

# The Voice

Newsletter

Spring/Summer 2012

## President's Message Caryl McIntire Edwards

Dear Friends,

For twenty four years Voice for Animals (VFA) has done what it does best-rescuing animals, particularly cats. While other groups have come on the scene doing much the same thing over the past twenty years, VFA was the first rescue group to shine a light on a huge problem that was being addressed by no one: the feral and stray cats populating our communities. Now there are other rescue groups addressing this problem, as well, but there is no competition in that. There are certainly enough cats to go around. They need us all.

Today I am writing to tell you of the exciting and frightening point at which we have arrived: Our foster homes are full, our vetted feral colonies stretch across York county, Maine into Strafford county, New Hampshire, and still the calls come; still the animals look at us with their sad, trusting eyes and seem to say, "Is there not room for me?"

VFA chooses to respond with a resounding, "Yes!" And to that end we have entered a working relationship with a Maine real estate agent, looking for property in the York-Berwick area of the county which might suit our needs. Now is an optimum time to buy and we hope to take advantage of it. Our purchase would include a significant amount of land with would be available for future shelter/sanctuary needs and a building which can be remodeled into a working facility.

Cont'd on page 2

## INSIDE THIS ISSUE

- 1 President's Message
- 1 Never Turn Your Back on an Animal
- 3 Legislative Update
- 4 Diabetes: An Epidemic in Cats
- 7 The Truth about Declawing

## Never Turn Your Back on an Animal

*We ask you to please open your eyes and look around. You may see a helpless animal who needs your help. We would like to share some of our stories with you to show how rewarding it can be to step up and change the world for a deserving animal.*

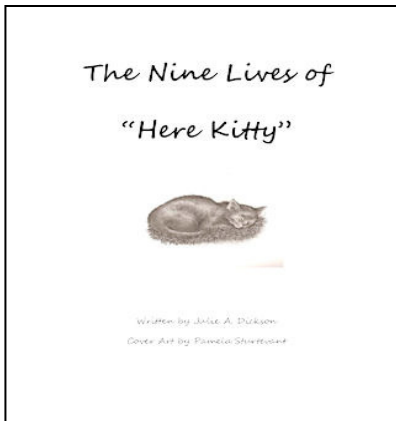
.....  
A chef in Cape Neddick, spied a thin, timid cat outside his restaurant. Not being able to turn his back on this animal, he built a shelter for warmth and provided food and water. He contacted different organizations to assist in getting Stella spayed and vaccinated. He cared for the cat until he got a job in New York. He could not take "Stella" with him so turned to Voice for Animals for help. VFA found Stella a caring foster home where she is well cared for, safe, fed and loved. Stella is feral but her foster mother is patient and kind and cares for her unconditionally. Stella is learning to trust humans because a chef in Cape Neddick did not turn his back. (cont'd on page 2)



Stella having one of her regular meals provided to her by the Chef from Cape Neddick who befriended her.

## Local Artist writes Book about Feral Cats

Julie Dickson, a local artist and former volunteer for Voice for Animals has written a book to help raise awareness of the need to spay and neuter feral cats. Julie drew upon her experience of managing a feral cat colony in Rochester to write the book "The Nine Lives of 'Here Kitty'". The story follows the life of a barn kitten called 'Here Kitty' through many twists and turns of events, none easy, to show how difficult life can be for homeless cats trying to survive. Julie dedicates the book to the real cats helped through Trap-Neuter-Return programs. The book can be ordered through the VFA website and a portion of the proceeds will go to helping feral cats. All pictures in the book are of real cats and kittens that have been helped through Voice for Animals, including Julie's cat, Isis who was abandoned with a litter of kittens in Farmington.



Never Turn Your Back (Cont'd from page 1)

When a Dover NH woman noticed that a skinny stray cat had been around for several days, she did the logical thing and contacted the local humane society. There she was told that they would not be able to take the cat for at least a week and to put her back outside, so that she could "fend for herself".

This cat didn't have a week to wait. Weakened from dehydration and starvation, weighing barely 5 lbs., she likely would not have survived much longer. Her coat was filthy, dry and sparse. When the body is desperately trying to conserve resources, the fur is the first to go.

The woman then called a member of VFA. Within hours, the cat was placed in a foster home where she received much needed care including treatment for fleas, antibiotics for a nasty upper respiratory infection, nutritious food and a warm bed. Finally, she was safe.

At first she was too weak and sick to eat much on her own and had to be spoon-fed. Now she has a hearty appetite and is steadily gaining the lost weight. Her eyes are clear and bright and her coat is coming back soft and silky.

Efforts to find her family have been unsuccessful but it appears she was loved at some point in her life and is available for adoption. We may never know what happened in her past that left this sweet kitty homeless and struggling to survive. We do know that now she has a future.

(cont'd on pg 10)

### President's Message (cont'd from pg 1)

A massive grant writing project is now underway, but VFA felt it was important to first take this to our friends—those who have stuck with us and helped us help animals over the many years of our existence—and ask if they could help us, as well. All donations, which are tax deductible, will be held in escrow until grant funding to reach our goal has been procured.

The need is great and urgent. Can we count on you to help?

Sincerely,  
Caryl McIntire Edwards  
President/Founder  
Voice for Animals

## Capital Fund Drive

**Nancy and Peter Bogenberger** were the first to respond to our Capital Fund Drive with their generous donation. Thank you Peter and Nancy. We hope other people will follow your support of this very big, yet necessary, undertaking of building a shelter.

## Why not two?

When adopting a kitten, why not consider two? Kittens are very social, playful creatures and take comfort in having a built in companion. If you are thinking about adopting a kitten that will be home by itself for hours at a time, it would be beneficial to think about adopting a littermate or another kitten. The kittens will still bond with their human companions but will not be entirely dependent on you for playtime, exercise and cuddling. It will make leaving the house for work, dinner or errands a little easier.

With our rescue efforts sometimes comes semi feral kittens. If kittens have not had human contact by the time they are 8 weeks old, it is questionable whether they will ever get used to being held and petted by people. This varies with each kitten. Kittens from the same litter may respond to humans completely different.

Feral and semi-feral cats and kittens adore other cats. If you would like to help out an otherwise "unadoptable" kitten, consider adopting one of these cautious kittens with a well adjusted, typical kitten. The well adjusted kitten will be a companion for both your family and the semi feral kitten. ...and, maybe...just maybe... the cautious kitten will come around and be your companion as well.

Of course cost needs to be taken into consideration as well. Having two kittens, obviously doubles the expenses in food, veterinary expenses and cat litter. Be sure to consider all of these factors before making a final decision.



Monster Energy Cat and Oreo. "The two of them are always together, snuggling when they sleep." Writes their new forever family



Littermates, George and Baby enjoying some rest and relaxation with each other in their forever home.



Casey and Bella in their new forever home together. Bella was very timid and dependent on Casey. She most likely would not have gotten adopted on her own.

## Legislative Update

There are several significant animal related bills in the NH Legislature for 2012.

First, the good news...

**Representative Laurie Harding**, Democrat from Lebanon, has introduced a bill ( LSR 2012-H-2263) to remove all references to "equine products" from our current meat inspection statutes ( Chapter 427 of NH State laws) . According to our state veterinarian, Dr. Steven Crawford, it has never been the intention of the Legislature or the NH Dept of Agriculture to authorize horse slaughter in NH, however, inclusion of the term, "equine products" in the meat inspection chapter has been of concern to horse lovers and friends. Hopefully, Dr. Crawford will not oppose this bill, though that will depend on the final language.

**Representative David Kidder**, Republican from New London, and **Representative Paul Simard**, Republican from Bristol have introduced a bill ( LSR 2012-H-2213-R) to prohibit the taking of deer from baited areas. There have been several previous legislative attempts to prohibit deer baiting, none of them successful. Last year, Representative Simard introduced two bills to prohibit bear baiting, but withdrew them before the session began. However, the current deer baiting bill may have a better chance as it is being introduced by conservative, male, Republicans. Also, strangely enough, the extreme right wing conservative Majority Leader in the House of Representatives, David Bettencourt, is a real animal lover who has co-sponsored and supported many previous animal welfare bills and he may support this one as well. We'll watch this bill carefully and hope for the best.

In addition, there will be two bills in the Legislature, one in the House and one in the Senate to add a bittering agent to antifreeze to make it less palatable to children and animals. Similar bills have been tabled several times in the Legislature, and I don't think there's much of a chance that legislators will approve an additional expense for consumers and business owners for a problem that is not that prevalent.

(cont'd on pg 8)

## **Diabetes – an Epidemic in Cats** **Deb Fobes**

Not so many years ago, diabetes in cats was rare. Now, cats are being diagnosed at an alarming rate and unfortunately many of them are being surrendered to shelters or veterinary hospitals for euthanasia. So what is causing all these cats to become diabetic? Some are steroid induced, a few may be genetically predisposed but by far the biggest culprit is diet. Cats who are fed exclusively or primarily dry food are at much greater risk of developing diabetes as they approach middle age.

Cats are obligate carnivores and require meat protein to meet their nutritional needs. Most dry foods contain very little meat and are high in grain carbohydrates, as much as 35-50% carbohydrate calories. Cats lack the enzymes to efficiently process carbs but because they still need a high level of protein, are forced to eat more to satisfy that need. The result is a fat, unhealthy cat.

More than half of all companion cats in the United States are obese and one in every 50 of them is diabetic. According to Dr. Katherine Scott, lecturer at the Texas A&M College of Veterinary Medicine, feline obesity is one of the most common reasons cats become diabetic.

The typical signs of diabetes are increased water intake, more frequent urination and in larger quantities, excessive appetite and weight loss.

Feline diabetes is a very manageable disease that responds well to therapy. Up to 70% of newly diagnosed cats have an excellent chance of going into remission with proper treatment, which includes switching them to a high protein, low carbohydrate wet diet (known as the 'catkins' diet), monitoring blood glucose levels at home with a human glucometer and giving insulin injections twice daily. Not treating condemns the cat to a slow death by starvation because the glucose-saturated cells are unable to use the nutrients even though the cat has a ravenous appetite.

For many guardians, the decision to treat often comes down to cost. Frequent trips to the vet and prescription food are both expensive and unnecessary. Learning to test the cat's blood sugar at home is not only cheaper but it also provides more accurate information by eliminating vet stress, which can falsely raise a cat's blood sugar by more than 100 points and result in being prescribed an insulin dose that's too high. It's the best tool to achieve regulation and is easy, just a tiny blood drop from the edge of

the ear that most cats hardly notice. Testing before every injection will tell if it's safe to give insulin and prevent dangerous hypoglycemia.

The most important preventative measure guardians can take to avoid feline diabetes is to feed low-carb wet food to keep their cats healthy and slim. If diabetes and obesity aren't reason enough, consider this: cats fed wet food are much less likely to have urinary tract infections and blockages, develop early kidney disease or suffer from allergies, inflammatory bowel disease, asthma, arthritis and heart disease.

## **Thank You!**

Our thank you's go out to Ann Peterson of Annimals Pet Supply Store and Catherine Rollock of Green Dog Grooming for the nail clipping fundraiser they held for Voice for Animals in November. They collected and donated \$190.00 to VFA.

Both women do a tremendous amount of work for animals in York. Ann has a cat from a shelter or rescue in her shop and up for adoption at all times. She tells VFA that to date she has adopted out 55.

Ann Peterson  
Annimals Pet Supply Store  
(Treats, Toys, Natural Holistic & Raw Foods,  
Leashes, Dog Cat & Small Animal Supplies, Collars)  
764 US-1, #2, York, ME 03909  
207- 351-2777

Catherine Rollock  
Green Dog Grooming  
180 Woodbridge Rd  
York Maine 03909  
207-351-3018

**Thank you to Mary Breen and her staff at Bread and Roses Bakery in Ogunquit Maine. In lieu of tips, Bread and Roses collects money to donate to area animals rescue organizations. The bucket of change donated to Voice for Animals last winter totaled close to \$300.00.**

# Memorials and Tributes

## DAVE LESSARD

Voice for Animals would like to pay tribute to Dave Lessard. Dave worked tirelessly with his wife, Candy Burrell, for over 20 years to better the lives of feral and stray cats

His was the voice you heard when you called VFA for 10 years. He was the face that the State Inspectors saw when they dropped in unannounced to inspect the VFA shelter – always indicating on the inspection report – "shelter very clean" or "floor being washed when we arrived" or "cats look good."

Dave kept busy building cages, feral feeding stations and outside enclosures. He traveled throughout the state of NH helping those who called looking for carriers to borrow or cat shelters for their sites. Sometimes he just gave advice. His truck was often spotted at mobile home parks and in most neighborhoods in Strafford County and beyond where he did humane trapping-sometimes driving 50 miles to check traps. He would pick up small kittens in many places and over the course of 10 years bottled fed and tamed hundreds of them. He would do adoptions, veterinary transports, donation bank collections and whatever else needed to be done to keep Voice for Animals a meaningful and viable organization in the Seacoast.

Dave was a kind man with a gentle heart. He made the lives of countless cats better over the decades by listening to his heart and taking action. Dave will be missed and remembered for everything he did for homeless cats.

To say that the feral cat world and VFA lost a dedicated friend and volunteer would be an understatement.

### Contributions in memory of **DAVE LESSARD**:

Candy Burrell,  
Rebecca Chasse, Geoff, Noah and Luke Safford  
Julie Dickson  
Linda, Mike and Ben Hayden  
Connie Lemay  
Anne McGee  
Gregory Wilson

### The Lily Fund

Contributions can be made to Voice for Animals under the Lily Fund. These contributions will go directly to veterinary costs for sick and injured animals. Lily was a courageous wonderful cat that captured our hearts. This fund was named in her memory.

Given in loving memory of "**Jake**,"  
**Beloved dog companion of Joan Walsh**  
From  
Debbie Sevigny, Howie and Michelle Berry

Given by  
**Joyce A. Moody**  
In memory  
of  
**Lisa de Forest**

Given by Debbie Kaczynski  
In memory of "**Tiffany**"  
a brave and beautiful spirit  
...help came too late.

Given by Carol P. Lavery in memory of her cat  
**"Luki Lu"**

Given by Rebecca, Geoff, Noah and Luke  
In memory of  
**"Blue," and "Yenta"**

Given by Voice for Animals volunteers in  
memory of "**Blackie**" and "**Mia**."  
*We will continue our work with you in our hearts.  
Your faces we will see in others we help.*

Given by Cheryl Faucher  
In memory of "**Blaze**"  
"a stray cat and good friend. He was just  
learning to trust again."

## The Maine Equine Welfare Alliance

### ~Helping Horses, Educating People~

After only 1 year in existence, MEWA is beginning to accomplish some of the goals it was formed for. MEWA is not an actual rescue where horses are saved, housed and cared for. MEWA's mission is to help owners struggling to provide for their horses during difficult times. We are able to accomplish this through direct assistance such as providing hay, grain, farrier and veterinary services for a limited time period. Although that aspect could be considered the 'nuts and bolts' of MEWA, we are just as excited about the other facets of our organization which are equally as important. These include education, mentoring programs, adoption assistance and temporary foster homing.

**Education:** Many people walk into horse ownership with little understanding as to what is involved. There is a saying we use often..."There is no such thing as a 'free' horse!" Horses are expensive to maintain even when age, health and unexpected accidents are not a factor. Horses need twice yearly vaccinations, annual dental care and hoof trimming or shoeing every 6 – 8 weeks. If a horse is kept at home, it is a 7 day a week commitment. They must be fed 2 – 3 times per day, stalls or paddocks must be cleaned daily and bedding must be provided. Boarding a horse at a professional stable can cost \$400 to \$600 per month. Inexperienced horse owners will also have to consider training for the horse and riding lessons. Education is extremely important, and just might prevent someone from making a big mistake.

**Mentoring:** If finances are not a roadblock, and a family decides that they really do want to plunge into ownership for a horse crazy teen or a stay at home mom, but don't have much knowledge on how to care for a horse, MEWA is available to provide mentoring. Ignorance is never bliss when it comes to owning a horse. People get hurt, horses get hurt and many incidents can be prevented with education. Horses can be 'an accident waiting to happen', and a seemingly insignificant change can prevent a huge veterinary bill or worse. I have owned horses for 35 years, and truthfully, I am still learning.

**Adoption Assistance and Foster Homing:** At this point, these programs are still a bit undefined. We have a list of potential foster homes; people who may have an empty stall who are willing to provide care for a horse on a temporary or long term basis. MEWA could be involved, but the agreement or contract will be between the owner of the horse and the owner of the foster facility. Some horses might be re homed and some might eventually be returned to their original owner, depending on the situation.

The start up of any serious non-profit organization typically involves forming committees, establishing of by-laws, adopting procedures and protocols, formulating ideas for fundraising and organizing meetings. Over the summer, MEWA held several used tack sales as a result of substantial donations of new and used tack. We attended the Northeast Horseman's Congress in January, the first annual MESS event at the Topsham Fairgrounds, Tractor Supply in Brunswick...all in an effort to increase awareness about our organization and to raise some funds. Our fundraising efforts paid off and as a result, we have been able to assist several desperate owners this year. We are gearing up for a difficult winter due to the continuing economic decline and we will help as many people as possible with the funds available to us. Horses may be considered a luxury by many people, but to many others, they are a family member. If we can help someone keep their equine partner, they will not have to experience having to say good-bye, knowing that the future for the horse is so uncertain.

Thank you for your interest in The Maine Equine Welfare Alliance and for allowing me to share information about our group. You can visit our website at [www.maineequinewelfarealliance.com](http://www.maineequinewelfarealliance.com) to join or make a donation to our worthy cause.

Michelle Hirshberg  
MEWA Secretary

### **Board of Directors:**

President: Caryl McIntire Edwards Harrison, ME

Vice President: Candy Burrell Farminton, NH

Treasurer: Monique Chasse Somersworth, NH

Secretary: Ramona Abella Dover, NH

Sue Ellen Jewell Rochester, NH

Accountant: Lynn Kasch Rochester, NH

Attorney: Paula DeSaulnier Portsmouth, NH

Deborah Fobes Berwick ME

Rebecca Chasse Berwick, ME

Webmaster: Seth Mercier Waterville, ME

## The Truth About Declawing

If your child scribbled on the wall with a crayon, would you cut off his fingers? Hopefully not, yet many people still believe it's acceptable to do exactly that to their new baby kitten, often as a preventative before the kitten has even done anything to warrant it. They believe that declawing is simply a permanent manicure guaranteed to protect their precious furniture. And most veterinarians do little to educate the client by presenting the truth or offering alternatives, although they have a moral and ethical obligation to disclose the nature, risks and possible complications of the procedure, both short and long term. In human medicine, this would be malpractice. Some vets even recommend declawing kittens by offering a spay/neuter/declaw package deal, which goes against the express written policy of the American Veterinary Medical Association who agrees that declawing should not be considered until all other options have been tried.

Look at your fingers. Declawing involves amputation of the first joint, including bone. It is an extremely painful procedure that leaves the cat maimed and damaged, both physically and emotionally. Awakening from surgery, cats try to recoil from their own feet; some will chew off the heavy bandaging in a futile attempt to relieve the excruciating throbbing. The lucky ones might get pain medication but it isn't adequate. Imagine trying to walk with the pain of 10 broken toes, and remember that declawed cats aren't sent home with little kitty crutches. Not only must they walk on their crippled feet, but they are expected to dig in a litterbox!

Cats are designed to walk on their toes ... it's what makes them graceful and agile. Declawing affects their balance and predisposes them to arthritis and joint problems. Many cats will experience phantom pain throughout their lives and must live with it because they have no way to express it. 80% will develop 'behavior' problems directly attributed to declawing, although vets who perform declaw surgery deny there's a relationship. Inappropriate urination / litterbox aversion is the # 1 reason declawed cats are surrendered to shelters, accounting for more than 90% according to one survey, with biting a close second. Some cats will exhibit these problems soon after surgery but for most it manifests later, when years of suffering has taken its toll. Obviously people who are more concerned about their furniture will not want a cat that urinates outside the litterbox so the poor mutilated cat is either banished to the outside or abandoned at a shelter by the very people she once trusted, who fail to understand that they caused the problem in the first place and will probably do the same thing to another kitten.

Declawing is illegal or considered an act of cruelty in 25 countries including England, Scotland, Wales, Italy, France, Germany, Austria, Switzerland, Norway, Sweden, Netherlands, Ireland, Denmark, Finland, Slovenia, Portugal, Belgium, Spain, Brazil, Israel, Japan, Australia, New Zealand and Yugoslavia. When it comes to declawing, Americans are less civilized.

There are some individuals for whom convenience and possessions are more important than the wellbeing of the cat, who simply don't care that declawing sentences the cat to a lifetime of misery. They should not have cats. People who truly love their feline companions would never inflict an unnecessary, painful and irreversible surgery on an innocent being.

There will always be people who say that they've never had a problem with a declawed cat. They should consider themselves fortunate that their cat falls into the 10% that escaped the declaw trauma - at least for now. It's a huge risk.

### Choosing a scratching post

Cats inherently need to scratch. They scratch to exercise, stretch, mark territory and groom their front claws. Cat's claws continue to grow just like people's fingernails. Cats need to remove the old sheath to reveal the newly grown claw underneath.

Trying to teach your cat not to scratch is futile since it is against their nature. However, providing your cat with a place to scratch can save your furniture and woodwork.

Providing your cat with a sturdy scratching post is essential to his success in using one. It must have a wide bottom so it does not topple when scratched. Having a scratching post fall to the ground when used would scare any cat and give him a reason not to return to that particular place to scratch. Also, the post should stand tall enough so that your adult cat can stand on his hind legs and stretch out his front paws. Stretching is one of the reasons cats need to scratch.

Finally the material covering the post should simulate wood, a natural attraction for cats. Sisal covered scratching posts are a popular option. The sisal acts like the bark of a tree where it catches the outer sheath of the nail and sheds it to reveal the newly grown nail. Other options are wood covered scratching posts or actually bringing in firewood or small stumps from the outdoors for your cats to scratch. Corrugated cardboard is an inexpensive alternative as well. Most of the ones available lay flat on the ground which is also appealing for most cats.

One material to stay away from is carpeting. Trying to teach your cat it is ok to scratch on a carpeted scratching post but not on your carpet is confusing.

(Cont'd on pg 8)

**Now for the bad news ...**

**Representative Seth Cohn**, Republican from Canterbury, has submitted a bill to eliminate the requirement for dog licensing (LSR 2012-h-2441). Dog licenses pay for NH's low cost spay-neuter program; dog licensing is also a critical component of the rabies control program; dog licenses reunite lost dogs with owners, and identify dogs that bite humans or other dogs. I'm sure that our state vet will oppose this bill, as will the state's shelters. I don't think it has a chance, but this bill is so ridiculous that I am planning to attend the public hearing just to see if Rep. Cohn has a logical explanation for this idea ...

**Representative Andrew Manuse**, Republican from Derry, has introduced a bill ( LSR 2012-H-2269-R) , "relative to innovative cosmetic or esthetic treatments".

The title of this bill has changed considerably since it was originally introduced and is quite deceptive in its current form. Rep Manuse is actually trying to make it legal for business entrepreneurs to use live animals in innovative cosmetic or esthetic treatments.

Currently, hair stylists, salons and spas are regulated by the NH Board of Barbering, Cosmetology and Aesthetics. The Board shut down a fish pedicure business that was operated by one of Rep. Manuse's constituents. He has submitted this bill so that his constituent can continue to operate her business without interference from the Board.

I don't think this bill has much of a chance because of public health concerns, but I will be watching it carefully as the potential for animal abuse is chilling.

The full text of new bills is generally not available until early January, however it is not too soon to contact your own legislators to ask for their support/opposition to these bills. For more information about these bills, the legislative process, or how to contact your NH legislators, please e-mail me at: [jeans1155@hotmail.com](mailto:jeans1155@hotmail.com).



*Cookie, A Voice for Animals Alumnus, plays in a crinkly tube. Cookie is a very content and safe indoor only cat.*

Indoor only cats live full and happy lives with toys to play with, cat perches to climb, and bird feeders outside the windows to attract birds to watch.

## TOP TEN REASONS FOR AN INDOOR ONLY CAT

- 10 Wildlife**
- 9 Cars**
- 8 Poisons**
- 7 Fights with other Cats**
- 6 Dogs**
- 5 Intentional cruelty by humans**
- 4 Disease**
- 3 Lost and Never Found**
- 2 Trapped in Sheds, Garages...**

**and the number 1 reason to have an indoor only cat....**

## YOU LOVE YOUR CAT

Declawing (cont'd from pg 7)

Placement of the scratching post is also essential to the cat's acceptance of the post. It should be placed near a prominent piece of furniture in a busy room of the house. Another reason cats scratch is to mark their territory. That is why they often scratch on a couch or prominent chair. Placing the post near a piece of furniture they seem attracted to will encourage the use of the post.

Well made scratching posts can be somewhat expensive but are essential to the cat's well being and to keep peace within your household. The cost of a scratching post your cat will use is relatively minor compared to the cost of damage that can be done if one is not available to your cat. Even an expensive scratching post is much less expensive than the veterinary costs of getting a cat declawed and a lot more humane.

Voice for Animals encourages all cat owners to provide their cats with appropriate scratching posts as a humane option to declawing. Please contact Voice for Animals with any questions regarding choosing an appropriate scratching post for your cat.



## Advocates for Farmed Animals

*"Poor Animals! How jealously they guard their pathetic bodies...that which to us is merely an evening's meal, but to them is life itself."*

—**T. Casey Brennan (1948-)**

Our first year advocating for farmed animals has been a very busy one here on the farm and in our advocacy work. True to our mission, we've had many visitors who immediately began relating to, and connecting with, the animals they previously viewed as food only. They began to see them as emotional, living being who are really no different than their cat or dog at home. Yes, cows play and have a social hierarchy. And yes, they make friends and feel pain, joy, fear and all those other emotions we feel. It still amazes us how few people know (or maybe want to admit) this. We will continue to educate and introduce people to this understanding of animals that has been denied or ignored for so long.

We are hoping to partner with VINE Sanctuary in Vermont for some collaborative outreach work in raising awareness that farm animals suffer on big factory farms and small local farms, in small slaughterhouses and in large ones, transported long distance or a short distance to be killed locally. The suffering may be less for locally raised and slaughtered animals but they are still killed and suffer the fear, anxiety and pain inherent in being raised to become food. We hope to be organizing presentations and discussions groups around Maine in 2012.

I urge you to go out and meet farm animals, connect and interact with them. Observe them as members of a herd family. Learn their names and hear their stories. It will change your perception of them.



## Pawsitive Steps for Cats in Maine

Cats are the most popular pet nationwide, yet public policy and treatment of our feline friends is often at odds with their popularity. While dogs are regulated through leash laws, licensing requirements, bite protocols, vaccine requirements, etc... the same cannot be said for the cats in our lives. Laws are often vague as to what even constitutes ownership of outdoor free-roaming cats. Cats are allowed outside with no visible identification and not subject to licensing apart from a few municipal ordinances scattered across the country and are generally treated as second class citizens, with frequent abandonment and neglect issues here in Maine and elsewhere.

As an organization that confronts cruelty in all forms, we take a very active role in cat protection. To further this goal, I am very happy to have accepted a new position within The HSUS as the Director of Cat Protection and Policy. While I am sad to be leaving the Maine State Director position, I'm eager to begin work that will improve the lives of cats nationwide. This new position will also allow me to continue with the Maine Free-Roaming Cat Study that I recently completed and will broaden to provide dialogue and forums across Maine to discuss what resources are being provided for cats and what is lacking regionally.

Beginning in late November, Community Cat Meetings will be scheduled and held regionally, providing forums for municipalities, animal control, veterinarians, and rescue/shelter/caretaker folks to get together and brainstorm regional approaches to improve cat welfare. These meetings will hopefully provide a way for people to get to know one another, learn what projects, programs and activities are already being done, and forge new alliances, collaborations and projects to further the good work already being done. These meetings will be scheduled through the end of 2011 and into the Spring of 2012, with an eye for large scale collaboration in 2013. I hope all of you will get involved with this effort and help put Maine on the map when it comes to cat welfare and protection.

Katie Lisnik  
klisnik@humansociety.org

# The Vegan Corner

## Crust for Tofu "Cheesecakes"

2 cups whole-wheat pastry flour  
½ tsp. cinnamon  
¼ cup maple syrup  
1/3 cup half with oil and half with apple juice concentrate  
2 TBSP water  
¼ tsp sea salt

Preheat oven to 350 degrees. Mix all ingredients together until well mixed. If mixture is too dry, add more water, if too wet, add flour. Press mixture on bottom and up sides of a 9" pie plate (unless otherwise specified). Bake for 10 minutes and add filling.

## Gourmet Chocolate Mousse Cheesecake"

### Filling:

3 Tbsps. Soy margarine, *melted*  
1 10-oz pkg vegan chocolate chips (health food stores), melted with soy margarine

4Tbsps. Vegan cocoa powder or dairy – Free cocoa powder (health food stores)  
2 pkg. (8-oz each) Tofutti cream cheese  
1 pkg. Tofutti sour cream (12 oz.)  
1 cup raw sugar (turbinado or Sucanat)  
1Tbsp. pure vanilla extract  
1Tbsp. pure almond extract  
2 Tbsp. Kahlua, Amaretto or other Liqueur (*Optional*)  
1 cup tofu

**Crust:** *Please refer to crust recipe above, BUT bake in a 9" layer cake pan at 350 degrees for minutes*

Put all filling ingredients in a food processor, processing until completely mixed. Pour into prepared crust and chill in refrigerator for 1 hour before serving. Or eat immediately, if you can't wait.

From Barbara Bonsignore's Cooking with Compassion, a gourmet, vegan cookbook. \$20.00 postpaid. All proceeds go to NH spaying & altering Service 8 Hutchins Street Concord, NH 03301-3208

Never turn your back (cont'd from pg. 2)

Blackie was a solitary stray. An elderly woman, in a quiet neighborhood would see her roaming the perimeter of her yard. This woman had a dog so Blackie never came too close. Once the dog passed, Blackie entered the yard and befriended this kind woman. The two became friends and for ten years Blackie was fed, talked to and petted by the elderly woman.

Although Blackie came to trust this kind person, she could not trust being confined within four walls. The few times the woman was able to lure Blackie into the house, Blackie panicked once the door was closed and so was let back out. The woman accepted their friendship as it was and the two spent long days on the back deck and walking around the yard.

The day came when this woman could no longer live on her own. She did not want to move because she did not want to leave Blackie. Inevitably the time came and the choice was no longer hers. This woman could not find a neighbor that was willing to feed Blackie. She feared for Blackie and did not know what to do with this cat who knew only this yard as her home.

The woman called Voice for Animals. It was then that Voice for Animals arranged to have a volunteer feed Blackie daily. The house was still vacant and VFA had permission to go on the property. So Blackie was being fed until other arrangements could be made.

At first Blackie would watch from a distance while her bowl was filled. Soon she started greeting the volunteer by rubbing up against her in appreciation for the food and fresh water. Though their visits were not long, Blackie knew she had another friend in this world. She knew that she was cared for.

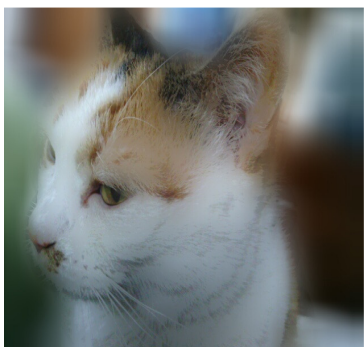
Several weeks later, the volunteer noticed that Blackie's mouth was swollen and getting progressively more so by the day. Blackie was lured into a carrier and taken to the vets. She was diagnosed with a very aggressive form of cancer. The tumor was inoperable and the vet said it was a matter of weeks, if not days, before she would not be able to eat. Blackie was euthanized that day after being fed one last time in the vet's office. She was being petted and talked to by the volunteer while she was humanely put to sleep.

Blackie did not die alone from starvation as she most likely would of if Voice for Animals had not stepped in. She died with a full stomach, kind words and a gentle touch. She did not go a single day without being fed because a kind woman and VFA did not turn their back.

## SNEAK HOME YOUR **NEW CAT**

- 1. GIVE YOUR NEW CAT ITS OWN ROOM.** STOCK A LARGE BATHROOM OR SPARE ROOM WITH FOOD AND WATER BOWLS, BEDDING , A LITTER BOX AND TOYS. KEEP YOUR NEW CAT SAFE INSIDE WITH THE DOOR CLOSED.
- 2. LET YOUR CAT AND NEW CAT SNIFF EACH OTHER** UNDER THE DOOR. THIS HELPS THEM GET TO KNOW ONE ANOTHER ON THEIR OWN TERMS.
- 3. MINGLE THEIR SCENTS** AFTER A COUPLE OF DAYS. RUB YOUR NEW CAT WITH A DAMP TOWEL. THEN RUB THE TOWEL ON YOUR OTHER CAT. REPEAT THE PROCESS IN REVERSE WITH ANOTHER DAMP TOWEL.
- 4. TRADE PLACES** AFTER THREE DAYS. PUT YOUR CAT IN THE ROOM AND GIVE YOUR NEW CAT A CHANCE TO EXPLORE THE HOUSE.
- 5. MAKE FACE TO FACE INTRODUCTIONS** WITH THE RESIDENT CAT FREE AND THE NEW CAT IN A CARRIER OR ON A LEASH. GIVE THEM PLENTY OF TIME TO BECOME ACQUAINTED. EXPECT A FEW HISSSES FROM YOUR CAT TO TELL THE NEW CAT, "HEY, I'M IN CHARGE HERE."
- 6. PLAY FAVORITES.** GIVE YOUR OLDER CAT TREATS AND TOYS FIRST. THEN OFFER THEM TO THE NEW CAT.
- 7. BE PATIENT !!!!** BOTH CATS SHOULD EVENTUALLY BECOME FRIENDS AND BE COMPANY FOR ONE ANOTHER.

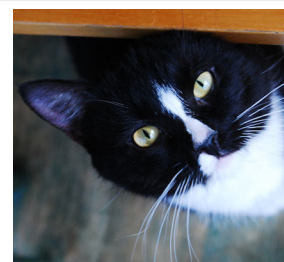
Mamalade is 5-6 years old and a bit on the shy side. She is friendly and likes attention but would do best in a quiet home. Do you have room in your heart for this pretty girl?



## **ASPCA GRANT**

Voice for Animals recently received a \$1000.00 grant from the ASPCA. This money will help us in our work with stray and feral cats. Specifically, the grant money will be used to spay and neuter stray and feral cats and will also be put toward other veterinary costs of these cats as needed. Thank you ASPCA

## **FOR ADOPTION**



George is a one year old neutered plug in cat. He is good with other cats, dogs and kids. He is really a cool cat and the white ring around his tail makes him even cooler. Contact Voice for Animals for more information about this sweetie



As you can tell by his picture, Sam is a charming red tabby. He loves attention and has tons of love to give. Playful and cuddly this handsome guy would do well in most homes. Please contact Voice for Animals for more information.

