



Happy  
Halloween  
from Ben!



*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**

**Monthly Reflection**

Take a look at what we have been working on this past month

Page 2

**Vegan Recipes**

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

Page 3



**Volunteer, Donate, Fundraise**

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

Page 4

**Adoptable Cats**

*Check out which*



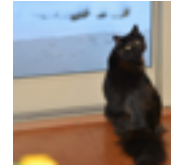
*animals are in need of homes! Adopt now!*

Page 5

**News**

*Read current articles featured from animal rescue leagues big and small; near and far.*

Page 6



**Adoptable Dogs!**

*Adoptable dogs through our affiliate in Houston, Texas*

Page 7

# Presidents Message

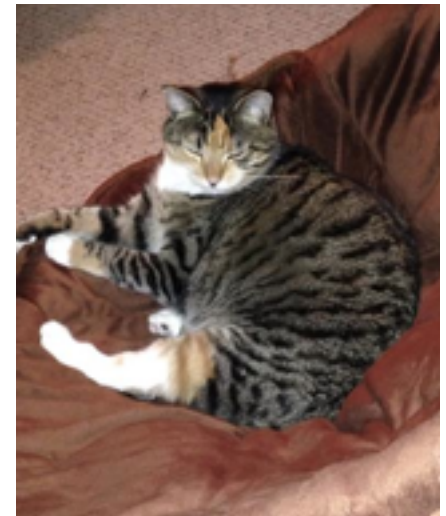
Dear Friends,

Once again we are entering the winter season when many, many more animals will be in need. If you have been thinking about volunteering, now would be a good time to start because so many animals will be in need. If you don't feel you can physically go outside and help them, this issue documents many other ways you can help instead. Please check in with us and we

will talk with you about the things that you feel you best can do.

*As we said so many years ago when we began "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 the Animals,  
Caryl McIntire Edwards

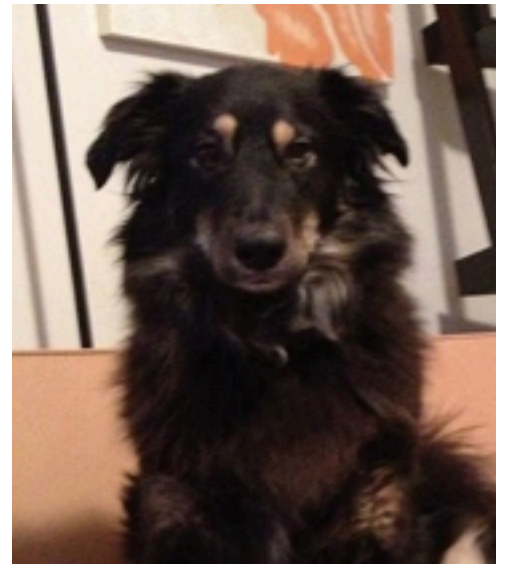


# Monthly Reflection

*"A man is truly ethical only when he obeys the compulsion to help all life which he is able to assist, and shrinks from injuring anything that lives."  
Albert Schweitzer*



*Cold weather is upon us and we are in desperate need for foster families. We have been unsuccessful at finding a foster home for dogs in need of rescue in Houston, TX and we are now seeking more feline foster homes. Voice for Animals has taken on a few more cats this past month and is actively seeking homes for them. We are looking forward to a future where we will have our own property and be able to help a larger amount of cats in need. As for now, we will continue our battle against animal cruelty and neglect and we will continue to fundraise and help as many animals as we physically can. We are also actively seeking more volunteers to help us with our organization. Those with experience with grants, newsletters, photography, fostering and fundraising are urged to apply!*





## Vegan Cranberry Sauce

Original recipe makes 11 servings

### Ingredients

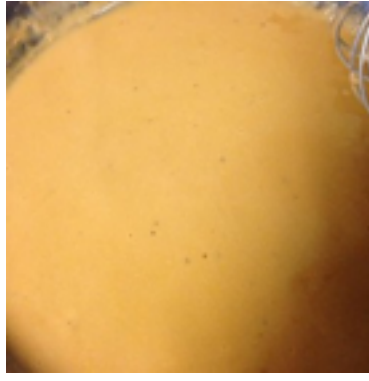
12 ounces cranberries

1 cup white sugar

1 cup orange juice

### Directions

In a medium sized saucepan over medium heat, dissolve the sugar in the orange juice. Stir in the cranberries and cook until the cranberries start to pop (about 10 minutes). Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools.-Allrecipes.com



## Vegan Gravy

Original recipe makes 4 servings

1/4 cup canola oil

1/3 cup all-purpose flour

1/4 cup vegetable broth

3 tablespoons tamari sauce

2 cups soy milk

2 tablespoons nutritional yeast

Ground black pepper to taste

### Directions

Heat oil in a skillet over medium heat. Whisk flour, vegetable broth, and tamari into hot oil; cook and stir until there are no lumps and the mixture becomes paste-like, about 5 minutes. Pour soy milk into the skillet; cook and stir until the mixture thickens, about 5 minutes more. Add yeast and black pepper; stir.-Allrecipes.com



## Vegan Corn Muffins

Original recipe makes 6 servings

1 1/2 teaspoons egg replacer (dry)

2 tablespoons water

1 cup yellow cornmeal

1/2 cup all-purpose flour

2 teaspoons baking powder

2 tablespoons white sugar

2 tablespoons vegetable oil

1 cup water

1/2 tsp salt

### Directions

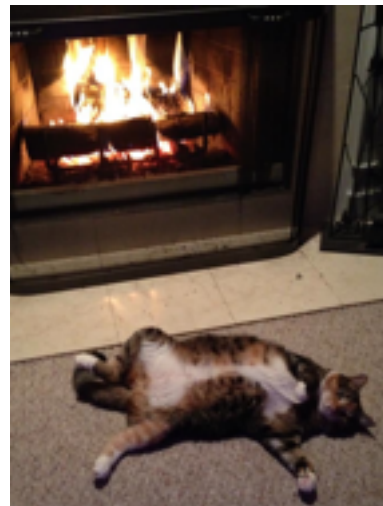
Preheat oven to 450 degrees F (230 degrees C). Grease six muffin cups or line with paper muffin liners. In a small bowl, beat together egg replacer and water. In a separate bowl, combine cornmeal, flour, baking powder, sugar and salt. Add egg mixture, oil and water; stir until smooth. Spoon batter into prepared muffin tins using approximately 1/2 cup for each muffin. Bake in pre-heated oven for 10 to 15 minutes, until a toothpick inserted into the center of a muffin comes out clean. -Allrecipes.com



BEFORE



AFTER



**Volunteer**

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

**Donate**

\*Winter Weather Advisory!!!\* With cold temps arriving, 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

**Fundraise**

Fundraising is extremely vital to the growth of Voice for Animals. Without funds we are limited in what we can do to help rescue animals. Voice for Animals spays/neuters cats when appropriate and depends on funds to do so.

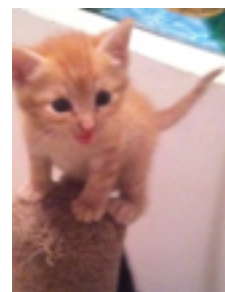
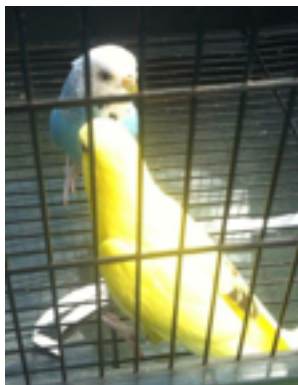
We have fundraisers online and attend local events to promote our work.

*Check out our online fundraisers at:*

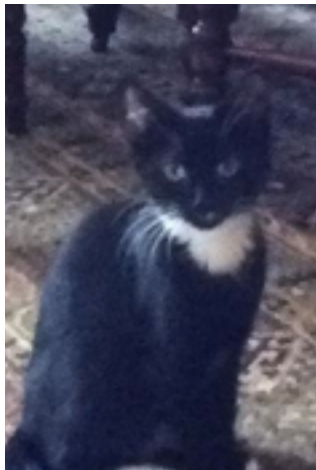
[www.crowdrise.com/voiceforanimalsinc](http://www.crowdrise.com/voiceforanimalsinc)

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

*CafePress Store:*  
[www.cafepress.com/voiceforanimalsinc](http://www.cafepress.com/voiceforanimalsinc)



# 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. 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](mailto: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](mailto:in2catz@gmail.com).

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](mailto:in2catz@gmail.com)





# Improve the Science Behind Chemical Testing to Help Animals

Each year, tens of thousands of animals are killed to test industrial chemicals, including those found in common household products. These animals suffer terribly, as harsh chemicals are rubbed into their skin, forced down their throats and dropped in their eyes. **Legislation could go far to help these animals, but we need your support to get it passed.** The Frank R. Lautenberg Chemical Safety for the 21st Century Act (S. 697), introduced by Sens. Tom Udall, D-N.M. and David Vitter, R-La., would improve the science behind chemical testing, encourage better safety decisions to protect the environment and human health and would reduce -- if not eliminate -- the use of animals.

## TAKE ACTION

**Please make a brief, polite call to your two U.S. Senators now. [Look up your legislators' phone numbers.](#)** You can simply say: "Please support S. 697 to improve the science behind chemical testing to help animals." After making your call (please do not skip that crucial step!), fill in and submit the form below to send a follow-up message. Legislators receive a lot of email; be sure to edit your message so it stands out.

## Your Message

### \*Subject:

Please support S.697 and urge Senate floor action

Dear Senator,  
As your constituent, I urge you to cosponsor The Frank R. Lautenberg Chemical Safety for the 21st Century Act (S. 697), if you haven't already done so. Introduced by Sens. Tom Udall, D-N.M. and David Vitter, R-La., and cosponsored by a bipartisan group of 50 other lawmakers, this bill is poised for Senate floor activity.

Each year, tens of thousands of animals die horrific deaths for the purpose of testing industrial chemicals, including ingredients found in common household products. Some of these tests have been in use since before the Toxic Substances Control Act of 1976 and involve administering chemicals over a prolonged period of time, causing horrific deaths.

S.697 would significantly improve the science behind chemical testing and encourage better safety decisions to protect the environment and human health. It would also reduce -- if not eliminate -- the use of animals by:

- requiring the use of existing validated alternatives to animal testing where available;
- prioritizing the research and development of new methods; and
- requiring that every other way of obtaining information is tried before animal testing can be used.

### \*Please personalize your message

The bill calls for quickly identifying chemicals most likely to pose health problems, and focusing resources on testing those chemicals more thoroughly. It is a practical and commonsense approach that would save time and money, because a full battery of safety tests can take more than a decade at the cost of tens of millions of dollars and thousands of animal lives.

Scientists and regulators around the world -- including the U.S. Environmental Protection Agency -- agree that the new science is the best way forward as it minimizes and ultimately eliminates animal testing.

**Please support this important legislation. Vote yes on S.697.**

Sincerely,  
[Your Name]  
[Your Address]  
[City, State ZIP]

*-The Humane Society of the United States- Shared via the HSUS Facebook page*

-Check out <http://features.peta.org/cruelty-free-company-search/index.aspx> to find out more about companies that do not test their products on animals. )



Houston, TX Dogs in Need

*"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."*

Albert Einstein



*Cleveland- Should be available in early 2016. Look for her story in our December newsletter!*



**Bonnie and Clyde - ADOPTED!**

**Contact: Voice for Animals, Inc. if interested in any of these available dogs. We will contact our affiliate for you.**

**Splash - Still available!**  
Splash is about 10 weeks old. Very cuddly with people, loves her baths and the snuggling afterwards! Could be ready to go in a couple of weeks!

