



Voice For Animals (VFA) is grass roots, non-profit and no kill organization established in 1987 and headquartered in York, Maine.



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President's Message

Dear Friends,

With the goal of accomplishing our mission to help more animals, we have recently welcomed Olivia Chasse onto our Voice for Animals Board of Directors. Liv is an energetic young woman with passion, compassion, and a vision. Her objective is to help us accomplish our goals for the animals and to bring in new, active members. Please enjoy this first of our on-going monthly newsletters which she has prepared for us and don't hesitate to contact us to let us know if you want to help.

For the Animals

Caryl McIntire Edwards



We Need YOU!

Interested in becoming a foster family or volunteer? Learn more on Page 4!



Who We Are

Voice for Animals is a non-profit organization located in Northern New England, established in 1987 and determined to acquire our own property to help become a bigger voice for animals.

Voice For Animals (VFA) is grass roots, non-profit and no kill organization established in 1987 and headquartered in York, Maine.

We believe that **all animals matter and deserve compassion, comfort, happiness, and respect**. Our primary goal is to give them a VOICE. We work to eliminate animal suffering and overpopulation, to educate the public, and to promote sensitivity and caring toward all animals.

By alleviating some of the overcrowding which shelters across the state experience frequently or from time to time, Voice For Animals can help twice: once by rescuing some animals before they go to a shelter, and again by allowing the shelter animals to live longer (and have a better chance of being adopted) because there are more empty cages available.

Our Purpose

This organization exists to promote sensitivity and caring for animals through education and other Lawful means and to share our knowledge of related issues with others to promote understanding and compassion for animals and humans.

“If you pick up a starving dog and make him prosperous he will not bite you. This is the principal difference between a dog and man.”

— Mark Twain



Vegan Recipes

VEGANS (pronounced VEE-guns) Live on products of the plant kingdom.

Veganism is compassion in action. It is a philosophy, diet, and lifestyle.



Vegan Cupcakes

Recipe makes 18 cupcakes

- 1 tablespoon apple cider vinegar
- 1 1/2 cups almond milk
- 2 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup coconut oil, warmed until liquid
- 1 1/4 teaspoons vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 18 paper baking cups.

Measure the apple cider vinegar into a 2 cup measuring cup. Fill with almond milk to make 1 1/2 cups. Let stand until curdled, about 5 minutes. In a large bowl, Whisk together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the almond milk mixture, coconut oil and vanilla. Pour the wet ingredients into the dry ingredients and stir just until blended. Spoon the batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter. Frost with desired frosting.



Vegan Chili

- 1 (12 ounce) package vegetarian burger crumbles
- 1 (15 ounce) can tomato sauce
- 1 cup water
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon vegetarian Worcestershire sauce
- 1 teaspoon liquid smoke flavoring
- 2 teaspoons chili powder
- 1/8 teaspoon black pepper
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/8 teaspoon red pepper flakes

Directions

In a large pot combine crumbles, tomato sauce, water, onion, garlic, Worcestershire sauce, liquid smoke, chili powder, black pepper, mustard, salt and pepper flakes. Cook on low heat for 30 minutes, or until heated through.-----

AllRecipes.com



Voice for Animals needs YOU!

With the growth and progress that Voice for Animals is quickly making, we are in need of foster homes,

volunteers, and fundraisers. Becoming a foster parent is an extremely rewarding experience. You get to watch these animals grow, learn, love, and trust and it is all because of YOU that they get a second chance. V.F.A. rescued a feral cat and her kittens in 2014 and could not believe the changes that were made in such a frightened yet fierce animal. This cat was untouchable and unapproachable but by the end of the summer, she was a cat who simply loved to be around her foster family. She would lay on their lap every night and even watch TV with them. Without foster

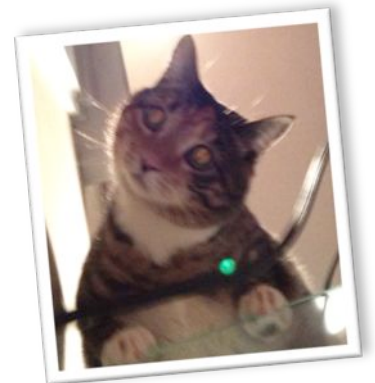
homes, these cats have limited options. Foster homes provide shelter, love, and rehabilitation.

V.F.A. is also in need of numerous volunteers and fundraisers. These are also very fulfilling opportunities. Volunteers are needed to help spread the word about Voice for Animals and their desire to obtain a property to shelter more animals in need of a helping hand. V.F.A. is 100% a volunteer-based team. Volunteer roles vary from online fundraising to hands-on animal assistance.

Fundraising is extremely important at this time. It is vital we fundraise a significant amount of funds in order to reach our goal of having our own shelter. We

currently have an online fundraiser found at www.crowdrise.com/voiceforanimalsinc. Do you have any fundraising ideas for V.F.A.?

If you would like to foster, volunteer or assist in fundraising, please contact Voice for Animals at: voiceforanimals.1987@gmail.com



“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

— ***Mahatma Gandhi***

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents we:

- Solve Problems
 - Strengthen Communities
- Improve Lives
 - Connect to Others
- Transform Our Own Lives

-Corporation for National and Community Service



From the South With Love:

Have you ever noticed the numerous wagging-tails walking around New England rest stops every weekend? These happy tails belong to canines of all shapes and sizes that have just endured a 26-hour (give or take) van ride from the Southern states all the way up to New England. Some say “seeing is believing” but I am still unable to grasp the idea that THIS many dogs are transferred EVERY weekend.

How are there this many dogs in the South, let alone, this dogs in the South that are homeless? Yes, it is amazing to see and their families being united for the first time; dogs leaving a life of woe behind them; humans falling to their knees and hugging their new furry friend. But lets not forget the many dogs left behind. Shelters all across the southern states are euthanizing animals simply because they run out of room. Take Ben for



example. Ben was a 7 month old, happy go lucky, Golden Retriever. He was found on the streets in Arkansas and taken to a kill shelter. When the shelter was full, he was due to be euthanized. An organization from Memphis, TN came to the rescue and got him out of the kill shelter. He was then put in a foster home and sent from Memphis to Connecticut where my husband and I picked him up at a rest stop. It baffles me that there were several dog transport companies present at this rest stop and that numerous dogs were unloaded, one by one. To hear that Voice for Animals also shares this wish of bringing up more dogs from the south is exciting. These dogs are going from rags to riches over night and there is no greater feeling than knowing change is happening for their benefit.



Reiki Classes and Fundraiser

An opportunity created in partnership with Voice for the Animals

What is Reiki? Reiki is a gentle Universal Life Force energy that is all around us, within us and we are all able to channel this energy for healing, support, and self-development.

Reiki Level I - 4 Saturdays - February 28, March 7, 21, 28 (no class on 14) - 2-5pm - fee \$185 (% to VFA)

Welcome to a world that we already have a connection to, an energy that we can channel to provide healing for ourselves and others. Reiki Level I brings you to your truth and authenticity, to your inner wisdom, intuition and so much more. As we integrate each week and learn more about this energy, we will experience how this energy is so beneficial for physical, emotional, spiritual and mental clarity and functioning, balancing and grounding.

Venue: Provided by a VFA Volunteer in Dover NH (details on Registration). As space is limited, please respond by email to secure your place by February 7. Deposit (\$50) or full payment to be received by February 20 with balance due at the first class on February 28. More information can be found at:

<http://www.nikoenaturaltherapies.com>

Michele Lowry
Reiki Master/Teacher, Shamanic Practitioner/Diviner and Animal Clairvoyant

In the Spotlight



Sweet little Blair is adorable as she tumbles and plays. She is a 7-month-old kitten who is friendly but shy. She would do best in a quiet household and, with proper introductions, would be fine with other cats and cat friendly dogs. She has watched her two littermates go to their forever homes and has now bonded with her mom. We would love to place Blair and Emmy in a home together because they seem to get great comfort being together. If you are looking for two spayed young female kitties please consider Blair and Emmy.



This sleek beauty has spent the last 9 weeks taking wonderful care of her 8 kittens. She was abandoned with two other cats and left to fend for herself when her owners moved. Luckily, a caring person took her in and she gave birth to 8 kittens shortly thereafter. She has been a wonderful and attentive mother and is now looking for a forever home.

Akela means noble which describes the way this kitty has acted through some very tough times. Akela has done her job, now won't you give her the love and care she deserves in a forever home? She would not mind being adopted along with one of her kittens.



Papi is a very quiet big guy - brown tiger, altered with shots and paperwork to substantiate. He is approximately three years old. He loves to cuddle and purrs very loudly to indicate his happiness. He is not at all aggressive and will back away from conflict and go hide. He loves and has a quiet friend in the household.- a much more gregarious cat with whom he feels safe, He will hang back, not bother other cats. He just wants to be loved and given attention. Untested with dogs but I imagine he would be shy initially. He needs a quiet home - a one to two person household with children who could take direction and who would be sensitive to his needs until he feels comfortable. He could be a bit scared initially. Once you have his trust, he will just love you and purr with pleasure. He is a very sweet wonderful boy.

Never Turn Your Back on an Animal in Need

Olivia Chasse grew up in Saudi Arabia. Living in a third world country meant there was little education on how animals should be treated and cared for. Olivia took this opportunity to rescue as many animals in need as she possibly could.

One of Olivia's best rescues was for a family of rabbits. Olivia lived next door to a Saudi family who had several malnourished rabbits in their backyard. Olivia was 13 years old at the time and would sneak into their yard every morning and evening to feed the rabbits and check on their wellbeing. One morning before school, Olivia went to take care of them. There was only one rabbit to be seen. She entered the backyard and soon found that the rest of the rabbits had been buried alive. She ran back to her house for a shovel and screamed for her moms help. She found one rabbit that was barely breathing and the rest were already dead. She took the two living rabbits back to her house and rehabilitated them and rehomed them.

Animal rescues and organizations did not exist where Olivia lived. There were no laws to protect animals. What would you do in this situation?

How many pets are in the United States? How many animals are in shelters? Facts about U.S. Animal Shelters:



Approximately 7.6 million companion animals enter animal shelters nationwide every year. Of those, approximately 3.9 million are dogs and 3.4 million are cats.

Each year, approximately 2.7 million animals are euthanized (1.2 million dogs and 1.4 million cats).

Approximately 2.7 million shelter animals are adopted each year (1.4 million dogs and 1.3 million cats).

About 649,000 animals who enter shelters as strays are returned to their owners. Of those, 542,000 are dogs and only 100,000 are cats.

Of the dogs entering shelters, approximately 35% are adopted, 31% are euthanized and 26% of dogs who came in as strays are returned to their owner.

Of the cats entering shelters, approximately 37% are adopted, 41% are euthanized, and less than 5% of cats who came in as strays are returned to their owners.

About twice as many animals enter shelters as strays compared to the number that are relinquished by their owners.-ASPCA.org



KID'S CORNER



AROUND THE FARM

BIRD	KITTEN
CAT	LAMB
CHICKEN	PIG
COLT	PUPPY
COW	RABBIT
DOG	ROOSTER
DONKEY	SHEEP
FILLY	TURKEY
GOAT	
HORSE	

Q P Z N B E C Y B K H J
R D U Z B H Q Y K S K D
E T B P I R E T S O O R
N E L C P K H E T B T I
J E K O N Y O D C S I B
O E T O C F R A O B B C
N V D T I J S Y M G B A
G I P L I B E A N E A T
F M L Z C K L R J Q R C
M Y W I T U R K E Y O N
P E E H S T N A M W W F
Y V R U Q W G O A T N J

