

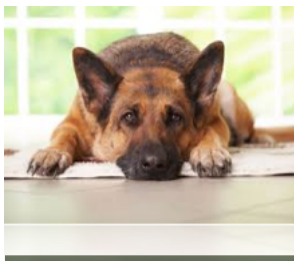


Voice for Animals (VFA) is a grass roots, non-profit and no kill organization established in 1987 and originally headquartered in York, Maine.



Dear Friends,

As you can see from this newsletter, Voice for Animals is growing, adding new members and taking on new projects. One day soon, we hope we will be able to open the doors of our shelter/sanctuary to as many animals in need as it can legally and safely house. What we need now is more people like you working with us. The more people who join us in our efforts, the more animals we can help. If we have not listed a project you are interested in working on, tell us what YOU would like to do for us.



Help us to continue to make a difference in the lives of those creatures who need our help so urgently; who ask so little and give so much.

*For the animals,
Caryl McIntire Edwards*

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PRESIDENT'S MESSAGE

REFLECTING ON MARCH

The VFA team is growing stronger each month. The more volunteers we have on board, the more animals we can rescue. Our Seacoast Rotary Club presentation paid off in a huge way. A Rotarian contacted us shortly after our presentation and asked us for our assistance in rescuing an abandoned cat in an apartment building. Read more about Jasmine and her rescue on Page 5!

We spent our time in March aiding in rescues, fostering, and adopting out cats. We are still seeking foster homes for Southern Dogs in need. We have had more inquiries about volunteering with VFA and can definitely use all the help we can get.

We have looked into Spring/Summer events, auctions, and even created a [new membership page](#)!

Check it out at: www.voiceforanimals.com/membership.html



“Saving one dog will not change the world, but surely for that one dog, the world will change forever.”

— Karen Davison

NEW MEMBERSHIP PAGE

We are so excited about our new membership page. Interested animal lovers can now donate and sign up online! With the world becoming such a tech-savvy place, we decided to join in and become more eco-friendly and paper-free.

Our 2015 members will receive our monthly newsletters sent directly to their email each month. Be the first to know

about our upcoming events and fundraisers!

Our membership funds enable us to give a voice to animals. All proceeds collected from membership go directly to the VFA animals. Each animal we rescue must have veterinary care, food, and litter during their time in foster care. Become a member and help us care for these innocent creatures!



“What greater gift than the love of a cat.”

— [Charles Dickens](#)

Vegan Oven-Baked Mexican Quinoa Casserole

Serves: 4

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 cup uncooked [quinoa](#)
- 796 ml (28 oz) can diced tomatoes, with liquid
- ½ cup water
- 2 tbsp [nutritional yeast](#) (optional)
- 1 tbsp tomato paste or ketchup
- 1 tsp cumin
- 1 tsp oregano
- ½ tsp chili powder (more if you like things spicy)
- Salt & freshly ground pepper
- 540 ml (19 oz) can black beans, rinsed and drained
- 311 g (11 oz) can corn kernels, with liquid
- 3 cups baby spinach
- Toppings of choice: vegan sour cream, avocado, cilantro, vegan cheese, etc.



Instructions

1. Preheat oven to 350F.
2. Heat 1 tbsp olive oil in a medium frying pan (or stove-top-safe 2.8 liter/3 quart casserole dish). Add onion and garlic, and sauté until translucent, about 8 minutes. Remove from heat; and transfer to oven-safe casserole dish if not already using one.
3. Add quinoa, diced tomatoes (with juice), water, nutritional yeast, tomato paste (or ketchup), and spices. Season with salt and pepper and stir to combine.
4. COVER and place in oven and set timer for 30 minutes.
5. Carefully remove casserole from oven and stir in drained beans and corn (with liquid). If the mixture looks dry, add a half cup of water.
6. Return to oven WITH LID and set timer for another 30 minutes.

7. Carefully remove casserole from oven and stir in spinach. It will wilt from the heat. Top with sour cream, diced avocado and/or cilantro and serve.
8. IF FREEZING: Make full recipe but leave-out the spinach and toppings. Let cool and freeze in airtight container(s). To serve: defrost fully, lightly reheat (in microwave or on stovetop), stir in spinach and add toppings of choice.
Author: Angela @ Vegangela.com

Puffed quinoa peanut butter balls Vegan / Gluten-Free

Serves: 12

Ingredients

- 1 cup [puffed quinoa](#)
- ½ cup peanut butter
- 3-4 tbsp [agave nectar](#)
- 1 tbsp crushed peanuts (optional, for extra crunch if using smooth PB)
- 1 tsp vanilla extract
- vegan dark chocolate (optional)



Instructions

1. In a mixing bowl, combine the peanut butter, agave and vanilla. If the mixture is too firm, heat it up on the stove a little bit.
2. Add the puffed quinoa (and peanuts, if using), and stir to combine.
3. Place mixture in the fridge for 15 minutes to let it firm up.
4. Remove from fridge, roll into 12 balls, and return to fridge for 15 minutes before serving.
5. Optional: dip some or all of the balls in dark chocolate.

Author: Angela @ [vegangela.com](#)

VOICE FOR ANIMALS NEEDS YOU!



As the snow is finally starting to melt, VFA members are busy preparing for Spring & Summer events and fundraising.

We are delighted to have volunteers join our team and help us in anyway that they can. We have a very special volunteer who has created homemade catnip toys in trade for donations to VFA. If you are interested in the catnip products, contact us on our website or Facebook page.

We are still going strong with our online fundraisers found at:

www.crowdrise.com/voiceforanimalsinc and
www.gofundme.com/voiceforanimalsvfa

Visit our new shop!

<http://www.cafepress.com/voiceforanimalsinc>

Stay tuned to our Facebook page for our Dover UNOs Dough Rai\$er date!

Check out our T-Shirt fundraiser!



Purchasing information on our fundraising webpage!

 NIKOE THERAPIES REIKI LEVEL 1

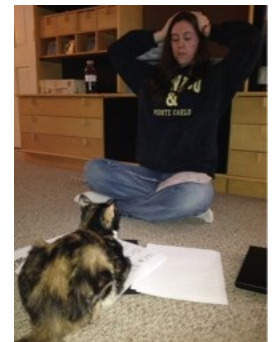
On March 28th, 2015, VFA wrapped up their first Reiki Level 1 fundraiser with Michele Lowry! Reiki is "a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy"- Reiki.org.

I hosted this Reiki class in my home for four weeks. The class were greeted by my extrovert Golden Retriever and cat at the door. I told the class I had an introvert young cat who was so shy that the class would without a doubt, never see her. Sylvie was rescued by VFA when she was 3 1/2 weeks old and is only comfortable around her human parents.



In the middle of a meditation in the third week, we were all filled with surprise and joy when Sylvie not only appeared, but sat down and joined the meditation circle. In the fourth week, Sylvie joined us again during our meditation. We giggled and said we should rename her "Reiki".

The best part of this is that animals do not lie. Sylvie has always been afraid of those she does not know. Yet, a room full of strangers practicing meditation and Reiki, clearly made an impression on Sylvie and we are so grateful she joined us.-Olivia



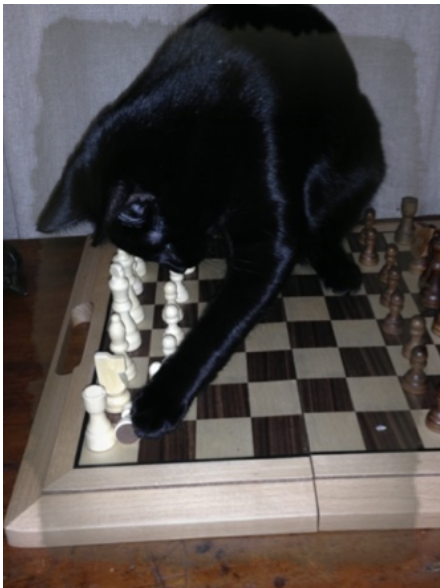
SUCCESSFUL ADOPTIONS

Voice for Animals presented at the Seacoast Rotary Club back in February. A week after the presentation, a Rotarian contacted VFA saying she knew of a cat that was left in an abandoned apartment. VFA arrived on the scene within the hour of the phone call. As the apartment door was opened, **Jasmine** began meowing and showing off her sweet personality. Jasmine was in foster care for a couple of weeks and was spayed and was given her vaccinations. This healthy girl could just be the sweetest cat on earth. As well as being a tough survivor, she is also affectionate and loving to everyone she meets. Jasmine was adopted out to a very loving family who continue to update VFA on her progress. "Jasmine is curious, loves to explore around the house, and also enjoys a good cuddle." We are so pleased that this cat, once abandoned in a vacant apartment is now in her forever loving home.

Jasmine



NILES



"In our quest to find the right feline companion to our other (half-feral) cat, Saffron, we searched for one with a big and friendly personality. Niles (aka Niles Wadsworth Longfellow) delivered! Niles is quite the wild man, a super climber, and lightning fast, with the curiosity power of 10 cats. He's also a champion schmoozer and snuggler, loves to watch National Geographic shows, and attempts to play chess (sometimes all at once). Saffron has become more relaxed since Niles moved in, and he's even won over our very skeptical dog." -Nile's mother



"Be nice to the environment. Be nice to animals. Be nice to people. If you do that, you will leave a mark on the world."

— [Enock Maregesi](#)

IN THE SPOTLIGHT



In the midst of the frigid cold January weather, Voice for Animals received a phone call about a pregnant, stray cat in a trailer park. A volunteer went to investigate the situation the same day and spoke to several people in the area. A plan was established to try to get the kitty to safety.

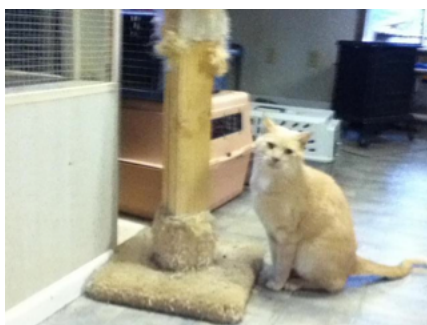
The volunteer also brought food and a shelter for this cat and a resident agreed to feed her and give her fresh water daily until she was coaxed inside or, if needed, humanely trapped. Unfortunately, the sightings on this pregnant cat were few and far between. It became clear she must have given birth to her kittens and was staying close to them to prevent them from freezing. The food was being eaten and the feeder kept watch in hopes of spotting her. Finally, in mid March, she was seen going under a trailer. For days she would go from under the trailer to the food bowl and immediately back under. It was obvious her kittens were under the

trailer. The feeder began putting the food in her shed along with the small shelter that had been set up for her. The plan worked! Finally, this mother moved her kittens to the shed. At this point, the feeder was able to get the kittens and bring them into her home. Once the kittens were in, they were able to persuade the mother in as



well. This brave mother persevered through the cold harsh winter and protected her two little kittens who are now about six weeks old. The three of them are now all in a warm, safe foster home. They are all doing remarkably well and will soon be going up for adoption. If interested in adopting please email: in2catz@gmail.com or call 207-715-0635

BUFFY IS STILL AVAILABLE!



Buffy is still available. This sweet boy came to us as a senior kitty. He is neutered and has recently been to the vet for a full dental. He

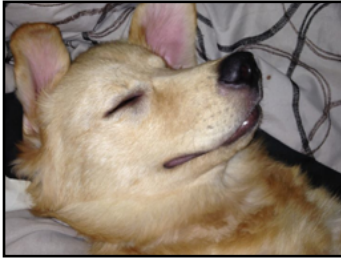
has made friends with Eddie while he's been at the shelter. They hang out together most of the time. They don't have to get adopted together. We would like a quiet retirement home for Buffy to be a companion to a caring guardian. Please let us know if you'd like to meet him.



“A dog is not a thing. A thing is replaceable. A dog is not. A thing is disposable. A dog is not. A thing doesn't have a heart. A dog's heart is bigger than any “thing” you can ever own.”

— Elizabeth Parker, *Paw Prints in the Sand*

NEVER TURN YOUR BACK ON AN ANIMAL IN NEED



Benjamin is a lovely boy who loves to smile for the camera! This extremely intelligent boy was taken into a kill shelter in Arkansas after being dumped at a community pond. When the shelter was full and he was due to be euthanized, a Golden Retriever rescue from Memphis rescued Ben. He was then placed on petfinder.com and adopted by a couple in New England where they are training Ben as a therapy dog.

Ben enjoys welcoming soldiers home from the Middle East, chewing bones, playing with other dogs, agility,

and chasing cats. It took many people to help this lovely boy in need but thank goodness no one has turned their back on him since the day he was abandoned.



What would you do if you witnessed an animal get dumped or abandoned?



ASPCA UPDATES

We are happy to report two significant state-level wins for horses in the past few days that will ensure horses have more options to protect them from slaughter:

- **Nevada Finalizes Wild Horse Agreement With Wild Horse Protection Group:** Return to Freedom, the founding organization of the American Wild Horse Preservation Campaign (AWHPC), and the Nevada Department of Agriculture (NDA) reached an agreement to humanely manage more than 1,500 horses in the Virginia Range, which encompasses more than 280,000 acres. This precedent-setting agreement launches the largest-ever private-public partnership to manage horses while improving public safety and benefiting Nevada taxpayers.
- **Kentucky Gov. Signs Bill to Assist Stray Horses:** Governor Steve Beshear enacted a measure to reduce the hold period for stray horses from 90 days to 15 days to enable the rescue and care of those horses. By shortening the amount of time a horse must be held before being re-homed, costs for local officials are significantly reduced and will enable a great deal more rescue work for horses in need. Prior to the enactment of H.B. 312, which takes effect on June 24, 2015, Kentucky had the second-longest hold period in the country at 90 days. This new law brings Kentucky more in line with bordering states that all have 10-day hold periods.



The ASPCA stepped in to provide grants for diversionary feeding, fencing and other management tools and we worked to help enact these reforms knowing these victories will pave the way for further assistance from local and national organizations. Importantly, these horses now have more options, which will help keep them off the auction block and out of slaughter plants.

As part of the ASPCA's goal to end the slaughter of American horses, we work to pass legislation that protects horses from this predatory industry, including pushing for a full federal ban on horse slaughter. We also work to provide options for at-risk horses through grant-making, education and equine programs that support the horse-rescue community, offering more than \$1.1 million in equine grants in 2014 alone- ASPCA.ORG

KID'S CORNER!
ANIMAL RESCUE



J Q K D P E L D D U C F J R G
W Y C E U T U K B H O P P Y G
A L H Y N A B I V S X N E W E
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ADOPT
CUDDLE
KENNEL
SHELTER
VOLUNTEER
CARE
FOOD
LOVE
SPAY
CRATE
FOSTER
NEUTER
VACCINATE