

VOICE FOR ANIMALS



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,

If you've known Voice for Animals even part of the time it has been in existence you know that our goal has always been to have a greater presence in the area, room to help more animals, and a chance to educate many more people about compassion and kindness.

This began to be realized with last month's first on-line newsletter and continues in this one. As you can see here funds are being raised for both a facility and to bring dogs up from the South. Education continues as information is presented about living cruelty free and vegan recipes are always included. Compassion is continued as you are introduced to some of the cats Voice for Animals has up for adoption.

Can you join us in our mission? Can you help us to grow? Voice for Animals needs your energy and your voice, but more importantly the animals need them.

One of William Shakespeare's characters in *The Merchant of Venice* said it best

The quality of mercy is not strained;

It droppeth as the gentle rain from heaven

Upon the place beneath. It is twice blest;

It blesseth him that gives and him that takes.

The more compassion and kindness you give to animals, the more you get in return.

Please join us/support us as we grow.

Sincerely,

Caryl McIntire Edwards

President/Founder



We Need YOU!

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



Reflecting on February

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.

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We enjoyed a very informational month in February and are excited for what March brings us. Our team worked hard in February promoting Voice for Animals fundraising efforts and educating new team members. Two V.F.A. volunteers presented at Seacoast Rotary about our three-pronged approach: TNR, setting up a shelter, and rescuing Southern dogs and farm animals. We are also proud to announce our new shop on CafePress with a selection of clothing for men and women, as well as gift and pet items with our V.F.A. logo. We also started two more online fundraisers, which are discussed on Page 4.



“Until one has loved an animal, a part of one's soul remains unawakened.”

— Anatole France

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.

Oatmeal Chia Seed Cookies 12 servings



Zucchini with Chickpea and Mushroom Stuffing 8 servings

- 4 zucchini, halved
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1/2 (8 ounce) package button mushrooms, sliced
- 1 teaspoon ground coriander
- 1 1/2 teaspoons ground cumin, or to taste
- 1 (15.5 ounce) can chickpeas, rinsed and drained
- 1/2 lemon, juiced
- 2 tablespoons chopped fresh parsley
- sea salt to taste
- ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish. Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Saute onions for 5 minutes, then add garlic and saute 2 minutes more. Stir in chopped zucchini and mushrooms; saute 5 minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender.- AllRecipes.com

- 2 cups rolled oats
- 1 cup brown sugar
- 2/3 cup whole wheat flour
- 2 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2/3 cup applesauce
- 3 tablespoons coconut oil
- 1 cup dried cranberries
- 1/2 cup chocolate chips (optional)
- 1/4 cup shredded unsweetened coconut (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Combine oats, brown sugar, flour, chia seeds, cinnamon, baking soda, baking powder, and salt in a bowl. Stir applesauce and coconut oil into oat mixture until dough is evenly mixed. Fold cranberries, chocolate chips, and coconut into dough. Spoon dough onto the prepared baking sheet. Bake in the preheated oven until edges of cookies are lightly browned, 10 to 15 minutes.- AllRecipes.com



Voice for Animals needs YOU!

Voice for Animals is making great strides in fundraising efforts and recruiting new members but our job is not done. We are still actively seeking volunteers to help with the following:

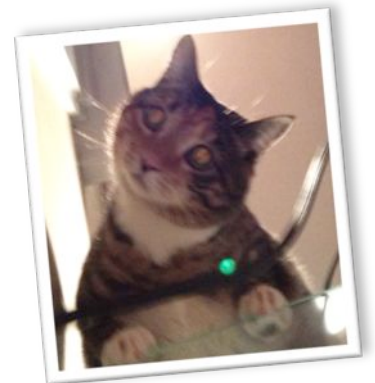
- Researching and/or writing newsletter articles
- Find a retail store to put one of our banks and pick up donations weekly
- Picking up donated pet food
- Helping us spread the word at local events
- Helping at the annual book and yard sales

- Fundraising
- Helping with mailings and membership drive
- Learn to TNR
- Transport cats to spay neuter clinics
- FOSTERING

We are still in desperate need for Foster Families. Voice for Animals covers the cost of food and veterinary care, we just need you to provide shelter and love until a forever home is found. Once we have an approved list of foster families that are interested in fostering a dog, we can start bringing up dogs that are in kill shelters. We also have plenty of cats that are in need of foster

homes immediately. Becoming a foster parent is an extremely rewarding experience.

If you would like to foster, volunteer or assist in fundraising, please contact Voice for Animals at: voiceforanimals.1987@gmail.com or Olivia.chasse@yahoo.com. Foster applications are on our website at www.voiceforanimals.net



“Some people talk to animals. Not many listen though. That's the problem.”

— A.A. Milne, *Winnie-the-Pooh*

CURRENT FUNDRAISERS:

We have a few online fundraisers at this time. Please visit: www.Gofundme.com/voiceforanimalsvfa or www.crowdrise.com/voiceforanimalsinc

These donations enable us to help the community by assisting with low cost spay/neuter and setting up a shelter on the Maine/NH border.

Stay tuned for our “Do-Raiser” at UNOs restaurant!

CafePress now has a VFA store with some proceeds going to VFA! Support our cause and raise awareness by wearing our logos!
(<http://www.cafepress.com/voiceforanimalsinc>)



SUCCESSFUL ADOPTIONS!



Samuel and Samantha were trapped within two days of each other at 8 weeks of age. They were found living underneath a shed with their mother and sister, Tabatha. The kittens had no human contact until trapped. Tabatha was trapped at 10 weeks of age. Their mother was able to be TNR'd and Samuel and Samantha remain inseparable. Samantha was extremely friendly from the beginning, whilst Samuel is quite shy and Tabatha was originally very scared. After a few weeks, Tabatha started sneaking onto her foster mothers pillow at night to sleep with her! We are more than pleased that all three kittens have been adopted out together to a wonderful and loving home.



Chanel was found in 2014 under a canoe at 2 weeks of age alongside her three siblings and her leery mother watching nearby. She was covered in fleas and in need of some TLC. She was raised in a foster home and was known for being the very cuddly one. She enjoyed spending time with her foster parents, siblings and the foster families dog. Chanel was adopted out to a very loving home who have an older male cat. Chanel enjoys antagonizing the male cat and socializing with the family members. She still thoroughly enjoys plenty of cuddle time with her new family members.

In the Spotlight

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

Ben and Sweetness are finding their world torn into pieces after 10 years. They have been loved and part of a family since they were kittens unit recently. Their owner had to move after losing his job and could not take his beloved cats with him. They now live isolated in a cluttered room at a relative's house. They cannot come into the general living area because of other animals that are not good with cats. They are ten-year-old littermates that love each other and human companionship.

Ben is pictured but Sweetness was hiding behind the clutter when photos were taken. Sweetness was named for his disposition and he loves affection from people but was feeling a bit vulnerable in the small, unfamiliar room. They are neutered cats that have always been indoor only. Please help to free them from this most unfortunate situation. Call Voice for Animals at 207-715-0635 or email: in2catz@gmail.com

We are happy to present Miss Olivia for adoption. She is a beautiful and sweet young cat. She was abandoned at a local motel after her family decided to move on without her. Voice for Animals took her in and got her vetted. She is just a precious girl who will make a wonderful companion. She gets along well with other cats nicely. If you would like more information about Olivia please email us at in2catz@gmail.com or call 207-715-0635.



Never Turn Your Back on an Animal in Need

"The animals were in atrocious condition," said Nancy Cathcart, the President and CEO of the Humane Society of Chittenden County.

"They really were very very dirty. Many had lived their lives inside this home inside kennels, in feces, in urine. Most of them are highly underfed and dehydrated among many other things we are just discovering as we go now. "

Vermont State Police and animal shelter workers removed the dogs and cats Wednesday from a home in Eden. They said the animals were living in tight quarters without fresh water or food. Their owner gave the Central Vermont Humane Society legal ownership of the animals.

A disaster animal response team set up crates, medical equipment and linens at an undisclosed location in Chittenden County. The temporary shelter was set up within 30 minutes of the animals being rescued.

"When a situation like this happens we have to set up a temporary shelter so that the animals can be well taken care of and receive medical care," said Lindsay Hamrick.

Animal caretakers said a couple of animals are in critical condition at Burlington Emergency and Veterinary Specialists. One dog was euthanized Thursday afternoon.

While police conduct a criminal investigation, rescuers are working to get the animals healthy and eventually adopted.

"They seem pretty good today. I think they're still a little flustered by all the activity, but we got everybody out for their walks. They've got toys, food. I think they're doing better," Hamrick said.

A humane society staff member said animals remain at the home in Eden. In total, sixty dogs and three cats were relinquished, but about two dozen are still with the original owner.

All donations can be dropped off at the Humane Society of Chittenden County at 142 Kindess Court in South Burlington, Vt. -wptz.com

You may be blinding a bunny without even knowing it if you use shampoo, moisturizer, or any other cosmetic that's been tested on animals. The Humane Cosmetics Act will help make animal testing for cosmetics a thing of the past, and you'll be able to use products without the worry. The Humane Cosmetics Act prohibits animal testing for cosmetics manufactured or sold in the U.S., ending painful tests that rabbits; mice, rats and guinea pigs endure to assess the safety of cosmetics. Humane and safe cosmetics can be made using the thousands of existing ingredients, and several non-animal safety tests are already available for new ingredients. These non-animal alternatives can be cheaper, faster, and more relevant to humans, and therefore more reliable at predicting safety. Help end animal testing of cosmetics in the U.S. -- just like in the European Union, [India](#) and Israel, where cosmetics animal testing has already been banned.

Please make a brief, polite phone call to your U.S. Representative **and two U.S. Senators to urge support for the Humane Cosmetics Act.** [Look up your legislators' phone numbers.](#) "I'm a constituent and I urge you to co-sponsor The Humane Cosmetics Act. This bill would prohibit animal testing for cosmetics manufactured or sold in the U.S."-
Humane Society for the United States



KID'S CORNER



Domestic Animals

BIRD
DONKEY
HAMSTER
PUPPY

CAT
GERBIL
HORSE
RABBIT

DOG
GOLDFISH
KITTEN
SHEEP



B P T K X L Z H H C A T T Z R
 M P Z O I O M O S H W C D R E
 R A B B I T R M E I S L R P T
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