6pm Vegan Activist meetup, Green Culture,1420 Seven Springs Blvd Trinity, 34655. 727-375-2233 Every 3rd Tuesday / month.

FVA FRIENDS
50 % OFF ANY ITEM
With purchase of equal or greater value

G R E E N C U L T U R E
( 7 2 7 ) 3 7 5 - 2 2 3 3
eatGreenCulture.com