



*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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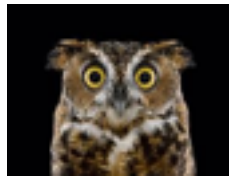


**Volunteer, Donate, Fundraise**

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

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**In the Spotlight**



*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.*

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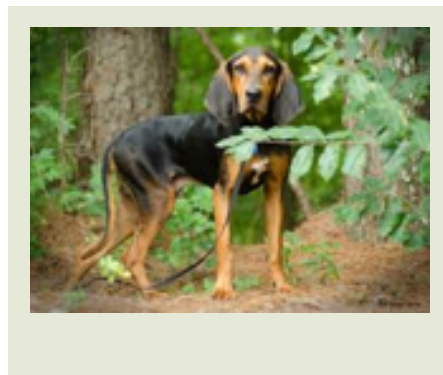
# Presidents Message

Dear Friends

The summer has sped by very quickly and here we are approaching fall. Voice for Animals has been active in area events and we hope to continue to do so with your help.

There is SO much we still want to do for animals!

Please join us at Apple Harvest Day on Saturday, October 3 to find out more of what we are all about and see if there might be a special spot in VFA just for you.



For the animals,  
Caryl McIntire Edwards

# Monthly Reflection

“There is nothing so good for the inside of a man as the outside of a horse.  
~John Lubbock, "Recreation," *The Use of Life*, 1894

*Voice for Animals Inc. had a very exciting August! We started our month by attending York Days festival in York, Maine. This was very special to us because York is where Voice for Animals was originally headquartered! We really enjoyed meeting new and current supporters of animal rescue. We are currently preparing for our next event which is in downtown Dover, NH on October 3rd. Apple Harvest Day is a popular event featuring all you can eat pumpkin and apple*

*flavored delights! The streets are filled with local vendors, as well as non-profits supporting humans or animals! We look forward to having giveaways, raffles, and animal retail items for sale. We will also have one of our favorite rescues, Ben, with us! If you have been thinking about signing up to volunteer or foster, or learn more about VFA, here is your chance! We will have all sorts of*

*information and sign up sheets located at our booth. We hope to see you all there!*





## Roasted Fall Vegetables

*Original recipe makes 2 servings*

3 medium beets, peeled and cut into 1 inch cubes

1 large turnip, peeled and cubed

1 cup pearl onions, peeled

1/4 cup olive oil

1/2 teaspoon dried rosemary

salt to taste

### Directions

Preheat oven to 425 degrees F (220 degrees C).

Place the beets and turnip in a 9x9 inch baking dish. Cut an X in the root end of the onions and place them in the dish. Drizzle the olive oil over the vegetables and add the rosemary and salt. Stir to coat the vegetables with oil.

Bake in preheated oven for 1 hour, or until the vegetables are golden brown and tender. Serve hot.



## Vegan Apple Carrot Muffins

*Original recipe makes 12 servings*

1 cup brown sugar

1/2 cup white sugar

2 1/2 cups all-purpose flour

4 teaspoons baking soda

1/2 teaspoon baking powder

4 teaspoons ground cinnamon

2 teaspoons salt

2 cups finely grated carrots

2 large apples - peeled, cored and shredded

6 teaspoons egg replacer (dry)

1 1/4 cups applesauce

1/4 cup vegetable oil

### Directions

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.

In a large bowl combine brown sugar, white sugar, flour, baking soda, baking powder, cinnamon and salt. Stir in carrot and apple; mix well.

In a small bowl whisk together egg substitute, applesauce and oil. Stir into dry ingredients.

Spoon batter into prepared pans. Bake in preheated oven for 20 minutes. Let muffins cool in pan for 5 minutes before removing from pans to cool completely.



## Vegan Pumpkin Ice Cream

*Original recipe makes 1 quart*

1/4 cup soy creamer

2 tablespoons arrowroot powder

1 3/4 cups soy creamer

1 cup soy milk

3/4 cup brown sugar

1 cup pumpkin puree

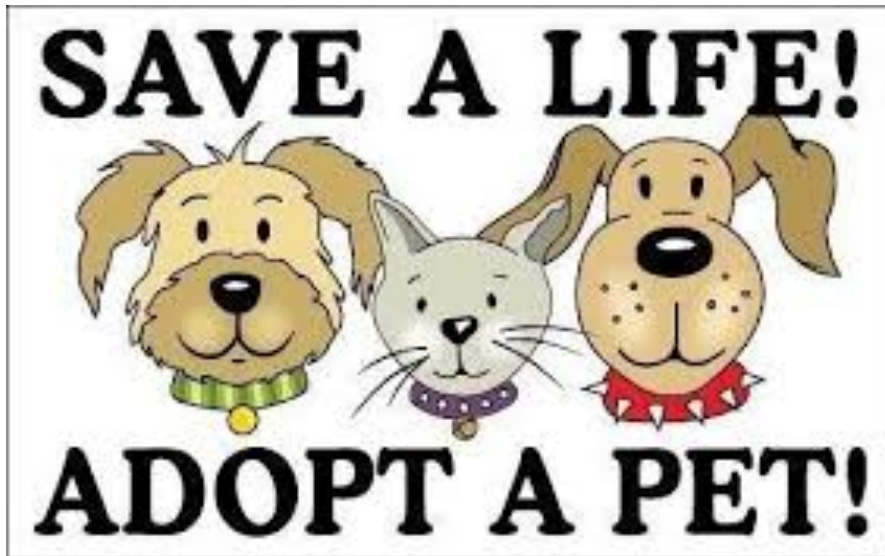
1 teaspoon vanilla extract

1 1/2 teaspoons pumpkin pie spice

### Directions

Mix 1/4 cup soy creamer with arrowroot and set aside. Whisk together 1 3/4 cup soy creamer, soy milk, brown sugar, pumpkin puree, vanilla extract, and pumpkin pie spice in a saucepan over medium heat, stirring frequently, until just boiling. Remove the pan from the heat; stir in the arrowroot mixture to thicken. Set aside to cool for 30 minutes.

Fill cylinder of ice cream freezer; freeze according to manufacturer's directions.



**Volunteer**



Volunteering not only makes a difference in your community or helping animals...it can improve your own life. By volunteering 1 hour a week, month, or year, you are being part of the solution. Discover new skills, make good friends who share similar interests, and even lower your blood pressure! According to Alan Beck, ScD, director of the Center for the Human-Animal Bond at Purdue University: "petting your cat or dog feels good. It lowers your blood pressure, helps your body release a relaxation hormone, and cuts down on levels of a stress hormone."

Voice for Animals needs volunteers to foster, network, and fundraise. As the cold weather approaches, more animals will depend on us for rescue and shelter.

**Won't you help be the solution?**

**Donate**



There are various needs when an animal is rescued. The most important are love and shelter and food. Voice for Animals depends on supporters to donate funds and gift certificates so food can be purchased. Other items such as blankets, bedding, brushes, and bowls are often needed.

If you are unable to donate financially, are you able to donate your time? Do you have room in your home to shelter and foster an animal in need?

Do you have a gift certificate or skill to donate towards our gift baskets and raffles at our local events? Apple Harvest Day is October 3rd, 2015 and pet retail items and gift certificates are needed for our gift baskets!

**Fundraise**



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

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

# ADOPTED



**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](mailto: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, 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](mailto:in2catz@gmail.com)

**SAPHIRA**

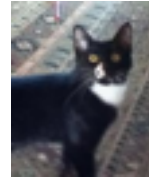
Saphira was taken in by Voice for Animals



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](mailto:in2catz@gmail.com).

**MARYLIN**

Marylin is a beautiful, curious older kitten waiting for her forever home. She was born outside during the cold winter months and survived because of her very caring mother. Voice for Animals was finally made aware of her situation and she and her



mother and litter mates were taken to a foster home. Marylin has come a long way in getting use to people and will flourish in a patient, quiet home. She is 6 months old and would do well with other cats (especially Joon (picture 2) or Saphira (picture 3) or Bennie which is her male litter mate. She is playful and loving...she just needs someone to give her the chance to prove herself. Please email Voice for Animals: [in2catz@gmail.com](mailto: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**





### Oregon Hay Bank Receives \$5,000 Donation to Help Horse Owners Affected by Wildfires

The Oregon Hay Bank is receiving a \$5,000 donation for distressed horse owners facing hay shortages as a result of the wildfires in the Grant County area. The \$5,000 donation from The Humane Society of the United States will be used to help horse owners with immediate needs to feed their animals, and those who may need help during the winter. The wildfires in Grant County are the largest in Oregon and have destroyed dozens of homes, including properties with horses. Horse owners have lost their hay, and the fires destroyed some hayfields where hay was being grown for the winter.

Since its founding in 2009, the Oregon Hay Bank has provided direct assistance to horse owners facing hardship in almost every county in Oregon. It has provided emergency assistance with other needs, such as vet bills and gelding, and participated in horse health clinics in Oregon to provide free, professional services to horse owners who could not afford those services on their own.

### More than 40 Airlines Adopt Wildlife Trophy Bans After Cecil the Lion's Death

Since the death of Cecil the lion in early July, [42 airlines](#) have announced or reaffirmed bans on wildlife trophy shipments on their carriers. American Airlines, Delta, Hawaiian Airlines, Jet Blue, United and Virgin are just a few of the carriers that have banned shipments of lion, leopard, elephant, rhinoceros and Cape buffalo trophies. Shipping giants UPS and FedEx and South African Airways have yet to do so. Wayne Pacelle, president and CEO of The Humane Society of the United States, "is calling upon them to get in line with emerging industry standards for animal welfare and conservation and to stop shipping trophies from these rare animals gunned down in their native habitats."

Pacelle said: "UPS and other shipping carriers and airlines have the opportunity to help us fight this enterprise of globe-trotting trophy hunting of the rarest, most remarkable animals in the world. We urge these

entities to follow in the footsteps of Virgin, Delta, United and other airlines and freight carriers."

In addition to the airline announcements, several lawmakers have introduced bills to restrict wildlife trophy imports. U.S. Sen. Robert Menendez, D-NJ, has introduced a [bill](#) to ban all imports of trophies and parts from African lions and other at-risk species. Reps. Sheila Jackson Lee, D-TX, and Eddie Bernice Johnson, D-TX, plan to sponsor a bill to amend the Endangered Species Act to ban "all acts of senseless and perilous trophy killings." Lawmakers in New York and New Jersey have introduced bills to restrict intrastate sales and transportation of animal trophies.

