



VOICE FOR ANIMALS

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

THE VOICE 2018

President's Message

Once again we come to you with information on our 31st year of helping animals. Here you will read about our education programs begun in 2017 with speakers on various humane issues at the York Public Library and materials provided to local schools to help children learn ways they can be kind to animals. You will also be updated on what is happening legislatively in Maine and New Hampshire, state emergency rescue programs-CART (County Animal Response Teams-Maine) and DART (Disaster Animal Response Teams-New Hampshire). As always, there is a column written by animal communicators in the area, hoping that some may find this helpful. Never Turn Your Back on an Animal in Need is always included with an inspiring true story of a rescue and the goal of convincing every reader that there is never any time that refusing to help an animal in need is okay. This year Barbara Bonsignore, has donated some of her special recipes from her award winning cookbook, *Cooking with Compassion* to us. And finally information from two farm sanctuaries-one from Maine and one from New Hampshire, as we still hold out hopes to one day have an annual sanctuary ourselves. As we institute new programs we are in need of new volunteers. Please join us in offering your voice and your expertise to the animals.

As we said many years ago when we first 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 ALL the animals,
Caryl McIntire Edwards

Never Turn Your Back on an Animal in Need

From Rags to Riches – Gnarlz's Journey

November marks the 4th anniversary since Gnarlz became a permanent member of our family.

Our journey began in October 2013 when I saw this handsome boy for the first time and had a good suspicion that he was homeless. I left food outside but he didn't eat anything and I didn't see him again that winter. In the spring of 2014, he was back – I spotted him near our front door most likely picking up the scent of our 2 female cats who are sisters from a VFA adoption in 2007. He ran when he saw me so I began putting food outside again with hope to help this poor guy in need. Luckily, he caught on that this location was a food source and would show up from time to time. Eventually, I moved the food supply to a covered area outside my breezeway to provide him with shelter and know the food wouldn't spoil in the weather. He found the new food location and would come to eat, sometimes more than other times. He would run when I got near him so I would watch from inside the house. This went on through July.

In August, I found him under my car with a terrible wound on his face which turned out to be a ruptured abscess. We set up the have a heart trap which ended up being a disappointing failure as he was able to back his way out of it. This was devastating because I knew I blew it and lost his trust and that would no longer be an option for catching him. In time, I continued to get a shorter distance from him until one evening I got close enough where I could stretch to touch him and his tail went up. I knew I had a chance again and he was not completely feral.

We would leave our garage door open a foot and I had made a shelter for him but he would just eat and leave. I was getting very concerned because cold weather was upon us and I felt hopeless that I couldn't save this cat. Come November, he disappeared for a week and I was beside myself with worry, constantly looking out the window to see if he was there or his food was touched to no avail. Eventually, he was back and I could breathe a sigh of relief knowing he was still alive. We continued leaving our garage door open a foot hoping he would make it his winter home.



On the evening of November 25th, we pulled into our driveway and there he was grabbing a late night snack. He spotted us but couldn't run away through the gardens which were covered in snow. In a panic he ran into the garage. Instantly, my husband pushed the button to close the garage door. We looked at other in disbelief that we had finally trapped this cat. Over the next couple of weeks, the upstairs of our garage was his home where I would go up and visit him several times a day to earn his trust, feed him, and eventually he would let me pat him. We left our breezeway door open from the garage and he eventually made his way in there and the rest is history. We got him to the vets for an overall checkup and neutering and brought him back to his forever home.

Gnarlz has brought a whole new vibe to our household. He has the best personality, rules the roost, and is extremely spoiled. We love him and are so thankful he found us.

This story was submitted for our 2017 newsletter

VFA of Maine and New Hampshire Against Puppy Mills

On September 30, 2017 I attended a VFA presentation on puppy mills at the York Public Library. The presenter was Lynne Fracassi, the founder of Maine Citizens Against Puppy Mills. Her talk was so compelling I asked her how I could start something similar in New Hampshire because I was upset that the Little Shop of Pets was selling puppies in Portsmouth. First she instructed me to get information from the state veterinarian on all certificates of the animals sold there. This showed that all the puppies were bought by a broker in Missouri. Once I had that information in hand she helped me set up our first protest there on November 4, 2017. Fifty-four people were present at that event. Some could only come that one time but a core group and I protested throughout the Holiday season.

In early 2018 I met with Lindsay Hamrick, the director of the New Hampshire Chapter of the Humane Society of the United States, to see if we could get a bill outlawing the sale of puppy mill dogs and cats in the state on the ballot in 2019. I will know by early December if this will be possible. However, it does look like Maine will be going forward with Katie Hansberry, HSUS director in Maine, and Maine Friends of Animals supporting Lynne Fracassi in introducing a new bill to outlaw sales of puppy mill dogs and cats in Maine. (This passed the Legislature once before but was vetoed by the Governor because he felt it would take away much needed jobs from Maine citizens.)

In June we had a table at Market Square Day in Portsmouth to educate people about this issue, get them involved in our efforts, and introduce our new logo. We continue to protest in front of The Little Shop of Pets and hope more people will join us.

This fall we were able to put a billboard up on Route One in Hampton Falls for the months of October and November with the help of Harley's Dream (harley'sdream.org). Jennifer Roy Francouer worked with that organization on this project. She has been and continues to be a valuable team member. Patience and persistence is the lesson I have learned throughout this process.

Kathryn Davis



Voice for Animals has allowed VFA of Maine and New Hampshire Against Puppy Mills to come under our non profit. While we are not a 501(c)(4) which is set up entirely to work on legislation, with our 501(c)(3) status we can spend a portion of our money and time on something of this sort. Voice for Animals is overjoyed that one of its presentations has led to something so important. You can find this group on their Facebook page: VFA of Maine and New Hampshire Against Puppy Mills.

Maine Citizens Against Puppy Mills

In January, 2019 Maine Citizens Against Puppy Mills will start going over LD #335, changing some of its wording, and adding more. We will be working alongside Maine Friends of Animals, a 501(c)(4) nonprofit, as we have in the past. When we are ready to submit this bill again VFA will be informed of its progress so that it can pass this on to all its members.

Lynn Fracassi

Maine CART

The York County Animal Response Team was re-established in March of 2016. Since then, our membership has grown to 75 members from various cities and towns in York County. We respond to animal needs before, during, and after disasters and assist partner agencies with large-scale sheltering or rescue needs related to other events such as cruelty cases. Part of our mission is to educate citizens on how to be prepared for emergencies so we are involved with community outreach and take part in many public events. Read below for tips on how to be prepared for your pets!

-Know the hazards in your area.

-Sign up to receive alerts and warnings.

-Have a disaster kit.

This should include everything your family needs to be self-sufficient for at least 48 hours. Include items for any family members who have special needs including children and pets. Some examples for pets include:

-3-7 day's worth of canned or dry pet food

-3-7 day's worth of bottled water

-Pet feeding dishes and water bowls

-Can opener

-Collar and ID tags

-Sturdy crate or carrier (ideally, one for each pet) labeled with pet and contact info

-Recent photos of your pets with you

-Photocopies of medical records, rabies certificates, vaccine history and microchip information

-Medications that your pet requires

-Disposable litter trays

-Litter

-Blanket

-Comfort items

-Disinfectant and cleaning supplies

-Garbage bags for clean up

-Poop bags

-Especially for cats: pillowcase, toys, blanket or item with their scent on it

-Especially for dogs: Extra leash, toys and chew toys, cage liner (newspaper or puppy pads)

-Be familiar with evacuation routes, shelter locations and what accommodations there are for pets in your area such as emergency shelters and pet-friendly hotels.

-Never, ever leave pets behind!

Visit our Facebook and Twitter pages to learn more preparedness tips for pets and humans, alike!

<https://www.facebook.com/YorkCART>

<https://twitter.com/YorkCountyEMA>

The York County Animal Response Team meets the first Thursday of every month at 6pm at YCEMA (York County Emergency Management Agency) and is always looking for new members. Please contact Megan Arsenault at mearsenault@yorkcountymaine.gov for more information!

New Hampshire DART

What We Do-Disaster Animal Response Team

- Provide or sponsor training in Emergency Animal Sheltering and other disaster-related topics to interested volunteers.
- Develop and support a network of Regional Disaster Animal Response Teams across the state to assist local communities with their pet sheltering needs following a disaster.
- Provide standard operating procedures and standardized forms for local and regional emergency pet sheltering needs.
- Educate the public, volunteers and responders on the importance of planning for and responding to animal needs in disasters.
- Deploy a fully equipped Companion Animal Mobile Equipment Trailer (CAMET) that includes cages and other necessities to supply an emergency animal shelter in the event of a disaster.
- Assist municipalities with the incorporation of pets into their own local Emergency Operations Plans.

Maine CART and New Hampshire DART recently held a joint training on rescuing farm animals.

With postings from both Maine CART and New Hampshire DART perhaps this is a good time to say that this is another reason cats belong inside. What would you do if you were evacuated and your beloved indoor-outdoor cat was not to be found?

Gratitude Corner



- **Seraphina Caligiure** for the GoFundMe she set up for VFA on her birthday. She raised \$350.
- **Seraphina** also helped to straighten out our Facebook page. We are extremely grateful for this!
- **Calef's Country Store** in Barrington, NH continues to match the VFA donations they collect at their store. This has helped with our vet bills and educational goals.
- **Enchanted Nights B&B** in Kittery Maine continues to donate to VFA which has helped us greatly with our vet bills and educational goals. Thank you Nancy and Peter!
- **Continued thanks to our Veterinarians** and their staff for providing VFA with discounted vet services and care for our feral cats.

Great Falls Veterinary Hospital Somersworth, NH

Rochester Veterinary Clinic Rochester, NH

- **Kim Goodall** for providing foster care for our rescued cats.

Maine Update



Spayathon

The first of four rounds of high-quality, high-volume spay and neuter reaches over 5,600 pets and their families in Puerto Rico!

HSUS staff joined volunteers and veterinarians from 22 other organizations for Spayathon for Puerto Rico, a collaborative and historic initiative to spay and neuter 20,000 cats and dogs in Puerto Rico in one year! After Hurricane Maria devastated the island, many pet owners were forced to evacuate on planes without their pets and #Spayathon4PR is the commitment from 23 organizations to provide support to the island. We will work through November and then be back twice in 2019 to provide this free service to pet owners and their beloved cats and dogs.

Katie Hansberry, Maine Director of the Humane Society of the United States. (Lindsay Hamrick was also present at this event.)

Voice for Animals' Public Education Programs

Voice for Animals continued its education programs this year with speakers at the York Public Library and subscriptions to the publication Kind News in area schools.

Speakers at York Public Library 2018

In May Bobby Silcott, ACO spoke on his POM (Pet Oxygen Mask) Project and his efforts to have oxygen masks in all emergency vehicles in Maine and beyond. Bobby was certified as an ACO in 2006, covering 10 towns in Western Maine for 10 years. Currently he covers Yarmouth, North Yarmouth, and Cumberland. He founded the Maine POM Project in 2009. He was Facilities Manager at the Animal Refuge League for 2 years. He Retired as a Fire Fighter/EMT after 10 years in Naples. He lives in Yarmouth. VFA donated \$80 to the project so that another POM could be purchased.

New Hampshire Update

Great Danes Rescued from Cruelty Released to the State

After almost a year to the day, a Superior Court Judge has ruled that the Great Danes rescued from an unlicensed commercial breeder in Wolfeboro can be placed for adoption. The Court also ordered restitution in the amount of \$1.95 million to cover the costs incurred by The Humane Society of the United States to shelter and medically and behaviorally support these dogs for the past year. After sentencing, the defendant appealed all aspects of her sentence except for the Order forfeiting the dogs for immediate rehoming. This means the dogs can begin the Court ordered process to find loving homes immediately but costs of restitution will continue to accrue through placement of the dogs...

We believe this situation could have been alleviated much sooner if New Hampshire had stronger regulations for commercial dog breeders and we are committed to fixing our broken legal system that leaves animals waiting for the outcome of a cruelty case at no expense to the person charged with cruelty. We thank you all for your support of these dogs and your advocacy to strengthen New Hampshire's animal cruelty laws and we will keep you informed as we work with the State to determine next steps for the dogs on their journey to find loving homes. For the most up to date information on this process, please see our Facebook page.

Lindsay Hamrick, New Hampshire Director of the Humane Society of the United States

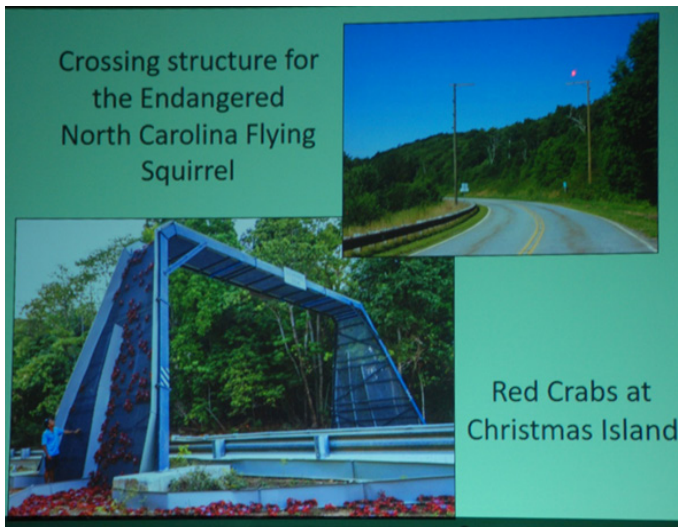




In July Arthur Cleaves of York County Emergency Management spoke about CART (County Animal Response Team), how we can plan ahead to help our animals in times of disaster, and the possibility of joining CART and helping many animals when a disaster occurs. Arthur Cleaves brings a lot to the table as he has been involved in rescue and many levels and had much information to give us. He is currently the director of Emergency Management for York County, Maine and has held similar positions as Senior Liaison for the New York State Office of Homeland Security and Emergency Management during the Storm Sandy. Before that he held the position of US Regional Officer of Homeland Security's Federal Emergency Management Agency (FEMA) Region 1 Office in Boston, MA. In this position he was responsible for disaster preparedness in all the New England states. Prior to joining FEMA he was director of Maine Emergency Management (MEMA). Before becoming involved in emergency preparedness Cleaves retired from the National Guard as a Colonel. VFA donated \$80 to YCART so that they could purchase another cage to be used for cats when/if a disaster occurs in the area

In September Sarah Haggerty, a conservation biologist who works for the Audubon Society in Maine, spoke on ways to reduce road kills. She explained how using tunnels and barriers can make a significant difference in the number of animals killed on roads each year. She specifically mentioned a section of Route 236 in Eliot which was being studied so the best placement of barriers could be implemented. One person expressed a concern that driver's education manuals never include anything about how to avoid animals in the road. She said she would take this up with the Department of Motor Vehicles in Maine with the intent of seeing a solution implemented across the country.. VFA donated \$100 to the Audubon Society of Maine for the presentation and to help further implement programs of this sort.





Expect to see more educational programs of this sort in 2019. If you have a specific issue or presenter to request please contact us at voiceforanimals.1987@gmail.com

Subscriptions to Kind News

(The premier humane education magazine for classrooms and homes, Kind News helps students connect with animals and build stronger, more empathetic relationships.-From the Kind News site)

Maine

Horace Mitchell School Kittery Point-2 subscriptions

Hanson Elementary School Lebanon

North Berwick Elementary School North Berwick

Coastal Ridge Elementary York-2 subscriptions

New Hampshire

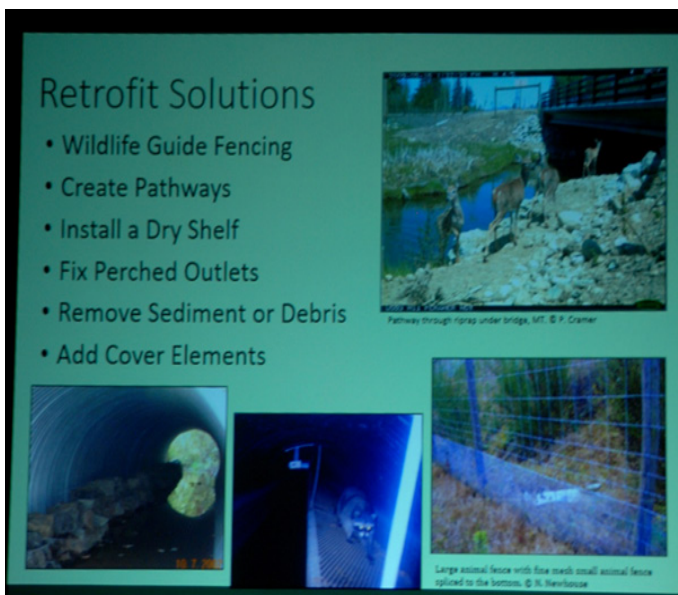
Nancy Loud Elementary School East Rochester-2

Dondero Elementary School Portsmouth

Chamberlain Street Elementary School Rochester

School Street Elementary School Rochester

We are hopeful that there will be many more schools to add to this list next year.



The Rainbow Bridge



Monte Edwards-Rest in Peace, sweet, handsome boy...until we meet again.

Towns that Prohibit Fireworks-Update

Maine-New towns added to the list

Augusta
North Haven
North Yarmouth

New Hampshire-New towns
added to the list and one to be removed

Bath
Conway
Gilford now allows them
Manchester
Nashua

As last year's newsletter stated: You can make a difference in your town! It will likely involve petitions and perhaps getting something put on the local ballot. It is a bit of work but every animal will appreciate your efforts! If you want support on how to do this or on another issue, please contact us voiceforanimals.1987@gmail.com
One caveat: Residents from around the two states tell us that even though their town may have banned fireworks they often still hear them being set off around cottages on bodies of water in the area. So while some of these towns do not put on a fireworks display, neither do they go after those residents who violate the prohibition.

Animal Communication

Nikeo Therapies

We have relocated to Aiken, South Carolina!

I wanted to update you on life from our new home. I have decided to take the rest of the year to rejuvenate, write, and spend time with Echoe and Sunshine. Our lives have been super busy for many years with care and service to clients, and the one person I have not taken care of, is myself. Something I am so good at inviting others to do. I am excited for this time to refill and enjoy my own life for a while.

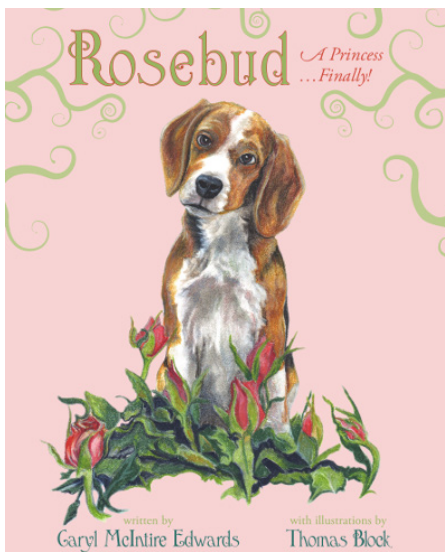
My services will be continuing again in January 2019. Animal Communication - These sessions help to bridge the gap between you and your animal, to resolve unexplained behavior changes, to explore past history (especially for shelter/rescue animals), to follow up on diagnoses, or alternative therapies, and end of life support. Connection is made using a photograph of your animal.

Animal Full session - These sessions are a consultation to support your animal's nutritional, physical, emotional or behavioral needs. Reiki is offered remotely to your animal also in these sessions

**To schedule a private session for your animals
please email me at nikotherapies@yahoo.com**

Michelle Lowery

Michelle has worked with numerous shelters in both Maine and New Hampshire and plans to remain in touch with all of her clients and friends in this area.



A harrowing story of how an unloved, unwanted dog goes from nearly becoming a coyote meal to living in a home where she is adored. The last page lists many ways children can help animals.

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through this newsletter to Voice for Animals.*

Enlightened Horizons

Hello all! I'm grateful for this opportunity to check in with you and your animals, and for this edition I'm going to help you get the most out of an animal communication session. The first thing you need to do is find a reputable psychic. Some are better than others, so word of mouth and checking references is an ideal way to find yours. Some are purely energy workers and do not convey messages, others offer medical advice and some are animal behaviorists. To me that's very different than a psychic but depending on your situation they may be 100% appropriate for you. I am a psychic medium, which means I can channel energy of your loved one on the other side. I am also an empath, so I can feel physically what you or your pet is feeling. I have zero medical knowledge so I do not diagnose, treat or heal. I leave that to the licensed professionals!

The next thing to consider is if the animal needs to be present for the reading. I do the majority of mine long distance, which is why I can go on the radio and take your questions. If we're not sitting in the same room I will ask for the animals name, what kind and color and if they're living or deceased. Energy is energy to me and it's actually hard for me to tell if they're here or on the other side. If someone calls about a missing pet I ask my guides if they're living or deceased and get a yes/no answer. Why do I ask for the color? You'd be amazed how many times someone calls me for a specific animal and one from the past jumps at the opportunity to be heard. If you tell me your dog is light brown and I'm looking at a black and white one, I know we're not on the same page.

To get the most out of your reading write down your questions in advance and ask if you can record the session. I'm always open to that but some people may not be. I talk super fast (I need to because the messages come flying in at 90 mph!) and as soon as I start talking you're going to go totally blank. Happens all the time and if you can refer to your list of questions you'll get more out of the reading. I totally understand that people don't want to give me too much information but if you've called me I'm assuming you were referred by someone you trust, so you don't

need to test me to see if I'm legit. If you have a dog who may need surgery, feel free to say so. Then ask me how they feel about it or if there's anything you need to know. I don't need an overabundance of background information, either. It'll be clear a few minutes in if you need to give me more information.

When I do a reading I'm tapping in and seeing how they feel physically. I ask them to tell me how they feel emotionally. As I'm talking to you there's a whole lot of chatter and yes/no questions going on in the back of my brain. It's a fascinating process even for me! One thing I will always guarantee is that your pets in heaven are joyous, pain free and absolutely at peace with their crossing. The biggest piece of advice is to be open to what comes through. It may not be what you expected to hear but it's what the universe/your guides/your higher self NEEDS you to hear.

I hope that this gives you a little insight into working with an animal communicator! If you'd like to learn more about me and what I do, please go to www.enlightened-horizons.com and like Sara Moore Enlightened Horizons on Facebook.

Psychic Sara (Sara Moore)
Sara regularly works with several animal
shelters in the area including the
Animal Refuge League and the Animal Welfare Society

Humane Mouse Traps

With such a large number of mice entering homes this year, Voice for Animals wants to recommend humane mouse traps for them. Additionally, Mainly Rat Rescue advises that you have a professional go over your house to see where the animals may be entering. The humane mouse trap we stand by is Authenzo Humane Mouse Trap for catch and release- \$13.99 for a two-pack at Amazon.com. It is important to remember that mice are sentient creatures; each mouse is an individual and different from every other mouse; and they all matter-all reasons for treating them humanely.

Starting a Farm Sanctuary

Live and Let Live Farm Rescue and Sanctuary

Reflecting on 2018, Live and Let Live Farm Rescue & Sanctuary Finds Strength, Inspiration in a Year Rife With Heartbreak and Tragedy.

As we head into the holiday season, it is only natural to reflect, with intuitive introspection, on the year as a whole. Align the numbers in columns and rows, calculate totals, reconcile discrepancies, and establish the hopeful projections for next year. Of course in a larger and more abstract sense, we struggle to balance all that went right with all that went wrong; all of the good with all of the bad. While we dutifully press on in our struggle to maintain a positive perspective and demeanor so that we can best serve the animals we rescue and rehabilitate, there is no hyperbole in saying that 2018 has battered our entire community of nearly 500 volunteers, with tragedy.

It's often said that who we are is, in large part, determined by our experiences and those with whom we choose to surround ourselves. Our friends, human or beast, and the experiences we share and create with them, ultimately shape and forge the entities we become. As I write this, families all across the nation are making plans for sitting and breaking bread together, giving thanks for small things, big things, blessings, and those in our lives who have shaped, and continue to shape, who we are.

The depth of love and camaraderie forged through rescuing and caring for animals in dire need, is what binds us in a tight cohort of working hands and caring hearts. While a single strand, frail and languid, achieves little, 500 strands twisted together compose a remarkable strength. But that tightly bound, stalwart strength also spins an element of vulnerability when one of those frail strands is broken.

On Sunday, October 14, the Live and Let Live Farm family lost one of our strands; a most remarkable and inspiring woman named Ginger Scott Morse, whose presence will be forever missed in the outbuildings and paddocks, the dusty dirt roads, and the hearts of LLLF. Death is something we deal with on a near daily basis at LLLF, but losing beloved volunteers al-

ways brings a particularly harsh anguish. To understand Ginger's story, there is a brief back story that first must be unfurled.

Having suffered a stroke several years before any connection with LLLF, Ginger spent several subsequent years relearning how to walk, talk, eat, and do so many of the things stroke victims have to relearn. In 2012, just about the time she was gaining back her physical independence, her husband became ill and passed away. She found herself having lost virtually all the life she had ever known. Change can be a good thing. Forced changes can be confusing and terrifying, but those are the times in which we often find meaningful growth.

She was deaf in one ear, blind in one eye, and had a chronic balancing problem, all residual effects from the stroke. But Teresa and LLLF are remarkable "fixers"—fixers of both spirit and body. As a result, Ginger would come to thrive at LLLF, both inspiring and drawing inspiration from, the animals and close knit volunteer community, which is in no small part why her sudden passing was an immense blow to our collective spirit. Her radiant smile will be missed by all of us for a long, long time.

In early August, an emergency rescue brought 28 animals to LLLF, with many more going to the local SPCA. Among the animals to arrive at LLLF was the sad, somber story of a thoroughbred mare named Forestina. The hardest part of trying to wrap our minds around this particular story is that it was so monolithically unnecessary. "Deplorable" does not begin to describe the conditions from which she and her fellow creatures were rescued.

Guardedly and trepidatiously pulled from depths of the mud and muck that was her home for God knows how long; the weak, emaciated, and dehydrated Forestina was loaded onto a transport trailer with great care, for the hour or so ride to her new home at LLLF, where love, warm blankets, fresh dry hay, and clean drinking water awaited her.

To signify the end of their anguish and suffering; to embrace their fresh start of a new life, all animals arriving at LLLF are given new names, usually relating to something significant to that particular rescue. One of the more prolific and indispensable volunteers, Sharon Morey, renamed her "Bristol," inspired by the bucolic beauty of a nearby town. Unable to summon the strength to even

maintain a standing position, Bristol collapsed in the trailer during transport. What happened in the following hours is nothing short of gut wrenching. Sharon's words, written the following day, poignantly convey the harsh reality of poor Bristol's demise:

“THE LAST 12 HOURS:

In the last 12 hours I held your horse in the fight for her life. In the last 12 hours I watched feeling helpless to make this better. In the last 12 hours I warmed her, wet her mouth and covered her in blankets. In the last 12 hours a team of us worked so very hard for her. In the last 12 hours I wondered over and over how this possibly happens, and why it happens so much. In the last 12 hours I gave her comfort. In the last 12 hours I gave her love. In the last 12 hours I gave her dignity. In the last 12 hours I feel broken and deeper in my resolve... I didn't create this but here we are, left to clean it up. In the last 12 hours I gave her her life back. Run free sweet girl.” Sharon Morey

As dawn swept over the nearby hills bringing a new day of hope, Bristol— having suffered so much for so long— slipping away and in pain, was euthanized. She was cradled in clean, fresh hay, and the warmth of love surrounding her by Sharon and the handful of volunteers who stood vigil, refusing to let this gentle spirit pass from this world alone.

Beyond these tragedies that have ensconced LLLF in 2018, Sharon Morey would suffer additional, unimaginable tragedies of a personal nature. When it rains it pours, as they say, and poor Sharon, whose relentless efforts and dedication to LLLF's mission is priceless, has been in a relentless, soul-battering storm. And all we can do is gather round her, doing our best to provide her some semblance of shelter and support. We are, after all, a family.

But as with all things in life, there is a harmony to be observed, as long as we care to look. Tragedy and heartache, as overwhelming as they've been for us in 2018, are indeed, at least somewhat balanced by the joy of the successes. Another horse rescued from the same location as Bristol, was saved, rehabilitated, and recently placed in a loving adoptive home. Perhaps less dramatic than Bristol's tragic story, there is great comfort in the many dog, puppy, cat, and kitten rescues

and adoptions. Our recent teaming up with PetSmart for adoption events continues to be highly successful in finding quality adoptive homes for the many domestic companion pets who cross our path. We had our first foray into taking in and caring for Alpacas, learning a lot in the process. They are now settled nicely in their new adoptive homes.

A mountain of much appreciated volunteer labor has yielded several new runouts and various shelters on the property. Improvements have been made to roads, out-buildings, and water supplies. The endless and selfless giving from all our volunteers, supporters, and donors, continues, and is what makes all our work possible. LLLF is a remarkable network of team players, each taking on a different role, but all working toward the same goal.

In September, our 2nd Annual Par for Hooves, Paws & Claws Golf Tournament was another big success. LLLF volunteer and amateur documentarian, Rebecca Howland, completed her first feature length film, highlighting the rescue work we do at the farm, with a particular focus on the locally infamous “D-Day Rescue” of 2014. The film has spent the year of 2018 being screened at our local Red River Theatres and making a tour of film festivals to which Rebecca has made submissions. Keep your eye peeled for “Voices in the Dark,” and if you get the chance to see it— do so. It will not disappoint.

So these are just a few of the ongoing highs and lows of 2018— both the joyous and the tragic— in our little corner of paradise, here in Chichester, NH. As we prepare to greet yet another new year of rescuing abused or neglected animals, I'm reminded of the closing line of F. Scott Fitzgerald's *The Great Gatsby*, “So we beat on, boats against the current, borne back ceaselessly into the past.”

Do any of us dare hope that one day the need for animal rescues and sanctuaries will be no more?

Scott Philbrick for Live and Let Live Farm Sanctuary

Maine Farm Animal Advocate

Maine Farm Animal Advocate continues with our mission to raise awareness of the plight of billions of animals raised for food who suffer daily on farms, factory or smaller, during transport and in slaughter houses. After some tough strategical reflections, we changed course from active rescue to educational campaigns as we work to promote compassionate food choices. We are resuming the vegan meet up gatherings in our area to encourage more animal lovers to broaden their circle of concern and awareness to include animals raised for food. The explosion of plant based options makes us very happy and we hope consumers will continue to drive the market and eliminate animal products from their plates. A new project is about to be launched to raise awareness that animals raised for food have almost no protection under federal law and little protection under state law. Because we miss doing active rescue work we continue to partner with Down East Equine and Large Animal Rescue in Deblois, ME, where two of our bovine family continue to find a safe home. Norman and Snickers are very happy there and enjoy causing some “trouble” there every once in a while. Please consider visiting the Rescue to meet the two as well as the other lucky residents who get to call DELAS their home. DELAS took in a donkey, 2 goats, 4 equines, 45 chickens, 2 geese and 20 guinea hens this year.



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Christina Perkins
Christina Perkins Law Offices
Orland, Maine

VFA has from, time to time, gotten important legal advice, regarding animals, from Christina.

This is Voice for Animals' most dearly held hope and long-term goal to one day have a farm sanctuary in addition to our on-going companion animal rescue. Our sanctuary would focus on all farm animals but we need your help to get us moving further down this path. Mostly we need volunteers who share our goals who are willing work with us to achieve this end.

Please, please, please join us! The animals need you!

The Vegan Corner

Try these recipes for delicious, cruelty free Holiday cooking.

Bean Roasts

½ cup whole-wheat breadcrumbs	2 Tbsp. peanut butter
or 1 slice whole grain bread	¾ cup chopped onion} sautéed in water
3 cups cooked soybeans, lima beans, chickpeas	½ cup chopped celery} until tender
or navy beans, drained	salt to taste
¼ cup toasted wheat germ	1 ½ tsp poultry seasoning
	or your favorite herbs

Preheat oven to 350°

Grind beans and make bread crumbs. Combine all ingredients and shape into 6 to 8 loaves, adding more bread crumbs if mixture does not hold together and placed on oiled baking sheet.. Brush each loaf lightly with oil. Bake about 30 minutes or until firm and crusty. Top with **Cashew Gravy** (recipe below.)

Cashew Gravy

6 Tbsp. raw cashews	2 Tbsp. tamari soy sauce
1 ¼ to 1 ½ cups water	lemon juice

Grind nuts to a powder in blender; slowly blend in 1 ¼ cups water to make a “milk.” Mix cornstarch with a bit of the cashew milk and tamari. Simmer all ingredients except last three until thickened. If too thick, add additional water, if too thin, add small amount of cornstarch mixed water. Add lemon juice and tamari, to taste.

Indian Pudding

3 ½ cups soy milk	½ cup molasses
¾ cup corn meal	1 tsp. ground ginger
1 Tbsp. soy margarine	1 tsp. cinnamon
½ cup maple syrup	

Preheat oven to 325° Oil a 1 ½ quart baking dish with soy margarine. In saucepan bring soy milk to a boil, adding corn meal slowly and stirring constantly until has thickened and is smooth. Add cornstarch, 1 tsp. mixed in a little water, if too thin. Remove from heat and add margarine. Let cool for about 10 minutes. Beat in remaining ingredients until well blended, Pour into baking dish and bake for 50 minutes or until a knife inserted in center comes out clean, Serve warm and with tofu maple topping.

Maple Tofu Cream

- 1 package (12 ounces) silken tofu, firm or extra-firm, drained
- ¼ cup plain or vanilla almond milk (or non-dairy milk of choice)
- ½ cup plus 2 tsp pure maple syrup, divided
- 1 teaspoon vanilla extract

Combine tofu, milk, 1/2 cup maple syrup and vanilla in a blender. Puree until smooth, scraping down sides of blender with rubber spatula as necessary.

Supplied by Barbara Bonsignore from her award winning vegan cookbook **Cooking with Compassion**-\$20.00 post paid. To get a copy of this book call her at 980-435-0157. All proceeds go towards the spaying and altering of dogs and cats. (Barbara, who now lives in North Carolina, founded and ran New Hampshire Spay and Alter.)

Top Ten Reasons for Rats as Pets

1. **Rats Make the Best Pets for Kids.** Santa Barbara-based RightPet.com conducted an eight-year study across 113 countries. In 5,510 reviews from people who owned pets at ages 10-17, least popular were geese and scorpions. Editor Brett Hodges expected dogs or cats to top the list, but rats provided more satisfaction than any other animal. They are fun to play with, and easy to care for and bond with. Kids can consider them their own, rather than a family pet like a dog or cat, and many enjoy startling friends and family with their unconventional BFFs.
2. **Your Rat's Even Cleaner Than Your Cat.** Rats groom continually and can be trained to use a litter pan. Generally, a rat will only have a dirty coat if sick, elderly or kept in poor conditions. And unlike the bites of many mammals including dogs and cats, a rat bite does not call for rabies shots.
3. **Rats are Highly Intelligent.** More intelligent than guinea pigs or hamsters, rats can learn social skills and amazing show-off tricks like dogs. Search YouTube rat tricks—including agility courses and even rattie basketball games. Hand wrestling, chase the feather and other cage enrichment activities amuse rats and humans alike. Many rats will naturally fetch a small Buzzy Ball for another toss.
4. **Rats are Social Creatures and Love Each Other.** If you get a rat, get three. The minimum number to keep your rat happy and healthy is 2, and the third gives you a backup when one passes. A recent study in rat sociability showed that a rat would postpone a favorite treat to free a trapped stranger—or even feed the stranger the treat!
5. **Rats Live an Average of 18 Months to Three Years.** There are exceptions at both ends of the lifespan. While this can be heartbreaking, it can fit well with the lifestyles of people planning to move, the very elderly, college-bound high-schoolers and the like.
6. **Rats Have Simple Requirements.** Compared to a horse or Great Dane, rats require little space. Most rats weigh under a pound and three pounds is a record-breaker—still much smaller than your average cat. Beyond investment in a good cage and vet bills to maintain healthy pets, they are inexpensive to care for. Many owners spend a small fortune on fancy toys

and pet furniture only to find all their rats crammed in an empty tissue box or Fed Ex carton. A full roll of toilet paper can generate decorating and redecorating fun for days.

7. **Rats Adapt to Your Schedule.** Basically nocturnal, rats sleep in bursts and can play (or come for a treat) at any time. Most active before sunrise and after sunset, rat energy levels synch great with standard work or school schedules.

8. **Rats are Gaining Ground both as Pets and Helpers.** We now know that rats did not cause the Bubonic Plague and aren't familiars for witches. Sewer rats and Fancy Rats are not the same kind of rat. Rats have been domesticated—and even competed in rat shows—for more than a century. A very large breed of rat has been taught to sniff out explosives and identify diseased human tissue samples many times faster than humans.

9. **Rats Show Quite a Variety of Expressions.** Excited rats will wag their tails like dogs. Happy rats will brux (grinding their teeth making a purringish sound) or even boggle (an odd-looking maneuver in which their eyes jiggle in their sockets). Angry rats will puff up, scowl and box like prizefighters. An individual may push another away from a treat or even the water tube and hurl disliked items out of their cage. More likely they will happily groom each other.

10. **Rats Love You.** A socialized rat easily bonds with humans. All over the world, rats await their owners, bright, hopeful eyes watching cage-side for play or cuddle time. Many stories feature rats alerting sleeping owners to a fire, coming to comfort sick or sad owners, or greeting long-separated owners with joy. Like elephants, rats can deeply grieve and even become ill from the stress of losing a companion—rat or human. Rats from a pet store or backyard breeder may need much work to overcome poor treatment and bad habits. Many people turn to a trusted rescue organization that knows its foster rats well, helps them overcome any health and behavior problems, and finds the right ratty matches for you.

Judi Main

MainlyRatRescue.org

VFA is happy to have finally made this connection and gotten a contribution to this newsletter from them.

VOICE FOR ANIMALS

Voice for Animals

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