



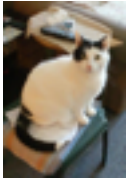
Voice for Animals (VFA) is grass roots, non-profit and no kill organization established in 1987 and originally headquartered in York, Maine.

A Monthly Newsletter

Vegan Recipes

Two vegan recipes every newsletter, whether its time to picnic outdoors or bundle up indoors!

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Volunteer, Donate, Fundraise

Voice for Animals Inc. is always in need of volunteers and supplies.

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Adoptable Cats

See who needs a home!

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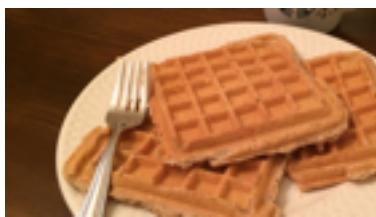


Presidents Message

*Dear Friends,
Happy New Year!! Here we are in 2016 and VFA is now 28 years old!
When I first began rescuing animals and founded Voice for Animals there were at least three camps in which one could find herself: the animal rescue groups that were concerned about spaying and neutering dogs and cats and finding them permanent, loving homes; those concerned with the use of animals in product testing/ biomedical research and*

*wildlife/farm animal issues; and those concerned with human and environmental issues.
"They are all separate," someone once told me.
"Activists involved in changing the more complicated animal issues to do not want to be considered to be a part of those simpler, spay/neuter/find a good home issues."
Today most groups concerned about the welfare of dogs and cats are also openly concerned about cows, pigs, horses, wolves, bears, elephants, lions, and all other animals. And it is extremely heartening to see that groups which exist to advocate for people and the environment*

*are also now-from time to time-speaking out for animals. What a long way we have come! But there is still so much to do. Please won't you join us in becoming a **Voice for Animals**? We desperately need your own personal expertise to help us realize our future goals , but more importantly the animals do.
Until they speak to everyone as clearly as we hear them through our hearts, there is a great and urgent need for you to join with us in becoming a Voice for Animals.
For all the animals,
Caryl McIntire Edwards
President/Founder*



Vegan Waffles

Original recipe makes 6 servings

Ingredients

- 6 tablespoons water
- 2 tablespoons flax seed meal
- 1 cup rolled oats
- 1 3/4 cups soy milk
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tablespoons canola oil
- 4 teaspoons baking powder
- 1 teaspoon vanilla extract
- 1 tablespoon agave nectar

Directions

Preheat a waffle iron according to manufacturer's instructions. Stir water and flax seed meal together in a bowl. Blend oats in a blender into a flour-like consistency. Add flax seed mixture, soy milk, all-purpose flour, whole wheat flour,



canola oil, baking powder, vanilla extract, agave nectar, and salt to oats; blend until batter is just mixed.

Ladle 1/2 cup batter into preheated waffle iron. Cook the waffles according to manufacturer's instructions until golden and crisp, about 5 minutes.-Allrecipes.com

Directions

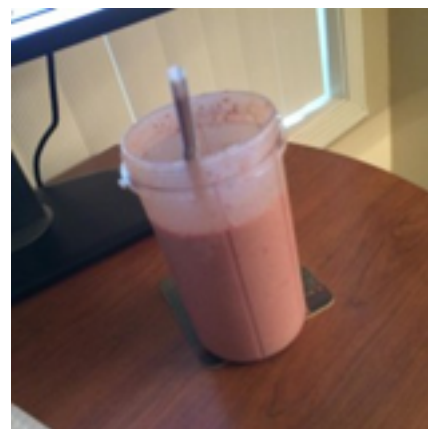
In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

-Allrecipes.com

Vegan Strawberry Oatmeal Breakfast Smoothie

Original recipe makes 2 servings

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract





Volunteer

- Transport
- Photography
- Newsletter Articles
- Foster
- Feral Feeding Station
- Fundraise
- Event Staffing
- Network/Marketing

Winter Weather Advisory!!! With cold temps finally here, we are preparing to receive more phone calls about feral/lost cats in need. VFA feeds and traps (when possible) feral and lost cats during winter weather months to keep them warm and safe.

We come across too many underweight and/or pregnant feral cats during 0 degree temps and it is a difficult sight to see. We do everything that we can to provide food and shelter to them. We could use the following items for the upcoming months:

- Towels
- Blankets
- Boxes
- Traps
- Food
- Bowls



Over the past few years, a number of hardworking members have moved away and we have not been able to fill all the spots they have left behind. We need help in just about every area: trapping of ferals, fostering, fundraising, and long-term planning, to name a few. Please email us at:

voiceforanimals.1987@gmail.com

and offer your particular expertise. We really need you, but more importantly, the animals do.

Check out our online fundraisers at:

www.crowdrise.com/voiceforanimalsinc

<http://www.gofundme.com/voiceforanimalsofa>

CafePress Store:
www.cafepress.com/



Help Us Out

If you have not already sent us your updated email addresses please do so now! It allows us to spend less money on postage and more money on the animals. Send to voiceforanimals.1987@gmail.com and you will receive future newsletters in this way. Similarly, if you receive both an email and a hard copy of this newsletter, let us know-it was a mistake. Also, if your email or regular address changes, please let us know, otherwise we will not be able to continue to provide you with our newsletter and important updates.

ADOPT



Nibby and Skylar are both mourning the loss of their longtime special person who loved and cared for them for many years. This kind and loving person, sadly, lost her battle to cancer. It was her hope that Skylar and Nibby be placed together into another home where they would be loved and cared for as they were with her. These two kitties are spayed and neutered and have always been

indoor only. Nibby is pictured in 1 and 3 and Skylar is in picture 2. They are quiet cats looking for a quiet home in which they can feel



safe again. Please contact Voice for Animals for more information. Email: in2catz@gmail.com or call: 207-715-0635

Sweet Cinder needs to be rehomed because her family can no longer care for her. She doesn't do well with other pets but is very good with people. She loves children. She is used to going outside so would need to go to a place that is not on a busy road or in the thick woods. Cinder prefers to have a grain free food and special treats. If you are interested in learning more about Cinder please email in2catz@gmail.com.

