



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

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Vegan Recipes

Two- three 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



Check out which animals are in need of homes! Adopt now!

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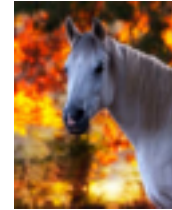
News

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

Adoptable Dogs!

Adoptable dogs through our affiliate in Houston, Texas

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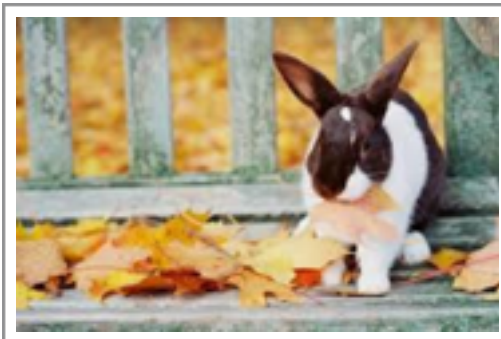
Presidents Message

Dear Friends,

As you can see from this newsletter Voice for Animals is growing!! In a realization of our fondest dreams not only are we dealing with cats, but now dogs from the South, as well.

Please join us and help in any way you can-by fostering, fundraising, and/or by

helping us in a myriad of other ways (some of which are listed here) to see that VFA continues to advocate for as many animals as we possibly can.



The words we spoke when we began this organization nearly thirty years ago are as true today as they were then, 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.

Sincerely,
Caryl McIntire Edwards
President/Founder



Monthly Reflection

“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

Voice for Animals Inc. has had a very successful September! We put much time and effort into preparing for Apple Harvest Day and it was a huge success. We are so thrilled to welcome our new volunteers to our organization and are so grateful for their interest in raising their voices for animals. Voice for Animals Inc. depends on help in so many categories ranging from social media assistance to TNR (Trap, Neuter, Return). We look forward to getting to know our

volunteers better and learn more about their interests in helping animals.

We have continued to correspond with our affiliate in Houston, Texas who is currently helping dogs in kill shelters by rescuing them and rehoming them. The more foster homes and volunteers we have, the more animals we can save. With the cold winter months quickly approaching, we are preparing for

helping more feral cats in getting the help they need.





Breaded, Fried, Softly Spiced Tofu

Original recipe makes 4 servings

Ingredients

- 1 (16 ounce) package extra-firm tofu, drained and pressed
- 2 cups vegetable broth
- 3 tablespoons vegetable oil
- 1/2 cup all-purpose flour
- 3 tablespoons nutritional yeast
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon sage
- 1/2 teaspoon cayenne pepper

Directions

Cut pressed tofu into 1/2-inch thick slices; then cut again into 1/2-inch wide sticks. Place tofu in a bowl, and pour broth over the top. Set aside to soak.

In a separate bowl, stir together flour, yeast, salt, pepper, sage, and cayenne.

Warm oil in a large skillet over medium-high heat.

Remove tofu sticks from broth, and squeeze most (but not all) of the liquid from them.

Roll sticks in breading. (You may have to roll sticks twice to end up with a fairly dry outer layer of breading.) Place tofu in hot oil; fry until crisp and browned on all sides. Add more oil if necessary. -Allrecipes.com



Vegan Mac and No Cheese

Original recipe makes 4 servings

- 1 (8 ounce) package uncooked elbow macaroni
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 cup cashews
- 1/3 cup lemon juice
- 1 1/3 cups water
- salt to taste
- 1/3 cup canola oil
- 4 ounces roasted red peppers, drained
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente; drain. Transfer to a medium baking dish.

Heat vegetable oil in a medium saucepan over medium heat. Stir in onion, and cook until tender and lightly browned. Gently mix with the macaroni.

In a blender or food processor, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, nutritional yeast, garlic powder, and onion powder. Blend until smooth. Thoroughly mix with the macaroni and onions. Bake 45 minutes in the preheated oven, until lightly browned. Cool 10 to 15 minutes before serving. -Allrecipes.com



Chocolate Avocado Pudding

Original recipe makes 4 servings

- 2 large avocados - peeled, pitted, and cubed
- 1/2 cup unsweetened cocoa powder
- 1/2 cup brown sugar
- 1/3 cup coconut milk
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon

Directions

Blend avocados, cocoa powder, brown sugar, coconut milk, vanilla extract, and cinnamon in a blender until smooth. Refrigerate pudding until chilled, about 30 minutes. - Allrecipes.com



Volunteer



Volunteers are the main reason we are able to grow stronger and help more animals in need. It takes all sorts of help from newsletter article compilations, assistance with updating our Facebook page, to trapping and neutering/spaying feral cats and returning them to their colonies. We also need volunteers to help us with photography, fundraising efforts, spreading the word of VFA animals available for fostering and adoption, and educating the public of who we are.

Without foster homes, we are unable to adopt out animals in need. We depend on foster homes to keep animals in our care fed, and taken care of after a spay/neuter surgery.

Won't you help be the solution?

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 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.gofundme.com/voiceforanimalsvfa>

CafePress Store: www.cafepress.com/voiceforanimalsinc

ADOPT



OUTBACK

Outback did not come all the way from Australia, he actually showed up "out back" of a local restaurant where he was, most likely, trying to find a meal. He is a



friendly, young neutered male. Outback has been gracious in his foster home and loves to get attention. He is a handsome tabby cat that would do best in a home with older children. Outback should do fine with other cats. Contact Voice for Animals for more information on this very handsome boy. Email: in2catz@gmail.com

BENNIE

Bennie is one of three older kittens looking for a patient, quiet home. He and his cat family were on their own for quite some time. They did not learn the kindness of people until a Voice for Animals volunteer



took them into her home. They have made tremendous strides in learning to trust humans and will continue to do so in the right forever home. Bennie's male litter mate recently got adopted, so it is now him and his two sisters (Marylin and Joon) waiting for their chance at a real home. Look at that face? Isn't he worth a little extra time and patience? Please email Voice for Animals for more information on Bennie and his sisters: in2catz@gmail.com

SAPHIRA

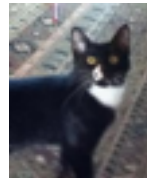
Saphira was taken in by Voice for Animals



when pregnant. She had her kittens in a safe foster home and was a very caring and attentive mother. She had to say good bye to all of her kittens as they went to their forever homes. Saphira is now waiting for her turn to be adopted into her special, forever home. She is friendly, but reserved and is being fostered with some other older kittens that she is very bonded with (Bennie). She would love to go home with one of these kittens if you are looking for two new furbabies. If you are interested in finding out more about our lovely Saphira, please email us at in2catz@gmail.com.

JOON

Joon is a such a cutie with that splotch of white on her black face. She is an older kitten who gotten taken in out of the cold last winter. She is being fostered with her litter mates Marilyn and Bennie. They are all shy and slow to come around to



new people but have done very well in their foster home. Joon would love to be adopted into a quiet and patient forever home. Once given the chance, Joon will warm up to her new person and be a faithful companion. She and Bennie and Marylin get along very well and she would love to go home with one or both of them if someone is looking for an entire fur family. Email Voice for Animals for more information: in2catz@gmail.com

PAPI

Papi is a 4 year old beautiful tabby. He is 14 lbs of sheer love.

He is a special cat, a bit shy but so sweet and loving. Papi would never hurt anyone, including a child. He is a Big Baby who loves attention and will meow to let you know this. His purr is loud and immediate. If you are interested in learning more about this gentle giant please email us at in2catz@gmail.com



Houston, TX Dogs in Need

"Until one has loved an animal, a part of one's soul remains unawakened." - Anatole France



Flash - Border Collie Mix



Bonnie and Clyde - Forgotten Dogs fosters. Mom is blue heeler. Dad unknown. Rescued from under a car in the 5th Ward in Houston.



Splash - American Bulldog mix, sweet cuddly girl.

Contact: [Voice for Animals, Inc.](#) if interested in any of these available dogs. We will contact our affiliate for you.

Cleveland





Rescuing Animals Impacted by Hurricane Joaquin

The Humane Society of the United States' Animal Rescue Team ramps up rescue efforts throughout South Carolina

HSUS field responder Troy Snell calms a rescued dog. Photo by Bob Leverone/AP Images for The HSUS

[MEDIA DOWNLOADS »](#)

The Humane Society of the United States is providing water to the City of Columbia Animal Shelter, which likely won't have

water for up to 10 days, and pet food to Pawmetto Lifeline animal shelter in Columbia, South Carolina. The HSUS' Animal Rescue Team is helping to assess the needs of shelters impacted by the storm throughout the state, and is on-hand with water, supplies and other services as needed.

Animals from flooded areas are expected to be transported by HSUS' Animal Rescue Team to a hub at Greenville County Animal Care, where they will receive their health certificates and prepare for the next step in their journey to [HSUS Emergency Placement Partners](#). In the coming days, those dogs will be transferred to partners in North Carolina, Florida and Virginia.

Nineteen dogs are awaiting adoption at the Atlanta Humane Society after being rescued and transported by The HSUS' Animal Rescue Team from Lee County Animal Shelter, which was heavily impacted by rain and flooding following the storm.

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